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dōTERRA PRODUCT GUIDE, (see pages 36-51)
Au Naturel Never Smelled so good.
On the island of Nosy Be, just off the northwest coast of Madagascar, the branches of ylang ylang trees stretch out parallel to the ground. The careful growers purposefully prune them that way to make it easier to harvest the tree’s blossoms. But even as the blossoms become easier to reach, sustainable income from their harvest continues to be a difficult problem to solve. dōTERRA and an on-the-ground partner are now working to empower those who produce Ylang Ylang—the growers, harvesters, and distillers—to change their own circumstances, starting with their income.

**THE HEART OF CŌ-IMPACT SOURCING**

As in other places where Cō-Impact Sourcing is being implemented, Nosy Be has its struggles. It also has great potential thanks to our highly valued partnership we have with the people that was facilitated through our partners on the ground. Cō-Impact Sourcing works because of the empowering effects of partnership. These partnerships ensure fair treatment for growers or harvesters, which is usually jeopardized by middlemen. The demand dōTERRA has for quality essential oils means that ylang ylang growers and distillers have a guaranteed buyer. Without such a buyer, distillers sell their oil to the highest bidder, which does not always pay that much. Price speculation hits farmers who are not in a cooperative or who do not have a partner committed to helping them succeed especially hard.

There are other benefits, too. Growers who create quality product and then continue to improve it are rewarded for their efforts. Not only do they receive a fair wage, in return for producing higher quality oil they are rewarded with an annual bonus. They can also invest more in expanding their production capacity by putting in new distillation units and getting more growers into cooperatives so they can be better organized to reach higher production volumes.

**WHY YLANG YLANG?**

Since the late 1800s, ylang ylang, or Cananga odorata, has been grown in Nosy Be, and from these trees comes some of the highest quality Ylang Ylang oil in the world. Originally introduced to Madagascar by French perfumers when it was a French colony, ylang ylang has a very refined process of distillation. As the perfume industry needs very specific scents, a specific method was developed unique to this oil. Ylang ylang is divided out into several different profiles: Ylang Ylang I, II, III, extra, and complete. This means that different weighted molecules come off during differing times in the distillation process, top notes first, and bottom notes last. For dōTERRA Ylang Ylang, the Ylang Ylang complete profile is used.
dōTERRA requires the complete profile so that there is no separation of aromatic molecules, thus ensuring that we receive the complete array of compounds produced by the delicate flowers for its full therapeutic benefit. Perfumers, on the other hand, prefer separation for specific fragrance profiles.

This precious oil is often used for its mood lifting properties as well as for promoting healthy looking skin and hair. Ylang Ylang is one of the primary oils in our Console blend for its ability to soothe emotions.

**FOR THE FUTURE**

The Healing Hands Foundation is in the process of reviewing possibilities for a community benefitting project in Nosy Be in partnership with a ylang ylang cooperative that dōTERRA works with through the Co-Impact Sourcing initiative.

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**THE INTRICATE PROCESS**

Ylang Ylang essential oil is incredibly labor intensive to produce. Harvest time peaks from December to March. Before a tree can be harvested, it needs to grow for three to four years. Once that age is reached, the process can begin:

1. When flowers become yellow with a red center, they are ready to be picked. The trees must be harvested multiple times over a five to six week period.
2. Harvester collect the flowers and bring back their filled baskets to be weighed. They then create a pile on a platform and write their names next to their pile for record keeping and payment.
3. The flowers are then delivered to a nearby distillery where they must be distilled within 24 hours.
4. Like all flowers, ylang ylang must be distilled in a hydrodistillation process, meaning they are placed in water and boiled to create steam that contains the oil. This process takes 24 hours to complete, with workers keeping up hand-fed fires to fuel the distillation process.
5. Ylang Ylang complete essential oil is then ready to be sent out.
The poet John Donne said, “No man is an island.” It is almost impossible to live without having an impact for good or ill on the lives of others. In no time is this more true than in times of devastating natural disasters, such as the earthquake and its numerous aftershocks in Nepal in April and May of this year. Moved by the plight of a nation already stricken by poverty, other nations all over the world have donated time, money, and manpower to help. doTERRA® became part of that overwhelming response as the opportunity arose to have an impact and improve the lives of people traumatized by this disaster.
First-aid

Already deeply involved in a Cō-Impact Sourcing™ initiative in Nepal, dōTERRA immediately began contacting partners there to see what could be done. On April 28, the founders announced that dōTERRA would match all contributions to the dōTERRA Healing Hands Foundation™ up to $500,000 through the month of May. Meanwhile, to help with immediate needs, the dōTERRA Healing Hands Foundation released $100,000 on May 1. These initial funds, along with additional funds from our partners on the ground, enabled thousands to receive much needed supplies. Packets with tarps, tents, blankets, and food soon arrived in some of the worst hit areas.

The response to the request for donations showed the overwhelming concern of people throughout the dōTERRA community. More than $317,000 was donated, making it possible for dōTERRA to present a combined donation of almost $636,000. These funds will be distributed through our partners such as CHOICE Humanitarian and others to fund targeted efforts to help the Nepalese people rebuild, especially in the districts of Lamjung and Dolakha.

Ongoing Needs

Recognizing their need to keep education going, the Nepalese people most wanted help to rebuild schools that had been flattened in the quake. The people want to look forward to a brighter future, and emphasized the importance of having a school even before housing. To answer that need, temporary classrooms are held in large tents donated by the Healing Hands Foundation which have the added benefit of sheltering families at night.

Even as the country gets back on its feet, Nepal still faces challenging times. So far, rebuilding is progressing and the citizens are reestablishing a sense of normalcy while many are living in temporary conditions. The dōTERRA Healing Hands Foundation provided funding for 200 temporary homes. As schools and more earthquake-safe housing are erected, hope is returning and healing has begun.

How You Can Donate to the dōTERRA Healing Hands Foundation.

1. Make a donation using your PayPal account.
2. Make a one-time, tax-deductible cash donation.
3. Add a recurring monthly donation to your Loyalty Rewards Order.
4. Commit to a $1 donation by checking the box at checkout on every online order you make with dōTERRA.
5. Purchase Rose Lotion. The full purchase price of $20 will be donated to the dōTERRA Healing Hands Foundation.

For more information visit doterra.com
When she realized how bad her health had become, Mary knew she needed to change or she could end up leaving her kids without a mom. With this reality check, Mary began the journey to wellness and didn’t look back. She has lost 52 lbs* and loves her new lifestyle.

The Wake-Up Call
After a period of increasing health care that wasn’t working, Mary’s doctor told her that there was a reason she wasn’t getting better. She clarifies, “I was blaming my hormones and my medication for everything that was wrong, but my doctor told me I needed blood work because he knew I had other issues.” Mary had been eating her emotional pain away for some time, but she could not admit to herself that she had a problem. Mary’s wake-up call came the day she got her blood test results. She had many indicators of long-term poor health which runs in her family, and has shortened the life of some family members. “I didn’t want to be like that. I realized that how healthy you are is a choice, and being unhealthy is not the way your future has to be.” With this new mindset, Mary decided to enter the Slim & Sassy Competition.

Introducing a New Diet
Mary’s husband, Shane, was her rock during that time. The day she began the challenge, he went through their cupboards and threw out all the junk food they had in the house, even though she begged him not to. He then went shopping and came home with healthy food and containers for snacks to make it easier for her to start clean eating immediately. For three days, Mary wanted to give up as her body went through sugar and caffeine withdrawals. But Shane told her that she could keep going for another day—even another hour. With his encouragement, Mary did keep going, and she grew to love clean eating. Mary says, “I never felt restricted.

I had Slim & Sassy essential oil and a TrimShake every morning and I never felt like I was starving. I wasn’t on a skinny diet; it was a health-change diet. I went from eating one vegetable a day to eating seven to nine servings of vegetables a day. Instead of snacking on candy, cereal, or chips, I would eat a handful of sweet peas, carrots, or edamame.”

A year later, the changes that took place in Mary’s life have had powerful effects. She now works with a personal trainer to keep up with her exercise. She has also certified in AromaTherapy® Technique, and become an EFT (Emotional Freedom Technique) practitioner. She says, “I’m on a new journey. I don’t know where it’s headed, but I have a new-found confidence and a sense of self-worth.”

Push to Keep Going
Mary insists, “If you can get past the first week of exercising and the first week of eating clean, you don’t want to go back.” As she progressed, her motivation to keep going shifted. She says, “I started liking the way I felt, so it pushed me to keep going, even on days when I felt sore and didn’t want to work out. I would look in the mirror, step on the scale, or suddenly realize I could run around with my kids, and that made the difference.” Mary has done things that she could not have done before the challenge, including coaching her son’s kindergarten soccer team. She says, “When you’re teaching eight kindergartners how to play soccer, you don’t stand on the side and tell them what to do, you have to run on the field with them. So I was running with them three days a week on top of the workouts and running I was already doing. I couldn’t have done that without fueling my body properly.”

For anyone out there trying to make the change to a healthier lifestyle, Mary has this advice: “Anyone can do it. It doesn’t matter what level you start at. Anyone can do one day at a time, or even one hour at a time if they stay focused. Along with exercise and clean eating, essential oils are essential to a healthy lifestyle change, because they keep your body going in the right direction. I had used doTERRA before on and off, but when I started using the products every single day and getting into a regimen with them, my body just felt so good.”

*Results require changes to diet and exercise. Users who do not make the changes are less likely to see results.
How to Keep on Track

1. **Eat your vegetables and try new ones.** A salad is everyone’s healthy go-to, but there’s so much more than just salad.

2. **Drink your water.** Put in a citrus oil such as Lemon, Lime, or Grapefruit to change it up.

3. **Exercise even when it hurts.** Keep going because it’s only going to hurt more when you quit.

4. **Find a buddy or someone whom you will be accountable to.** You can cheat yourself and it only hurts you, but if you cheat someone else it hurts their progress too.

5. **Live life to your fullest.** Give yourself what you need to do that. When you feel good and you’re putting your life first, everything else falls into place. Your world seems so much happier when you take care of yourself before you help others.

**PRODUCTS USED**

- Slim & Sassy® Metabolic Blend (Item No. 31370001)
- Slim & Sassy TrimShake (Item No. 35200001)
- Lifelong Vitality Pack (Item No. 34210001)
- Deep Blue® Rub (Item No. 38900001)
- Peppermint (Item No. 30190001)
- Mito2Max® (Item No. 35310001)
- Lemon (Item No. 30120001)
- Lime (Item No. 30870001)
- Grapefruit (Item No. 30100001)
As the days get shorter and colder, even the best of us can feel like we’re losing that pep in our step. Keep reading to find out some simple ways to beat that middle-of-the-day fog and regain lost energy.

**WORKOUT MIDDAY**
Most people are aware that working out helps you alleviate stress and anxiety. However, instead of working out earlier or later in the day, try working out mid-afternoon. Studies suggest that working out at this time can increase your productivity—making the time away from the office worth it.

**GO OUTSIDE**
Simply breathing in fresh air for 20 minutes can change both your energy levels and mood for the better. It also means you get that crucial amount of sun exposure to keep your vitamin D levels up.

**STRETCH AND BREATHE**
Deep breathing from the diaphragm can help get your blood flowing and stretching helps reenergize your muscles and your mind to fight off any anxiety that may be creeping in.

**EAT SMALLER, MORE FREQUENT MEALS**
Food is most importantly our body’s fuel, and when you start to get hungry your mood and level of activity can quickly decline. To keep off hunger pangs, eat healthier, smaller meals more often.

**GET A GOOD NIGHT’S SLEEP**
Your body does a lot during sleep, including healing and rejuvenating. Be sure to get plenty of rest—for adults seven to nine hours is the recommended amount.

**INVIGORATE WITH ESSENTIAL OILS**
Diffusing any citrus essential oil is shown to help uplift and improve your mood, while Frankincense, Peppermint, and Rosemary are beneficial in invigorating the senses.

**GET AN AROMATOUCH®**
The invigorating effects of the AromaTouch Technique essential oil application can help you re-center and reduce stress. Make sure to stay hydrated before and after.

