

dōTERRA®

IKISE®



Love Your Skin from the Outside In

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

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

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





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

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

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

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

What Makes dōTERRA IKISE® Different?

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



The IKISE® Fragrance Story

The Heart of IKISE®

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

Layered Like a Perfume

Top Notes – Fresh & Awakening

Litsea, Lime, Petitgrain, and Buntan (Japanese Pomelo) bring a fresh, uplifting aroma to begin your ritual.

Middle Notes – Balancing & Floral

Geranium adds harmony, calm, and radiance, softening skin.

Base Notes – Deep & Grounding

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

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



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

The Essential Oils of IKISE®

The Character of Each Note

Every oil in the IKISE fragrance profile contributes not just an aroma, but a unique botanical essence that shapes the overall sensorial experience for both skin and daily ritual.



Litsea (*Litsea cubeba*)

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

Lime (*Citrus aurantifolia*)

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

Petitgrain (*Citrus aurantium*)

Containing linalool and linalyl acetate, Petitgrain helps balance the skin's surface while offering a clarifying effect. Its aromatic profile is calming and relaxing, making it a beautiful addition to any daily ritual.

Buntan (*Citrus grandis* var.)

A furocoumarin-free pomelo oil that delivers a grapefruit-like brightness without photosensitivity concerns. Its light citrus chemistry helps promote clarity and a refreshed complexion, with an uplifting, cheerful aroma.

Geranium (*Pelargonium graveolens*)

Abundant in citronellol and geraniol, Geranium is well-studied for supporting balanced, radiant-looking skin. Its delicate floral scent is harmonising and calming, enhancing the sensory pleasure of your skincare ritual.

Frankincense (*Boswellia species*)

Rich in α -pinene and incensole acetate, Frankincense is grounding and restorative. These compounds support the appearance of rejuvenated, healthy-looking skin, while its warm, resinous aroma is deeply calming and relaxing — the anchor of the IKISE ritual.

Copaiba (*Copaifera species*)

Featuring β -caryophyllene, Copaiba helps soothe and calm the appearance of skin, supporting a smoother, more comfortable complexion. Its gentle woody aroma contributes a relaxing, grounding quality to your skincare experience.

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

refreshing and uplifting top notes, calming and soothing middle notes, and deeply relaxing base notes. More than fragrance, this is science in harmony with nature — the foundation of every IKISE ritual.

What is Humic Shale and Why It Matters in Skincare

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

Key Skin Benefits of Humic Shale:

- **Mineral-Rich Nourishment:** Contains trace minerals like magnesium, calcium, and iron that help nourish and condition the skin.
- **Purifying Properties:** Helps absorb impurities, supporting the appearance of a clearer, more refreshed-looking complexion.
- **Skin Clarity Support:** May help improve the appearance of skin clarity and smoothness through its unique mineral profile.
- **Skin Conditioning:** Helps soothe and soften skin, supporting a more balanced-looking, comfortable complexion.





Understanding the Natural Origin Index:

What ISO 16128 Means for Your Skincare

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

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

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





Create Your dōTERRA IKISE® Skin Ritual

CLEANSE

Step 1: Face Wash

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

TREAT

Step 3: Smooth & Rich Dual Serum

Two serums in one. Shake to blend exfoliating (PHA) and brightening (Frankincense + Vitamin C) powers to leave skin radiant and visibly smoother.

HYDRATE & PREP

Step 2: Smooth & Rich Lotion

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

SEAL & PROTECT

Step 4: Day & Night Face Cream

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

ENHANCER

Booster Oil

Use after washing for added glow. With Geranium essential oil to nourish and prime skin.



Skin Rituals by Skin Type

NORMAL SKIN

☀️ Face Wash ▶ Smooth & Rich Lotion ▶ Smooth & Rich Dual Serum ▶
Day & Night Face Cream

🌙 Makeup Remover ▶ Face Wash (*double cleanse, deeper clean & more radiant skin*) ▶
Booster Oil* (*optional - weekly*) ▶ Smooth & Rich Lotion ▶ Smooth & Rich Dual Serum ▶
Day & Night Face Cream

***Tip:** For an evening glow, apply Booster Oil weekly before Smooth & Rich Lotion to also enhance absorption.

DRY SKIN

☀️ Face Wash ▶ **Booster Oil** (*for extra nourishment & hydration*) ▶ Smooth & Rich Lotion ▶
Smooth & Rich Dual Serum ▶ Day & Night Face Cream

🌙 Makeup Remover ▶ Face Wash (*double cleanse, deeper clean & more radiant skin*) ▶ **Smooth & Rich Lotion*** ▶ Smooth & Rich Dual Serum ▶ Day & Night Face Cream

***Tip:** Layer Smooth & Rich Lotion twice for intense hydration, let the first layer be absorbed before applying the second.

