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Introduction

Adaptiv® Touch

Arborvitae

dōTERRA Breathe®

Copaiba

dōTERRA Helichrysum Touch

Lavender

dōTERRA On Guard® and dōTERRA On Guard+™ Softgels

Peppermint

dōTERRA Rose Touch

Turmeric Dual Chamber Capsules

Wintergreen

Introduction



As winter approaches, essential oils can be wonderful tools when it comes to supporting your family's wellness and creating the atmosphere you desire in your home.

Products like dōTERRA On Guard® and dōTERRA Breathe® are essentials year-round, but they can be especially helpful during the colder months. Others like Copaiba, Adaptiv® Touch, Lavender, and dōTERRA Rose Touch can help create an uplifting, calming environment. In this eBook, you'll learn the what, when, where, why, and how for these dōTERRA products and more, which are sure to offer valuable benefits for you and your family.

Maybe you're a winter lover who can't wait to spend all season on the slopes or to snowshoe through the woods. Maybe you're someone who struggles during the colder months of the year. Either way, essential oils can provide powerful assistance as you navigate the coming season.

Adaptiv® Touch



What's Adaptiv® Touch?

Adaptiv Touch is a proprietary blend of essential oils known for their calming, uplifting, and balancing aromas, prediluted in roller bottle for easy application. The oil blend includes Lavender, Magnolia, Neroli, Wild Orange, Spearmint, Sweetgum, Rosemary, and Copaiba in a base of Fractionated Coconut Oil.

The name *Adaptiv* is derived from the word *adapt*, because that's exactly what this product is designed to help you do. Be empowered with a natural solution that helps you feel in control of your environment.

How Do I Use Adaptiv® Touch?

Aromatically

While Adaptiv Touch is specifically designed for topical use, you can still enjoy the aromatic benefits of the oil blend. One easy way to do this is by rubbing Adaptiv Touch on your wrists or palms, and then bringing them close to your face, breathing deeply. You can apply any leftover product on the back of your neck or even in your hair to keep the scent with you.

Topically

Use Adaptiv Touch as a tranquil, relaxing perfume or personal scent. Applying it to the pulse points, such as on your neck and wrists, is especially effective when it comes to topical use. In the evening, massage Adaptiv Touch into your feet or shoulders as you wind down for bed.

Adaptiv contains Wild Orange in the oil blend, and citrus oils can cause skin sensitivity when exposed to sunlight or UV light. This simply means when you're using Adaptiv topically, either don't apply it before direct and extended exposure to sunlight or apply it to areas that will be covered and protected.

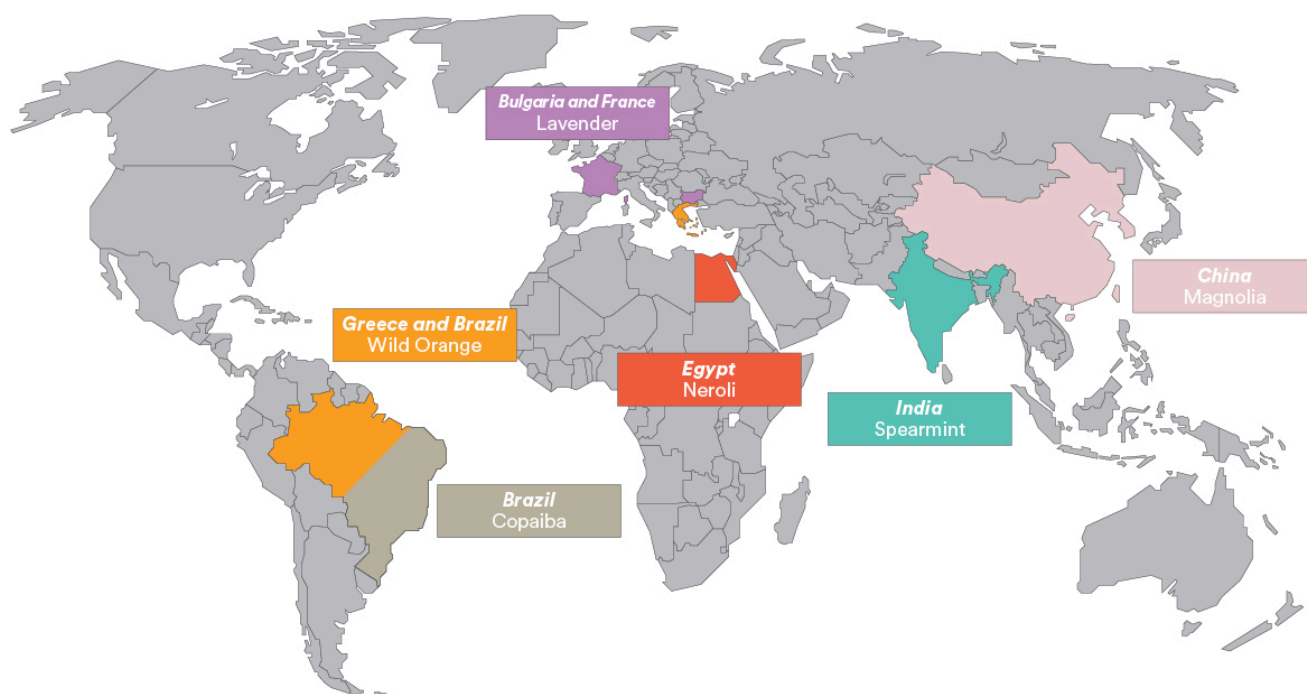
When Should I Use Adaptiv® Touch?

When the daily twists and turns of life leave you feeling overwhelmed, you need to adapt to your environment to find balance and comfort again. But adapting is easier said than done. Adaptiv Calming Blend can make the process a little easier.

Adaptiv is designed to help you acclimate and adjust to the daily challenges of life. It's specifically formulated to help soothe, uplift, calm, and relax your space. Use Adaptiv to help take yourself from a restless, indecisive, or overwhelming state to one that's calm and in control.

Adaptiv is ideal for daily use. Morning or night, if you need a soothing, relaxing, and empowering environment, Adaptiv is there to support you.

Where Does Adaptiv® Touch Come From?



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

Lavender, one of the primary essential oils in Adaptiv, is sourced from Bulgaria and France. France is famous for producing exceptionally high-quality lavender. Some historians estimate that lavender production in France dates back as far as 600 BC. Bulgaria is an agricultural

haven for growing aromatic plants, and the people are rich in expertise. Near the Black Sea, Bulgaria's sunny and dry climate—coupled with the well-drained, sandy soil—make growing conditions ideal.

While Bulgaria has historically boasted some of the world's premier essential oil research, development, and production, in the post-communist era, the industry faltered because of the government's financial support for wheat, sunflower, and corn. Many Bulgarian farmers replaced aromatic plants with such crops.

This led to a lack of innovation in the aromatic agricultural space, which inspired us to establish the Esseterre distillery in Dobrich, Bulgaria. Though Esseterre is owned by dōTERRA, it's really a Bulgarian firm, built and managed by Bulgarians. Expert managers, distillers, farmers, and engineers combine their impeccable skills and shared commitment to positively impact their communities.

Esseterre works with over 75 lavender farms, with farmers bringing their lavender to the facility from a small radius around Dobrich, as lavender should be distilled within one day of harvesting. The entire annual production of our Lavender essential oil takes place in just three to four weeks every year. During these weeks, Esseterre employees work around the clock to ensure the highest quality of Lavender possible.

Though its color is most brilliant in the early summer, we harvest lavender plants in July. Once its bright purple color has started to fade from exposure to the summer heat, the plant produces both higher quantity and quality of essential oil.

The establishment of Esseterre has created significant economic revitalization to the Dobrich, Bulgaria, region. It's brought a multimillion investment and many jobs to a country where nearly a quarter of its population lives at or below the global poverty line. More and more farmers are coming to Esseterre with their crops. This can be attributed to several elements, including the sophistication and quality of the equipment and technology, as well as Esseterre's reputation as a consistently reliable buyer that pays fairly and promptly.

Learn more about how Lavender essential oil makes a difference in the lives of farmers and their communities [here](#).

Why Adaptiv® Touch?

Adaptiv Touch contains Lavender, Magnolia, Neroli, Wild Orange, Spearmint, Sweetgum, Rosemary, and Copaiba with Fractionated Coconut Oil, together creating a synergistic experience that results in the ultimate calming aromatic blend.

- [Lavender](#) is queen among essential oil aromas when it comes to being calming and relaxing.
- [Magnolia's](#) aroma is intoxicatingly sweet and soft. It has the same primary chemical constituent as Lavender—linalool—which is incredibly soothing.
- From the blossoms of the bitter orange tree, [Neroli](#) carries a calm and uplifting scent.
- [Wild Orange](#) is known for its uplifting, positive, and energizing aroma.
- Invigorating and refreshing, [Spearmint](#) is particularly sweet among mint oils and promotes a positive environment.
- [Rosemary's](#) energizing, herbaceous scent is often used in aromatherapy.
- [Copaiba](#) can help create a calm environment.
- [Fractionated Coconut Oil](#) is a light carrier oil that helps increase essential oil distribution, while also leaving skin feeling smooth and soft.



Tip

Three Is Better than One

Adaptiv® Touch is actually part of the Adaptiv Trio, which includes two other products: Adaptiv Calming Blend and Adaptiv Capsules. Use all three products for maximum benefits and more powerful support.

Arborvitae



What's Arborvitae?