**TAKE A POWER NAP**
Taking a long nap might seem like the answer, but it really can set you back for the rest of the day and keep you from sleeping during the night. Instead, take a quick midday power nap of around 10–20 minutes.

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**TIPS FOR BOOSTING YOUR ENERGY**

**TAKE QUALITY SUPPLEMENTS**
Because the average diet is lacking in nutrients, it is important to take a daily supplement such as the doTERRA Daily Nutrient Pack or Mito2Max.

**QUALITY SUPPLEMENTS**

**WORKOUT MIDDAY**

**GO OUTSIDE**

**STAY HYDRATED**

**GET A GOOD NIGHT’S SLEEP**

**INVIGORATE WITH ESSENTIAL OILS**

**EAT SMALLER, MORE FREQUENT MEALS**

**TAKE A POWER NAP**

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**Essential Oils for Energy**
Peppermint, Wild Orange, Rosemary, InTune, Cedarwood, Frankincense, Citrus Bliss, Elevation
Because the average diet is lacking in nutrients, it is important to take a daily supplement such as the dōTERRA Daily Nutrient Pack™ or Mito2Max®.

Most people are aware that working out helps you alleviate stress and anxiety. However, instead of working out earlier or later in the day, try working out mid-afternoon. Studies suggest that working out at this time can increase your productivity—making the time away from the office worth it.

Simply breathing in fresh air for 20 minutes can change both your energy levels and mood for the better. It also means you get that crucial amount of sun exposure to keep your vitamin D levels up.

It's important to keep water in your system, even when the weather is cooling down and you feel like you don't need as much. Stay away from sugary drinks that can actually dehydrate you more.

Your body does a lot during sleep, including healing and rejuvenating. Be sure to get plenty of rest—for adults seven to nine hours is the recommended amount.

Diffusing any citrus essential oil is shown to help uplift and improve your mood, while Frankincense, Peppermint, and Rosemary are beneficial in invigorating the senses.

As the days get shorter and colder, even the best of us can feel like we're losing that pep in our step. Keep reading to find out some simple ways to beat that middle-of-the-day fog and regain lost energy.

Food is most importantly our body's fuel, and when you start to get hungry your mood and level of activity can quickly decline. To keep off hunger pangs, eat healthier, smaller meals more often.

TO PLAY:
1. DOWNLOAD A FREE LAYAR APP ON YOUR MOBILE DEVICE OR A TABLET
2. HOLD YOUR DEVICE STEADY DIRECTLY OVER THIS PAGE, THEN TAP ANYWHERE ON THE SCREEN TO SCAN AND ACCESS THE QUIZ
3. TAKE THE QUIZ WHILE HOLDING YOUR DEVICE OVER THE PAGE
4. SHARE YOUR RESULTS WITH OTHERS ON SOCIAL MEDIA
Using essential oils aromatically can influence you in a myriad of ways. Traditionally, aromatic usage has been aimed at improving a person’s mood. A better and more stable temperament can have countless benefits on your life, every single day. Direct inhalation of doTERRA’s Elevation or Citrus Bliss first thing in the morning can help you wake up and motivate you to take on the day’s tasks. Diffuse essential oils with distinct top notes such as Eucalyptus and Basil throughout the day to keep you productive at work. A quick breath of Peppermint can give you the boost to make it through a tough workout. Diffusing Lavender or Vetiver at night, or adding a few drops to your pillow, can help you prepare for the restful sleep you require to get through the ensuing day. Using essential oils aromatically can be the boost you need to get through the normal stresses of day-to-day life.

Studies show convincing evidence that simply inhaling the aroma of an essential oil is effective for calming nervous or anxious feelings in a variety of settings.

**Fight the Afternoon Slump**
- 2 drops Lemongrass
- 4 drops Wintergreen
- 3 drops Wild Orange

**Kick Back and Relax**
- 3 drops Lavender
- 3 drops Vetiver
- 4 drops Cedarwood

**Feel Good Blend**
- 3 drops Bergamot
- 3 drops Wild Orange
- 1–2 drops Ylang Ylang
- 2 drops Spearmint

**HOW TO USE ESSENTIAL OILS Aromatically**

1. **Diffuse a few drops in the morning, throughout the day, or right before going to bed.**
2. **Place a drop in your palm, rub the palms together, and inhale.**
3. **Drip 2–3 drops onto the floor of the hot shower, away from the water path, and breathe in.**
4. **Add to household surface cleaners, or to a load of laundry.**
5. **Add a couple of drops to pillows and bed linens.**
SET THE PACE

Natural energy boost for your mind and body

Mito2Max®
Energy & Stamina Complex

34350001  60 Vegetable capsules
$52.67 retail  $39.50 wholesale  39.5 PV

These statements have not been evaluated by the Federal Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Which is most important: Diet, Exercise, or Sleep?

Everyone knows that diet and exercise are key components of any healthy lifestyle. Another key pillar of health, equally important and arguably even more so, is sleep. Although the amount of sleep a person needs varies, experts recommend that adults get at least seven to eight hours of sleep every night. Unfortunately, about 33 percent of Americans are not getting the recommend amount of sleep per night, and approximately one in five adults in the United States experience occasional sleeplessness or difficulty sleeping. There are many factors that can negatively impact how much (and how well) a person sleeps, from family (think newborn baby), to the conveniences of modern life (like 24-hour access to technology), to varying work schedules, quality and age of mattresses and pillows, and don’t forget consumption of alcohol, nicotine, and caffeine. This list can go on and on, and far too often sleep is the first thing that many of us neglect in order to meet the demands of our busy schedules.

Why Is Sleep So Important?

Sleep doesn’t exist to just pass time or to keep us from working 24 hours a day. Sleep is important because it is inherently physically and mentally healing, and it allows for our bodies to not only recoup from the stress of everyday life, but also to recharge and refocus. Depriving your body of sleep...
**Tips for a Better Night’s Sleep**

1. **Eat Well and Maintain a Healthy Exercise Routine** - Eating a healthy diet and getting plenty of exercise keeps our weight in check, but it also helps with sleep. Eating high carbohydrate foods floods the muscles with glucose, causing involuntary muscle movements during sleep, which disrupts rest. Exercising too close to bedtime ramps up metabolism and body temperature and can make it difficult to fall asleep. If you get hungry before bed, try snacking on a handful of nuts. Nuts provide protein and fat, which are not only satisfying, but are slowly digested, which can provide a calming sleep, and rich in magnesium, a mineral that helps to calm the nervous system.

2. **Maintain a Rhythm** - Try to maintain a regular sleep schedule, going to bed at the same time and waking up at the same time. Creating this rhythm helps regulate your body’s internal clock and may help you sleep better.

3. **Just Say No to Alcohol, Caffeine, Nicotine, and Electronics** - All of these can make going to sleep difficult. Don’t drink alcohol or caffeinated drinks too close to bedtime. Remove all electronics from the bedroom, including TVs, computers, and other electronic devices. Try to avoid bright light at least an hour before going to bed. Darkness will help your body begin producing melatonin, a hormone that naturally regulates sleep. To help keep your internal clock in balance, be sure to expose yourself to sunlight in the morning, which naturally tells your body to wake up.

4. **Keep Cool** - Make sure your bedroom is a quiet, dark, and relaxing environment, which is neither too hot, nor too cold. Your bed and pillows should be supportive, yet comfortable. If you experience shoulder, hip, or back pain in the morning, you can be sure you did not rest as well as you could have. It may be time for new bedding.

5. **Wind Down** - Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading or taking a warm bath. Certain drinks, such as chamomile tea, may be relaxing and non-stimulating.

6. **Use Calming Essential Oils** - Essential oils like Lavender and Bergamot are rich in linalool and linalyl acetate, compounds that have well-known relaxing properties. These oils can be diffused aromatically in the bedroom to create a calming and peaceful environment, perfect for getting a good night’s sleep. They can also be used topically and taken internally to calm the nervous system, promote relaxation, and lead to a restful sleep. Try placing two to four drops of Lavender or Bergamot essential oil in a warm, herbal tea (Chamomile, Lemongrass, etc.), or another favorite uncaffeinated beverage about 30 minutes before going to bed, or add two to four drops of Lavender into an empty capsule and swallow about 30 minutes before bed.

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**Essential Oils for Sleep and Relaxation:** Lavender • Vetiver • Serenity™ Calming Blend • Bergamot • Roman Chamomile

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Tips for a Better Night’s Sleep has been associated with many health risks and places a tremendous burden on virtually every organ system in your body. Lack of adequate sleep affects our ability to lose, or maintain, a healthy weight; influences how we feel, learn, and behave; and negatively impacts our cardiovascular health and overall wellbeing. Even more importantly, not getting enough sleep can reduce reaction time and interfere with our ability to drive. The inability to drive safely not only puts those in the car at risk, but also those with whom we share the road. In short, the less sleep you get, the less opportunity you give your body to heal and prepare itself for the following day, reducing overall quality of life.

**So What Can I Do About It?**

Of course, life will always find a way to present obstacles that are out of our control, from a sick child to a last minute work project to a neighbor in need. Each of these will undoubtedly affect how we sleep. However, we must focus on what we can control, and fortunately there are several tips and techniques that you can apply to help ensure you are not only getting enough sleep but also getting quality sleep.

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**References:**


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doterra.com / 15
DIY: Transforming Your Spice Cabinet with Essential Oils

Did you know you can substitute most dry spices and herbs with essential oils? Compared to your ordinary dry herb collection, essential oils are far more potent and flavorful. With just one drop of essential oil added to your favorite recipe, you'll experience a burst of fresh flavor with unique health benefits.

Creating Your Favorite Flavors with Essential Oils

Tip: Usually, one drop of essential oil is equivalent to two teaspoons of dried herbs. However, it’s a good idea to start with less and gradually add more to taste. Dip a toothpick into the bottle and stir into your recipe until you reach the desired flavor.

ITALIAN SEASONING BLEND

**Ingredients:**
- Basil essential oil
- Marjoram essential oil
- Oregano essential oil
- Rosemary essential oil
- Thyme essential oil
- 2 tablespoons garlic powder or 1 garlic clove
- Chopped fresh garlic

**Directions:**
Mix all ingredients into a homemade spaghetti sauce.

HERBS DE PROVENCE BLEND

**Ingredients:**
- Thyme essential oil
- Marjoram essential oil
- Rosemary essential oil
- Lavender essential oil
- Fennel essential oil
- 2 teaspoons dried orange zest (optional)

**Directions:**
Add to soups, on chicken, or on roasted vegetables.

PUMPKIN PIE MIX

**Ingredients:**
- Cinnamon essential oil
- Ginger essential oil
- 2 teaspoons nutmeg
- Clove essential oil

**Directions:**
Combine all ingredients and mix into a pumpkin pie filling.

HERB OIL DIP

**Ingredients:**
- 1 teaspoon crushed red pepper
- 1 teaspoon ground black pepper
- Oregano essential oil
- Rosemary essential oil
- Basil essential oil
- 1 teaspoon granulated garlic
- 1 teaspoon minced garlic
- 1 teaspoon kosher salt
- ¼ cup extra virgin olive oil (or as needed)

**Directions:**
1. Combine all ingredients, except olive oil, on a deep plate or bowl.
2. Pour olive oil over mixture.

CARDAMOM TEA

**Ingredients:**
- Cardamom essential oil
- Clove essential oil
- Cinnamon essential oil
- Ginger essential oil
- 2 tablespoons honey
- Milk

**Directions:**
Place all ingredients in three cups of water, heat, but do not boil, for half an hour and strain. Add honey and milk.
CARDAMOM
Used in Indian and Middle Eastern cuisine. Add to rice dishes, cookies, and teas.

OREGANO
Great addition to pasta sauces, pizza, and chili.

CINNAMON/CASSIA
Use in homemade desserts, baking goods, and hot beverages.

BLACK PEPPER
Use to flavor your favorite savory dishes.

ROSEMARY
Mix into your wheat or white bread recipe, or make flavored olive oil.

CLOVE
Add to apple cider, fruit pies, and pineapple glazed ham.

