

Product Guide | Thailand 2024

G I frequently tramped eight or ten miles through the deepest snow to keep an appointment with a beech tree, or a yellow birch, or an old acquaintance among the pines. )

Henry David Thoreau

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# dōTERRA

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

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

dōTERRA was founded with the bold commitment to sell only pure essential oils. As we rapidly expanded, traditional suppliers told us we couldn't maintain our growth without resorting to extended or adulterated oils. But we refused to compromise on quality.

Instead, we began sourcing essential oils directly. We set up long-term relationships with farmers and distillers, building our Global Botanical Network of sourcing partners. We created an award-winning sourcing model—Cō-Impact Sourcing®—to source the best and help the most.

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

#### Frankincense Oil Natural Flavor



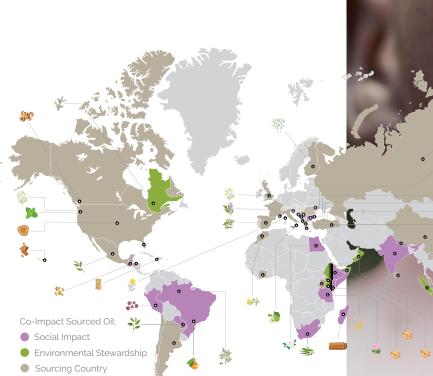
CPTG



# The doTERRA 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 Cō-Impact Sourcing® model.

dōTERRA<sup>®</sup> essential oils are intentionally sourced to create positive change for the people and communities we work with to produce it.



In addition to the regions noted, many oils are additionally sourced from various regions of the world.



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

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

#### dōTERRA Hope™ Touch

Nourishing Essential Oil Blend

dõTERRA 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 dõTERRA Hope Touch, the full purchase price is donated to the dõTERRA Healing Hands Foundation, which supports OUR Rescue, an organization of the world's experts in extraction operations and anti-child-trafficking.

+ Apply to skin for moisturizing benefit and enjoy the scent

Keep in purse. Convenient for travels

**60219907** 10mL bottle



# What Are Essential Oils?

#### The Power of the Entire Earth in One Bottle

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

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

#### **Natural Solutions for Modern Problems**

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

# CPTG

**CPTG Certified Pure Tested Grade** 

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

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

#### Why It Matters

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

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



# **Essential Oil Uses**

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

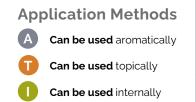
#### There are three basic essential oil application methods.

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 adding it to food and beverages.

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.



Sensitive Skin

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

#### Guidelines for safe usage:

- **Labels:** Pay attention to any warnings included on essential oil packaging.
- Areas to avoid: Avoid putting essential oils in the nose, inner ears, and eyes or on broken skin or other sensitive areas.
- **Dilution:** To minimize skin sensitivity, dilute essential oils with a carrier oil. The suggested dilution ratio is one drop of essential oil to five drops of carrier oil.
- Strong essential oils: Always dilute essential oils with a particularly strong chemistry (like Cassia, Cinnamon Bark, Clove, Oregano, and Thyme) before topical application.

- **Sun sensitivity:** Avoid direct sunlight or UV rays for at least 12 hours after using certain essential oils on the skin that may pose a risk for skin sensitivity (such as citrus oils).
- **Safe storage:** Store essential oils out of reach of children. Keep them away from excessive light or heat.
- Young children supervision: Always supervise essential oil application with children. Dilute essential oils before applying them to a child's skin.

# Where to Begin

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



#### 3 Oils for Introduction

Lavender Oil, Lemon Oil and Peppermint Oil 60214237 Natural Flavor 5 mL bottle Lavender Oil, Lemon Oil and Peppermint Oil 60218915 Natural Flavor 15 mL bottle

**Beginner Trio** 

#### 10 Oils for Family

Cosmetic: Oregano Consumer: Tea Tree, Deep Blue, Easy Air Natural Flavor: Frankincense Oil, Lavender Oil, Lemon Oil, Peppermint Oil, On Guard Oil Blend and ZenGest Oil Blend 60228356

5 mL bottle





Madagascar Vanilla

Nourishing Essential Oil

most expensive to produce.

Oil is rich, warm, and sweet.

Madagascar Vanilla Absolute

Vanilla is one of the most popular

aromas in the world and one of the

blended with Fractionated Coconut

· Blend into a moisturizing body lotion

to create a comforting and relaxing

**Roman Chamomile** 

The most versatile of the chamomiles,

Roman Chamomile is extracted from

the daisy-like flower of the Roman

· Combine with a carrier oil to soothe

Nourishing Essential Oil

Vanilla planifolia

atmosphere.

60219214

5mL bottle

Anthemis nobilis

chamomile plant.

skin

60215388

5mL bottle

# **Essential Oil Singles**

The doTERRA® 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.

# **Essential Oil Singles: Cosmetic**



Nourishing Essential Oil Cananga odorata Cananga is a natural alternative for promoting a clear, healthy-looking complexion and is especially soothina to the skin.





and calming properties. Apply to abdomen to soothe skin with Fractionated Coconut Oil for skin care

60213838 15mL bottle



Nourishing Essential Oil Cupressus sempervirens and lusitanica

of the cypress tree, Cypress Nourishing Essential Oil is popular for its energizing properties and use in spas.

which may improve the appearance of oily skin



 Mix with your favorite doTERRA skin care moisturizer to support clear,

60224055 15mL bottle



# Clary Sage is known for its soothing



Distilled from the twigs and foliage

· Add one to two drops to your toner,



Cedarwood Nourishing Essential Oil Juniperus virginiana Cedarwood has clarifying properties and is frequently used in massage therapy. During your facial routine, add 1-2

drops to your facial toner or moisturizer, which may promote clear, healthy looking skin

60217021 15mL bottle

Copaiba Nourishing Essential Oil Copaifera reticulata, officinalis, coriacea, and langsdorffii Copaiba Nourishing Essential Oil is derived from the resin of the copaiba tree.

