



Product Reveal

dōTERRA[®]
pursue what's pure[™]

connection
2023

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Chapter One

Becoming Convention Blend

The Becoming Convention Blend has a little bit of everything—citrus, tree, mint, and floral. Its bright, encouraging fragrance symbolizes the bright, encouraging hope for the future we feel when we commit ourselves to becoming better, little by little each day.

Usage Tips:

- Apply to the wrists and neck for a sweet, unique personal fragrance.
- Roll on diffuser jewelry or your hair for a subtle way to carry the aroma with you all day.
- Apply over the heart or to the pulse points and soak in the fresh, pure, and encouraging scent.

What's the Becoming Blend?

Becoming blends Lemon, Douglas Fir, Japanese Mint, Cardamom, and Sweet Gum essential oils, as well as Blue Lotus extract, in a base of Fractionated Coconut Oil. This exclusive essential oil blend highlights the blue lotus flower, which ends the day submerged in water, only to rise above the surface each morning. The symbolism behind this inspiring flower celebrates resilience and continuous growth of the heart and mind.

Becoming Convention Blend comes in a 10 mL roller bottle for easy application. The Fractionated Coconut Oil in the essential oil blend not only reduces any skin sensitivity (making Becoming appropriate for all ages) but also increases absorption into the skin. On your personal journey of becoming, enjoy the beautiful, inspiring scent of this essential oil blend and the encouraging atmosphere it promotes.



Birch

Essential Oil

Birch

Betula lenta

Birch essential oil has a surprisingly sharp, powerful aroma. Its distinctive scent promotes a fresh, invigorating atmosphere. When used topically, it creates a unique cooling sensation.

Usage Tips:

- Diffuse a drop or two to encourage a stimulating, energizing environment.
- Place a few drops on cotton balls and put in closets, gym bags, shoes, or other areas that need refreshing.
- Dilute with a carrier oil and massage into the muscles and joints.

What's Birch Essential Oil?

Birch (*Betula lenta*) is a tree native to the US and Canada. Birch can grow up to 75–80 feet tall, and it's sometimes known for its peeling bark. Steam-distilling that bark produces Birch essential oil.

Is Birch the Same as Wintergreen?

No, Birch isn't the same as Wintergreen. Birch essential oil comes from steam-distilling *Betula lenta* bark, while Wintergreen comes from steam-distilled *Gaultheria fragrantissima*—a creeping shrub found in coniferous areas.

However, both Birch and Wintergreen contain the same primary chemical constituent: methyl salicylate. In fact, they're both over 96% methyl salicylate.

Can You Diffuse Birch?

Yes, you can diffuse Birch essential oil. However, it's quite strong, and the aroma can be overpowering. You'll only need a drop or two when you incorporate Birch into diffuser blends.

What's Birch Good For?

Methyl salicylate is commonly used topically to provide occasional relief from mild muscle or joint discomfort.

Birch is considered a sensitive essential oil, so diluting it with a carrier oil is recommended for topical use. The cooling, comforting effect of Birch makes it excellent for massages or application to the muscles and joints.

With its powerful aroma, Birch essential oil can also manage odors and refresh the air.



Blue Lotus

Touch

Blue Lotus Touch

Nymphaea caerulea

Also known as Egyptian lotus or blue water lily, the blue lotus flower is notorious for its mysterious, mystical persona. Blue Lotus is incredibly rare among essential oils.

Usage Tips:

- Apply to the pulse points for a centering, relaxing aroma throughout the day.
- Incorporate into a daily skincare routine to help maintain the skin's natural moisture barrier.
- Roll on the neck and wrists with another favorite floral like Jasmine Touch or Magnolia Touch for a tranquil, calming personal aroma.

What's Blue Lotus Extract?

The captivating blue lotus flower is too delicate to steam-distill or cold-press to produce essential oil. Instead, solvent extraction is used on the delicate blossoms to produce Blue Lotus extract. Blue Lotus Touch contains Blue Lotus extract in a base of Fractionated Coconut Oil.

What's Blue Lotus Touch Used For?

Squalene, the main chemical constituent in Blue Lotus, is a natural part of your body's ability to moisturize the skin. Plus, the Fractionated Coconut Oil in Blue Lotus Touch adds even more hydrating properties. Benzyl alcohol, another major constituent found in Blue Lotus, supports a clean, healthy scalp when applied topically. These constituent properties make Blue Lotus Touch a fabulous choice for skin and hair care.