BASIL
Excellent in pestos or pasta dishes.

JUNIPER BERRY
Often found in European dishes and used to make meat stews, sauces, marinades, juniper tea, and even chili.

GINGER
Add to savory and sweet sauces, baked goods, and vinaigrettes.

CILANTRO
Add to fresh salsa, or Pico de Gallo.

MARJORAM
Try it in sauces and marinades.

FENNEL
Popular in Italian cuisine, meat dishes, marinades, and salad dressings.

CORIANDER
Commonly used to flavor cookies, pastries, breads, and curry dishes.

THYME
Delicious in herbed bread and flavored butters.

CINNAMON/CASSIA
Use in homemade desserts, baking goods, and hot beverages.

BASIL
Excellent in pestos or pasta dishes.

CILANTRO
Add to fresh salsa, or Pico de Gallo.

MARJORAM
Try it in sauces and marinades.

FENNEL
Popular in Italian cuisine, meat dishes, marinades, and salad dressings.
If someone is allergic to a certain plant, can they still use the essential oils that come from those plants?

An allergy is the result of the immune system mistaking a substance as harmful and producing antibodies to fight it, resulting in various adverse side effects. An allergic reaction to a plant is caused by a plant’s protein-containing materials (i.e. the actual seed, leaf, or fruit). Pure essential oils do not contain these complex molecules, which are the primary cause of allergies. While an allergic response is unlikely, this does not mean one can use essential oils irresponsibly without risk. Understanding the proper use of an essential oil is always recommended, regardless of the circumstances. If you have concerns about sensitivities or interactions with other treatment plans, please consult your physician or health-care professional for additional guidance.

How do chemical constituents in essential oils affect us?

The chemical constituents of an essential oil are analogous to the macronutrients in food. Just as the fructose (sugar) composition of a banana provides instant energy and has specific metabolic effects, essential oils rich in Limonene can provide a powerful boost to your immune system. The chemical constituents in an oil determine its potential benefits, what metabolites it will produce, and best practices for application.

Chemists have to date identified over 3,000 different molecules present in essential oils. Each of these amalgamations of carbon, hydrogen, and oxygen atoms have their own unique properties. These compounds are categorized based on their chemical makeup, which hints at their function and physiological activity. Oils high in terpene compounds (ending in “-ene”) have different properties than those high in hydroxy/alkols (ending in “-ol”) or phenols or esters, and are therefore suitable for different purposes. Familiarity with the chemical building blocks of essential oils enables any user to practice aromatherapy more safely and effectively.

What’s the difference between Cinnamon Bark and Cassia essential oils? Is one better than the other?

While often thought to be the same, Cinnamon Bark and Cassia essential oils have distinct differences along with some similarities. Although extracted from different species (Cinnamon Bark from Cinnamomum zeylanicum, and Cassia from Cinnamomum cassia) they are both widely referred to as cinnamon and often used for similar purposes. Cinnamon is distilled from the bark of the cinnamon tree while Cassia is distilled from the stems and bark of the cassia shrub.

Trans-cinnamaldehyde is the primary constituent in both, though the concentration is the primary chemical difference. Neither oil is better; however, the variance in aldehyde composition results in different ranges of benefits. I recommend Cinnamon Bark to support oral health and to purify the air, while Cassia elevates mood and promotes healthy digestive function.

The Doctor Recommends

- **Cassia** for elevating mood and promoting healthy digestive function
- **Cinnamon Bark** for supporting oral health and purifying the air
- **Veggie Caps** for your custom essential oil dietary supplement program
Spearmint

**Distillation Method:** Steam  
**Sourcing Origin:** India  
**Plant Part:** Whole Plant

Spearmint, scientifically known as *Mentha spicata*, is a perennial plant that has been used for centuries for its health-supporting properties and pleasant flavor. Aside from its refreshing and commonly recognized flavor, Spearmint has a wide range of impressive benefits. You’ve most likely experienced spearmint flavor in candy, toothpaste, chewing gum, or tea. It’s sweet, refreshing aroma helps evoke a positive mood. When taken internally, this essential oil has an ability to ease occasional stomach upset and support overall digestive health. Compared to Peppermint, Spearmint is a gentler option to use on children and those with sensitive skin.

**HOW TO USE**

**Aromatically**
- For a boost of confidence, diffuse a few drops in the diffuser of your choice.
- To help keep away insects, add a drop to the shower for a refreshing aroma.

**Internally**
- Add 1-2 drops to baked goods, beverages, and homemade chewing gum.
- Place 1-2 drops in a veggie cap for the occasional stomach upset.

**Topically**
- Apply to toothbrush before brushing teeth for fresh breath.
- Massage over the heart, on the soles of the feet, or on the back of the neck during times of stress and tension.
- Add to lotion or coconut oil and apply to skin for a pleasantly soothing experience.

**Other**
- Add a few drops to bathwater for a relaxing and cooling bath.

**INTERESTING FACTS**

- In the Middle Ages, spearmint was scattered on the floor to get rid of rodents and encourage good health.
- The name “spearm” mint derives from the pointed leaf tips.

**Essential Oil Spotlight**

- **Distillation Method:** Steam
- **Sourcing Origin:** India
- **Plant Part:** Whole Plant

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In the world of sports, essential oils have many benefits for athletes. A university with an NCAA Division I athletic program now works with dōTERRA to receive instruction on essential oils and the AromaTouch® Technique. All of their campus training facilities have implemented dōTERRA products into their training and physical therapy approaches with impressive results.

The Training

To help the trainers understand the benefits of dōTERRA products, the university welcomed more information and training on essential oils. The trainings focused on oils such as Deep Blue®, dōTERRA Breathe™, Lemongrass, White Fir, Lavender, and dōTERRA On Guard®. dōTERRA shared tips with the full staff of athletic trainers about how to dilute for sensitivity with Fractionated Coconut Oil, and the uplifting benefits of diffusing essential oils. The trainers, in particular the Coordinator of Football Performance, were impressed with the idea of first working oils such as White Fir and Lemongrass deep into the tissue with manipulation, and afterward applying the Deep Blue Rub.

Another significant challenge many athletes face is how to manage stress effectively. Balancing the emotional and physical demands of a taxing schedule can be tricky for students. The trainers had a particular interest in learning about the AromaTouch® Hand Technique to help relieve some of that tension. Samples of Lavender and other oils were also given to the trainers. One trainer shared, “Athletes often ask us for something to help them relax and sleep better. It’s not something you might always think about when dealing with sports. And I’m happy to be able to offer an athlete a natural solution first.” As they began to use the products, many trainers came back with questions about how they could better benefit from the products, not only to help those who already had problems, but also how they could use them to keep their athletes healthy.
THE IMPACT

Not surprisingly, Deep Blue® is now a favorite of most of the athletes, from the gymnasts on the balance beam to the football players on the field. The runners especially love Deep Blue rub to quickly get the relief and support they need. They quickly feel the powerful effects of Deep Blue and it helps them to keep going during training and therapy. The head trainer for the track team says, “When they put on the rub, they feel the warmth for a long time. This helps our athletes feel better physically and mentally.” One football player added, “Deep Blue works so well! I use it before and after my workouts and it helps me finish my workout strong.”

During the initial product training session athletic trainers asked about the benefits of diffusing essential oils aromatically. Once trainers started setting up their Aroma Lite diffusers with a blend of dōTERRA On Guard® and dōTERRA Breathe™ in the training rooms, athletes and trainers alike noticed a big difference in the smell and positive atmosphere. One trainer in particular came back after a recruiting trip and immediately noticed a change. He says, “The football training room has never smelled so good—I had to know what had changed.” Once he found out that the diffusers made the difference, he asked if there was any way he could get three diffusers for his home. Other trainers also implemented what they were learning at home—the head football trainer even uses the hand technique and Lavender to help his daughter relax and get a better night’s sleep.

THE BENEFITS

From the outset trainers were anxious to learn about the safety and benefits of essential oils, knowing that when they can pass along the benefits of a powerful, natural product to their athletes it makes a real difference. Over time, the trainers’ confidence in essential oils has grown as they have used the products themselves and seen the performance of their athletes improve. The Director of Sports Medicine says, “I love the changes I am seeing with all our teams as they continue to use the products and learn more. We’ve seen a difference in the general atmosphere of our training rooms and our athletes are experiencing the benefits of essential oils thanks to dōTERRA. The effect isn’t something I had expected but I’m very pleased with the result.”

PRODUCTS USED: White Fir, Lemongrass, dōTERRA Breathe™, Lavender, Deep Blue®, Deep Blue rub, Fractionated Coconut Oil, Aroma Lite diffuser, AromaTouch Kit, dōTERRA On Guard®, and dōTERRA Breathe Throat Drops.

TIPS TO IMPROVE ATHLETIC PERFORMANCE

PRE-AND POST-WORKOUT

Whatever sport you participate in, trainers recommend using different oils in both pre- and post-workouts.

- Before any workout or therapy use Deep Blue rub, and then reapply post workout.
- An AromaTouch® Hand Technique treatment before or after an event can help relieve tension.
- Pre-workout some runners like to use Peppermint or dōTERRA Breathe essential oil for a feeling of clear airways. Apply four to five drops to the chest five minutes before exercise or an event.
- For improved confidence, use dōTERRA Balance™ essential oil.
- Post workout, place four drops of Lemon into 16 ounces of water and drink, then apply Lemongrass to calves.
- Also try White Fir, Wintergreen, and Frankincense essential oils during post workout for muscle tension.
The term essential fatty acids (EFA) refers to a group of lipids that are vital for optimum health, but that must be provided through the diet because the body is incapable of synthesizing them. EFAs serve a number of significant functions within the body, including cell growth, brain development, muscle activity, immune function, joint health, and many others. There is also a growing body of research concerning their influence on long-term health. As the science of nutrition continues to evolve, it is becoming clear that EFA intake is one the most important aspects of good nutrition.

There are a number of different polyunsaturated fatty acids, but there are two distinct types of long-chain omega-3s that have been shown to confer these amazing health benefits: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are found exclusively in oily fish and marine algae. The short-chain alpha linolenic acid (ALA), found in high concentrations in seeds and nuts, also serves many beneficial functions and actually converts (although not particularly effectively) to EPA and DHA in the body. Numerous clinical observations and longitudinal studies have displayed the cardio-protective effects of diets high in EFA intake, especially the long-chain omega-3s contained in marine life. These studies are so overwhelming that the Dietary Guidelines for Americans have been recently amended to include more seafood and the American Heart Association’s newest strategic goals focus on increasing oily fish consumption.

One of the most significant aspects of EFA intake is the omega-3 to omega-6 ratio. The conventional “Western” diet includes an excess of omega-6s and a deficiency of omega-3s. Present in nearly all processed and restaurant-cooked foods, recent statistics suggest that vegetable-derived omega-6s account for up to 20 percent of calories consumed by the average adult. Furthermore, corn-fed beef and pork, one of the primary sources of protein in the western diet, is high in arachidonic acid, an omega-6 more pro-inflammatory than vegetable oils. While they do have their own set of benefits, unlike omega-3s, many omega-6s are pro-inflammatory, can block absorption of omega-3s or decrease efficiency of ALA to EPA conversion, and have even been shown to contribute to the progression of several non-communicable health issues. Current evidence suggests that a 1:1 (omega-6 to omega-3) ratio is ideal for optimum health, but the average in industrialized nations is 16:1 and is often much higher. Also, of the average 1.6g of omega-3s that the typical American consumes daily, over 1.4g comes from plant-sourced ALA. ALA has been shown to be inferior to EPA and DHA in assisting neurological development and in influencing many markers of health, and is not as easily converted in the body to EPA and DHA as once thought. Contemporary study is making it abundantly clear how important it is to get your daily intake of marine-sourced long-chain polyunsaturated fats.
SUPPLEMENTATION
Although focusing on whole, unrefined foods and limiting ingestion of processed vegetable oils will go a long way toward a better EFA ratio, actually consuming enough omega-3s can be quite a challenge. Fatty fish is the best source of EPA and DHA, but due to the risk of exposure to toxic pollutants such as mercury, it is generally recommended that no more than 2–3 servings a week are consumed. Marine algae, another excellent source, is not a common component in most cuisines and can be cost-prohibitive. Walnuts, flaxseeds, and canola oil are excellent sources of ALA, but lack significant concentrations of the other two omega-3s. All of these sources are also very energy dense, so those on calorie-restricted diets may seek other options. An omega-3 dietary supplement is a very convenient solution to a complex problem, and fish oil is a rapidly growing segment of nutrition supplementation. According to the National Institutes of Health, as of 2012 nearly 8 percent of U.S. adults take a daily fish oil supplement, making it the most popular natural product in the industry.

