

# LIVING

MAGAZINE

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Special Feature

dōTERRA® FALL/WINTER 2023





“We do not exist through  
ourselves alone but through the  
environment that shaped us.”

Jean Renoir

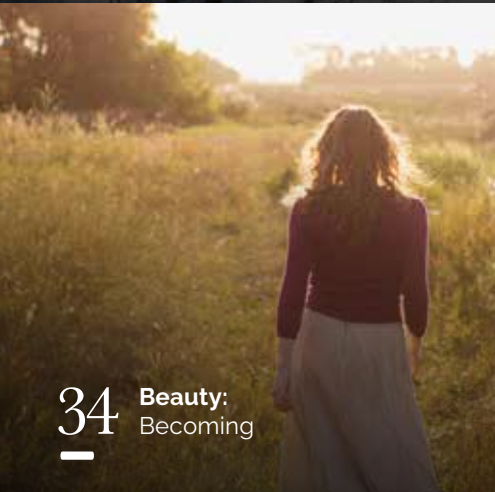




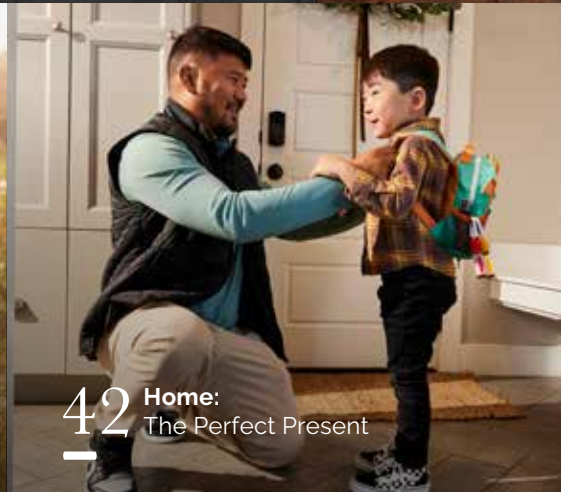
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# Frankincense

Plant Genus: *Boswellia carterii*,  
*sacra*, *papyrifera*, and *frereana*

**Distillation Method:** Steam distillation

**Aromatic Description:** Warm, spicy, and clean

**Plant Part:** Resin

### The King of Oils

In the world of essential oils, Frankincense reigns supreme. Known as the king of oils, Frankincense has been prized for over 5,000 years due to its rich aroma and extensive natural benefits. From cellular health when ingested\* to soothing skin, **Frankincense** essential oil has an array of wonderful benefits. With its myriad uses, there's no question as to why this plant was considered a person's most prized possession in antiquity.

Frankincense is distilled from the resin of *Boswellia* trees. Dozens of species of *Boswellia* trees exist, but only four produce CPTG® Frankincense oil. dōTERRA uses all four of these species to produce a Frankincense essential oil that's brimming with benefits.

\* 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.

### Fun Fact

Frankincense comes from the resinous "tears" of trees that have been carefully scored—or "bled." If cared for properly, frankincense trees can produce tears for hundreds of years!

### How to Use Frankincense Essential Oil

#### Topical Use

- + Dilute and apply topically or add to lotion to nourish and calm skin.
- + Rub on the hands after a long day for a warming and soothing effect.

#### Internal Use

- + Take one to two drops internally in a Veggie Cap to support healthy cellular function.\*
- + Place a drop under your tongue for internal health benefits\*

#### Aromatic Use

- + Diffuse to create a relaxing and peaceful atmosphere.
- + Use during meditation or reflection



BEHIND THE BOTTLE

# Birch

*(Betula lenta)*

*Over a decade ago, dōTERRA sourced a small supply of Birch essential oil from a Northeastern US-based supplier. While there wasn't enough to sell as a permanent product, the dōTERRA family loved receiving it in convention kits or other special occasions. At the time, Birch could only be sourced in small volumes due to the complexity of raw material preparation and distillation. dōTERRA soon outgrew this supplier's production, and Birch became a thing of the past.*

## A Place for Birch

Royce Novosel-Johnson and his family own land in rural Kane County, Pennsylvania, that's abundant with birch trees. To most people in this area, birch trees are a nuisance. They grow aggressively and often compete with other native plants.

If people want to harvest lumber species like cherry, oak, or maple, they must go through birch to do it. During lumber harvesting, birch and other unwanted trees are taken down along with the premium species.

Removing this kind of Birch trees helps to protect the local biodiversity. Birch and other unwanted trees aren't always wasted. They're generally sent off to become paper or mulch, but looking at his family's forest, Royce knew there was a better way to manage all the trees. There had to be a place where people could benefit from the birch trees.

In 2016, Royce reached out to dōTERRA. One month later, our Sourcing team was on the ground. Little did we know how long and intensive the process would be to build a sustainable supply of Birch essential oil from the ground up.



“We go to great lengths to make sure the products we’re offering are exactly what we promise across the board. Birch is a classic study of how we do that.”

—  
**Ben Platt, dōTERRA Director of Strategic Sourcing**

## Pushing Back on Purity

Generations ago, birch oil was commonly produced in the Northeastern United States. Traditionally, those with a lot of birch trees on their property would build a small distillation unit, typically made of wood. They’d harvest birch trees in the winter and distill them for supplementary income.

However, a process for creating fake birch oil, using synthetic methyl salicylate was eventually developed, which was much cheaper than purchasing pure birch oil from local cottage businesses. Distilling pure birch essential oil is a labor-intensive process with low yields (approximately 0.1%) which significantly adds to the cost.

As brokers and companies moved toward the cheaper synthetic option, many families stopped producing birch oil. It wasn’t worth it without reliable buyers.

Birch essential oil is predominantly methyl salicylate, similar to Wintergreen oil. This chemical makeup means it’s easy to fabricate and difficult to detect adulteration. For years now, dōTERRA® chemists have been researching and perfecting how to detect the differences between true Wintergreen and Birch versus synthetic methyl salicylate. They’ve published peer-reviewed research on how to identify and detect the biomarkers of pure Birch essential oil.

In 2022, scientists at dōTERRA published a peer-reviewed study that tested 27 commercially available Birch essential oils and found all samples claiming to be 100% Birch oil did not have the Birch biomarkers, but rather had wintergreen, synthetic methyl salicylate, or a mixture of both. In fact, none of the samples that were tested were truly pure, let alone contained any birch oil at all!

## From Generation to Generation

Some artisanal knowledge of birch distillation has been lost to time, but fortunately not all of it. Seventy-seven-year-old Skip Cavanaugh of Wellsboro, Pennsylvania, is a perfect example. Since his father, Skip and his family have kept generational records about distilling birch oil. Skip’s expertise has been indispensable for the dōTERRA Sourcing Team during the years-long process of determining how to produce pure Birch essential oil sustainably.

dōTERRA Vice President of Global Strategic Sourcing Tim Valentiner says, “There’s a reason no one’s already producing birch oil on a commercial scale. It’s really, really difficult to do. It’s low yielding, and therefore the essential oil is expensive.”

There’s also something magical, something unique, something special about the heritage of birch oil being

produced by mountain men and traded on the American frontier for a long time. The way we’re using it today is the same way they used it back then. While it’s been produced on a small, artisanal scale, trying to scale up and offer it globally has required massive effort.”

The seven-year project turned into reality as Woodside Oils, an essential oil distillery owned and operated by dōTERRA to produce birch essential oil in Kane, Pennsylvania was inaugurated on April 4, 2023.

Tim continues, “We are confident that dōTERRA is the first company in the world to offer truly pure and natural Birch essential oil on a commercial scale. And we’re giving back to the community and forest where we’re sourcing the raw materials. That’s what people want and expect from a dōTERRA product: purity and ethical sourcing.”





## Added Value

For property owners in northwestern Pennsylvania, birch trees now have added value. dōTERRA has partnered with local sawmills to separate birch trees from premium lumber. Producing birch essential oil from the bark follows a circular economy model, in which all the material remaining after distillation, known as the post-distilled biomass, is reused, leaving zero waste. The pulp can still be used for paper or other products, and the bark can become mulch.

Extracting the essential oil adds another layer of value and profitability for local birch tree owners and demonstrates greater appreciation for and use of the earth's beautiful resources. We never want to waste the gifts nature has given us.

dōTERRA Strategic Sourcing Manager AJ McGarity says, "We started this project almost seven years ago. We've made leaps in progress compared to where we started, and we're excited about the future. We're proud to work primarily with Forest Stewardship Council-certified companies to source our birch bark. We're proud to make wise use of the forest's resources, add incredible value for the forest, and deliver pure Birch essential oil to the world."



**Royce Novosel-Johnson**  
Woodside Oils, Procurement Specialist

ō  
PROMO

## Essential Oil *Spotlight*

# Birch

Betula lenta

**Distillation Method:** Steam

**Aromatic Description:** Sweet, spicy, minty

**Plant Part:** Bark

dōTERRA® Birch essential oil comes from the bark of the Betula lenta tree, which is also known as black birch, cherry birch, or sweet birch. Its crisp, minty, invigorating, and refreshing aroma provides a range of powerful benefits. Birch creates a stimulating and uplifting environment when diffused. It can help maintain a healthy-looking complexion when applied topically.

Sourcing pure Birch essential oil can be challenging, but dōTERRA was determined to work with the perfect partner to produce this unique product. Eventually, dōTERRA found a Pennsylvania family who can sustainably produce this amazing essential oil, bringing this family's generations-long knowledge and experience to the world and providing the best Birch in every bottle. Read more about this process in the "Behind the Bottle" feature on page 6.

### Fun Fact

The chemical composition of Birch is similar to Wintergreen. Both essential oils contain the same primary chemical constituent: methyl salicylate. In fact, they're both over 95% methyl salicylate!

### How to Use

#### Topical

- + Massage into the back and legs for a cooling sensation after exercising.
- + Apply to the skin to help reduce the appearance of blemishes.

#### Aromatic

- + Place a few drops on a cotton ball and put in your gym bag to mask odors.
- + Diffuse a drop or two to encourage a stimulating, energizing environment.



A person with blonde hair in a ponytail, wearing a red long-sleeved shirt under a black quilted vest, black pants, and white sneakers, is hiking away from the camera on a paved path. They are using two black trekking poles. The path is covered with fallen yellow leaves, and the background is a dense forest of trees with vibrant yellow autumn foliage.

# The Magic of Microbiomes

*Human beings have evolved alongside trillions of tiny organisms called microbes. In fact, scientists estimate there are more microbes in your body as there are human cells!*

These microbial communities are called microbiomes. You may have heard about the gut microbiome, but you actually have microbiomes in more than just the digestive system. They exist throughout your body, including the skin, mouth, eyes, ears, nose, lungs, kidneys, urinary tract, reproductive system—basically anywhere that has contact with the outside. Each microbiome communicates with and helps support your cells and vital organs—and ultimately your overall health.

## Background

Microbiomes are their own ecosystems. They're sensitive to temperature, pH, nutrients, and environmental influences, just like you. Healthy microbiomes have more good microbes—sometimes called flora—than bad, but there's more to it than just numbers.

For microbiomes to thrive, they also require diversity. Diverse microbiomes are more resilient at handling stressors and adapting quickly to changing circumstances. You need a variety of microbes to process food and supplements, produce important signaling messages, and assist the immune system, among other crucial functions.

We know microbiomes have several critical health functions, including immunity, digestion, energy metabolism, sleep, brain and heart support, and healthy weight maintenance. Multiple studies have shown that an imbalance of good and bad microbes may contribute to weight gain. Having more good microbes is key to a healthy microbiome and weight.

Microbiomes also serve as sensors for your outside environment and as a communication network throughout your body. If you've heard of the gut-brain connection, that's referring to the way your gut microbiome communicates with the brain in what scientists call "bidirectional axes."

There's also a connection between the oral microbiome and brain. Even the gut and skin microbiomes are connected. Effectively, your microbiomes communicate with your tissues and organs and receive information from other microbiomes.



## Changes as You Age

Your microbiomes change with age. You underwent rapid development as a baby and toddler, followed by relative stability through most of adulthood. But then marked changes happen again when you're elderly.

One major change is the variety of flora in your microbiomes declines with age. Remember, healthy microbiomes have the proper nutrients, the right mix of bacteria, and the resilience to handle changes. It's important to proactively care for and support your microbiomes so they can do their vital work.

The good news is healthy lifestyle habits promote healthy microbiomes, which in turn support healthy aging. Scientists have discovered gut microbiome patterns are

different in elderly adults who exercise and eat well. Those with healthy microbiomes tend to live longer, healthier lives as well!

## Super Support

Like almost every aspect of your health, supporting your microbiomes starts with foundational lifestyle choices. Microbiomes are healthiest when you have a balanced diet with a variety of whole foods (especially raw fruits and vegetables and fermented foods like kimchi, sauerkraut, and kefir), move your body daily, get restorative sleep, manage life's stressors, and limit exposure to the sun and harmful toxins.

With these healthy habits in place, you can receive extra microbiome support from supplementation. **dōTERRA PB Restore™ Probiome Complex** and **PB Assist+® ProBiome Gut Complex** have been developed to address this need.\* The new dōTERRA PB Restore and PB Assist+ have more genus, species, strains, and pre- and probiotics compared to the previous products. They also have postbiotics and bacteriophages.

dōTERRA PB Restore duocaps have a time-released delivery system designed to support the microbiomes in your body, and PB Assist+ provides extra support to the gut microbiome specifically.\* The live cultures in PB Assist+ are microencapsulated, meaning their protective covering allows them to survive the harsh, acidic environment of the stomach so they can reach the gut alive, where the pH level is just right for them to flourish.

*Microbiomes are healthiest when you have a balanced diet with a variety of whole foods (especially raw fruits and vegetables . . . .*

Upping the number of genus, species, and strains in these products helps increase the diversity and variety of your microbiomes. Including pre-, pro-, and postbiotics is important for supporting the flora in all stages.

Prebiotics are fibrous nutrients that promote the growth of beneficial microbes—kind of like food for probiotics. Probiotics are beneficial living microorganisms (healthy flora or bacteria) that support and build flourishing flora colonies when ingested. Postbiotics are non-living after-life microbes that transform into metabolites and continue providing multiple benefits. Your body uses postbiotic metabolites to produce a wide range of compounds that support cellular, organ, and general health functions. And bacteriophages are healthy viruses that help support and protect your cells and healthy flora by targeting harmful flora.

\* 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.



### Healthy Choices, Happy Microbiomes

Along with directly benefiting your body's microbiomes with **dōTERRA PB Restore™** and your gut microbiome with **PB Assist+®**, supplementation can support other foundational aspects of your wellness and lifestyle, positively impacting the state of your microbiomes and general health.\*

- The **dōTERRA Lifelong Vitality Pack®** and **dōTERRA Nutrition** line are perfect complements to both PB Assist and dōTERRA PB Restore products, supporting the digestive tract and helping you to get the nutrients you need each day to thrive.\*
- **dōTERRA Serenity® Restful Complex** can support you in your efforts to achieve better sleep and rest.\*
- **Adaptiv® Calming Blend** capsules can help you more easily manage occasional, everyday stress.\*

Each healthy choice you make helps you and the microscopic communities that are part of you.

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# ProBiome Power-Up

### For every major microbiome in your body:\*

#### **dōTERRA PB Restore™ ProBiome Complex**

- Broad-spectrum multi-biome protection\*
- Time-released duocap
- Stomach-resistant strains
- 30 total pre, pro, postbiotics and phages, 22 species, 18 billion CFUs
- Supports immune health\*
- Healthy metabolic performance\*
- Maintains gut biome health\*
- Supports respiratory biome health\*
- Healthy urological function

### For extra gut microbiome support:\*

#### **PB Assist+® ProBiome Gut Complex**

- Fast-melting absorption and delivery
- Micro-encapsulated stomach-resistant strains
- 14 total pre and probiotics, nine species, and seven billion AFU Live Cells
- Supports immune health\*
- Healthy gut flora balance\*
- Cleanses digestive tract for better nutrient absorption\*

\* 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.



# Fine-Tuning Your Center

Striving to become the best version of yourself—your true self—requires an atmosphere where you feel at ease and see a clear path forward, even if it’s just for a few minutes a day. With a sense of tranquility literally in the air, you have permission to pause and focus on your development.

Let a sense of clarity wash over you as you inhale the centering, grounding aromas of these powerful diffuser blends.



## Evening Wind Down

- 3 drops Bergamot
- 2 drops Guaiacwood
- 2 drops Black Spruce
- 1 drop Ylang Ylang



## Peaceful Home

- 3 drops Cypress
- 2 drops Spanish Sage
- 2 drops Lime



## Relax in the Breeze

- 3 drops Birch
- 2 drops Copaliba
- 1 drop Cedarwood
- 1 drop Roman Camomile



## Wholeness

- 3 drops Cinnamon Bark
- 2 drops Eucalyptus
- 2 drops doTERRA Motivate®



## Memory Maker

- 4 drops Madagascar Vanilla
- 3 drops Jasmine
- 2 drops Lavender



## Breathe In, Breathe Out

- 3 drops Birch
- 3 drops Frankincense
- 3 drops Lemon
- 3 drops Eucalyptus



# Medical Care in Madagascar

*At dōTERRA, we believe in the power of one person to change the world. That one inspires another, who then invites and collaborates with another, and it continues to build until one becomes many. When many work collectively toward a shared goal, we can accomplish extraordinary things.*

More than 1,300 Ylang Ylang cooperative members—over 400 of them being women—have access to the Magnitry Health Clinic.

By the end of 2022, the clinic had served over 12,000 patients.

The clinic's services include general healthcare consultations, minor care, minor surgeries, pre- and postnatal visits, and more.





Momody Dimitri

Momody Dimitri was washing a glass bottle when it shattered in his hand, leaving him badly injured with a deep cut on his left wrist. Momody works in the Ylang Ylang essential oil distillery in Madagascar, and he worried his injury would affect his work.

He rushed to the Magnitry Health Clinic in Nosy Be, where he received emergency care, including a tourniquet, stitches, and sanitary wound dressing. Momody continued visiting the clinic every two weeks for several months for redressing. Once his wound healed, Momody was able to return to work.

To Western ears, this story might sound unremarkable. Get a cut, stitch it up, and back to normal in no time. But for those in rural Madagascar, healthcare access is limited. Even if they live near a city with a hospital, many Madagascans don't own a car, and the roads aren't always defined or maintained. Even if public transit is available, many people can't afford the travel costs or expensive medical bills. The consequences of limited access to medical care can mean the difference between life and death.

Harvesters and Healthcare

dōTERRA first became aware of this limited healthcare access while looking for a Ylang Ylang essential oil sourcing location in 2014. The hot, wet climate in Nosy

Be—Malagasy for “big island”—is the perfect climate for fast-growing ylang ylang trees.

While scouting the location, Founding Executive Emily Wright observed mothers hard at work picking ylang ylang flowers with babies strapped to their backs. The Sourcing team recognized that bringing dōTERRA to the island would help ensure job security for these mothers and support families with access to medical care.

The dōTERRA Healing Hands Foundation® began immediate fundraising efforts for this new sourcing community. In 2016, after years of dedicated work, the Magnitry Health Clinic, funded by dōTERRA Healing Hands, opened on Nosy Be.

This clinic has midwives, doctors, a nurse, and a pharmacist. This medical team is employed by a local government-owned hospital, but its members dedicate time each week to working in rural settings. dōTERRA Healing Hands also donated a vehicle to serve as a mobile clinic, with one doctor making weekly visits to 10 nearby villages, serving those who can't travel to the clinic.

Magnitry Health Clinic has dramatically improved the standard of living for ylang ylang farmers, harvesters, and distillers, as well as their families, but it was only the first step in a much greater plan to improve healthcare access in this region of the world.

Sustainability Is Key

Given the multiple barriers to quality healthcare for many Madagascans, dōTERRA Healing Hands® and the dōTERRA® Sourcing team sought to remove as many as possible. It was important that they found a way to keep costs for clinic patients as low as possible. Running a free clinic is difficult to sustain, and people also generally want to feel like they're contributing to their own welfare.

For these reasons, members of the Ylang Ylang cooperative pay a small monthly fee to the clinic, which allows them and their immediate family members to receive medical care as needed. dōTERRA Healing Hands subsidizes the clinic, covering any other expenses. These collaborative efforts help the community come together and exercise their individual power of one to support each other.

The Power of One

Much of the work dōTERRA Healing Hands does in the world, like funding a rural health clinic in Madagascar, can feel so distant it hardly seems relevant. But it's you who makes such projects possible.

dōTERRA processes millions of customer orders in just the US every year. If every customer donated even a single dollar with each order, there'd be millions available to better support the farmers, harvesters, and distillers

who bring us the essential oils we love. You have the power of one, and you can change the world with it.

Donations to the dōTERRA Healing Hands Foundation® at the time of this publication support the next chapter in the Magnitry Health Clinic story. The clinic has become increasingly busy the last few years and needs additional funding to continue providing medical access for families—especially pregnant women—who wouldn't otherwise have easy access to such care. When you check the donation box with your dōTERRA order, you join our team of Impact Advocates, helping the dōTERRA Healing Hands Foundation support hardworking Madagascan men and women on whom we rely to source Ylang Ylang essential oil.

The next time you get a cut that needs stitches, deliver a baby under the watchful care of a doctor or midwife, or receive a consultation about your body's specific health challenges, remember to be grateful for access to medical providers, equipment, and resources.

If you want to be part of the reason a rural Madagascan experiences that same gratitude, check the donation box with your next dōTERRA order. When we each give a little, we can help a lot.

See solicitation disclosures on page 77.



# Meet the Doctors

## The dōTERRA® Science and Medical Education Committee

Not only are all the committee members Wellness Advocates themselves, but they're also passionate, qualified experts who use their expertise to develop exceptional educational resources.

Comprised of medical, veterinarian, and scientists, the dōTERRA Science and Medical Education Committee was created to bring together the brightest minds in health and wellness to provide top-tier education. The committee includes professionals in dentistry, dermatology, family medicine, obstetrics and gynecology, integrative medicine, and more.

Not only are all the committee members Wellness Advocates themselves, but they're also passionate, qualified experts who use their expertise to develop exceptional educational resources. The committee meets several times a month to review current research, discuss products, and offer insights that help dōTERRA remain a leader in essential oils and holistic education.





**Dr. Amy Wolthoff, MD**  
*Dermatology*

Dr. Amy Wolthoff grew up in Grapevine, Texas. In 2009, she received her doctor of medicine from the University of Texas Health Science Center in San Antonio. She completed her internship year in internal medicine at Texas Health Resources Presbyterian Hospital in Dallas.

She then joined the Department of Dermatology at the Texas Tech Health Science Center in Lubbock. There, Amy received the Resident Leadership Award, which recognizes superior leadership qualities, professionalism, teamwork, and dedication in the residency program. She also completed her dermatology board exam and became board-certified in July 2013.

Since starting her private practice in Dallas, Amy has been given many awards and recognitions from her patients and peers, including being one of the three best-rated dermatologists in Dallas in 2016, a Texas rising stars from 2014 to 2017, one of the top 10 doctors in 2015, the most compassionate doctor from 2013 to 2017, and a recipient of the Patient's Choice Award from 2013 to 2017.



**Dr. Andrew Gough, DO**  
*Emergency Medicine*

Dr. Andrew Gough was born and raised in England by parents who practiced medicine and believed in the effectiveness of alternative solutions. He completed a sports science degree from Chelmsford

College before moving to the US, where he studied psychology and chemistry at BYU–Idaho, graduating with honors. Andrew graduated from Andrew Taylor Still University—the founding school of osteopathic medicine—and completed his residency in emergency medicine at the St. Joseph hospital system in Detroit, Michigan.

Andrew currently practices emergency medicine at Sanford Hospital in Aberdeen, South Dakota. He's passionate about learning, studying, and educating people about the many health benefits of dōTERRA essential oils and natural products. He regularly shares how they've blessed his family and continue bringing hope and wellness to so many people worldwide.



**Dr. Ashley Anderson, PhD, WHNP-BC**  
*Women's Health*

Dr. Ashley Anderson received a master of science in nursing with a women's health nurse practitioner specialty in 2008, a certificate in health professionals education in 2012, and a doctor of philosophy in nursing in 2016—all from the University of Louisville. She received her bachelor of science in nursing from Berea College in 2005.

Ashley was a record-holding team captain for Berea College's women's basketball team. She participated in beauty pageants for additional scholarship opportunities as she pursued her education. She won Miss Kentucky in 2013, Miss Black Ohio in 2010, and Miss University of Louisville in 2008.

Ashley is the founder and CEO of Athena Health and Wellness, a first-of-its-kind women's health practice in Louisville, Kentucky. In 2020, she partnered with dōTERRA and launched an essential oil business to promote natural health options in the Western realm of traditional care. She's a family-planning specialist, trained researcher, author, certified health science educator, community activist, international runway model, actress, radio personality, and motivational speaker.



**Dr. Chris Spelman, DDS**  
*Dentistry*

Dr. Chris M. Spelman is a general dentist with a private practice in New Jersey, which offers a full scope of dental services. He graduated with honors from the University of Maryland in 2001.

Chris is a member of the Academy of General Dentistry. He studies essential oils extensively and uses them regularly in his practice. He's passionate about educating both his patients and colleagues about the importance of living a wellness-based lifestyle. Chris's goal as a dentist is to help people achieve optimal oral health through expert dental care in the best way possible.

Chris and his wife, Jamie, have two children. When he's not in the office, Chris enjoys family activities, hunting, fishing, camping, and exercising.



**Dr. Gregory Woodfill, DO**  
*Obstetrics and Gynecology*

Dr. Gregory L. Woodfill is a board-certified obstetrician and gynecologist. He completed his medical training at the Michigan State University (MSU) College of Osteopathic Medicine in 1997 and completed his residency there in 2001. He was elected chief resident from 2000 to 2001 and educated medical students as a clinical faculty member from 1998 to 2002.

Upon completing his residency, Gregory developed the women's health program at the Virginia College of Osteopathic Medicine and served as department chairman of obstetrics and gynecology from 2001 to 2008. He previously served as department chairman at Wythe County Community Hospital and division chief at Wilmington Health Associates. He currently lives in Manitowoc, Michigan, where he offers a full scope of services, emphasizing minimally invasive office procedures, advanced laparoscopy, and urogynecology.



**Dr. Jessica Herzog, MD, FAAP, ABOIM**  
*Integrative and Functional Medicine*

Dr. Jessica Herzog is dual board-certified and completed her undergraduate degree, medical doctorate, and pediatric residency at the University of Maryland. During her studies, she participated in research teams at the National Institutes of Health and the University of Maryland.

She started her career as a pediatric hospitalist, serving in Maryland, Utah, and Pennsylvania. For the last decade, Jessica has exclusively focused on natural solutions, acknowledging time-honored herbal and essential oil traditions. She's also a champion of cutting-edge health technologies that stimulate cellular energy and pair perfectly with traditional approaches.

Jessica is a leader and teacher in the field of natural health. She is the founder of Blue Pebble Health, an integrative and functional medicine center in Utah and Pennsylvania. She uses essential oils daily as part of her personal routine, taking them internally (her go-to method), diffusing, and applying topically.



**Dr. Katherine Igah-Phillips, MD, MHA**  
*Integrative Medicine*

Dr. Katherine Igah-Phillips—affectionately known as Dr. K—is an award-winning international speaker and holistic humanitarian. She focuses on the power of mental, physical, emotional, and spiritual wellness. She received her master of healthcare administration (MHA) from Walden University and doctor of medicine (MD) from Xavier University.

Dr. K's private integrative medicine practice offers her community holistic, natural, and authentic solutions, delivered by a team of like-minded practitioners. She also offers a virtual mentorship program for personal development and elevation of consciousness. Dr. K maximizes her life's purpose by providing people with necessary tools and coaching to access genuine wellness, holistic elevation, and a fulfilling reality.

**Watch for more from the dōTERRA® Science and Medical Education Committee in the future.**



# Meet the dōTERRA® Veterinarian Education Committee

*Meet the doctors behind our Veterinarian Education Committee. This group is part of the Science and Medical Education Committee, which consists of certified doctors, scientists, and veterinarians.*

*These professionals contribute their expertise to educational resources, particularly with essential oils and animals. As both Wellness Advocates and certified veterinarians, the committee members bring their passion for animals, veterinarian work, and essential oils, while also advising on matters that impact both dōTERRA and essential oil industry.*



## **Dr. Janet Roark, DVM**

Dr. Janet Roark is a veterinarian and the proud owner of Hill Country Mobile Veterinary Service in Austin, Texas. She triple-majored in biology, equestrian studies, and pre-veterinary medicine at

the University of Findlay in Ohio, along with minoring in chemistry. Afterward, she graduated from Michigan State University's College of Veterinary Medicine in 2005.

Janet began using essential oils for her health while facing struggles related to occasional stress. She then used them in her veterinarian practice six months later. She now specializes in integrating acupuncture and essential oils alongside traditional modalities.

Essential oils changed Janet's life forever, and she's made it her mission to educate people all over the world regarding the safe, effective use of dōTERRA essential oils with animals.



## **Dr. Janis Fisher, DVM, CVA, CCRT, CAC**

Dr. Janis Fisher is a graduate of the Atlantic Veterinary College of Prince Edward Island, Canada. Early in her career, she realized she wanted to take a more

holistic approach to well-being. Janis became a certified veterinary acupuncturist through the International Veterinary Acupuncture Society in 2005.

Since then, her practice has included both acupuncture and traditional Chinese herbal therapy. She's also a certified canine rehabilitation therapist and animal chiropractor.

A desire for natural solutions led Janis to dōTERRA essential oils. After witnessing the benefits of essential oils in her home, she integrated them into her veterinary practice. She diffuses essential oils in her office daily, and she enjoys educating colleagues on their benefits for animal patients.





**Dr. Jeanette Yamamoto, DVM**

Dr. Jeanette Yamamoto earned her bachelor's degree in animal science in 1997 and her doctorate in veterinary medicine in 2002 from Oklahoma State University.

Returning to her home in California after graduation, Jeanette completed a small-animal internship and worked as a senior emergency and critical care clinician at the Animal Specialty and Emergency Center in Los Angeles until 2012.