 Promotes clear, smooth skin and reduces the appearance of blemishes when applied on skin with Fractionated Coconut Oil for skin care

TS 60215383 15mL bottle

Fennel (Sweet) Nourishing Essential Oil Foeniculum vulgare Used for centuries, Fennel provides many benefits and has a distinct licorice aroma Apply on skin with Fractionated

Coconut Oil for skin care

TS 60215573 15ml bottle





Citronella

Nourishing Essential Oil

Applied topically, it can be soothing

Cymbopogon winterianus

Popular across many cultures for various uses, Coriander Nourishing Essential Oil provides a myriad of benefits

 Add to oilv skin to maintain a clear complexion

60215572

#### Helichrysum

Nourishing 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

60215386 5ml bottle

#### Jasmine

Nourishing Essential Oil Jasminum grandiflorum dõTERRA has discovered a way to successfully extract the pure and natural essential oil of jasmine flowers through steam distillation. Jasmine essential oil is sweet, fresh and floral, exquisitely capturing the essence of the flower as it opens. · Promotes healthy-looking skin

#### 

60224024



Nourishing Essential Oil Commiphora myrrha Used historically in many waysfrom meditation to embalming-Myrrh is still frequently recommended today. Soothing to the skin; promotes a

60215387



Rosa damascena Known as the "Queen of Oils," Rose Essential Oil is highly sought after for its aroma and powerful topical and emotional benefits

 Combine with a carrier oil to soothe skin

60215389 5mL bottle



# Nourishing Essential Oil Cymbopogon flexuosus many benefits.

Long used in Asian and Caribbean cooking for its subtle lemony flavor and aroma, Lemongrass boasts



Lemongrass





#### Oregano

Nourishing Essential Oil Origanum vulgare Derived from the leaves of the oregano plant, Oregano Essential Oil has many traditional and modern uses

Apply on skin with Fractionated Coconut Oil for skin care

6021///00 15ml bottle



Abies sibirica With a fresh, wood scent, Siberian Fir is known for its calming and relaxing

for skin care. Apply on skin with Fractionated

Coconut Oil for skin care to calm and soothe skin

#### 

60215928 15ml bottle



Ylang Ylang Nourishing Essential Oil

Cananga odorata Ylang Ylang, while famed for its

exquisite fragrance, has myriad benefits. Apply on skin with Fractionated Coconut Oil for skin care

60215561 15mL bottle

#### Fractionated Coconut Oil

For Skincare

Combine doTERRA® Fractionated Coconut Oil for skin care 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



115mL













Essential Oil Single

Hawaiian Sandalwood

From a renewable source in Hawaii, dōTERRA® Hawaiian Sandalwood

· Diffuse to promote atmosphere of

meditation or personal interaction

Essential Oil

environment

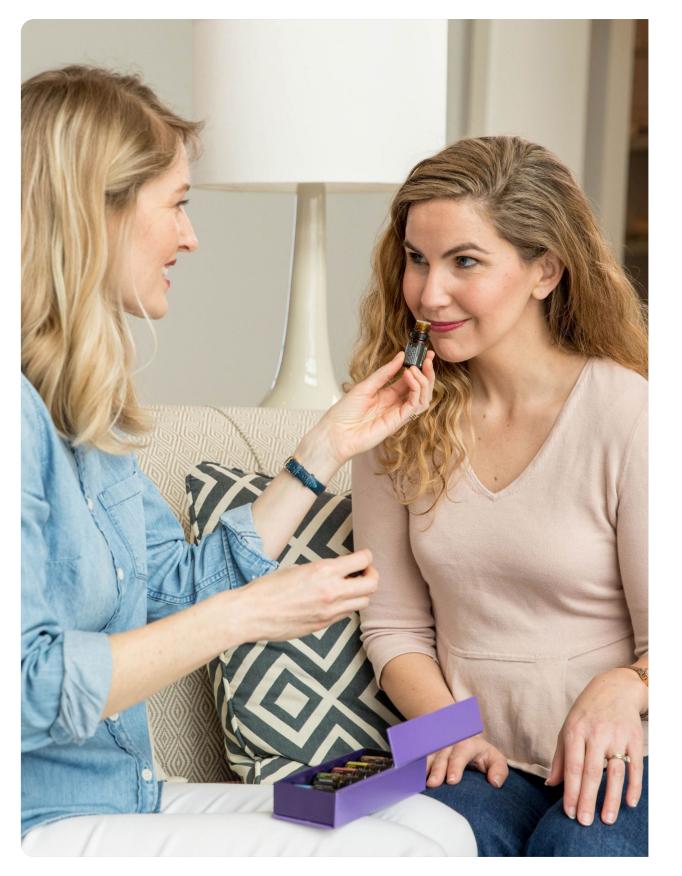
60220473

5mL bottle

Santalum paniculatum

delivers a variety of benefits.

Creates an uplifting, positive



# Essential Oil Singles: Consumer



Citrus bergamia Cold pressed from the rind of the bergamot fruit, Bergamot is unique among citrus oils. Frequently used in diffusers for its



calming benefits

Lemon Eucalyptus Essential Oil Eucalyptus citriodora

Lemon Eucalyptus essential oil is derived from a lemon-scented blue gum eucalypti plant, a tall tree with smooth bark native to northern Australia.