XEO MEGA®
As effective as fish oil supplementation is, there is a better alternative with an even wider spectrum of health benefits. Four xEO Mega softgels provide 950mg of marine-derived omega-3 EFAs, and another 210mg from plant-based sources, along with other micronutrients and antioxidants—sufficient to meet the entirety of your daily needs. Also, the included essential oils work synergistically to support the digestion process, immune system function, and enhance the antioxidant benefits. Furthermore, the astaxanthin, vitamin E, and vitamin D content promote healthy response to oxidative stress. The combination is formulated to work with Microplex MVp™ to naturally benefit health in a manner which no simple fish oil and multivitamin supplement can match. Your body requires EFAs to regulate bodily functions, counter oxidative stress, maintain overall wellness, and perform at its best every day. Balancing a diet including moderate amounts of vegetable oils and regular servings of oily fish, along with xEO Mega daily, ensures that you will meet the recommended guidelines for EFA consumption.

(xEO Mega) is formulated to work with Microplex MVp to naturally benefit health in a manner which no simple fish oil and multivitamin supplement can match.


We are very happy to announce the launch of our newly remodeled AromaTouch website! This program has been spreading rapidly and to follow this momentum, we wanted to be able to give everyone a website to go to for everything AromaTouch. Here are some of the new updates that you can see with this website:

**Step-By-Step Video Clips**
This website now has step-by-step clips so that it is easier than ever to go back and re-learn steps or just refresh on each movement in the AromaTouch and Hand Techniques. Remember, practice always makes perfect!

**Hand Technique Suggested Oils**
The Hand Technique is an easy way of giving an individual an essential oil experience. Additionally, the Hand Technique allows the freedom of applying specific essential oils to address personal needs. We have suggested a few oils for you and why they would be beneficial when used in the AromaTouch Hand Technique.

**Quick References**
With the AromaTouch Technique and the Hand Technique, we have created Quick Reference Forms so that you can have the details of each movement with you wherever you go.

**Events Calendar**
Our events calendar is now better than ever! You can now filter events by country and then by state or province. This way you can see events specifically in your area to make your event search much easier.

With the new AromaTouch website, we now have a Q&A section for the AromaTouch and the Hand Technique. This can help those who are learning about the techniques get a better understanding before attending a training or receiving a technique themselves.

We can’t wait for all of you to have a chance to look through the website and sign up to get certified at an event! Help us keep the momentum around the program moving forward by spreading joy and wellness through AromaTouch!
Since you have shown us the impact you can have through sharing AromaTouch with others, we recently implemented Employee AromaTouch Trainings.

These have helped our employees gain experience with AromaTouch as well as learn how to give the technique to others.

“I have always wanted to be AromaTouch certified and it has been really cool to have this opportunity for the employees. I had a great experience being able to give and receive my first ever AromaTouch. The instructor was very prepared, helpful, and patient with everyone. This is something I plan to use throughout my life.”

— Kody S.

“Bliss is the best word to describe the feelings I felt during the AromaTouch Technique process. The pure oils come together to create a feeling of serenity. My favorite part was the feeling of Deep Blue mixed with Peppermint soothing your body to a relaxing state.”

— Jared B.

“The AromaTouch Technique is a great way to relax, re-center, and experience essential oils. Going through the training was unique because you get to experience the technique for yourself, and then give one to someone else and pass along the benefits of essential oils. You leave ready to take on the world and knowing that you were able to help someone else at the same time.”

— Courtney F.
Make Over Your Laundry Room

Doing laundry may not always be the most exciting way to spend your time, but it is a task everyone has to face on a weekly or perhaps even daily basis. You can enhance your laundry routine with the cleansing power of essential oils along with a few handy tips.

DIY FABRIC SOFTENER

**INGREDIENTS**
- 1 64-ounce bag of Epsom salt
- 40 drops Lavender essential oil
- 30 drops Melaleuca essential oil
- 20 drops Lemon essential oil

**INSTRUCTIONS**
Pour Epsom salt into a large glass or stainless steel bowl. Add essential oils and stir well to combine. Store in a glass jar. Use ½ cup for medium to large loads in the wash cycle at any temperature and ¼ cup for small loads.

DIY BLEACH FOR CLEANING

*(makes 1 quart)*

**INGREDIENTS**
- 2 cups hydrogen peroxide *(3 percent solution)*
- 2 tablespoons lemon juice OR ½ teaspoon citric acid
- 2 cups water
- 10 drops Lemon essential oil

**INSTRUCTIONS**
Store in dark or covered bottles, as exposure to light will weaken the solution. Lasts up to 1 month in a clear bottle, 2–3 months in a dark bottle.

1. Delicates, sweaters, and cotton T-shirts should be turned inside out to prevent pilling. Dark, fade-prone clothes should also be turned inside out as abrasion from rubbing against other clothes can cause fibers to fray, making clothes look faded.
2. When drying pillows, add a tennis ball or two to the dryer to prevent matting.
3. Add ½ cup of white vinegar and 4–6 drops of Melaleuca essential oil to the wash cycle to naturally brighten your whites.
4. Install labeled baskets for family members to pick up their laundry.
5. Utilize the narrow space between the washer and dryer to store a rolling storage cart or a laundry sorting bin.
6. Place stuffed animals in a laundry bag and wash on a gentle/delicate cycle. After washing, remove from the bag and hang dry.
7. Before putting socks in the washing machine, attach pairs together using a lingerie bag, safety pins, or sock clip. When you fold laundry, place any unmatchable socks into a “missing sock drawer” or create a lost sock board.
8. Throw a dry towel into your dryer with your wet laundry to save time and energy.
UPCYCLE AND REUSE

Use empty Slim & Sassy® TrimShake containers to store powdered laundry detergent, clothespins, or homemade dryer balls (visit doterrablog.com for a DIY).

Use empty 10mL roll-on bottles for stain spot treatment.

Put your loose pocket change into empty LLV bottles.

Add a couple drops of Lemon, Melaleuca, or Purify essential oil to a used dryer sheet for cleaning baseboards.

ESSENTIAL OILS IN LAUNDRY ROUTINE
—Natural, safe, and effective solutions

Add 4 drops of Lemon to a water bottle to pre-treat some stains.

Use the doTERRA On Guard® Laundry Detergent to add the benefits of doTERRA On Guard to every load.

Add 2 drops of your favorite essential oil to the rinse cycle for lasting benefits:
• Add Citrus Bliss® to your towels for an uplifting scent after each shower.
• Add Wild Orange to your workout clothes for an energizing scent during your next workout.
• Add Purify to your dish towels for added purifying benefits.
• Add Melaleuca for its cleansing properties.

Add 2–4 drops of Lavender to unscented dryer sheets or a clean washcloth to further infuse a fresh scent into your laundry.

Add a drop of your favorite oil to a damp cloth and place on top of clothing when ironing.
USEFUL TIPS:
1. Use heavy duty foil to avoid ripping.
2. Place the food on the shiny side of the tin foil to help food cook faster and more evenly.
3. Use cooking spray on the foil before adding your ingredients.
4. Cut up your meat and vegetables into small bite-size pieces to expedite the cooking process.
5. Place meat on the bottom. Softer vegetables like bell peppers and onions should be placed in the middle of the meal (not near the tinfoil) to prevent burning.
6. Add more seasoning than normal. Mix in seasoning into your meat and your vegetables. You can also add a few slices of butter, or drizzle olive oil on the top of your meat and vegetables for additional flavor and moisture.
7. Double wrap your dinner, especially if your food is heavy, or if you plan to eat directly from the pack.
8. Make sure to cook in the coals and not the flames to avoid burning your dinner. The bed of coals needs to be big enough so all the dinners can be cooked at the same time. You can place a few coals on the top. When cooking at home, you can throw your dinner in the oven or on a grill.

Preparing a tin foil dinner is simple, delicious, and fun—whether you are venturing out in the great outdoors, or staying at home. Here are a few tips and recipes for making tasty tin foil dinners your family will love.

How to Wrap and Seal Your Dinner
1. Tear off a sheet of foil large enough (at least 12 inches long) to cover and seal your dinner.
2. Place the food in the middle of the foil.
3. Bring the long sides together in the center and tightly fold them together toward the food. Leave 1–2 inches between the food and the end of the fold.
4. Tightly roll up the shorter sides, again leaving an inch or so of space between the end of the fold and the food.
Create the Perfect Tin Foil Dinner

Note: The ingredients can be adjusted according to your desires.

**Simple Vegetable Ground Beef Dinner**
Makes 4 servings

**Ingredients:**
- 1 pound ground beef
- 2 sweet potatoes, diced
- 2 medium-size carrots
- 1 clove garlic, minced
- Salt and pepper to taste
- 1 drop Lemon essential oil

**Directions:**
1. Mix salt and pepper into raw meat. Divide meat into fourths and put each portion on flat sheet of foil.
2. Pile desired amount of vegetables on each meal.
3. Season vegetables with salt and pepper and mix in essential oils.
4. Wrap each meal in tinfoil, making sure it is sealed.
5. Place dinners close to or directly on hot coals.
6. Cook for approximately 40–60 minutes, flipping halfway through.

**Cinnamon Apples**
Makes 4 servings

**Ingredients:**
- 4 Granny Smith apples, cored and sliced
- 4 tablespoons brown sugar
- 1 teaspoon ground cinnamon or 1 drop Cinnamon essential oil

**Directions:**
1. Mix apple slices with brown sugar and ground cinnamon or Cinnamon essential oil in bowl.
2. Divide apple slices into equal portions on piece of foil; double wrap.
3. Place in the coals of a campfire; cook 10–15 minutes, until softened.
Essential Recipes from Japan

About Coco
Native to Hiroshima, Japan, Satoko Kojo, also known as “Coco,” rediscovered her passion for cooking when she was introduced to doTERRA essential oils.
Self-taught and driven by her passion, Coco opened an organic raw vegan restaurant in Hiroshima. While operating her restaurant, she held cooking classes and promoted health related workshops for green smoothies and ayurveda cooking.

She also worked in the kitchen of 光音素食, a five-star vegan restaurant in Taipei, and was featured in a magazine based in Hiroshima. While there, she hosted her own radio show and two television shows about health, wellness, and nutrition.
Today, Coco is living her dream in Taipei, where she continues to hold cooking classes and workshops, and provides recipes for various cafes and shops.

“I use Wild Orange to make wonderful raw desserts. I use Grapefruit for flavoring water, raw green smoothies, and desserts.”

Raw Avocado Cake

Top with fresh kiwi slices and crushed walnuts

Crust Ingredients:
- 3–4 pitted dates
- ¼ cup shredded coconut
- ¼–½ cup almonds
- ½–1 teaspoon water
- Pinch of sea salt
- 1 teaspoon melted extra virgin coconut oil
- 1 drop doTERRA Lemon, Lime, Wild Orange, or Grapefruit essential oil

Directions:
1. Grind first five ingredients in food processor until it turns into a dough.
2. Add extra virgin coconut oil and essential oil, then grind into a mixture until it holds together when pressed in your hand. Press into the bottom of a mini springform pan.

Tip: Use a springform pan that has a bottom you can separate from the mold. Prepare two sets and use one bottom to press the crust evenly.
3. Put mixture in the fridge while preparing the filling.

