



dōTERRA®

PRODUCT GUIDE | 2023



Changing the world One Drop, One Person, One Community At a Time

dōTERRA Meaning "Gift of the Earth"

In 2008, a group of healthcare and business professionals came together with a common vision of sharing the power of pure essential oils with the world. Each understood that essential oils—when properly sourced from optimal regions and thoroughly tested for the highest levels of purity and potency—are the Earth's gift to humanity. With this gift comes great responsibility to respect the power of each element, the expertise of each grower, and the potential of each contributing community.

dōTERRA focuses on maintaining the highest levels of purity and sustainability as it partners with local growers around the world through Cō-Impact Sourcing®. This unique model implements long-term, mutually beneficial supplier partnerships where skilled rural farmers oversee plants and growing environments. In return, dōTERRA provides jobs with fair payments, leading to stronger local economies and healthier, stable supply chains.

Each dōTERRA essential oil passes through rigorous CPTG Certified Pure Therapeutic Grade® testing guided by cutting-edge advancements in essential oil research and testing implementation. dōTERRA benefits from the ever-increasing knowledge and expertise of a scientific board made up of global consultants in chemistry, microbiology, botany, research science, physiology, and nutritional science.

Since the beginning, independent Wellness Advocates have shared the life-enhancing benefits of dōTERRA's CPTG® essential oils with millions of customers throughout the world.

dōTERRA has emerged as a global integrative health and wellness company and the world's largest essential oil company.* By partnering with respected medical professionals and world-renowned research partners, dōTERRA is revolutionizing healthcare by integrating conventional medical professionals with alternative approaches to address individualized health and wellness.

To ensure that dōTERRA never forgets the sacredness of this gift, the dōTERRA Healing Hands Foundation® offers resources and tools to global sourcing communities and charitable organizations for self-reliance, healthcare, education, sanitation, and for the fight against human trafficking.

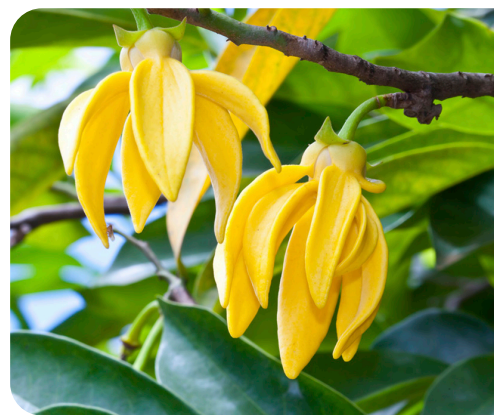
We respectfully offer this "gift of the Earth" to you and your family.

* Verified global market leader in the Global Aromatherapy and Essential Oils market.



dōTERRA BALANCE®
ESSENTIAL
OIL BLEND

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PEBBLE DIFFUSER
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dōTERRA® ESSENTIAL SKIN CARE

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dōTERRA® proprietary essential wellness products are sold exclusively by Wellness Advocates through person-to-person sharing, personalized websites, and in product centers. To order, talk to the Wellness Advocate who provided you with this product guide or call +603 2633 7888 to find an advocate in your area. Wellness Advocate distributorships are available.



What are **ESSENTIAL OILS?**

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant. If you have ever enjoyed the gift of a rose, a walk by a field of lavender, or the smell of freshly cut mint, you have experienced the aromatic qualities of essential oils. Essential oils elicit powerful responses, yet the use of essential oils goes well beyond their fragrant appeal.

Essential oils have been used throughout history in many cultures for their health-promoting properties. Modern trends toward more holistic approaches to self care and growing scientific validation of alternative health practices are driving a rediscovery of the profound health benefits of essential oils. Many have powerful cleansing properties. Their unique chemical structure allows them to deliver targeted benefits through topical application. Certain oils may be used to promote well-being.

Extraction Methods

Essential oils are most often extracted via a steam distillation process in which steam is circulated under pressure through plant material, liberating the essential oils into the steam. As the steam mixture cools, the water and oils are separated and the oil is collected in its pure form. To ensure the highest quality oil extract of correct chemical composition, temperature and pressure must be monitored very closely. Too little heat and pressure will not release the valuable oil; too much can fracture the oil's delicate chemical composition and alter its potency.

In addition to using proper distillation methods, creating a quality CPTG® essential oil requires the meticulous selection of the correct plant species and plant parts, harvested at the perfect moment when their aromatic compounds are most concentrated. This complex process is as much an art form as it is a science and requires experienced growers and distillers working together to ensure a superior product.





CPTG Certified Pure Therapeutic Grade®

dōTERRA® CPTG Certified Pure Therapeutic Grade® essential oils are pure, natural, aromatic compounds carefully extracted from plants. They do not contain fillers or artificial ingredients that would dilute their active qualities and are free of contaminants or other chemical residues.

As important as it is to keep contaminants out of our oils, assuring the presence of the oils' active compounds at the right levels is necessary to guarantee safety and effectiveness. Many oils claim to be therapeutic grade—and some may be pure—but few are subjected to rigorous testing standards for chemical composition. dōTERRA® CPTG Certified Pure Therapeutic Grade® essential oils are cross tested using Mass Spectrometry and Gas Chromatography to ensure both the extract purity and composition potency of each batch.

dōTERRA® works closely with a global network of leading essential oil chemists and growers to select botanicals of the correct species, grown in ideal environments, and carefully harvested at the right time. The aromatic compounds of the plants are skillfully extracted by experienced distillers and subjected to chemical analysis to ensure purity and composition. dōTERRA® CPTG Certified Pure Therapeutic Grade® essential oils represent the safest and most beneficial oils available in the world today.

Equally stringent standards of safety and efficacy are applied to all dōTERRA® Essential Wellness products. Guided by our Scientific Advisory Board, dōTERRA® uses only top development and manufacturing partners who maintain Good Manufacturing Practice (GMP) certification and enjoy industry reputation for superior innovation and quality. Each dōTERRA® product is guaranteed to exceed customer satisfaction and performance expectations.





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**

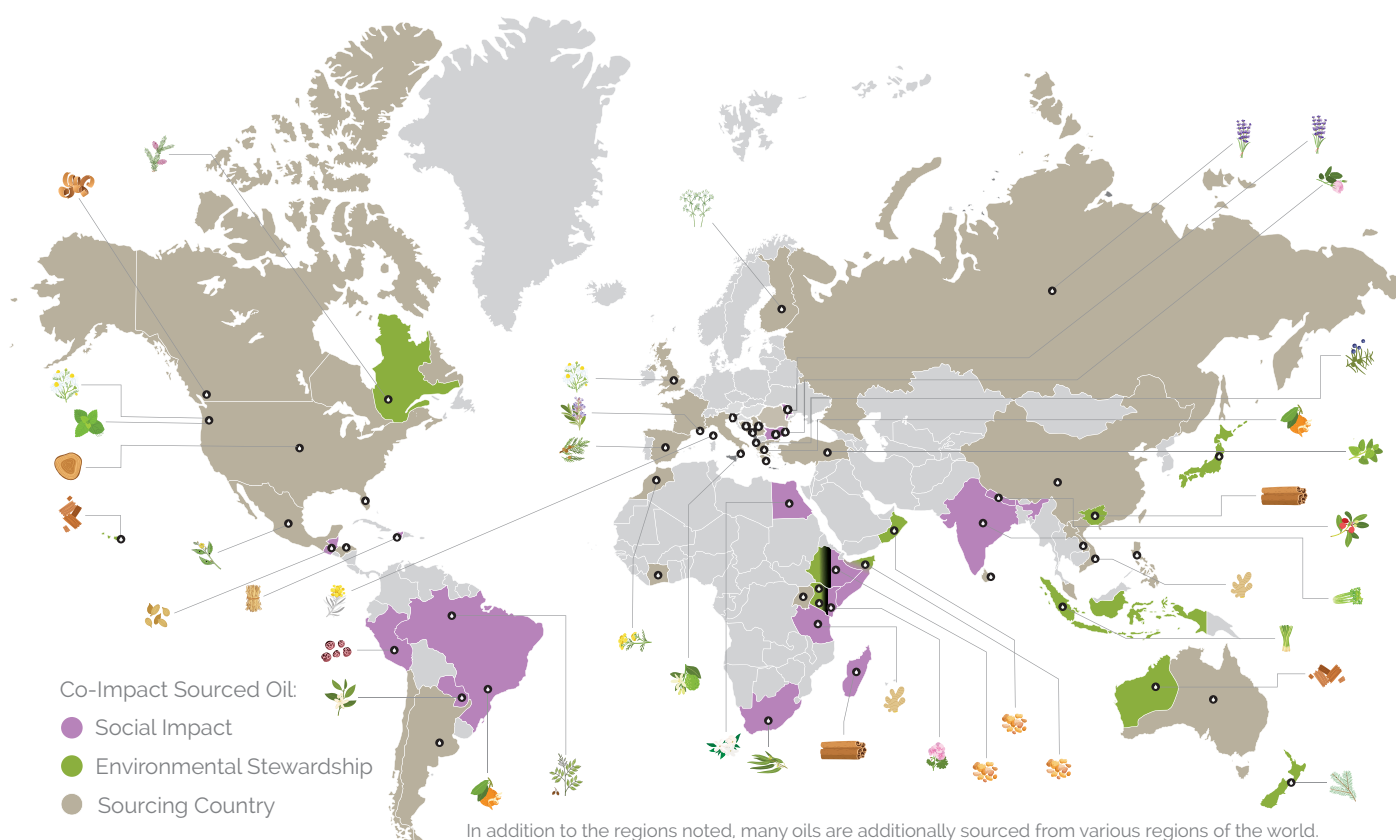
Sensitive Skin

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

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.

Every dōTERRA® essential oil is 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.



Where do I 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

Perfect for beginners, the Introductory Kit is everything you need to get started experiencing immediately the life-changing benefits of dōTERRA® essential oils. The kit includes:

- Lavender essential oil (5 mL bottle)
- Lemon essential oil (5 mL bottle)
- Peppermint essential oil (5 mL bottle)

60205766 | Three 5 mL bottles



LAVENDER ESSENTIAL OIL

Lavandula angustifolia

All Things Calming

- Helps ease feelings of tension
- Massage on back or bottom of feet and apply a drop to pillow at bedtime
- Apply topically to soothe skin

A T N



LEMON ESSENTIAL OIL

Citrus limon

Clean and Freshen

- Uplifting, positive aroma
- Use to clean kitchen counters and stainless- steel appliances

A T N



PEPPERMINT ESSENTIAL OIL

Mentha piperita

Cool and Invigorate

- Use with Lemon in water for a healthy, refreshing mouth rinse
- Inhale deeply to enjoy its invigorating aroma
- Add to water in a spray bottle and mist body when overheated
- Apply to neck and forehead for a unique sensation

A T S

Lavender *Lavandula angustifolia*

- Apply to the bottom of feet or on a pillow before sleeping
- Use with bath salts for a relaxing spa bathing experience
- Lightly apply to soothe sun-exposed skin
- Apply to back, hands, or feet of a restless or agitated child
- Use to calm and soothe occasional skin irritations
- Calm sensitive skin and soothe pores after hair removal
- Apply to dry, chapped lips before applying lip balm
- Use with Peppermint for a healthy scalp massage
- Add to lotion for a stress-relieving hand massage



Lemon *Citrus limon*

- Diffuse aromatically or apply topically for an uplifting and positive aroma
- Dilute with coconut oil for a daily fingernail conditioning massage
- Add a drop of Lemon and Peppermint to your toothbrush after use
- Diffuse in a room to neutralize odors
- Remove gum, label adhesives, and greasy substances from fabric
- Use to clean kitchen counters and stainless steel appliances
- Add to olive oil for a non-toxic furniture polish



Peppermint *Mentha piperita*

- Use with Lemon in water for a healthy, refreshing mouth rinse
- Diffuse aromatically or apply topically for an invigorating vapor
- Add to a cold water compress or foot bath to cool off when overheated
- Inhale as a non-stimulant, invigorating pick-me-up on long drives
- Add to shampoo and conditioner for a stimulating hair and scalp massage
- Diffuse during study time



dōTERRA® lavender fields, Bulgaria.