COMBINATION SKIN

☀️ Face Wash ▶ Smooth & Rich Lotion ▶ Smooth & Rich Dual Serum ▶ Day & Night Face Cream

🌙 Makeup Remover ▶ Face Wash (*double cleanse, deeper clean & more radiant skin*) ▶ **Booster Oil*** ▶
Smooth & Rich Lotion ▶ Smooth & Rich Dual Serum ▶ Day & Night Face Cream

***Tip:** Booster Oil on dry zones only before Smooth & Rich Lotion.

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





The dōTERRA IKISE® range





Step 1 *Natural Origin Index 99%* Face Wash

Purpose: Refreshing daily cleanser that gently purifies and rebalances.



Key Ingredients:

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

What It Does:

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

Tips & Tricks

- Use morning and night.
- Massage in circular motions with lukewarm water.
- Rinse thoroughly and pat dry.
- A little goes a long way, just a small amount creates a rich, gentle foam.
- Add a drop of Booster oil to the cleanser if you have dry skin for extra moisture.
- A full cleanse should take 60 seconds, set a timer to get a proper clean.



Step 2 *Natural Origin Index 94%* Smooth & Rich Lotion

Purpose: Deeply hydrate, tone,
and prepare skin for treatment.



Key Ingredients:

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

What It Does:

- Glycerin and Hyaluronic Acid draw in moisture and plump the skin.
- Niacinamide helps refine pores and improve tone.
- Vitamin C brightens and supports a healthy glow.
- Frankincense essential oil helps support the appearance of refreshed, healthy-looking skin.
- Enhances absorption of following products.

Tips & Tricks

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



Step 3 *Natural Origin Index 91%* Smooth & Rich Dual Serum

Purpose: Deliver powerful age-supportive and glow-enhancing benefits.



Key Ingredients:

- Zinc Gluconate
- Hyaluronic Acid
- Copper Gluconate
- Squalane
- Niacinamide
- Gluconolactone (PHA)
- Frankincense Essential Oil
- Humic Shale
- Ascorbic Acid (Vitamin C)
- Ascorbyl Glucoside (Natural Vitamin C derivative)
- Coix Lacryma-Jobi Ma-yuen Seed Extract
- Cyanocobalamin (Vitamin B12)

What It Does:

- Vitamin C brightens skin and boosts radiance.
- Niacinamide and PHA (Gluconolactone) refine skin texture and tone.
- Hyaluronic Acid deeply hydrates and smooths fine lines.
- Frankincense essential oil helps support the appearance of refreshed, healthy-looking skin.
- Shake to activate bi-phase formula (essence + oil).

Tips & Tricks

- Shake well before use.
- Press gently into skin.
- Use morning and night for best results.
- Layer with Booster Oil for dry skin.
- The pink colour of the Dual Serum is due to Cyanocobalamin (Vitamin B12), which also helps soothe redness and irritation in the skin.



Step 4 *Natural Origin Index 99%* Day & Night Face Cream

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



Key Ingredients:

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

Citrus essential oils:

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

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

What It Does:

- Squalane and Meadow Seed Oil provide lightweight, long-lasting hydration.
- Buntan and Copaiba essential oils helps soothe skin and support the appearance of a conditioned, comfortable complexion
- Vitamin C and Vitamin E offer antioxidant protection and help even skin tone.
- Creates a moisture barrier while promoting elasticity and glow.

Tips & Tricks

- Apply after Dual Serum both morning and night.
- Warm between fingers and press into skin.
- Add Booster Oil for extra richness when your skin needs a little extra love.

This means:

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



ENHANCER

Natural Origin Index 99%

Booster Oil

Purpose: Prep, nourish, and activate the skin to enhance the absorption and efficacy of all products that follow.



Key Ingredients:

- Vitamin E
- Argan Oil
- Zinc Gluconate
- Safflower Seed Oil
- Oryza Sativa (Rice) Bran Oil
- Apricot Kernel Oil
- Geranium Essential Oil
- Copper Gluconate
- Humic Shale
- Ascorbic C (Vitamin C)
- Ascorbyl Glucoside (Natural Vitamin C derivative)

How to use:

Facial Pre-treatment:

- Apply 1–2 drops to clean, damp skin before Lotion or Dual Serum.
- Press gently into skin, focusing on areas needing extra care.
- Concentrate on fine lines or dry areas for an instant glow boost.

Hair & Scalp Treatment:

- For hydration: Apply a few drops to damp hair and scalp.
- Wrap in a warm, moist towel and leave for 30 minutes, then rinse and shampoo.

What It Does:

- Delivers a boost of hydration with four skin loving oils.
- Brightens and evens skin tone with Vitamin C.
- Prepares the skin to fully receive the benefits of the skincare ritual.

- Add to hair masque or conditioner for deeper conditioning.

Leave-In Hair Serum:

- Rub a drop between palms and smooth onto dry ends for shine and frizz control post styling.

Body Moisturiser:

- Massage into dry areas (elbows, knees, hands) morning and evening.
- Enhance your body moisturiser by adding a few drops for an extra boost of hydration.