Filling Ingredients:
- 1 large avocado
- 4 tablespoons agave syrup or 3 tablespoons maple syrup
- 3 tablespoons water
- 1–1 ½ teaspoon pure vanilla extract (optional)
- 1–2 drops doTERRA Lemon, Lime, Wild Orange, or Grapefruit essential oil
- 5–6 tablespoons melted extra virgin coconut oil

Directions:
1. Blend first 5 ingredients in a blender until completely smooth and creamy. Make sure to give it enough air so it becomes very creamy.
2. Add coconut oil and essential oils and blend again.
3. Take crust out of the fridge and pour in the filling.
4. Return to the fridge and chill until firm (about 8 hours).
Raw Marinara Sauce

Ingredients (A):
1 medium tomato
* Less than 1 drop Oregano essential oil
* Less than 1 drop Basil essential oil
* Mix in essential oils by using a toothpick until you reach the desired flavor.

Ingredients (B):
1 medium tomato
10 cherry tomatoes
1/2–7/4 fresh red paprika
3 cloves of garlic
1 teaspoon of Himalayan Pink Salt or sea salt
4 tablespoons extra virgin olive oil
1–2 pieces dried tomatoes (not the ones marinated in oil and salt, just simply sundried)
1/2 teaspoon of mixture (A)

Pasta Ingredients
Zucchinis of your choice of color

Directions:
1. Prepare the pasta by using a veggie spiral slicer.
2. Blend (A) in a high speed blender very well. Set aside.
3. Blend all of (B) in a high speed blender until creamy, and add 1/2 teaspoon of (A) and blend again.
4. Pour sauce over the pasta.

Raw Healthiest Brownie

Ingredients:
1 cup pitted dates
2 cups shredded coconut
1 teaspoon or tablespoon raw maca powder (optional)
Pinch of salt
1 drop doTERRA Cinnamon Bark or Wild Orange essential oil or both

Directions:
1. Grind all ingredients in a high speed food processor until it turns into dough.
2. Roll between the palms of your hands into a small ball shape.

Tip: If you like chocolate, add 1–2 tablespoons raw cocoa powder or as much as you like, and a drop of doTERRA Peppermint essential oil instead of Cinnamon.

Raw Coco Bites

Ingredients:
1 cup raw walnuts
3–5 pitted dates
1 1/2 tablespoons raw cocoa powder or to your liking
1 drop of Wild Orange essential oil
1/2 teaspoon pure vanilla extract
1 tablespoon cacao nibs
Pinch of sea salt or Himalayan Pink Salt

Directions:
1. Soak raw walnuts in water overnight.
2. Rinse several times, or until water becomes clear.
3. Grind ingredients in high speed processor until it turns into a dough.
4. Shape it as you like and put it in the fridge until chilled.
ESSENTIAL OIL
Topical Application

DILUTE - OR - NOT TO DILUTE

Anyone who has topically applied dōTERRA Deep Blue® Soothing Blend before and after a workout knows how quickly and intensely it works. But the cooling sensation can sometimes be a little strong for small children or people with sensitive skin. Diluting essential oils in a carrier oil before application is an excellent way to reduce sensitive skin reactions to certain essential oils, but will it reduce its effectiveness? The answer may surprise you. Recent research suggests diluting essential oils for topical applications not only does not reduce effectiveness, but may actually have certain advantages.

LIPOPHILICITY
The skin is one of the largest organs in the body, by both surface area and weight. Although it regulates several aspects of physiology and manages sensory reception, it is primarily a protector. The skin acts as a barrier to protect internal organs from variations in temperature, pressure and mechanical impacts. It also acts as a defender against unwanted foreign agents such as viruses and bacteria, and it does so with amazing proficiency. For thousands of years it was thought that the skin was essentially impermeable, but modern research has revealed that it is not particularly effective at keeping out water and lipid-soluble substances. How essential oils permeate the skin when applied topically is a fascinating process, and one of the most important concepts in understanding how essential oils influence our health. Essential oils are lipophilic, meaning they are attracted to and are soluble in fatty substances. Diluting essential oils in a carrier before applying accentuates this property, providing a number of benefits.

BENEFITS OF DILUTION
Dilution is one of the most important aspects of effective topical application; it is also one of the most misunderstood. When used properly, carrier oils have been shown to improve essential oil topical application through several different pathways. Evaporation is the primary issue in topical application, as body heat and the skin present a formidable barrier. One of the most important benefits of dilution is that it slows the flashing off of the volatile aromatic compounds, largely through one of the fundamental laws of fluid dynamics: decreasing the surface area of a substance exposed to air reduces the rate of evaporation. When diluted, essential oil chemical constituents have been shown to pass through the epidermis more efficiently than when applied neat: Furthermore, another study showed that dilution may expedite the process, as varying levels of specific constituents were detected in exhaled air in as quickly as 20 minutes when using a carrier while a neat application resulted in no detection for up to two hours.
Introducing dōTERRA® TOUCH KIT
You can now find dōTERRA’s most popular essential oils in a base of dōTERRA Fractionated Coconut Oil for easy-to-use application. For more information, see page 38.

Understanding proper dilution is an important factor in safe and effective essential oil use. Foremost, any substance that has a near-neutral pH, such as dōTERRA® Fractionated Coconut Oil, is incapable of altering the chemical makeup of an essential oil. Proper dilution, with an appropriate carrier, will not change the effectiveness. One of the most common concerns is the use of essential oils on those with sensitivity considerations, especially children. Although sensitivities are rare when proper usage guidelines are followed with neat application, by decreasing the rate of evaporation and therefore further limiting exposure, dilution allows for an even greater margin of safety. Dilution requires you use less oil for the same effect. When trying a new oil or when applying warmer oils such as Oregano or Thyme, dilution can decrease the risk for a hypersensitive reaction, reduce waste, and provide an ideal environment to discover which essential oils work best for your situation.

Along with improving application efficiency, there are also secondary benefits to using dōTERRA Fractionated Coconut Oil as a carrier. It has a light emollient effect and is excellent for your skin. Unlike other vegetable-based oils, it does not leave an unpleasant greasy residue or interfere with the valuable properties of the essential oil it is carrying. dōTERRA Fractionated Coconut Oil is also very stable, so you don’t have to be concerned that it will go rancid after a few uses. Learning to use dōTERRA Fractionated Coconut Oil appropriately as a carrier will improve the experience for your entire family.

Despite the growing body of evidence regarding the benefits of dilution, both methods of topical application have their place in the developing model of effective essential oil use. Many of the dōTERRA essential oils can be used safely and effectively neat, but proper dilution can be used appropriately at any time and may even offer some advantages.

References
Essential Oil Spotlight

Lemongrass

Growing and harvesting quality Lemongrass is no easy task, but for some small groups of family farmers in Southern India, it is their passion and way of life. When it is time to harvest the lemongrass, these farmers hike five miles up a steep mountain and spend about seven days harvesting a 100-acre plantation—by hand. Once they are finished, they take the harvested lemongrass and walk five miles down the mountain while balancing a large bundle of lemongrass on their heads.

With every drop of doTERRA® Lemongrass essential oil, you will experience a refreshing aroma that relaxes your mind and helps you keep a more positive outlook on life. The subtle citrus flavor of Lemongrass is often used in Asian cuisine and herbal teas, and when taken internally, Lemongrass delivers many benefits to your digestive system. A few drops of Lemongrass an ideal component in massage therapy.

Sourcing Origin: Southern India
Distillation Method: Steam
Plant Part: Leaf

HOW TO USE

Aromatic
• Diffuse indoors or outdoors to keep away mosquitoes and bugs
• Diffuse to overpower feelings of nervousness and eliminate mental fatigue
• Place 1 drop in the palm of your hand, rub hands together, and inhale softly for up to 30 seconds or longer as desired

Internal
• Add a few drops of Lemongrass to foods and beverages to add flavor and provide dietary support
• Add a couple drops in cooking
• Take in a doTERRA Veggie Cap to promote healthy digestive function

Topical
• Rub or spritz on skin before going outside for a natural bug repellant
• Apply to muscles and joints for a soothing sensation
Homemade Ginger Ale

**Ingredients**
- 12 ounces of sparkling or carbonated water
- Squeeze of lemon
- 2 tablespoons honey, agave, or maple syrup (add more for sweeter taste)
- 1–2 drops Ginger essential oil

**Directions:**
- Combine and mix all ingredients, add ice, and enjoy!

**Reusing Empty Oil Bottles**

Use empty essential oil or supplement bottles to store salt, pepper, sugar, or dry herbs. Empty supplement bottles also work great for storing small items such as paper clips, safety pins, wall tacks, loose pocket change, sewing material, and craft items. Use acrylic or spray paint to give your bottles a custom look.

**What you need**
- Empty 15mL essential oil bottle
- Ink cartridge from partially used ballpoint pen

**Tip:** An ink cartridge taken from a Bic ballpoint pen works the best. You can buy them at any local store.

**Directions:**
1. Remove the ink cartridge from the pen and cut it long enough to fit the length of 15mL oil bottle.
2. Insert the ink cartridge into the 15mL bottle through the plastic opening.

**Spearmint Foot Soak**

**What you need**
- 10 cups hot water
- ⅛ cup Epsom salt
- 10 drops Spearmint essential oil
- 5 drops Ylang Ylang essential oil

**Directions:**
1. Stir essential oils and Epsom salt into hot water.
2. Soak feet for about 30 minutes.

**Fall Diffuser Blend**

5 drops **Spearmint essential oil**
3–5 drops **Cardamom essential oil**
4 drops **Wild Orange essential oil**

Diffuse in the diffuser of choice for a pleasant fall aromatic experience.

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**share your tip!** email living@doterra.com with your favorite essential oil recipe, idea, or time saver.
The dōTERRA® collection of single essential oils represents the finest aromatic extracts available in the world today. Each oil provides the living essence of its botanical source, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil is natural and passes strict standards of purity and potency. A beautiful palette of botanical energies, they can be used individually or blended for personalized essential oil therapies.