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.

- Helps promote clear and healthy-looking skin
- Powerful cleansing and purifying agent
- Naturally repels insects



49361507 | 5 mL bottle

BASIL ESSENTIAL OIL

Ocimum basilicum

Basil is commonly used for its calming properties.

- Helps keep your skin looking clean, clear, and healthy
- Promotes mental alertness and lessens anxious feelings



30011507 | 15 mL bottle

BERGAMOT ESSENTIAL OIL

Citrus bergamia

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

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



30791507 | 15 mL bottle

BLACK PEPPER ESSENTIAL OIL

Piper nigrum

When applied topically, Black Pepper helps ward off environmental and seasonal threats with essential oils known for evoking feelings of wellness and vitality.

- Diffuse or inhale directly to soothe anxious feelings



41041507 | 5 mL bottle

BLACK SPRUCE ESSENTIAL OIL

Picea mariana

Black Spruce is a powerful wood essential oil. Distilled from the needle and branches of the Picea mariana tree, Black Spruce essential oil promotes relaxation and calmness.

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



60209740 | 5 mL bottle



SINGLE ESSENTIAL OILS

Quick Reference Chart I

	APPLICATION				SKIN SENSITIVITY			SKU
	AROMATIC	TOPICAL	INTERNAL	HOME	NEAT	SENSITIVE	DILUTE	
ARBORVITAE <i>Thuja plicata</i>	A	T			N			49361507
BASIL <i>Ocimum basilicum</i>	A	T			N			30011507
BERGAMOT <i>Citrus bergamia</i>	A	T				S		30791507
BLACK PEPPER <i>Piper nigrum</i>	A	T				S		41041507
BLACK SPRUCE <i>Picea mariana</i>	A	T				S		60209740
BLUE TANSY <i>Tanacetum annuum</i>	A	T			N			60220114
CANANGA <i>Cananga odorata</i>	A	T				S		60211261
CARDAMOM <i>Elettaria cardamomum</i>	A	T			N			49351507
CASSIA <i>Cinnamomum cassia</i>	A	T					D	30021507
CEDARWOOD <i>Juniperus virginiana</i>	A	T				S		49301507
CILANTRO <i>Coriandrum sativum</i>	A	T			N			41851507
CINNAMON BARK <i>Cinnamomum zeylanicum</i>	A	T					D	30031507
CLARY SAGE <i>Salvia sclarea</i>	A	T			N			30421507
CLOVE <i>Eugenia caryophyllata</i>	A	T					D	30041507
COPAIBA <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i> TOP SELLER	A	T				S		60202987
CORIANDER <i>Coriandrum sativum</i>	A	T			N			30781507
CYPRESS <i>Cupressus sempervirens</i>	A	T			N			60209991
DOUGLAS FIR <i>Pseudotsuga menziesii</i>	A	T			N			31591507
EUCALYPTUS <i>Eucalyptus radiata</i>	A	T				S		30061507
FENNEL (SWEET) <i>Foeniculum vulgare</i>	A	T				S		41291507
FRANKINCENSE <i>Boswellia carterii, sacra, papyrifera, and frereana</i> TOP SELLER	A	T			N			30071507
GERANIUM <i>Pelargonium graveolens</i>	A	T				S		30091507
GINGER <i>Zingiber officinale</i>	A	T				S		60216144
GRAPEFRUIT <i>Citrus x paradisi</i>	A	T			N			30101507
HAWAIIAN SANDALWOOD <i>Santalum paniculatum</i>	A	T			N			41861507
HELICHRYSUM <i>Helichrysum italicum</i>	A	T			N			30411507
JUNIPER BERRY <i>Juniperus communis</i>	A	T			N			49291507
LAVENDER <i>Lavandula angustifolia</i> TOP SELLER	A	T			N			30111507
LEMON <i>Citrus limon</i> TOP SELLER	A	T			N			30121507
LEMONGRASS <i>Cymbopogon flexuosus</i>	A	T				S		30131507
LIME <i>Citrus aurantifolia</i>	A	T				S		30871507
LITSEA <i>Litsea cubeba</i>	A	T			N			60202070
MADAGASCAR VANILLA <i>Vanilla planifolia</i>	A	T			N			60219000
MANUKA <i>Leptospermum scoparium</i>	A	T			N			60202073

APPLICATION METHODS A Can be used aromatically T Can be used topically I Can be used internally H Can be used for home care

SKIN SENSITIVITY N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)

SINGLE ESSENTIAL OILS

Quick Reference Chart II

	APPLICATION				SKIN SENSITIVITY			SKU
	AROMATIC	TOPICAL	INTERNAL	HOME	NEAT	SENSITIVE	DILUTE	
MARJORAM <i>Origanum majorana</i>	A	T			N			30141507
MELISSA <i>Melissa officinalis</i>	A	T			N			60200290
MYRRH <i>Commiphora myrrha</i>	A	T			N			30161507
OREGANO <i>Origanum vulgare</i> TOP SELLER	A	T					D	30181507
PATCHOULI <i>Pogostemon cablin</i>	A	T			N			30891507
PEPPERMINT <i>Mentha piperita</i> TOP SELLER	A	T				S		30191507
PEPPERMINT (EDIBLE) <i>Mentha piperita oil</i>			I			S		60218670
PETITGRAIN <i>Citrus aurantium</i>	A	T				S		60202080
PINK PEPPER <i>Schinus molle</i>	A	T			N			60209300
RAVINTSARA <i>Cinnamomum camphora</i>	A	T				S		60211041
ROMAN CHAMOMILE <i>Anthemis nobilis</i>	A	T			N			60201085
ROSE <i>Rosa damascena</i>	A	T				S		60200289
ROSEMARY <i>Rosmarinus officinalis</i>	A	T			N			30201507
SCHISANDRA <i>Schisandra chinensis</i>	A	T			N			60219223
SIBERIAN FIR <i>Abies sibirica</i>	A	T			N			60203273
SPEARMINT <i>Mentha spicata</i>	A	T				S		31611507
SPIKENARD <i>Nardostachys jatamansi</i>	A	T			N			60202071
TANGERINE <i>Citrus reticulata</i>	A	T			N			60202719
TEA TREE <i>Melaleuca alternifolia</i> TOP SELLER	A	T			N			30151507
THYME <i>Thymus vulgaris</i>	A	T					D	60206102
TURMERIC <i>Curcuma longa</i>	A	T			N			60208227
VETIVER <i>Vetiveria zizanioides</i>	A	T			N			30431507
WILD ORANGE <i>Citrus sinensis</i> TOP SELLER	A	T			N			30171507
WINTERGREEN <i>Gaultheria fragrantissima</i>	A	T				S		31621507
YARROW POM <i>Active Botanical Duo</i>		T			N			60210082
YLANG YLANG <i>Cananga odorata</i>	A	T			N			30241507

SINGLE TOUCH FLORALS

Quick Reference Chart

GARDENIA TOUCH <i>Gardenia jasminoides</i>	A	T			N			60217257
HELICHRYSUM TOUCH <i>Helichrysum italicum</i>	A	T			N			60210554
JASMINE TOUCH <i>Jasminum grandiflorum</i>	A	T			N			60202985
NEROLI TOUCH <i>Citrus x aurantium</i>	A	T			N			60202983
ROSE TOUCH <i>Rosa damascena</i>	A	T			N			60202969

APPLICATION METHODS

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

SKIN SENSITIVITY

N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)

BLUE TANSY ESSENTIAL OIL

Tanacetum annuum

Blue Tansy essential oil, which comes from the annual yellow-flowered Mediterranean plant, is high in chamazulene and sabinene. An important oil in the dōTERRA Deep Blue® blend, Blue Tansy can create a calm and relaxing environment.

- Add a drop to a palm full of lotion and enjoy a beneficial massage experience after a hard workout
- Its beautiful, deep, rich blue color may stain surfaces, fabrics, and skin, so careful use and dilution is recommended

A T N

60220114 | 5 mL bottle

CANANGA ESSENTIAL OIL

Cananga odorata

Cananga is a natural alternative for promoting a clear, healthy-looking complexion and is especially soothing to the skin.

- Helps to reduce occasional feelings of anxiousness or stress
- Helps to support clear and healthy-looking skin

A T S

60211261 | 15 mL bottle

CARDAMOM ESSENTIAL OIL

Elettaria cardamomum

A close relative of ginger, Cardamom has a long history as a cooking spice and for being beneficial to the body.

- Promotes clear breathing
- Helps calm stomach upset and uplifts mood

A T N

49351507 | 5 mL bottle

CASSIA ESSENTIAL OIL

Cinnamomum cassia

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

- Dilute with a carrier oil and apply to skin or body for a cleaning effect

A T D

30021507 | 15 mL bottle

CEDARWOOD ESSENTIAL OIL

Juniperus virginiana

Cedarwood has a warm, woody, balsamic fragrance that promotes relaxation.

- During your facial routine, add one to two drops of Cedarwood to your facial toner or moisturizer for added clarifying properties
- Add to mulch or topsoil to repel insects
- Promotes relaxation

A T S

49301507 | 15 mL bottle

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.

- For a fresh, herbal aroma, diffuse three to four drops of Cilantro with the citrus essential oil of your choice

A T N

41851507 | 15 mL bottle

CINNAMON BARK ESSENTIAL OIL

Cinnamomum zeylanicum

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

- During the cold weather, dilute Cinnamon Bark with Fractionated Coconut Oil and create a warming massage for cold, achy joints

A T D

30031507 | 5 mL bottle



Blue Tansy



CLARY SAGE ESSENTIAL OIL

Salvia sclarea

Clary Sage is known for its soothing and calming properties.

- During your menstrual cycle, apply to abdomen for a soothing massage
- Combine with Roman Chamomile and add to bath water for a stress-relieving bath
- Promotes healthy-looking hair and scalp



30421507 | 15 mL bottle

CORIANDER ESSENTIAL OIL

Coriandrum sativum

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

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



30781507 | 15 mL bottle

EUCALYPTUS ESSENTIAL OIL

Eucalyptus radiata

Derived from eucalyptus leaves, Eucalyptus essential oil has many beneficial compounds.

- Place one to two drops in your hand and inhale deeply to clear the mind
- Add one drop to moisturizer and apply to skin for revitalizing benefits
- Promotes feelings of clear breathing



30061507 | 15 mL bottle

FRANKINCENSE ESSENTIAL OIL

TOP SELLER

Boswellia carterii, sacra, papyrifera, and frereana

Perhaps the most precious of the ancient oils, Frankincense is highly versatile in uses and benefits.

- Add to moisturizer to help reduce the appearance of skin imperfections and rejuvenate skin
- Apply to the bottom of feet to promote feelings of relaxation and to balance mood



30071507 | 15 mL bottle

CLOVE ESSENTIAL OIL

Eugenia caryophyllata

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

- Soothing, warm aroma
- Promotes healthy teeth and gums



30041507 | 15 mL bottle

CYPRESS ESSENTIAL OIL

Cupressus sempervirens

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

- Prior to a long run, apply Cypress to your feet and legs for an energizing boost
- Apply two to three drops to chest to promote vitality and energy
- Add one to two drops to your toner to help improve the appearance of oily skin



60209991 | 15 mL bottle

FENNEL (SWEET) ESSENTIAL OIL

Foeniculum vulgare

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

- Promotes calming, soothing effect
- Helps to reduce the appearance of blemishes



41291507 | 15 mL bottle

COPAIBA ESSENTIAL OIL

TOP SELLER

Copaifera reticulata, officinalis, coriacea, and langsdorffii

Copaiba, similar to Black Pepper, can help soothe anxious feelings and nourish the skin.