In Latin, the word arborvitae means tree of life—named for its benefits and effectiveness as a building material. An arborvitae tree can live for hundreds of years. The arborvitae tree, or western redcedar, is native to North America and related to the giant redwoods that flourish in the Pacific Northwest. Arborvitae essential oil is steam-distilled from the aromatic wood of these evergreen trees.

Historically, Native Americans used arborvitae trees for many practical purposes. The wood was useful for building vessels, totem poles, and homes. The roots and bark could make items like baskets, rope, and twine. The western redcedar was ideal for such projects because of its chemical makeup and natural preservative properties that protect it from damage. These same properties contribute to the wonderful benefits of Arborvitae essential oil.

How Do I Use Arborvitae?

Aromatically

The powerful smell of Arborvitae is distinctly unique—like the aroma of a lumber yard. The chemical composition of Arborvitae contains a significant concentration of methyl thujate and has a robust, woody scent. Diffuse Arborvitae to enjoy a woodland experience.

Topically

You can apply Arborvitae to promote clear skin. Add a drop to your hand with your facial cleanser or face moisturizer.

To enjoy its woody aroma, apply Arborvitae topically to your ankles, wrists, and neck before a hike or spending time outside in the evening.

When Should I Use Arborvitae?

Warm and woody, Arborvitae essential oil is used in meditation practices for its grounding aroma. Diffuse it or apply it topically during your practice. The arborvitae tree provides an essential oil with cleansing properties, so you can also use Arborvitae during your cleaning routines as a natural surface cleaner or wood furniture polish, like in the following Do It Yourself recipe.

Do It Yourself with Arborvitae: Natural Wood Polish

Ingredients:

- ¼ cup olive oil
- ¼ cup vinegar
- 5 drops Arborvitae
- 5 drops Lemon or Wild Orange

Instructions:

1. Add the olive oil and vinegar to a glass spray bottle.
2. Add 10 drops of essential oil.
3. Shake well before each use.
4. Apply to a microfiber cloth and wipe wood surfaces clean. Repeat every two to three months or as often as needed.

Where Does Arborvitae Come From?



Environmental Stewardship and Sustainable Sourcing

The timber industry has been sourcing arborvitae trees for decades. The industry is highly managed and sustainable, but in the past, leftover waste products—for example, sawdust—was burned. Now, by partnering with the industry, that sawdust is distilled into our Arborvitae essential oil. We use this residual material for a beautiful purpose—sustainably, responsibly providing you with essential oil for many years to come.

Why Arborvitae?

With its high concentration of tropolones (a group of chemical compounds), Arborvitae provides a warm and earthy aroma. Diffuse it to freshen the air. When applied topically, it promotes clear, healthy-looking skin.



Tip:

Craft Your Own Cologne

Create a signature cologne scent with Cedarwood, Arborvitae, and Frankincense. Combine several drops of each in a roller bottle with Fractionated Coconut Oil and apply to your neck and wrists.

dōTERRA Breathe®



What's dōTERRA Breathe®?

dōTERRA Breathe combines Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara into the popular Respiratory Blend.

How Do I Use dōTERRA Breathe®?

Aromatically

Clean, airy, and refreshing, dōTERRA Breathe is perfect for supporting feelings of clear breathing. Inhale from the bottle, rub a drop between your palms and breathe in the scent, or diffuse.

Topically

dōTERRA Breathe is excellent for topical application as well. Apply it on the chest and back—diluting first, if needed or desired. The chest and back are two of the most effective areas to apply dōTERRA Breathe Respiratory Blend, but you can also apply it to the bottoms of your feet.

When Should I Use dōTERRA Breathe®?

dōTERRA Breathe helps support feelings of clear airways. Cooler winter months—or amid any seasonal changes—are particularly good times to have dōTERRA Breathe on hand.

Its minty, airy aroma also offers a cooling and soothing vapor, providing comfort during the evening as you prepare for a restful night's sleep. Diffuse the oil blend throughout the night or apply it topically before bed. Consider keeping a bottle of dōTERRA Breathe on your bedside table for easy access at night when you or your family might need it.

Do It Yourself with dōTERRA Breathe®: Shower Melts

Shower melts are a fantastic alternative to bath bombs if you're in a hurry or prefer showers. Plus, with the addition of dōTERRA Breathe®, you'll enjoy feelings of easy breathing and a clearing, camphoraceous aroma.

Ingredients

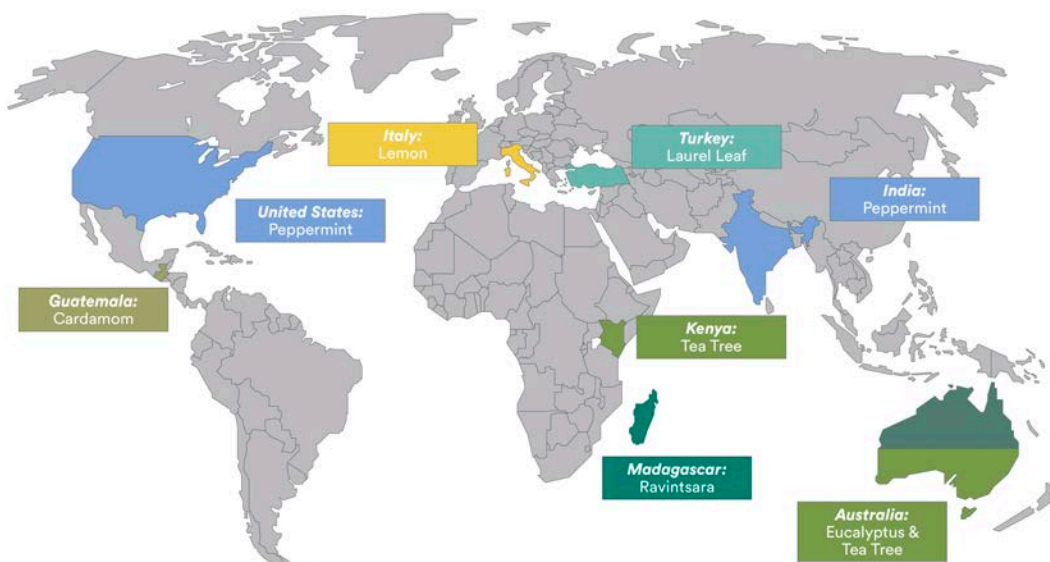
- 1 cup baking soda
- 25 drops dōTERRA Breathe
- ¼ - ⅓ cup water

Instructions

1. Combine the baking soda and water in a small bowl, mixing well.
2. Add 25 drops (depending on desired potency) to the mixture. Stir until well combined.
3. Pack the mixture into small silicone molds and allow to set overnight.
4. To use, place a tab in your shower, away from the direct flow of water, and enjoy the cooling aroma of dōTERRA Breathe.
5. Store in an airtight container. (This will help prevent the volatile compounds of the oil blend from evaporating into the air.) Use within one week.

Tip: For continued benefits after your shower, apply dōTERRA Breathe Vapor Stick to the neck and chest area.

Where dōTERRA Breathe® Comes From



Tea Tree, one of the essential oils in dōTERRA Breathe®, is sourced from both Australia and Kenya. The tea tree plant is native to Australia, where it thrives in sunny conditions and moist soil. In Australia, the plant grows all spring, summer, and autumn. Parts of Kenya provide similar growing conditions, allowing the plant to flourish. By also sourcing Tea Tree from Kenya, we support smallholder farmers in rural areas of the country, while also sustainably acquiring the highest quality essential oil.

Tea tree is a shrublike evergreen, which has traditionally been used for health purposes by Aboriginal Australians. At the beginning of WWII, most members of the Australian army carried a small bottle of tea tree oil with them. The essential oil comes from steam-distilled leaves.

The trees grow from spring through autumn, with harvesting only done during the winter months to prevent loss of growing time. The same trees can be harvested every year because they coppice—meaning begin to grow again—three to six weeks after harvest. Because of sustainable harvesting process, after 18 years of operation, the Australia plantation continues to increase the health and productivity of the same fields of tea trees.

Cardamom, another essential oil in the oil blend, is sourced from Guatemala. Cō-Impact Sourcing® supports training for cardamom farmers, which teaches them the best practices for growing, including seed selection, planting, harvesting, and plant care. Farmers are provided with biweekly training sessions and hands-on experience so they can see the positive effects of these techniques in their fields. As a result of the training, farmers should see a higher quality and increased quantity of cardamom, as well as receive a higher price for their product.

dōTERRA Healing Hands® has worked on a variety of community development projects in Guatemala. At Mario Mendez Montenegro Kindergarten School in Huehuetenango, they provided new bathrooms with toilets for the children and a new roof to help keep dry during rain. They repaired an old fence and put in a brand-new colorful picket fence around the play area. And the building and classrooms were repainted with bright, beautiful colors and playful designs.

In the Polochic Valley, a partnership between CHOICE Humanitarian dōTERRA Healing Hands funded an exciting project: the Sika'abe Training Center. In Q'eqchi, sika'abe means to seek one's path. The focus of this training center is to break the cycle of poverty by providing

vocational training to locals in a variety of areas, including construction, woodworking, welding, hospitality, and agriculture.

Why dōTERRA Breathe®

dōTERRA Breathe is made from eight essential oils that have historically been effective at promoting feelings of easy breathing: Lemon, Laurel Leaf, Eucalyptus, Ravensara, Ravintsara, Peppermint, Cardamom, and Tea Tree.