Apply Blue Lotus Touch as part of your morning or evening skincare routine for soft, hydrated skin and bask in its enchanting scent.

What Does Blue Lotus Smell Like?

Blue Lotus Touch is distinctly floral, smelling sweet and almost green. The unique aroma makes for an enchanting personal *pure-fume*. Simply roll on the neck and wrists. Tranquil and peaceful, Blue Lotus Touch is also ideal for massage and meditation. Consider applying Blue Lotus Touch to the pulse points or crown of the head before meditating or completing your next yoga practice.

Are Lotus Flowers Hallucinogenic?

Blue lotus flowers are known for their ability to induce lucid dreaming; however, Blue Lotus Touch poses no hallucinogenic side effects or dangers whatsoever. The extract doesn't contain the constituents associated with hallucinogenic effects and is safe for aromatic and topical uses.



PB Assist+®

ProBiome Gut Complex

PB Assist+ is a pre- and probiotic supplement that's formulated for the whole family! It features a strawberry watermelon flavor with seven billion AFU live cells and 13 strains of microencapsulated probiotics, along with prebiotic fructooligosaccharide (FOS). While PB Assist+ feels like it just melts in your mouth, the microencapsulation technology ensures the probiotics are delivered to the intestines.

Usage Tips:

- Take one stick daily.
- Pour directly into your mouth or mix it with cold water, applesauce, yogurt, or a smoothie and consume immediately.

How Healthy Microbiomes Make a Healthy You

Human beings have evolved alongside tiny organisms called microbes. In fact, scientists estimate there are at least as many microbes in your body as there are human cells! These microbial communities are called microbiomes. Like with almost every health aspect, supporting your microbiomes starts with foundational lifestyle choices. Microbiomes are healthiest when they're diverse. You can support the diversity of your microbiomes by eating a balanced diet with a variety of whole foods (especially raw fruits and vegetables and fermented foods like kimchi, sauerkraut, and kefir), moving your body daily, getting restorative sleep, managing life's stressors, and limiting exposure to harmful toxins.

How PB Assist+ Helps

Clinical and experimental research suggests that inulin—a prebiotic ingredient in PB Assist+—promotes a healthy digestive system, may provide digestive comfort, promotes a healthy lipid metabolism, promotes a healthy cardiovascular system, and promotes a healthy immune system.* Prebiotics are like food for probiotics, which in turn create postbiotics. Pre-, pro-, and postbiotics all work together to benefit you.*

Clinical and experimental research suggests other ingredients in PB Assist+ benefit the overall digestive system, protecting and cleansing, promoting healthy microflora, and providing digestive comfort.* It also promotes overall immune health and a healthy inflammatory response, nervous system development, and cognitive function.* PB Assist+ may also promote a healthy mouth in children!*



dōTERRA PB Restore™ ProBiome Complex

dōTERRA PB Restore is more than a simple probiotic. In addition to supporting your gut health, it offers a patent-pending formulation for whole-body, systemic health.* Each dual-chamber capsule contains 18 billion CFUs and 30 bioactive components including pre-, pro-, and postbiotics and bacteriophages. When you take one capsule a day, you're supporting your health with unparalleled microbial diversity.*

Usage Tips:

- Take one capsule daily with water just before a meal.

Beyond the Gut

You may have heard about the gut microbiome, but you actually have microbiomes in more than just the digestive system. Your microbiome is a vast, diverse ecosystem of microbes that exist throughout your body, including the skin, mouth, eyes, ears, nose, lungs, kidneys, urinary tract, reproductive system—basically anywhere that has contact with the outside. Each microbiome communicates with and helps support your cells and vital organs—and ultimately your overall health.