- Helps soothe anxious feeling
- Promotes clear, smooth skin and reduces the appearance of blemishes



60202987 | 15 mL bottle

60219433 | 10 mL roll-on

DOUGLAS FIR ESSENTIAL OIL

Pseudotsuga menziesii

dōTERRA Douglas Fir is 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
- Promotes feelings of clear airways and easy breathing
- Uplifts mood and promotes a sense of focus



31591507 | 5 mL bottle



PRODUCT HIGHLIGHT

Frankincense

dōTERRA Frankincense essential oil is hydro-distilled from wild-crafted gum resins of the *Boswellia carterii*, *sacra*, *papyrifera*, and *frereana* trees. Highly prized in the ancient world for its fragrant and health-promoting properties, it is a favorite among modern wellness practitioners for its many emotional and physical health applications.

GERANIUM**ESSENTIAL OIL***Pelargonium graveolens*

Known for its ability to balance emotions, Geranium is also a common ingredient in skin care products. Dilute with a carrier oil before applying.

- Apply to skin or enjoy an aromatherapy steam facial to beautify skin
- Apply to skin after showering for a smoothing effect
- Add a few drops to your shampoo or conditioner for a healthy, vibrant glow

A T S

30091507 | 15 mL bottle**GINGER****ESSENTIAL OIL***Zingiber officinale*

Ginger is most noted for its positive effect.

- Apply topically to help reduce occasional nausea
- Apply topically to help support healthy digestion
- Apply topically to reduce bloating, gas, and occasional indigestion

A T S

60216144 | 15 mL bottle**GRAPEFRUIT****ESSENTIAL OIL***Citrus x paradisi*

Energizing and invigorating, Grapefruit is renowned for its cleansing effects.

- Improves the appearance of blemishes
- Diffuse to increase motivation

A T N

30101507 | 15 mL bottle**HAWAIIAN SANDALWOOD**
ESSENTIAL OIL*Santalum paniculatum*

From a renewable source in Hawaii, dōTERRA® Hawaiian Sandalwood delivers a variety of benefits.

- Helps improve the appearance of skin and hair
- Apply to the neck and shoulders at bedtime for a restful night's sleep

A T N

41861507 | 5 mL bottle**HELICHRYSUM**
ESSENTIAL OIL*Helichrysum italicum*

Distilled from the flower cluster of an evergreen herb, Helichrysum is 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 N

30411507 | 5 mL bottle**60210554** | 10 mL roll-on**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.

- Acts as a natural skin toner
- Acts as a natural cleansing agent

A T N

49291507 | 5 mL bottle**APPLICATION METHODS**

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

SKIN SENSITIVITY

N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)

LAVENDER**ESSENTIAL OIL** **TOP SELLER***Lavandula angustifolia*

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

- Widely used for its calming and relaxing qualities
- Helps reduce anxious feelings
- Soothes occasional skin irritations
- Diffuse or apply to the bottom of the feet to promote peaceful sleep

A T N

30111507 | 15 mL bottle**LIME****ESSENTIAL OIL***Citrus aurantifolia*

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

- Positively affects mood with stimulating and refreshing properties
- Helps to purify the skin and hair
- Promotes emotional balance and well-being

A T S

30871507 | 15 mL bottle**MANUKA****ESSENTIAL OIL***Leptospermum scoparium*

Revered by the Maori people for its many invigorating properties, Manuka has been used for centuries in New Zealand for its many benefits.

- Promotes relaxation
- Cleanses and freshens the air
- Promotes the appearance of smooth, healthy skin

A T N

60202073 | 5 mL bottle**MYRRH****ESSENTIAL OIL***Commiphora myrrha*

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

- Powerful cleansing properties
- Soothing to the skin; promotes a smooth, youthful-looking complexion
- Diffuse to help promote awareness and uplift your mood

A T N

30161507 | 15 mL bottle**LEMON****ESSENTIAL OIL** **TOP SELLER***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.

- Cleanses and purifies the air and surfaces
- Uplifting aroma promotes a positive mood

A T N

30121507 | 15 mL bottle**LITSEA****ESSENTIAL OIL***Litsea cubeba*

Litsea cubeba is an evergreen tree or shrub belonging to the Lauraceae family. Its fruit produces Litsea—a lemon-like essential oil with a wide range of aromatic uses.

- Diffuse for a refreshing and uplifting aroma
- Add to your homemade surface cleanser for a fresh aroma
- Used in aromatherapy and meditation for balance and inspiration
- Diffuse while working or exercising to bring fresh energy and stimulation

A T N

60202070 | 15 mL bottle**MARJORAM****ESSENTIAL OIL***Origanum majorana*

Also known as “wintersweet” or “joy of the mountains,” Marjoram has both culinary uses and healthful benefits.

- Valued for its calming properties and positive effect on mood
- Soothes tired and stressed muscles

A T N

30141507 | 15 mL bottle**LEMONGRASS****ESSENTIAL OIL***Cymbopogon flexuosus*

Long used in Asian and Caribbean for its subtle lemony flavor and aroma, Lemongrass boasts many benefits.

- Combine with a carrier oil for a soothing massage

A T S

30131507 | 15 mL bottle**MADAGASCAR VANILLA****ESSENTIAL OIL***Vanilla planifolia*

Use as a captivating personal fragrance, or add a few drops to a bath oil or body lotion to enjoy a luxurious moment as you breathe in the exquisite aroma of Madagascar Vanilla.

- Provides a rich, warm, sweet, inviting aroma
- Creates a comforting and relaxing atmosphere

A T N

60219000 | 5 mL bottle**MELISSA****ESSENTIAL OIL***Melissa officinalis*

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

- Calms tension
- Diffuse to create a relaxing environment that encourages a restful night's sleep

A T N

60200290 | 5 mL bottle*Madagascar Vanilla*

PRODUCT HIGHLIGHT

Lavender

Known for its many calming properties, Lavender is the most widely used essential oil in the world. It takes approximately 1.36 kg of lavender to produce just 15 mL of CPTG® oil.

OREGANO ESSENTIAL OIL

TOP SELLER

Origanum vulgare

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

- Used as a powerful cleansing and purifying agent


30181507 | 15 mL bottle

PATCHOULI ESSENTIAL OIL

Pogostemon cablin

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

- Provides a grounding, balancing effect on emotions
- Promotes a smooth, glowing complexion
- Add to your daily moisturizer to help reduce the appearance of blemishes, wrinkles, or problematic skin


30891507 | 15 mL bottle

PEPPERMINT ESSENTIAL OIL (EDIBLE)

Mentha piperita oil

Frequently used in toothpaste and chewing gum for oral health.

- Promotes digestive health when taken internally.*


60218670 | 15 mL bottle

PETITGRAIN ESSENTIAL OIL

Citrus aurantium

Petitgrain has a fresh, slightly herbaceous aroma and a variety of uses.

- Helps ease feelings of tension and promote restful sleep


60202080 | 15 mL bottle

PEPPERMINT ESSENTIAL OIL

TOP SELLER

Mentha piperita

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

- Repels bugs naturally
- Promotes feelings of clear airways


30191507 | 15 mL bottle

RAVINTSARA ESSENTIAL OIL

Cinnamomum camphora

Ravintsara is an effective air freshener. Incorporate into your favorite dōTERRA skin cleanser for added cleansing benefits.

- Cleanses the environment
- Good surface cleanser
- Aids in meditation practice


60211041 | 5 mL bottle

PINK PEPPER ESSENTIAL OIL

Schinus molle

A sacred tree to the Incans, Pink Pepper essential oil is distilled from the fruit of the pink peppercorn tree, which was used by indigenous people as herbal solutions to health needs.

- Massage into the skin to help calm and soothe after strenuous exercise
- Diffuse or inhale directly to promote feelings of alertness


60209300 | 5 mL bottle

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.

- Has a calming effect on the skin and mind
- Diffuse or apply to bottoms of feet at bedtime


60201085 | 5 mL bottle


ROSE ESSENTIAL OIL

Rosa damascene

Known as the "Queen of Oils," Rose essential oil is highly sought after for its aroma and powerful topical and emotional benefits.

- Add to your favorite dōTERRA moisturizer to promote an even skin tone and healthy looking complexion
- Emotionally uplifting, diffuse Rose to promote feelings of happiness and vitality



60200289 | 5 mL bottle

ROSEMARY ESSENTIAL OIL

Rosmarinus officinalis

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

- Helps reduce tension and occasional fatigue
- Diffuse while studying to maintain concentration



30201507 | 15 mL bottle

SCHISANDRA ESSENTIAL OIL

Schisandra chinensis

Schisandra is commonly known as Wuweizi, meaning "five-flavor seed." It can help improve and purify the environment when diffused.

- It helps to protect and strengthen the nervous system
- Improve antioxidant capacity
- It is a natural insect repellent



60219223 | 5 mL bottle

SIBERIAN FIR ESSENTIAL OIL

Abies sibirica

With a fresh, woody scent, Siberian Fir can help balance your emotions and soothe anxious feelings.

- Provides a soothing effect when used in massage
- Apply topically to help soothe minor skin irritations



60203273 | 15 mL bottle

SPEARMINT ESSENTIAL OIL

Mentha spicata

Spearmint is widely used for its benefits.

- Promotes a sense of focus and an uplifting mood



31611507 | 15 mL bottle

SPIKENARD ESSENTIAL OIL

Nardostachys jatamansi

Spikenard essential oil has a woody, spicy aroma to uplift mood and promote relaxation.

- Uplifting aroma
- Promotes feelings of calmness and relaxation when diffused
- Add one or two drops to your favorite cleanser to promote healthy, glowing skin



60202071 | 5 mL bottle



Pink Pepper



PRODUCT HIGHLIGHT

Vetiver

Through dōTERRA's Cō-Impact Sourcing® Initiative, our source of Vetiver essential oil comes from dedicated farmers in Haiti. Although it is strenuous work, harvesting vetiver does not provide growers with a steady stream of income throughout the year. The Cō-Impact Sourcing® Initiative in Haiti aims to solve this problem by establishing fair, consistent pay for CPTG® Vetiver essential oil.

TANGERINE ESSENTIAL OIL

Citrus reticulata

Tangerine has a sweet, tangy aroma, similar to other citrus oils, that is uplifting. Tangerine is known for its cleansing properties.

- Cleansing and purifying
- To energize and uplift mood, place 1–2 drops in the palm of your hand, rub together, and cup over the nose and mouth for 30 seconds or diffuse throughout the room.



60202719 | 15 mL bottle

TURMERIC ESSENTIAL OIL

Curcuma longa

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

- Promotes feelings of positivity when used aromatically
- Supports clean and healthy-looking skin while reducing the appearance of blemishes.



60208227 | 15 mL bottle

WINTERGREEN ESSENTIAL OIL

Gaultheria fragrantissima

Most consumers recognize the aroma and flavor of Wintergreen from its popularity in candy and chewing gum.

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



31621507 | 15 mL bottle

YLANG YLANG ESSENTIAL OIL

Cananga odorata

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

- Blend several drops of Ylang Ylang with dōTERRA Fractionated Coconut Oil and massage into back and shoulders to help reduce the effects of daily stress
- Promotes the appearance of healthy skin and hair



30241507 | 15 mL bottle

TEA TREE ESSENTIAL OIL

TOP SELLER

Melaleuca alternifolia

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

- Renowned for its cleansing and rejuvenating effect on the skin
- Protects against environmental and seasonal threats



30151507 | 15 mL bottle

VETIVER ESSENTIAL OIL

Vetiveria zizanioides

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

- Vetiver is high in sesquiterpenes, which provide a grounding effect
- Use as part of a soothing, aromatic massage
- Use as an earthy base note in your favorite diffuser blends



30431507 | 15 mL bottle

YARROW | POM ACTIVE BOTANICAL DUO

Yarrow | Pom Active Botanical Duo revitalizes the skin for a youthful looking radiance.