In 2011, Jeanette established Peaceful Pets In-Home Euthanasia Services to ensure comfortable passings for dogs and cats in her area. She expanded her practice, incorporating hospice and palliative care as she focused her energy on her business full-time. Jeanette earned her veterinary hospice and palliative care certification in October 2020.

She was introduced to dōTERRA essential oils in December 2014, soon after becoming a Wellness Advocate and incorporating essential oils into her general practice and in-home euthanasia service. Essential oils have influenced many of her patients' quality of life and become an important part of her practice.

Jeanette resides in Santa Clarita Valley with her husband, Jeremy, and their two wonderful children, Ellee and Justin. They have a cat (Boxsie), a pit bull mix (Bella), a Yorkie mix (Phoebe), and a miniature pinscher mix (Zero).



**Dr. Larry McCaskill, DVM, CVA, CVCH, CVFT, CVTP, CTCVMP**

Dr. Larry McCaskill grew up in rural Central, Louisiana, on the outskirts of Baton Rouge. He attended Louisiana State University (LSU),

completing his undergraduate. He was commissioned as a second lieutenant in the United States Air Force (USAF) in January 1970, becoming a fighter pilot and serving until August 1977, after which he entered the LSU School of Veterinary Medicine.

While in veterinary school, Larry joined the USAF Reserves, continuing his flying career part-time. He maintained dual careers as a practicing veterinarian and pilot for 29 years! He's a combat veteran of both

Vietnam and the Gulf War. Larry graduated in May 1981 and opened the McCaskill Veterinary Hospital—a mixed animal practice in New Roads, Louisiana—in August of the same year.

His study of veterinary acupuncture and Traditional Chinese Veterinary Medicine (TCVM) began at the Chi Institute in Reddick, Florida. He's earned multiple certifications, becoming a certified veterinarian assistant (CVA) in March 2009 and now a TCVM practitioner (CTCVMP). He loves promoting TCVM in worldwide presentations and mentoring students who are learning veterinary acupuncture. Larry has incorporated dōTERRA essential oil applications into his care for small-animal patients. He resides in Oscar, Louisiana, by False River with his wife, Lu, and their yellow Labrador, Cakki. They have two children, Matt and Megan, and five grandchildren. (CTCVMP).



**Dr. Mia Frezzo, DVM**

Dr. Mia Frezzo is a veterinarian, wife, and mother of three young children who resides in northern New Jersey. Her passion for veterinary medicine was initiated and fostered by her uncle—also a

veterinarian. Mia studied and worked with her uncle from the age of 14. She graduated from Ohio State University's College of Veterinary Medicine in 1998, returning home after graduation.

She's the owner and medical director of the Animal Hospital of Hasbrouck Heights. Mia's patients are primarily dogs and cats, and they benefit greatly from her holistic and traditional approach, which emphasizes dōTERRA essential oils, natural health, and proactive care.

Mia became convinced of the power of essential oils through her personal experiences using them with her family. These experiences changed her approach to patient care.

Since her first encounter with essential oils, she's proudly and confidently spoken in support of dōTERRA essential oils and natural solutions with her family, friends, and clients. Mia has turned her experiences with essential oils into a book: *SpOil Your Pet: A Practical Guide to Using Essential Oils in Dogs and Cats*.



**Essential Oil  
Spotlight**

# Cardamom

Elettaria cardamomum



**Distillation Method:** Steam distillation  
**Aromatic Description:** Spicy, fruity, warm, balsamic  
**Plant Part:** Seed

A close relative to ginger, cardamom is known as an expensive, exquisite cooking spice. Native to Southeast Asia, cardamom is added to traditional Indian sweets and teas for its cool, minty aroma and flavor.

**Cardamom** essential oil is commonly used internally to benefit the digestive system and help soothe occasional stomach discomfort.\* Ingested Cardamom also has profound effects on the respiratory system because of its high 1,8-Cineole content, which promotes clear breathing and respiratory health.\* The distinct scent can promote a positive atmosphere.

The cardamom seeds are grown in Guatemala and Honduras, and dōTERRA extracts their essential oil using our strict CPTG Certified Pure Tested Grade® standard. Through collaborative and responsible sourcing partnerships, we can have a significant impact on the lives of local farmers and distillers, ensuring the farming communities enjoy improved livelihoods.

**Fun Fact**


Cardamom essential oil is produced from seed pods, which typically contain 10–20 seeds per pod. These pods are dried for 36 hours and then sold either as a spice or for distillation.

**How to Use**

- Topical**
- + Apply one to two drops to the desired area. Dilute with a carrier oil to minimize any skin sensitivity.
- Internal**
- + Dilute one drop in four ounces of liquid.
- Aromatic**
- + Use three to four drops in the diffuser of your choice.

\* 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 woman with long brown hair, wearing a plaid shirt over a white tank top and white jeans, sits on a light-colored sofa. She is smiling and high-fiving a young girl. The girl, with blonde hair in pigtails, wears a white long-sleeved shirt and light-colored pants. She is holding a colorful, rainbow-striped duster and is in the process of cleaning the floor. The room is bright, with sunlight streaming in from a window in the background. On the windowsill, there are two yellow pots with green plants. The floor is polished wood, and there are some colorful cloths scattered around. The overall atmosphere is warm and positive.

“Your home is an extension of your energy field. This is why practices like cleaning your home, rearranging furniture, organizing your closet, and getting rid of objects that are cluttering your space can have a profound impact on your own mind, body, and spirit.”

—  
**Maryam Hasnaa**



# Becoming

Always aim to see potential, strength, and love within yourself, even amid struggles and doubts. Inner strength and beauty are what create light and confidence on the outside.

You want to become something more. It's the process of becoming that matters. How often do you stop and reflect on the journey and celebrate the wins, big or small? Give yourself permission to appreciate what you've accomplished along the way.

Becoming is the process of growing into something new. Take a moment to reflect on what that means to you. Who do you need to become for yourself, your business, your family, and your friends?

You want to become something more. It's the process of becoming that matters.

## Comfortable, but Not Too Comfortable

You've accomplished a goal and are now sitting confident and comfortable in your new and better. Well, don't get too comfortable in your comfort zone. When you find yourself sinking into that lounge chair, here's a gentle reminder to make changes and set new goals, enriching your life with even bigger dreams!

Stay comfortably seated, but now sit and reflect. Create a tranquil environment by diffusing **dōTERRA Peace®**, **Copaiba**, **dōTERRA Balance®**, or whatever product sets the mood for you. Take out a journal and write. Pick a word that represents your journey to become. Then write what excites you. Find a specific goal that's achievable yet still stretching. Consider those who can be your cheerleaders and mentors during the becoming process.

After this reflective session, take a deep breath and apply **dōTERRA® Adaptiv®** to promote a relaxing environment. Remember, you're capable of more than you know.



## It's a Journey, Not a Destination

A poem by Chrétien de Troyes tells of the mythical tale of a boy named Percival and his search for the Holy Grail. Percival goes on a great quest, leaving his home and all he knows behind. On his quest, he discovers what it means to be an adult—to fall in love, experience radical emotions, and take on enormous responsibility.

Percival then finds himself at the Grail Castle and meets the king. He'd been instructed by a mentor to ask an important question when he found the castle: "Whom does the Grail serve?" Doing so would save the entire kingdom from poverty and despair and fulfill Percival's hopes and dreams. However, Percival fails to ask, and the castle disappears.

Knowing he's failed, Percival sets out to find the castle again. The journey takes many years. Along the way, he's confronted by two people: the hideous damsel and the hermit, who criticize his faults and failures.

Percival felt destroyed. Stripped of all external notions of what makes him a man, he must focus on what's within. After years of searching, the hermit finally gives Percival directions back to the castle.

And that's it. The story ends. The journey was the point.

The process of becoming is the reward. Think about a significant goal you've had. How many small goals were achieved? How many mistakes were made before you reached your target? The feelings of self-confidence, accomplishment, gratitude, and fulfillment that were gained happened because of the journey.

## Celebrate the Process

Becoming the person you want to be is a journey. Celebrate every goal reached, every hurdle overcome, and every lesson learned.

Take on this challenge as you look in the mirror each morning. See the potential. See the strength. Love yourself, and you'll see whom you're becoming day by day.







# Shear Spirit

Meet Sally Hsu, a passionate hairstylist, devoted daughter, and dōTERRA® Platinum Wellness Advocate.

Sally was born in Taiwan, and at the age of 10 she moved to Argentina with her mother, where she learned Spanish. While they lived in Argentina, Sally was introduced to hairstyling, apprenticing to her mother. She learned the trade, especially how to be a friend to customers and understand what they really need. Her mother taught her how to make customers feel beautiful with her hands and good pair of shears.

Sally's education continued there until she was 18, when she and her mother moved back to Taiwan. Mother and child built a strong relationship working side by side, and a few years later they decided to make their next big move: across the ocean to California. The spirit, courage, and determination she learned from her mother paved the way for Sally to learn a third language and the culture of yet another country.

Things seemed to come full circle. By the time she was 22, Sally had her own hair salon and hired her mother. The two women worked together tirelessly, building a new clientele and community. She now sees multigenerational customers—families who came to her salon over 25 years ago and have since

referred their mothers, daughters, grandmothers, and grandchildren. Sally has become "Auntie Sally" to so many people because of the community she's created.

## A Daughter's Loss

Sadly, her mother passed away in 2006. Sally continues passionately running her salon, keeping the connection with her mother alive. Without the years of learning at her mother's side, she wouldn't have been able to build the salon or community she has today.

A few years ago, while trying to improve customer experience, Sally contemplated ways to help her clients feel even more welcome. Her first thought was to improve the salon's smell, which was overwhelmingly chemical.

Sally set out to change that. She and her partner decided to diffuse **Wild Orange** essential oil. Her customers loved the change so much they wanted to give Sally a gift. Sally said, "Don't buy us flowers. Buy us more essential oil, but we only want dōTERRA." The next thing she and her partner knew, they had 15 bottles of Wild Orange!



Opportunity Out of Opposition

A few years ago, Sally was presented with an interesting opportunity to really study and research essential oils. Prior to her introduction to dōTERRA, Sally offered a scalp treatment at her salon. She's always wanted to give her customers the best experience and care possible.

After better educating herself on dōTERRA essential oils, she decided to reduce the number of commercial chemicals she used and incorporated more natural dōTERRA products. This product expansion let her customize the ingredients in her scalp treatment to the needs of her customers. Her go-to essential oils are

**Lavender, Frankincense, and Cedarwood.** The effects of her adjustments are noticeable. Opportunities to continually improve outcomes and experiences are why Sally loves what she does.

Sally lives an honest life based on community and family. She loves being true to herself and others. Providing nature-based options for clients gives deeper meaning to her relationships and truly creates the community she began so many years ago with her mother. The strength Sally feels from her daily shear interactions with customers keeps her mother's spirit alive.



Essential Oil  
*Spotlight*

Wild  
Orange

*Citrus sinensis*

**Distillation Method:** Cold-pressed/expressed  
**Aromatic Description:** Sweet, fresh, citrus  
**Plant Part:** Orange rinds (peel)

Do you feel sluggish in the morning and need an energizing aroma before heading off to work? Need a refresh to help you start on your next project? Want your kitchen to smell like an enlivening orange grove instead of stale refrigerator leftovers? The solution to these problems is **Wild Orange** essential oil! We could all use a pick-me-up now and again, and this powerful citrus oil can help clear away the clouds, no matter what the day holds. With a bright, cheery aroma and cleansing properties when used topically, Wild Orange could be the energizing aromatic boost to your day.

Wild Orange helps support digestion and a healthy inflammatory response when ingested.\* Plus, the refreshing citrus aroma lends itself to transforming any dreary atmosphere into one of energy, happiness, and hope. Whether you love the extra citrusy sweetness, feel like your environment is lacking enthusiasm, or just want to add some brightness to your day, Wild Orange essential oil is here for you.

Fun Fact

Since ancient times and across many cultures, orange trees have been a symbol of love and marriage.

How to Use dōTERRA Wild Orange

Topical

- + Place two drops on your palms, rub them together, and inhale deeply for an energizing boost.
- + Add a few drops to a spray bottle with water, spritz over countertops, and wipe down for a clean surface.

Internal

- + Add a drop to your water every day for a burst of flavor and to promote overall health.\*
- + Place a drop in a **Veggie Cap** and swallow to help support digestion.\*

Aromatic

- + Diffuse for a sweet aroma as you're getting ready in the morning.
- + Before company arrives, diffuse to create a fresh and inviting environment in your home.

*Citrus oils can cause photosensitivity, so we don't recommend using them if you plan to be in direct sunlight or UV rays within 12 hours after topical application.*

\* 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.



# THE Perfect Present

When your children rush out the door in the morning, you can be physically present with backpacks and sack lunches, but as the list of today's tasks runs through your head, you're mentally somewhere else.

Balancing day-to-day responsibilities with being mentally present is a struggle we all face. Yet, shutting out the mental noise and truly engaging in the moment with the people around you can be the greatest gift you give yourself and others.

It can feel impossible to be fully, perfectly present in every moment. At a family gathering, you might scroll through social media or check a phone alert when there's a conversational lull. Your thoughts wander to, say, grocery lists or other errands while your kids enthusiastically show you the building block set they built.


Though physically present, your heart and mind are distant. With a constant stream of to-dos and notifications, you can miss opportunities to connect with the people who matter most.

Think about what your time and attention. What do they reflect about you? If someone asked you what the most important thing in your life is, your answer would surely include the people you love, like your spouse, parents, children, siblings, and best friends. At your core, you want to be there for them. You yearn for moments when you can be present and not worry about other troubles or responsibilities, but sometimes those moments seem more like a pipe dream than a possibility.

Here's the truth: being fully present is possible. It just takes a shift in perspective, a conscious refocusing of attention, and added support from **dōTERRA Balance®** or **dōTERRA Cheer®** throughout the day.







Studies have shown dedicated time with each child positively affects emotional and cognitive development.

To cultivate presence, approach everyday activities with renewed intention. Say you invite a friend out for lunch. Before lunch, create a to-do list of what you need to accomplish that day, mentally putting each post-lunch item on hold while you're away. When you arrive, set your phone to "Do Not Disturb" to avoid distractions. Concentrate wholeheartedly on what your friend is saying and genuinely interact, giving compliments and feedback and really meaning what you say.

After lunch, pick up where you left off with your tasks. By prioritizing presence, you create stronger emotional connections and relationships and enhance your overall productivity and focus throughout the day.

There'll always be bills to pay, meals to prepare, lawns to mow, and homework to oversee. A suggestion for any distracted parent is to spend three fully present minutes with each child when he or she first wakes, three after coming home from school, and three at bedtime.

Studies have shown dedicated time with each child positively affects emotional and cognitive development. Listening to tales of the day gives you insight into your children's time away from home. And tucking your kids in at night can be soothing for both of you.

A helpful way to be present for others is to first be present for yourself. Whether it's in the early morning hours when the house has a rare state of stillness or at bedtime after you've tucked in the last sleepy child, set aside time for personal reflection. Set the scene with **Lavender** or **dōTERRA Adaptiv®** so you transport yourself to peace of mind. Put your phone on silent, close the door, and ease into the soothing aromas of essential oils. Reflect on the accomplishments of your day. Give yourself praise for each win and then set new goals for tomorrow.

By inviting presence into your life and the lives of those you love, you can nurture your relationships, find fulfillment, and create more meaningful connections. Being fully present all the time is challenging, but it's a worthy pursuit.

Just imagine the impact when you give your undivided attention to your loved ones, listening to them and showing genuine interest. Picture the joy that comes from setting aside distractions and immersing yourself in shared experiences.

Let's prioritize the present moment, cherishing those who matter most and savoring the beauty of each passing day. Remember, being present isn't a luxury. It's a gift we can give yourself and everyone around you.



“I have not failed. I’ve just found  
10,000 ways that won’t work.”

Thomas Edison





# Love to Taste

Love, comfort, and nourishment fill bowls and bellies at every seat of the table. Here, laughter fills the air, memories are made, and culinary creations come to life.

Join us on the journey to create meaningful connections one mouth-watering recipe at a time.

## Roasted Butternut Squash Soup

### Ingredients:

3-pound butternut squash  
Olive oil  
1 large yellow onion  
1 large carrot  
1 teaspoon minced garlic  
1 tablespoon maple syrup  
1 teaspoon salt

**Rosemary** essential oil

**Ginger** essential oil

**Spanish Sage** essential oil

**Black Pepper** essential oil

4 cups vegetable broth

½ cup heavy cream

**Garnish:** Sour cream and roasted squash seeds

### Instructions:

1. Preheat the oven to 400°F.
2. Slice the squash in half lengthwise and remove its seeds and membrane.
3. Place the squash on a baking dish—cut side facing up—brush with olive oil, sprinkle with salt, and roast for 30 minutes.
4. Remove the outer layers of the onion and quarter. Clean and rough chop the carrot, setting aside.
5. After the squash has roasted, brush the onion and carrot with olive oil and place in the baking dish with the squash. Continue cooking for 20 minutes. (If the squash needs to cook more, remove the onion and carrot and return the squash into the oven until tender. Take out of the oven and let cool.)
6. Scoop out the squash flesh and transfer to a blender along with the onion, carrot, and minced garlic, blending on high until smooth. Pour the mixture into a stock pot and slowly incorporate the maple syrup, vegetable broth, heavy cream, and salt. Simmer over medium heat.
7. Add one drop of Ginger and Black Pepper essential oils.
8. Dip two toothpicks into your bottles of Rosemary and Spanish Sage and insert the toothpicks into the soup, stirring.
9. Add additional essential oils and salt to taste.  
**Caution:** A little essential oil goes a long way, especially with recipes. Add deliberately.
10. Pour the soup into bowls and top with roasted squash seeds and sour cream.





# Chocolate Chip Nut Butter Cookies

## Ingredients:

- 15-ounce can chickpeas, rinsed and drained
- ¾ cup flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup maple syrup or honey
- ⅓ cup nut butter
- 5 drops **Madagascar Vanilla** absolute
- 1 drop **Cinnamon Bark** essential oil
- ½ cup shredded coconut
- ½ cup chocolate chips

## Instructions:

1. Preheat the oven to 350°F.
2. Line a baking sheet with parchment paper and set aside.
3. Place the chickpeas in a food processor and blend until smooth.
4. Add the flour, baking soda, salt, maple syrup, nut butter, **Madagascar Vanilla** absolute and **Cinnamon Bark** essential oil to the food processor and mix into the chickpeas until combined.
5. Transfer the batter to a separate bowl, add the coconut and chocolate chips, and stir by hand until incorporated.
6. Using a cookie scoop or spoon, drop onto the prepared baking sheet.
7. Bake at 350°F for 13 minutes or until lightly browned.
8. Allow the cookies to cool on the baking sheet.

**Note:** *The cookies will appear underbaked but will firm up as they cool.*



# Protect with dōTERRA On Guard®

Confidently care for your family with help from the dōTERRA On Guard product line. From holiday travel to home gatherings, dōTERRA On Guard ensures you enjoy peace of mind.



## dōTERRA On Guard Protective Blend

Contains Wild Orange, Clove, Cinnamon Bark, Eucalyptus, and Rosemary essential oils.

## dōTERRA On Guard Hand Sanitizing Mist

Is 99.9% effective against the most common germs.<sup>†</sup>  
Cleanses the hands with a fine, quick-drying mist.

## dōTERRA On Guard Hand Sanitizing Gel

Kills 99.9% effective against the most common germs.<sup>†</sup>  
Cleans the hands with a non-sticky, moisturizing gel.

## dōTERRA On Guard Sanitizing Hand Wipes

Are infused with dōTERRA On Guard Protective Blend and aloe leaf extract, gentle on skin, and safe to use on little ones' hands.

## dōTERRA On Guard Foaming Hand Wash Concentrate Coming Soon

Gently cleans your hands without harmful or harsh ingredients, while also providing the warm, spicy aroma of dōTERRA On Guard.



<sup>†</sup>Common germs include Escherichia coli, Staphylococcus aureus, Salmonella typhimurium, Pseudomonas aeruginosa, Burkholderia cepacia, Enterobacter cloacae, Enterococcus faecalis, Streptococcus pyogenes, Candida albicans, and Aspergillus brasiliensis.



# One More Sleep

They've counted down the days to holiday break since school started...

You've gathered clothes for every day, all tightly packed in weathered luggage that's sitting by the door. Next up are diapers, wipes, road trip snacks, and ingredients to make your famous sweet potato pie when you arrive. Don't forget Mr. Cuddles—the baby won't sleep without him! Bags full of books, crayons, paper, and other treasures have been carefully packed and placed at the foot of beds before their owners excitedly jumped in to rest the night before. Now here you are, awake at dawn to load the car, and you wonder to yourself, "Where did I put the kitchen sink?"

No matter their age, kids can feel overwhelmed when traveling, and remembering your difficult past experiences might make you want to just stay home rather than star in what can feel like a three-ring circus act. Even with months of planning and preparing for every outcome, your routine and your children's routines will be disrupted by travel. Having some tried-and-true basics at the ready can help you handle the unexpected and keep everyone in a good place.





Planes, Trains, and Automobiles

You know your destination, so getting there's the rest of the battle. Make room for your Volo® Diffuser and then pack dōTERRA® Adaptiv® or Calmer® to apply to the soles of feet or wrists to promote a relaxed and calm atmosphere.

Early morning or late-night travel can give drivers or pilots a head start while little ones sleep. Add to the calm environment with **Lavender** essential oil, placed in a portable or passive diffuser or in a roller bottle. When you're traveling by air, binkies and bottles or sippy cups are crucial for takeoff and landing to equalize air pressure in the ears. Try to avoid heavy toys and sippy cups when traveling by car because they could cause injury if there were an accident.

To help younger children stay entertained, visit your local discount store for inexpensive items like books, stickers, and small, lightweight toys. Create levels of emergency interest for when kids get antsy:



1. Book



2. Toy



3. Fun snack



4. Crazy collection

keychain of random objects (cooking spoons, keys, and such)



5. Screentime

Older children can typically manage their emotions during change, but a new book or special snack may help ease any tensions. A travel game or favorite movie is an effective option when you need to bring the whole family out of a stressful situation or maintain a level of calm while traveling.







Good Night, Sweetheart

Sleeping in a new room can be scary for young ones and difficult at any age. **dōTERRA Serenity® Restful Blend** encourages a restful environment, helping everyone be ready for the next day's excitement, which in combination with **dōTERRA Serenity Stick + Valerian** serves as a natural calming aroma at bedtime.

For the adults in your travel group, prepare for another day on the road by supporting your sleep with the reformulated **dōTERRA Serenity Restful Complex Softgels**. These softgels combine Lavender essential oil and natural plant extracts like tart cherry, which contains naturally occurring melatonin.



Ready, Set, Go!

Supporting the well-being of little ones greatly improves everyone's overall experience. Travel means new people, places, and events. Kids learn so much through touch and embrace every opportunity to do so.

**dōTERRA On Guard® Hand Sanitizing Gel** will keep those little hands clean so they can keep exploring and creating memories. **dōTERRA On Guard Sanitizing Hand Wipes** are the perfect tool for on-the-go parents. Wiping hands after touching tray tables, dropped sippy cups, door handles, or rental cars will help keep hands clean throughout your trip. And don't forget to pack **dōTERRA On Guard Hand Sanitizing Mist**.

Before you hit the road, make sure you have a bottle of **Tamer® Digestive Blend** in your bag. Tamer is a synergistic blend of essential oils perfect for providing a soothing sensation to skin and a calming aroma. You're ready, so pack your bags, fill up the tank, and let Grandma know you're on your way.

Deep Sleep Is Calling with  
dōTERRA Serenity®

When combined with good sleep habits, the **dōTERRA Serenity Sleep System—dōTERRA Serenity Restful Blend, dōTERRA Serenity Stick + Valerian, and dōTERRA Serenity Restful Complex Softgels**—prepares you and your family for deep, restful sleep in no time.

dōTERRA Serenity Stick + Valerian

*Valerian oil; Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, and Sandalwood essential oils; tonka bean absolute; vanilla extract*

- Creates a serene environment with valerian oil
- Provides a soothing, calming aroma at bedtime

dōTERRA Serenity Restful Complex Softgels with Tart Cherry New Formula

*Lavender essential oil, tart cherry, L-Theanine, lemon balm, passionflower, and chamomile*

- Contains naturally occurring melatonin with tart cherry.
- Relieves occasional sleeplessness and promotes healthy relaxation and sleep.\*
- Helps you get refreshing, restful sleep without feeling groggy after.\*
- Calms the nervous system and helps reduce stress.\*

\* 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.





# Ready, Set . . .

*You may be familiar with this dilemma. You committed to a diet, shopped for healthy foods, and a week later tossed the rotten vegetables into the garbage and ordered takeout—again. We’ve been there. Different foods, diet trends, information (good and bad), and stationary busy days make finding solutions you can stick with feel both important and impossible.*

## Water Works

We all want to prioritize overall health and healthy eating. Your individual motivation may be different, but Shantel suggests the starting line should be the same: drink water and move at least 10 minutes a day. She says, “I know it sounds small and may seem pointless, but just 10 minutes of effort can have some of the greatest ripple effects.”

If you’re wondering why Shantel starts with water instead of food, she explains, “Water aids in vitamin and nutrient absorption and allows you to digest your food better. Oftentimes when you have cravings or are feeling sleepy, it’s your body’s way of telling you to drink water.”

“After exercising when you feel that muscle fatigue, you think you’re just not in good shape, but it’s actually a fueling issue—and usually it’s water.” Adding a few drops of **Lemon** essential oil to your water can naturally cleanse the body and aid in digestion.\*

\* 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.

*This article is a continuation of our conversation about nutrition, health, and habits with Shantel Chase and Jen Lambert, health coaches from Prime Meridian Healthcare®.*





**Meal Plans**

You've been consistent with 10 minutes of movement and drinking water, so now you're ready to focus on food. What you eat shapes who you are. Whether it's intuitive eating, keto, whole foods, or something else, being prepared is the best way to succeed.

Meal planning is the simplest way to ensure your body receives the nutrients it needs. Jen says, "Deciding meals in advance—accounting for your schedule, what's in your pantry, and what's on the grocery list—takes the weight off your shoulders when your stomach starts growling. Prepare vegetables, fruits, and protein so they're readily available. They'll become your staple.

"Listen to your body when it tells you what it needs. If you're gravitating toward particular foods, then you probably need the vitamins and minerals they offer. It's exciting when you make those brain and body connections and realize what your body's telling you."

When so many tasks demand your attention, it's difficult to stop and give your body the mindfulness it deserves. Shantel encourages you to be kind to yourself in those moments. "We often put the blame on ourselves and say, 'If I had more willpower or cared more, then I wouldn't want ice cream right now.' We beat ourselves up for not being more intuitive. We don't know why we're craving an orangesicle over an orange."

Your body needs lean protein, plant-based carbs, and healthy fats. From there, you can experiment, based on your lifestyle and meal plans. Incorporate **dōTERRA® Fiber** into a hummus recipe and pair it with carrots, chicken, and salad. If your breakfast of choice is oatmeal, add a scoop of **dōTERRA Vanilla Protein** and fresh berries one morning and then **dōTERRA Chocolate Protein** and almonds the next.

Too much restriction can be a bad thing, and food is no exception. When you go out, plan for your favorite chocolate cake by first fueling your body with lean protein, steamed vegetables, and plenty of water. It's possible to plan for and enjoy a delicious dessert and then continue with your plan the next day. The key is thinking of your efforts as a lifestyle, not a diet.



### Supplementation

Jen iterates the importance of supplementation with meal planning. She considers herself different from diet coaches who say if you focus on what you eat, everything else will be taken care of. "Maybe that was true in the 1960s, but it's not true now," Jen says. "You really need to pair whole foods with additional vitamins and minerals to ensure your body gets everything it needs."

The **dōTERRA Lifelong Vitality Pack®** (LLV) contains vitamins, minerals, and nutrients that help your body do everything it's made to do on a cellular level.\* According to Jen, "Omegas are like engine oil—they keep things moving in your body. **xEO Mega®**, a product in **LLV**, is a great source of engine oil."

You can help curb your hunger cravings—avoiding excess trips to the pantry— and support a healthy metabolism by taking **dōTERRA MetaPWR® Metabolic Blend** internally with your water or taking

the softgels daily.\* **MetaPWR Advantage** has nine unique collagen types, which support healthy bone function; improve skin elasticity, density, and firmness; and support lean muscle and connective tissue.\* **MetaPWR Assist** may lead to lower post-meal blood glucose levels, slowing the absorption of simple carbohydrates and sugars, aiding your metabolism.\*

### Start Today

It's easy to be overwhelmed by the constant messaging about health and dieting. If the only thing you do today is replace a sugary beverage with a glass of water, then you're one step closer to your goal. The important thing is you start, no matter how small.

\* 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.





# Advice from Dad

The most treasured advice many people receive in life comes from their father or grandfather. Here are a few of our favorites.

## A Penny for Your Thoughts

Save for a rainy day. While it's one of the most basic pieces of financial advice, it's foundational for a reason. The monetary choices you make today will determine your tomorrow.

Ideally, you should have enough money in an emergency fund for three to six months of living expenses. You won't get there overnight, so map out what you're going to set aside to build your savings and watch them grow.

Another foundational skill to develop is understanding your wants versus your needs. It seems simple, but a want can quickly seem like a need when you really want it to be. Of course, there's room for wants when needs are met, but you need to keep the distinction clear so you can practice discipline and moderation in your spending. Don't let short-term wants damage your long-term financial goals.

While the stereotypical cheap dad shows value in thrift and frugality, you can also benefit from the fatherly advice of getting what you pay for. Invest in worthwhile things you need to last. Sometimes spending a little more up front can save you a great deal of money and

headache going forward. Do your homework to determine what's worth investing more, which might mean saving up and waiting before you can buy.