 Has a fresh, lemony aroma Add to a spray bottle to cleanse surfaces and refresh any room Diffuse for an uplifting aroma

#### AS

60220470 15mL bottle

#### Petitgrain Essential Oil

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

 Diffuse for a calming and relaxing aroma

 Blends well with other citrus oils, Cassia, Cinnamon, Eucalyptus, Geranium

AS 60215940 15mL bottle

#### Wintergreen

Essential Oil Gaultheria fragrantissima Most consumers recognize the aroma of Wintergreen as a refreshing aroma that's uplifting and stimulating to emotion. · For a warming, soothing aroma after exercise Diffuse for a sweet, uplifting aroma

AS 60220471 15mL bottle

**CP**TG



Essential Oil Pelargonium graveolens Known for its floral aroma, Diffuse Geranium oil aromatically for a calming effect.

• Encourages a calming, grounding effect it has on the emotions when diffused

AS 60220416

#### Manuka

15mL bottle

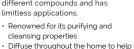
Essential Oil Leptospermum scoparium Manuka essential oil is also known to ground and center energies, while shielding yourself in preparation for personal meditation. Diffuse for a soothing and calming

60224056 5mL bottle

aroma

#### Tea Tree

Essential Oil Melaleuca alternifolia Tea Tree oil is composed of 90 different compounds and has



purify and freshen the air



15mL bottle











Essential Oil Vetiveria zizanioides Vetiver is loved for its rich, exotic, complex aroma and often used extensively in perfumes. Calming, grounding aroma

· Use as an earthy base note in your favorite diffuser blend

60220145 15mL bottle



60215927

15mL bottle

Vetiver

# **Essential Oil Singles: Natural Flavor**

**Black Pepper** 

Black Pepper is equally noteworthy best

known as a common cooking spice that

enhances the flavor of foods, it is an ideal

Add 1 drop to water or favorite drink

Add to meats, soups, entrees, and

salads to enhance food flavor

**Cinnamon Bark** 

Cinnamomum zeylanicum

Well known for its use as a spice.

Place one drop in hot water or tea

Add to your favorite recipes in place

Ginger is a featured ingredient in many

Asian dishes.When used as a kitchen

spice, the hot, earthy nature of Ginger

· Stimulating aroma ranging from fruity

Deliver Soothing and calming aroma

when drinking with water

oil adds flavor to a variety of dishes.

of ground cinnamon for a delightfully

**Oil Natural Flavor** 

Cinnamon also has many

and drink slowly

spicy flavor

60222250

5mL bottle

Ginger

to earthy

60220146

15ml bottle

Oil Natural Flavor

Zingiber officinale

health-promoting benefits

oil to cook with and enjoy for its flavor.

Oil Natural Flavor

Piper nigrum

60222164

5mL bottle



Oil Natural Flavor Ocimum basilicum A natural oil derived through steam distillation of the aerial parts of the O. basilicum plant. Basil has a warm, spicy, yet herbal aroma known for its use in cooking throughout the world.

· Herbaceous flavor ideal for Food and Reverage

60220733 15ml bottle



Oil Natural Flavor Cinnamomum cassia A close relative to Cinnamon, Cassia

has a strong, spicy aroma and can be used in cooking in a myriad of entrées and desserts.

· Cassia is a powerful spice in the kitchen use to add flavor to food and beverage. And can be used in cooking replacement for Cinnamon

60220253 15mL bottle



Oil Natural Flavor Boswellia carterii, sacra, papyrifera, and frereana

Boswellia trees have been celebrated for centuries and get the Considered the 'king of oils' and Frankincense have been used in cooking for several thousand years

 Use a drop of Frankincense to add rich flavor to food, desserts, and teas.

60226627 15mL bottle

#### **Green Mandarin**

Oil Natural Flavor Citrus nobilis

Pressed from the unripe fruit of the mandarin tree Green Mandarin essential oil is known that have Limonene, one of the main chemical components of Green Mandarin essential oil

 Incorporate Green Mandarin in vour home as a food Natural Flavor



15mL bottle



 Add one to two drops to water or citrus drinks to improve taste. Use in cooking as flavoring

60220474 5mL bottle



cooking spice. Cardamom is added to traditional Indian sweets and teas for its cool, minty aroma and flavor.

Cardamom

Oil Natural Flavor

Elettaria cardamomum

Cardamom is known as an expensive

60224053 5mL bottle



#### Clove Oil Natural Flavor Eugenia caryophyllata Known as a popular cooking spice. Clove has many beneficial uses.

Dilute one drop in to your water Delivers soothing and warm aroma flavors when drinking

60218410



#### Oil Natural Flavor

Citrus X paradisi Grapefruit Oil feature of refreshing citrus aroma is beneficial in invigorating the senses. creates a fruity and spry flavor when added to drinks or food. Delivers fragrant and exceptionally uplifting flavors to food and drink

#### Lavender

Oil Natural Flavor Lavandula angustifolia Lavender has been cherished for its unmistakable aroma and health properties for thousands of years. Use in cooking for a flavorful twist to marinades, baked goods, and desserts

60226635



## **Oil Natural Flavor** Curcuma longa

60217244

15ml bottle

Lemon

Citrus limon

zesty punch

Melissa

60223083

5ml bottle

Spearmint

Mentha spicata

Oil Natural Flavor

losing any of its freshness.