- Soothing to the skin



60210082 | 30 mL bottle with dropper

FRACTIONATED COCONUT OIL

Combine dōTERRA® Fractionated Coconut Oil with your favorite dōTERRA® essential oils for your own readily absorbable blend.

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



31641507 | 3.8 fl oz/115 mL

THYME ESSENTIAL OIL

Thymus vulgaris

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

- Provides cleansing and purifying effects for the skin
- Naturally repels insects



60206102 | 15 mL bottle

WILD ORANGE ESSENTIAL OIL

TOP SELLER

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



30171507 | 15 mL bottle



APPLICATION METHODS

Can be used aromatically Can be used topically Can be used internally Can be used for home care

SKIN SENSITIVITY

Can be used topically with no dilution (NEAT) Dilute for young or sensitive skin (SENSITIVE) Dilute before using topically (DILUTE)

dōTERRA® | FAMILY ESSENTIALS KIT



FAMILY ESSENTIALS KIT TOP SELLER

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

The Family Essentials Kit includes:

- Ten 5 mL bottles of essential oils and blends
 - Lavender
 - Lemon
 - Peppermint
 - Tea Tree
 - Oregano
 - Frankincense
 - Deep Blue®
 - dōTERRA Easy Air™
 - On Guard®
 - ZenGest™

60205771 | Ten 5 mL bottles



Frankincense Resin



FRANKINCENSE ESSENTIAL OIL

Soothing Support

- Apply to neck and forehead with Lavender and Peppermint to promote feelings of relaxation
- Use with Fractionated Coconut Oil or

A T N

favorite face moisturizer for beautiful, radiant skin

- Use aromatically and topically to help lift mood and awareness



LAVENDER ESSENTIAL OIL

All Things Calming

- Diffuse or apply topically to soothe emotions
- Massage on back or bottom of feet and apply a drop to pillow at bedtime
- Apply topically to soothe skin

A T N



LEMON ESSENTIAL OIL

Clean and Freshen

- Diffuse in a room to neutralize odors and elevate mood
- Use to clean kitchen counters and stainless steel appliances

A T N



PEPPERMINT ESSENTIAL OIL

Cool and Invigorate

- Inhale deeply to invigorate lungs and increase alertness
- Add to water in a spray bottle and mist body when overheated
- Apply to neck and forehead with Lavender to promote relaxation

A T S



TEA TREE ESSENTIAL OIL

Beneficial for the Skin

- Apply to skin as part of a daily cleansing program
- Use with shampoo or conditioner for healthy-looking scalp and hair
- Apply to feet and toenails after showering, swimming, or working out

A T N



OREGANO ESSENTIAL OIL

Naturally Beneficial

- Use during changes in season or in new environment
- Dilute and apply to bottom of feet of kids and adults

A T D



DEEP BLUE® ESSENTIAL OIL BLEND

Soothing and Cooling Support

- Rub on lower back muscles after a day of heavy lifting at work or during a move
- Use with a carrier oil for a cooling, comforting massage

T S



dōTERRA EASY AIR™ ESSENTIAL OIL BLEND

Cleansing and Invigorating

- Apply topically to chest to promote feelings of clear airways and easy breathing
- Diffuse or add to humidifier at bedtime for more restful sleep
- Apply to chest or bottom of feet during seasonal changes

A T S

**Easy Air™ is formerly known as Breathe in United States of America (USA)



ON GUARD® PROTECTIVE BLEND

Natural Defense

- Dilute in spray bottle to clean doorknobs, telephones, and other community surfaces
- Diffuse in your home or office during fall and winter months

A T S



ZENGEST™ ESSENTIAL OIL BLEND

Travel Support

- When traveling or trying new foods, rub on stomach

A T N

dōTERRA TOUCH® FLORALS

Nature's most coveted floral essential oils with powerful benefits have never been more simple and convenient to use. Create your own unique personal fragrance, encourage a positive atmosphere, or promote healthy-looking skin through a single application or combination of these precious florals with ease.



JASMINE

TOUCH BLEND

dōTERRA® Jasmine can not only help reduce the appearance of skin imperfections but is also uplifting to the mood.



60202985 | 10 mL roll-on



PRODUCT HIGHLIGHT

Jasmine

Known as the "King of Flowers," Jasmine is prized for its delicate white flowers, which emit a highly fragrant aroma for up to 36 hours after being hand-picked. Jasmine is one of the most precious essential oils because extracting it is extremely labor intensive. The extraction process must be done at daybreak when the flowers are most fragrant and have the highest percentage of aromatic components intact.



NEROLI

TOUCH BLEND

Soothing to the skin, dōTERRA® Neroli Touch is specifically formulated with Fractionated Coconut Oil to provide a positive, calming experience when applied topically.



60202983 | 10 mL roll-on



ROSE

TOUCH BLEND

Using the powerful benefits of Rose essential oil in a convenient roll-on, dōTERRA® Rose Touch can be applied throughout the day to uplift your mood or as a part of your skin care routine to promote a healthy-looking complexion.



60202969 | 10 mL roll-on



GARDENIA

TOUCH BLEND

The beautiful fragrance of the dōTERRA® Gardenia essential oil can help calm emotions, fight depression, uplift the spirit, and promote positive emotions. dōTERRA® Gardenia essential oil also has some skincare benefits such as balances oil production, softens the skin, purifies the pores, and is great for facial care.



60217257 | 10 mL roll-on



HELICHRYSUM

TOUCH BLEND

As an "everlasting" or "immortal flower," Helichrysum is used in anti-aging products for its rejuvenating benefits to the skin. dōTERRA® Helichrysum Touch can help reduce the appearance of blemishes and it promotes a glowing, youthful complexion when applied topically.



60210554 | 10 mL roll-on

dōTERRA TOUCH® KIT

Including eight of our most popular essential oils, (Lavender, Peppermint, Frankincense, Tea Tree, Oregano, dōTERRA Easy Air™, On Guard®, and ZenGest™) our dōTERRA® Touch Kit is a convenient purchase for supporting the whole family's every-day needs.

21191507 | Eight 10 mL roll-ons

**LAVENDER TOUCH BLEND**

Widely used for its calming qualities, dōTERRA® Lavender Touch provides soothing comfort to the skin while promoting feelings of relaxation.



60201182 | 10 mL roll-on

**PEPPERMINT TOUCH BLEND**

dōTERRA® Peppermint Touch can be used anytime, anywhere for a quick energy boost and to experience its cleansing, cooling aroma.



31671507 | 10 mL roll-on

**FRANKINCENSE TOUCH BLEND**

dōTERRA® Frankincense Touch can be applied quickly and easily throughout the day to feel its grounding, balancing effects.



31801507 | 10 mL roll-on

**TEA TREE TOUCH BLEND**

The perfect balance of Tea Tree essential oil and Fractionated Coconut Oil has been combined in dōTERRA® Tea Tree Touch, making it ideal to use on gentle and sensitive skin.



31681507 | 10 mL roll-on

**OREGANO TOUCH BLEND**

dōTERRA® Oregano Touch provides a gentle option for those with sensitive skin to receive the renowned benefits of Oregano essential oil.



31771507 | 10 mL roll-on

**dōTERRA EASY AIR™ TOUCH BLEND**

dōTERRA Easy Air™ Touch provides the perfect balance of dōTERRA Easy Air™ essential oil blend with Fractionated Coconut Oil to maintain feelings of easy airway.



60206128 | 10 mL roll-on

**dōTERRA Easy Air™ is formerly known as Breathe in United States of America (USA)

**ON GUARD® TOUCH BLEND**

Enjoy the unique aroma and powerful benefits of dōTERRA On Guard® essential oil blend in a convenient roll-on application.



31791507 | 10 mL roll-on

**ZENGEST™ TOUCH BLEND**

dōTERRA ZenGest™ Touch is the perfect companion for road trips and to have on hand when feelings of stomach upset occur.



60215165 | 10 mL roll-on

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 changing moods. Each delicate blend contains pure essential oils that can be used aromatically or topically throughout your emotional 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® KIT

- Use aromatically in an essential oil diffuser.
- Apply 1 or 2 drops in your palms, rub hands together, cup in front of your nose, and inhale deeply (do not touch eyes).
- Dilute and apply topically to aromatherapy touch points such as the back of the neck, the wrists, and over the heart.

21141507 | Six 5 mL bottles



dōTERRA ENCOURAGE™ ESSENTIAL OIL BLEND

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

- Combines Peppermint, Wild Orange, Clementine, Lemon, Rosemary, Coriander, Basil, Spearmint, Lemongrass, Tonka Bean, Cardamom, Melissa, Vanilla Absolute
- Promotes feelings of confidence, courage, and belief
- Counteracts negative emotions of doubt, pessimism, and cynicism



60220854 | 5 mL bottle

dōTERRA CHEER® ESSENTIAL OIL BLEND

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

- Features Wild Orange, Star Anise, Ginger, Bergamot, Ylang Ylang, Frankincense, Lemongrass, Tonka Bean, Vanilla Absolute
- Promotes feelings of optimism, cheerfulness, happiness
- Counteracts negative emotions of feeling down, blue, or low



60220870 | 5 mL bottle

dōTERRA PASSION® INSPIRING BLEND

dōTERRA Passion® Inspiring Blend of spice and herb essential oils will help you rekindle excitement in your life.

- Merges Fractionated Coconut Oil, Ginger, Jasmine, Sandalwood, Ylang Ylang, Wild Orange, Magnolia Leaf, Lemon, Cardamom, Bergamot, Damiana, Tonka Bean, Vanilla Absolute, Cinnamon Bark
- Ignites feelings of excitement, passion, and joy
- Counteracts negative feelings of boredom and disinterest



60220860 | 5 mL bottle



doTERRA FORGIVE® ESSENTIAL OIL BLEND

The fresh, woody aroma of doTERRA Forgive® inspires a grounded atmosphere and complements affirmations of contentment, relief, and patience.

- Features Spruce, Bergamot, Juniper Berry, Lemon, Myrrh, Arbovitae, Nootka Tree, Thyme, Citronella
- Promotes feelings of contentment, relief, and patience
- Counteracts negative emotions of anger and guilt



31751507 | 5 mL bottle

doTERRA CONSOLE® ESSENTIAL OIL BLEND

doTERRA Console® of floral and tree essential oils will help provide a comforting aroma as you close the door on sadness and take your first steps on a hopeful path toward emotional healing.

- Combines Frankincense, Patchouli, Ylang Ylang, Labdanum, Amyris, Sandalwood, Rose, Osmanthus
- Promotes feelings of comfort and hope
- Counteracts negative emotions of grief, sadness, or hopelessness



31731507 | 5 mL bottle

doTERRA PEACE® ESSENTIAL OIL BLEND

doTERRA Peace® of floral and mint essential oils is a positive reminder that having more stuff and doing more things won't necessarily make life happier. Slow down, take a deep breath, and reconnect with the composed, peaceful you.

- Combines Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, Spearmint
- Promotes feelings of peace, reassurance, and contentment
- Counteracts anxious and fearful emotions



31711507 | 5 mL bottle



dōTERRA EMOTIONAL AROMATHERAPY® TOUCH

The dōTERRA Emotional Aromatherapy® Touch line contains six unique essential oil blends combined with Fractionated Coconut Oil in 10 mL roll-ons for convenient and gentle topical application. These proprietary blends are formulated for use with a variety of changing moods.



EMOTIONAL AROMATHERAPY® TOUCH INSTRUCTIONS:

Each dōTERRA Emotional Aromatherapy® Touch blend can be applied to specific points on the body to elicit profound emotional responses.

