

dōTERRA® eBook: Natural, Safe, and Effective Hair Care





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Natural, Safe, and Effective Hair Care

At dōTERRA, we know you want to feel confident in and at peace with the products you use in your hair. In order to do that, you need hair care that's natural, safe, and effective. And when you're reducing the toxins you and your family are exposed to, even products as simple as shampoo and conditioner need to be addressed.

The problem is you don't want to sacrifice performance just because a product is natural. You don't want to lower your standards for your hair, but you also don't want to lower your standards for clean product ingredients, which would make you feel frustrated and like everything is a compromise.

We believe you shouldn't be forced to choose between a product that works and a product that's natural. We understand how difficult it can be to find haircare products up to your standards in terms of ingredients and efficacy, which is why we created our own.

dōTERRA® hair products don't have sulfates, silicones, synthetic fragrances or dyes, parabens, phthalates, or phenoxyethanol. What they do have are simple, clean ingredients from Mother Nature like quinoa protein, shea butter, coconut oil, fermented rice water, jojoba oil, aloe vera leaf juice, and—of course—dōTERRA CPTG Certified Pure Tested Grade® essential oils.

It's time to stop making compromises, either settling for a product with ingredients you don't trust or a natural product that doesn't really work. With dōTERRA hair, you can feel good about your products without sacrificing results. Your hair can truly have it all.



dōTERRA® hair Products

PROTECTING SHAMPOO

dōTERRA Protecting Shampoo is gentle enough to use daily and safe for color-treated hair. It softly removes hard water minerals, pollutants, and styling product residue and leaves your hair looking shiny, revitalized, and restored. The Protecting Shampoo includes quinoa protein to help strengthen and protect your hair. It also has Peppermint, Eucalyptus, Tea Tree, and Spearmint essential oils, which come together to provide a refreshing, energizing aroma on top of topical benefits.





DAILY CONDITIONER

With a pure formula designed for everyday use, dōTERRA Daily Conditioner preserves color vibrancy, rinses clean, and leaves your hair hydrated. It smooths hair, leaving yours soft, silky, and frizz-free without buildup. The Daily Conditioner also contains Peppermint, Eucalyptus, Tea Tree, and Spearmint essential oils—minty, clean, and fresh!

LEAVE-IN CONDITIONER

Keeping your hair looking healthy means protecting it from heat hairstyling and daily wear and tear. dō-TERRA Leave-In Conditioner has a clean, no-rinse formula that offers heat protection, detangles, softens, and locks in moisture. Simply spray it on your hair—that's it! Wild Orange, Lime, Blue Tansy, and Magnolia essential oils and osmanthus extract leave your hair smelling divine.



A close-up photograph of a woman with long, dark, wet hair. She is wearing a white bathrobe and is holding a small, teal-colored spray bottle with a gold-colored nozzle. She is spraying the product onto her hair. The background is a light-colored tiled wall.

HOW TO USE

When switching to natural hair care, it can take your hair time to become used to new products that don't have any of the sulfates, parabens, phthalates, and silicones your hair has adapted to. But it doesn't take time for you to learn how to use them. Just wash and condition your hair like usual. It's that simple!

1. Apply a small amount of Protecting Shampoo to damp hair and massage into the scalp. Rinse thoroughly.
2. After shampooing, apply Daily Conditioner to wet hair, concentrating on the ends. Rinse thoroughly.
3. Spray Leave-In Conditioner on your hair after shampooing, conditioning, and towel-drying your hair. Don't rinse. Use it before blow-drying or heat-styling your hair for heat protection.

This haircare trio works as a system. The shampoo, conditioner, and leave-in conditioner are formulated to complement each other, so you'll see the best results from treating your hair with them together. These products also help reduce buildup, which may take time for your hair to adjust to.

Shampoo and Conditioner Strengthening Bars

For a solution that's natural, effective, and environmentally friendly, meet the dōTERRA® hair Shampoo and Conditioner Strengthening Bars. These concentrated bars save water, reduce shipping impact, and don't require plastic bottle packaging. Each bar saves nearly 13.6 fluid ounces of water, travels easily, and is packaged in bio-based and recyclable materials.



dōTERRA hair Shampoo Strengthening Bar gently cleanses the scalp and strengthens hair. It features the powerful benefits of fermented rice water, as does dōTERRA hair Conditioner Strengthening Bar. Fermented rice water is rich in vitamins and antioxidants, smoothing, nourishing, and strengthening for hair. It also improves texture.

Both formulas also have multiple nourishing and hydrating ingredients like cocoa seed butter, jojoba oil, shea butter, broccoli seed oil, aloe vera leaf juice, and radish root ferment. Of course, they're also infused with CPTG® essential oils, including Bergamot Mint, Cedarwood, Litsea, Patchouli, and Rose. Restorative Rosemary and refreshing Japanese Mint complete the aromatic experience and offer refreshing haircare benefits.





HOW TO USE

As mentioned before, it can take your hair time to adjust to natural ingredients after years of synthetic chemicals. We suggest trying the five-wash challenge! Stick to your normal washing schedule and see what happens over the next five washes. As your hair becomes used to the power of natural products, you'll see how the strengthening bars will be game changers for your haircare routine.

1. Soak your hair in the bath or shower.
2. With wet hands, rub the shampoo bar until suds appear.
3. Lather the shampoo bar directly onto your scalp or lather it between your hands and apply the suds to your scalp. Massage in.
4. Rinse your hair.
5. Rub the conditioner bar between wet hands to activate.
6. Apply the conditioner bar directly to your hair, starting from the middle and going to the ends.
Tip: If you have long hair, pull the bar through the ends of your hair like a brush.
7. Rinse your hair well.

Between uses, keep your dōTERRA hair Shampoo and Conditioner Strengthening Bars dry to help them last longer. You might also use the conditioner bar when shaving!

NATURALLY EFFECTIVE

With the dōTERRA® hair line in your home, you'll enjoy all the benefits of haircare products that work and all the benefits of going natural by saying no to toxins. Your hair will look and feel naturally healthy, strong, and vibrant! To purchase dōTERRA hair products or learn more, visit [doterra.com](https://www.doterra.com).



dōTERRA[®] hair