Promotes fresh breath

As a milder alternative to other mint

essential oils. Spearmint oil is gentle

Add a drop or two to any dessert,

enough to use while cooking-without

drink, salad, or entrée for flavoring

Oil Natural Flavor

Our rarest oil. Melissa has a sweet.

range of beneficial properties.

Add to drinks or foods

fresh, citrus-like fragrance and a wide

Melissa officinalis

60220085

Oil Natural Flavor

This top-selling oil has multiple uses

and benefits and is cold pressed from

Add Lemon oil to your favorite treats

and dessert recipes for a sweet and

lemon rinds to preserve its delicate

nature and potent properties.

As a key botanical of the traditional Ayurvedic health practices of India, a staple for your use in everyday. Delivers a warm, spicy, earthy, woody aroma

Turmeric

 Add a drop of Turmeric to your favorite smoothies, tea or water Add a drop or two for a great burst of flavor to your favorite savory meals

60220501 15mL bottle



#### Oil Natural Flavor Citrus aurantifolia The sharp, citrus smell of Lime makes it a must-have in any essential oils collection.

Can be used to add a zesty flavor to a myriad of recipes from sayory dishes to sweet desserts

#### 60217414

15mL bottle

#### Peppermint Oil Natural Flavor

Mentha piperita A top-selling favorite, Peppermint provides myriad benefits. Add a drop of peppermint oil to your favorite smoothie recipe and dessert for the food taste of mint and a

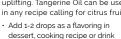
refreshina twist

60219955 15ml bottle

#### Tangerine



Oil Natural Flavor Citrus reticulata Tangerine has a sweet, tangy aroma, similar to other citrus oils that is uplifting. Tangerine Oil can be used in any recipe calling for citrus fruits.



#### 

60220200 15mL bottle

#### White Grapefruit



Oil Natural Flavor Citrus x paradisi

The Flavor of White Grapefruit still evokes a fruity, citrusy tone. Ideal as an air freshener, the scent of White

uplifting. Provide exceptionally uplifting flavours. Change normal drink to your favorite Beverage for smoothies or

drink with citrus, fresh, fruity flavor.

60222251 5mL bottle



· Dilute one drop to your water Marjoram has been used in culinary dishes, imparting a unique flavor to soups, stews, dressings, and sauces.

60218399

Rosemary

15mL bottle

Oil Natural Flavor Rosmarinus officinalis Considered sacred by the ancient Greek. Roman, Egyptian, and Hebrew cultures,

Rosemary has a myriad of uses. Provides an energizing aroma Add 1–2 drops of Rosemary to meats and favorite entrées for flavoring Frequently used to flavor foods, dessert, and drink

60217/13 15mL bottle

Thyme

Oil Natural Flavor Thymus zygis, and vulgaris Thyme has a history of use in wellness practices but is mostly known as a spice in culinary dishes. Thyme is commonly used as a seasoning.

· Provides a warm, spicy aroma Delivers herbal flavor to culinary dishes

> 60224051 15ml bottle

#### Wild Orange

Oil Natural Flavor Citrus sinensis Cold pressed from the peel.

Wild Orange releases an energizing, citrusy aroma. And Wild Orange is one of dōTERRA's top selling essential oils

 Add a drop to your water every day for a burst of flavor

doterra.com 19

60220710 15ml bottle



















# Proprietary Essential Oil Blends

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

dōTERRA ClaryCalm<sup>™</sup>

Nourishing Essential Oil Blend



# iu g MMORTEL

#### doTERRA Immortelle®

Anti-Aging Nourishing 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

60224985 10ml bottle



#### Yarrow Pom

Nourishing Essential Oil Blend Yarrow|Pom Nourishing Essential Oil Blend helps revitalize the skin for a youthful-looking radiance







· Apply topically to help the skin look healthy





# **Essential Oil Blends & Touch: Cosmetic**

#### Blue Lotus Touch Nourishing Essential Oil Blend

A precious extract that's been widely celebrated throughout history in Egyptian culture, art, and ceremonies. Provides a relaxing, floral aroma Serves as a natural skin moisturizer Promotes a healthy-looking, radiant complexion



10mL bottle

#### Frankincense Touch

Nourishing Essential Oil Blend Enjoy all the amazing topical benefits of Frankincense with this easy to use roll-on. Promotes feelings of relaxation when applied topically

 Helps reduce the appearance of skin imperfections Rejuvenating and soothing to the skin

60220413

#### Neroli Touch

Nourishing Essential Oil Blend Neroli Touch is specifically formulated with Fractionated Coconut Oil to create an uplifting atmosphere. Apply for soothes skin Aroma encourages relaxation

#### 

60221063 10mL bottle

#### **Tea Tree Touch**

Nourishing Essential Oil Blend Tea Tree Touch delivers the benefits of CPTG Tea Tree essential oil diluted in Fractionated Coconut Oil for skin care Promote a healthy looking complexion and use after shaving.