How dōTERRA PB Restore Helps

dōTERRA PB Restore has an inner and outer capsule to ensure pre-, pro-, and post-biotics and phages are delivered to where they're needed in the digestive system. Clinical and experimental research suggests inulin—a prebiotic ingredient in PB Restore—promotes a healthy digestive system, digestive comfort, healthy lipid metabolism, healthy cardiovascular system, and healthy immune system.* Prebiotics are like food for probiotics, which in turn create postbiotics. Prebiotics, probiotics, and postbiotics all work together to benefit you.*

Clinical and experimental research of other ingredients suggest dōTERRA PB Restore may promote a healthy respiratory system, strong immune system, and a healthy inflammatory response in various bodily systems.* It benefits the digestive system in overall digestive health, protecting and cleansing,, promoting healthy microflora, and providing digestive comfort.* It also promotes healthy digestive systems in infants whose mothers supplemented during pregnancy, according to clinical and experimental research.*



dōTERRA **Serenity**[®] Restful Complex Softgels

dōTERRA Serenity Restful Complex Softgels are a natural solution for occasional sleeplessness you can take internally.* They contain Lavender essential oil, which is known for its ability to relax and calm the mind when ingested,* as well as lemon balm, passionflower, chamomile, L-theanine, and tart cherry.



Usage Tips:

- Take one to two softgels before bed as needed.

What Are dōTERRA Serenity Softgels?

dōTERRA Serenity Softgels contain Lavender essential oil, lemon balm, passionflower, chamomile, L-theanine, and tart cherry. All these ingredients are encased in a vegetarian softgel and work together to encourage restful sleep without leaving you feeling groggy the next day.*

Key Ingredients in dōTERRA Serenity Softgels

Clinical and experimental research supports ingesting Lavender essential oil is calming to the nervous system and promotes healthy relaxation and sleep.*

L-theanine can promote relaxation without causing drowsiness and is studied for its calming effects on the nervous system.* It's structurally similar to the neurotransmitters glutamate and gamma-aminobutyric acid (nicknamed GABA), both of which are associated with improved mood, calmness, and relaxation.*

Tart cherry extract is included for its positive effect on sleep, which likely results from the tryptophan it contains. Tryptophan helps the body make melatonin, a natural hormone your body produces as part of your circadian rhythms' synchronization of the sleep-wake cycle. Melatonin is often referred to as the sleep hormone. Its production increases with evening darkness, promoting healthy sleep, while light causes the production to stop. Every 100 grams of tart cherries contain about nine milligrams of tryptophan, plus tart cherries also contain natural melatonin itself. The tart cherry extract in these softgels is a simple, natural way to gently support your body's melatonin production and provide some additional melatonin, ultimately, supporting your sleep.

Chapter Six

dōTERRA Serenity® Stick + Valerian

This soothing stick is a convenient way to apply dōTERRA Serenity Restful blend and Valerian essential oil topically. The natural moisturizing emollients will leave your skin feeling soft and non-greasy.

Usage Tips:

- Massage into your neck and shoulders before bed.
- Apply to the bottoms of the feet—big and little—during your bedtime routine.
- Apply to the pulse points when you awake during the night and enjoy the aroma as you go back to sleep.

dōTERRA Serenity

dōTERRA Serenity is a beautiful mix of Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, and Sandalwood essential oils with Tonka Bean and Vanilla Absolute. Its soothing scent creates a calm, tranquil atmosphere, perfect for evening routines or bedtime rituals. This blend is now easier than ever to apply topically with the dōTERRA Serenity Stick + Valerian.

What's Valerian?

Valerian is an herb native to Asia and Europe, but it can also be found in North America. The plant's root contains multiple versatile compounds that may impact the human brain and body. Adding Valerian supports and enhances the effects of the dōTERRA Serenity Stick, making the overall results even more powerful and soothing.



dōTERRA Serenity Three-Step System: Get the Rest You Deserve*

Each dōTERRA Serenity product can be a powerful tool for natural support on its own, but they're most powerful and effective when used together. When paired with smart sleep hygiene habits, the dōTERRA Serenity three-step system can help you get the rest you deserve.



1 dōTERRA Serenity Restful Blend



2 dōTERRA Serenity Stick + Valerian



3 dōTERRA Serenity Softgels



There's more than one way to implement these steps, but here's an example: take a softgel and diffuse the essential oil blend 30 minutes before bed. Start your bedtime routine, enjoying the aroma of dōTERRA Serenity as you wind down. As you climb into bed, apply the stick, rubbing it into your neck, shoulders, and wrists. Finish by inhaling the freshly applied aroma, basking in its calming, grounding scent. Then simply close your eyes and drift off for a night of deep, rejuvenating sleep.