## How doTERRA Can Help

- doTERRA® essential oils are potent and pure, which means you only need to use one or two drops at a time. They last longer and are more effective and safer than synthetic or adulterated oils.
- **Peppermint** essential oil creates an energizing, clear atmosphere for you to focus on your goals and objectives.
- **Patchouli** and **Sandalwood** essential oils cultivate a calming, grounded environment for meditation and clear thinking.
- **Eucalyptus** essential oil creates a calm atmosphere during stressful circumstances.
- Save on spending with the **Refer-a-Friend** program. Wholesale customers, you can share the products you love with friends, and anytime someone uses your link to make an initial doTERRA purchase, you earn doTERRA dollars. You can spend your dollars on products, shipping, and more on doterra.com. See page 70 to learn more.





Up in Arms

You've heard the expression never go to bed angry. Bedtime is the most difficult time of day to resolve conflicts because that's when your brain is tired, and your emotions and patience are worn out. It isn't the right time for calm and clear conflict resolution.

Instead, take some time to cool down before trying to solve a problem. A little time brings feelings from hot to warm, which can help a disagreement be more peaceful and productive. If it's bedtime, try an all-night break. Sleep and see if your perspective changes in the morning.

How dōTERRA Can Help

- Apply **Rose Touch** to your wrists and pulse points for a soft, harmonious, and calming aroma.
- The sharp, bright scent of **Peppermint Touch** can help shift the atmosphere. When you're trying to cool down, this essential oil literally cools the skin!

Go for It

As legendary Babe Ruth said, "Don't let the fear of striking out keep you from playing the game." Be it your dad, grandpa, or another father figure, you've had someone encourage you to be courageous and bold when pursuing your goals and trying new things.

Overcoming fear and stepping out of your comfort zone is a lifelong pursuit. It's so worth it when you experience the sense of accomplishment that comes from conquering a challenge or the positive feeling of giving it your best shot even when it doesn't happen, because at least you didn't let fear keep you from trying.

How dōTERRA Can Help

- The above advice aligns with the spirit of **dōTERRA Motivate® Encouraging Blend**. Bring its fresh, bright aroma with you on your next daunting endeavor.
- When diffused, **Spanish Sage** essential oil may create a stimulating atmosphere that's supportive of memory and cognitive performance. When taken internally, it supports a calm mind and sense of alertness.\*
- **Cardamom** and **Ylang Ylang** essential oils create a positive, calming atmosphere with their distinct scents.
- The **Adaptiv®** line (**Adaptiv Calming Blend**, **Adaptiv Touch**, and **Adaptiv Capsules**) can be great tools as you navigate life's stressful moments.

\* 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.





# dōTERRA<sup>®</sup> Refer a *Friend*

## Do you love dōTERRA<sup>®</sup> products?

You're in luck, because dōTERRA has created a program for customers just like you.

### Here's how it works:



#### LOVE

dōTERRA has made it easier than ever to share the products you love with family and friends and earn rewards for doing so.



#### SHARE

When you share your personal link with friends, they enjoy their first year of membership for free (valued at \$35) when they use your link to create their first order.



#### EARN

You receive 20% of their first order in dōTERRA dollars, which you can spend at doterra.com.

Scan this QR code to learn more!







dōTERRA®

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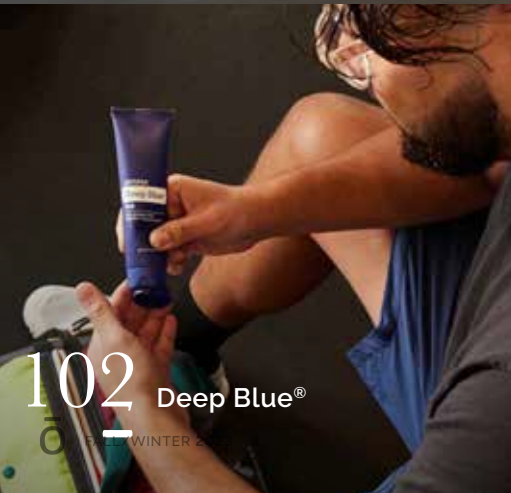
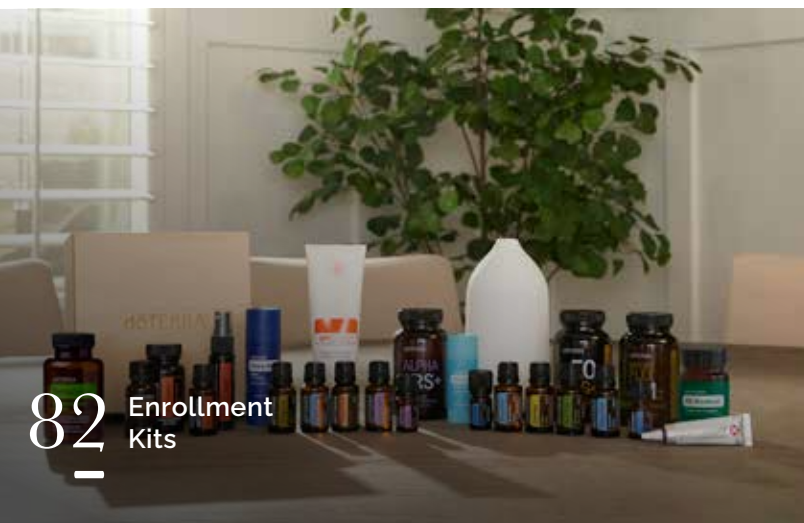
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Product Guide Quick Reference



# dōTERRA®

Most people know dōTERRA simply as an essential oil company. But to truly understand who we are and what we do, look to our purpose:

- We intentionally source the gifts of the earth, enriching every life we touch.
- We empower people and communities in their pursuit of self-reliance.
- We break cycles of human suffering and poverty as our business expands.
- We advocate and educate to empower everyone with natural wellness solutions.
- We advance science for the innovative use of essential oils.

dōTERRA was founded with the bold commitment to sell only pure essential oils. As we rapidly expanded, traditional suppliers told us we couldn't maintain our growth without resorting to extended or adulterated oils. But we refused to compromise on quality. Instead, we began sourcing essential oils directly. We set up long-term relationships with farmers and distillers, building our Global Botanical Network of sourcing partners. We created an award-winning sourcing model—Cō-Impact Sourcing®—to source the best and help the most.

Responsible sourcing blesses the lives of the growers and harvesters from whom we source dōTERRA essential oils. It also makes a difference for you. When we say our intention is to enrich every life we touch, we mean *every life*—from our planting and harvesting partners to the individuals and families who use our essential oils in their homes. It's why we pursue what's pure.



# The dōTERRA Impact

At dōTERRA, we source the best and help the most. This is a commitment to produce the world's highest-quality essential oils in ways that truly empower the people we work with on the journey from source to you. We do so through our award-winning Co-Impact Sourcing® model.

dōTERRA® essential oils are intentionally sourced to create positive change for the people and communities we work with to produce it. Our 26 High Impact Oils have the biggest impact on the most people.

Scan the QR code found next to some of your favorite oils to see how these dōTERRA essential oils are helping to change the world.



**Frankincense** Top Seller  
**Essential Oil**  
*Boswellia carterii, sacra, papyrifera, and frereana*

Often called the "king of oils," topical and internal use of Frankincense provides modern wellness benefits.\*

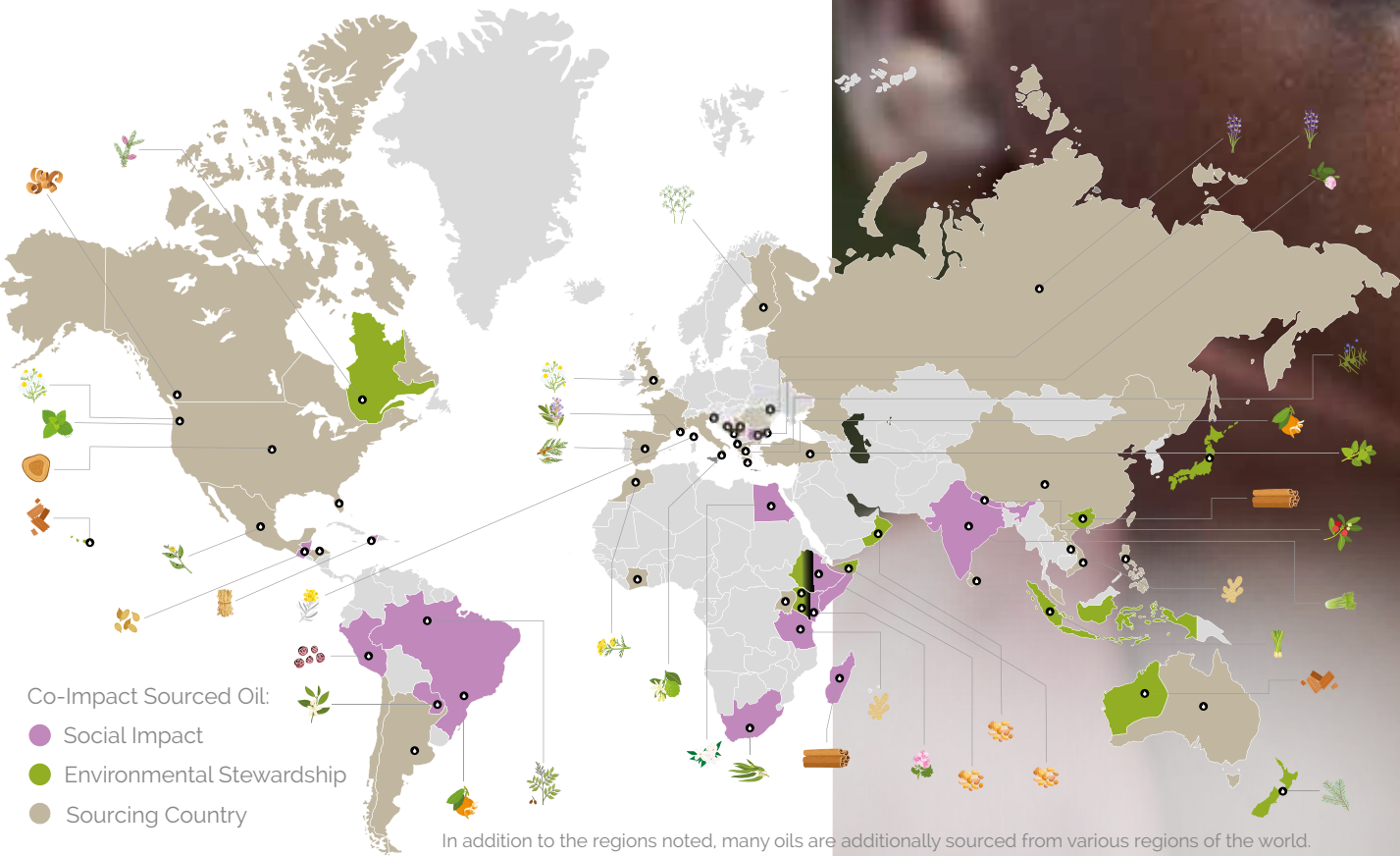
- Ingest to support healthy cellular function.\*
- Helps maintain healthy skin when applied topically.

**A T N** **A T N**




**30070001**  
15 mL | 73 PV  
\$104.00 rtl  
\$78.00 whl

**60200224**  
10 mL roll-on | 50 PV  
\$66.67 rtl  
\$50.00 whl



Changing the world is a big task, but we're committed to doing it right.


As dōTERRA works tirelessly to sustainably and responsibly source the best essential oils in the world, dōTERRA Healing Hands® is forging ahead to help the most. #EngageInGood with us to help empower individuals worldwide to be healthy, safe and self-reliant. Join us.



**Rose Hand Lotion**  
dōTERRA Spa Rose Hand Lotion is a light, alluring lotion with CPTG® Rose essential oil that promotes smooth, beautiful skin. This silky formula contains natural moisturizers and humectants that leave hands soft, supple, and nourished. Known for its skin-beneficial properties, Rose essential oil enhances this lotion with the authentic and uplifting aroma of rose petals.

- Bulgarian Rose essential oil is known for its ability to promote smooth, glowing skin
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and their ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

**37520001**  
3.3 fl oz/100 mL | o PV  
\$26.67 rtl  
\$20.00 whl



**dōTERRA Hope® Touch**  
**Uplifting Blend**  
Now including exclusive Jasmine essential oil, this transformative blend symbolizes life, tenacity, and most importantly, hope that we can achieve our best selves and a better world. \$10 of each purchase is donated to support those who have experienced trauma.

- Apply to pulse points as you focus on being centered and grounded
- Roll on wrists and temples as you aim to incorporate a hopeful mindset throughout the day
- Apply to hands, rub together, and inhale deeply as needed
- Use to massage base of skull

**A T N**

**60222109**  
10 mL roll-on | 25 PV  
\$33.33 rtl  
\$25.00 whl

Tax-Deductible Cash Donation	2001	\$1.00	2004	\$25.00
	2002	\$5.00	2005	\$100.00
	2003	\$10.00		

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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.

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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](http://www.sos.wa.gov/charities).

Power of One 100% of donations to the dōTERRA Healing Hands Foundation® are always given to aid because dōTERRA International covers the operating costs of the foundation. Of the donations used to support a Power of One project, 100% is used to empower the individuals in Co-Impact Sourcing® supply chain areas for the current project. Once the fundraising goal for a Power of One project has been met, dōTERRA Healing Hands® will distribute additional donations raised among other projects in need of funding until the following quarter when next Power of One fundraiser launches and fundraising for that project begins.



# What Are Essential Oils?

## The Power of the Entire Earth in One Bottle

On the 196,900,000 square miles of the earth's surface, scientists estimate there are 390,000 plants—with new species being discovered regularly. Unseen by the naked eye, essential oils hide in the seeds, stems, roots, barks, flowers, needles, and fruits of plants.

Essential oils are typically found in microscopic, specialized glands within certain plants. Scientifically speaking, essential oils are small organic molecules that quickly change from a liquid to a gas at room temperature. That's what makes bottled essential oils so powerful. Your bottle contains tiny molecules in a liquid state. When you unscrew the cap and open it, the molecules change swiftly from a liquid to a gas, which is why you can smell the essential oil immediately—even from a distance.

## Natural Solutions for Modern Problems

Essential oils have become increasingly popular and commonplace recently. However, their use dates back to ancient Egypt, Greece, and Rome, among other places. Essential oils aren't just a fad or new trend. They're powerful plant extracts that can be used to promote well-being—just as they have for centuries. Today, millions of people have made essential oils part of their homes because these gifts of the earth provide a natural way to make everyday life easier.

# CPTG®

## CPTG Certified Pure Tested Grade®

Previously in the world of essential oils, no set standard of quality existed, allowing many companies to cut corners on purity. So we made our own standard: CPTG Certified Pure Tested Grade.

We diligently work with a worldwide network of essential oil chemists, growers, and distillers to select botanicals of the correct species that are grown in ideal environments and harvested at the right times. Once an essential oil is distilled, it must pass a series of rigorous lab tests, layered one on top of the other for a more complete picture—including gas chromatography–mass spectrometry (GCMS). These steps and processes make dōTERRA® essential oils the purest on the market.

## Why It Matters

Many oils contain fillers, artificial ingredients, contaminants, or chemical residues. These adulterating elements can cause an oil to lose its efficacy and can even be harmful in some cases.

When you choose to purchase essential oils, you're looking for natural solutions to support your home and family. The CPTG® standard ensures when you order from dōTERRA, you receive pure, unadulterated essential oils that are safe to use on yourself and your loved ones. You should never have to settle for anything less.





# Essential Oil Uses

Anyone can benefit from essential oils. Millions of people across the world are passionate about using natural products to support their families and live a healthy lifestyle. When you adhere to product labels, instructions, and warnings, you can confidently bring essential oils into your home.

Essential oils have a long history of safe, effective usage. When you apply a proper amount of pure essential oils, they're absolutely safe for you, your family, and your home. Like anything else you'd bring into your space, essential oils are safe when you adhere to recommended doses and employ them as intended.

**There are three basic essential oil application methods:** aromatic, topical, and internal. Essential oils can also be used for home care.

Using an essential oil aromatically means experiencing its properties through the air. Aromatic usage typically includes breathing in or inhaling an essential oil, allowing the scent to interact with your senses.

Applying an essential oil topically is a safe, effective way to enjoy the benefits it offers the skin.

Taking an essential oil internally can be done by directly applying it to the tongue or mouth, filling a Veggie Cap, or adding it to food and beverages.

Certain essential oils can be extremely beneficial in the home for daily chores and cleaning. If cleaning and caring for your home with natural, nontoxic ingredients is important to you, then dōTERRA® essential oils can provide a simple, powerful way to keep your home in order.

Look for the following symbols in this guide to help you determine how an essential oil can be used. You'll also notice sensitive skin symbols to help you safely dilute products before applying them topically.

### 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)

### Guidelines for safe usage:

- Labels:** Pay attention to any warnings included on essential oil packaging.
- Areas to avoid:** Avoid putting essential oils in the nose, inner ears, and eyes or on broken skin or other sensitive areas.
- Dilution:** To minimize skin sensitivity, dilute essential oils with a carrier oil. The suggested dilution ratio is one drop of essential oil to five drops of carrier oil.
- Strong essential oils:** Always dilute essential oils with a particularly strong chemistry (like Cassia, Cinnamon Bark, Clove, Oregano, and Thyme) before topical application.
- Sun sensitivity:** Avoid direct sunlight or UV rays for at least 12 hours after using certain essential oils on the skin that may pose a risk for skin sensitivity (such as citrus oils).
- Safe storage:** Store essential oils out of reach of children. Keep them away from excessive light or heat.
- Young children supervision:** Always supervise essential oil application with children. Dilute essential oils before applying them to a child's skin.

# Where to Begin

Using essential oils is intuitively simple and highly satisfying. However, the many oils available, with their numberless combinations and wellness applications, can be a bit overwhelming to beginners. As a simple first step on your journey with essential oils, we recommend a trio of Lavender, Lemon, and Peppermint. Three of our most popular oils, they will provide you and your family a compelling experience with the life-enhancing properties of essential oils.



### Introductory Kit Top Seller

Lavender, Lemon, Peppermint, and list of suggested uses

**60202952**  
Three 5 mL bottles | 20 PV  
\$33.33 rtl  
\$25.00 whl



\* 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.



# Enrollment Kits

dōTERRA enrollment kits are thoughtfully designed to empower you with nature's most potent and beneficial solutions. Expertly curated to offer the perfect introduction to essential oils, while saving money.



### Healthy Habits Kit

**5 mL bottles:** Lavender, Frankincense, dōTERRA Balance®, dōTERRA On Guard®, Tangerine

**Other Products:** dōTERRA TerraZyme™, dōTERRA Lifelong Vitality Pack®, Deep Blue® Rub, dōTERRA PB Restore™

**60226944**  
125 PV  
\$264.00 rtl  
\$198.00 whl



### MetaPWR® System Kit

MetaPWR Metabolic Blend, Beadlets, Satiety Gum, Softgel, Assist, Advantage

**60223395**  
150 PV  
\$238.67 rtl  
\$179.00 whl



### Healthy Start Kit

**5 mL bottles:** dōTERRA Breathe®, 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®, DigestZen®, Frankincense, Lavender, Lemon, dōTERRA On Guard®, Oregano, Peppermint, Tea Tree

**Other Products:** Laluz® Diffuser

**60221657**  
235 PV  
\$360.00 rtl  
\$270.00 whl

### AromaTouch® Training Kit

**15 mL bottles:** dōTERRA Balance®, Lavender, Peppermint, Tea Tree, Wild Orange, AromaTouch®, Deep Blue®, dōTERRA On Guard®

**Other Products:** Fractionated Coconut Oil 115 mL, Fractionated Coconut Oil Pump, AromaTouch Training Information Card

**60221309**  
250 PV | \$333.33 rtl | \$250.00 whl



### Aroma Essentials Collection

**5 mL bottles:** Adaptiv®, dōTERRA Balance®, dōTERRA Breathe®, dōTERRA Cheer®, Citrus Bloom®, Northern Escape®, dōTERRA On Guard®, Peppermint, dōTERRA Serenity®, Wild Orange

**Other Product:** Laluz® Diffuser, storage box

**60221665**  
115 PV | \$206.67 rtl | \$155.00 whl



### Natural Solutions Kit

**5 mL bottles:** dōTERRA Serenity®, Adaptiv®, Deep Blue®

**15 mL bottles:** Lavender, Lemon, Peppermint, Frankincense, Tea Tree, Oregano, dōTERRA On Guard®, DigestZen®, dōTERRA Breathe®

**Other Products:** dōTERRA Lifelong Vitality Pack®, Fractionated Coconut Oil, dōTERRA PB Restore™, dōTERRA On Guard® Toothpaste, dōTERRA On Guard+™ Softgels, dōTERRA On Guard® Sanitizing Mist, dōTERRA® Breathe Vapor Stick, Deep Blue® Stick, dōTERRA TerraZyme™, Correct-X®, Wooden Box, Laluz® Diffuser

**60221656**  
345 PV  
\$604.00 rtl  
\$453.00 whl



# Essential Oil Singles

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



### Arborvitae

Essential Oil  
*Thuja plicata*

Known as the "tree of life," Arborvitae is majestic in size and abundant in benefits.

- May be beneficial to the skin
- Powerful cleansing agent
- Warm, earthy aroma

A

T

N

**49360001**  
5 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl



### Basil

Essential Oil  
*Ocimum basilicum*

Valued for its restorative effects, Basil is also commonly used for its calming aroma.

- May provide soothing comfort when used as part of a massage
- Aromatic use helps create a calm and relaxed environment
- When taken internally, supports cardiovascular system health\*

A

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**30010001**  
15 mL | 33 PV  
\$44.00 rtl  
\$33.00 whl





### Birch New

Essential Oil  
*Betula lenta*

Birch essential oil comes from the bark of the *Beta lenta* tree, known as black birch, cherry birch, or sweet birch.

- Delivers a stimulating, refreshing aroma similar to Wintergreen
- Provides a soothing massage

A

T

S

**60222580**  
5 mL | 45 PV  
\$78.67 rtl  
\$59.00 whl



### Bergamot

Essential Oil  
*Citrus bergamia*

Cold pressed from the rind of the bergamot fruit, Bergamot is unique among citrus oils.

- Frequently used in massage therapy for its calming aroma
- Apply to the skin while showering and inhale deeply to experience its calming aroma while enjoying its purifying skin benefits

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**30790001**  
15 mL | 40 PV  
\$53.33 rtl  
\$40.00 whl



### Black Pepper

Essential Oil  
*Piper nigrum*

Best known as a cooking spice that enhances the flavor of foods, its internal and topical benefits are equally noteworthy. This essential oil is known for powerful antioxidant and digestive support when used internally.\*

- Aids digestion when used internally\*
- Soothing and satisfying aroma


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**41040001**  
5 mL | 23 PV  
\$30.67 rtl  
\$23.00 whl



### Black Spruce

Essential Oil  
*Picea mariana*

A powerful wood essential oil distilled from the needle and branches of the *Picea mariana* tree, Black Spruce essential oil has a relaxing, calming aroma.

- Incorporate Black Spruce into a comforting massage experience to soothe the skin after strenuous exercise
- Promotes feelings of easy breathing

A

T

S

**60206220**  
5 mL | 21 PV  
\$28.00 rtl  
\$21.00 whl



### Blue Lotus New

Touch Blend

A precious extract that's been widely celebrated throughout history in Egyptian culture, art, and ceremonies.


- Provides a relaxing, floral aroma
- Serves as a natural skin moisturizer
- Promotes a healthy-looking, radiant complexion

A

T

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**60219175**  
10 mL roll-on | 60 PV  
\$88.00 rtl  
\$66.00 whl



### Blue Tansy

Essential Oil  
*Tanacetum annuum*

Sourced from the annual yellow-flowered Mediterranean plant, Blue Tansy is high in chamazulene and sabinene. An important oil in the dōTERRA Deep Blue® blend.

- Anecdotal evidence suggests it may enhance the appearance of dry or damaged skin
- Preclinical studies suggest it may provide a soothing sensation when applied to skin

A

T

N

**60203383**  
5 mL | 81 PV  
\$114.67 rtl  
\$86.00 whl



### Cardamom

Essential Oil  
*Elettaria cardamomum*

With a long history as a cooking spice, Cardamom is also beneficial to the digestive and respiratory systems when taken internally.\*

- Helps ease indigestion and maintain overall gastrointestinal health when ingested\*
- Promotes clear breathing and maintains respiratory health when used internally\*

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**49350001**  
5 mL | 31 PV  
\$41.33 rtl  
\$31.00 whl





### Cassia

Essential Oil  
*Cinnamomum cassia*

Closely related to cinnamon, Cassia has a wonderful fragrance and thousands of years of historical use.

- May promote healthy cardiovascular system function when consumed\*
- Promotes healthy digestion when taken internally\*
- May help support healthy immune system function when ingested\*

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D

**60213537**  
15 mL | 23 PV  
\$30.67 rtl  
\$23.00 whl



### Cilantro

Essential Oil  
*Coriandrum sativum*

Distilled from the leaves of the coriander plant, Cilantro essential oil is commonly used for its fresh and tasty flavor.

- Used in soaps for cleansing purposes
- Place one to two drops in a dōTERRA Veggie Cap for internal support\*

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**41850001**  
15 mL | 27 PV  
\$36.00 rtl  
\$27.00 whl



### Clary Sage

Essential Oil  
*Salvia sclarea*

Clary Sage is known for its soothing and calming properties.

- Apply to abdomen for a soothing massage
- Combine with Roman Chamomile and add to bath water for an enjoyable bath
- Promotes healthy-looking hair and scalp

A

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**30420001**  
15 mL | 42 PV  
\$56.00 rtl  
\$42.00 whl



### Coriander

Essential Oil  
*Coriandrum sativum*

Popular across many cultures for various uses, Coriander essential oil provides a myriad of health benefits\*.

- Similar chemical composition to Lavender
- Add to oily skin to maintain a clear complexion
- After a short workout, apply Coriander to legs for a soothing massage

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**30780001**  
15 mL | 26 PV  
\$34.67 rtl  
\$26.00 whl



### Cedarwood

Essential Oil  
*Juniperus virginiana*

Cedarwood has a warm, woody, balsamic fragrance that creates a comforting and relaxing environment.

- During your facial routine, add one to two drops of Cedarwood to your facial toner or moisturizer for added clarifying properties
- Blends well with floral or citrus oils

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**49300001**  
15 mL | 15 PV  
\$20.00 rtl  
\$15.00 whl



### Cinnamon Bark

Essential Oil  
*Cinnamomum zeylanicum*

Well known for its use as a spice, Cinnamon also has many health-promoting benefits\*.

- Internal use supports healthy metabolic function\*
- Naturally repels insects

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**30030001**  
5 mL | 32 PV  
\$42.67 rtl  
\$32.00 whl



### Clove

Essential Oil  
*Eugenia caryophyllata*

Known as a popular cooking spice, Clove has many beneficial uses.

- Promotes healthy teeth and gums
- Internal use has powerful antioxidant benefits\*
- Soothing, warm aroma

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**30040001**  
15 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



### Cypress

Essential Oil  
*Cupressus sempervirens and lusitanica*

Distilled from the twigs and foliage of the cypress tree, Cypress essential oil is popular for its energizing aroma and use in spas.

- Helps improve the appearance of oily skin
- Commonly diffused with citrus oils for an uplifting aroma

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**60206972**  
15 mL | 19 PV  
\$25.33 rtl  
\$19.00 whl



### Celery Seed

Essential Oil  
*Apium graveolens*

Sourced from the celery plant, Celery Seed essential oil has a warm, sweet aroma, and preclinical studies suggest may improve digestion when used internally.\*

- Supports a healthy digestive system when consumed\*
- Add a few drops to your drink or shake for powerful cleansing benefits\*

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**60209677**  
15 mL | 38 PV  
\$50.67 rtl  
\$38.00 whl



### Citronella

Essential Oil  
*Cymbopogon winterianus*

Citronella is a tall grass grown in Asia with a crisp, fresh aroma. Often used as a natural insect repellent.

- Natural pest repellent
- Cleans surfaces
- Skin and scalp soother

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**60209676**  
15 mL | 21 PV  
\$28.00 rtl  
\$21.00 whl



### Copaiba Top Seller

Essential Oil  
*Copaifera reticulata, officinalis, coriacea, and langsdorffii*

When taken internally, supports a healthy digestive and cardiovascular system.\*

- Provides antioxidant support when ingested\*
- Helps soothe and support the nervous system when consumed\*

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**60202178**  
15 mL | 38 PV  
\$50.67 rtl  
\$38.00 whl

**60219176**  
10 mL roll-on | 25 PV  
\$33.33 rtl  
\$25.00 whl



### Douglas Fir

Essential Oil  
*Pseudotsuga menziesii*

Sustainably sourced from young, pre-coning trees, giving it a chemical composition that's particularly rich in β-pinene and esters.

- Add to facial cleanser, bar soap, or body wash for added cleansing benefits and an invigorating aroma
- Creates positive and inspiring surroundings
- Refreshing, airy aroma

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**31590001**  
5 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl





Eucalyptus

Essential Oil  
*Radiata, polybractea, kochii, loxophleba, and globulus*

Combines unique species of Eucalyptus in one powerful blend. A primary component of many of these species is Eucalyptol which is where this blend gets many of its benefits.

- Creates a calm atmosphere during stressful circumstances
- May have cleansing properties due to its main constituent 1,8 cineole

A T D

**60218408**  
15 mL | 21 PV  
\$28.00 rtl  
\$21.00 whl



Geranium

Essential Oil  
*Pelargonium graveolens*

Known for its floral aroma, Geranium is also a common ingredient in skin care products.

- Add to your favorite facial moisturizer to soothe and beautify skin
- Apply diluted to skin with a carrier oil
- Add a few drops to your shampoo or conditioner for a healthy, vibrant glow

A T I S

**30090001**  
15 mL | 47 PV  
\$62.67 rtl  
\$47.00 whl



Green Mandarin

Essential Oil  
*Citrus nobilis*

Pressed from the unripe fruit of the mandarin tree, Green Mandarin essential oil is known for supporting healthy digestive and immune systems when taken internally.\*

- May support a healthy inflammatory response when ingested\*
- Add a few drops to your water bottle to help promote healthy immune function\*

A T I N

**60205794**  
15 mL | 30 PV  
\$40.00 rtl  
\$30.00 whl



'Iliahi (Hawaiian Sandalwood)

Essential Oil  
*Santalum paniculatum*

From a renewable source in Hawaii, dōTERRA® 'Iliahi delivers a variety of benefits.