- Rub dōTERRA Encourage™ Touch into your temples to set your focus for the day
- A cheerful heart is good medicine. Rub dōTERRA Cheer® Touch over your heart
- Apply dōTERRA Passion® Touch on your wrists to spark creativity, clarity, and wonder
- Rub dōTERRA Forgive® Touch over your heart to help you forgive yourself and others
- Relieve the weight of the world by massaging dōTERRA Console® Touch into your shoulders
- Give yourself peace of mind by rubbing dōTERRA Peace® Touch into your temples



dōTERRA ENCOURAGE™ TOUCH ESSENTIAL OIL BLEND

dōTERRA Encourage™ Touch provides gentle and quick application of dōTERRA Encourage™ mint and citrus essential oil blend. The fresh, minty aroma promotes feelings of confidence, courage, and belief.

- Features Fractionated Coconut Oil, Peppermint, Wild Orange, Clementine, Lemon, Rosemary, Coriander, Basil, Spearmint, Lemongrass, Tonka Bean, Cardamom, Melissa, Vanilla Absolute
- Promotes feelings of confidence, courage, and belief
- Counteracts negative emotions of doubt, pessimism, and cynicism



60220840 | 10 mL roll-on



dōTERRA CHEER® TOUCH ESSENTIAL OIL BLEND

dōTERRA Cheer® Touch combines Fractionated Coconut Oil with the sunshiny, fresh aroma of dōTERRA Cheer® essential oil blend. This convenient and gentle roll-on can be applied to the skin to counteract negative emotions and provide a boost of happiness and positivity when one is feeling down.

- Features Fractionated Coconut Oil, Wild Orange, Star Anise, Ginger, Bergamot, Ylang Ylang, Frankincense, Lemongrass, Tonka Bean, Vanilla Absolute
- Promotes feelings of optimism, cheerfulness, and happiness
- Counteracts negative emotions of feeling down, blue, or low



60202084 | 10 mL roll-on



dōTERRA FORGIVE® TOUCH ESSENTIAL OIL BLEND

dōTERRA Forgive® Touch contains the tree and herb essential oils found in our proprietary dōTERRA Forgive® blend along with Fractionated Coconut Oil for gentle application and ease of use. dōTERRA Forgive® was developed to help you discover the liberating action of forgiving, forgetting, and moving on.

- Merges Fractionated Coconut Oil, Spruce, Bergamot, Juniper Berry, Lemon, Myrrh, Arborvitae, Nootka Tree, Thyme, and Citronella
- Promotes feelings of contentment, relief, and patience
- Counteracts negative emotions of anger and guilt



60202072 | 10 mL roll-on



dōTERRA PASSION® TOUCH INSPIRING BLEND

Have you lost your why or passion for life? dōTERRA Passion® Touch combines Fractionated Coconut Oil with the spice and herb blend of dōTERRA Passion® to help you rekindle the excitement in your life.

- Combines Fractionated Coconut Oil, Cardamom, Cinnamon Bark, Ginger, Clove, Sandalwood, Jasmine, Vanilla, and Damiana
- Ignites feelings of excitement, passion, and joy
- Counteracts negative feelings of boredom and disinterest



60202082 | 10 mL roll-on



dōTERRA CONSOLE® TOUCH ESSENTIAL OIL BLEND

dōTERRA Console® Touch promotes feelings of comfort and hope during times of loss. This proprietary blend combines the sweet and musky aroma of dōTERRA Console® essential oil blend with Fractionated Coconut Oil for gentle application.

- Features Fractionated Coconut Oil, Frankincense Resin, Patchouli Leaf, Ylang Ylang Flower, Labdanum Flower Absolute, Amyris Bark, Sandalwood Wood, Rose Flower, Osmanthus Flower Absolute
- Promotes feelings of comfort and hope
- Counteracts negative emotions of grief, sadness, and hopelessness



60202077 | 10 mL roll-on



dōTERRA PEACE® TOUCH REASSURING BLEND

In today's fast-paced society, it's easy to feel anxious, overwhelmed, and fearful—no matter what your age. Use dōTERRA Peace® Touch Reassuring Blend to promote feelings of contentment, composure, and reassurance when anxious feelings overwhelm your emotions.

- Combines Fractionated Coconut Oil, Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, and Spearmint
- Promotes feelings of peace, reassurance, and contentment
- Counteracts anxious and fearful emotions



60202085 | 10 mL roll-on



aromatouch® TECHNIQUE

STEP 1



STEP 2



STEP 3



STEP 4





AROMATOUCH® TECHNIQUE KIT

This kit contains eight 5 mL bottles used in the AromaTouch® Technique: dōTERRA Balance®, Lavender, Tea Tree, dōTERRA On Guard®, AromaTouch® Massage Blend, Deep Blue®, Wild Orange, Peppermint, as well as the AromaTouch® Technique presentation box. You will also receive dōTERRA® Fractionated Coconut Oil (3.8 fl oz) when you purchase this kit.

20571507 | Eight 5 mL bottles and one 115 mL bottle

The dōTERRA® AromaTouch® Technique is a simple, step-by-step method of applying CPTG® essential oils topically to produce a profound overall wellness experience.

Increase the benefits you experience with CPTG® essential oils by incorporating the AromaTouch® Technique into your healthy lifestyle philosophy. Equally compelling to novice users and licensed professionals, the AromaTouch® Technique represents an exciting new era of essential oil application and benefits.



"I love doing the AromaTouch Technique on moms and dads so they can learn how to do the same for their families. It is a win-win situation."

Peggy S., Utah, USA

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® essential oils.

abōde™ ESSENTIAL OIL BLEND

The signature aromatic blend of the dōTERRA abōde home product line contains powerful essential oils with a pleasant aroma that leaves your home smelling fresh and feeling refreshed naturally, without harsh chemicals or synthetic fragrance.

- Add 10 - 15 drops to water to create a powerful, surface cleaner.
- Provide a fresh, citrus aroma.



60218989 | 15 mL bottle

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 sense of balance.

- Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum
- Assists in centering
- Increases feelings of tranquility



60209932 | 15 mL bottle

60209931 | 10 mL roll-on

AROMATOUCH® MASSAGE BLEND

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

- Features Basil, Grapefruit, Cypress, Marjoram, Peppermint, and Lavender
- Promotes feelings of relaxation and lessens feelings of tension
- Add to Epsom salts and enjoy soaking in a hot bath



31201507 | 15 mL bottle

dōTERRA BALANCE® ESSENTIAL OIL BLEND

Balance® Essential Oil Blend has a warm, woody aroma that creates a sense of calmness and well-being.

- Features Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Osmanthus in a base of Fractionated Coconut Oil.
- Promotes an overall sense of relaxation
- Evokes feelings of tranquility and balance
- Helps ease anxious feelings



31011507 | 15 mL bottle

CITRUS BLISS® INVIGORATING BLEND

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

- Merges Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine with a hint of vanilla
- Helps reduce stress
- Positively affects mood with energizing, uplifting, and refreshing properties
- Cleanses and purifies the air



31021507 | 15 mL bottle

CLARYCALM® ESSENTIAL OIL BLEND

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

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Ylang Ylang, Cedarwood, Geranium, Fennel, Palmarosa, Carrot Seed, and Vitex
- Provides a cooling and calming effect
- Helps soothe heightened emotions



60201098 | 10 mL roll-on



ESSENTIAL OIL BLENDS

Quick Reference Chart I

	APPLICATION				SKIN SENSITIVITY			SKU
	AROMATIC	TOPICAL	INTERNAL	HOME	NEAT	SENSITIVE	DILUTE	
abode™ Essential Oil Blend	A			H		S		60218989
Distilled Lime, Litsea, Cassia, Lemon Eucalyptus, Tea Tree, Arborvitae, Kochii Eucalyptus, Cilantro, Lavandin, Lemon Myrtle								
ADAPTIV™ Calming Blend	A	T			N			60209932
Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, Sweetgum								
ADAPTIV™ TOUCH Calming Blend	A	T			N			60209931
Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, Sweetgum, Fractionated Coconut Oil								
AROMATOUCH® Massage Blend		T			N			31201507
Cypress, Peppermint, Marjoram, Basil, Grapefruit, Lavender								
dōTERRA BALANCE® Essential Oil Blend	A	T			N			31011507
Fractionated Coconut Oil, Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus Absolute								
CITRUS BLISS® Invigorating Blend	A	T			N			31021507
Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine, with Vanilla Absolute								
CLARYCALM® Essential Oil Blend	A	T			N			60201098
Clary Sage, Lavender, Bergamot, Roman Chamomile, Ylang Ylang, Cedarwood, Geranium, Fennel, Carrot Seed, Palmarosa, Vitex								
CLEARIFY™ Essential Oil Blend	A				N			60206101
Litsea, Tangerine, Grapefruit, Frankincense, Cardamom								
DDR PRIME® Cellular Complex	A	T				S		60209216
Frankincense, Wild Orange, Litsea, Thyme, Clove, Summer Savory, Niaouli, Lemongrass								
DEEP BLUE® Essential Oil Blend TOP SELLER		T				S		31051507
Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, Osmanthus Extract								
dōTERRA EASY AIR™ Essential Oil Blend	A	T				S		60206126
Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, Ravensara								
dōTERRA HD CLEAR® Topical Blend		T			N			60201149
Black Cumin Seed Oil, Ho Wood, Tea Tree, Eucalyptus, Geranium, Litsea								
dōTERRA IMMORTELLE® Anti-Aging Blend		T			N			60204469
Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum, Rose								
INTUNE® Essential Oil Blend	A	T			N			60201144
Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, Roman Chamomile								
dōTERRA LAVENDER PEACE® Restful Blend	A	T			N			60200880
Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, Vetiver, Cedarwood, Ho Wood, Hawaiian Sandalwood with Vanilla Absolute								
ON GUARD® Essential Oil Blend TOP SELLER	A	T				S		31101507
Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary								
ON GUARD® Blended Edible Orange & Clove Oil			I			S		60218536
Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary								
PASTTENSE® Essential Oil Blend	A	T			N			60201128
Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, Rosemary								
dōTERRA PURIFY® Refreshing Blend	A	T			N			31061507
Lemon, Siberian Fir, Citronella, Lime, Tea Tree, Cilantro								

APPLICATION METHODS

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

SKIN SENSITIVITY

N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)

ESSENTIAL OIL BLENDS

Quick Reference Chart II

	APPLICATION				SKIN SENSITIVITY			SKU
	AROMATIC	TOPICAL	INTERNAL	HOME	NEAT	SENSITIVE	DILUTE	
SMART & SASSY® Essential Oil Blend TOP SELLER	A	T				S		31371507
Grapefruit, Lemon, Peppermint, Ginger, Cinnamon								
TERRASHIELD® Essential Oil Blend	A	T			N			60215942
Sesame Seed Oil, Java Citronella, Lemongrass, Thyme, Cedarwood, Geranium, Peppermint								
dōTERRA WHISPER® TOUCH Essential Oil Blend	A	T			N			60215170
Fractionated Coconut Oil, Patchouli, Bergamot, Sandalwood, Rose Absolute, Vanilla Absolute, Jasmine Absolute, Cinnamon Bark, Vetiver, Labdanum Absolute, Cocoa Absolute, Ylang Ylang								
ZENDO™ Essential Oil Blend	A	T			N			60210819
Tangerine, Rosemary, Geranium, Juniper Berry, Cilantro								
ZENGEST™ Essential Oil Blend	A	T			N			60215163
Star Anise, Peppermint, Ginger, Caraway, Coriander, Cardamom, Fennel								