#### 

60223082

#### **Copaiba Touch** Nourishing Essential Oil Blend

Copaiba, a fan-favorite essential oil, is now available in a convenient roll-on

· Promotes a clear, smooth complexion Assists natural skin hydration and supports healthy-looking skin

#### 

60220412 10mL bottle

#### Jasmine Touch

Nourishing Essential Oil Blend Jasmine Touch helps reduce the appearance of skin imperfections and creates an uplifting atmosphere. Reduces the appearance of skin imperfections

 Promotes a healthy-looking, glowing complexion

#### 

60220414 10mL bottle

#### **doTERRA® Osmanthus Touch**

Nourishing Essential Oil Blend The alluring, sweet fragrance of osmanthus absolute is uniquely captivating. With a base of



easy to apply topically. • Use on part of the body as special skin care for moisture and receive a positive aromatic experience

#### 

10mL bottle

#### Whisper Touch

Nourishing Essential Oil Blend Whisper Touch is a complex and rich blend that combines with each individual's chemistry to create a uniquely personal fragrance. · For moisturizing skincare

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, Carrot Seed, Palmarosa, and Vitex Soothing on the skin

· Apply to wrists to experience the calming aroma

#### 

60217692

#### Lavender Touch

Nourishing Essential Oil Blend Lavender is widely known for its calming and relaxing aroma and ability to soothe occasional skin irritations

 Soothes occasional skin irritations Calming to skin

60220834 10mL bottle

## **Rose Touch**

Nourishing Essential Oil Blend dōTERRA Rose Touch can be applied throughout the day to promote an uplifting environment and as a part of your skin care routine to promote a healthy-looking complexion.

- Helps balance moisture levels in the skin
- Reduces the appearance of skin imperfections
- Promotes an even skin tone and healthy complexion

#### 

60220415

10mL bottle





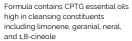


# Essential Oil Blends: Consumer



#### abōde<sup>®</sup> Essential Oil Blend

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



AS 60222256 15mL bottle



#### Essential Oil Blend

dōTERRA Balance Grounding 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 for skin care Adds to a relaxing massage
- Creates a calming atmosphere

60213829 15mL bottle



#### Essential Oil Blend With an intense citrusy, woody, and faintly herbal aroma, Clearify helps freshen the air when diffused. This blend has a calming, energizing aroma.

Diffuse at home, in the work place, or in your car daily as a way to freshen your surroundings A blend of natural essential oils, includes Litsea, Tangerine, Grapefruit, Frankincense, and Cardamom

#### AS

60221975 15mL bottle

#### **Eucalyptus** Essential Oil Blend

Combines 5 unique species of Eucalyptus: Radiata, polybractea, kochii, loxophleba, and globulus in one powerful blend. A primary component is Eucalyptol which is where this blend

gets many of its benefits. Creates a calm atmosphere during stressful circumstances



60222260 15mL bottle



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

mindset

60215570

15mL bottle

Merges Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine with a hint of vanilla Uplifting, sweet aroma

Essential Oil Blend

doTERRA Adaptiv®

A blend of Wild Orange, Lavender

Rosemary, Neroli, and sweetgum.

promote a centered and calm

Diffuse the oil in a room diffuser to

doTERRA Citrus Bliss®

The harmonious blend of dōTERRA

Copaiba, Spearmint, Magnolia,

Essential Oil Blend

 Ideal for freshening the air 

60214317 15mL bottle

#### doTERRA Deep Blue®

Essential Oil Blend dōTERRA Deep Blue features Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and O smanthus extract

Diffuse the oil in a room diffuser

# AS

60213830 5mL bottle

Guaiacwood Essential Oil Blend

The same botanical family as frankincense and myrrh: Burseraceae. Its woody scent provides a calming, tranquil atmosphere.

 Provides a grounding aroma · Diffuse throughout the day or as a supportive aroma during yoga or meditation.



60222403 15mL bottle



combines the benefits of oils well known for their soothing and relaxing effects.

Features Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender

60214143 15mL bottle

#### **Citrus Bloom** Essential Oil Blend

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

Provides a bright, spring-like aroma Promotes a positive atmosphere A combination of Wild Orange, Grapefruit, Lavender, Roman Chamomile, and Magnolia · Provides a calming, floral scent to a work environment

60215941 15mL bottle

#### Easy Air Essential Oil Blend

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

Diffuse the oil in a room diffuser

#### AS

60213831 15mL bottle

#### doTERRA Purify® Essential Oil Blend

Purify is designed to eliminate odors naturally without toxic additives. Combines Lemon, Siberian Fir, Citronella, Lime, Tea Tree, and Cilantro.

Diffuse the oil in a room diffuser

60215030 15 ml bottle



Essential Oil Blend Serenity has a calming and relaxing aroma. Features Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile. Vetiver, Sandalwood, Tonka Bean, Vanilla Absolute. • Diffuse the oil in a room diffuser

60220844 15 mL bottle

Serenity®



**TerraEssential**®

Perfect for nature enthusiasts and safe and gentle enough for the entire family. A combination of Citronella, Lemongrass, Thyme, Cedarwood, Geranium, and Peppermint in a base of Sesame Seed oil Delivers an invigorating aroma · Carry on camping trips or to outdoor events

