

Reduce Toxicity

Support your body's natural detoxification pathways by experiencing the dōTERRA 30-Day Cleanse. Occasional cleansing may enhance your metabolism,* support your efforts to achieve a healthy weight,* improve your digestive function,* and increase your energy.*

Download the
dōTERRA 30-Day
Cleanse Program.



DAILY WELLNESS HABITS

- Drink 8 or more glasses of water daily.
- Use citrus oils in your water daily for gentle, natural cleansing.

Experience the dōTERRA 30-Day Cleanse



DAYS 1-30



MAXIMIZE NUTRITION AND SUPPORT LONGEVITY

dōTERRA Lifelong Vitality Pack®

Take 2 capsules of each supplement with morning and evening meals.



SUPPORT HEALTHY DIGESTION AND METABOLISM*

DigestZen TerraZyme®

Take 1-2 capsules with each meal daily.



CLEANSE
Lemon

Add 3 drops to drinking water 3 times daily.



Zendocrine® Detoxification Complex

Take 1-2 capsules with morning and evening meals.

DAYS 1-10



SUPPORT FILTERING ORGANS*

Zendocrine® Softgels

Take 1-2 softgels twice daily.

DAYS 11-20



CLEANSE INTESTINAL TRACT*

GX Assist®

Take 1 softgel with your evening meal.

DAYS 21-30



SUPPORT HEALTHY DIGESTIVE FUNCTION AND IMMUNITY*

PB Assist®

Take 3 capsules with your evening meal or at bedtime.



SUPPORT CELLULAR HEALTH*

DDR Prime® Softgels

Take 1-2 softgels with meals twice daily.



Cleanse & Restore Kit

These cleansing products are available in the convenient, discounted Cleanse & Restore Kit.

See individual labels for ingredients, cautions, and instruction for use.

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

Natural Home Care

A clean home doesn't need to come at the cost of your health. Go greener by replacing synthetic products with safe, plant-based, nontoxic, and natural cleaners that contain pure CPTG® essential oils.

dōTERRA® abōde™



Time and time again, essential oils outperform synthetic counterparts when it comes to purifying any surface or space. Free of phosphates, phthalates, dyes, sulfates, and chlorine, these plant-based products come in recyclable containers, use natural enzymes, and feature the abōde Refreshing Blend to provide a natural, fresh aroma and deliver effective results.



dōTERRA abōde Refreshing Blend
A high-powered essential oil blend perfect for making nontoxic DIY cleaners and refreshing the air in any space.



abōde Foaming Hand Wash Concentrate
Effective against impurities, leaving the hands fresh and clean.



abōde Hand Lotion
Perfect for relieving dryness and helping the hands feel hydrated and nourished.



abōde Dishwasher Pods and Liquid Dish Soap
Tough on grease, leaving dishes, glassware, pots, and pans sparkling clean.



abōde Multi-Purpose Surface Cleaner Concentrate
Safely clean nonporous household surfaces, including where food is prepared.



abōde Laundry Pods
Gentle on clothes and tough on dirt, leaving every load fresh, clean, and bright.



The abōde line features beautiful, highly durable glass bottles. They're intended to buy once and refill again and again, making it simple to reduce, reuse, and recycle.

DAILY WELLNESS HABITS

- Eliminate chemical-based cleaning products.
- Use safe and natural cleansers and detergents.

See individual labels for ingredients, cautions, and instruction for use.

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Natural Self-Care

You don't have to settle for questionable ingredients in your self-care routine. Avoid adding to your body's toxic load. Instead, choose safe and natural products that provide a cleaner lifestyle. Replace more synthetic personal care products with dōTERRA naturally formulated essential oil-based options.

DAILY WELLNESS HABITS

- Eliminate chemical-based self-care products.
- Use safe and natural products in your self-care routine.



Essential Skin Care

Designed to meet all your antiaging and skincare needs. Use twice daily to keep the skin feeling healthy and looking young.



Yarrow | Pom Collection

A powerful three-layer botanical approach to beauty, inside and out. Use daily for a youthful glow.



dōTERRA® Hair Care

Use essential oil-infused, premium hair products: Protecting Shampoo, Daily Conditioner, and Leave-In Conditioner.



Oral Care

Use dōTERRA On Guard® Natural Whitening Toothpaste and Mouthwash morning and night to naturally brighten your smile.



Body Care

Cleanse your body with the Spa Moisturizing Bath Bar and Refreshing Body Wash, which are free of harsh ingredients.

See individual labels for ingredients, cautions, and instruction for use.

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