EMOTIONAL AROMATHERAPY OIL BLENDS

dōTERRA ENCOURAGE™ Essential Oil Blend	A	T				S		60220854
Peppermint, Wild Orange, Clementine, Lemon, Rosemary, Coriander, Basil, Spearmint, Lemongrass, Tonka Bean, Cardamom, Melissa, Vanilla Absolute								
dōTERRA CHEER® Essential Oil Blend	A	T				S		60220870
Wild Orange, Star Anise, Ginger, Bergamot, Ylang Ylang, Frankincense, Lemongrass, Tonka Bean, Vanilla Absolute								
dōTERRA PASSION® Inspiring Blend	A	T				S		60220860
Fractionated Coconut Oil, Ginger, Jasmine, Sandalwood, Ylang Ylang, Wild Orange, Magnolia Leaf, Lemon, Cardamom, Bergamot, Damiana, Tonka Bean, Vanilla Absolute, Cinnamon Bark								
dōTERRA FORGIVE® Essential Oil Blend	A	T				S		31751507
Spruce, Bergamot, Juniper Berry, Lemon, Myrrh, Arborvitae, Nootka Tree, Thyme, Citronella								
dōTERRA CONSOLE® Essential Oil Blend	A	T			N			31731507
Frankincense, Patchouli, Ylang Ylang, Labdanum Absolute, Amyris, Sandalwood, Rose, Osmanthus Extract								
dōTERRA PEACE® Essential Oil Blend	A	T			N			31711507
Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum Absolute, Spearmint								

dōTERRA KIDS COLLECTION

dōTERRA BRAVE™ Courage Blend	A	T			N			60208136
Fractionated Coconut Oil, Wild Orange, Amyris, Osmanthus Extract, Cinnamon								
dōTERRA TAMER™ Essential Oil Blend	A	T			N			60211059
Fractionated Coconut Oil, Spearmint, Japanese Peppermint, Ginger, Black Pepper, Parsley Seed								
dōTERRA RESCUER™ Essential Oil Blend	A	T			N			60208138
Fractionated Coconut Oil, Copaiba, Lavender, Spearmint, Zanthoxylum								

APPLICATION METHODS A Can be used aromatically T Can be used topically I Can be used internally H Can be used for home care

SKIN SENSITIVITY N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)



"ZenGest is my life-saving oil! When I don't get enough sleep, my stomach cramps up. I don't sleep well when my husband is gone, and he works on a rotation where he is away as much or more than he is home. ZenGest is the oil I use very regularly to help calm my stomach during those long weeks when he is gone."

Jennifer B., Eagle River, Alaska

CLEARIFY™ ESSENTIAL OIL BLEND

Clearify™ is an aromatic blend of essential oils combined to provide fresh energy to your day.

- Has a calming, yet uplifting aroma
- Refreshes your home or office throughout the day
- Useful throughout the day when taking a moment to breathe



60206101 | 15 mL bottle

DDR PRIME® CELLULAR COMPLEX

DDR Prime® is a proprietary blend of CPTG® essential oils that helps protect the body.

- Combines Frankincense, Wild Orange, Litsea, Thyme, Clove, Summer Savory, Niaouli, and Lemongrass



60209216 | 15 mL bottle

DEEP BLUE® TOP SELLER ESSENTIAL OIL BLEND

Deep Blue® provides soothing effects that can be felt immediately.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomile, Helichrysum, and Osmanthus
- 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



31051507 | 5 mL bottle

60201170 | 10 mL roll-on



doTERRA EASY AIR™ ESSENTIAL OIL BLEND

doTERRA Easy Air™ Essential Oil Blend is a powerful essential oil blend that maintains feelings of clear airways and easy breathing.

- Merges Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara
- Maintains feelings of clear airways and easy breathing
- Helps minimize the effects of seasonal threats
- Diffuse or inhale directly when environmental threats are high



60206126 | 15 mL bottle

***Easy Air™ is formerly known as Breathe in United States of America (USA)*

INTUNE® ESSENTIAL OIL BLEND

InTune® is a proprietary blend of carefully selected essential oils known to promote a sense of clarity and focus.

- Features Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, and Roman Chamomile
- Enhances and sustains a sense of focus
- Supports efforts of those who have difficulty paying attention and staying on task



60201144 | 10 mL roll-on

doTERRA 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.

- Features a unique blend of black cumin seed oil as well as CPTG® essential oils of Ho Wood, Tea Tree, Eucalyptus, Geranium, and Litsea
- Promotes a clear complexion
- Helps reduce breakouts



60201149 | 10 mL roll-on

doTERRA IMMORTELLE® ANTI-AGING BLEND

This powerful blend of essential oils nourishes and supports skin to help sustain smoother, more radiant, and youthful-looking skin.

- Features the renewing power of rare essential oils—Frankincense, Hawaiian, Sandalwood, Lavender, Myrrh, Helichrysum, and Rose
- Helps reduce the appearance of fine lines and wrinkles
- Helps reduce contributing factors to the appearance of aging skin



60204469 | 10 mL roll-on

doTERRA LAVENDER PEACE® RESTFUL BLEND

The reformulated Lavender Peace® Restful Blend combines essential oils renowned for its ability to lessen feelings of tension and calm emotions, and support a restful sleep when used aromatically.

- Features Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Bean and Hawaiian Sandalwood
- Promotes relaxation and a restful sleeping environment
- Lessens feelings of tension and calms emotions
- Calms the mind and soothes the senses



60200880 | 15 mL bottle

ON GUARD® BLENDED EDIBLE ORANGE & CLOVE OIL

On Guard® can be taken internally on a daily basis.*

- Features a combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary.
- Add one to two drops to favorite drinks or water to enhance flavor.



60218536 | 15 mL bottle

APPLICATION METHODS

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

SKIN SENSITIVITY

N Can be used topically with no dilution (NEAT) **S** Dilute for young or sensitive skin (SENSITIVE) **D** Dilute before using topically (DILUTE)

ON GUARD® ESSENTIAL OIL BLEND

On Guard® offers a fragrant, natural, effective defenses.

- Features a combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary
- Protects against environmental threats
- Safe for use on countertops, as a non-toxic cleaner, or to purify the air through diffusion



31101507 | 15 mL bottle

PASTTENSE® ESSENTIAL OIL BLEND

PastTense® is a distinctive blend of essential oils known to reduce the feelings associated with tension and stress.

- Features Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, and Rosemary
- Helps ease stressful feelings
- Helps calm emotions
- Packaged for convenient application in a roll-on bottle



60201128 | 10 mL roll-on

dōTERRA PURIFY® REFRESHING BLEND

Purify® is designed to eliminate odors naturally without toxic additives.

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



31061507 | 15 mL bottle

SMART & SASSY® TOP SELLER ESSENTIAL OIL BLEND

Support a positive mood with the proprietary essential oil blend of Smart & Sassy®.

- Formulated with Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon
- Diffuse for an energy boost



31371507 | 15 mL bottle

SUPERMINT™ ESSENTIAL OIL BLEND

An invigorating and energizing aroma, creating an uplifting environment that's ideal for mental focus and enhanced stamina.

- Soothes and comforts when incorporated into a massage.
- Freshens breath and leaves the mouth feeling refreshed when used as an oral rinse.



60222502 | 15 mL bottle

TERRASHIELD® ESSENTIAL OIL BLEND

Just a small amount of super-concentrated TerraShield® provides powerful outdoor protection.

- Features Sesame Seed Oil, Java Citronella, Lemongrass, Thyme, Cedarwood, Geranium, Peppermint
- Diffuse during outdoor events
- Apply before hiking or camping



60215942 | 15 mL bottle

**Smart & Sassy is formerly known as Slim & Sassy in United States of America (USA)

dōTERRA WHISPER® TOUCH ESSENTIAL OIL BLEND

dōTERRA Whisper® Touch Blend for Women is a complex and rich blend that combines with each individual's chemistry to create a uniquely personal fragrance.

- Contains Patchouli, Bergamot, Sandalwood, Vanilla Extract, Rose Absolute, Jasmine Absolute, Cinnamon Bark, Vetiver, Labdanum, Cocoa Absolute, Ylang Ylang in a base of Fractionated Coconut Oil
- Combines with each individual's chemistry to create a beautiful, unique, and personal fragrance.
- Provides a warming, musky aroma.



60215170 | 10 mL roll-on



ZENDO™ ESSENTIAL OIL BLEND

Zendo™ essential oil blend has purifying properties.

- Features Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro
- Provides a cleansing effect



60210819 | 15 mL bottle

ZENGEST™ ESSENTIAL OIL BLEND

The well-recognized essential oils in ZenGest™ are known for providing digestive benefits.

- Features a proprietary blend of Star Anise, Peppermint, Ginger, Caraway, Coriander, Cardamom, and Fennel
- Helps to comfort your stomach



60215163 | 15 mL bottle

dōTERRA BRAVE™ COURAGE BLEND

Before new or different situations, or just to start your day, roll dōTERRA Brave™ onto the back of neck, tummy, or bottoms of feet for a boost of courage and confidence.

- Features Wild Orange, Amyris, Osmanthus Extract, and Cinnamon in a base of Fractionated Coconut Oil
- Instills courage and positivity
- Combine with positive daily affirmations to promote belief in oneself



60208136 | 10 mL roll-on

dōTERRA TAMER™ ESSENTIAL OIL BLEND

Before or after meals, or when your tummy feels troubled, roll dōTERRA Tamer™ on your tummy for a soothing sensation and calming aroma.

- Features Spearmint, Japanese Peppermint, Ginger, Black Pepper, and Parsley Seed in a base of Fractionated Coconut Oil
- Calms and soothes the feelings of an upset tummy
- An essential for road trips



60211059 | 10 mL roll-on

dōTERRA RESCUER™ ESSENTIAL OIL BLEND

After running, jumping, and playing, rub Rescuer™, onto your legs, feet, or back to soothe your active body.

- Use as part of a tension-relieving massage
- Comforting and soothing to the skin
- Creates a cooling experience when applied topically



60208138 | 10 mL roll-on



dōTERRA® DIFFUSERS

Transform your world with a dōTERRA diffuser just right for any situation and décor.



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

60215453



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

60216059



PETAL DIFFUSER 2.0

The Petal Diffuser 2.0 is a small, user friendly diffuser that delivers aromatic benefits to your family and home. It has a relaxing mist and soft white ambient light, making it ideal for nighttime diffusion, and can cover up to 330 square feet. The Petal Diffuser 2.0 has three timed settings—2 or 6 hours continuous, and 12 hours intermittent—allowing you to customize the release of essential oils into the air.

- Customizable output and light settings

60209231



ROAM DIFFUSER **COMING SOON**

Made with natural, colorful, polished, ground stone. With its powerful, built-in, rechargeable battery and charging dock, the dōTERRA 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

60220028

CORRECT-X®

Frankincense, Helichrysum, Tea Tree, Cedarwood, and Lavender—all CPTG® essential oils—form the base of dōTERRA® Correct-X®. This multi-purpose, natural ointment helps soothe your skin and keep it clean while recovering from distress. Correct-X® provides a moisture barrier that helps protect while simultaneously soothing and hydrating the skin. 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
- Keep on hand, when taking children to playground, sporting events, or camping

60200881 | 0.5 oz/15 mL



DEEP BLUE®

The soothing combination of CPTG® essential oils of Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus create the dōTERRA Deep Blue® proprietary blend, available in a cream, 5 mL, and roll-on.

DEEP BLUE® TOP SELLER ESSENTIAL OIL BLEND

Deep Blue® provides soothing effects that can be felt immediately.

- Rub Deep Blue® on lower back 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

31051507 | 5 mL bottle T S

60201170 | 10 mL roll-on T S

DEEP BLUE® RUB

Infused with Deep Blue® Essential Oil Blend, Deep Blue® Rub provides a soothing and cooling effect.

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- 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

38901507 | 4 oz/120 mL



DEEP BLUE® SKIN CARE STICK + COPAIBA

Infused with dōTERRA Deep Blue® Essential Oil Blend containing CPTG® essential oils, plus the beneficial properties of Copaiba, the Deep Blue® Skin Care Stick is powerful, targeted relief in a fast-acting solid. Formulated with plant-based menthol, methyl salicylate, and camphor, this easy-to-use stick penetrates deeply and creates a cooling sensation on skin.