- Helps improve the appearance of skin and hair
- Creates an uplifting, positive environment

A T I N

**41860001**  
5 mL | 65 PV  
\$100.00 rtl  
\$75.00 whl



Fennel (Sweet)

Essential Oil  
*Foeniculum vulgare*

Used for centuries, Fennel provides many health benefits\* and has a distinct licorice aroma.

- Take internally to promote healthy digestive system\*
- May help promote healthy circulation when taken internally\*
- Provides an invigorating and calming aromatic atmosphere

A T I S

**41290001**  
15 mL | 18 PV  
\$24.00 rtl  
\$18.00 whl



Ginger

Essential Oil  
*Zingiber officinale*

Ginger is most noted for its sweet flavoring and positive effect on the digestive system when consumed.\*

- May help support healthy digestion when taken internally\*
- May help reduce occasional indigestion when ingested\*
- Stimulating aroma ranging from fruity to earthy

A T I S

**60215119**  
15 mL | 50 PV  
\$66.67 rtl  
\$50.00 whl



Guaiacwood

Essential Oil  
*Bulnesia sarmientoi*

The same botanical family as frankincense and myrrh: *Burseraceae*. It's often used in perfumery and skincare products.

- Provides a grounding, calming, and tranquil aroma
- Promotes an atmosphere that's helpful during meditation
- Soothes minor skin irritations

A T N

**60217711**  
15 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



Jasmine

Essential Oil  
*Jasminum grandifolium*

First of its kind essential oil from the pure white jasmine flower. Visually beautiful, the flower is associated with love and romance.

- Provides a sweet, exotic aroma
- Creates an elevating and inspiring environment

A T S

**60217357**  
25 mL | 100 PV  
\$200.00 rtl  
\$150.00 whl



Frankincense

Top Seller

Essential Oil

*Boswellia carterii, sacra, papyrifera, and frereana*

Often called the "king of oils," topical and internal use of Frankincense provides modern wellness benefits.\*

- Ingest to support healthy cellular function.\*
- Helps maintain healthy skin when applied topically.

A T I N

A T N

**30070001**  
15 mL | 73 PV  
\$104.00 rtl  
\$78.00 whl

**60200224**  
10 mL roll-on | 50 PV  
\$66.67 rtl  
\$50.00 whl



Grapefruit

Essential Oil  
*Citrus x paradisi*

Creating an uplifting environment, Grapefruit is renowned for its cleansing effects.

- Soothing to the skin
- Internal use supports healthy metabolism\*
- Creates an uplifting environment

A T I N

**30100001**  
15 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



Helichrysum

Essential Oil  
*Helichrysum italicum*

Distilled from the flower cluster of an evergreen herb, one of the most precious and sought-after essential oils.

- Apply to the face to reduce the appearance of wrinkles and to promote a glowing, youthful complexion
- Massage into the temples and back of neck for a soothing sensation

A T I N

A T N

**30410001**  
5 mL | 70 PV  
\$105.33 rtl  
\$79.00 whl

**60207012**  
10 mL roll-on | 52 PV  
\$76.00 rtl  
\$57.00 whl



Jasmine

Touch Blend

Regarded as the "King of Flowers," jasmine is prized for its highly fragrant aroma.

- Reduces the appearance of skin imperfections
- Promotes a glowing complexion

A T N

**60201812**  
10 mL roll-on | 47 PV  
\$62.67 rtl  
\$47.00 whl



Juniper Berry

Essential Oil  
*Juniperus communis*

The woody, spicy, yet fresh aroma of Juniper Berry reveals its rich history of traditional use and health benefits.\*

- Calming, grounding aroma
- May benefit and soothe skin
- May have antioxidant properties when ingested, according to preclinical research\*

A T I N

**49290001**  
5 mL | 23 PV  
\$30.67 rtl  
\$23.00 whl



Lemon Eucalyptus

Essential Oil  
*Eucalyptus citriodora*

Derived from a lemon-scented blue gum eucalypti plant, a tall tree with smooth bark native to northern Australia.

- Refreshing and cleansing to the air
- Uplifting and invigorating aroma
- Cleansing to surfaces and skin

A T S

**60209674**  
15 mL | 15 PV  
\$20.00 rtl  
\$15.00 whl



Madagascar Vanilla

Absolute  
*Vanilla planifolia*

Prized since the time of the ancient Aztecs, and often used in perfumes, vanilla is one of the most popular aromas in the world, and one of the most expensive to produce.

- Madagascar Vanilla Absolute in a base of Fractionated Coconut Oil
- Uniquely extracted using a clean CO<sub>2</sub> extraction method

A T I N

**60218012**  
5 mL | 38 PV  
\$50.67 rtl  
\$38.00 whl



Melissa

Essential Oil  
*Melissa officinalis*

Our rarest oil, Melissa has a sweet, fresh, citrus-like fragrance and a wide range of beneficial properties.

- Preclinical studies show it may support a healthy inflammatory response when ingested\*
- Encourages a relaxing atmosphere

A T I N

**30850001**  
5 mL | 86 PV  
\$128.00 rtl  
\$96.00 whl



Lavender

Top Seller

Essential Oil  
*Lavandula angustifolia*

Lavender has been cherished for its unmistakable aroma and health properties for thousands of years.

- Take internally to soothe and relax the mind\*
- Soothes occasional skin irritations
- Take internally for a peaceful sleep\*

A T I N

A T N

**30110001**  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl

**60200225**  
10 mL roll-on | 20 PV  
\$26.67 rtl  
\$20.00 whl



Lemongrass

Essential Oil  
*Cymbopogon flexuosus*

Long used in Asian and Caribbean cooking for its subtle lemony flavor and aroma, Lemongrass boasts many health-promoting benefits\*.

- Use to flavor entrées and meat dishes
- Combine with a carrier oil for a soothing massage
- Promotes a healthy digestive system when ingested\*

A T I S

**30130001**  
15 mL | 14 PV  
\$18.67 rtl  
\$14.00 whl



Magnolia

Touch Blend

Used in Chinese traditional practices for hundreds of years, Magnolia is known for its fresh and compellingly sweet aroma.

- Creates a calm atmosphere
- May help keep skin clean and healthy-looking
- Soothing to the skin

A T N

**60205420**  
10 mL roll-on | 30 PV  
\$40.00 rtl  
\$30.00 whl



Myrrh

Essential Oil  
*Commiphora myrrha*

Used historically in many ways—from meditation to embalming—Myrrh is still frequently recommended today.

- Beneficial for oral hygiene
- Soothing to the skin; promotes a smooth, youthful-looking complexion
- Creates an inspiring atmosphere

A T I N

A T N

**30160001**  
15 mL | 60 PV  
\$96.00 rtl  
\$72.00 whl

**60221439**  
10 mL roll-on | 41 PV  
\$54.67 rtl  
\$41.00 whl



Lemon

Top Seller

Essential Oil  
*Citrus limon*

This top-selling oil has multiple uses and benefits and is cold pressed from lemon rinds to preserve its delicate nature and potent properties.

- Refreshes the air and cleanses surfaces
- Internal use naturally aids in digestion\*
- Uplifting, positive aroma

A T I N

**30120001**  
15 mL | 15 PV  
\$20.00 rtl  
\$15.00 whl



Lime

Essential Oil  
*Citrus aurantifolia*

The sharp, citrus smell of Lime makes it a must-have in any essential oils collection.

- Supports healthy immune function when ingested\*
- Refreshing aroma
- The aroma encourages a balanced and energizing atmosphere

A T I S

**30870001**  
15 mL | 16 PV  
\$21.33 rtl  
\$16.00 whl



Marjoram

Essential Oil  
*Origanum majorana*

Also known as "wintersweet" or "joy of the mountains," it has both culinary uses and healthful benefits.

- Adds to a soothing, calming massage
- May promote healthy cardiovascular system function when ingested\*
- Apply to muscles before and after exercise

A T I N

**30140001**  
15 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl



Neroli

Touch Blend

Soothing to the skin, dōTERRA Neroli Touch is specifically formulated with Fractionated Coconut Oil to create an uplifting atmosphere.

- Creates a calm, uplifting atmosphere
- Soothes skin

A T N

**60201817**  
10 mL roll-on | 54 PV  
\$72.00 rtl  
\$54.00 whl





Oregano Top Seller

Essential Oil  
*Origanum vulgare*

Derived from the leaves of the oregano plant, Oregano essential oil has many traditional and modern uses.

- Supports healthy digestion when ingested\*
- Offers an earthy, spicy aroma
- Used as a powerful cleansing and purifying agent

A T I D

A T N

**30180001**  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl

**60200227**  
10 mL roll-on | 19 PV  
\$25.33 rtl  
\$19.00 whl



Peppermint Beadlets

Experience a refreshing, invigorating burst of Peppermint in the convenience of a dissolving beadlet.

- Promotes oral and respiratory health when consumed\*
- Alleviates occasional stomach upset when ingested\*
- Provides all the benefits of Peppermint essential oil when taken internally\*
- Carrageenan free

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**60208147**  
125 beadlets | 15 PV  
\$20.00 rtl  
\$15.00 whl



Roman Chamomile

Essential Oil  
*Anthemis nobilis*

The most versatile of the chamomiles, Roman Chamomile is extracted from the daisy-like flower of the Roman chamomile plant.

- Soothing to the skin when applied topically
- Diffuse or apply to bottoms of feet at bedtime for a comforting aroma

A T I N

**30800001**  
5 mL | 50 PV  
\$66.67 rtl  
\$50.00 whl



Sandalwood

Essential Oil  
*Santalum album*

With documented history of use over several thousand years, Sandalwood has a wide variety of applications.

- Promotes healthy-looking, smooth skin
- Reduces the appearance of skin imperfections
- Frequently used in meditation for its grounding aroma

A T I N

**30210001**  
5 mL | 65 PV  
\$113.33 rtl  
\$85.00 whl



Patchouli

Essential Oil  
*Pogostemon cablin*

Patchouli is easily recognizable for its rich, musky-sweet fragrance.

- The earthy aroma contributes to a grounded, balanced atmosphere
- Promotes a smooth, glowing complexion when applied to skin

A T I N

**30890001**  
15 mL | 32 PV  
\$42.67 rtl  
\$32.00 whl



Petitgrain

Essential Oil  
*Citrus aurantium*

Petitgrain essential oil is derived from the bitter orange tree, which has a long history of use in traditional wellness practices.

- May be cleansing
- Is commonly used in cosmetics for its pleasant fragrance

A T I S



**49520001**  
15 mL | 27 PV  
\$36.00 rtl  
\$27.00 whl



Peppermint

Essential Oil  
*Mentha piperita*

A top-selling favorite, Peppermint provides myriad health benefits.\*

- Promotes digestive health when taken internally\*
- Helps alleviate occasional stomach upset when consumed\*
- Promotes healthy respiratory function and clear breathing when ingested\*
- Repels bugs naturally

A T I S

A T N



**30190001**  
15 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl

**60200228**  
10 mL roll-on | 20 PV  
\$26.67 rtl  
\$20.00 whl



Pink Pepper

Essential Oil  
*Schinus molle*

A sacred tree to the Incans, distilled from the fruit of the pink peppercorn tree, which was used by indigenous people as an herbal solution to health needs.\*

- Massage into the skin to help calm and soothe after strenuous exercise
- Take internally to support a healthy immune response\*

A T I N



**60207016**  
5 mL | 23 PV  
\$30.67 rtl  
\$23.00 whl



Rosemary

Essential Oil  
*Rosmarinus officinalis*

Considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures, Rosemary has a myriad of uses.

- Provides an energizing aroma
- May help support healthy digestion when consumed\*
- Helpful addition to hair products

A T I N

**30200001**  
15 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



Spanish Sage

Essential Oil  
*Salvia lavandulifolia*

A beautiful, refreshing, and uplifting, yet also soothing aroma. This small evergreen shrub, also known as lavender sage, has grown in Spain and France for centuries.

- Promotes a positive atmosphere that may be conducive to focus and concentration
- Supports a calm mind and sense of alertness when taken internally\*

A T I S

**60222270**  
15 mL | 29 PV  
\$38.67 rtl  
\$29.00 whl



Spearmint

Essential Oil  
*Mentha spicata*

Spearmint is widely used for its digestive benefits\* and as a flavoring for a variety of dishes and drinks.

- Promotes digestion and helps reduce occasional stomach upset when used internally\*
- Incorporate into effective work and study habits
- Add a drop or two to any dessert, drink, salad, or entrée for flavoring

A T I S



**31610001**  
15 mL | 31 PV  
\$41.33 rtl  
\$31.00 whl



Tea Tree

Essential Oil  
*Melaleuca alternifolia*

Tea Tree oil is composed of 90 different compounds and has limitless applications.

- Renowned for its purifying and cleansing properties
- Soothing to irritated skin
- Diffuse throughout the home to help freshen the air

A T N

A T N



**60208340**  
15 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl

**60208343**  
10 mL roll-on | 17 PV  
\$22.67 rtl  
\$17.00 whl



Turmeric

Essential Oil  
*Curcuma longa*

Commonly known for its Ayurvedic health uses, Turmeric is a staple for your daily health routine.

- May support healthy nervous and cellular function when ingested\*
- May promote a healthy inflammatory response when consumed\*
- As a part of your daily routine, take internally for antioxidant support\*

A T I N



**60206973**  
15 mL | 33 PV  
\$44.00 rtl  
\$33.00 whl



Wintergreen

Essential Oil  
*Gaultheria fragrantissima*

Wintergreen essential oil is derived from the leaves of a creeping shrub found in coniferous areas.

- Commonly used in oral hygiene products
- Massage into hands, back, and legs for a soothing and warming sensation after exercise

A T S



**31620001**  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl



Spikenard

Essential Oil  
*Nardostachys jatamansi*

Spikenard essential oil has a woody, spicy aroma to create a relaxing atmosphere.

- Known to create a grounding environment
- Tranquil aroma
- Add one or two drops to your favorite cleanser to promote healthy, glowing skin

A T N

**49510001**  
5 mL | 52 PV  
\$72.00 rtl  
\$54.00 whl



Thyme

Essential Oil  
*Thymus zygis, and vulgaris*

Thyme, familiar to most as a common seasoning, produces a potent essential oil.

- Supports a healthy inflammatory response when used internally\*
- Provides cleansing and purifying effects for the skin

A T I D

**60222622**  
15 mL | 34 PV  
\$45.33 rtl  
\$34.00 whl



Vetiver

Essential Oil  
*Vetiveria zizanioides*

Vetiver is loved for its rich, exotic, complex aroma and is used extensively in perfumes.

- Calming, grounding aroma
- Use as part of a soothing, aromatic massage
- Use as an earthy base note in your favorite diffuser blend

A T I N

A T N



**30430001**  
15 mL | 60 PV  
\$86.67 rtl  
\$65.00 whl

**60221438**  
10 mL roll-on | 40 PV  
\$53.33 rtl  
\$40.00 whl



Tangerine

Essential Oil  
*Citrus reticulata*

A sweet, tangy aroma, similar to other citrus oils, that is uplifting. Known for its cleansing properties and for supporting a healthy immune system when consumed.\*

- Internal use supports healthy normal gastrointestinal function and metabolism\*
- Cleansing and purifying

A T I N

**49440001**  
15 mL | 16 PV  
\$21.33 rtl  
\$16.00 whl



Tulsi (Holy Basil)

Essential Oil  
*Ocimum sanctum*

Traditionally used around the world as part of rituals and protection in many cultures.

- Unlike its cousin sweet basil, Tulsi has a rich, spicy aroma, reminiscent of freshly cut basil
- Blend Tulsi with calming Bergamot and Clary Sage to add to a soothing atmosphere

A T S

**60213450**  
5 mL | 29 PV  
\$38.67 rtl  
\$29.00 whl



Wild Orange

Essential Oil  
*Citrus sinensis*

Cold pressed from the peel, Wild Orange releases an energizing, citrusy aroma.

- Powerful cleanser and purifying agent
- Place one drop Wild Orange, Peppermint, and Frankincense in your hand. Rub hands together and inhale deeply for an energizing aroma

A T I N



**30170001**  
15 mL | 12 PV  
\$16.00 rtl  
\$12.00 whl



Ylang Ylang

Essential Oil  
*Cananga odorata*

Ylang Ylang, while famed for its exquisite fragrance, has a myriad of benefits.

- Adds an aromatic experience to a soothing, calming massage
- Promotes healthy-looking skin and hair

A T I N



**30240001**  
15 mL | 44 PV  
\$68.67 rtl  
\$44.00 whl



Proprietary Essential Oil Blends

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



**abode®**  
Refreshing Blend

Contains powerful essential oils with a pleasant aroma that leaves your home smelling fresh and feeling refreshed naturally, without harsh chemicals or synthetic fragrance.

- Formula contains CPTG® essential oils high in cleansing constituents including limonene, geranial, neral, and 1,8-cineole

A H S

**60217576**  
15 mL | 26 PV  
\$34.67 rtl  
\$26.00 whl



**Adaptiv®**  
Calming Blend

When feelings of fatigue, restlessness, indecisiveness, or irritability appear, Adaptiv Calming Blend is part of the toolbox that will help create a balanced atmosphere.

- Creates an uplifting environment
- Complements effective work and study
- Relaxing aroma

A T N

**60209364**  
15 mL | 43 PV  
\$57.33 rtl  
\$43.00 whl

**60209357**  
10 mL roll-on | 24 PV  
\$32.00 rtl  
\$24.00 whl



**Air-X®**  
Air Blend

With an intense citrusy, woody, and faintly herbal aroma, Air-X helps freshen the air when diffused. The Air-X blend has a calming, energizing aroma.

- Has a fresh and uplifting aroma
- Refreshes your home or office throughout the day

A T I S

**60215527**  
15 mL | 32 PV  
\$42.67 rtl  
\$32.00 whl



**dōTERRA Align**  
Centering Blend

Invite confident peace into your daily practice by embracing Align Centering Blend.

- Complements effective yoga practice
- Diffuse while setting intentions about self-acceptance, trust, and fluidity
- Helps create a harmonious and calm atmosphere

A T N

**60203246**  
5 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl



**dōTERRA Anchor**  
Steadying Blend

Accompany thoughts of calming strength and firm trust in oneself with Anchor Steadying Blend.

- Complements an effective yoga practice
- Promotes an atmosphere full of calmness and courage
- Diffuse while setting intentions about moving forward with a steady foundation

A T N

**60203245**  
5 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl



**dōTERRA Arise**  
Enlightening Blend

Enjoy inspiration and courageously rise to your goals with Arise Enlightening Blend.

- Complements an effective yoga practice
- Use to set intentions of happiness, clarity, and courage
- Promotes an uplifting environment for intentions of high-reaching goals and self-improvement

A T N

**60203247**  
5 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl



**AromaTouch®**  
Massage Blend

This proprietary massage blend combines the benefits of oils well known for their soothing and relaxing aromas.

- Features Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender
- Adds an aromatic experience to a soothing massage
- Add to Epsom salts and enjoy soaking in a hot bath

T N

**31200001**  
15 mL | 33 PV  
\$44.00 rtl  
\$33.00 whl



**dōTERRA Balance®**  
Grounding Blend

dōTERRA Balance Grounding Blend has a warm, woody aroma that creates an atmosphere of calmness and well-being.

- Features Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Osmanthus in a base of Fractionated Coconut Oil
- Adds to a relaxing massage
- Creates a calming atmosphere

A T N

**31010001**  
15 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl



**Brave®**  
Courage Blend

Before new or different situations, or just to start your day, roll Brave onto the back of neck, tummy, or bottoms of feet.

- Invigorating aroma
- Beneficial with positive affirmations in stressful situations
- Creates a confident, courageous atmosphere

A T N

**60206618**  
10 mL roll-on | 23 PV  
\$30.67 rtl  
\$23.00 whl



**dōTERRA Breathe®**  
Respiratory Blend

A powerful essential oil blend that maintains feelings of clear airways and easy breathing.

- Maintains feelings of clear airways and easy breathing
- Promotes a restful nights sleep
- Helps minimize the effects of seasonal threats

A T S

**60200190**  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl

**60200192**  
10 mL roll-on | 19 PV  
\$25.33 rtl  
\$19.00 whl



**Calmer®**  
Restful Blend

When it's bedtime, roll Calmer onto the bottoms of your feet and onto your wrists. Climb into bed and take a deep breath of the relaxing aroma.

- Creates a restful atmosphere at bedtime
- Relaxing and positive aroma
- Soothing environment

A T N

**60206632**  
10 mL roll-on | 21 PV  
\$28.00 rtl  
\$21.00 whl



**dōTERRA Cheer®**  
Uplifting Blend

dōTERRA Cheer Uplifting Blend of citrus and spice essential oils provides a sunshiny aroma to brighten your day.

- Aroma inspires an optimistic, cheerful, and happy atmosphere
- Creates an energizing and positive environment

A T S

**60218863**  
5 mL | 26 PV  
\$34.67 rtl  
\$26.00 whl

**60218864**  
10 mL roll-on | 22 PV  
\$29.33 rtl  
\$22.00 whl



**Citrus Bliss®**  
Invigorating Blend

The harmonious blend of Citrus Bliss combines the powerful benefits of popular citrus essential oils.

- Merges Wild Orange, Lemon, Grapefruit, Bergamot, Red Mandarin, Green Mandarin, Lime, Litsea, Tonka Bean, and Vanilla Absolute
- Uplifting, sweet aroma
- Ideal for freshening the air

A T N

**60219370**  
15 mL | 23 PV  
\$30.67 rtl  
\$23.00 whl



**Citrus Bloom®**  
Springtime Blend

The perfect essential oil fusion, combining the brightness of citrus peels layered with freshly cut florals.

- Provides a bright, spring-like environment
- Sweet, sparkling aroma enhances personal and work surroundings

A T N

**60208812**  
15 mL | 26.5 PV  
\$35.33 rtl  
\$26.50 whl



**ClaryCalm®**  
Monthly Blend For Women

ClaryCalm is a unique blend of essential oils developed especially for women.

- Floral, feminine aroma
- Contributes to a nurturing massage as part of a self-care ritual
- Cooling and soothing on skin

A T N

**49480001**  
10 mL roll-on | 34 PV  
\$45.33 rtl  
\$34.00 whl



**dōTERRA Console®**  
Comforting Blend

This blend of floral and tree essential oils will help provide a comforting aroma as you close the door on sadness and take your first steps toward emotional healing.

- Aroma is comforting
- Serves as a companion while you work toward hopefulness
- Creates an uplifting, positive atmosphere

A T N

**31730001**  
5 mL | 43 PV  
\$57.33 rtl  
\$43.00 whl

**60200147**  
10 mL roll-on | 28 PV  
\$37.33 rtl  
\$28.00 whl



**DDR Prime®**  
Cellular Complex

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

- Supports healthy cellular integrity\*
- Protects body and cells from oxidative stress\*
- Promotes overall cellular health\*

T I S

**60207092**  
15 mL | 38 PV  
\$50.67 rtl  
\$38.00 whl



**Deep Blue®**  
Soothing Blend

Deep Blue provides soothing and cooling effects on the skin.

- Rub Deep Blue on lower back muscles after a day of heavy lifting
- Apply on feet and knees before and after exercise
- Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime

T S

**60200143**  
5 mL | 37 PV  
\$49.33 rtl  
\$37.00 whl



**DigestZen®**  
Digestive Blend

The well-recognized essential oils in DigestZen are known for providing digestive benefits when ingested.\*

- Supports healthy digestion when used internally\*
- When consumed, soothes the occasional upset stomach\*
- Taken orally, helps reduce gas and occasional indigestion\*

A T I N

**60214361**  
15 mL | 25 PV  
\$48.00 rtl  
\$36.00 whl

**60214815**  
10 mL roll-on | 24 PV  
\$32.00 rtl  
\$24.00 whl



**dōTERRA Forgive®**  
Renewing Blend

The fresh, woody aroma of dōTERRA Forgive Renewing Blend inspires a grounded atmosphere and complements affirmations of contentment, relief, and patience.

- Inspires a grounded atmosphere
- Aroma complements affirmations of contentment, relief, and patience

A T S

**31750001**  
5 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl

**60200148**  
10 mL roll-on | 17 PV  
\$22.67 rtl  
\$17.00 whl



**HD Clear®**  
Topical Blend

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

- Promote a clear complexion
- Targets breakouts
- Helps keep skin clean, clear, and hydrated

T N

**49400001**  
10 mL roll-on | 23 PV  
\$30.67 rtl  
\$23.00 whl





**Immortelle**  
Anti-Aging Blend

Powerfully renewing, this proprietary blend combines rare essential oils that have been used throughout history for their beautifying benefits.

- Helps reduce the appearance of fine lines and wrinkles
- Helps reduce contributing factors to the appearance of aging skin
- Promotes smoother, more radiant, and youthful-looking skin



**60220469**  
10 mL roll-on | 75 PV  
\$106.67 rtl  
\$80.00 whl



**MetaPWR®**  
**Beadlets**  
Metabolic Blend

Formulated to help curb hunger cravings and support mindful eating and appetite control.\*

- Supports metabolic health and function\*
- Curbs hunger cravings\*
- Promotes mindful eating and appetite control\*



**60217376**  
125 beadlets | 16 PV  
\$21.33 rtl  
\$16.00 whl



**dōTERRA On Guard®**  
Protective Blend

Offers a fragrant, natural, and effective alternative to synthetic options for immune support.\*

- Supports healthy immune function when used internally\*
- Ingest to support the body's natural antioxidant defenses\*
- Powerful surface cleaner



**31100001**  
15 mL | 38 PV  
\$50.67 rtl  
\$38.00 whl



**60200142**  
10 mL roll-on | 24 PV  
\$32.00 rtl  
\$24.00 whl



**PastTense®**  
Tension Blend

PastTense is a distinctive blend of essential oils known to create a calming and soothing atmosphere.

- Features Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, and Rosemary
- Comforting and soothing aroma



**60215812**  
15 mL | 33 PV  
\$44.00 rtl  
\$33.00 whl



**InTune®**  
Focus Blend

InTune is a proprietary blend of carefully selected essential oils, ideal for use while at school or work.

- Features Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, 'Iliahi (Hawaiian Sandalwood), and Roman Chamomile
- Delightful scent for working or studying



**60220468**  
10 mL roll-on | 40 PV  
\$53.33 rtl  
\$40.00 whl



**dōTERRA Motivate®**  
Encouraging Blend

We all have setbacks in our lives, causing us to doubt ourselves or feel pessimistic. The aroma of dōTERRA Motivate complements affirmations of confidence and courage.

- Aroma complements affirmations of confidence, courage, and belief in oneself
- Helps set a positive environment



**60218764**  
5 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl



**60218765**  
10 mL roll-on | 19 PV  
\$25.33 rtl  
\$19.00 whl



**MetaPWR®**  
Metabolic Blend

MetaPWR Metabolic Blend can be an important part of a healthy metabolic regimen every day when used internally.\*

- May support healthy metabolic function\*
- Helps curb hunger cravings and promotes mindful eating\*



**60217575**  
15 mL | 29 PV  
\$38.67 rtl  
\$29.00 whl



**Northern Escape®**  
Woodland Blend

Leave your hectic life behind. Take a breath of fresh, green, fragrant forest air.

- Has a grounding, yet inspiring aroma
- Refreshes your home or office throughout the day
- Creates a tranquil, positive space



**60221667**  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl



**dōTERRA Passion®**  
Inspiring Blend

The dōTERRA Passion blend combines spice and herbal essential oils such as Cinnamon Bark, Ginger, Cardamom, and Damiana. This mixture of oils creates a chemical profile with a high concentration of phenols and ethers.

- Creates a joyful, inspiring atmosphere
- Transcends the trivial



**60218767**  
5 mL | 42 PV  
\$56.00 rtl  
\$42.00 whl



**60218768**  
10 mL roll-on | 32 PV  
\$42.67 rtl  
\$32.00 whl



**Purify**  
Cleansing Blend

Purify is designed to eliminate odors naturally without harsh additives.

- Combines Lemon, Siberian Fir, Citronella, Lime, Tea Tree, and Cilantro
- Refreshing aroma eradicates unpleasant odors and clears the air



**31060001**  
15 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl



**Rescuer™**  
Soothing Blend

After running, jumping, and playing, rub Rescuer onto your legs, feet, or back for its soothing experience.

- Features Copaiba, Lavender, Spearmint, and Zanthoxylum in a base of Fractionated Coconut Oil
- Massage onto tired legs
- Creates a cooling experience



**60206635**  
10 mL roll-on | 18 PV  
\$24.00 rtl  
\$18.00 whl



**Steady®**  
Grounding Blend

For daily centering, or for times when you feel nervous or experience anxious feelings, rub Steady on your neck and wrists as a reminder to calm emotions and balance mood.

- Features Amyris, Balsam Fir, Coriander, and Magnolia in a base of Fractionated Coconut Oil
- Relaxing and balancing aroma
- Instills a tranquil atmosphere



**60206617**  
10 mL roll-on | 18 PV  
\$24.00 rtl  
\$18.00 whl



**dōTERRA SuperMint™**  
**Beadlets**

dōTERRA has captured the potent benefits of dōTERRA SuperMint in a tiny, soft, convenient vegetarian beadlet.

- Freshen the breath and support a clean, healthy mouth
- Promote oral and respiratory health\*
- May contribute to feelings of easier breathing



**60222094**  
125 beadlets | 16 PV  
\$21.33 rtl  
\$16.00 whl



**Thinker®**  
Focus Blend

Herbal and slightly sweet, the unique aroma of Thinker helps create a supportive and positive environment.

- Fresh, invigorating aroma
- Perfect as a part of your study-time routine



**60206633**  
10 mL roll-on | 19 PV  
\$25.33 rtl  
\$19.00 whl



**dōTERRA Serenity®**  
Restful Blend

dōTERRA Serenity has a calming and relaxing aroma.