Tips & Tricks:

- Apply 1–2 drops to clean, damp skin before Lotion or Dual Serum.
- Warm between your palms and gently press into skin.
- Use on cuticles or dry patches for a hydration boost.
- Add a drop to your foundation for added glow.



Ingredients

INGREDIENT	SKIN BENEFITS	FOUND IN
Humic Shale	Rich in minerals, helps purify and support the appearance of clearer, more conditioned skin	All products
Frankincense Essential Oil	Helps reduce the appearance of fine lines; calming aroma; supports the appearance of refreshed, healthy-looking skin	Smooth & Rich Lotion, Dual Serum
Geranium Essential Oil	Helps support the appearance of conditioned, balanced-looking skin; encourages a natural glow	Booster Oil
Buntan Essential Oil	Helps support the appearance of purified, clearer-looking skin; promotes clarity; furocoumarin-free, suitable for daytime use	Day & Night Face Cream
Lime Essential Oil	Helps support a brighter-looking complexion; tones skin; offers a refreshing, energising aroma	Face Wash
Litsea Essential Oil	Helps clarify and tone skin; antioxidant-rich	Face Wash
Petitgrain Essential Oil	Helps support a conditioned, clarified skin appearance; calming and relaxing aroma	Face Wash
Ascorbic Acid (Vitamin C)	Helps brighten skin and support a more radiant-looking complexion; helps slow down visible signs of ageing	All products
Ascorbyl Glucoside (Natural Vitamin C)	Gentler on the skin—ideal for sensitive or reactive skin; brightens and supports skin tone	All products
Vitamin E (Tocopherol)	Antioxidant protection, nourishes deeply, supports skin repair	Booster Oil, Dual Serum
Niacinamide (Vitamin B3)	Refines pores, evens tone, improves elasticity, soothes skin	Smooth & Rich Lotion, Dual Serum, Day & Night Face Cream
Hyaluronic Acid / Sodium Hyaluronate	Deep hydration, plumps skin, improves elasticity	Smooth & Rich Lotion, Dual Serum, Face Wash
Safflower Seed Oil	Helps reduce clogged pores and support smoother texture. Great for sensitive skin.	Booster Oil

INGREDIENT	SKIN BENEFITS	FOUND IN
Oryza Sativa (Rice) Bran Oil	Traditionally used in Japanese skincare to even tone and soften pigmentation over time.	Booster Oil
Gluconolactone (PHA)	Gentle exfoliation, hydrates, supports smoother texture	Smooth & Rich Lotion, Dual Serum,
Zinc Gluconate	Calms blemishes, supports healing, regulates oil production	Booster Oil, Smooth & Rich Lotion, Dual Serum, Day & Night Face Cream
Copper Gluconate	Boosts firmness and collagen support	Booster Oil, Smooth & Rich Lotion, Dual Serum, Day & Night Face Cream
Squalane	Mimics natural skin oils, softens, improves elasticity	Dual Serum, Day & Night Face Cream
Argan Oil	Deeply conditions, antioxidant-rich, softens skin	Booster Oil
Meadow Seed Oil	Seals in moisture, supports smooth texture	Day & Night Face Cream
Jojoba Oil	Balances oil production, soothes skin, mimics sebum	Face Wash
Apricot Kernel Oil	Softens and nourishes skin	Booster Oil
Beeswax	Creates a breathable barrier, locks in hydration	Day & Night Face Cream
Glycerin	Attracts moisture, softens and hydrates	Smooth & Rich Lotion, Day & Night Face Cream, Face Wash
Cyanocobalamin (Vitamin B12)	Brightens, supports skin repair, gives pink hue	Dual Serum
Saccharomyces/ Camellia Ferment	Enhances absorption, soothes skin, supports renewal	Smooth & Rich Lotion, Day & Night Face Cream
Coix Seed Extract	Supports hydration and texture	Smooth & Rich Lotion, Dual Serum, Day & Night Face Cream

Embrace natural
beauty and ageing
gracefully, that ties
in with the ethos
of IKISE®.

Ageing Better, Not Anti-Ageing

Let go of the pressure to turn back time. dōTERRA IKISE® is here to help your skin evolve beautifully. This is skincare designed for vitality and confidence. Let your radiance grow with every layer.



Real People, Real Results.

“

I believe true beauty begins with a well-nurtured self. IKISE gently restores the pure power of nature to your skin.

Kweenie Ooi

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“

I chose IKISE not only because I trust dōTERRA, but also because I've seen real results for myself. Its premium quality, proven results and reasonable price are the reasons I continue to use and recommend it.

”

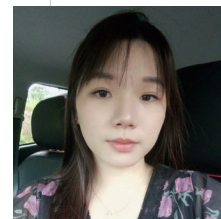
Lee Pei Xuan

“

My skin felt calmer with fewer breakouts, and my complexion looked brighter, more radiant, and less dull than before.

Teng Xiao Wei

”







dōTERRA®



Where tradition
meets innovation





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