- Includes Deep Blue Essential Oil Blend, Copaiba, and other natural ingredients
- Delivers temporary relief of minor aches and pains of muscles and joints
- Includes moisturizing emollients that leaves your skin soft and non-greasy
- Creates a cooling and soothing sensation

60217730 | 1.69 oz/ 48g T



dōTERRA EASY AIR®

Deep breathing is cleansing, freeing, and invigorating. It elevates our minds and energizes our bodies. It is the essence of life, the reassurance of vitality. The remarkable blend of essential oils found in the dōTERRA Easy Air® Essential Oil Blend can maintain the feelings of clear airways and easy breathing, especially when seasonal impediments to breathing are high.

dōTERRA EASY AIR™ ESSENTIAL OIL BLEND

dōTERRA Easy Air™ Essential Oil Blend is a powerful essential oil blend that maintains feelings of clear airways and easy breathing.

- Merges Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara
- Maintains feelings of clear airways and easy breathing
- Helps minimize the effects of seasonal threats

60206126 | 15 mL bottle A T S

60206128 | 10 mL Touch A T N



dōTERRA EASY AIR® HARD CANDY

dōTERRA Easy Air™ is a long-trusted essential oil blend and has helped many with oils such as Lemon, Peppermint, Eucalyptus, and now Cardamom.

- Maintains clear airways and breathing
- Calms the senses

60208717 | 30 candies



dōTERRA SUPERMINT

A new proprietary blend of pure mint essential oils, SuperMint Essential Oil Blend combines Peppermint, Japanese Mint, Bergamot Mint, and Spearmint. Sweet, herbal undertones soften its sharp, minty aroma. Along with the essential oil blend, SuperMint is available in beadlet form for convenient internal use on the go.

SUPERMINT ESSENTIAL OIL BLEND

dōTERRA SuperMint offers an invigorating, energizing aroma and an uplifting environment that's ideal for mental focus and enhanced stamina.

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

60222502 | 15 mL bottle

SUPERMINT BEADLETS

Preclinical studies suggest use of dōTERRA SuperMint Beadlets may help support a clean and healthy mouth.

- Freshens the breath
- Provides a convenient way to use the dōTERRA SuperMint Blend when traveling or on the go

COMING SOON | 125 beadlets



dōTERRA® SUN

Mineral-based sun protection that delivers incredible benefits, so your skin looks and acts as young as you feel.

FACE MINERAL SUNSCREEN MOISTURIZER

COMING SOON

This mineral-based, broad-spectrum sun protection moisturizer delivers exponential benefits so your skin can look and act as young as you feel.

- Formulated with non-nano zinc oxide
- SPF 28 UVA/UVB protection
- Rich in antioxidants, vitamin E, and nourishing botanicals such as ashwagandha, evodia, grapeseed oil, and CPTG® essential oils

60223626 | 50 mL



FACE + BODY MINERAL SUNSCREEN LOTION

COMING SOON

This mineral-based, broad-spectrum sun protection lotion delivers exponential benefits so your skin can look and act as young as you feel.

- Formulated with non-nano zinc oxide
- Provides lightweight SPF 30 UVA/UVB protection
- Plant-based ingredients such as aloe vera, raspberry seed oil, vitamin E, and CPTG essential oils

60223686 | 147 mL

WELLNESS



VEGGIE CAPS

Made specifically for you to customize your dietary supplement needs, Veggie Caps provide a convenient and healthy way to take dietary ingredients orally.

Features:

- Free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products
- Made of inert vegetable ingredients that do not interfere with digestion
- Includes 160 HPMC capsules

60209492 | 160 HPMC capsules



GINGER-LEMON HARD CANDY

dōTERRA® Ginger-Lemon Hard Candy are a convenient way to support digestion and ease occasional stomach discomfort.

- Sweet, spicy ginger-lemon flavor
- Supports healthy digestion

60213070 | 30 candies



PEPPERMINT BEADLETS

Experience a refreshing, invigorating burst of Peppermint with the convenience of dissolving beadlets used for oral care, promoting a feeling of clear airways, digestive comfort, and all other situations.

- Convenient for traveling and on-the-go

COMING SOON | 125 beadlets



dōTERRA TERRAMIX FB®

dōTERRA TerraMix FB® is a fiber-rich beverage contains natural apple fiber, tapioca fiber, and ground flaxseeds, and can be mixed with warm or cold water to make a delicious fiber-rich drink.

- Good source of fiber
- Rich in soluble and insoluble fiber
- Contains high potency (200mg) vitamin C

SINGLE

60212335	276 g
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TWIN PACK

60218057	Two 276 g
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PB Assist+®
PROBIOTICS & GUT BOOSTING COMPLEX

A delicious apple powder enhanced with synergistic blend of bifidus and lactobacillus from Japan and France including Bifidobacterium longum BB536, Bifidobacterium breve M-16V and Lactobacillus rhamnosus GG. Further addition of dietary fibre Inulin, mastic powder and Red Berries that complement well with your daily diet.

- Alleviate occasional stomach upset
- Shape healthy gut microbiota
- Enhance intestinal environment
- Increase the growth of beneficial bacteria
- Support immune function

SINGLE

60224903	15 sachets
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PACK OF 2

60225953	Two 15 sachets
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PACK OF 4

60225954	Four 15 sachets
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ON GUARD®

On Guard® is one of the most popular and versatile dōTERRA® CPTG® 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. The On Guard® Essential Oil Blend has been integrated into a variety of dōTERRA® products to provide diverse ways to use its powerful benefits.



ON GUARD® BLENDED EDIBLE ORANGE & CLOVE OIL

On Guard® can be taken internally on a daily basis.*

- Features a combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary.
- Add one to two drops to favorite drinks or water to enhance flavor.

60218536 | 15 mL bottle I S

ON GUARD® TOP SELLER ESSENTIAL OIL BLEND

On Guard® offers a fragrant, natural, effective defense.

- Features a combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary
- Protects against environmental threats
- Safe for use on countertops, as a non-toxic cleaner, or to purify the air through diffusion

31101507 | 15 mL bottle A T S

ON GUARD® TOUCH PROTECTIVE BLEND

31791507 | 10 mL Touch A T N

ON GUARD® FOAMING HAND WASH

Keep your hands clean and protected with the power of On Guard® Essential Oil Blend.

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

SINGLE

60206119 | 16 fl oz/473 mL Hand Wash

TWIN PACK

60208705 | Two 16 fl oz/473 mL Hand Wash



AMBER FOAMING HAND WASH DISPENSER

60217694 | 8 oz

* 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.

ON GUARD® NATURAL WHITENING TOOTHPASTE

Clean teeth gently with the added benefit of On Guard® Essential Oil Blend.

- Fluoride-free
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath
- Boasts the protective benefits of On Guard® Essential Oil Blend
- Whitens teeth with gentle polishing agents

60214421	4 oz
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ON GUARD® MOUTHWASH

dōTERRA® On Guard® Mouthwash is alcohol free and formulated to clean teeth and gums, reduce plaque, and promote a healthy-looking mouth.

- Natural, alcohol-free formula
- Use after brushing and flossing to help reduce plaque and brighten smile
- Refreshing dōTERRA® On Guard® essential oil blend supports long-lasting fresh breath

60217761	16 fl oz/ 473 mL
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ON GUARD® CLEANER CONCENTRATE

The ideal cleaner, On Guard® Concentrate is fortified with On Guard® Essential Oil Blend.

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

SINGLE	
38141507	12 fl oz/355 mL

TWIN PACK

60208704	Two 12 fl oz/355 mL
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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® Essential Oil Blend and bio-originated enzymes for amazingly clean clothes.

- Helps rid environmental threats from each load of laundry to keep your family safe and 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

SINGLE	
60206009	32 fl oz/947 mL

TWIN PACK

60211948	Two 32 fl oz/947 mL
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ON GUARD® HARD CANDY

dōTERRA® On Guard® Hard Candy are a convenient way to receive the benefits of dōTERRA® On Guard® proprietary Essential Oil Blend in an all-natural throat drop.

- Helps calm and soothe dry, scratchy throats
- Proprietary dōTERRA® On Guard® Hard Candy blend of CPTG® essential oils including Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary, and Myrrh in the convenience of an individually-wrapped drop
- Blended in a sweet base of organic cane sugar and organic brown rice syrup, with no added artificial flavors or colors

34051607	30 candies
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ON GUARD® SCENTED MIST

On Guard® Scented Mist contains 70% ethyl alcohol, which is an extremely fine, quick-drying mist. Infused with a natural apple extract, the moisturizing formula doesn't dry out the skin and leaves the hands feeling soft and smooth.

- 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 for travel, work, and school

60217770	0.9 fl oz/ 27 mL
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ON GUARD® BEADLETS

dōTERRA® On Guard® Beadlets are an easy and convenient way to obtain the benefits of dōTERRA® On Guard® Essential Oil Blend.

- Freshens breath
- Convenient for traveling and on-the-go
- Carrageenan free

COMING SOON	125 beadlets
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dōTERRA® VERÁGE®

dōTERRA® Veráge® 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 Veráge® promotes an optimal lipid balance—the same balance found in healthy, youthful-looking skin. Each product is composed of true gifts from the Earth: nourishing plant extracts, pure and potent essential oils, and select natural ingredients. The Veráge® Skin Care Collection delivers benefits your skin will love, naturally.

CLINICALLY SUPPORTED BENEFITS OF THE VERÁGE® INGREDIENTS

- Smooths skin texture
- Reduces appearance of wrinkles
- Minimizes the appearance of mechanical creasing
- Minimizes pore appearance
- Evens tone

VERÁGE® CLEANSER

Healthy, smooth skin begins with Veráge® 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

60210624 | 2 fl oz/60 mL

VERÁGE® TONER

Veráge® Toner combines CPTG® essential oils with nourishing plant extracts to promote the appearance of tightened, toned, and smooth skin—anytime, anywhere. This hydrating toner fortifies and refreshes the skin while invigorating the senses for an energizing boost and a glowing complexion.

- CPTG® essential oils of Ylang Ylang, Palmarosa, Cypress, and Coriander tone and balance skin
- Nourishing plant extracts provide targeted moisture and toning to help skin look its best
- Easy mist application

60215945 | 1.7 fl oz/50 mL

VERÁGE® IMMORTELLE HYDRATING SERUM

Experience the age-defying effects of Veráge® Immortelle Hydrating Serum. This powerful formula combines CPTG® essential oils with plant extracts for smoother, more youthful-looking skin.

- Utilizes the CPTG® essential oils found in the popular Immortelle blend for radiant skin
- Provides optimal lipid balance for smoother, more youthful-looking skin

37401507 | 0.5 fl oz/15 mL

VERÁGE® MOISTURIZER

Veráge® Moisturizer combines CPTG® essential oils with plant extracts for natural hydration and skin nourishment. This light, non-greasy moisturizer absorbs quickly but hydrates deeply, helping reduce the appearance of fine lines and wrinkles for a smooth, even complexion.

- Formulated with CPTG® essential oils of Juniper Berry, Jasmine, Sea Buckthorn Berry, and Geranium—all known to revitalize the skin
- Uses natural ingredients to hydrate skin, helping reduce the appearance of fine lines and wrinkles

37411507 | 1 fl oz/30 mL

VERÁGE® SKIN CARE COLLECTION

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

60200350



dōTERRA® HD CLEAR®

dōTERRA® HD Clear® is a line of natural and highly effective products that address problem skin at its core. 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. Using dōTERRA® HD Clear® every day will result in a clear, smooth, healthy-looking complexion.



dōTERRA® HD CLEAR® FOAMING FACE WASH

Discover the perfect solution for problem skin of all ages with the dōTERRA® HD Clear® Foaming Face Wash.