<table>
<thead>
<tr>
<th>ESSENTIAL OIL</th>
<th>SOURCE</th>
<th>APPLICATION METHODS</th>
<th>SKIN SENSITIVITY</th>
<th>PV</th>
<th>mL</th>
<th>RETAIL</th>
<th>WHL</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARBORVITAE ESSENTIAL OIL</td>
<td>Thuja plicata</td>
<td>Can be used externally</td>
<td>Can be used internally</td>
<td>49360001</td>
<td>5 mL</td>
<td>$29.33</td>
<td>$22.00</td>
</tr>
<tr>
<td>CASSIA ESSENTIAL OIL</td>
<td>Cinnamomum cassia</td>
<td>Can be used topically with no dilution (NEAT)</td>
<td>Can be used externally</td>
<td>30020001</td>
<td>15 mL</td>
<td>$25.33</td>
<td>$19.00</td>
</tr>
<tr>
<td>CEDARWOOD ESSENTIAL OIL</td>
<td>Juniperus virginiana</td>
<td>Can be used topically</td>
<td>Can be used internally</td>
<td>49300001</td>
<td>15 mL</td>
<td>$17.33</td>
<td>$13.00</td>
</tr>
<tr>
<td>CLOVE ESSENTIAL OIL</td>
<td>Eugenia caryophyllata</td>
<td>Can be used topically</td>
<td>Can be used internally</td>
<td>30040001</td>
<td>15 mL</td>
<td>$14.00</td>
<td>$10.00</td>
</tr>
<tr>
<td>CUPRESSUS SEMPERVIRENS ESSENTIAL OIL</td>
<td>Cupressus sempervirens</td>
<td>Can be used externally</td>
<td>Can be used internally</td>
<td>30000001</td>
<td>15 mL</td>
<td>$20.67</td>
<td>$15.50</td>
</tr>
<tr>
<td>CYPRESS ESSENTIAL OIL</td>
<td>Cupressus sempervirens</td>
<td>Can be used externally</td>
<td>Can be used internally</td>
<td>30500001</td>
<td>15 mL</td>
<td>$26.00</td>
<td>$20.50</td>
</tr>
<tr>
<td>HELICHRYSUM ESSENTIAL OIL</td>
<td>Helichrysum italicum</td>
<td>Can be used externally</td>
<td>Can be used internally</td>
<td>30410001</td>
<td>5 mL</td>
<td>$75.00</td>
<td>$57.00</td>
</tr>
<tr>
<td>JUNIPER BERRY ESSENTIAL OIL</td>
<td>Juniperus communis</td>
<td>Can be used externally</td>
<td>Can be used internally</td>
<td>49290001</td>
<td>5 mL</td>
<td>$39.00</td>
<td>$29.50</td>
</tr>
<tr>
<td>LAVENDER ESSENTIAL OIL</td>
<td>Lavandula angustifolia</td>
<td>Can be used externally</td>
<td>Can be used internally</td>
<td>30110001</td>
<td>5 mL</td>
<td>$21.00</td>
<td>$15.75</td>
</tr>
<tr>
<td>LEMON ESSENTIAL OIL</td>
<td>Citrus limon</td>
<td>Can be used externally</td>
<td>Can be used internally</td>
<td>41040001</td>
<td>5 mL</td>
<td>$29.53</td>
<td>$22.00</td>
</tr>
<tr>
<td>MELALEUCA ESSENTIAL OIL</td>
<td>Melaleuca alternifolia</td>
<td>Can be used externally</td>
<td>Can be used internally</td>
<td>30130001</td>
<td>5 mL</td>
<td>$18.00</td>
<td>$13.50</td>
</tr>
<tr>
<td>MELISSA ESSENTIAL OIL</td>
<td>Melissa officinalis</td>
<td>Can be used externally</td>
<td>Can be used internally</td>
<td>30130001</td>
<td>5 mL</td>
<td>$18.00</td>
<td>$13.50</td>
</tr>
<tr>
<td>MYRRH ESSENTIAL OIL</td>
<td>Commiphora myrrha</td>
<td>Can be used externally</td>
<td>Can be used internally</td>
<td>30100001</td>
<td>15 mL</td>
<td>$10.00</td>
<td>$7.50</td>
</tr>
<tr>
<td>OREGANO ESSENTIAL OIL</td>
<td>Origanum vulgare</td>
<td>Can be used externally</td>
<td>Can be used internally</td>
<td>30180001</td>
<td>15 mL</td>
<td>$24.00</td>
<td>$18.00</td>
</tr>
<tr>
<td>PATCHOULI ESSENTIAL OIL</td>
<td>Pogostemon cablin</td>
<td>Can be used externally</td>
<td>Can be used internally</td>
<td>30890001</td>
<td>15 mL</td>
<td>$29.50</td>
<td>$22.00</td>
</tr>
<tr>
<td>PEPPERMINT ESSENTIAL OIL</td>
<td>Mentha piperita</td>
<td>Can be used externally</td>
<td>Can be used internally</td>
<td>30190001</td>
<td>15 mL</td>
<td>$20.50</td>
<td>$15.30</td>
</tr>
<tr>
<td>ROMAN CHAMOMILE ESSENTIAL OIL</td>
<td>Anthemis nobilis</td>
<td>Can be used externally</td>
<td>Can be used internally</td>
<td>30800001</td>
<td>5 mL</td>
<td>$33.00</td>
<td>$24.00</td>
</tr>
<tr>
<td>ROSEMARY ESSENTIAL OIL</td>
<td>Rosmarinus officinalis</td>
<td>Can be used externally</td>
<td>Can be used internally</td>
<td>30200001</td>
<td>15 mL</td>
<td>$14.00</td>
<td>$10.50</td>
</tr>
</tbody>
</table>
SANDALWOOD ESSENTIAL OIL
Santalum paniculatum

THYME ESSENTIAL OIL
Thymus vulgaris

VETIVER ESSENTIAL OIL
Vetiveria zizanoides

WILD ORANGE ESSENTIAL OIL
Citrus sinensis

WHITE FIR ESSENTIAL OIL
Abies alba

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

Aromatouch® Massage Blend
Deep Blue® Soothing Blend
Digestzen® Digestive Blend
Elevation Joyful Blend
HD Clear® Topical Blend
Immortelle Anti-Aging Blend
Intune® Focus Blend
Pasttense® Tension Blend
Purify Cleansing Blend
Skin balance® Skin tone Blend

Intune® Focus Blend

SLIM & SASSY® Metabolic Blend

TERRASHIELD® Outdoor Blend

Whisper™ Blend for Women

Zendocrine® Detoxification Blend

Intune® Focus Blend

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AROMATOUCH® Massage Blend
Deep Blue® Soothing Blend
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Elevation Joyful Blend
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Immortelle Anti-Aging Blend
Intune® Focus Blend
Pasttense® Tension Blend
Purify Cleansing Blend
Skin balance® Skin tone Blend

SLIM & SASSY® Metabolic Blend

TERRASHIELD® Outdoor Blend

Whisper™ Blend for Women

Zendocrine® Detoxification Blend

Intune® Focus Blend
Striking the proper balance between protecting sensitive skin while still maximizing the absorption of beneficial essential oils is not just a matter of science, but also of art. dōTERRA Touch has achieved that balance.

Featuring eight of our most popular oils in a base of Fractionated Coconut Oil, Touch Kit makes application simple with 9mL roll-ons. dōTERRA Touch is ideal for children and adults with sensitive skin and they’re ready to use so that you can immediately start to benefit from essential oils.

dōTERRA EMOTIONAL AROMATHERAPY™ KIT

The dōTERRA Emotional Aromatherapy System contains six unique essential oil blends that have been carefully formulated to provide targeted emotional health benefits. Each delicate blend contains pure, therapeutic-grade essential oils that can be used aromatically or topically to help balance and brighten your changing moods. Just a few drops of these naturally complex, fragrant blends can elicit profound emotional responses to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again.

correct-X®

Correct-X is an all-natural topical ointment using powerful CPTG essential oils that assists with various skin conditions.
- Petroleum free
- Includes plant-based ingredients that protect skin from water and dirt
- Safe and easy to use
- Utilizes CPTG essential oils of Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender

CORRECT-X™ ESSENTIAL OIL OINTMENT

60110001 15 mL/.5 oz
$16.00 retail $12.00 wholesale 10 PV
ESSENTIAL USAGE

TOPICAL USE

HAND AND BODY LOTION

Enjoy the benefits of adding your favorite essential oils as you discover silky, smooth skin with this hydrating lotion.

- Fragrance-free, light-weight lotion—perfect for hydrating the skin

36100001 6.7 oz tube
$19.33 retail $14.50 wholesale 14.5 PV

FRACTIONATED COCONUT OIL

Ideal for combining with essential oils for topical uses.

- Feather-light emollient provides a soothing barrier without clogging pores
- Completely soluble with all essential oils; odorless, colorless, and non-staining

30260001 3.8 oz
$16.00 retail $12.00 wholesale 12 PV

AROMATIC USE

LOTUS DIFFUSER

Modern and elegant, the Lotus Diffuser quickly releases the benefits of doTERRA essential oils into the air.

- Features three settings—1, 2, and 3 hours,
- Covers up to 330 square feet
- Provides a decorative piece to any home or office

33160001 40 PV
$119.93 retail $89.95 wholesale

PETAL DIFFUSER

The doTERRA Petal Diffuser is a small, user-friendly diffuser that delivers a variety of benefits. It has a relaxing mist and soft white ambient light, and can cover up to 100 square feet. This convenient diffuser is stable, light, and easy to use.

- 1, 2, and 4 hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 330 square feet

33150001 20 PV
$62.66 retail $47.00 wholesale

AROMA LITE DIFFUSER

- Features four LED mist settings and an optional night light
- Designed to be small and compact—perfect for traveling and hotel use

33130001 40 PV
$119.93 retail $89.95 wholesale

INTERNAL USE

VEGGIE CAPS

Customize your essential oil supplement regimen with vegetarian capsules that absorb quickly and easily.

- Free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products
- Made of inert vegetable ingredients that do not interfere with digestion

34100001 160 HPMC capsules
$5.33 retail $4.00 wholesale 0 PV

NATURAL OILS

FRACTIONATED COCONUT OIL

Ideal for combining with essential oils for internal use.

- Feather-light emollient provides a soothing barrier without clogging pores
- Completely soluble with all essential oils; odorless, colorless, and non-staining

30260001 3.8 oz
$16.00 retail $12.00 wholesale 12 PV

HAND AND BODY LOTION

- Fragrance-free, light-weight lotion—perfect for hydrating the skin

36100001 6.7 oz tube
$19.33 retail $14.50 wholesale 14.5 PV

AROMATIC USE

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34100001 160 HPMC capsules
$5.33 retail $4.00 wholesale 0 PV

OIL HOLDER NOZZLE 2-PACK

33330000 0 PV
$12.67 retail $9.50 wholesale

INTERNAL USE

VEGGIE CAPS

Customize your essential oil supplement regimen with vegetarian capsules that absorb quickly and easily.

- Free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products
- Made of inert vegetable ingredients that do not interfere with digestion

34100001 160 HPMC capsules
$5.33 retail $4.00 wholesale 0 PV

OIL HOLDER NOZZLE 2-PACK

33330000 0 PV
$12.67 retail $9.50 wholesale
dōTERRA ON GUARD® PRODUCTS

dōTERRA ON GUARD® CLEANER CONCENTRATE
The ideal natural cleaner, dōTERRA On Guard Cleaner Concentrate is fortified with dōTERRA On Guard Protective Blend. It features:
• Non-toxic and environmentally safe
• Formulated with the Unique dōTERRA On Guard Protective Blend

PRODUCT GUIDE
SKIN CARE

HD CLEAR® TOPICAL BLEND

Used as a spot treatment or an over-all application, HD Clear Topical Blend promotes a clean and healthy complexion with essential oils renowned for their skin-benefiting properties.

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- Helps balance complexion
- Promotes clear-looking skin by targeting the site of blemishes

49400001 10 mL roll on
$28.00 retail $21.00 wholesale 21 PV

HD CLEAR® KIT

This kit contains HD Clear Foaming Face Wash, Topical Blend, and Facial Lotion for a beautifully balanced complexion.

42700001 40 PV
$61.33 retail $46.00 wholesale

VERÁGE™ SKIN CARE COLLECTION

A collection that brings together Veráge Cleanser, Toner, Immortelle Hydrating Serum, and Moisturizer for beautiful, healthy skin.

42690001 70 PV
$112.66 retail $84.50 wholesale

VERÁGE™ TONER

Veráge Toner combines CPTG® essential oils with nourishing plant extracts to create a tightened, toned appearance of skin—anytime, anywhere. This hydrating toner fortifies and refreshes the skin while invigorating the senses for an energizing boost and a glowing complexion.

- CPTG essential oils of Ylang Ylang, Palmarosa, Cypress, and Coriander tone and balance skin
- Nourishing plant extracts provide targeted moisture and toning to help skin look its best
- Easy mist application

37390001 50 mL/1.7 fl oz
$29.95 retail $22.00 wholesale 22 PV

VERÁGE™ CLEANSER

Smooth skin begins with Veráge Cleanser. This all natural gel cleanser purifies skin for a fresh, youthful-looking complexion.

- Infused with CPTG® essential oils of Wild Orange, Melaleuca, and Basil to gently cleanse and lift away impurities
- Invigorates and cleanses skin while natural emollients nourish and hydrate

37380001 60 g / 2 fl oz
$33.33 retail $25.00 wholesale 25 PV

VERÁGE™ IMMORTELLE HYDRATING SERUM

Experience the age-defying effects of Veráge Immortelle Hydrating Serum. This powerful formula combines CPTG essential oils with plant extracts for smoother, more youthful-looking skin.

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin
- Specialized plant technology promotes optimal hydration

37400001 15 mL/.5 fl oz
$86.66 retail $65.00 wholesale 65 PV

VERÁGE™ MOISTURIZER

Veráge Moisturizer combines CPTG essential oils with plant extracts for natural hydration and skin nourishment. This light, non-greasy moisturizer absorbs quickly but hydrates deeply, helping to reduce the appearance of fine lines and wrinkles for a smooth, even complexion.