Eucalyptus and Peppermint have high menthol concentrations. These essential oils work together to help your breathing feel clear. The cooling and soothing sensation of dōTERRA Breathe can be incredibly comforting, especially as you get ready for a restful night of sleep.



Tip:

Soothing Steam Technique

In a kettle or small pot, heat a few cups of water until hot. When the water begins steaming, remove from the heat, pour it into a bowl, and add several drops of dōTERRA Breathe®. Then lean over the bowl and breathe deeply to promote feelings of open airways and easy breathing. If desired, drape a towel over your head to help trap the steam longer.

Steam can burn you if it's too hot, so be cautious of the temperature and adjust your position over the bowl as needed.

Copaiba



What's Copaiba?

The towering copaiba tree grows in the tropical rainforests of South America. For hundreds of years, traditional healers in northern Brazil have used these trees for their health benefits. Copaiba essential oil is steam-distilled from the oleoresin of the tree. When used internally, Copaiba can help soothe anxious feelings.* It also supports the cardiovascular, nervous, and digestive systems.*

*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.

How Do I Use Copaiba?

Aromatically

Diffusing or inhaling Copaiba directly is deeply relaxing and soothing. Add a few drops to a diffuser to create a relaxing, calming atmosphere.

Topically

The soothing properties of Copaiba make it ideal for topical usage. Massage it into your neck, shoulders, joints, or other targeted areas.

Copaiba is also a fantastic essential oil to use on your face as part of your skin care routine, as it helps promote a clear and smooth complexion. Add a drop to a facial moisturizer to help nourish the skin and reduce the appearance of blemishes.

One of Copaiba's most powerful characteristics is increasing the absorption and efficacy of other essential oils. Whether you're rubbing Lavender on your feet before bed or Deep Blue® into your muscles after a workout, adding a few drops of Copaiba will enhance the overall experience.

Internally

Copaiba has a plethora of benefits when taken internally. Its main constituent is beta-caryophyllene, which is also present in Black Pepper essential oil. This chemical constituent helps soothe.* Along with its emotional benefits, beta-caryophyllene promotes healthy nervous and cardiovascular system function.* The essential oil also contains powerful antioxidants.* Copaiba is a well-loved essential oil because it eases discomfort and promotes overall health, supporting people to feel and live their best.*

To take Copaiba internally, add one to two drops to water, juice, or tea. You can also place a couple drops in a Veggie Cap.

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When Should I Use Copaiba?

When you first wake up, place one to two drops of Copaiba under the tongue as part of your daily health regimen. You might also make it a part of your morning skin care routine by adding a few drops to your facial moisturizer or cleanser.

Throughout the day, you can foster an environment of balance, centeredness, and calm with Copaiba. With its pleasantly spicy and woody aroma, Copaiba is a wonderful essential oil you can turn to on overwhelming days.

In the evening, you can use Copaiba to create an atmosphere of rest and relaxation as you prepare for sleep. Massage it into your muscles or the bottoms of your feet. Diffuse it alone or with other soothing products like Lavender, Cedarwood, or Roman Chamomile.

Copaiba is the kind of essential oil you never want to run out of. It's useful anytime of the day, week, or year. It's an incredibly versatile product, so whenever you feel like your body needs some support, know that you can turn to Copaiba.

Do It Yourself with Copaiba: Copaiba and Lavender Honey Face Mask

Enjoy a little self-care with this nourishing natural face mask. The best part is it uses ingredients you likely already have on hand, so whether you're settling in for a spontaneous

spa night in or getting ready to go out on the town, this face mask is sure to have your skin glowing and happily.

Ingredients:

- 1 tablespoon raw honey
- 1 tablespoon coconut oil
- 2 tablespoons rolled oats
- 3 drops Copaiba
- 2 drops Lavender

Instructions:

1. Mix the ingredients together to form a paste.
2. Apply an even layer of the paste to your face and let dry for about 15 minutes.
3. Wash the mask off with water and use a clean towel to gently pat the skin dry.
4. Finish by applying your favorite moisturizer to your face.

Where Copaiba Comes From



Copaiba trees grow in tropical South America, especially along the Amazon River in Brazil. The Amazon River Basin experiences about 80–85% humidity year-round, with an average of 90 inches of rain per year. Because of its position on the equator, the Amazon Rainforest experiences 12 hours of sunlight every day of the year. These conditions are exceptional for plant growth, and copaiba trees thrive in this unique climate.

The essential oil is steam-distilled from the oleoresin of the copaiba tree. A copaiba tree is tapped for its oleoresin like how maple syrup is harvested. For six months of the year, the copaiba trees of the Amazon are inaccessible. But each year from January to June, the Amazon River Basin experiences its rainy season. During this time, the river and its tributaries rise an average of 20 feet or more, which means the copaiba trees can be reached by boat.

When a tree is first tapped, it gives an initial volume of oleoresin. The hole is then plugged, and the tree is revisited once or twice per year. The amount of oleoresin a copaiba tree produces is related to the diameter of the tree, the size of its canopy, and its location within the jungle canopy, but each tree can produce somewhere between two and six liters annually. A copaiba tree can live up to 400 years and grow more than 100 feet tall.

We partner with local harvesting families who live along the river. These families are accustomed to traveling by boat to reach neighbors and nearby towns. Each family takes care of several trees—a tradition that's been fostered for generations.

Communities in the rural Amazon are among the most poverty-stricken in Brazil. The state of Amazonas is Brazil's fourth poorest state, with approximately 17% of the 3.6 million people living below the poverty line. Rural populations in Brazil tend to have the highest rates of poverty, in part because of a lack of support for smallholder farmers.

By sourcing copaiba oleoresin for essential oil in the state of Amazonas, we support the livelihoods of at least 3,000 harvesters. Though harvesters had oleoresin buyers in the past, they weren't guaranteed a fair market price for their product, and sales were irregular. Through dōTERRA, these harvesters are now paid a fair, previously agreed price for their oleoresin, both regularly and reliably.

Why Copaiba

As the essential oil with the highest concentration of [beta-caryophyllene](#), Copaiba has a spectrum of health-promoting benefits that continues expanding as more research is conducted.* Previous research showed beta-caryophyllene is an agonist of the cannabinoid type 2 receptor (CB2 receptor), meaning it activates the receptor just as an endogenous signal would. The CB2 receptor has several functions inside and outside the central nervous system. CB2 receptors are expressed in the hippocampus, as well as the ventral tegmental area—major player in neural circuits of pleasure and reward. CB2 receptors are also expressed in immune cells and peripheral nervous system pathways. New research suggests activation of the cannabinoid system may help support neuron health.*

Additional research into beta-caryophyllene suggests many other means by which Copaiba essential oil can support overall health.* When taken internally, the chemical constituent possesses strong antioxidant properties, promotes healthy cellular function, may help support overall circulatory health, and may help support the health of the gastrointestinal tract and colon.* Copaiba essential oil (with all its constituents) may help keep the mouth, teeth, and gums clean and healthy-looking. When topically applied, Copaiba may also help keep the skin clean and clear, while also helping reduce the appearance of blemishes. Another interesting experimental research study found that Copaiba, when taken internally, may help support uterine health and ease menstruation.*

With so many incredible benefits to offer, Copaiba makes a wonderful and powerful addition to anyone's essential oil routine.



Tip:

It's Massage Time

Add a few drops of Copaiba with Fractionated Coconut Oil to your next massage. Whether you go to a professional masseuse or do DIY massages at home, Copaiba will ramp up the benefits.

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dōTERRA Helichrysum Touch



What's dōTERRA Helichrysum Touch?

Helichrysum is a mountain wildflower in the daisy family. It has slim, silvery leaves and yellow blossoms. Unlike many herbs, only the blossoms yield the fragrant essential oil, making it precious.

dōTERRA Helichrysum Touch is pure Helichrysum essential oil that's been prediluted with Fractionated Coconut Oil in a 10 mL roller bottle.

How Do I Use dōTERRA Helichrysum Touch?

Aromatically

dōTERRA Helichrysum Touch is designed specifically for topical use; however, that doesn't mean you can't also enjoy its aromatic benefits too! Take advantage of the calming aroma this essential oil provides by stopping to take a deep breath of the scent after you apply it.

Topically

This honey-sweet scented essential oil is renewing to the skin. When applied topically, dōTERRA Helichrysum Touch promotes a clear complexion and soothes as part of a massage. It promotes healthy, glowing skin and reduces the appearance of wrinkles, lines, and blemishes. Apply it to the face to reduce the appearance of wrinkles and promote a glowing, youthful complexion. It also helps soothe minor skin irritations, such as after sun exposure or shaving.

When Should I Use dōTERRA Helichrysum Touch?

Because of its skin benefits and prediluted delivery method, dōTERRA Helichrysum Touch is a great product to use when you've got little ones around the house. Roll a little dōTERRA

Helichrysum Touch on the little bumps and spots that come with all the climbing, tumbling, crawling, spinning, and fun of childhood.

dōTERRA Helichrysum Touch is also a great essential oil to have on hand for adult skin care. Apply it after shaving for soothing skin support. Also use it as part of a skin care routine to reduce the appearance of blemishes and promote a glowing, youthful complexion

Where Does dōTERRA Helichrysum Touch Come From?



The essential oil in dōTERRA Helichrysum Touch is sourced from Albania. In addition to Helichrysum, dōTERRA also sources Laurel Leaf, Juniper Berry, and Vitex essential oils from Albania, which creates and sustains jobs in rural areas. By acquiring Helichrysum from Albania, dōTERRA supports ethical sourcing practices that provide farmers with a fair, stable income. From multiyear contracts to school bathroom renovations, dōTERRA is committed to improving the circumstances in which these producers and their families work and live.