- Designed to thoroughly cleanse without stripping away natural moisture
- Contains CPTG® essential oils and plant extracts that will leave your skin extra clean and soft

49421507 | 1.7 fl oz/50 mL

dōTERRA® HD CLEAR®

TOPICAL BLEND

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

- Features a unique blend of Black Cumin seed oil as well as CPTG® essential oils of Ho Wood, Tea Tree, Eucalyptus, Geranium, and Litsea
- Promotes clear, smooth skin by targeting the site of blemishes



60201149 | 10 mL roll-on

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® essential oils combined with cutting-edge ingredient technologies and natural extracts in each product. Target the visible signs of aging and prevent future signs of aging with dōTERRA® Essential Skin Care.



FACIAL CLEANSER

dōTERRA® Facial Cleanser contains CPTG® essential oils of Tea Tree and Peppermint, known for their ability to purify and tone skin and support a healthy complexion. Natural cleansers of Yucca Root Extract and Soapbark Extract gently wash away impurities leaving skin looking clean, fresh, and smooth.

- Yucca Root Extract and Soapbark Extract are rich in saponins, natural cleansers that clarify and soothe skin
- Macadamia seed oil conditions the skin
- Vitamin E supports healthy-looking skin

60203237 | 4 fl oz/118 mL

PORE REDUCING TONER

Pore Reducing Toner contains CPTG® essential oils of Lavender, Ylang Ylang, and German Chamomile to calm sensitive skin while innovative fruit and plant extracts tone and balance skin, increase hydration, and visibly reduce the appearance of pores to support a healthy-looking complexion.

- 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

60203257 | 4 fl oz/118 mL

TIGHTENING SERUM

Featuring CPTG® essential oils of Frankincense, Hawaiian Sandalwood, and Myrrh, dōTERRA® Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration. Natural extracts and gums combine with powerful anti-aging ingredients for firmer, younger-looking skin.

- Contains rhizobian and acacia gum, which provide “lifting” benefits
- Beech Tree Bud Extract tightens and smooths the appearance of skin

60203256 | 1 fl oz/30 mL

ANTI-AGING MOISTURIZER

dōTERRA® Anti-Aging Moisturizer combines cutting-edge ingredients with the CPTG® essential oils of Lavender, Jasmine, Geranium, and Frankincense to moisturize and soften skin while providing anti-aging benefits. Peptides and botanicals target the visible signs of aging by improving skin tone and moisturizing the skin, helping to keep skin looking young and vibrant.

- 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

60203239 | 1.7 fl oz/50 mL

INVIGORATING SCRUB

Experience fresh, renewed skin with dōTERRA® Invigorating Scrub. Grapefruit and Peppermint CPTG® essential oils make exfoliating a refreshing aromatic experience while jojoba esters polish your skin. Botanicals of Mandarin Orange Extract, Jasmine Extract, and Greater Burdock Extract tone, smooth, and hydrate skin.

- 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

60203255 | 2.5 oz/70 g



HYDRATING CREAM

dōTERRA's 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

60203243 | 1.7 oz/48 g

IMMORTELE ANTI-AGING BLEND

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

- Reduces the appearance of fine lines and wrinkles
- Helps reduce the appearance of aging skin

60204469 | 10 mL roll-on

ANTI-AGING EYE CREAM

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. The unique steel rollerball applicator cools and soothes under-eye skin, helping reduce the appearance of puffiness and dark circles while gently applying cream to targeted areas.

- Clinically tested
- 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 and helps prevent future signs of aging

60203242 | 0.5 fl oz/15 mL

BRIGHTENING GEL

CPTG® essential oils of Bergamot, Juniper Berry, and Melissa combine with natural extracts, vitamins, and cutting edge ingredient technologies to brighten and even skin tone. Brightening Gel is a gentle and effective way to reduce the appearance of dark spots and hyperpigmentation.

- Daisy extract is a natural skin-brightening agent that helps to promote even skin pigmentation
- Ginger root extract promotes even skin tone and radiant-looking skin
- Microencapsulated vitamin C helps to keep the skin looking youthful while promoting anti-pigmentation properties

60213069 | 1 fl oz/ 30 mL



CHOOSE A KIT AND SAVE:

ESSENTIAL SKIN CARE KIT 2.0

Includes Facial Cleanser, Invigorating Scrub, Pore Reducing Toner, Tightening Serum, Anti-Aging Eye Cream, Anti-Aging Moisturizer, Hydrating Cream and Brightening Gel.

60220695



1 Purchase the Customizable Essential Skin Care Kit



Includes Facial Cleanser, Invigorating Scrub, Pore Reducing Toner, Tightening Serum.

60207839

2 and add up to two products per kit order at an additional savings.



Anti-Aging Eye Cream



Anti-Aging Moisturizer



Hydrating Cream



Brightening Gel



dōTERRA® SALON ESSENTIALS® HAIR CARE

CLINICALLY SUPPORTED BENEFITS OF THE ESSENTIAL HAIR CARE INGREDIENTS

- Helps protect color-treated hair
- Proven softening effects
- Better conditioning and detangling
- Maintains moisture capacity in both hair and scalp
- Strong and smooth-looking hair
- Less hair breakage
- Proprietary blend of essential oils for healthy-looking hair and scalp

dōTERRA® SALON ESSENTIALS® SMOOTHING CONDITIONER

Give your hair a smooth, finished look and protect it with the professional formula of dōTERRA® Salon Essentials® Smoothing Conditioner.

- Features conditioning emollients, botanical extracts, and natural proteins
- Includes a proprietary blend of CPTG® essential oils for the hair and scalp
- Smooths hair and provides an anti-static effect

36231507 | 8.46 fl oz/250 mL

**SMOOTHING CONDITIONER
2-PACK**
60202761



dōTERRA® SALON ESSENTIALS® ROOT TO TIP SERUM

The Root to Tip Serum provides a healthy environment for your scalp and maximizes the strength and shine of your hair.

- Infused with Lavender, Peppermint, Marjoram, Cedarwood, Lavandin, Rosemary, Niaouli, and Eucalyptus
- Provides extended protection and hydration to your scalp and hair

60200564 | 1 fl oz/30 mL



dōTERRA® HAIR CARE

Experience shinier, healthier-looking, and more manageable hair every day with dōTERRA Hair Care. Bad hair days are practically obsolete with clean, natural and effective dōTERRA Hair Care. Combining mindfully selected CPTG® essential oils and formulas free of sulfates, parabens, silicones, and phthalates, dōTERRA Protecting Shampoo, Daily Conditioner, and Leave-in Conditioner strengthen and nourish while protecting every strand, leaving hair revitalized and full of life.

CLINICALLY SUPPORTED BENEFITS OF THE dōTERRA HAIR CARE INGREDIENTS

- Proven softening effects
- Better conditioning and detangling
- Maintains moisture capacity in both hair and scalp
- Strong and smooth-looking hair
- Less hair breakage
- Proprietary blend of essential oils for healthy-looking hair and scalp





PROTECTING SHAMPOO

Gentle enough to use every day, doTERRA Protecting Shampoo removes impurities, dirt, and build up. Infused with pure essential oils of Peppermint, Eucalyptus, Tea Tree, and Spearmint, doTERRA Protecting Shampoo is naturally refreshing and free from harsh chemicals, including sulfates, silicones, and parabens.

- Gently removes hard water minerals, pollutants, and styling product residue.
- Revitalizing and nourishing.
- Sulfate, silicone, and paraben free.
- Leaves hair shiny, full of life, and restored.

60221123 | 16.9 fl oz / 500 mL



DAILY CONDITIONER

Free from sulfates, silicones, phthalates, and parabens, the formula is doTERRA Pure. Hair feels silky without any buildup. A lifeline for unmanageable hair, doTERRA Daily Conditioner gives your hair a flawless finish, leaving you with a boost of confidence and the perfect hair day.

- Rinses clean and leaves hair hydrated.
- Smooths hair, leaving it frizz free.
- Promotes soft, shiny hair that is full of life.
- Leaves hair silky, without buildup.
- Pure formula.

60221124 | 16.9 fl oz / 500 mL



LEAVE-IN CONDITIONER

It is lightweight, with nutrients and natural ingredients to help revive your hair. Infused with the natural essential oils of Wild Orange, Lime, Blue Tansy, Magnolia, along with Osmanthus extract, which provide a citrusy, inviting fragrance. This easy-to-use spray locks in moisture, detangles, softens, and protects your hair.

- Clean, no-rinse formula.
- Leaves hair healthy and nourished.
- No silicones or phenoxyethanol.

60221121 | 8 fl oz / 237 mL



SHAMPOO & CONDITIONER 500 ML LRP KIT

60224483

LEAVE-IN CONDITIONER TWIN PACK LRP KIT

60224481



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.



CLARIFYING MUD MASK

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

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

37491507 | 4 oz/113.4 g

CITRUS BLISS® HAND LOTION

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

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

60200484 | 2.5 fl oz/75 mL

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 that uplifts mood
- Jojoba seed oil deeply moisturizes

60222145 | 4 oz/113 g

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

60202017 | 6.7 fl oz/200 mL

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 and provides an uplifting, yet grounding aroma
- Grapefruit is cleansing to the skin and has an energizing scent that uplifts mood
- Sodium Methyl Oleoyl Taurate is a sulfate-free mild surfactant derived from nature and is readily biodegradable

37461507 | 8.45 fl oz/250 mL

LIP BALM

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. Enjoy our original flavor with the uplifting blend of Wild Orange and Peppermint.

- 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

60209716 | 0.16 oz/4.5 g





The dōTERRA Healing Hands Foundation® is dōTERRA International's registered 501(c)(3) non-profit organization committed to improving lives through partnering with organizations that offer hope to millions around the world. The foundation seeks to bring healing and hope to the world, for lives free of disease and poverty, and to ultimately empower impoverished communities with the tools needed to become self-reliant. dōTERRA International provides all the overhead and administrative costs of the dōTERRA Healing Hands Foundation®, ensuring that 100 percent of all donations go directly to those receiving aid. For more information, please visit doterrahealinghands.org.



dōTERRA® SPA 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

60201164 | 3.3 fl oz/100 mL

dōTERRA HOPE® TOUCH

dōTERRA Hope® Touch is a distinct essential oil blend that combines the fresh scent of Bergamot with Ylang Ylang, Frankincense, and the sweet scent of Vanilla Bean Absolute. With each purchase of dōTERRA Hope® Touch, the full purchase price is donated to the dōTERRA® Malaysia Healing Hands Initiative.

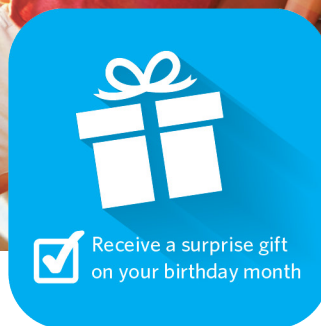
- Apply to wrists, neck, and pulse points for a personalized fragrance
- Keep in purse and apply throughout the day to uplift mood
- Roll on a sachet and keep in drawers or closets to give clothes a fresh scent

60202015 | 10 mL roll-on



LOYALTY REWARDS ★ PROGRAM ★

Turn your shopping into rewards.



The dōTERRA® LOYALTY REWARDS PROGRAM

Do you have a favorite dōTERRA product you cannot live without? Would you like to earn free product every time you place an order? The dōTERRA Loyalty Rewards Program (LRP) provides a convenient way to receive an automatic monthly order of your favorite dōTERRA products delivered directly to your home. Each month you participate in the Loyalty Rewards Program, you earn an increasing number of LRP credits that can be used as cash to purchase product—earn up to 30 percent on qualified LRP orders! You can change the products in your monthly order or cancel your LRP agreement at any time without obligation. Please talk to the Wellness Advocate who gave you this product guide for more information.

dōTERRA®

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Hotline: +603 2633 7888 **Email:** malaysia@doterra.com

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CPTG®

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