Another example would be to diffuse dōTERRA Serenity throughout the evening. As it gets closer to bedtime, put a drop in the palms of your hands, rub the hands together, cup them over your mouth and nose, and take a few deep breaths, pausing to reset and enter in the right state of mind for your winddown. Proceed to your bedtime routine, finishing it off by applying the stick to the bottoms of your feet and back of your neck. Swallow a softgel as you settle into bed for a restful night.

You can try one of these examples or apply the three-step system in a way that works for you. It's ultimately as simple as one, two, three: diffuse dōTERRA Serenity Restful Blend, apply dōTERRA Serenity Stick + Valerian, and take dōTERRA Serenity Restful Complex Softgels.

Chapter Seven

Shinrin-Yoku™

Forest Bathing Blend and Shinrin-Yoku Touch

In Japanese, *shinrin* means “forest” and *yoku* means “bath.” The Shinrin-Yoku blend is inspired by the practice of forest bathing. Close your eyes and let the aroma transport you to the forest.

Usage Tips:

- Diffuse for a fresh, grounding aroma.
- Place a drop in your palm, rub your hands together, and inhale deeply.
- Add a few drops to lotion or a carrier oil.

What Does Shinrin-Yoku Mean?

As mentioned above, *shinrin-yoku* is Japanese for “forest bath.” Forest bathing is as simple as going out into trees and soaking in the sensations of being outdoors. Inspired by the Japanese practice, this essential oil blend brings the aromas of nature to you.

Essential Oils in Shinrin-Yoku

The Shinrin-Yoku blend includes distilled Lemon essential oil (as opposed to traditional cold-pressed Lemon), Patchouli, Magnolia, Siberian Fir, Cypress, Cardamom, Hinoki, Lavandin, Pink Grapefruit, Geranium, and Lemon Petitgrain essential oils, creating a unique aroma that is woody, citrusy, and floral.

The essential oils in this blend were chosen for their terpene content. Terpenes, also known as phytoncides, are a type of chemical compound found in the essential oils of some plants and are specifically associated with the benefits of forest bathing.

The next time you wish you were sitting in a grove of trees and sunshine, close your eyes, diffuse some Shinrin-Yoku, and enjoy the next best thing. Let this blend transform the atmosphere of your home, car, workspace, or wherever you may be into one that is grounding, harmonious, and refreshing.

Shinrin-Yoku Touch

Shinrin-Yoku Forest Bathing Blend is also available in a convenient 10 mL prediluted roller bottle. The Fractionated Coconut Oil in Shinrin-Yoku Touch not only reduces any skin sensitivity (ensuring easy application for the whole family), but it also increases absorption into the skin.



Chapter Eight

dōTERRA SuperMint™ Toothpaste

A refreshing, clean blend of Peppermint, Japanese Mint, Bergamot Mint, and Spearmint, dōTERRA SuperMint is the ultimate combination of pure mint essential oils. dōTERRA SuperMint Toothpaste is exactly what it sounds like—toothpaste featuring this fresh and powerful blend!

Usage Tips:

- Apply a small amount to a moistened toothbrush. Brush gently and thoroughly for two minutes, spit, and rinse.
- For optimal results, follow with dōTERRA On Guard® Mouthwash.
- Brush morning and night and preferably after each meal or use as directed by a dentist or physician.

What's in dōTERRA SuperMint Toothpaste?

Fluoride-free and combined with the refreshing flavor of dōTERRA SuperMint Mentha Blend, this toothpaste is full of safe, natural ingredients that help keep your mouth clean and healthy while also polishing and whitening the teeth.

Peppermint and Spearmint essential oils are known for their oral health benefits. They may support reduced plaque and a clean mouth.

Hydroxyapatite is a naturally occurring substance and an important ingredient in dōTERRA SuperMint Toothpaste. Experimental research indicates it helps remineralize and restore tooth enamel, which is important for keeping your teeth healthy and preventing enamel erosion. Hydroxyapatite helps your teeth feel stronger and less sensitive to hot and cold.

Another important ingredient is hydrated silica. This is a gentle, natural abrasive that helps polish and whiten teeth while removing stains. Calcium carbonate may also support teeth whitening.

The natural sweetener xylitol, which is known to support oral health, is also included in this toothpaste.