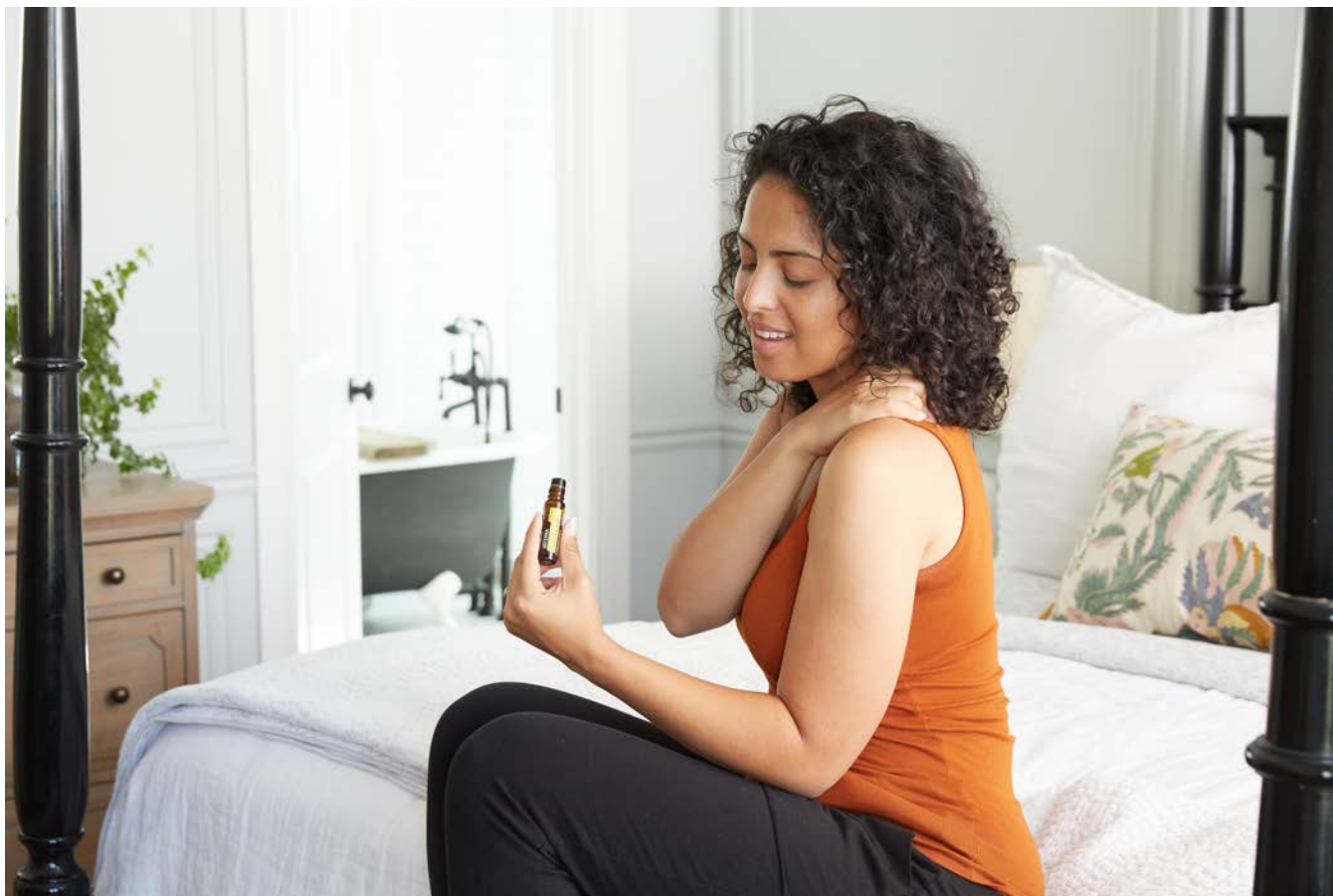
Why dōTERRA Helichrysum Touch?

Helichrysum's primary constituent is neryl acetate, which has been shown in experimental research to be effective for reducing skin irritations. Neryl acetate supports healthy-looking skin and reduces the appearance of blemishes and wrinkles. Helichrysum essential oil is also

rich in acetophenones and phloroglucinols—molecules that support healthy-looking skin when applied topically.



Tip:



Take a Break

When you need a break, turn to dōTERRA Helichrysum Touch for help. Roll it on the back of your neck and temples for a soothing sensation, and then take a few deep breaths.

Lavender



What's Lavender?

Sourced from its native Europe, Lavender essential oil is distilled from the freshly harvested flowering tops of the true lavender plant (also known as English lavender) in Bulgaria, France, as well as other areas of the world. Though often used at bedtime, Lavender creates an equally calming atmosphere during the day.

How Do I Use Lavender?

Aromatically

You can use Lavender aromatically the same way as any other essential oil. You can diffuse it, breathe it in, or enjoy it some other way you've come up with. Put a drop on your pillow at night or use it to keep your linen closet smelling calm and fresh.

Topically

If used topically, Lavender can help keep the skin and scalp looking clean and healthy. You can apply it directly, use a drop with your shampoo or conditioner, or run a drop through your hair, which also creates a lovely diffusing effect.

Lavender can soothe minor skin irritations. Great for just about all things related to skin, it can help reduce the appearance of skin imperfections. You can apply it directly to targeted areas of the skin or dilute it if you'd like to increase the absorption and reduce any potential skin sensitivity.

Internally

When it's taken internally, Lavender essential oil helps soothe and relax the mind.* It also promotes a restful night's sleep when consumed.* You can take a couple of drops in a Veggie Cap or simply add it to a drink, like water, juice, or tea.

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When Should I Use Lavender?

Lavender is one of those essential oils that's useful just about anywhere, anytime. Keep it on hand for occasional skin irritations. Use it topically as part of your morning or evening skin care. Use it internally and aromatically at bedtime. Make a cup of Lavender tea, add a drop to a warm evening bath, or diffuse throughout the night.

Lavender makes an excellent addition to children's nightly routines too. Give your child a relaxing foot massage with Lavender and Fractionated Coconut Oil before bed and put a drop on his or her pillow to smell before drifting off to sleep.

Another great time to use Lavender essential oil is in the kitchen. Use when cooking to soften citrus flavors and add a delicious twist to marinades, baked goods, and desserts.

Do It Yourself with Lavender: After-Sun Soothing Serum

Sun exposure is good, but it can quickly turn into too much of a good thing. We all know it's nice to have a little soothing after fun in the sun—and that goes for wintertime too! The sun can reflect onto your face from the snow and ice, and cold, dry winter air whips against your skin. After a long day on the slopes or snowshoeing through the mountains, use this after-sun soothing serum on your face.

Ingredients:

1 tablespoon Fractionated Coconut Oil

1 tablespoon aloe vera

1 teaspoon vitamin E

2–3 drops Lavender essential oil

2–3 drops Frankincense essential oil

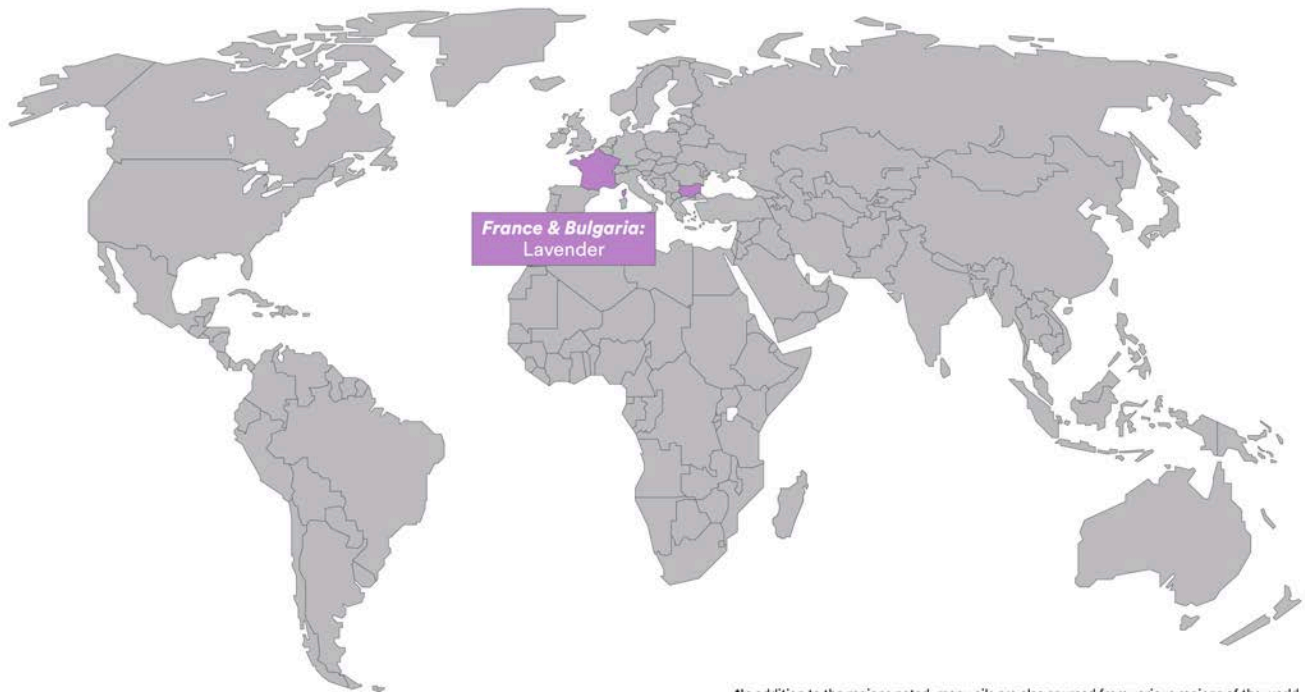
Tip: This recipe may make more serum than you'll need for one application. Store what's left in a small glass container to use another day.