- Formulated with CPTG essential oils of Juniper Berry, Jasmine, Sea Buckthorn Berry, and Geranium—all known to revitalize the skin
- Uses natural ingredients to hydrate skin, helping to reduce the appearance of fine lines and wrinkles

37410001 30 g /1 fl oz
$37.33 retail $28.00 wholesale 28 PV
PRODUCT GUIDE

FACIAL CLEANSER
With the CPTG Certified Pure Therapeutic Grade essential oils of Melaleuca and Peppermint, dōTERRA® Facial Cleanser gently washes away impurities and leaves your skin feeling clean, fresh, and smooth. Cruciferous vegetable extracts also work to soothe skin irritation and protect skin from environmental elements.

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Size</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>37010001</td>
<td>4 oz</td>
<td>$22.00</td>
<td>$16.50 wholesale</td>
<td>16.5 PV</td>
</tr>
</tbody>
</table>

PORE REDUCING TONER
Formulated to visibly reduce the appearance of pores, dōTERRA® Pore Reducing Toner contains CPTG Certified Pure Therapeutic Grade essential oils of Lavender, Ylang Ylang, and German Chamomile to calm sensitive skin.

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Size</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>37020001</td>
<td>4 fl oz</td>
<td>$23.33</td>
<td>$17.50 wholesale</td>
<td>17.5 PV</td>
</tr>
</tbody>
</table>

HYDRATING CREAM
Packed with emollient-rich ingredients to provide intense moisture without leaving an oily residue, dōTERRA® Hydrating Cream is designed to assist in the rejuvenation of mature skin, restore balance to the skin, and help reduce the visible signs of aging to reveal a more youthful and glowing appearance.

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Size</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>37160001</td>
<td>1.7 oz</td>
<td>$46.00</td>
<td>$34.50 wholesale</td>
<td>34.5 PV</td>
</tr>
</tbody>
</table>

TIGHTENING SERUM
Featuring CPTG essential oils of Frankincense, Hawaiian Sandalwood, and myrrh in generous proportion, dōTERRA® Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration.

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Size</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>37040001</td>
<td>1 oz</td>
<td>$66.00</td>
<td>$49.50 wholesale</td>
<td>49.5 PV</td>
</tr>
</tbody>
</table>

dōTERRA® BREATHE PRODUCTS

IMMORTELLE ANTI-AGING BLEND
A proprietary blend of powerfully renewing, rare essential oils, used throughout history for their beautifying benefits, Immortelle Anti-Aging Blend is formulated to protect and nourish skin. This essential oil blend of Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum and Rose, helps sustain smoother, more radiant and youthful skin.

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Size</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>37140001</td>
<td>10 mL roll on</td>
<td>$92.67</td>
<td>$69.50 wholesale</td>
<td>69.5 PV</td>
</tr>
</tbody>
</table>

ANTI-AGING MOISTURIZER
Cutting-edge ingredients combine with the CPTG essential oils of Lavender, Jasmine, Geranium and Frankincense to provide an anti-aging moisturizer that does more than moisturize and soften skin. Anti-Aging Moisturizer targets the visible signs of aging – improving skin tone, reducing the appearance of wrinkles as well as helping to keep skin looking young and vibrant.

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Size</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>37050001</td>
<td>1.7 oz</td>
<td>$46.00</td>
<td>$34.50 wholesale</td>
<td>34.5 PV</td>
</tr>
</tbody>
</table>

REVEAL FACIAL SYSTEM
Reveal Facial System is a two-step process that will give your face a spa-like treatment, bringing the glow of your skin’s radiance and beauty to the surface.

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Quantity</th>
<th>Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>37340001</td>
<td>2 tubes—1.7 oz each</td>
<td>$80.00</td>
<td>$60.00 wholesale</td>
<td>60 PV</td>
</tr>
</tbody>
</table>

dōTERRA BREATHE RESPIRATORY BLEND
Enhanced with the powerful respiratory benefits of Cardamom, Breathe is a remarkable blend of essential oils that promotes feelings of clear airways and easy breathing.

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Size</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>49370001</td>
<td>15 mL bottle</td>
<td>$26.66</td>
<td>$20.00 wholesale</td>
<td>20 PV</td>
</tr>
</tbody>
</table>

dōTERRA BREATHE RESPIRATORY DROPS
The respiratory benefits of selected CPTG® essential oils from the dōTERRA Breathe blend can be found in this convenient and great tasting lozenge.

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Size</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>35460001</td>
<td>30 drops</td>
<td>$19.33</td>
<td>$14.50 wholesale</td>
<td>14.5 PV</td>
</tr>
</tbody>
</table>

dōTERRA BREATHE VAPOR STICK
Enjoy the convenience, quick absorption, and smooth application of dōTERRA Breathe Vapor Stick. This unique delivery method of dōTERRA’s proprietary Breathe essential oil blend can be used anytime, anywhere to promote clear breathing and soothe nasal airways.

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Size</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>34290001</td>
<td>4 oz</td>
<td>$11.33</td>
<td>$8.50 wholesale</td>
<td>5 PV</td>
</tr>
</tbody>
</table>
DEEP BLUE® PRODUCTS

DEEP BLUE® SOOTHING BLEND
A synergistic blend of CPTG® essential oils, Deep Blue provides a warm tingling sensation when applied to the skin.
- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, and Osmanthus essential oils
- Apply as part of a soothing massage

DEEP BLUE® RUB SAMPLES
Receive the targeted benefits of dōTERRA® Deep Blue Rub in a convenient 10 pack carton. Enjoy sharing its soothing power at sporting events, the gym, or on-the-go.
- Ten 2 mL foil packets
- Formulated with Deep Blue Soothing Blend
- Easy to share and convenient to take on-the-go

DEEP BLUE® RUB
Now Deep Blue has a nutritional supplement, which contains powerful polyphenols clinically tested to help with soreness and discomfort.*
- Patent-pending, fast-acting boswellia extract shown to help support joint comfort and function®
- Includes proprietary, standardized extracts of ginger, curcumin, resveratrol and other polyphenols to soothe aches and discomfort®
- Can be used in tandem with Deep Blue Rub or Deep Blue Soothing Blend

HAIR CARE

dōTERRA SALON ESSENTIALS®

HAIR CARE SYSTEM
Salon Essentials Hair Care System is the perfect way to experience the amazing benefits of all four dōTERRA® hair care products and provide a great savings. By purchasing the Protecting Shampoo, Smoothing Conditioner, and the Root to Tip Serum in the Salon Essentials Hair Care System, Healthy Hold Glaze comes FREE!

PROTECTING SHAMPOO 2-PACK
Enjoy the professional formulation of CPTG® essential oils, gentle cleansers, and botanical extracts in dōTERRA Salon Essentials Protecting Shampoo.
- Features a gentle lathering and cleansing boost from Wild Orange and Lime essential oils and plant extracts
- Gently removes impurities collected on the hair and scalp
- Lightly moisturizes hair, leaving it salon soft and touchable

SMOOTHING CONDITIONER 2-PACK
Get the all-in-one benefits of a flexible hold, health, and shine for your hair with Salon Essentials Healthy Hold Glaze.
- Protects, nourishes, and fortifies hair for optimal health and shine
- Protein-rich nanoparticles work to promote improved moisture and softness
- Offers perfect support for beautifully styled hair

SHAMPOO AND CONDITIONER

SAFETY INFORMATION:
* These statements have not been evaluated by the Federal Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
**HAND AND BODY LOTION**  
Enjoy the benefits of adding your favorite essential oils as you discover silky, smooth skin with this hydrating lotion.  
- Fragrance-free, light-weight lotion—perfect for hydrating the skin  
- Combine with your favorite essential oils for added benefits  
- Provides your skin with important nutrients, botanicals, and humectants  
- Features cruciferous vegetable extracts to promote the appearance of healthy skin

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Description</th>
<th>Retail</th>
<th>Wholesale</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>36100001</td>
<td>6.7 fl oz tube</td>
<td>$19.33</td>
<td>$14.50</td>
<td>14.5 PV</td>
</tr>
<tr>
<td>3-PACK</td>
<td>Three 6.7 oz tubes</td>
<td>$39.93</td>
<td>$29.95</td>
<td>25 PV</td>
</tr>
</tbody>
</table>

**CITRUS BLISS® INVIGORATING BATH BAR**  
Enter a state of bliss as you clean your body with the Citrus Bliss Invigorating Bath Bar.  
- Contains dōTERRA® Citrus Bliss Invigorating Blend  
- Perfect for every member of the family  
- Gently exfoliates with natural oatmeal

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Description</th>
<th>Retail</th>
<th>Wholesale</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>36130001</td>
<td>4 oz</td>
<td>$9.32</td>
<td>$6.99</td>
<td>5 PV</td>
</tr>
</tbody>
</table>

**LIP BALM WITH PEPPERMINT & WILD ORANGE**  
Nourish and hydrate your lips with dōTERRA. Refresh your lips with the protecting power of Peppermint and Wild Orange essential oils.  
- Non-waxy formula features moisturizing agents like shea and mango seed butters  
- Restores moisture to lips  
- Invigorates and enhances mood with a blend of Peppermint and Wild Orange

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Description</th>
<th>Retail</th>
<th>Wholesale</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>36190001</td>
<td>15 oz</td>
<td>$6.33</td>
<td>$4.75</td>
<td>4 PV</td>
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</tbody>
</table>

**dōTERRA SERENITY™ CALMING BATH BAR**  
Luxuriate as you enjoy the serene, calming influence of the Serenity Calming Bath Bar.  
- Provides the benefits of Serenity Calming Blend  
- Cleans and conditions your skin naturally with coconut and safflower oils and shea butter

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Description</th>
<th>Retail</th>
<th>Wholesale</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>36140001</td>
<td>4 fl oz tube</td>
<td>$9.32</td>
<td>$6.99</td>
<td>5 PV</td>
</tr>
</tbody>
</table>

**HEALING HANDS LOTION**  
Become part of furthering the cause of the dōTERRA Healing Hands Foundation™ by purchasing the lovely scented Healing Hands lotion infused with Bulgarian Rose CPTG® essential oil that will not only soften the skin and emit a beautiful aroma, but will also benefit the life of someone in need. The full purchase price of $20 will be donated to the dōTERRA Healing Hands Foundation to assist those in need throughout the world. Your heart and your skin will be softened.

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Description</th>
<th>Retail</th>
<th>Wholesale</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>36170001</td>
<td>3.3 oz</td>
<td>$20.00</td>
<td>$20.00</td>
<td>0 PV</td>
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</table>

**CITRUS BLISS HAND LOTION**  
Conveniently packaged for an on-the-go aromatic experience, this lotion softens hands and enlivens the senses with the delightful aroma of Citrus Bliss Invigorating Blend.  
- Light, uplifting scent with a kiss of vanilla and a bouquet of citrus essential oils  
- Perfect size to tote in the car, take to the office, or put in a purse or bag  
- Provides hands with important nutrients, botanicals, and humectants

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Description</th>
<th>Retail</th>
<th>Wholesale</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>36200001</td>
<td>2.5 fl oz tube</td>
<td>$8.67</td>
<td>$6.50</td>
<td>5 PV</td>
</tr>
</tbody>
</table>

**NATURAL DEODORANT**  
dōTERRA Natural Deodorant is a safe, natural option for preventing odor throughout the day.  
- Cypress, Melaleuca, Cedarwood and Bergamot essential oils provide purifying benefits, helping to reduce underarm odor  
- Beeswax provides a protective barrier while allowing skin to breathe, and contributes to the product’s smooth application  
- Coconut oil contains fatty-acids, known for their nourishing properties and ability to keep skin looking smooth and healthy  
- Shea butter hydrates skin without leaving a greasy after-feel  
- Free of alcohol, aluminum, parabens and artificial colors and fragrances

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Description</th>
<th>Retail</th>
<th>Wholesale</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>37420001</td>
<td>1.7 oz</td>
<td>$11.33</td>
<td>$8.50</td>
<td>5 PV</td>
</tr>
</tbody>
</table>
**TRIEASE® SEASONAL BLEND SOFTGELS**

TriEase Softgels were developed to protect against seasonal and environmental elements and to promote a healthy respiratory system when needed most.*

- Blend of leafy greens and superfruits
- Includes naturally occurring vitamins, minerals, and antioxidants
- Flavored with Lemon and Ginger essential oils

**60120001**
- 300 g
- $37.33 retail
- $28.00 wholesale
- 20 PV

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**CHILDREN’S SUPPLEMENTS**

**dōTERRA a2z CHEWABLE®**

Designed for children and adults who have difficulty swallowing capsules, a2z provides the nutrients your body needs for optimal health.*

- Combines a blend of B vitamins with vitamins A, C, and E
- Features botanical extracts and is formulated to be used with IQ Mega
- Supports healthy immunity and provides antioxidant protection*
- Promotes healthy cell development and longevity when taken daily*

**35330001**
- 60 tablets
- $26.00 retail
- $19.50 wholesale
- 30 PV

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**IQ MEGA®**

IQ Mega takes the fishy taste out of fish oil and adds the fresh orange flavor of Wild Orange CPTG® essential oil.