- Features Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Sandalwood, Tonka Bean, and Vanilla Absolute
- Creates a perfect escape with its calming, renewing fragrance
- Creates a restful environment at bedtime



**60217983**  
15 mL | 40 PV  
\$53.33 rtl  
\$40.00 whl



**Stronger®**  
Protective Blend

Use Stronger on the back of your neck or bottoms of your feet for an added boost as a reminder to be resilient and strong.

- Features Cedarwood, Litsea, Frankincense, and Rose Extract in a base of Fractionated Coconut Oil
- Rejuvenating to the skin
- Promotes an atmosphere of wellness and vitality



**60206654**  
10 mL roll-on | 18 PV  
\$24.00 rtl  
\$18.00 whl



**Tamer®**  
Digestive Blend

Before or after meals, roll Tamer on your tummy for a soothing sensation and calming aroma.

- Roll on to the tummy for a calm, soothing experience
- An essential for road trips



**60209356**  
10 mL roll-on | 18 PV  
\$24.00 rtl  
\$18.00 whl



**Shinrin-Yoku™** New  
Forest Bathing Blend

Formulated with CPTG® essential oils rich in terpenes associated with forest bathing.

- Contributes to an energizing, rejuvenating experience when combined with the creation of a green space in the home.
- Inspired by the health-promoting practice of forest bathing.



**60225771**  
15 mL | 34 PV  
\$45.33 rtl  
\$34.00 whl



**60225706**  
10 mL roll-on | 22 PV  
\$29.33 rtl  
\$22.00 whl



**dōTERRA SuperMint™**  
Mentha Blend

Brings together CPTG® Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils.

- Creates an atmosphere that may support mental clarity and enhance stamina
- Soothes and comforts when incorporated into a massage
- Provides a cooling sensation, which may contribute to feelings of open airways



**60221859**  
15 mL | 32 PV  
\$42.67 rtl  
\$32.00 whl



**60221940**  
10 mL roll-on | 20 PV  
\$26.67 rtl  
\$20.00 whl



**TerraShield®**  
Repellent Blend

Whatever the activity, you will want to have TerraShield on hand to keep those pesky mosquitoes away.

- Proven to naturally repel mosquitoes
- Delivers an invigorating aroma
- Provides skin-soothing benefits



**60214386**  
15 mL | 15 PV  
\$20.00 rtl  
\$15.00 whl



**60214387**  
30 mL spray bottle | 19 PV  
\$28.00 rtl  
\$21.00 whl



**Zendocrine®**  
Detoxification Blend

Supports the body's natural ability to rid itself of unwanted substances when used internally.\*

- Internal use supports the body's natural ability to rid itself of unwanted substances\*
- Supports healthy liver function when taken internally\*
- Purifying and detoxifying to the body's systems when consumed\*



**31460001**  
15 mL | 29 PV  
\$38.67 rtl  
\$29.00 whl



# dōTERRA AromaTouch Technique®

When you purchase the AromaTouch Technique Training Kit, you'll have the products you need to perform the AromaTouch Technique—a life-changing practice that creates a powerful essential oil experience you can share with others.

## AromaTouch Technique® Training Kit

dōTERRA Balance® Grounding Blend, Lavender, Tea Tree, dōTERRA On Guard® Protective Blend, AromaTouch® Massage Blend, Deep Blue® Soothing Blend, Wild Orange, Peppermint

Fractionated Coconut Oil (3.89 fl oz/115 mL) and pump

Access to online training course and exclusive eBook

**60221903**  
Eight 15 mL bottles and one 115 mL bottle | 250 PV  
\$333.33 rtl  
\$250.00 whl



## AromaTouch Technique® Refill Kit

**60221902**  
Eight 15 mL bottles | 230 PV  
\$306.67 rtl  
\$230.00 whl

# dōTERRA Emotional AromaTherapy® System

The dōTERRA Emotional Aromatherapy System contains six unique essential oil blends that have been carefully formulated for use with a variety of situations. Each delicate blend contains pure essential oils that can be used aromatically or topically throughout your wellness journey. These naturally complex, fragrant blends can accompany you as you let go of burdens, find comfort and encouragement, or dream with passion again.



## dōTERRA Emotional Aromatherapy® System

dōTERRA Motivate®, dōTERRA Cheer®, dōTERRA Peace®, dōTERRA Forgive®, dōTERRA Console®, dōTERRA Passion®

**60220509**  
Six 5 mL bottles | 160 PV  
\$226.67 rtl  
\$170.00 whl



## dōTERRA Emotional Aromatherapy Touch Kit

dōTERRA Motivate® Touch, dōTERRA Cheer® Touch, dōTERRA Passion® Touch, dōTERRA Forgive® Touch, dōTERRA Console® Touch, dōTERRA Peace® Touch

**60220510**  
Six 10 mL roll-on bottles | 100 PV  
\$133.33 rtl  
\$100.00 whl

# dōTERRA Family Essentials Kit

The dōTERRA Family Essentials Kit contains 10 essential oils and blends—the “feel better” essentials that parents need on a daily basis to care for their families.



## Family Essentials Kit Top Seller

Lavender, Lemon, Peppermint, Tea Tree, Oregano, Frankincense, Deep Blue®, dōTERRA Breathe®, DigestZen®, and dōTERRA On Guard®

**60202951**  
Ten 5 mL bottles | 115 PV  
\$166.67 rtl  
\$125.00 whl

# dōTERRA® Kids Collection

Formulated specifically for littles ones, these essential oil blends feature unique combinations balanced to provide powerful benefits while being gentle on delicate skin.



## dōTERRA Kids Collection

Thinker®, Calmer®, Stronger®, Tamer®, Rescuer™, Steady®, Brave®, instructional flashcards, silicone toppers with and carrying case with carabiners

**60211246**  
Seven 10 mL roll-on bottles | 110 PV  
\$165.33 rtl  
\$124.00 whl

# dōTERRA Yoga Collection

The Yoga collection blends provide aromas to use as you steady, center, and enlighten your spirit through every breath.



## dōTERRA Yoga Collection

dōTERRA Anchor, dōTERRA Align, and dōTERRA Arise

**60203244**  
Three 5 mL bottles | 56 PV  
\$80.00 rtl  
\$60.00 whl



# Product Lines





# dōTERRA On Guard®

One of the most popular and versatile dōTERRA® CPTG Certified Pure Tested Grade® essential oil blends. The proprietary combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils is an active component in a first line of defense for immune support when used internally.\*



## dōTERRA On Guard® Beadlets

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

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

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**60208146**  
125 beadlets | 16 PV  
\$21.33 rtl  
\$16.00 whl

## dōTERRA On Guard+™ Chewable Tablets

Formulated with micronutrients, vitamin C and D, Zinc, Beta-glucan, and the proprietary dōTERRA On Guard® Protective Blend, that contains CPTG® essential oils from Wild Orange, Clove, Cinnamon Leaf and Bark, Eucalyptus, and Rosemary.

- Convenient, tasty, chewable, and easy to consume
- Sugar free, gluten free, and vegan friendly
- Supports a healthy immune system\*

**60216736**  
60 count | 11 PV  
\$22.67 rtl  
\$17.00 whl

## dōTERRA On Guard+™ Softgels

Protective Blend

dōTERRA On Guard+ Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa for additional immune support.\*

- Helps support and maintain a healthy immune system\*
- Use for support during times of seasonal threats\*

**35420001**  
60 vegetarian softgels | 25 PV  
\$38.67 rtl  
\$29.00 whl

 Made with vegetarian softgels

## dōTERRA On Guard® Protecting Throat Drops

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

- Helps calm and soothe occasional dry, scratchy throats
- Features the unique properties of dōTERRA On Guard Protective Blend
- Formulated with organic cane sugar and brown rice syrup

**34050001**  
30 drops | 11 PV  
\$18.33 rtl  
\$13.75 whl

## dōTERRA On Guard® Top Seller

Protective Blend

Offers a fragrant, natural, and effective alternative to synthetic options for immune support.\*

- Supports healthy immune function when used internally\*
- Ingest to support the body's natural antioxidant defenses\*
- Powerful surface cleaner

A T I S

**31100001**  
15 mL | 38 PV  
\$50.67 rtl  
\$38.00 whl

A T N

**60200142**  
10 mL roll-on | 24 PV  
\$32.00 rtl  
\$24.00 whl

## dōTERRA On Guard® Natural Whitening Toothpaste

Clean teeth gently with the added benefit of dōTERRA On Guard® essential oil blend.

- Fluoride-free with hydroxyapatite
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath
- Boasts the protective benefits of dōTERRA On Guard essential oil blend
- Whitens teeth with gentle polishing agents

**60205476**  
4.2 oz/125 g | 6 PV  
\$14.67 rtl  
\$11.00 whl

**60213724**  
10 samples, 2 g | 0 PV  
\$5.33 rtl  
\$4.00 whl

## dōTERRA On Guard® Mouthwash

dōTERRA On Guard Mouthwash is formulated to clean teeth and gums, reduce plaque, and promote a healthy-looking mouth when used as part of a hygiene routine that includes brushing and flossing.

- Natural, alcohol-free formula
- Use after brushing and flossing to help reduce plaque and brighten smile
- Supports long-lasting fresh breath

**60203185**  
16 fl oz/473 mL | 10 PV  
\$21.33 rtl  
\$16.00 whl

Coming Soon

## dōTERRA On Guard Foaming Hand Wash Concentrate

dōTERRA Hand Wash Concentrate cleans and softens hand without harmful ingredients or harsh chemicals. The gentle lather protects the entire family with dōTERRA On Guard Protective Blend® using the power of CPTG® essential oils and other plant-derived ingredients.

- Creates a gentle, foaming wash, leaving hands clean, fresh, and soft
- Free from parabens, phthalates, phosphates, dyes, and synthetic fragrances
- Packaged in a recyclable aluminum container

**60213803**  
8 fl oz/237 mL | 15 PV  
\$28.00 rtl  
\$21.00 whl

## dōTERRA On Guard® Foaming Hand Wash

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

- Conveniently packaged in a 16-ounce bottle that fills 8-ounce foaming dispensers
- Formulated with the unique dōTERRA On Guard Protective Blend
- Non-toxic and environmentally safe

**38010001**  
16 fl oz/473 mL | 15 PV  
\$25.33 rtl  
\$19.00 whl

## Twin Pack Refill

**38020001**  
2-pack 16 fl oz/473 mL | 25 PV  
\$40.00 rtl  
\$30.00 whl



## dōTERRA On Guard® Hand Sanitizing Gel

Perfect for purse, pocket, or backpack, this 70% plant-derived ethyl alcohol-based sanitizer kills 99.9% of most common germs† and is safe to use for the whole family.

- Kills 99.9% of most common germs†
- 70% plant-derived ethyl alcohol base
- Non-sticky, moisturizing formula with apple extract and glycerin

**60212724**  
1.6 fl oz/50 mL | 5 PV  
\$10.00 rtl  
\$7.50 whl

## dōTERRA On Guard® Sanitizing Mist

dōTERRA On Guard Sanitizing Mist kills 99.9% effective against most common germs† through an extremely fine, quick-drying mist.

- Infused with moisturizing apple extract to leave hands feeling soft
- Uplifting citrus, spice aroma of dōTERRA On Guard essential oil in a convenient mist
- Perfect size for travel, work, and school

**60214044**  
0.9 fl oz/27 mL | 5 PV  
\$9.33 rtl  
\$7.00 whl

**60219991**  
5-pack 0.9 fl oz/27 mL | 20 PV  
\$33.33 rtl  
\$25.00 whl

## dōTERRA On Guard® Laundry Detergent

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

- Unique formulation maximizes essential oil aroma and efficacy to keep your clothes fresh and clean
- 64 loads in each bottle; 1 tablespoon = 1 load (using a high-efficiency washer)
- Great as a pre-treatment for stains

**39020001**  
32 fl oz/947 mL | 21 PV  
\$40.00 rtl  
\$30.00 whl

## dōTERRA On Guard® Sanitizing Wipes

Made for your busy life on the go, infused with the cleansing power of the proprietary dōTERRA On Guard essential oil blend, the wipes will thoroughly clean hands while still being gentle on your skin.

- 99.9% effective against most common germs†
- Cleanses hands when soap and water are unavailable
- Convenient size for portability
- Use to clean hands after touching screens, door handles, and shopping carts

**60201266**  
50 count | 11 PV  
\$18.00 rtl  
\$13.50 whl



Coming Soon

## dōTERRA On Guard® Cleaner Concentrate

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

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

**38140001**  
12 fl oz/355 mL | 12 PV  
\$22.67 rtl  
\$17.00 whl

† Escherichia coli, Staphylococcus aureus, Salmonella typhimurium, Pseudomonas aeruginosa, Burkholderia cepacia, Enterobacter cloacae, Enterococcus faecalis, Streptococcus pyogenes, Candida albicans, Aspergillus brasiliensis

\* 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.

† Escherichia coli, Staphylococcus aureus, Salmonella typhimurium, Pseudomonas aeruginosa, Burkholderia cepacia, Enterobacter cloacae, Enterococcus faecalis, Streptococcus pyogenes, Candida albicans, Aspergillus brasiliensis

\* 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.



# dōTERRA® abode®

Your home is an ecosystem. Feeling good about the products you bring into it doesn't have to come with compromises. The dōTERRA abode line features natural ingredients, reusable packaging, and a signature style. Each product has a powerful, plant-based formula free from phosphates, phthalates, dyes, chlorine, and synthetic fragrances. By introducing beautiful refillable bottles and recyclable refill packaging, the line helps you reduce waste while simultaneously elevating the aesthetic of your home. Made for the conscious consumer, abode delivers efficacy, sustainability, and aesthetic value . . . *naturally*.



## abode Multi-Purpose Surface Cleaner Concentrate

- Tough on grease and grime in the kitchen, bathroom, and other non-porous surfaces
- Formulated to provide a naturally fresh, citrus aroma using abode Refreshing Blend
- Able to replace many other cleaners in your home
- Packaged in a recyclable glass bottle

**60216476**  
1 fl oz/30 mL | 7 PV  
\$11.67 rtl  
\$8.75 whl

**60219968**  
Four 1 fl oz/30 mL | 19 PV  
\$35.00 rtl  
\$26.25 whl

## abode Liquid Dish Soap Refill

- Tough on grease, leaves dishes, glassware, pots, and pans sparkling clean
- Formulated to provide a naturally fresh, citrus aroma using abode Refreshing Blend and Grapefruit essential oil
- Packaged in a recyclable aluminum bottle

**60217386**  
16 fl oz/473 mL | 8 PV  
\$16.67 rtl  
\$12.50 whl

## abode Dishwasher Pods

- Tough on grease, leaving every load sparkling clean
- Formulated to provide a naturally fresh, citrus aroma using abode Refreshing Blend
- Packaged in a pouch made with PCR (post-consumer recycled) materials

**60216473**  
24 count | 11 PV  
\$21.33 rtl  
\$16.00 whl

## abode Laundry Pods

- Tough on stains, leaving every load fresh, clean, and bright
- Formulated to provide a naturally fresh, citrus aroma using abode Refreshing Blend
- Packaged in a pouch made with PCR (post-consumer recycled) materials

**60216474**  
45 count | 14 PV  
\$28.00 rtl  
\$21.00 whl

## abode Hand Lotion Refill Infused with Citrus Bloom®

- Provides optimal moisture in a lightweight, silky formula, for healthy-looking and soft-feeling hands
- Features a plant-based formula infused with Citrus Bloom Springtime Blend and free from parabens, phthalates, phosphates, dyes, and synthetic fragrances
- Packaged in a pouch made with PCR (post-consumer recycled) materials

**60216475**  
10 fl oz/296 mL | 15 PV  
\$24.67 rtl  
\$18.50 whl

## abode Foaming Hand Wash Concentrate Infused with Citrus Bloom

- Provides a sweet, citrus, floral aroma, leaving hands clean and smelling fresh
- Features a plant-based cleansing formula infused with Citrus Bloom Springtime Blend
- Packaged in a recyclable aluminum container

**60216472**  
8 fl oz/237 mL | 15 PV  
\$27.33 rtl  
\$20.50 whl

## abode

### Refreshing Blend

Contains powerful essential oils with a pleasant aroma that leaves your home smelling fresh and feeling refreshed naturally, without harsh chemicals or synthetic fragrance.

- Formula contains CPTG® essential oils high in cleansing constituents including limonene, geranial, neral, and 1,8-cineole



**60217576**  
15 mL | 26 PV  
\$34.67 rtl  
\$26.00 whl

## dōTERRA abode™ Refillable Glass Dispensers

Elevate the aesthetic of your home while further cutting down on single use plastic by pairing your dōTERRA abode products with the beautiful, counter-worthy glass refillable dispensers.

## dōTERRA abode™ Multi-Purpose Surface Cleaner Dispenser

**60217546**  
10 fl oz/296 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl

## dōTERRA abode™ Foaming Hand Wash Dispenser

**60217522**  
16 fl oz/473 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl

## dōTERRA abode™ Hand Lotion Dispenser

**60217569**  
10 fl oz/296 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl

## dōTERRA abode™ Liquid Dish Soap Dispenser

**60219505**  
16 fl oz/473 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl



Explore the entire  
dōTERRA abode  
product family.





Deep Blue® Top Seller

The soothing combination of CPTG Certified Pure Tested Grade® essential oils of Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, German Chamomile, and Osmanthus create the dōTERRA® Deep Blue proprietary blend. A complementary supplement to help support muscle and joint comfort and function.\* Use Deep Blue Polyphenol Complex in combination with Deep Blue essential oil blend and Deep Blue Rub for soothing effects and targeted benefits.



**Deep Blue**  
Polyphenol Complex®

Deep Blue has a nutritional supplement that contains powerful polyphenols clinically tested to help with occasional soreness and discomfort.\*

- Fast-acting boswellia extract shown to help support joint comfort and function when consumed\*
- Includes proprietary, standardized extracts of ginger, curcumin, resveratrol, and other polyphenols to soothe occasional aches and discomfort when ingested\*
- Can be used in tandem with Deep Blue Rub or Deep Blue Soothing Blend

**34360001**  
60 vegetable capsules | 41 PV  
\$62.00 rtl  
\$46.50 whl

Made with SLS-free vegetable capsules

**Deep Blue® Rub**  
Soothing Cream

Infused with Deep Blue Soothing Blend, Deep Blue Rub provides a soothing and cooling effect.

- Perfect for the athlete in your life, Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin soft and non-greasy
- Provides a cooling and soothing sensation to targeted areas

**38900001**  
4 fl oz/120 mL | 33 PV  
\$46.67 rtl  
\$35.00 whl

**Deep Blue® Rub Samples**

**60219833**  
10 samples, .068 fl oz/2 mL | 0 PV  
\$6.67 rtl  
\$5.00 whl

**32-Ounce Bottle**

**60216795**  
32 fl oz/946 mL | 165 PV  
\$265.33 rtl  
\$199.00 whl

**Deep Blue®**  
Soothing Blend

Deep Blue provides soothing and cooling effects on the skin.

- Rub Deep Blue on lower back muscles after a day of heavy lifting
- Apply on feet and knees before and after exercise
- Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime

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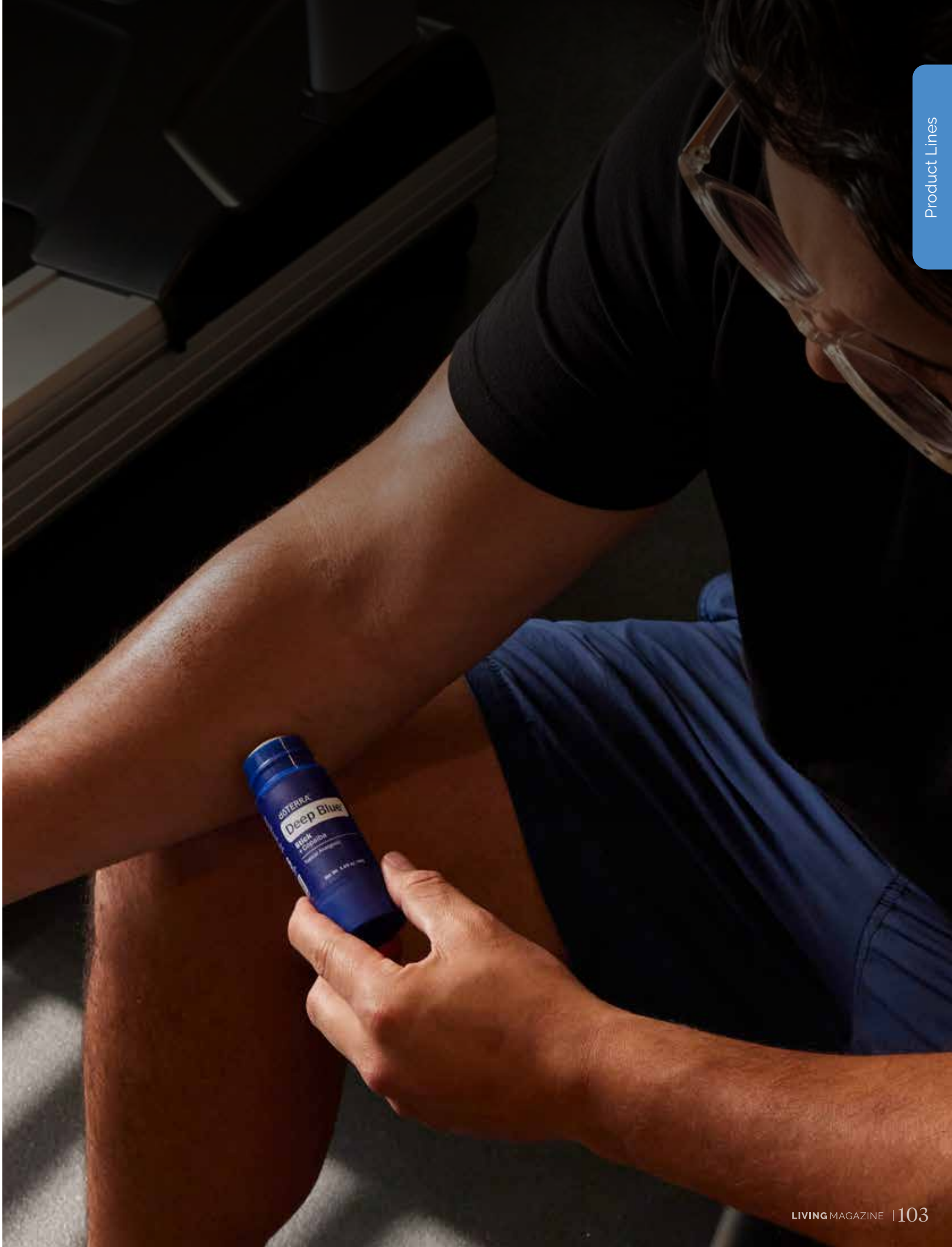
**60200143**  
5 mL | 37 PV  
\$49.33 rtl  
\$37.00 whl

**Deep Blue® Stick + Copaiba**

Infused with dōTERRA Deep Blue Soothing blend containing CPTG Certified Pure Tested Grade® essential oils, plus the beneficial properties of Copaiba, the Deep Blue Stick topical analgesic is powerful, targeted relief in a fast-acting solid.

- Provides maximum OTC strength plant-based menthol (an active ingredient at 10%), methyl salicylate, and camphor to deliver temporary relief of minor aches and pains of muscles and joints associated with simple backache, arthritis, sprains, strains, and bruises
- Convenient, easy-to-use stick
- Blended in a base of moisturizing emollients that leaves your skin soft and non-greasy
- Provides a cooling and soothing sensation to targeted areas

**60213108**  
1.69 oz/48 g | 21 PV  
\$35.33 rtl  
\$26.50 whl





# dōTERRA Adaptiv® System

Adaptiv products provide reliable, targeted, and effective support that is natural and safe. Diffuse Adaptiv Calming Blend for a soft and uplifting aroma to help create a relaxing atmosphere. Include Adaptiv Touch as part of a comforting massage or use the Adaptiv Calming Blend Capsules to help you adapt to every situation.



**Adaptiv®**  
Calming Blend

- Calming, relaxing aroma
- Complements effective work and study
- Promotes a tranquil, soothing environment

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**60209364**  
15 mL | 43 PV  
\$57.33 rtl  
\$43.00 whl

**Adaptiv®**  
Calming Blend Capsules

- Calms and promotes positive feelings\*
- Supports mood and helps improve state of mind\*
- Helps in stressful situations and when acclimating to new surroundings\*

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**60209357**  
10 mL roll-on | 24 PV  
\$32.00 rtl  
\$24.00 whl

## Adaptiv® Calming Blend Capsules

- Calms and promotes positive feelings\*
- Supports mood and helps improve state of mind\*
- Helps in stressful situations and when acclimating to new surroundings\*

**60205956**  
30 capsules | 30 PV  
\$53.27 rtl  
\$39.95 whl

## Adaptiv® System

Adaptiv Calming Blend 15 mL, Adaptiv Touch Calming Blend 10 mL, Adaptiv Calming Blend Capsules

**660211472**  
70 PV  
\$109.33 rtl  
\$82.00 whl

# dōTERRA Serenity®

dōTERRA Serenity Softgels, dōTERRA Serenity Restful Blend, and dōTERRA Serenity Stick + Valerian together provide a natural and safe solution for individuals who have occasional difficulty falling and staying asleep. Formulated with essential oils known for their calming aromas, this powerful trio works to promote a restful and satisfying night.



**dōTERRA Serenity®**  
Restful Blend

- Creates a perfect escape with its calming, renewing fragrance
- Creates a restful environment at bedtime

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**60217983**  
15 mL | 40 PV  
\$53.33 rtl  
\$40.00 whl

## dōTERRA Serenity® Softgels

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

**60216219**  
60 vegetarian softgels | 20 PV  
\$34.67 rtl  
\$26.00 whl

**dōTERRA Serenity® Stick + Valerian**

- Delivers dōTERRA Serenity Restful Blend and Valerian for a comforting, soothing aroma in a portable stick format.

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**60225458**  
1.06 oz/30 g | 12 PV  
\$24.67 rtl  
\$18.50 whl

## dōTERRA Serenity® Combo Pack

dōTERRA Serenity Restful Blend 15 mL, dōTERRA Serenity Softgels, dōTERRA Serenity Stick + Valerian

**60226817**  
50 PV  
\$88.00 rtl  
\$66.00 whl

# dōTERRA Breathe®

The remarkable blend of essential oils found in the dōTERRA Breathe Respiratory Blend maintains feelings of clear airways and easy breathing.



**dōTERRA® Breathe**  
Vapor Stick

Enjoy the convenience, quick absorption, and smooth application of dōTERRA Breathe Vapor Stick.

- Maintains feelings of clear airways and easy breathing
- Provides a cooling, soothing sensation

**60212479**  
0.54 oz/15.5 g | 6 PV  
\$12.67 rtl  
\$9.50 whl

## dōTERRA Breathe Respiratory Drops

- A long-trusted essential oil blend, with oils such as Lemon, Peppermint, Eucalyptus, and Cardamom.
- Maintains clear airways and breathing
- Supports overall respiratory health

**35460001**  
30 drops | 11 PV  
\$18.33 rtl  
\$13.75 whl

**dōTERRA Breathe**  
Respiratory Blend

A powerful essential oil blend that maintains feelings of clear airways and easy breathing.

- Maintains feelings of clear airways and easy breathing
- Creates a restful environment
- Helps minimize the effects of seasonal threats

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**60200190**  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl

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**60200192**  
10 mL roll-on | 19 PV  
\$25.33 rtl  
\$19.00 whl

## dōTERRA Breathe Easy Combo

dōTERRA Breathe® Respiratory Blend 15 mL, dōTERRA® Breathe Vapor Stick, Two dōTERRA Breathe Respiratory Drops

**60217860**  
35 PV  
\$63.00 rtl  
\$47.25 whl

# dōTERRA SuperMint™

The synergistic combination of CPTG® Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils create the powerfully supportive dōTERRA SuperMint product family.



**dōTERRA SuperMint**  
Mentha Blend

- Creates an atmosphere that may support mental clarity and enhance stamina
- Soothes and comforts when incorporated into a massage
- Provides a cooling sensation, which may contribute to feelings of open airways

**60221859**  
15 mL | 32 PV  
\$42.67 rtl  
\$32.00 whl

**60221940**  
10 mL roll-on | 20 PV  
\$26.67 rtl  
\$20.00 whl

**dōTERRA SuperMint**  
Toothpaste

- Provides hydroxyapatite to help preserve and rebuild tooth enamel
- Includes hydrated silica and calcium carbonate which are natural polishing agents

**60221617**  
4.2 oz/125 g | 6 PV  
\$14.67 rtl  
\$11.00 whl

**dōTERRA SuperMint Beadlets**

- Freshen the breath
- May contribute to feelings of open airways
- Ease occasional stomach upset\*

**60222094**  
125 beadlets | 16 PV  
\$21.33 rtl  
\$16.00 whl

Made with SLS-free vegetable capsules  
Made with vegetarian softgels

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# Supplements & Nutrition —





# dōTERRA Lifelong Vitality Pack® Top Seller

dōTERRA Lifelong Vitality Pack® supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.\* Coupled with dōTERRA CPTG Certified Pure Tested Grade® essential oils and a lifelong commitment to the dōTERRA wellness lifestyle, they naturally support a lifetime of looking, feeling, and living younger, longer.



## Alpha CRS+® Cellular Vitality Complex

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

- Supports healthy cell function by reducing oxidative stress to DNA and other critical cell structures\*
- Supports healthy response to oxidative stress in cells\*
- Supports cellular energy by supporting healthy mitochondria and by supplying metabolic factors of energy production\*

**60223966**  
120 vegetable capsules | 70 PV  
\$93.33 rtl  
\$70.00 whl

## xEO Mega® Essential Oil Omega Complex

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

- Promotes heart and circulatory health\*
- Supports healthy joint function and comfort\*
- Provides immune-supporting nutrients\*
- Protects against lipid oxidation and supports healthy function of the brain, eyes and nervous system\*

**60219195**  
120 vegetarian softgels | 55 PV  
\$73.33 rtl  
\$55.00 whl

## Microplex VMz® Food Nutrient Complex

dōTERRA® Microplex VMz is a proprietary formula of bioavailable vitamins and minerals often deficient in modern diets.