Instructions:

1. Combine all the ingredients.

2. Apply a thin, even layer to clean skin.
3. Before each use, shake gently to reincorporate all the ingredients.

Where Lavender Comes From



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

Bulgaria is an agricultural haven for growing aromatic plants, and the people are rich in expertise. Near the Black Sea, the sunny, dry climate and well-drained, sandy soil make the growing conditions in Bulgaria ideal for lavender. France is also famous for producing exceptionally high-quality lavender. Some historians estimate that lavender production in France dates back as far as 600 BC.

While Bulgaria has historically boasted some of the world's premier essential oil research, development, and production, the industry faltered in the post-Communist era because of the government's financial support for wheat, sunflower, and corn. Many Bulgarian farmers replaced aromatic plants with these crops.

This led to a lack of innovation in the aromatic agricultural space, which inspired us to establish the Esseterre facility in Dobrich, Bulgaria. Though Esseterre is owned by dōTERRA, it's really a Bulgarian firm, built and managed by Bulgarians. Expert managers, distillers,

farmers, and engineers combine their impeccable skills and a shared commitment to positively impact their communities.

Esseterre works with over 75 lavender farms, which bring lavender to the facility from a small radius around Dobrich, as the plant should be distilled within one day of harvesting. The entire annual production of our Lavender essential oil takes place in just three to four weeks every year. During this time, Esseterre employees work around the clock to ensure the highest quality of Lavender possible.

Even though its color is most brilliant in the early summer, we harvest our lavender plants in July. Once its bright purple color has started to fade from exposure to the summer heat, the plant produces both higher quantity and quality essential oil.

The establishment of Esseterre has created significant economic revitalization to the Dobrich, Bulgaria, region. It's brought a multimillion investment and many jobs to a country where nearly a quarter of its population lives at or below the global poverty line. More and more farmers are coming to Esseterre with their crops. This can be attributed to several factors, including the sophistication and quality of the equipment and technology, as well as Esseterre's reputation of being a consistently reliable buyer that pays fairly and promptly.

For years, the few remaining distilleries in Bulgaria were mostly managed by brokers. They determined how much and when the farmers would get paid. Many farmers are treated unfairly, and some aren't paid for months, or even years, until the brokers sold the product. At Esseterre, however, we can test the quality of a farmer's crop and essential oil nearly immediately. The onsite, state-of-the-art laboratory includes a gas chromatography-mass spectrometry (GC/MS) machine to confirm quality, plus a space where farmers can watch and wait while their crops are being distilled. Having this technology onsite allows us to not only confirm—while the farmer waits—that their plants produced the highest quality essential oil and pay them fairly and quickly, usually the same day. We also award bonuses to farmers with the highest quality essential oil.

dōTERRA Healing Hands® has supported a variety of projects and organizations in Bulgaria, including the Social Teahouse, a scholarship project, and a playground project.

Why Lavender

Linalool—one of the main chemical constituents of Lavender—is what gives this essential oil its floral scent. In vivo research indicates that linalool-rich Lavender may be beneficial to the immune system.* While more research is required, internal use of an essential oil containing linalool might provide support to this bodily system.*

Like [menthol](#), linalool is a monoterpene alcohol. A monoterpene is a molecule with a backbone made of 10 carbon atoms, and an alcohol is an oxygen atom bonded to both a hydrogen and a carbon atom in that backbone. Based on experimental research, linalool possesses cleansing properties and may help promote feelings of calmness and relaxation, as well as a healthy circulatory system when used internally.*



Tip:

Hair, Skin, and Nails

Give your hair, skin, and nails the floral treatment with Lavender essential oil. Add a drop to your scalp and work it through your hair after showering. Use a drop with your favorite moisturizer and lotion each evening. Or gently massage a small amount into your eyebrows and nail beds a few times each week.

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

dōTERRA On Guard® and dōTERRA On Guard+™ Softgels



What's dōTERRA On Guard®?

dōTERRA On Guard Protective Blend supports healthy immune function when taken internally.* It freshens the air and is a favorite for diffusing, thanks to its welcoming, spicy citrus aroma and many beneficial properties. It includes Wild Orange, Clove, Cinnamon Bark, Eucalyptus, and Rosemary.

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

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How Do I Use dōTERRA On Guard®?

Aromatically

Thanks to its warm and spicy aroma, dōTERRA On Guard is a great oil blend for diffusing at home, school, and work. It refreshes the air and creates an upbeat, energized atmosphere.

Topically

When using dōTERRA On Guard topically, two of the best places to apply it are the spine and bottoms of the feet. Applying dōTERRA On Guard topically can produce a gentle warming effect that feels especially nice during cold weather. For children or those with sensitive skin, dilute with a carrier oil like Fractionated Coconut Oil.

Internally

When taken internally, dōTERRA On Guard offers powerful immune support and reinforces the body's natural antioxidant defenses.* It also encourages healthy circulation.*

Encased in vegetarian softgels, dōTERRA On Guard+™ Softgels make taking dōTERRA On Guard internally simple and convenient. While dōTERRA On Guard is excellent for daily use, dōTERRA On Guard+ Softgels should just be taken occasionally, as needed.

When Should I Use dōTERRA On Guard®?

During winter months, as well as when seasonal threats are high, massage dōTERRA On Guard into your feet in the evenings. Put on socks or slippers after to increase absorption. Or after a warm bath or shower, gently apply dōTERRA On Guard to the spine. This can be wonderfully soothing for children before bed.

Whenever you feel a bit under the weather, take dōTERRA On Guard internally for extra support.* Just a drop or two is all you need! While many love the taste of dōTERRA On Guard, you may prefer to take it in a Veggie Cap if you haven't tried it before, since it does contain hot oils like Clove and Cinnamon Bark. Or you can dilute it by adding a drop to juice, water, or another beverage. You can always follow it with a sip of milk if the taste was still a little strong for your liking.

Another excellent time to use dōTERRA On Guard is when you're cleaning. The oil blend is highly cleansing, purifying, and even degreasing, so it makes for the perfect cleaning companion. Add several drops to a spray bottle with water, and you've got yourself a natural and effective all-purpose spray.

Diffuse dōTERRA On Guard throughout your home for a welcoming, supportive, and inviting aroma. Try diffusing it in the foyer as your kids come home from school or in the living room and kitchen when you're entertaining guests. Other great places to diffuse it include bedrooms, bathrooms, and workspaces. It really does work everywhere!

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Do It Yourself with dōTERRA On Guard®: dōTERRA On Guard Pumpkin Smoothie

Fall in love with the flavors of fall by making this delicious treat, infused with dōTERRA On Guard Protective Blend.

Ingredients:

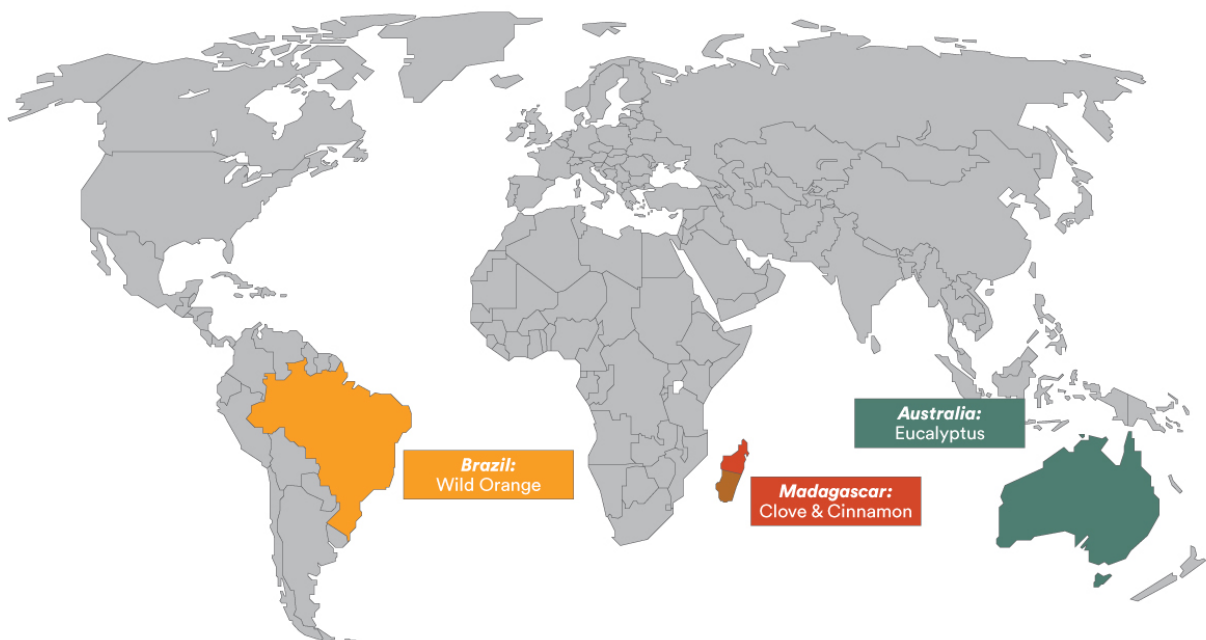
- 1 cup almond milk (or milk of your choice)
- ½ cup pumpkin purée
- ½ cup vanilla yogurt
- 2 frozen bananas
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie seasoning
- 2–3 drops dōTERRA On Guard
- 1 cup ice

Instructions:

1. Combine all the ingredients in a blender and blend until smooth.
2. If desired, add some whipped cream and sprinkle with cinnamon.