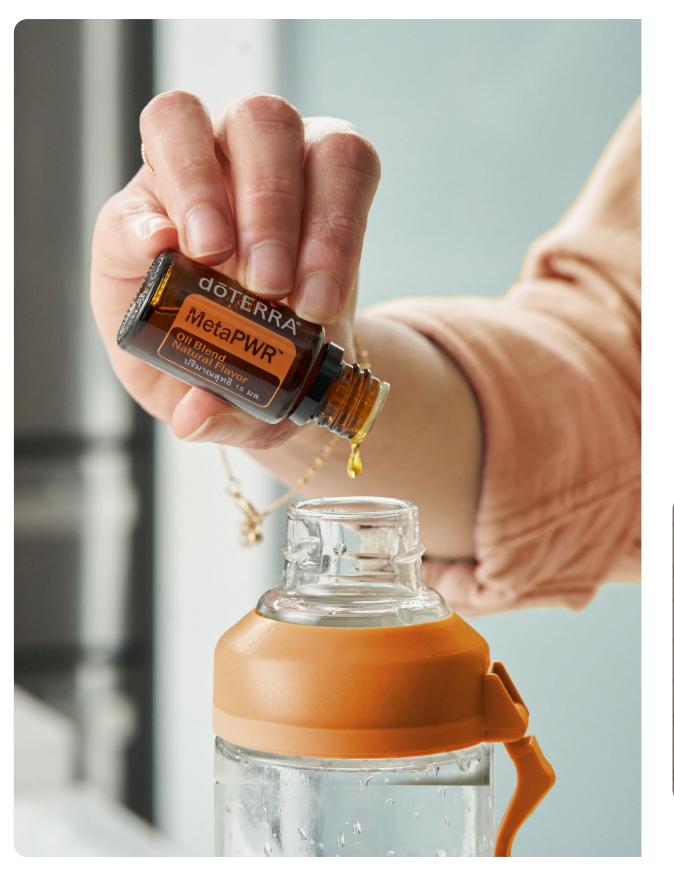
**TerraEssential**® Essential Oil Blend 15 mL bottle



**TerraEssential**® Essential Oil Blend Spray

60216239 30 mL bottle





## **Essential Oil Blends: Natural Flavor**



Oil Blend Natural Flavor DDR Prime also includes CPTG essential oils from Frankincense, Wild Orange, Litsea, Thyme, Clove, Summer Savory, Niaouli and Lemongrass. • Use 1-3 drops to flavor food or

## 

beverages.

60220345 15mL bottle

#### SuperMint

Oil Blend Natural Flavor dōTERRA SuperMint Oil Blend offers an invigorating, energizing aroma. This synergistic blend helps freshen breath and can be taken internally.

Combines Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils in a synergistic blend May help freshen breathe when taken internally



60222500 15mL bottle

#### Zendocrine® Oil Blend Natural Flavor The Powerful Blend combine Tangerine, Rosemary, Geranium, Juniper Berry, Cilantro essential oils. Deliver herbaceous, pungent, floral aroma flavor

 Add 1–2 drops to citrus drinks, teas, or drinking water

60220344 15mL bottle

**MetaPWR**<sup>®</sup>

beverages

60224052

15mL bottle

Oil Blend Natural Flavor

Developed with doTERRA clinical

researchers, MetaPWR Oil Blend is a

Grapefruit, Lemon, Peppermint, Ginger,

proprietary balanced ratio of CPTG

and Cinnamon Bark essential oils.

· Use 1-3 drops to flavor food or



dōTERRA On Guard®

dōTERRA On Guard, a proprietary oil

combination of Wild Orange, Clove,

Cinnamon, Eucalyptus, and Rosemary.

Use 1 - 2 drops to add flavor to your

Oil Blend Natural Flavor

blend, is one of doTERRA's

food or drink.

60220087

15mL bottle

best-selling blends, Features a

#### Oil Blend Natural Flavor Cardamom, Ginger, Coriander, Peppermint, Anise, Fennel and Caraway are the homegrown vegetable that are widely known. Today doTERRA has mixed these oils together in this perfect proprietary CPTG blend call "Zengest"

• Use 1-3 drops to flavor food or beverages for a spicy, sweet, and minty taste.



60220086 15mL bottle





*Cō-Impact Sourcing supports both local farmers and* the environment by seeking ways to minimize our *impact through better farming practices.* 

# **Beadlets, Drops & Capsule**



#### MetaPWR<sup>®</sup> Beadlets

ER

Grapefruit Flavor Sugar Free Provides the MetaPWR Oil Blend in a convenient beadlet that can support mindful eating, anytime and anywhere. · Chew a beadlet up to four times, as needed

60221072 125 beadlets



#### **Peppermint Beadlets** Sugar Free

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

- Freshens breath and may promote healthy
- dental hygiene\* Provides all the benefits of Peppermint essential
- oil when taken internally May temporarily promote a feeling of clear airwavs
- Carrageenan free

60216662



Candy Herb Flavor dōTERRA Easy Air drops contains an essential oil blend that has been used to provide a refreshing sensation with great tasting drops. Proprietary blend includes: Lemon, Peppermint,

Cardamom, Eucalyptus, Thyme, and Melissa Maintains clear airways and breathing

60216012 30 drops



CPTG

#### Veggie Caps

Customize your Internal essential oil with vegetarian capsules that absorb quickly and easily. · Free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products · Made of inert vegetable ingredients that do not interfere with digestion

On Guard

60222190 160 HPMC capsules





#### **Supermint Beadlets** Sugar Free

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

dōTERRA On Guard<sup>®</sup> Beadlets

dōTERRA On Guard Beadlets provide an easy

 Features Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary

and convenient way to obtain the doTERRA On Guard Essential benefits and perfect for

· Provides a convenient consumption method for dōTERRA On Guard Protective Blend

Cinnamon Flavor Sugar Free

traveling and on-the-go.

Freshen Breath

Carrageenan free

60216559 125 beadlets

Freshens the breath

 Provides a convenient way to use the doTERRA SuperMint Blend when traveling or on the go

60223961 125 beadlets

doTERRA On Guard® Drops



Proprietary doTERRA On Guard blend including Wild Orange, Clove, Cinnamon, Cassia, Eucalytpus, Rosemary, and Myrrh in the convenience of an individually wrapped drop



Beadlets, Drops & Capsule



# Personal Care

ATENING SERUM

ASTERRA

# **Skin Care: Cosmetic**

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 with doTERRA Essential Skin Care.