- Provides 22 essential vitamins and minerals to support normal growth, function, and maintenance of cells\*
- Supplies dietary antioxidants, vitamins A, C, E, and Se, that mitigate oxidative stress\*
- Supports healthy metabolism and cellular energy\*

**60213169**  
120 vegetable capsules | 40 PV  
\$53.33 rtl  
\$40.00 whl



## dōTERRA Lifelong Vitality Daily Packs

Dietary Supplements including Alpha CRS+®, Microplex VMz®, and xEO Mega®

**60217066**  
60 daily packs or a 30-day supply | 62 PV  
\$118.67 rtl  
\$89.00 whl



## dōTERRA Lifelong Vitality Pack®

Dietary Supplements including Alpha CRS+®, Microplex VMz®, and xEO Mega®

**60213529**  
30-day supply | 62 PV  
\$113.33 rtl  
\$85.00 whl



## Vegan dōTERRA Lifelong Vitality Pack®

Dietary Supplements including Alpha CRS+®, Vegan Microplex VMz®, and vEO Mega®

**60213860**  
30-day supply | 62 PV  
\$125.33 rtl  
\$94.00 whl

# dōTERRA® Specialized Supplements

Biological, environmental, and physiological factors all contribute to each individual's nutritional health needs being unique. This means that some require an additional nutritional boost in different areas. Through cutting-edge scientific development, dōTERRA has provided a way to give that extra boost with specialized supplements. These supplements can be used in addition to the dōTERRA LifeLong Vitality Pack® to enhance certain functions.\*



## vEO Mega® Essential Oil Omega Complex

vEO Mega is a revolutionary, vegetarian-friendly formula blending CPTG Certified Pure Tested Grade® essential oils with natural, plant-sourced essential fatty acids.

- Promotes heart and circulatory health\*
- Supports healthy joint function and comfort\*
- Provides important modulating nutrients for healthy immune function\*

**34480001**  
120 liquidcaps | 55 PV  
\$78.67 rtl  
\$59.00 whl



## Vegan Microplex VMz® Food Nutrient Complex

dōTERRA® Vegan Microplex VMz is a vegan food nutrient formula of bioavailable vitamins and minerals often deficient in modern diets.

- Provides 22 essential vitamins and minerals to support normal growth, function, and maintenance of cells\*
- Supplies dietary antioxidants, vitamins A, C, E, and Se, that mitigate oxidative stress\*
- Supports healthy metabolism and cellular energy\*

**60213210**  
120 vegetable capsules | 40 PV  
\$66.67 rtl  
\$50.00 whl



## Turmeric Dual Chamber Capsules

Combines the complementary benefits of both turmeric essential oil with the joint support of the curcuminoids of turmeric extract in a unique and convenient delivery system\*

- Helps support a healthy inflammatory response\*
- May help the body fight free radicals and protect the body from oxidative damage\*

**60209307**  
60 capsules | 29 PV  
\$53.27 rtl  
\$39.95 whl



## Mito2Max® Energy & Stamina Complex

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

- Promotes efficient production of ATP in the mitochondria of cells\*
- Enhances stamina and efficient use of oxygen\*
- Supports metabolic adaptation for diverse activities\*
- Free of stimulants; non-habit-forming

**34350001**  
60 vegetable capsules | 36 PV  
\$56.00 rtl  
\$42.00 whl



## Copaiba Softgels

Copaiba Softgels provide a daily dose of Copaiba essential oil in a convenient, easy-to-swallow softgel. When taken internally, Copaiba essential oil helps support the nervous, cardiovascular, and digestive systems.

- Soothes and supports the nervous system\*
- Supports the health of cardiovascular system\*

**60205764**  
60 vegetarian softgels | 33 PV  
\$47.33 rtl  
\$35.50 whl



## DDR Prime® Softgels Essential Oil Cellular Complex

DDR Prime is a proprietary blend that helps protect the body against oxidative stress to cellular DNA.\*

- Provides antioxidant protection against oxidative stress\*
- Promotes a healthy response to free-radicals.\*
- Promotes healthy cellular response and function when taken internally\*

**34410001**  
60 vegetarian softgels | 41 PV  
\$62.67 rtl  
\$47.00 whl



## TriEase® Softgels Seasonal Blend

TriEase Softgels were developed to protect against seasonal elements and to support a healthy respiratory system when needed most.\*

- Promotes clear breathing and respiratory function\*
- Supports healthy immune system function\*

**60209019**  
60 vegetarian softgels | 23 PV  
\$36.00 rtl  
\$27.00 whl



## Veggie Caps

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

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

**34100001**  
160 HPMC capsules | 0 PV  
\$6.00 rtl  
\$4.50 whl

Made with SLS-free vegetable capsules  
 Made with vegetarian softgels

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## ProBiome Support New

Your body's microbiome is like an invisible organ. You're made up of about 70 trillion cells, but less than half of those cells are human! The rest are what's known as your microbiome—a vast, diverse ecosystem of microbes all throughout your body that are essential for your health and wellness. A diverse microbiome is a healthy microbiome. Adults may combine both ProBiome supplements daily for a superior diversity of 43 unique bioactive pre-, pro-, and postbiotics, along with bacteriophages.



**dōTERRA PB Restore™**   
ProBiome Complex  
30 bioactive strains | 18 billion CFU  
A daily full body microbiome formula to support:  
• Digestive health  
• Gut barrier integrity  
• Gut immune function  
• Micronutrient synthesis  
• Healthy metabolism  
• Respiratory health  
• Cardiovascular health  
• Dermatological health  
• Urological health  
• Brain and DNA Function<sup>†</sup>  
**60225766**  
30 capsules | 40 PV  
\$63.33 rtl  
\$47.50 whl



**dōTERRA® PB Assist+®**  
ProBiome Gut Complex  
13 bioactive strains | 7 billion AFU live cells  
A daily gut microbiome stick pack, formulated for the whole family, to support:  
• Digestive health  
• Gut barrier integrity  
• Gut immune function  
• Micronutrient synthesis  
**60225556**  
30 sachets | 25 PV  
\$44.67 rtl  
\$33.50 whl



**Fiber**  
dōTERRA Fiber provides 6 grams of soluble and insoluble fiber from whole food sources like apple, chicory root, Jerusalem artichoke, and flax seed to supplement your daily fiber intake.  
• Promotes optimal digestive health\*  
• Aids in healthy gut and digestive regulation\*  
• Infused with CPTG® Lemon essential oil  
**60207065**  
30 Servings | 15 PV  
\$28.00 rtl  
\$21.00 whl

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<sup>†</sup> Based on preclinical research. More research is needed.



# MetaPWR® System

The MetaPWR System is the first and only metabolic product system that synergistically provides support for a healthy metabolism, reducing cravings, youthful aging, and sustaining normal-range glycemic and insulin response evenly throughout the day.\*



**MetaPWR®**  
Metabolic Blend

MetaPWR Metabolic Blend can be an important part of a healthy metabolic regimen every day when used internally.\*

- May support healthy metabolic function when ingested\*
- Helps curb hunger cravings and promote mindful eating\*

**60217575**  
15 mL | 29 PV  
\$38.67 rtl  
\$29.00 whl

**MetaPWR® Beadlets**

Formulated to help curb hunger cravings and support mindful eating and appetite control.\*

- Supports metabolic health and function\*
- Curbs hunger cravings\*
- Promotes mindful eating and appetite control\*

**60217376**  
125 beadlets | 16 PV  
\$21.33 rtl  
\$16.00 whl

**MetaPWR® Satiety Gum**

Designed with one drop of optimized ratios of our CPTG® metabolic blend essential oils in every chew, to help curb hunger cravings and support mindful eating and satiety.\*

- Supports metabolic health and function when chewing\*
- Curb hunger cravings\*
- Promotes mindful eating and appetite control\*

**60217378**  
30 ct | 5 PV  
\$11.67 rtl  
\$8.75 whl

**MetaPWR® Softgels**

Developed by dōTERRA clinical and medical scientists with optimized levels of CPTG essential oils to help strengthen your metabolic health.\*

- Supports metabolic health and function\*
- Curbs hunger cravings\*
- Promotes mindful eating and appetite control\*

**60209482**  
90 vegetarian softgels | 30 PV  
\$46.00 rtl  
\$34.50 whl

**MetaPWR® Assist**  
Metabolic Assist

Formulated to help reduce simple and complex carbohydrate absorption, and stabilize normal-range blood glucose levels.\*

- Helps keep energy levels stable throughout the day\*
- Supports weight management efforts\*
- Helps regulate mood\*

**60213525**  
30 vegetable capsules | 25 PV  
\$39.33 rtl  
\$29.50 whl

**MetaPWR® Advantage**  
with Collagen + NMN

Clinically developed to support metabolic health by naturally supporting NAD+ and NADH production in the body.\*

- Supports a healthy metabolic age\*
- Tones lean muscle and strengthens connective tissue\*
- Nine unique types of collagen tripeptide

**60222772**  
30 sachets, 6 g each | 70 PV  
\$112.67 rtl  
\$84.50 whl

**MetaPWR® System Enrollment Kit**

MetaPWR Metabolic Blend, Beadlets, Satiety Gum, Softgel, Assist, Advantage

**60223395**  
150 PV  
\$238.67 rtl  
\$179.00 whl

Made with SLS-free vegetable capsules

Made with vegetarian softgels

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# dōTERRA® Nutrition

Pure. Practical. Powerful. dōTERRA Nutrition provides quality protein, fiber, and greens for optimal energy and wellbeing.\* With science-based and well-researched formulas, dōTERRA Protein, dōTERRA Fiber, and dōTERRA Greens are designed to support an active lifestyle and healthy attitude. Delivering nutrient-dense ingredients from nature, dōTERRA Nutrition products are an effective and easy way to support vitality and wellness every day.\*

New Look  
Coming Soon



## Vanilla & Chocolate Protein

dōTERRA Whey Protein provides 21 grams (Vanilla) and 22 grams (Chocolate) of a premium protein blend with 7 grams of fiber per serving to satisfy hunger, increase your protein intake, and help you reach your goals.\*

- Whey from pasture-fed cows
- Free from GMO, gluten, soy, RBST hormone, and synthetic ingredients
- Energizing and satisfying protein supplement\*

**60207069**  
Vanilla | 20 Servings | 25 PV  
\$60.00 rtl  
\$45.00 whl

**60207068**  
Chocolate | 20 Servings | 25 PV  
\$60.00 rtl  
\$45.00 whl



## Fiber

dōTERRA Fiber provides 6 grams of soluble and insoluble fiber from whole food sources like apple, chicory root, Jerusalem artichoke, and flax seed to supplement your daily fiber intake.

- Promotes optimal digestive health\*
- Aids in healthy gut and digestive regulation\*
- Infused with CPTG® Lemon essential oil

**60207065**  
30 Servings | 15 PV  
\$28.00 rtl  
\$21.00 whl



## Vegan Protein

dōTERRA Vegan Protein provides 21 grams of a premium vegan protein blend with 7 grams of fiber per serving to satisfy hunger, increase your protein intake, and help you reach your goals.\*

- Premium blend of pea, brown rice, sacha inchi, and pumpkin seed protein
- Free from GMO, gluten, soy, and synthetic ingredients
- Energizing and satisfying vegan protein supplement\*

**60207067**  
20 Servings | 25 PV  
\$60.00 rtl  
\$45.00 whl



## Greens

dōTERRA Greens is a unique blend of fruits, vegetables, superfoods, and Ginger root and Lemon peel CPTG® essential oils. The many benefits include supporting immune health, digestive health, and weight management.\*

- Provides an easy and convenient daily boost of fruits and vegetables
- Natural, GMO- and gluten-free, and vegan friendly
- Supports immune health\*
- Neutral, mixed berry flavor

**60213600**  
30 Servings | 23 PV  
\$46.67 rtl  
\$35.00 whl

# Digestive Health

Lifelong health is very much dependent on digestive health. A properly functioning digestive system is not only essential for food-nutrient absorption, but also performs critical immune and detoxification functions in the body. Compromised digestive function can result in energy deficiencies, weakened immunities, weight gain, and gastrointestinal discomfort. The DigestZen® line of digestive health products provides targeted solutions for optimal digestive function and comfort.\*



## DigestZen®

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

- Soothes occasional indigestion and eases stomach upset\*
- Supports healthy gastrointestinal function\*
- Promotes healthy digestion\*

**60209021**  
60 vegetarian softgels | 20 PV  
\$32.67 rtl  
\$24.50 whl



## dōTERRA® Peppermint Softgels

dōTERRA Peppermint Softgels help support the digestive system, alleviate occasional intestinal discomfort, and reduce gas and bloating.\*

- Peppermint essential oil, which is high in menthol, supports gastrointestinal comfort\*
- Helps alleviate occasional stomach discomfort\*

**60209244**  
60 softgels | 16 PV  
\$26.00 rtl  
\$19.50 whl



## GX Assist®

GI Cleansing Formula  
Cleanse your GI tract before starting with dōTERRA PB Restore™ ProBiome Complex and dōTERRA PB Assist+® ProBiome Gut Complex and this combination of CPTG Certified Pure Tested Grade® essential oils.\*

- Features Oregano, Tea Tree, Lemon, Peppermint, Lemongrass, and Thyme, as well as caprylic acid
- Helps support a healthy digestive tract by creating an unfriendly environment for potential threats\*
- Formulated to be used for 10 days as a preparatory cleansing step before using dōTERRA PB Restore™ ProBiome Complex and dōTERRA PB Assist+® ProBiome Gut Complex

**35040001**  
60 softgels | 23 PV  
\$36.67 rtl  
\$27.50 whl



## DigestTab®

Chewable Tablets  
DigestTab is a calcium carbonate tablet that is infused with DigestZen Digestive Blend to deliver the benefits of the essential oil blend as well as the acid-neutralizing benefits of calcium carbonate.\*

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

**60214446**  
100 chewable tablets | 11 PV  
\$21.33 rtl  
\$16.00 whl



## dōTERRA TerraZyme™

Digestive Enzyme Complex  
dōTERRA TerraZyme provides your body with the enzymes and supporting mineral cofactors needed for healthy digestion.\*

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

**35110001**  
90 vegetable capsules | 31 PV  
\$47.33 rtl  
\$35.50 whl

- Made with SLS-free vegetable capsules
- Made with vegetarian softgels
- Made with enteric softgels
- Chewable tablets





**Zendocrine® Softgels**  
Detoxification Blend

Zendocrine Softgels help cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling.\*

- Supports the body's natural ability to rid itself of unwanted substances\*
- Supports normal function of healthy liver and kidney.\*

**60209480**  
60 vegetarian softgels | 24 PV  
\$36.00 rtl  
\$27.00 whl

**Zendocrine®**  
Detoxification Blend

Supports the body's natural ability to rid itself of unwanted substances when used internally.\*

- Internal use supports the body's natural ability to rid itself of unwanted substances\*
- Supports healthy liver function when taken internally\*
- Purifying and detoxifying to the body's systems when consumed\*

**31460001**  
15 mL | 29 PV  
\$38.67 rtl  
\$29.00 whl

**Zendocrine®**  
Detoxification Complex

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

- Supports healthy cleansing and filtering functions of the liver, kidneys, and colon.\*
- Supports normal self-detoxification functions of the cleansing organs\*.

**60225416**  
60 vegetable capsules | 21 PV  
\$30.67 rtl  
\$23.00 whl

**dōTERRA® Ginger Drops**

dōTERRA Ginger Drops are a convenient way to support digestion and ease occasional stomach discomfort.

- Supports healthy digestion
- Helps ease occasional stomach discomfort and indigestion
- Sweet, spicy ginger-lemon flavor

**60203181**  
30 drops | 11 PV  
\$18.33 rtl  
\$13.75 whl



# dōTERRA® Children's Supplements

Inspired by the dōTERRA Lifelong Vitality Pack®, these products make it easy to enjoy taking omega-3s, whole-food nutrients, vitamins, and minerals in convenient liquid and chewable forms. Kids love them because they taste great; adults love them because they are easy to swallow.



**dōTERRA a2z Chewable™**

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

**34500001**  
60 tablets | 18 PV  
\$32.00 rtl  
\$24.00 whl



**IQ Mega®**

- Provides over 1,500 mg of omega-3s per serving
- Supports healthy brain, cardiovascular, immune, and joint function\*
- Formulated to be used with dōTERRA a2z Chewable tablets

**34490001**  
150 mL | 31 PV  
\$47.33 rtl  
\$35.50 whl



**Kid's Kit**

dōTERRA a2z Chewable, IQ Mega

**P007601**  
25 PV  
\$53.33 rtl  
\$40.00 whl

- Made with SLS-free vegetable capsules
- Made with vegetarian softgels
- Made with enteric softgels
- Chewable tablets



dōTERRA Lifelong Vitality Pack  
**60213529 | 62 PV**  
\$85.00



dōTERRA Vegan Lifelong Vitality Pack  
**60213860 | 62 PV**  
\$94.00



MetaPWR® Advantage  
**60222772 | 70 PV**  
\$84.50



dōTERRA Lifelong Vitality Daily Packs  
**60217066 | 62 PV**  
\$89.00



dōTERRA Daily Nutrient Pack  
**60219800 | 50 PV**  
\$59.50

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



MetaPWR Advantage  
45 PV  
\$65.00



MetaPWR Assist & Beadlets  
15 PV  
\$25.00



Microplex VMz®  
15 PV  
\$26.50



Mito2Max®  
15 PV  
\$26.50



xEO Mega®  
15 PV  
\$26.50



Deep Blue Polyphenol Complex®  
15 PV  
\$26.50



dōTERRA TerraZyme™  
15 PV  
\$26.50



dōTERRA PB Restore™ & PB Assist+®  
30 PV  
\$59.00





# Personal Care

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# dōTERRA® Essential Skin Care

dōTERRA Essential Skin Care is a family of skin care products designed to keep your skin feeling and looking young, healthy, and gorgeous by maximizing the natural power of carefully selected CPTG Certified Pure Tested Grade® essential oils combined with cutting-edge ingredient technologies and natural extracts in each product. Target the visible signs of aging with dōTERRA Essential Skin Care.



### Facial Cleanser

Enriched with essential oils and natural cleansers, dōTERRA Facial Cleanser helps your skin feel fresh, smooth, and clean.

- Yucca Root Extract and Soapbark Extract are rich in saponins, natural cleansers that clarify and soothe the skin
- Macadamia seed oil conditions the skin
- Vitamin E supports healthy-looking skin

**60201753**  
4 fl oz/118 mL | 13 PV  
\$21.33 rtl  
\$16.00 whl

### Invigorating Scrub

dōTERRA Invigorating Scrub gently exfoliates lifting away impurities, leaving your skin feeling soft, smooth, and renewed.

- Gentle exfoliating action comes from biodegradable jojoba esters, known for their moisturizing properties to the skin
- Greater Burdock Extract helps purify and tone skin
- Botanical and fruit extracts enhance the aromatic experience

**60201773**  
2.5 oz/70 g | 15 PV  
\$23.33 rtl  
\$17.50 whl

### Pore Reducing Toner

dōTERRA Pore Reducing Toner tones and balances skin, visibly reducing the appearance of pores and calming sensitive skin.

- Aloe, watermelon, and apple extracts tone and balance the skin
- Rich in oligosaccharides, lentil extracts increase skin hydration, reduce the appearance of oily skin, tone the skin, and visibly reduce the appearance of pores
- Witch hazel is a natural astringent that helps remove excess oil from the skin and reduces the appearance of pores

**60201772**  
4 fl oz/118 mL | 17 PV  
\$26.00 rtl  
\$19.50 whl

### Brightening Gel

dōTERRA Brightening Gel combines natural extracts and vitamins with innovative ingredient technologies and CPTG® essential oils to brighten and even skin tone.

- Daisy extract is a natural skin-brightening agent that helps promote even skin pigmentation
- Ginger root extract promotes even skin tone and radiant-looking skin
- Microencapsulated vitamin C helps keep the skin looking youthful while promoting anti-pigmentation properties

**60210008**  
1 fl oz/30 mL | 31 PV  
\$44.00 rtl  
\$33.00 whl

### Hydrating Cream

dōTERRA Hydrating Cream is packed with emollient-rich ingredients and probiotics to provide intense hydration and nourishment to the skin, helping reduce the appearance of fine lines and wrinkles. Probiotics reinforce the skin's natural barrier, helping improve skin's health and beauty and encouraging suppler, younger-looking skin.

- Lactococcus Ferment Lysate helps reinforce the skin's natural barrier, helping promote overall skin health and a youthful appearance
- *Laminaria digitata* (Oarweed) extract comes from an algae rich in amino acids and polypeptides and is combined with mugwort extract to soothe and calm the skin

**60201774**  
1.7 oz/48 g | 30 PV  
\$45.33 rtl  
\$34.00 whl

### Tightening Serum

dōTERRA Tightening Serum uses natural extracts and gums to reduce the appearance of fine lines and wrinkles while leaving skin hydrated and feeling smooth.

- Contains rhizobian and acacia gum, which provide "lifting" benefits
- Beech tree bud extract tightens and smooths the appearance of skin

**60201752**  
1 fl oz/30 mL | 41 PV  
\$60.00 rtl  
\$45.00 whl

### Anti-Aging Eye Cream

Clinically tested dōTERRA® Anti-Aging Eye Cream combines clinically proven ingredients with CPTG® essential oils of Frankincense, Ylang Ylang, and Blue Tansy to target the signs of aging around the delicate eye area, helping reduce the appearance of fine lines and wrinkles over time. This innovative formula moisturizes, decreases the appearance of dark circles, and improves skin firmness and tone.

- Meadowfoam seed oil provides deep moisture
- Biopolymers made from Pullulan and Red Algae Extract provide a noticeable tightening and lifting effect from the first use
- Bakuchiol helps tone and tighten the skin, which helps improve the appearance of fine lines and wrinkles

**60201776**  
0.5 fl oz/15 mL | 40 PV  
\$56.00 rtl  
\$42.00 whl

### Anti-Aging Moisturizer

dōTERRA Anti-Aging Moisturizer combines powerful essential oils with peptides and botanicals to target the visible signs of aging while moisturizing and softening skin.

- Contains ingredients that nourish the skin, helping to reduce the appearance of wrinkles
- Olive fruit extract is specifically designed for moisturizing and overall skin care
- Peptides help firm and smooth skin, improving skin tone and texture and helping to reduce the appearance of fine lines and wrinkles

**60201750**  
1.7 fl oz/50 mL | 31 PV  
\$48.00 rtl  
\$36.00 whl

### Reveal Facial System

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

- Features dōTERRA citrus essential oils of Lime and Wild Orange to purify the skin
- Bamboo silk beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Nutrient-rich formula helps maintain a radiant complexion

**37340001**  
Two 1.7 oz/50 mL tubes | 60 PV  
\$80.00 rtl  
\$60.00 whl


1 Purchase the customizable Essential Skin Care Kit . . .




Includes Facial Cleanser, Invigorating Scrub, Pore Reducing Toner, Tightening Serum.

**60203183**  
85 PV  
\$120.00 rtl  
\$90.00 whl


2 . . . and add up to two products per kit order at an additional savings.




Anti-Aging  
Eye Cream  
20 PV  
\$25.00



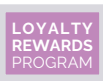
Anti-Aging  
Moisturizer  
20 PV  
\$25.00



Brightening  
Gel  
20 PV  
\$25.00



Hydrating  
Cream  
20 PV  
\$25.00





# HD Clear®

This three-step system works synergistically to purge skin of impurities, promote a smooth, clear complexion, and help reduce the appearance of blemishes. Included in each formula are CPTG® essential oils along with specialized plant extracts proven to improve skin texture and appearance.

## HD Clear® Topical Blend

Promotes a clean complexion with essential oils renowned for their skin-benefiting properties.

- Features a unique blend of black cumin seed oil as well as CPTG® essential oils of Ho Leaf, Tea Tree, Litsea, Eucalyptus, and Geranium
- Helps reduce breakouts

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**49400001**  
10 mL roll-on | 23 PV  
\$30.67 rtl  
\$23.00 whl

## HD Clear® Foaming Face Wash

The perfect solution for problem skin of all ages.

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

**49420001**  
17 fl oz/50 mL | 19 PV  
\$28.00 rtl  
\$21.00 whl

## HD Clear® Facial Lotion

A light, non-greasy moisturizer that promotes blemish-free skin, provides hydration, and improves skin texture.

- Features a unique blend of Black Cumin seed oil as well as CPTG essential oils of Ho Wood, Tea Tree, Litsea, Eucalyptus, and Geranium
- Promotes a clear complexion
- May promote smooth complexion

**49410001**  
1.7 fl oz/50 mL | 29 PV  
\$44.00 rtl  
\$33.00 whl

## HD Clear® Kit

HD Clear Foaming Face Wash, Topical Blend, Facial Lotion

**42700001**  
45 PV  
\$68.00 rtl  
\$51.00 whl



# Yarrow | Pom Collection

Yarrow essential oil and Pomegranate seed oil are the foundation of the dōTERRA Yarrow|Pom collection: delivering a powerful three-layered botanical approach to overall wellness. This scientifically developed product line is revolutionary; a fresh approach to beauty inside and out.



## Yarrow|Pom

Active Botanical Nutritive Duo

- Provides antioxidant support when taken internally\*
- Supports healthy metabolic function when consumed\*

T I N

**60207652**  
30 mL bottle with dropper | 100 PV  
\$141.33 rtl  
\$106.00 whl

## Yarrow|Pom

Body Renewal Serum

- Promotes the look of young and healthy skin
- Enhances skin brightness and luminosity
- Supports the skin's natural barrier and improves the appearance of firm, smooth skin

**60209352**  
3.4 fl oz./100 mL | 61 PV  
\$88.67 rtl  
\$66.50 whl

## Yarrow|Pom

Cellular Beauty Complex

- Soothes and protects tissue throughout the body\*
- Illuminates and brightens complexion\*

**60209413**  
60 capsules | 43 PV  
\$70.67 rtl  
\$53.00 whl



Made with SLS-free vegetable capsules

## Yarrow|Pom Collection

Yarrow|Pom Cellular Beauty Complex, Yarrow|Pom Body Renewal Serum, Yarrow|Pom Active Botanical Nutritive Duo 30 mL

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

# dōTERRA® Verâge®

dōTERRA Verâge is an exclusive collection of natural skin care products that nourish your skin, helping to reduce the visible signs of aging while also promoting smooth, supple skin. The advanced plant technology used in Verâge promotes an optimal lipid balance—the same balance found in healthy, youthful-looking skin.



## Verâge® Cleanser

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

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

**37380001**  
2 fl oz/60 mL | 21 PV  
\$31.33 rtl  
\$23.50 whl

## Verâge® Toner

This hydrating toner fortifies and refreshes the skin while invigorating the senses for an energizing boost and a glowing complexion.

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

**37390001**  
1.7 fl oz/50 mL | 17 PV  
\$28.00 rtl  
\$21.00 whl

## Verâge® Immortelle Hydrating Serum

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

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin
- Provides optimal lipid balance for smoother, more youthful-looking skin

**37400001**  
.5 fl oz/15 mL | 52 PV  
\$80.00 rtl  
\$60.00 whl

## Verâge® Moisturizer

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

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

**37410001**  
1 fl oz/30 mL | 26 PV  
\$38.00 rtl  
\$28.50 whl

## Verâge® Skin Care Collection

Verâge Cleanser, Toner, Immortelle Hydrating Serum, Moisturizer

**42690001**  
70 PV  
\$122.67 rtl  
\$92.00 whl



# dōTERRA® Spa

dōTERRA Spa is a line of CPTG® essential oil-infused products that provide an aromatic and pampering at-home spa experience. Each product has been carefully formulated with natural ingredients that leave your skin feeling soft, smooth, and fresh all day long.



### Refreshing Body Wash

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

- Bergamot essential oil purifies and soothes skin, providing an uplifting, yet grounding aroma
- Grapefruit is cleansing to the skin and has an energizing scent
- Sodium Methyl Oleoyl Taurate is a sulfate-free mild surfactant derived from nature and is readily biodegradable

**37460001**  
8.45 fl oz/250 mL | 10 PV  
\$17.33 rtl  
\$13.00 whl

### Detoxifying Mud Mask

dōTERRA Spa Detoxifying Mud Mask is a natural clay mask that provides purifying and detoxifying benefits while reducing the appearance of pores.

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

**37490001**  
4 oz/113.4 g | 13 PV  
\$20.67 rtl  
\$15.50 whl

### Replenishing Body Butter

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

- Wild Orange essential oil is known for its purifying benefits
- Douglas Fir essential oil provides an uplifting aroma
- Frankincense essential oil adds a warm, spicy aroma

**37470001**  
7 oz/198 g | 15 PV  
\$25.33 rtl  
\$19.00 whl

### Exfoliating Body Scrub

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

- Wild Orange and Grapefruit may add a cleansing boost to the skin
- Ginger essential oil adds a earthy, soothing aroma
- Natural sugar cane gently exfoliates skin

**37480001**  
8 oz/226 g | 16 PV  
\$27.33 rtl  
\$20.50 whl

### Hydrating Body Mist

Experience the uplifting and energizing aroma of the Beautiful Captivating Blend while quenching your skin's thirst for moisture.

- Provides the uplifting and energizing aroma of CPTG® Beautiful Captivating essential oil blend
- The oils of Sunflower, Avocado, and Passion Fruit help soothe, soften, and hydrate skin for an overall healthy glow
- Caprylic/Capric Triglyceride (coconut derived) conditions and maintains the skin's natural barrier

**60205662**  
4.2 fl oz/125 mL | 22 PV  
\$34.67 rtl  
\$26.00 whl

### Citrus Bliss Hand Lotion

A light and silky lotion infused with hydrating seed oils and nourishing botanicals. This non-greasy formula absorbs quickly yet provides optimal moisture for healthy-looking hands.

- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Convenient size—perfect for travel or for use while at home or work

**37500001**  
2.5 fl oz/75 mL | 6 PV  
\$10.67 rtl  
\$8.00 whl

### Hand & Body Lotion

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

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

**60214188**  
6.7 fl oz/200 mL | 13 PV  
\$20.00 rtl  
\$15.00 whl

### 3-Pack Hand & Body Lotion

**60200498**  
Three 6.7 fl oz/200 mL tubes | 30 PV  
\$50.67 rtl  
\$38.00 whl

### Moisturizing Bath Bar

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

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

**60218217**  
4 oz/113 g | 6 PV  
\$10.67 rtl  
\$8.00 whl

**60220701**  
3-Pack | 12 PV  
\$26.00 rtl  
\$19.50 whl

### dōTERRA® Spa Basics Kit

Hand & Body Lotion, Refreshing Body Wash

**60200499**  
17 PV  
\$30.67 rtl  
\$23.00 whl



### Fractionated Coconut Oil

Combine with your favorite dōTERRA essential oils for your own readily absorbable blend.

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

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**31640001**  
3.89 fl oz/115 mL  
10 PV  
\$16.67 rtl  
\$12.50 whl

### Lip Balms

dōTERRA Spa Lip Balm is a natural formula containing plant oils, botanicals, and essential oils to hydrate and soothe lips while delivering the unique scent and taste of essential oils.

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

### Original

**60207651**  
0.16 oz/4.5 g | 6 PV  
\$10.00 rtl  
\$7.50 whl

### Herbal

**60207653**  
0.16 oz/4.5 g | 6 PV  
\$10.00 rtl  
\$7.50 whl

### Tropical

**60207649**  
0.16 oz/4.5 g | 6 PV  
\$10.00 rtl  
\$7.50 whl

### Variety 3-Pack

**37570001**  
10 PV  
\$20.00 rtl  
\$15.00 whl

### Citrus Bliss Bath Bar

Formulated with Citrus Bliss® Invigorating Blend to provide an uplifting, refreshing aroma.

- Exfoliating sunflower wax beads and orange peel powder naturally soften, smooth, and stimulate skin rejuvenation
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds

**60218240**  
4 oz/113 g | 6 PV  
\$10.67 rtl  
\$8.00 whl

**60220704**  
3-Pack | 12 PV  
\$26.00 rtl  
\$19.50 whl

### dōTERRA® Spa Luxury Kit

Exfoliating Body Scrub, Detoxifying Mud Mask, Replenishing Body Butter

**60200502**  
32 PV  
\$56.00 rtl  
\$42.00 whl

### dōTERRA Balance® Bath Bar

The dōTERRA Spa Balance Bath Bar has the warm, woody aroma of dōTERRA Balance® Grounding Blend creating a calming and balancing atmosphere. Using a proprietary combination of CPTG® essential oils including Black Spruce, Ho Wood, Frankincense, Blue Tansy, and German Chamomile, the bath bar provides a distinctive cleansing experience. The African black soap and sunflower oil in the bar leaves skin feeling soft and hydrated.

**60218218**  
4 oz/113 g | 6 PV  
\$10.67 rtl  
\$8.00 whl

**60220702**  
3-Pack | 12 PV  
\$26.00 rtl  
\$19.50 whl

### dōTERRA Serenity® Bath Bar

Enjoy a rich, cleansing, aromatic spa experience, infused with dōTERRA Serenity® Restful Blend.

- Jojoba seed oil is highly regarded in the cosmetic industry and known for its quick absorption and ability to deeply moisturize
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds

**60218219**  
4 oz/113 g | 6 PV  
\$10.67 rtl  
\$8.00 whl

**60220703**  
3-Pack | 12 PV  
\$26.00 rtl  
\$19.50 whl

### 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), Hydrating Body Mist

**60217288**  
85 PV  
\$160.00 rtl  
\$120.00 whl



# dōTERRA® Hair Care

Experience shinier, healthier-looking, and more manageable hair every day with dōTERRA Hair Care. Combining mindfully selected CPTG® essential oils and formulas free of sulfates, parabens, dyes, silicones, and phthalates. Strengthen and nourish while protecting every strand, leaving hair revitalized and full of life.



## dōTERRA Protecting Shampoo

Infused with CPTG® essential oils, this shampoo is naturally refreshing and free from harsh chemicals. It contains quinoa protein to help strengthen and protect hair while removing impurities, dirt, and build up.

- Gently removes hard water minerals, pollutants, and styling product residue
- Free from sulfates, silicones, phthalates, and parabens
- Safe for color-treated hair

**60208440**  
16.9 fl oz/500 mL | 21 PV  
\$36.67 rtl  
\$27.50 whl

## dōTERRA Daily Conditioner

A lightweight, color-safe conditioner that helps smooth and detangle hair while restoring softness, volume and natural shine. Infused with refreshing CPTG® essential oils.

- Strengthens and smooths hair, leaving it soft, shiny, and frizz-free
- Pure formula preserves color vibrancy
- Free from sulfates, silicones, phthalates, and parabens

**60208441**  
16.9 fl oz/500 mL | 21 PV  
\$36.67 rtl  
\$27.50 whl

## Hair Care Refillable Mini Travel Kit (Empty)

TSA approved 100 mL bottles, created expressly for dōTERRA Hair Care products, are designed to be filled again and again with no waste and less plastic headed for the landfill.

**60216554**  
Three 3.4 fl oz/100 mL bottles | 0 PV  
\$11.33 rtl  
\$8.50 whl

## dōTERRA Leave-in Conditioner

A clean, easy-to-use spray infused with CPTG® essential oils that provide a citrusy, inviting aroma as it prepares and protects hair before styling.

- Locks in moisture, detangles, and softens
- Helps protect hair from damage caused by heat styling
- Free from harsh chemicals, no silicones or phenoxyethanol

**60208398**  
8 fl oz/237 mL | 16 PV  
\$26.67 rtl  
\$20.00 whl

## dōTERRA Hair Strengthening Shampoo and Conditioner Bars

The dōTERRA® Hair Strengthening Shampoo and Conditioner Bars are specifically designed to cleanse the scalp and strengthen and smooth the hair.

- Sustainable and ethically sourced
- Leverages powerful benefits of fermented rice water and CPTG® essential oils
- Free from: sulfates, parabens, phthalates, silicones, synthetic fragrances, and dyes
- Locks in moisture, detangles, and softens

<b>60223161</b>	<b>60223162</b>
100 g/3.5 oz   12 PV	80 g/2.8 oz   12 PV
\$23.00 rtl	\$23.00 rtl
\$17.25 whl	\$17.25 whl

## dōTERRA Hair Care Trio

dōTERRA Protecting Shampoo, dōTERRA Daily Conditioner, dōTERRA Leave-in Conditioner

**60219271**  
55 PV  
\$96.00 rtl  
\$72.00 whl





# dōTERRA® Women

dōTERRA Women is a line of products formulated to address the unique and changing health needs of women. Normal hormone levels influence a woman's good health and well-being from her early teens to her transition through menopause.



ClaryCalm®

Monthly Blend For Women

ClaryCalm is a unique blend of essential oils developed especially for women.

- Floral, feminine aroma
- Contributes to a nurturing massage as part of a self-care ritual
- Cooling and soothing on skin

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49480001

10 mL roll-on | 34 PV

\$45.33 rtl

\$34.00 whl

Phytoestrogen

Essential Complex

A blend of natural plant extracts that support hormone balance throughout the different phases of a woman's life.\*

- Includes a standardized soy extract with genistein, a natural phytoestrogen
- Supports a woman's transition to menopause with a concentrated extract of flax seed lignans\*
- Supports healthy bones, heart, breast tissue, and other body structures\*

35260001

60 capsules | 36 PV

\$53.27 rtl

\$39.95 whl

Bone Nutrient

Essential Complex

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

- A blend of vitamins C and D, calcium, magnesium, and other trace minerals
- Combats declining bone density by providing bone nutrients often deficient in modern diets\*

35240001

120 capsules | 12 PV

\$23.33 rtl

\$17.50 whl

Women's Health Kit

Phytoestrogen Essential Complex, Bone Nutrient Essential Complex, ClaryCalm Monthly Blend

3525

60 PV

\$92.67 rtl

\$69.50 whl

LOYALTY REWARDS PROGRAM

CD

Made with SLS-free vegetable capsules

# Natural Deodorant

dōTERRA has specially created safe and effective natural deodorants that help you beat the heat and stay fresh throughout the day. The dōTERRA Natural Deodorant is formulated without aluminum, parabens, phthalates, or talc. Playing with the kids, running to catch a bus, or training for that half marathon just got a bit easier.



Natural Deodorant infused with dōTERRA Balance® Essential Oil

Features dōTERRA Balance® essential oil blend, baking soda, and tapioca for long-lasting freshness and all-day confidence.

- Aluminum, paraben, phthalate, and talc free
- Tapioca starch aids in absorbing underarm moisture, leaving you feeling fresh and dry throughout the day
- Baking soda helps neutralize and prevent odors

60207421

2.65 oz/75 g | 8 PV

\$16.00 rtl

\$12.00 whl



Natural Sensitive Deodorant infused with dōTERRA Douglas Fir and Greek Orange Essential Oils

Features dōTERRA® CPTG® essential oils of Douglas Fir and Greek Orange, magnesium, and tapioca for long-lasting freshness and all-day confidence.

- Baking soda, aluminum, paraben, phthalate, and talc free
- Tapioca starch aids in absorbing underarm moisture, leaving you feeling fresh and dry throughout the day
- Magnesium helps neutralize odors

60208231

2.65 oz/75 g | 8 PV

\$16.00 rtl

\$12.00 whl

# Correct-X®

CPTG® essential oils Frankincense, Helichrysum, Tea Tree, Cedarwood, and Lavender form the base of dōTERRA Correct-X. A natural ointment helps soothe skin and keep it clean while recovering from distress. This petroleum-free and preservative-free ointment is ideal for sensitive skin due to its quick absorption and non-irritating nature.



Correct-X®

Essential Oil Ointment

Correct-X is a natural topical ointment using powerful CPTG essential oils that assist in soothing skin.

- Helps soothe while simultaneously hydrating
- Absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin
- Keeps skin clean while recovering from distress

60110001

0.5 fl oz/15 mL | 11 PV

\$17.33 rtl

\$13.00 whl

# dōTERRA® baby

dōTERRA baby products are a safe, effective, and natural way to care for your baby from piggy tails to tiny, wiggly toes. Our products have been clinically tested and formulated with your baby in mind.



dōTERRA baby Diaper Rash Cream

Safe, effective, and spreads easily on delicate baby skin to help treat, soothe, and prevent diaper rash. Infused with CPTG® essential oils, this unique blend helps balance and soothe the skin while rich Muyao Shea Butter works to moisturize, leaving skin soft and smooth.

- Non-Nano Zinc creates a barrier to protect delicate skin from excess moisture
- Raw East African Muyao Shea Butter has a unique fatty acid profile supporting baby's soft skin
- Clinically tested and approved for sensitive skin

60201362

2.1 oz/60 g | 5 PV

\$12.67 rtl

\$9.50 whl

dōTERRA baby Hair & Body Wash

This foaming, tear-free wash combines simple, gentle, natural ingredients that nourish and moisturize even after rinsing off. A calming blend of vanilla extract with CPTG® Lavender and Roman Chamomile essential oils leaves babies, toddlers, and even big kids with that light, newborn scent.

- Raw East African Muyao Shea Butter has a unique fatty acid profile supporting soft skin
- Simple, natural ingredients cleanse without disrupting the skin's natural balance
- Clinically tested tear-free

60201361

10 fl oz/295 mL | 10 PV

\$20.00 rtl

\$15.00 whl

dōTERRA baby Lotion

dōTERRA baby Lotion blends rich Muyao Shea Butter with natural humectants to calm, soothe, and moisturize your baby's delicate skin.

- Raw East African Muyao Shea Butter has a unique fatty acid profile supporting baby's soft skin
- Helps maintain natural moisture
- Clinically tested and approved for sensitive skin

60220058

8 fl oz/236 mL | 10 PV

\$24.00 rtl

\$18.00 whl

dōTERRA baby Collection

dōTERRA baby Diaper Rash Cream, dōTERRA baby Hair & Body Wash, dōTERRA baby Lotion

60206023

20 PV

\$52.67 rtl

\$39.50 whl



# dōTERRA® sun

Mineral-based sun protection that delivers incredible benefits, so your skin looks and acts as young as you feel.



### Face + Body Mineral Sunscreen Lotion

Formulated with non-nano zinc oxide, delivering lightweight SPF 30 UVA/UVB broad-spectrum protection. Oxybenzone-, paraben-, and phthalate-free, as well as vegan-friendly, reef-safe, and cruelty-free.

- Delivers SPF 30 broad-spectrum (UVA/UVB) protection
- Nourishes and moisturizes with minimal visible residue
- Contains non-nano zinc oxide, avocado oil, aloe vera, Carrot Seed, Frankincense, Helichysum, raspberry seed oils, and vitamin E
- Dermatologist tested, noncomedogenic formula
- Provides water-resistant sun protection for up to 80 minutes

60223795  
5 oz/142 g | 20 PV  
\$38.67 rtl  
\$29.00 whl



### Face + Body Mineral Sunscreen Stick

Formulated with non-nano zinc oxide, this stick delivers lightweight SPF 40 UVA/UVB broad-spectrum protection. Oxybenzone-, paraben-, and phthalate-free, as well as vegan-friendly, reef-safe, and cruelty-free. Packaged in a convenient, easy-to-use twist up stick that fits comfortably in the hand.

- Delivers SPF 40 broad-spectrum (UVA/UVB) protection
- Nourishes and moisturizes with minimal visible residue
- Contains non-nano zinc oxide, shea butter, jojoba, cocoa butter, and vitamin E
- Dermatologist tested, noncomedogenic formula
- Provides water-resistant sun protection for up to 80 minutes

60220571  
1.75 oz/50 g | 20 PV  
\$33.33 rtl  
\$25.00 whl



### Body Mineral Sunscreen Spray

Formulated with non-nano zinc oxide, this spray delivers lightweight SPF 30 UVA/UVB broad-spectrum protection. Packaged in an aluminum, non-aerosol spray bottle that delivers a continuous, 360-degree application for easy, all-over coverage.

- Delivers SPF 30 broad-spectrum (UVA/UVB) protection in a lightweight spray
- Nourishes and moisturizes with minimal visible residue
- Contains non-nano zinc oxide, avocado oil, raspberry seed oil, aloe vera, turmeric extract, jojoba esters, and vitamin E
- Dermatologist tested, noncomedogenic formula
- Provides water-resistant protection for up to 80 minutes

60220572  
6 oz/170 g | 20 PV  
\$37.33 rtl  
\$28.00 whl



### After Sun Restorative Body Spray

Provides soothing nourishment and restorative moisturization to weathered skin. Packaged in an aluminum, non-aerosol spray bottle that delivers a continuous, 360-degree application for easy, all-over coverage.

- Provides skin-soothing, cooling relief after a day in the sun
- Nourishes the skin with an intensely hydrating, antioxidant-rich formula
- Contains aloe vera, hyaluronic acid, green tea, and vitamin E
- Free from parabens, phthalates, phenoxyethanol, PEGs, and synthetic fragrances

60220573  
6 oz/170 g | 20 PV  
\$33.33 rtl  
\$25.00 whl



### Face Mineral Sunscreen Daily Moisturizer

Formulated with non-nano zinc oxide, this lightweight, SPF 28 broad-spectrum formula shields your face from damaging UVA/UVB rays and blue light-emitting screens. This moisturizer absorbs quickly with no white cast, leaving your skin hydrated and protected. Oxybenzone-, paraben-, and phthalate free as well as vegan-friendly, reef-safe, and cruelty free. Intended for everyday use.

- Delivers SPF 28 broad-spectrum (UVA/UVB) protection
- Moisturizes while protecting your skin from the sun and blue light-emitting screens
- Nourishes skin with vitamin E, evodia, grapeseed oil, and CPTG® essential oils
- Dermatologist tested, noncomedogenic formula

60220570  
1.7 fl oz/50 mL | 30 PV  
\$46.67 rtl  
\$35.00 whl







# doTERRA® Diffusers

Transform your world with a doTERRA diffuser just right for any situation and décor.



**Dawn® Aroma Humidifier**  
Designed to create the ultimate level of comfort in any room. Its smart sleep mode maintains ideal humidity levels throughout the night, helping create the perfect environment for sleep.

- Water Capacity: 1.8 L/0.48 gal
- Coverage: Up to 270 sq ft/25 sq m
- Continuous operation and sleep modes
- Easily disassembles for cleaning
- Add water and essential oils without having to remove any lids or covers

**60213449**  
0 PV  
\$72.00 rtl  
\$54.00 whl



**Volo® Diffuser**  
Powerful and uniquely refined with two stylistic options, Volo Marble and Volo Onyx complement any home or office decor.

- Water Capacity: 250 mL/8.5 fl oz
- Coverage: Up to 300 sq ft/27 sq m
- Continuous operation modes
- Soft ambient light settings or completely dark
- Handcrafted polyresin stone top

<b>60210546</b> Volo® Marble   0 PV \$78.67 rtl \$59.00 whl	<b>60210545</b> Volo® Onyx   0 PV \$78.67 rtl \$59.00 whl
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**Laluz® Diffuser**  
Turn any space into a luxurious retreat with Laluz. With a runtime of up to eight hours, you can diffuse your favorite essential oils throughout the day or night.

- Water Capacity: 120 mL/4.06 fl oz
- Coverage: Up to 330 sq ft/30 sq m
- Continuous operation
- Dim warm, bright warm, lavender light options

**60213023**  
0 PV  
\$56.00 rtl  
\$42.00 whl



**Pebble™ Diffuser**  
Despite its small size, the Pebble diffuser packs a lot of power. This ultrasonic diffuser delivers several useful features, including a five-hour continuous runtime, ten-hour intermittent runtime, and multiple light settings

- Water capacity: 100 mL/3.5 fl oz
- Coverage: Up to 270 sq ft/25 sq m
- Continuous and intermittent operation modes
- Cyan, White, purple, warm white, and blue light options

**60213978**  
0 PV  
\$33.33 rtl  
\$25.00 whl



**Roam® Diffuser**  
Made with natural, colorful, polished, ground stone. With its powerful, built-in, rechargeable battery and charging dock, the doTERRA Roam Diffuser brings you an unprecedented wireless and portable aromatic experience.

- Water Capacity: 100 mL/3.4 fl oz
- Coverage: Up to 270 sq ft/25 sq m
- Continuous and intermittent operation modes
- Cordless and rechargeable battery-powered
- Responsibly created with eco-friendly, postconsumer recycled resin

**60213424**  
0 PV  
\$69.33 rtl  
\$52.00 whl



Product Guide Quick Reference

Enrollment Kits

Aroma Essentials Collection								60221665	\$206.67	\$155.00	115	Kit
Healthy Start Kit								60211452	\$213.33	\$160.00	100	Kit
MetaPWR® System Kit								60223395	\$238.67	\$179.00	150	Kit
Healthy Habits Kit								60217321	\$260.00	\$198.00	125	Kit
AromaTouch® Training Kit								60221903	\$333.33	\$250.00	250	Kit
Home Essentials Kit								60221657	\$360.00	\$270.00	235	Kit
Natural Solutions Kit								60221656	\$600.00	\$453.00	345	Kit
Oil Collectors Kit								60221984	\$2665.33	\$1999.00	1750	Kit

Essential Oil Singles

Arborvitae <i>Thuja plicata</i>	A	T			N			49360001	\$32.00	\$24.00	24	5 mL
Basil <i>Ocimum basilicum</i>	A	T	I		N			30010001	\$44.00	\$33.00	33	15 mL
Birch <i>Betula lenta</i>	A	T				S		60222580	\$78.67	\$59.00	45	5 mL
Bergamot <i>Citrus bergamia</i>	A	T	I			S		30790001	\$53.33	\$40.00	40	15 mL
Black Pepper <i>Piper nigrum</i>	A	T	I			S		41040001	\$30.67	\$23.00	23	5 mL
Black Spruce <i>Picea mariana</i>	A	T				S		60206220	\$28.00	\$21.00	21	5 mL
Blue Lotus Touch <i>Nymphaea caerulea</i> <span>New</span>	A	T			N			60219175	\$88.00	\$66.00	60	10 mL roll-on
Blue Tansy <i>Tanacetum annuum</i>	A	T			N			60203383	\$114.67	\$86.00	81	5 mL
Cardamom <i>Elettaria cardamomum</i>	A	T	I		N			49350001	\$41.33	\$31.00	31	5 mL
Cassia <i>Cinnamomum cassia</i>	A	T	I				D	60213537	\$30.67	\$23.00	23	15 mL
Cedarwood <i>Juniperus virginiana</i>	A	T				S		49300001	\$20.00	\$15.00	15	15 mL
Celery Seed <i>Apium graveolens</i>	A	T	I			S		60209677	\$50.67	\$38.00	38	15 mL
Cilantro <i>Coriandrum sativum</i>	A	T	I		N			41850001	\$36.00	\$27.00	27	15 mL
Cinnamon Bark <i>Cinnamomum zeylanicum</i>	A	T	I				D	30030001	\$42.67	\$32.00	32	5 mL
Citronella <i>Cymbopogon winterianus</i>	A	T				S		60209676	\$28.00	\$21.00	21	15 mL
Clary Sage <i>Salvia sclarea</i>	A	T	I		N			30420001	\$56.00	\$42.00	42	15 mL
Clove <i>Eugenia caryophyllata</i>	A	T	I				D	30040001	\$26.67	\$20.00	20	15 mL
Copaiba <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i> <span>Top Seller</span>	A	T	I			S		60202178	\$50.67	\$38.00	38	15 mL
Copaiba Touch <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i>	A	T			N			60219176	\$33.33	\$25.00	25	10 mL roll-on
Coriander <i>Coriandrum sativum</i>	A	T	I		N			30780001	\$34.67	\$26.00	26	15 mL
Cypress <i>Cupressus sempervirens and lusitanica</i>	A	T			N			60206972	\$25.33	\$19.00	19	15 mL
Douglas Fir <i>Pseudotsuga menziesii</i>	A	T			N			31590001	\$32.00	\$24.00	24	5 mL
Eucalyptus <i>Radiata, polybractea, kochii, loxophleba, and globulus</i>	A	T					D	60218408	\$28.00	\$21.00	21	15 mL
Fennel (Sweet) <i>Foeniculum vulgare</i>	A	T	I			S		41290001	\$24.00	\$18.00	18	15 mL
Frankincense <i>Boswellia carterii, sacra, papyrifera, and frereana</i> <span>Top Seller</span>	A	T	I		N			30070001	\$104.00	\$78.00	73	15 mL
Frankincense Touch <i>Boswellia carterii, sacra, papyrifera, and frereana</i>	A	T			N			60200224	\$66.67	\$50.00	50	10 mL roll-on
Geranium <i>Pelargonium graveolens</i>	A	T	I			S		30090001	\$62.67	\$47.00	47	15 mL
Ginger <i>Zingiber officinale</i>	A	T	I			S		60215119	\$66.67	\$50.00	50	15 mL
Grapefruit <i>Citrus x paradisi</i>	A	T	I		N			30100001	\$26.67	\$20.00	20	15 mL
Green Mandarin <i>Citrus nobilis</i>	A	T	I		N			60205794	\$40.00	\$30.00	30	15 mL
Guaiacwood <i>Bulnesia sarmientoi</i>	A	T			N			60217711	\$26.67	\$20.00	20	15 mL
Helichrysum <i>Helichrysum italicum</i>	A	T	I		N			30410001	\$105.33	\$79.00	70	5 mL
Helichrysum Touch <i>Helichrysum italicum</i>	A	T			N			60207012	\$76.00	\$57.00	52	10 mL roll-on

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'Iliahi (Hawaiian Sandalwood) <i>Santalum paniculatum</i>	A	T	I		N			41860001	\$100.00	\$75.00	65	5 mL
Jasmine <i>Jasminum grandiflorum</i>	A	T				S		60217357	\$200.00	\$150.00	100	2.5 mL
Jasmine Touch <i>Jasminum grandiflorum</i>	A	T			N			60201812	\$62.67	\$47.00	47	10 mL roll-on
Juniper Berry <i>Juniperus communis</i>	A	T	I		N			49290001	\$30.67	\$23.00	23	5 mL
Lavender <i>Lavandula angustifolia</i> <span>Top Seller</span>	A	T	I		N			30110001	\$37.33	\$28.00	28	15 mL
Lavender Touch <i>Lavandula angustifolia</i>	A	T			N			60200225	\$26.67	\$20.00	20	10 mL roll-on
Lemon <i>Citrus limon</i> <span>Top Seller</span>	A	T	I		N			30120001	\$20.00	\$15.00	15	15 mL
Lemon Eucalyptus <i>Eucalyptus citriodora</i>	A	T				S		60209674	\$20.00	\$15.00	15	15 mL
Lemongrass <i>Cymbopogon flexuosus</i>	A	T	I			S		30130001	\$18.67	\$14.00	14	15 mL
Lime <i>Citrus aurantifolia</i>	A	T	I			S		30870001	\$21.33	\$16.00	16	15 mL
Madagascar Vanilla <i>Vanilla planifolia</i>	A	T	I		N			60218012	\$50.67	\$38.00	38	5 mL
Magnolia Touch <i>Michelia alba</i>	A	T			N			60205420	\$40.00	\$30.00	30	10 mL roll-on
Marjoram <i>Origanum majorana</i>	A	T	I		N			30140001	\$32.00	\$24.00	24	15 mL
Melissa <i>Melissa officinalis</i>	A	T	I		N			30850001	\$128.00	\$96.00	86	5 mL
Myrrh <i>Commiphora myrrha</i>	A	T	I		N			30160001	\$96.00	\$72.00	60	15 mL
Myrrh Touch <i>Commiphora myrrha</i>	A	T			N			60221439	\$54.67	\$41.00	41	10 mL roll-on
Neroli Touch <i>Citrus x aurantium</i>	A	T			N			60201817	\$72.00	\$54.00	54	10 mL roll-on
Oregano <i>Origanum vulgare</i> <span>Top Seller</span>	A	T	I				D	30180001	\$37.33	\$28.00	28	15 mL
Oregano Touch <i>Origanum vulgare</i>	A	T			N			60200227	\$25.33	\$19.00	19	10 mL roll-on
Patchouli <i>Pogostemon cablin</i>	A	T	I		N			30890001	\$42.67	\$32.00	32	15 mL
Peppermint <i>Mentha piperita</i>	A	T	I			S		30190001	\$33.33	\$25.00	25	15 mL
Peppermint Touch <i>Mentha piperita</i>	A	T			N			60200228	\$26.67	\$20.00	20	10 mL roll-on
Petitgrain <i>Citrus aurantium</i>	A	T	I			S		49520001	\$36.00	\$27.00	27	15 mL
Pink Pepper <i>Schinus molle</i>	A	T	I		N			60207016	\$30.67	\$23.00	23	5 mL
Roman Chamomile <i>Anthemis nobilis</i>	A	T	I		N			30800001	\$66.67	\$50.00	50	5 mL
Rose <i>Rosa damascena</i>	A	T				S		31000001	\$366.67	\$275.00	200	5 mL
Rose Touch <i>Rosa damascena</i>	A	T			N			60201813	\$94.67	\$71.00	66	10 mL roll-on
Rosemary <i>Rosmarinus officinalis</i>	A	T	I		N			30200001	\$26.67	\$20.00	20	15 mL
Sandalwood <i>Santalum album</i>	A	T	I		N			30210001	\$113.33	\$85.00	65	5 mL
Siberian Fir <i>Abies sibirica</i>	A	T	I		N			60203125	\$28.00	\$21.00	21	15 mL
Spanish Sage <i>Salvia lavandulifolia</i>	A	T	I			S		60222270	\$38.67	\$29.00	29	15 mL
Spearmint <i>Mentha spicata</i>	A	T	I			S		31610001	\$41.33	\$31.00	31	15 mL
Spikenard <i>Nardostachys jatamansi</i>	A	T			N			49510001	\$72.00	\$54.00	52	5 mL
Tangerine <i>Citrus reticulata</i>	A	T	I		N			49440001	\$21.33	\$16.00	16	15 mL
Tea Tree <i>Melaleuca alternifolia</i>	A	T			N			60208340	\$33.33	\$25.00	25	15 mL
Tea Tree Touch <i>Melaleuca alternifolia</i>	A	T			N			60208343	\$22.67	\$17.00	17	10 mL roll-on
Thyme <i>Thymus zygis, and vulgaris</i>	A	T	I				D	60222622	\$45.33	\$34.00	34	15 mL
Tulsi (Holy Basil) <i>Ocimum sanctum</i>	A	T				S		60213450	\$38.67	\$29.00	29	5 mL
Turmeric <i>Curcuma longa</i>	A	T	I		N			60206973	\$44.00	\$33.00	33	15 mL
Vetiver <i>Vetiveria zizanioides</i>	A	T	I		N			30430001	\$86.67	\$65.00	60	15 mL
Vetiver Touch <i>Vetiveria zizanioides</i>	A	T			N			60221438	\$53.33	\$40.00	40	10 mL roll-on
Wild Orange <i>Citrus sinensis</i>	A	T	I		N			30170001	\$16.00	\$12.00	12	15 mL
Wintergreen <i>Gaultheria fragrantissima</i>	A	T				S		31620001	\$37.33	\$28.00	28	15 mL
Yarrow Pom <i>Active Botanical Nutritive Duo</i>		T	I		N			60207652	\$141.33	\$106.00	100	30 mL



Product Guide Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
Ylang Ylang <i>Cananga odorata</i>	A	T	I		N			30240001	\$58.67	\$44.00	44	15 mL
Fractionated Coconut Oil		T			N			31640001	\$16.67	\$12.50	10	3.8g fl oz/115 mL
Fractionated Coconut Oil		T			N			60210770	\$6.00	\$4.50	0	1 fl oz/30 mL