Tip: For a vegan recipe, replace the milk and yogurt with one can of coconut milk.

Where dōTERRA On Guard® Comes From



Wild Orange, one of the main essential oils in dōTERRA On Guard®, is sourced from southern Brazil, which has the perfect climate for citrus growing—and consequently producing high-quality citrus oils. Citrus oils are typically produced in conjunction with a juicing operation, where the essential oils are expressed from the rinds, and the juice is pressed from the whole fruit. So it is with Wild Orange. The essential oil is cold-pressed from the fruit rinds.

We're proud to support hundreds of small-scale farmers who grow the oranges for Wild Orange and value maintaining the long-term partnerships we've developed with producers in southern Brazil.

Both Clove and Cinnamon Bark—two other products in dōTERRA On Guard—are sourced from Madagascar. Cinnamon Bark is also sourced from other areas in East Africa. Cinnamon—both the spice and the essential oil—come from the bark of the cinnamon tree. Most of the production of cinnamon is for the spice industry.

The bark can be harvested year-round after it's reached three years of maturity. The tree is cut, and the bark peeled from the trunk and major branches. The tree can be regrown and, after reaching the right size, harvested again. After the bark is harvested, it's dried in the sun. The bark is then steam-distilled to produce the essential oil.

Clove trees require a tropical, humid environment. They've been growing in Madagascar for about 200 years. The clove tree is originally from Southeast Asia, and most of the production of clove is for the spice industry. A clove tree takes about three years to mature, but they can live to be more than a century old.

The essential oil comes from the buds on the tree. The buds turn bright red when they're ready for harvest, right before they blossom. After the buds are harvested, they're dried in the sun. The buds are then steam-distilled to produce the essential oil.

Why dōTERRA On Guard®

dōTERRA On Guard contains Cinnamon Bark, Wild Orange, Eucalyptus, Rosemary, and Clove.

Spicy and sweet, [Cinnamon Bark](#) has been shown in experimental research to promote a healthy immune system when taken internally.* It can also help freshen the breath.

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[Wild Orange](#) contains powerful antioxidants that support a healthy inflammatory response and promote overall health.* The fresh citrus kick of Wild Orange is uplifting and greatly adds to the appeal of dōTERRA On Guard.

[Eucalyptus](#) has purifying properties that can be beneficial for cleaning surfaces. Aromatically, it freshens the air with an uplifting aroma. Do note that the type of Eucalyptus essential oil (Eucalyptus globulus) used in dōTERRA On Guard is different from the single dōTERRA Eucalyptus essential oil (Eucalyptus radiata), which isn't meant for internal use.

[Rosemary](#) may support healthy respiratory function when taken internally.* It also supports digestion.*

[Clove](#) freshens breath and supports the cardiovascular system when taken internally, thanks to its powerful antioxidant properties.*

While each of these products is impressive, when combined together in an oil blend, they create a synergistic effect that makes them even more powerful and beneficial. In other words, the whole is greater than the sum of its parts!



Tip:

Super Support for School

As your children leave for school in the morning, apply dōTERRA On Guard® to the backs of their necks for a spicy and supportive aroma at the start of the day!

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Peppermint



What's Peppermint?

Peppermint is a cross of water mint and mild-flavored spearmint. It was first described by Swedish botanist Carl Linnaeus in the eighteenth century. One of the most popular essential oils, Peppermint promotes feelings of clear airways, supports oral health, and soothes the stomach when ingested.*

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How Do I Use Peppermint?

Aromatically

The sharp, sweet scent of Peppermint is energizing and exhilarating. Its intensely minty scent is distinct, familiar, and fresh. One of the most effective ways to use Peppermint aromatically is to place a drop or two on the palm and breathe deeply from your hands. Doing so helps create an awake and alert atmosphere, as well as provides feelings of clear airways. Peppermint is almost always a fabulous addition to diffuser blends.

Topically

Peppermint is a powerful topical essential oil. It generates a cooling sensation on the skin that's soothing and beneficial. Peppermint can be used on the head, neck, and shoulders. Apply it topically to targeted areas and dilute as desired or needed.

Another benefit to using Peppermint topically is it serves as a natural bug repellent. Keep it handy for hikes, campouts, or even your next neighborhood BBQ.

Internally

The great flavor of Peppermint makes it a popular essential oil to ingest. In fact, it's the most popular oil used in the food industry, thanks to its pleasant and refreshing taste. You can add a drop of Peppermint to your favorite smoothie recipe or protein shake for a refreshing twist.

When taken internally, Peppermint promotes healthy digestion and respiratory function.* To freshen breath and ease occasional indigestion, add one to two drops to a glass of water and drink.*

When Should I Use Peppermint?

One of the best times to use Peppermint essential oil is first thing in the morning. When you wake up, place a small drop on your thumb, and then on the roof of your mouth. This will help jump-start your day with an energetic atmosphere.

Place a drop of Peppermint and Lemon in water for a healthy and refreshing mouth rinse before you leave the house in the morning. You might also add a drop of Peppermint to your toothbrush—along with toothpaste, of course—for boosted oral hygiene benefits and extra fresh breath.

As you navigate daily life, you'll find Peppermint is one of the best go-to natural solutions for many of the occasional uncomfortable issues you encounter, like tummy troubles.* You can also apply the essential oil to your temples and the back of the neck for some soothing comfort.

To alleviate occasional stomach upset or indigestion, take Peppermint internally.* You can put a drop under the tongue, in a glass of water, or in a Veggie Cap.

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Do It Yourself with Peppermint: Peppermint Black Bean Brownies

Black bean brownies are a delicious and nutritious twist on the traditional chocolate brownie. You might be nervous about baking with black beans, but rest assured they have a mild flavor and are extremely rich and creamy—not to mention full of protein. And including Peppermint essential oil in this recipe adds a delicious burst of flavor.

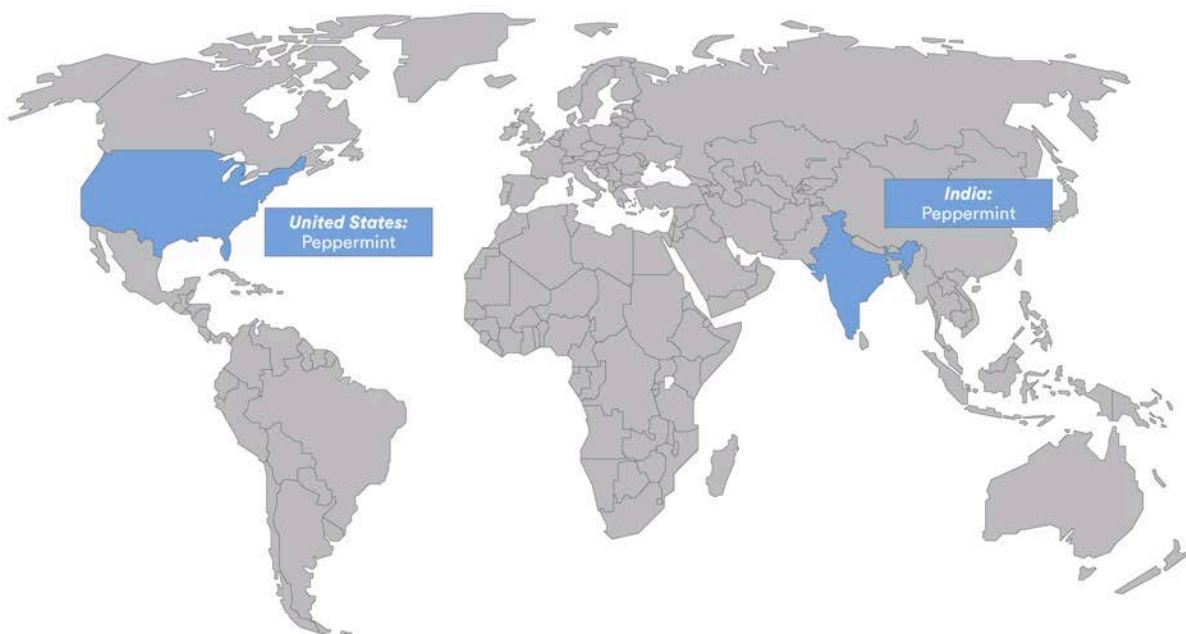
Ingredients:

1 (15-ounce) can black beans, drained and rinsed
2 large eggs
¼ cup cocoa powder
⅔ cup honey
⅓ cup coconut oil
½ teaspoon baking powder
Pinch of salt
2–4 drops Peppermint essential oil
¾ cup chocolate chips, divided

Instructions:

1. Preheat the oven to 350°F.
2. Place all the ingredients, except for the chocolate chips, in blender or food processor and blend until smooth.
3. Pour the batter into large bowl and stir in ½ cup chocolate chips.
4. Pour into a greased 8 x 8 pan and top with ¼ cup chocolate chips.
5. Bake for 30–35 minutes or until a toothpick comes out clean.