#### Essential Skin Care Kit

Includes Anti-Aging Eye Cream, Anti-Aging Moisturizer, Brightening Gel, Facial Cleanser, Invigorating Scrub, Pore Reducing Toner, Tightening Serum, Hydrating Cream 60214424



#### **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 and improves skin firmness and tone. The unique steel rollerball applicator cools and soothes under-eye skin, helping reduce the appearance of puffiness while gently applying cream to targeted areas.

- 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

60213647 15mL



Includes Facial Cleanser, Tightening Serum, Brightening Gel, Hydrating Cream, Anti-Aging Moisturizer, Anti-Aging Eye Cream 60221375

#### **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

60213645 50mL



#### **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 promote even skin pigmentation
- Microencapsulated vitamin C helps keep the skin looking youthful while promoting anti-pigmentation properties

60214232 30ml



döterra Sans

#### **Invigorating Scrub**

Experience fresh, renewed skin with doTERRA® 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
- 60213648

70g

#### **Tightening Serum**

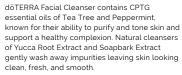
Featuring CPTG essential oils of Frankincense, Hawaiian Sandalwood, and Myrrh. doTERRA® Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration. Natural extracts and gums combine with powerful anti-aging ingredients for firmer, younger-looking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

 Provides a lifted-look to the skin Tightens and smooths the appearance

of skin 60213658

30mL

#### **Facial Cleanser**



- Yucca Boot 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

60213644 118ml

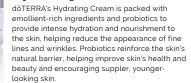
#### **Pore Reducing Toner**

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

60213649 118mL

#### **Hydrating Cream**



- · 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

60213646

48g



# Hair & Body Care



#### **dōTERRA SPA** 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
- 60225816

# 200mL

# **SuperMint**<sup>™</sup> Toothpaste

agents

60223022

Crisp and refreshing. SuperMint Toothpaste helps freshen breath and clean gums while whitening and remineralizing teeth.

 Delivers the SuperMint blend of Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils for crisp, clean flavor Includes hydrated silica and calcium

carbonate which are natural polishing

125g



· Boasts the protective benefits of dōTERRA On Guard Essential Oil Blend



#### doTERRA On Guard® Toothpaste

Clean teeth gently with the added benefit of dōTERRA On Guard

· Fluoride-free with hydroxyapatite Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath

doTERRA On Guard®

**Foaming Hand Wash** 

Protective Blend

Keep your hands clean and protected with the

power of doTERRA On Guard Essential Oil Blend.





doTERRA® Hair Care

Experience shinier, healthier-looking, and more manageable hair every day with doTERRA Hair Care. Combining mindfully selected CPTG essential oils and formulas free of sulfates, parabens, dyes, silicones, and phthalates. Strengthen and nourish while protecting every strand, leaving hair revitalized and full of life.

#### Clinically supported benefits of the dōTERRA 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

doTERRA Daily

A lightweight, color-safe conditioner that

restoring softness, volume and natural shine.

Infused with refreshing CPTG essential oils

like Peppermint, Eucalyptus, Tea Tree, and

· Strengthens and smooths hair, leaving it soft,

Free from sulfates, silicones, phthalates, and

helps smooth and detangle hair while

Pure formula preserves color vibrancy

Conditioner

shiny, and frizz-free

Spearmint.

parabens

60216028



#### doTERRA Protecting Shampoo

Infused with CPTG essential oils of Peppermint, Eucalyptus, Tea Tree, and Spearmint, this shampoo is naturally refreshing and free from harsh chemicals. It contains guinoa protein to help strengthen and protect hair while removing impurities, dirt, and build up.

- Gently removes hard water minerals, pollutants, and styling product residue Free from sulfates, silicones, phthalates. and parabens
- · Safe for color-treated hair 60216926



CPTG essential oils of Wild Orange, Lime, Blue Tansy, Magnolia, along with Osmanthus absolute that provides a citrusy, inviting aroma as it prepares and protects hair before styling.

- · Locks in moisture, detangles, and softens
- Helps protect hair from damage caused
- by heat styling Free from harsh chemicals, no silicones
- or phenoxyethanol
- 60216921



and form-ulated to clean teeth and gums, reduce plaque, and promote a healthy-looking mouth when used as part of a hygiene routine that includes brushing and flossing. Natural, alcohol-free formula · Use after brushing and flossing to help reduce

plaque and brighten smile Refreshing dõTERRA On Guard Essential Oil Blend supports long-lasting fresh breath 60213839

dōTERRA On Guard Mouthwash is alcohol free

doTERRA On Guard®

Mouthwash



· Non-toxic and environmentally safe Foaming Hand Wash 473mL Foaming Hand Wash 473mL with 2 dispensers

#### 34 dÖTERRA ESSENTIAL WELLNESS

473mL



# dōTERRA® sun

Mineral-based sun protection that delivers incredible benefits, so your skin can look and act as young as you feel.

dōTERRA sun has you covered...naturally.



#### Sun Face Mineral Sunscreen Moisturizer SPF 28

Because of the best sunscreen is the sunscreen you look forward to using every day. This dermatologist-tested moisturizer is also a broad-spectrum SPF 28, mineral-based sun protector, meant to be used every day. The lightweight, skin-loving formula shields your face from damaging UVA + UVB rays, and blue light-emitting screens. dōTERRA sun Face feels so good going on, absorbs quickly, with no white-cast, and makes your complexion look so fresh and hydrated, you might not even want to apply makeup.