Essential Oil Blends

abōde® Refreshing Blend	A			H		S		60217576	\$34.67	\$26.00	26	15 mL
Adaptiv® Calming Blend	A	T			N			60209364	\$57.33	\$43.00	43	15 mL
Adaptiv® Touch Calming Blend	A	T			N			60209357	\$32.00	\$24.00	24	10 mL roll-on
Air-X® Air Blend	A	T	I			S		60215527	\$42.67	\$32.00	32	15 mL
dōTERRA Align Centering Blend	A	T			N			60203246	\$29.33	\$22.00	22	5 mL
dōTERRA Anchor Steadying Blend	A	T			N			60203245	\$29.33	\$22.00	22	5 mL
dōTERRA Arise Enlightening Blend	A	T			N			60203247	\$29.33	\$22.00	22	5 mL
AromaTouch® Massage Blend		T			N			31200001	\$44.00	\$33.33	33	15 mL
dōTERRA Balance® Grounding Blend	A	T			N			31010001	\$32.00	\$24.00	24	15 mL
Brave® Courage Blend	A	T			N			60206618	\$30.67	\$23.00	23	10 mL roll-on
dōTERRA Breathe® Respiratory Blend	A	T				S		60200190	\$37.33	\$28.00	28	15 mL
dōTERRA Breathe® Touch Respiratory Blend	A	T			N			60200192	\$25.33	\$19.00	19	10 mL roll-on
Calmer® Restful Blend	A	T			N			60206632	\$28.00	\$21.00	21	10 mL roll-on
dōTERRA Cheer® Uplifting Blend	A	T				S		60218863	\$34.67	\$26.00	26	5 mL
dōTERRA Cheer® Touch Uplifting Blend	A	T			N			60218864	\$29.33	\$22.00	22	10 mL roll-on
Citrus Bliss® Invigorating Blend	A	T			N			60219370	\$30.67	\$23.00	23	15 mL
Citrus Bloom® Springtime Blend	A	T			N			60208812	\$35.33	\$26.50	26.5	15 mL
ClaryCalm® Monthly Blend for Women	A	T			N			49480001	\$45.33	\$34.00	34	10 mL roll-on
dōTERRA Console® Comforting Blend	A	T			N			31730001	\$57.33	\$43.00	43	5 mL
dōTERRA Console® Touch Comforting Blend	A	T			N			60200147	\$37.33	\$28.00	28	10 mL roll-on
DDR Prime® Cellular Complex		T	I			S		60207092	\$50.67	\$38.00	38	15 mL
Deep Blue® Soothing Blend		T				S		60200143	\$49.33	\$37.00	37	5 mL
DigestZen® Digestive Blend	A	T	I		N			60214361	\$48.00	\$36.00	36	15 mL
DigestZen® Touch Digestive Blend	A	T			N			60214815	\$32.00	\$24.00	24	10 mL roll-on
dōTERRA Forgive® Renewing Blend	A	T				S		31750001	\$33.33	\$25.00	25	5 mL
dōTERRA Forgive® Touch Renewing Blend	A	T			N			60200148	\$22.67	\$17.00	17	10 mL roll-on
HD Clear® Topical Blend		T			N			49400001	\$30.67	\$23.00	23	10 mL roll-on
dōTERRA Hope® Touch Uplifting Blend	A	T			N			60222109	\$33.33	\$25.00	25	10 mL roll-on
Immortelle Anti-Aging Blend	A	T			N			60220469	\$106.67	\$80.00	75	10 mL roll-on
InTune® Focus Blend	A	T			N			60220468	\$53.33	\$40.00	40	10 mL roll-on
MetaPWR® Metabolic Blend	A	T	I		N			60217575	\$38.67	\$29.00	29	15 mL
dōTERRA Motivate® Encouraging Blend	A	T				S		60218764	\$32.00	\$24.00	24	5 mL
dōTERRA Motivate® Touch Encouraging Blend	A	T			N			60218765	\$25.33	\$19.00	19	10 mL roll-on
Northern Escape® Woodland Blend	A	T			N			60221667	\$37.33	\$28.00	28	15 mL
dōTERRA On Guard® Protective Blend	A	T	I			S		31100001	\$50.67	\$38.00	38	15 mL
dōTERRA On Guard® Touch Protective Blend	A	T			N			60200142	\$32.00	\$24.00	24	10 mL roll-on
dōTERRA Passion® Inspiring Blend	A	T				S		60218767	\$56.00	\$42.00	42	5 mL
dōTERRA Passion® Touch Inspiring Blend	A	T			N			60218768	\$42.67	\$32.00	32	10 mL roll-on
PastTense® Tension Blend	A	T			N			60215812	\$44.00	\$33.00	33	15 mL
dōTERRA Peace® Reassuring Blend	A	T			N			31710001	\$46.67	\$35.00	35	5 mL

Product Guide Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
dōTERRA Peace® Touch Reassuring Blend	A	T			N			60200151	\$30.67	\$23.00	23	10 mL roll-on
Purify Cleansing Blend	A	T			N			31060001	\$32.00	\$24.00	24	15 mL
Rescuer™ Soothing Blend	A	T			N			60206635	\$24.00	\$18.00	18	10 mL roll-on
Shinrin-Yoku™ Forest Bathing Blend <span>New</span>	A	T					D	60225771	\$45.33	\$34.00	34	15 mL
Shinrin-Yoku™ Touch Forest Bathing Blend <span>New</span>	A	T			N			60225706	\$29.33	\$22.00	22	10 mL roll-on
dōTERRA Serenity® Restful Blend	A	T			N			60217983	\$53.33	\$40.00	40	15 mL
Steady® Grounding Blend	A	T			N			60206617	\$24.00	\$18.00	18	10 mL roll-on
Stronger® Protective Blend	A	T			N			60206654	\$24.00	\$18.00	18	10 mL roll-on
dōTERRA SuperMint™ Mentha Blend	A	T	I				D	60221859	\$42.67	\$32.00	32	15 mL
dōTERRA SuperMint™ Touch Mentha Blend	A	T			N			60221940	\$26.67	\$20.00	20	10 mL roll-on
Tamer® Digestive Blend	A	T			N			60209356	\$24.00	\$18.00	18	10 mL roll-on
TerraShield® Repellent Blend	A	T			N			60214386	\$20.00	\$15.00	15	15 mL
TerraShield® Spray Repellent Blend	A	T			N			60214387	\$28.00	\$21.00	19	30 mL
Thinker® Focus Blend	A	T			N			60206633	\$25.33	\$19.00	19	10 mL roll-on
Whisper® Touch Blend for Women	A	T			N			60214274	\$40.00	\$30.00	30	10 mL roll-on
Zendocrine® Detoxification Blend	A	T	I		N			31460001	\$38.67	\$29.00	29	15 mL

Kits & Collections

AromaTouch Technique® Training Kit								60221903	\$333.33	\$250.00	250	Kit
AromaTouch Technique® Refill Kit								60221902	\$306.67	\$230.00	230	Kit
dōTERRA Emotional Aromatherapy® System								60220509	\$226.67	\$170.00	160	Kit
dōTERRA Emotional Aromatherapy® Touch Kit								60220510	\$133.00	\$100.00	100	Kit
Family Essentials Kit								60202951	\$166.67	\$125.00	115	Kit
Introductory Kit								60202952	\$33.33	\$25.00	20	Kit
dōTERRA Kids Collection								60211246	\$165.33	\$124.00	110	Kit
dōTERRA Yoga Collection								60203244	\$80.00	\$60.00	56	Kit

Product Lines

dōTERRA On Guard® Products

dōTERRA On Guard® Protective Blend	A	T	I			S		31100001	\$50.67	\$38.00	38	15 mL
dōTERRA On Guard® Touch	A	T			N			60200142	\$32.00	\$24.00	24	10 mL roll-on
dōTERRA On Guard® Sanitizing Gel								60217274	\$10.00	\$7.50	5	1.6 fl oz/50 mL
dōTERRA On Guard® Beadlets			I					60208146	\$21.33	\$16.00	16	125 beadlets
dōTERRA On Guard+™ Chewable Tablets								60216736	\$22.67	\$17.00	11	60 ct
dōTERRA On Guard® Protecting Throat Drops								34050001	\$18.33	\$13.75	11	30 ct
dōTERRA On Guard+™ Softgels								35420001	\$38.67	\$29.00	25	60 ct
dōTERRA On Guard® Natural Whitening Toothpaste								60205476	\$14.67	\$11.00	6	4.2 oz/125 g
dōTERRA On Guard® Natural Whitening Toothpaste Samples								60213724	\$5.33	\$4.00	0	10 pack
dōTERRA On Guard® Mouthwash								60203185	\$21.33	\$16.00	10	16 fl oz/473 mL
dōTERRA On Guard® Laundry Detergent								39020001	\$40.00	\$30.00	21	32 fl oz/947 mL
dōTERRA On Guard® Cleaner Concentrate								38140001	\$22.67	\$17.00	12	12 fl oz/355 mL
dōTERRA On Guard® Foaming Hand Wash								60216838	\$28.67	\$21.50	15	16 fl oz/473 mL
dōTERRA On Guard® Foaming Hand Wash Single Refill								38010001	\$25.33	\$19.00	15	16 fl oz/473 mL
dōTERRA On Guard® Foaming Hand Wash Twin Pack Refill								38020001	\$40.00	\$30.00	25	16 fl oz/473 mL
dōTERRA On Guard® Sanitizing Mist								60214044	\$9.33	\$7.00	5	0.9 fl oz/27 mL



Product Guide Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
dōTERRA On Guard® Sanitizing Mist Five Pack								60219991	\$33.33	\$25.00	20	0.9 fl oz/27 mL
dōTERRA On Guard® Sanitizing Wipes								60201266	\$18.00	\$13.50	11	50 ct

dōTERRA abōde® Products

abōde® Refreshing Blend	A			H		S		60217576	\$34.67	\$26.00	26	15 mL
abōde® Multi-Purpose Surface Cleaner Concentrate								60216476	\$11.67	\$8.75	7	1 fl oz/30 mL
dōTERRA abōde™ Multi-Purpose Cleaner Dispenser								60217546	\$11.33	\$8.50	0	10 fl oz/296 mL
abōde® Laundry Pods								60216474	\$28.00	\$21.00	14	45 ct
abōde® Dishwasher Pods								60216473	\$21.33	\$16.00	11	24 ct
abōde® Liquid Dish Soap Refill								60217386	\$16.67	\$12.50	8	16 fl oz/473 mL
dōTERRA abōde™ Liquid Dish Soap Dispenser								60219505	\$11.33	\$8.50	0	16 fl oz/473 mL
abōde Hand Lotion Refill Infused with Citrus Bloom®								60216475	\$24.67	\$18.50	15	10 fl oz/296 mL
dōTERRA abōde™ Hand Lotion Dispenser								60217569	\$11.33	\$8.50	0	10 fl oz/296 mL
abōde Foaming Hand Wash Concentrate Infused with Citrus Bloom®								60216472	\$27.33	\$20.50	15	8 fl oz/237 mL
dōTERRA abōde™ Foaming Hand Wash Dispenser								60217522	\$11.33	\$8.50	0	16 fl oz/473 mL

Deep Blue® Products

Deep Blue® Soothing Blend		T				S		60200143	\$49.33	\$37.00	37	5 mL
Deep Blue Polyphenol Complex®								34360001	\$62.00	\$46.50	41	60 capsules
Deep Blue® Rub								38900001	\$46.67	\$35.00	33	4 fl oz/120 mL
Deep Blue® Rub								60216795	\$265.33	\$199.00	165	32 fl oz/946 mL
Deep Blue® Rub Samples								60219833	\$7.33	\$5.50	0	10 ct
Deep Blue® Stick + Copaiba								60220136	\$35.33	\$26.50	21	1.69 oz/48 g

dōTERRA Adaptiv® Products

Adaptiv® Calming Blend	A	T				N		60209364	\$57.33	\$43.00	43	15 mL
Adaptiv® Touch	A	T				N		60209357	\$32.00	\$24.00	24	10 mL
Adaptiv® Calming Blend Capsules								60205956	\$53.27	\$39.95	30	30 capsules
Adaptiv® System								60211472	\$109.33	\$82.00	70	Kit

dōTERRA Serenity® Products

dōTERRA Serenity® Restful Blend	A	T				N		60217983	\$53.33	\$40.00	40	15 mL
dōTERRA Serenity® Softgels <span>New Formula</span>								60216219	\$34.67	\$26.00	20	60 capsules
dōTERRA Serenity® Stick + Valerian <span>New</span>								60225458	\$24.67	\$18.50	12	1.06 oz/30 g
dōTERRA Serenity® Combo Pack								60226817	\$88.00	\$66.00	50	Kit

dōTERRA Breathe® Products

dōTERRA Breathe® Respiratory Blend	A	T					S	60200190	\$37.33	\$28.00	28	15 mL
dōTERRA Breathe® Touch	A	T				N		60200192	\$25.33	\$19.00	19	10 mL roll-on
dōTERRA® Breathe Vapor Stick								60212479	\$12.67	\$9.50	6	0.54 oz/15.5 g
dōTERRA Breathe® Respiratory Drops								35460001	\$18.33	\$13.75	11	30 drops
dōTERRA Breathe Easy Combo								60217860	\$63.00	\$47.25	35	Kit

Product Guide Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					

dōTERRA Supermint™ Products

dōTERRA SuperMint Mentha Blend	A	T	I				D	60221859	\$42.67	\$32.00	32	15 mL
dōTERRA SuperMint Touch Mentha Blend	A	T			N			60221940	\$26.67	\$20.00	20	10 mL roll-on
dōTERRA SuperMint Toothpaste								60221617	\$14.67	\$11.00	6	4.2 oz/125 g
dōTERRA SuperMint Beadlets								60222094	\$21.33	\$16.00	16	125 beadlets

Supplements & Nutrition

dōTERRA Lifelong Vitality Pack®

Alpha CRS+®								35370001	\$93.33	\$70.00	70	120 capsules
xEO Mega®								60219195	\$73.33	\$55.00	55	120 capsules
Microplex VMz®								60213169	\$53.33	\$40.00	40	120 capsules
dōTERRA Lifelong Vitality Daily Packs								60217066	\$118.67	\$89.00	62	30-day supply
dōTERRA Lifelong Vitality Pack®								60213529	\$113.33	\$85.00	62	30-day supply
Vegan dōTERRA Lifelong Vitality Pack®								60213860	\$125.33	\$94.00	62	30-day supply

dōTERRA Specialized Supplements

vEO Mega®								34480001	\$78.67	\$59.00	55	120 capsules
Vegan Microplex VMz®								60213210	\$66.67	\$50.00	40	120 capsules
Turmeric Dual Chamber Capsules								60209307	\$53.27	\$39.95	29	60 capsules
Mito2Max®								34350001	\$56.00	\$42.00	36	60 capsules
Copaiba Softgels								60205764	\$47.33	\$35.50	33	60 capsules
DDR Prime® Softgels								34410001	\$62.67	\$47.00	41	60 capsules
TriEase® Softgels								60209019	\$36.00	\$27.00	23	60 capsules
Veggie Caps								34100001	\$6.00	\$4.50	0	160 capsules

ProBiome Support

dōTERRA PB Restore™ ProBiome Complex <span>New</span>								60225766	\$63.33	\$47.50	40	30 capsules
dōTERRA PB Assist+® ProBiome Gut Complex <span>New</span>								60225556	\$44.67	\$33.50	25	30 sachets
Fiber								60207065	\$28.00	\$21.00	15	30 Serving

MetaPWR® Products

MetaPWR® Metabolic Blend	A	T	I		N			60217575	\$38.67	\$29.00	29	15 mL
MetaPWR® Beadlets			I					60217376	\$21.33	\$16.00	16	125 beadlets
MetaPWR® Satiety Gum								60217378	\$11.67	\$8.75	5	30 ct
MetaPWR® Softgel								60209482	\$46.00	\$34.50	30	90 capsules
MetaPWR® Assist								60213525	\$39.33	\$29.50	25	30 capsules
MetaPWR® Advantage								60222772	\$112.67	\$84.50	70	30 sachets
MetaPWR® System Kit								60223395	\$238.67	\$179.00	150	Kit

dōTERRA Nutrition

Vanilla Protein								60207069	\$60.00	\$45.00	25	20 Servings
Chocolate Protein								60207068	\$60.00	\$45.00	25	20 Servings
Vegan Protein								60207067	\$60.00	\$45.00	25	20 Servings



Product Guide Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
Fiber								60207065	\$28.00	\$21.00	15	30 Servings
Greens								60213600	\$46.67	\$35.00	23	30 Servings

Digestive Health

DigestZen® Softgels								60209021	\$32.67	\$24.50	20	60 capsules
DigestTab® Chewable Tablets								60214446	\$21.33	\$16.00	11	100 tablets
dōTERRA® Peppermint Softgels								60209244	\$26.00	\$19.50	16	60 softgels
dōTERRA TerraZyme™ Digestive Enzyme Complex								35110001	\$47.33	\$35.50	31	90 capsules
GX Assist® GI Cleansing Formula								35040001	\$36.67	\$27.50	23	60 softgels
Zendocrine®	A	T	L			N		31460001	\$38.67	\$29.00	29	15 mL
Zendocrine® Detoxification Complex								35120001	\$30.67	\$23.00	21	60 capsules
Zendocrine® Softgels								60209480	\$36.00	\$27.00	24	60 capsules
dōTERRA® Ginger Drops								60203181	\$18.33	\$13.75	11	30 drops

dōTERRA Children's Supplements

dōTERRA a2z Chewable™								34500001	\$32.00	\$24.00	18	60 tablets
IQ Mega®								34490001	\$47.33	\$35.50	31	150 mL
Kid's Kit								P007601	\$53.33	\$40.00	25	Kit

Personal Care

dōTERRA Essential Skin Care

Facial Cleanser								60201753	\$21.33	\$16.00	13	4 fl oz/118 mL
Invigorating Scrub								60201773	\$23.33	\$17.50	15	2.5 oz/70 g
Pore Reducing Toner								60201772	\$26.00	\$19.50	17	4 fl oz/118 mL
Brightening Gel								60210008	\$44.00	\$33.00	31	1 fl oz/30 mL
Tightening Serum								60201752	\$60.00	\$45.00	41	1 fl oz/30 mL
Anti-Aging Moisturizer								60201750	\$48.00	\$36.00	31	1.7 fl oz/50 mL
Hydrating Cream								60201774	\$45.33	\$34.00	30	1.7 oz/48 g
Anti-Aging Eye Cream								60201776	\$56.00	\$42.00	40	0.5 fl oz/15 mL
Reveal Facial System								37340001	\$80.00	\$60.00	60	Kit

HD Clear®

HD Clear® Topical Blend		T				N		49400001	\$30.67	\$23.00	23	10 mL roll-on
HD Clear® Facial Lotion			L					49410001	\$44.00	\$33.00	29	1.7 fl oz/50 mL
HD Clear® Foaming Face Wash								49420001	\$28.00	\$21.00	19	1.7 fl oz/50 mL
HD Clear® Kit								42700001	\$68.00	\$51.00	45	Kit

Yarrow|Pom Collection

Yarrow Pom Active Botanical Nutritive Duo		T	L			N		60207652	\$141.33	\$106.00	100	30 mL
Yarrow Pom Cellular Beauty Complex								60209413	\$70.67	\$53.00	43	60 capsules
Yarrow Pom Body Renewal Serum								60209352	\$88.67	\$66.50	61	3.4 fl oz/100 mL
Yarrow Pom Collection								60210469	\$233.33	\$175.00	150	Kit

dōTERRA® Verage®

Verâge® Cleanser								37380001	\$31.33	\$23.50	21	2 fl oz/60 mL
Verâge® Toner								37390001	\$28.00	\$21.00	17	1.7 fl oz/50 mL

Product Guide Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
Verâge® Immortelle Hydrating Serum								37400001	\$80.00	\$60.00	52	.5 fl oz/15 mL
Verâge® Moisturizer								37410001	\$38.00	\$28.50	26	1 fl oz/30 mL
Verâge® Skin Care Collection								42690001	\$122.67	\$92.00	70	Kit

dōTERRA® Spa

Refreshing Body Wash								37460001	\$17.33	\$13.00	10	8.45 fl oz/250 mL
Replenishing Body Butter								37470001	\$25.33	\$19.00	15	7 oz/198 g
Hydrating Body Mist								60205662	\$34.67	\$26.00	22	4.2 fl oz/125 mL
Detoxifying Mud Mask								37490001	\$20.67	\$15.50	13	4 oz/113.4 g
Exfoliating Body Scrub								37480001	\$27.33	\$20.50	16	8 oz/226 g
Citrus Bliss Hand Lotion								37500001	\$10.67	\$8.00	6	2.5 fl oz/75 mL
Hand & Body Lotion								37510001	\$21.33	\$16.00	13	6.7 fl oz/200 mL
3-Pack Hand & Body Lotion								60200498	\$50.67	\$38.00	30	6.7 fl oz/200 mL
Lip Balm - Original								60207651	\$10.00	\$7.50	6	0.16 oz/4.5 g
Lip Balm - Herbal								60207653	\$10.00	\$7.50	6	0.16 oz/4.5 g
Lip Balm - Tropical								60207649	\$10.00	\$7.50	6	0.16 oz/4.5 g
Lip Balms - Variety								37570001	\$20.00	\$15.00	10	3-Pack
dōTERRA Balance® Bath Bar								60218218	\$10.67	\$8.00	6	4 oz/113 g
dōTERRA Balance® Bath Bar								60220702	\$19.33	\$14.50	10	3-Pack
Moisturizing Bath Bar								60218217	\$10.67	\$8.00	6	4 oz/113 g
Moisturizing Bath Bar								60220701	\$19.33	\$14.50	10	3-Pack
Citrus Bliss Bath Bar								60218240	\$10.67	\$8.00	6	4 oz/113 g
Citrus Bliss Bath Bar								60220704	\$19.33	\$14.50	10	3-Pack
dōTERRA Serenity® Bath Bar								60218219	\$10.67	\$8.00	6	4 oz/113 g
dōTERRA Serenity® Bath Bar								60220703	\$19.33	\$14.50	10	3-Pack
dōTERRA® Spa Basics Kit								60200499	\$30.67	\$23.00	17	Kit
dōTERRA® Spa Luxury Kit								60200502	\$56.00	\$42.00	32	Kit
Total dōTERRA® Spa Kit								60217288	\$160.00	\$120.00	85	Kit

dōTERRA® Hair Care

dōTERRA Protecting Shampoo								60208440	\$36.67	\$27.50	21	16.9 fl oz/500 mL
Hair Care Refillable Mini Travel Kit (Empty)								60216554	\$11.33	\$8.50	0	Kit
dōTERRA Hair Strengthening Shampoo Bar								60223161	\$23.00	\$17.25	12	100 g/3.5 oz
dōTERRA Hair Strengthening Conditioner Bar								60223162	\$23.00	\$17.25	12	80 g/2.8 oz
dōTERRA Daily Conditioner								60208441	\$36.67	\$27.50	21	16.9 fl oz/500 mL
dōTERRA Leave-in Conditioner								60208398	\$26.67	\$20.00	16	8 fl oz/237 mL
dōTERRA Hair Care Trio								60219271	\$96.00	\$72.00	55	Kit

dōTERRA® Women

ClaryCalm® Monthly Blend for Women		A	T			N		49480001	\$45.33	\$34.00	34	10 mL roll-on
Bone Nutrient Essential Complex								35240001	\$23.33	\$17.50	12	120 capsules
Phytoestrogen Essential Complex								35260001	\$53.27	\$39.95	36	60 capsules
Women's Health Kit								3525	\$92.67	\$69.50	60	Kit



Product Guide Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					

Natural Deodorant

Natural Deodorant Infused with dōTERRA Balance® Essential Oil								60207421	\$16.00	\$12.00	8	2.65 oz/75 g
Natural Sensitive Deodorant Infused with dōTERRA Douglas Fir and Greek Orange Essential Oils								60208231	\$16.00	\$12.00	8	2.65 oz/75 g

Correct-X®

Correct-X® Essential Oil Ointment								60110001	\$17.33	\$13.00	11	0.5 fl oz/15 mL
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dōTERRA® Baby

dōTERRA baby Diaper Rash Cream								60201362	\$12.67	\$9.50	5	2.1 oz/60 g
dōTERRA baby Hair & Body Wash								60201361	\$20.00	\$15.00	10	10 fl oz/295 mL
dōTERRA baby Lotion								60220058	\$24.00	\$18.00	10	8 fl oz/236 mL
dōTERRA baby Collection								60206023	\$52.67	\$39.50	20	Kit

dōTERRA® sun

dōTERRA Face + Body Mineral Sunscreen Lotion								60220529	\$38.67	\$29.00	20	5 oz/142 g
dōTERRA Face + Body Mineral Sunscreen Stick								60220571	\$33.33	\$25.00	20	1.75 oz/50 g
dōTERRA Body Mineral Sunscreen Spray								60220572	\$37.33	\$28.00	20	6 oz/170 g
dōTERRA After Sun Restorative Body Spray								60220573	\$33.33	\$25.00	20	6 oz/170 g
dōTERRA Face Moisturizer								60220570	\$46.67	\$35.00	30	1.7 fl oz/50 mL

dōTERRA® Diffusers

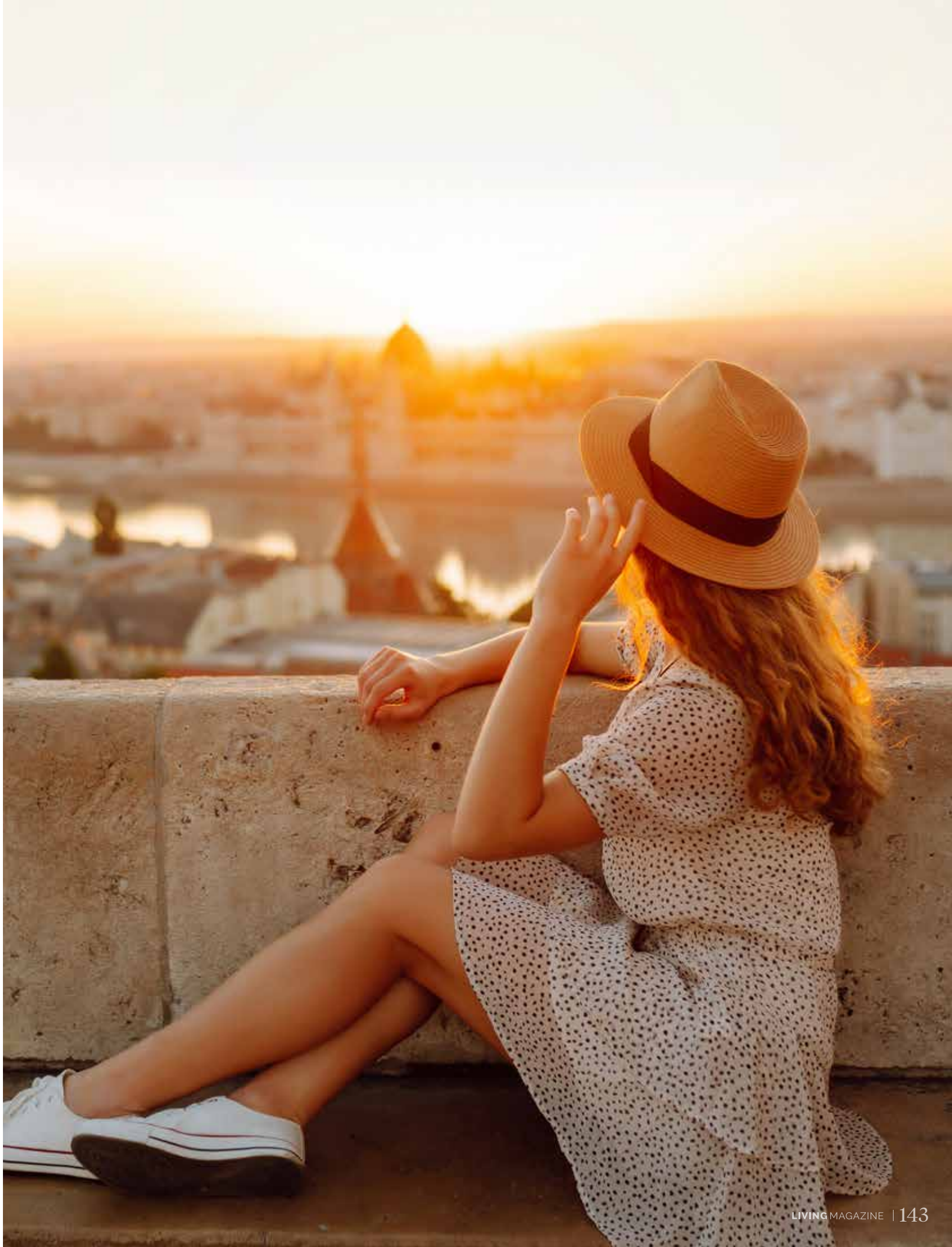
Dawn® Aroma Humidifier								60213449	\$72.00	\$54.00	0	Single
Volo® Diffuser - Onyx								60210545	\$78.67	\$59.00	0	Single
Volo® Diffuser - Marble								60210546	\$78.67	\$59.00	0	Single
Laluz® Diffuser								60213023	\$56.00	\$42.00	0	Single
Roam® Diffuser								60213424	\$69.33	\$52.00	0	Single
Pebble™ Diffuser								60213978	\$33.33	\$25.00	0	Single

Beadlets

MetaPWR® Beadlets								60217376	\$21.33	\$16.00	16	125 beadlets
dōTERRA On Guard® Beadlets								60208146	\$21.33	\$16.00	16	125 beadlets
Peppermint Beadlets								60208147	\$20.00	\$15.00	15	125 beadlets
dōTERRA SuperMint™ Beadlets								60222094	\$21.33	\$16.00	16	125 beadlets

dōTERRA Healing Hands Foundation®

dōTERRA Hope® Uplifting Blend	A	T			N			60222109	\$33.33	\$25.00	25	10 mL roll-on
Rose Hand Lotion								37520001	\$26.67	\$20.00	0	3.3 fl oz/100 mL





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

**dōTERRA**<sup>®</sup>  
pursue what's **pure**<sup>®</sup>

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