Where Peppermint Comes From



Different climates and soils impact the chemical profile of the peppermint plant. The Pacific Northwest is an ideal climate for growing peppermint because of the high and consistent amounts of rainfall each year. This contributes to a high menthol content, which gives the plant its minty aroma and flavor.

Some of the northern states in India have climates similarly suited for optimal mint cultivation. By sourcing some of our Peppermint essential oil in India, we support smallholder farmers there. Two of the three main Indian growing seasons usually produce food crops, but oftentimes the middle growing season may go unused. This middle growing season is perfect for cultivating peppermint as an annual crop (unlike in the US, where it's a perennial). It's an important cash crop for millions of Indian farmers and their families, the vast majority of whom are small producers, with land holdings under two hectares. Distillation is done in local units near the fields, and the spent biomass—plant material that's already been distilled—is used to fuel the distillation boilers.

Why Peppermint

One of the most widely known and used terpene compounds, menthol is a monoterpene alcohol that's found in high concentrations in Peppermint. Though it's primarily known for its skin-cooling and respiratory-supporting benefits,* its surface-cleansing, body system-supporting,* and pest-repellant properties have also been extensively investigated.

Peppermint essential oils are graded based on the content of the menthol they contain. High-quality essential oils contain more menthol, which is the primary constituent and is responsible for its positive effects on the body.* Factors like location and climate, as well as time of harvest, effect the menthol content. dōTERRA gives careful care and attention to ensure our Peppermint essential oil has maximum menthol content.



Tip:

After-Dinner Mint

After indulging at dinner on, say, Thanksgiving, take a few drops of Peppermint internally to support digestion and comfort.* Alternatively, you can use Peppermint proactively as you manage and encourage mindful and healthy eating. Before and during your meal, place a drop of Peppermint in your water. Enjoy the refreshing taste and health benefits!

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dōTERRA Rose Touch



What's dōTERRA Rose Touch?

dōTERRA Rose Touch contains our pure Bulgarian Damask Rose essential oil with Fractionated Coconut Oil in a sleek roll-on bottle. An exotic and captivating fragrance, this product beautifies the skin and creates a peaceful space. This is arguably the most prized and precious essential oil in the world.

How Do I Use dōTERRA Rose Touch?

Aromatically

Sweet, beguiling, and unmistakably romantic, Rose is one of the most precious and sought-after essential oils globally. It takes an astonishing 10,000 rose blossoms to produce just 5 mL of our Rose essential oil. But just a drop of Rose delivers a beautiful, soothing fragrance. To enjoy the aromatic benefits of Rose, roll your dōTERRA Rose Touch bottle on your wrists, rub them together, and inhale deeply. You can also apply dōTERRA Rose Touch to your neck and other areas of the skin where the fragrance can linger with you all day.

Topically

Prediluted with Fractionated Coconut Oil in a roller bottle, dōTERRA Rose Touch is ideal for topical use. Rose aids in balancing the skin's moisture levels, and because it has astringent qualities, it helps reduce the appearance of skin imperfections when applied topically. Use dōTERRA Rose Touch on areas of concern twice daily to encourage an even skin tone and healthy-looking complexion.

When Should I Use dōTERRA Rose Touch?

Use dōTERRA Rose Touch when you're looking for a romantic aroma or personal fragrance. Its delicate, distinct floral sweetness is simultaneously subtle enough to use as a daily scent and

enchanting enough to dazzle for special occasions. Combine it with Magnolia, Jasmine, or Neroli to add additional complexity and uniqueness to your signature scent.

Another effective time to use dōTERRA Rose Touch is during your nightly skin care ritual. After your cleanser, roll dōTERRA Rose Touch on your face, neck, and chest before applying your moisturizer. Enjoy both the skin benefits and balancing aroma before bed.

Where Does dōTERRA Rose Touch Come From?



The Valley of the Roses in central Bulgaria lies just south of the Balkan Mountains—an imposing range of peaks that’s halted invading armies and protected the quiet valley for millennia. Today, because of its location, few cars pass through the valley, keeping the air and soil clean from contaminants.

Located near the Black Sea, the valley has a sunny climate and well-drained, sandy soil that work together to create ideal conditions for growing roses. Roses also require significant amounts of rain. The geography of the area again provides just the right conditions, thanks to the sweeping Balkan mountain range.

More than 100 species of roses exist, but it's the Damask rose, or *Rosa damascena*, that's grown and distilled in Bulgaria for dōTERRA Rose essential oil. The Damask rose was first introduced to Bulgaria in the seventeenth century, and it's widely regarded as producing the highest quality rose oil.

In early May, the harvest dominates the social and economic landscape of the Valley of the Roses. Family and friends come help the rose farmers bring in their annual harvest. More than 50,000 harvesters are hired to collect roses during the short window when the essential oil volume is at its highest. While technology has revolutionized how many crops are harvested, roses are harvested in much the same way today as hundreds of years ago: by hand, one loving blossom at a time.

The best time for picking is just as the flowers begin opening their petals. Starting well before dawn, harvesters work through the morning to collect the delicate blossoms, taking care not to crush any in the process. The presence of essential oil is highest in the cool hours of the morning, decreasing as the sun rises. Because the rose petals are so delicate, they must be steam-distilled the same day they're harvested. If they wait too long, the valuable essential oil is lost.

To collect the essential oil as efficiently as possible and ensure farmers are paid fairly and on-time, dōTERRA recently built a rose distillery in Kazanlak named Terra Roza, as part of the dōTERRA Esseterre Bulgaria operation (headquartered in Dobrich). This facility began operations in May, just in time for the 2020 rose harvest.

Why dōTERRA Rose Touch?

Symbolic of love, beauty, and seduction, roses have been adored for thousands of years. Persians perfected the distillation of rosewater and rose oil during the Middle Ages, and rose became famous for its ability to improve the complexion throughout Europe, Asia, and the Middle East. Today, rose bushes are well-known ornamental plants, and rose oil graces high-end lotions, fragrances, cosmetics, and nutritional products.

Hundreds of rose species exist in the world. The Damask rose (*Rosa damascena*) originates from Asia and is one of the most desirable roses because of its superior fragrance, scarcity, and remarkable benefits. The scent of Damask rose is indulgent and creates a relaxing environment. It's also said to be rejuvenating.

💡 Tip:



Leave a Love Note

Show someone close to you how much you love him or her with a note or letter. And to make it extra special, roll a little dōTERRA Rose Touch on the note before you deliver it for a gorgeous aroma.

Turmeric Dual Chamber Capsules



What Are Turmeric Dual Chamber Capsules?

Turmeric Dual Chamber Capsules deliver both turmeric extract and Turmeric essential oil to your body simultaneously, providing you with the best of both worlds when it comes to turmeric's powerful health benefits.*

The dual chamber capsule is essentially two capsules in one. It's specially designed to deliver both an essential oil and a non-oil (like an extract) in the same capsule without compromising either. This is done by keeping them in separate chambers within one capsule.

dōTERRA is the first to combine Turmeric essential oil and turmeric extract in a dual chamber capsule. By combining the delivery of both products, the effectiveness of each is maximized.

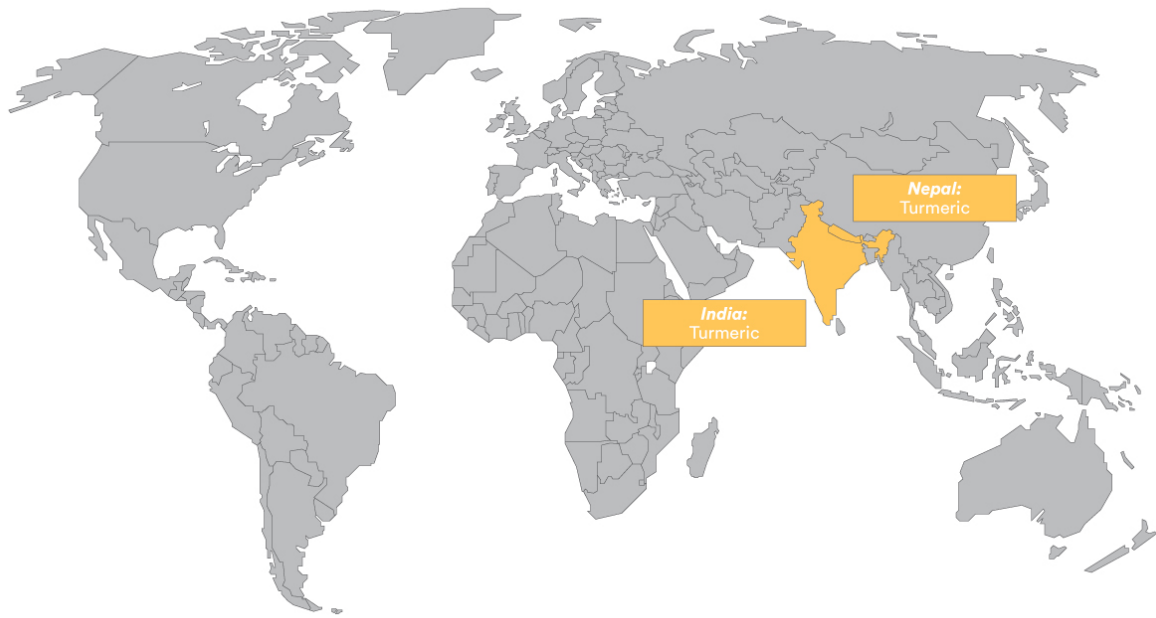
How Do I Use Turmeric Dual Chamber Capsules?