- Moisturizes your face while providing SPF 28
- Sun protection (UVA/UVB)
- Nourishes skin with vitamin E, and antioxident rich botanicals like evodia, grapeseed oil, and CPTG essential oils
- Provides sun and contributes to blue light protection in a reef-safe, vegan-friendly, noncomedogenic
- Dermatologist-tested formula
- **60223624** 50 mL



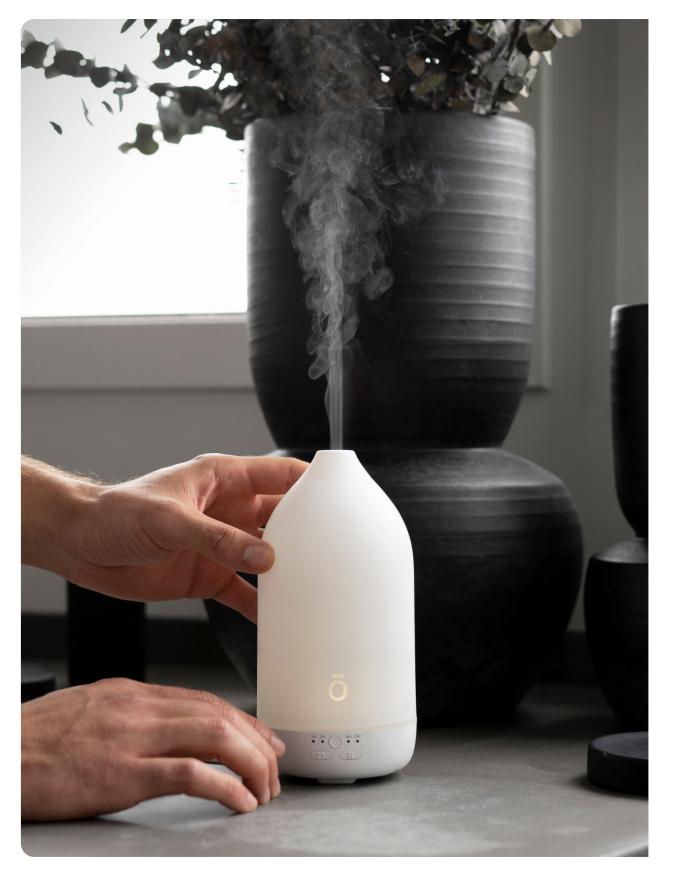
#### Sun Face + Body SPF 30 Mineral Sun Screen Lotion SPF 30

Mineral-based sun protection lotion that delivers incredible benefits, so your skin looks and acts as young as you feel. Formulated with non-nano zinc oxide, delivering lightweight SPF 30 UVA/UVB broad-spectrum protection. Oxybenzone-, paraben-, and phthalate-free, as well as vegan-friendly, reef-safe, and cruelty-free. The container offers a convenient flip-cap, so you won't lose the lid during application. Made for everyday use by every age.

- Delivers SPF 30 broad-spectrum (UVA/UVB) protection
- Nourishes and moisturizes with minimal visible residue
- Contains non-nano zinc oxide, avocado oil, aloe vera, carrot seed, Frankincense, Helichysum, raspberry seed oil, and vitamin E
   Dermatologist tested, noncomedogenic Formula
- Provides water-resistant sun protection for up to 80 minutes

**60223685** 147 mL





# doTERRA® Diffusers

Having a stylish and efficient diffuser is key to creating the perfect environment, whether at home or the office. Transform your world with a dōTERRA® diffuser just right for any situation and décor.



# Ō



#### Dawn<sup>®</sup> Aroma Humidifier

döTERRA Dawn Aroma Humidifier is designed to create the ultimate level of comfort in any room. Its smart sleep mode maintains ideal humidity levels throughout the night, helping create the perfect environment or a good night's sleep.

- Water Capacity: 1.8 L
  - Suggested Room Size: Up to 25 sq. m.
- Continuous Operation: High mist mode, up to 7 hours; Medium mist mode, up to 12 hours; Low mist mode, up to 22 hours
- · Sleep mode: Automatically adjusts to maintainna comfortable level of humidity
- Easy to clean: Easily disassembles for cleaning

Top fill feature: Add water and essential oils without having to remove any lids or covers
60221973



#### Laluz™ Diffuser

Turn any space into a luxurious retreat with Laluz. This sculptural diffuser creates ultrasonic vibrations, transforming water and essential oils into an aroma-infused mist. 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
- Suggested Room Size: Up to 330 sq. ft/30 sq. m
- Continuous Operation: High Mist Output, up to 4 hours; Low Mist Output, up to 8 hours
- Timer: 1hr/2hr/4hr/Timer Off Always On
- Dim, bright warm, lavender light options
- Automatic safety shut-off
- Accessories include: AC 100 240V wall plug and instruction manual
- Power: DC24V 0.5A
- Material: Glass top cover plus polypropylene

60215372

#### Pebble® Diffuser

Even with its small size, the Pebble Diffuser packs a lot of power. This ultrasonic diffuser provides several incredible features, including a five-hour continuous runtime, a ten-hour intermittent runtime, and multiple light settings. The Pebble Diffuser's size makes it a subtle addition to your home décor while still allowing you to enjoy all the benefits of diffusing your favorite essential oils.

- Water Capacity: 100 mL/3.5 fl. oz
- Suggested Room Size: Up to 270 sq. ft/25 sq. m
- Continuous Operation: Up to 5 Hours
- Timer: 2hr/5hr/10hr
- Cyan, white, purple, warm white, and blue light options
  Automatic safety shut-off
- Automatic safety
   Power: DC5V 5W
- Material: PP, ABS

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



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