Internally

Take two Turmeric Dual Chamber Capsules daily as needed to support an active lifestyle. Taking the capsules with food is recommended.

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Where Does Turmeric Come From?



Turmeric is sourced from various parts of India and Nepal. It's used extensively as a spice and grown abundantly for that market.

Turmeric is a rhizome, which is the underground stock of the plant from which roots grow. It's typically dried and ground as a spice and is often grown as an intercrop alongside corn, sugarcane, and other crops. Many farmers grow turmeric after they've been growing sugarcane for a few years. They pull out the sugarcane and plant turmeric because it provides nutrients for the soil. Farmers in India often say growing turmeric is beneficial within the soil, and sugarcane planted after turmeric has a significantly higher yield.

The essential oil is steam-distilled. After farming and harvesting (done by both men and women), the turmeric roots are sorted into various grades (typically by women). Our Turmeric essential oil is a blend that comes from distilling both dried and fresh turmeric.

Why Turmeric Dual Chamber Capsules?

Turmeric extract is considered one of the best nutritional supplements in existence because it contains curcuminoids. Curcuminoids help your body fight free radicals and protect against oxidative damage in your cells.* Turmeric extract is known for its ability to help your body maintain a healthy inflammatory response at the molecular level.*

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Turmeric essential oil supports your body by maintaining a healthy inflammatory response and combating oxidative stress.* Additionally, Turmeric contains the chemical constituents turmerone and ar-turmerone, which help your body's absorption of curcumin—the primary curcuminoid in Turmeric.

Turmeric Dual Chamber Capsules provide you with both Turmeric essential oil and turmeric extract in one capsule. This powerful duo promotes a healthy inflammatory response in your body.* You can also use it to help protect against oxidative damage and the effects of free radicals.*

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Wintergreen



What's Wintergreen?

Sourced from the beautiful mountainsides of Nepal, Wintergreen essential oil has a powerful warming, soothing sensation that pairs perfectly with any massage. Additionally, its sweet, minty aroma is potent and refreshing.

How Do I Use Wintergreen?

Aromatically

Wintergreen can be used topically and aromatically. It should never be used internally. Though Wintergreen is mostly commonly known and used for its topical benefits, the aroma offers much. Its strong scent creates a stimulating environment and helps clear out unpleasant odors. Add a few drops of Wintergreen to a spray bottle with water or diffuse for a minty, natural room freshener.

Topically

The topical benefits of Wintergreen are powerful and immediate. It provides an impressive warming and soothing sensation that feels excellent on tense areas and as part of a massage. Wintergreen is an exceptionally intense essential oil and should always be diluted with a carrier oil, such as Fractionated Coconut Oil, avocado oil, olive oil, or something similar, to minimize any skin sensitivity.

When Should I Use Wintergreen?

One of the best times to use Wintergreen is before or after exercise. Dilute a drop or two with your choice of carrier oil and massage it into key muscles.

When it's been a long day—be it from work, moving, or some other straining event—Wintergreen can be incredibly helpful. Dilute and rub it into your neck and shoulders or into your feet.

Do It Yourself with Wintergreen: Scented Holiday Pinecones

Capture a fresh wintery atmosphere with these homemade scented pinecones.

Ingredients:

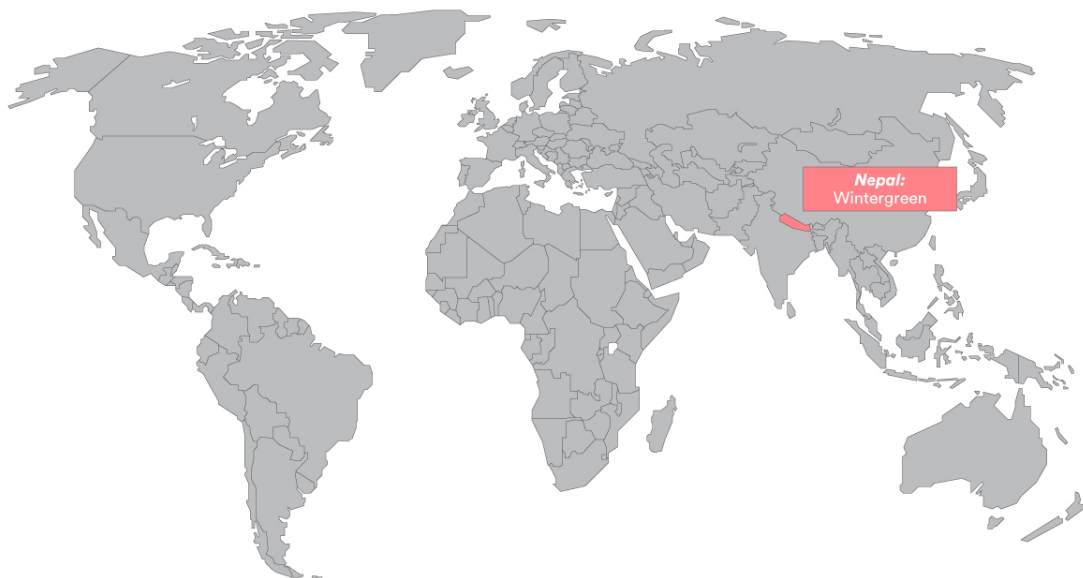
Dry pinecones

Wintergreen essential oil

Instructions:

1. If your pinecones were collected outside, put them in the oven at 200°F for at least 30 minutes or until the pinecones have opened.
2. Place one drop of Wintergreen essential oil on each pinecone. (If you want variety in your scents, try using [Cassia](#), [Clove](#), [Holiday Joy®](#), [Wild Orange](#), or [Siberian Fir](#) as well.)
3. Place the pinecones in a decorative bowl or on your Christmas tree.

Where Does Wintergreen Come From?



Wintergreen grows in the foothills of the Himalayas, making Nepal and China the sole regions of the world with endemic, wild wintergreen. It thrives in a cool climate with heavily forested areas. We source our Wintergreen essential oil from Nepal, where we support much-needed income streams for harvesters and distillers.

The essential oil comes from the leaves of the wintergreen plant, which grows between three and nine feet high. The leaves are hand-collected by harvesters—primarily women—who transport the wintergreen in a large basket that rests on the back, held in place by a strap around the forehead. One basket of wintergreen leaves can weigh up to 110 pounds. The women sell the raw material to distillers. The leaves soak in warm water overnight before being steam-distilled. Next is the distillation itself, which lasts at least 14 hours.

The forests where wintergreen grows are managed by Community Forest User's Groups (CFUG), who oversee wintergreen collection to prevent overharvesting. Nepalese harvesters and distillers work with CFUGs to follow management plans, rotating collect areas for wild wintergreen leaves each year.

Working with our partners in Nepal, we've been active in facilitating supply chain improvement and sustainability programs for Wintergreen essential oil. We've developed manuals on proper collection, manufacturing, and testing practices. Then we implemented trainings on these topics. We've also installed more distillation units in several communities. These initiatives are helping optimize essential oil yields, making best use of this beautiful natural resource and increasing income for harvesters.

After the devastating 2015 earthquake in Nepal, dōTERRA Healing Hands® began relief aid—and continued providing it, as it can take years to truly rebuild after such a destructive natural disaster. As of 2019, they'd reached nearly \$2,000,000 in earthquake relief aid and community social impact projects.

In partnership with CHOICE Humanitarian, as well as local government and communities, dōTERRA Healing Hands has supported numerous projects in Wintergreen and Spikenard essential oil-producing communities. These projects include:

- The construction of Sanskriti Sadan Secondary School (500 students), Sharada Secondary School (700 students), and Gokul Ganga Higher Secondary School (700 students)
- The rebuilding of more than 50 earthquake-damaged homes

- The expansion of the primary hospital in Palung, Makwanpur (serving over 100,000 people)
- The construction of a new hospital in Rasnal, Ramechhap
- The reconstruction of the Agara Health Post
- The construction of the Veterinary and Agricultural Lab facility as part of the Janakalyan Secondary School in Makwanpur
- The installation of a water supply system that provides potable water for 325 families and schools in Thaha, one of the country's poorest communities.

Also, in partnership with Days for Girls, dōTERRA Healing Hands has assisted with the distribution of more than 30,000 feminine hygiene kits and accompanying education to adolescent girls in Nepal.

Why Wintergreen?

Wintergreen essential oil is known for its unique warming effect on the skin, which stems from methyl salicylate—the main chemical constituent. Wintergreen is one of the few essential oils that has just two different constituents appear in its GC/MS analysis. Of these two constituents, methyl salicylate is by far the more prominent, making up 99% of the essential oil.

Methyl salicylate ($C_8H_8O_3$) is made up of a benzene ring with an alcohol functional group attached. Many over-the-counter ointments and salves for acute, occasional discomfort contain methyl salicylate as the active (working) ingredient. Methyl salicylate can be soothing to fatigued or strained muscles. This is part of the reason why applying diluted Wintergreen essential oil or [Deep Blue® Rub](#) after exercise can be so beneficial.



Tip:

Freshest Bathroom Ever

Bathrooms tend to attract odors like no other place in the home. Keep yours smelling fresh with the help of Wintergreen! Put one drop inside a toilet paper roll and enjoy the powerful minty aroma!