- Provides 1,000 mg of concentrated, pure Omega 3 oils per serving
- Supports healthy brain, cardiovascular, immune, and joint function*
- Formulated to be used with a2z chewable

**35320001**
- 150 mL
- $46.00 retail
- $34.50 wholesale
- 15 PV

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*These statements have not been evaluated by the Federal Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
dōTERRA® LIFELONG VITALITY PACK™
DIETARY SUPPLEMENTS
INCLUDING ALPHA CRS®+
MICROPLEX MVp™ AND vEO MEGA®

20640001 | $106.00 retail | $79.50 wholesale | 60 PV

Vegan Lifelong Vitality coming soon.

**dōTERRA® LIFELONG VITALITY PACK™**

**MICROPLEX MVp™**
**FOOD NUTRIENT COMPLEX**
An all-new formula with more bioavailable ingredients designed to provide just the right amounts of vitamins, minerals, and polyphenols that your body needs each and every day.
- Naturally balanced, comprehensive array of vitamins and minerals to give you just what you need. Nothing more and nothing less*
- Highly bioavailable chelated minerals*
- Potent, antioxidant polyphenol extract blend*
- All-new whole foods blend
- Also features the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach*

34320001 | 120 Vegetable Capsules
$52.67 retail | $39.50 wholesale | 39.5 PV
MADE WITH SLS-FREE VEGETABLE CAPSULES

**xEO MEGA®**
**ESSENTIAL OIL OMEGA COMPLEX**
xEO Mega is a revolutionary formula that blends CPTG Certified Pure Therapeutic Grade® essential oils with natural, marine and plant-sourced essential fatty acids.
- Features Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Delivers EPA and DHA essential fatty acids from flax, borage, cranberry, and pomegranate seed oils and marine lipids
- Supports healthy cardiovascular, immune, joint, and brain health*
- Includes a unique form of the carotenoid astaxanthin for antioxidant protection*

34310001 | 120 Softgels
$66.00 retail | $49.50 wholesale | 49.5 PV
MADE WITH VEGETARIAN SOFTGELS

**vEO MEGA®**
**ESSENTIAL OIL OMEGA COMPLEX**
vEO Mega is a revolutionary, 100 percent vegan-friendly formula blending CPTG Certified Pure Therapeutic Grade® essential oils with natural, plant-sourced essential fatty acids.
- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Includes essential fatty acids from flax, algae, incha inchi seed, borage, cranberry, pomegranate, pumpkin, and grape seed oils
- Supports healthy cardiovascular, immune, joint, and brain health*
- Includes a unique form of the carotenoid astaxanthin for antioxidant support*

34260001 | 120 Softgels
$66.00 retail | $49.50 wholesale | 49.5 PV
MADE WITH SLS-FREE VEGETABLE CAPSULES

**ALPHA CRS®+**
**CELLULAR VITALITY COMPLEX**
Provides antioxidant protection to cellular DNA and other critical cell structures.*
- Supports healthy cell proliferation and lifespan*
- Promotes mitochondrial energy production*
- Supports a healthy immune function*
- Features botanical extracts, carotenoids, and polyphenols as well as a cellular energy blend*

34180001 | 120 Vegetable Capsules
$92.67 retail | $69.50 wholesale | 69.5 PV
MADE WITH SLS-FREE VEGETABLE CAPSULES

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**LOYALTY REWARDS PROGRAM**

**PRODUCT GUIDE**

**DAILY VITALITY**
dōTERRA DAILY NUTRIENT PACK™ MICROPLEX MVP™ AND XEO MEGA®

20650001 50 PV
$79.33 retail $59.50 wholesale

LOYALTY REWARDS PROGRAM

PERSONALIZED WELLNESS PROGRAM

Customize and Save

With the purchase of one Lifelong Vitality Pack or one Daily Nutrient Pack via the loyalty rewards program, choose up to 3 additional targeted supplements at a significant savings.

BUY 1 LIFELONG VITALITY OR DAILY NUTRIENT PACK

$59.50 wholesale 50 PV OR $79.50 wholesale 60 PV

AND CHOOSE UP TO 3 ADDITIONAL SUPPLEMENTS AT REDUCED PRICES

<table>
<thead>
<tr>
<th>Microplex MVP™</th>
<th>xEO Mega*</th>
<th>Mito2 Max*</th>
<th>Deep Blue Polyphenol Complex™</th>
<th>TerraZyme*</th>
<th>PB Assist*+</th>
<th>Kids Kit (IQ Mega* &amp; A2Z)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$20.00</td>
<td>$20.00</td>
<td>$20.00</td>
<td>$20.00</td>
<td>$20.00</td>
<td>$20.00</td>
<td>$25.00</td>
</tr>
<tr>
<td>10 PV</td>
<td>10 PV</td>
<td>10 PV</td>
<td>10 PV</td>
<td>10 PV</td>
<td>10 PV</td>
<td>10 PV</td>
</tr>
</tbody>
</table>

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**DIGESTZEN® DIGESTIVE BLEND**

The well-recognized essential oils in DigestZen blend are known for providing soothing digestive relief.*
- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Supports the body’s constant production of enzymes critical for healthy biochemical functions*
- Includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars, and fiber*

**35110001** 90 vegetable capsules
$50.00 retail $37.50 wholesale 37.5 PV

**DIGESTZEN SOFTGELS**

doTERRA® DigestZen Softgels are a convenient and easy way to obtain the benefits of the proprietary DigestZen essential oil blend. Each vegetarian softgel contains 120 mg of DigestZen, the oil blend you know and trust for overall digestive health.*

**35430001** 60 vegetable softgels
$26.00 retail $19.50 wholesale 15 PV

**MADE WITH VEGETARIAN SOFTGELS**

**DIGESTTAB™ CHEWABLE TABLETS**

DigestZen Chewable Tablets are calcium carbonate tablets that are infused with DigestZen Digestive Blend to deliver the benefits of DigestZen essential oil blend as well as the acid-neutralizing benefits of calcium carbonate.
- Helps provide relief from occasional heartburn and indigestion, while promoting the overall health of the gastrointestinal tract*
- Use with or between meals as needed, for relief from occasional stomach upset, indigestion, and heartburn
- Helps relieve from occasional sour stomach*
- Provides 200 mg of calcium per tablet

**34380001** 100 chewable tablets
$18.67 retail $14.00 wholesale 10 PV

**TERRAZYME® DIGESTIVE ENZYME COMPLEX**

DigestZen TerraZyme provides your body with the whole-food enzymes and supporting mineral cofactors needed for healthy digestion.*
- Supports the body’s constant production of enzymes critical for healthy biochemical functions*
- Promotes healthy digestion of food nutrients and cellular metabolism of nutrients into energy*
- Includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars, and fiber*

**35100001** 15 mL bottle
$41.33 retail $31.00 wholesale 31 PV

**GX ASSIST® GI CLEANSING FORMULA**

Cleanse your GI tract before starting with PB Assist+ with this combination of CPTG Certified Pure Therapeutic Grade® essential oils.*
- Features Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme essential oils as well as caprylic acid
- Helps support a healthy digestive tract and microfloral balance*
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist+ Probiotic Defense Formula*

**35040001** 60 softgels
$34.67 retail $26.00 wholesale 26 PV

**MADE WITH ENTERIC SOFTGELS**

**PB ASSIST™+ PROBIOTIC DEFENSE FORMULA**

This proprietary formula of pre-biotic fiber and six strains of probiotic organisms is safe for the entire family.
- Delivers 6 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourage culture adhesion and growth*
- Time-release double capsule designed to protect sensitive probiotic cultures from stomach acid
- Supports healthy digestive function and immunity*

**35160001** 30 vegetable capsules
$46.00 retail $34.50 wholesale 6.5 PV

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ZENDOCRINE® DETOXIFICATION BLEND

Support your body’s natural detoxification systems with Zendocrine.
- Features a proprietary blend of Tangerine Peel, Rosemary, Geranium, Juniper Berry and Cilantro essential oils
- Supports the body’s natural ability to rid itself of unwanted substances*
- Can be used individually or in combination with Zendocrine Detoxification Complex

31460001 15 mL bottle
$32.67 retail $24.50 wholesale 24.5 PV

ZENDOCRINE SOFTGELS
dōTERRA Zendocrine Softgels are a convenient and easy way to obtain the benefits of the proprietary Zendocrine essential oil blend.

34280001 60 vegetarian softgels
$32.67 retail $24.50 wholesale 21.5 PV

ZENDOCRINE® DETOXIFICATION COMPLEX
Support your body’s filtering and waste management system with the proprietary Zendocrine Detoxification Complex.*
- Features a proprietary blend of 14 active, whole-food extracts in a patented enzyme delivery system
- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin*

35120001 60 vegetable capsules
$32.67 retail $24.50 wholesale 24.5 PV

WOMEN’S HEALTH KIT
Includes Phytoestrogen Lifetime Complex, Bone Nutrient Lifetime Complex, and ClaryCalm Monthly Essential Oil Blend.

35250001 $92.67 retail $69.50 wholesale 60 PV

PHYTOESTROGEN LIFETIME COMPLEX™
dōTERRA Women Phytoestrogen Lifetime Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a woman’s life.*
- Includes a standardized soy extract with genistein, a powerful phytoestrogen*
- Supports healthy hormonal balance*
- Supports healthy bones, heart, breast tissue, and other body structures*

35260001 60 capsules
$52.67 retail $39.50 wholesale 39.5 PV

BONE NUTRIENT LIFETIME COMPLEX™
This convenient dietary supplement increases the consumption of nutrients needed for healthy bones.*
- Perfect for men and women of all ages
- Features a blend of vitamins C and D, calcium, magnesium, and other trace minerals
- Combats declining bone density by providing bone nutrients often deficient in modern diets*

35240001 120 capsules
$23.33 retail $17.50 wholesale 12 PV

CLARYCALM® MONTHLY BLEND FOR WOMEN
dōTERRA ClaryCalm helps women manage the emotional mood swings of PMS and the transitional phases of menopause in a natural, effective way.
- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, and Vitex essential oils
- Apply to skin for a cooling, soothing, effect
- Calming aroma

35270001 10 mL roll on
$32.67 retail $24.50 wholesale 24.5 PV
SLIM & SASSY®

SLIM & SASSY TRIMSHAKE
Slim & Sassy TrimShake is a convenient, delicious shake mix that provides essential nutrients. TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise.* Includes the patented weight-management ingredient EssentraTrim® to help reduce food cravings and overeating.* Includes Solathin®, a special protein extract that supports increased feelings of satiety.* Blends well with nonfat dairy, almond, rice, and soy milk or water.

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>35180001</td>
<td>Vanilla</td>
<td>$52.67</td>
<td>$39.50</td>
<td>25</td>
</tr>
<tr>
<td>35200001</td>
<td>Chocolate</td>
<td>$52.67</td>
<td>$39.50</td>
<td>25</td>
</tr>
</tbody>
</table>

SLIM & SASSY TRIM KIT
Four 15 mL bottles Slim & Sassy Metabolic Blend and 2 TrimShakes.

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>40770001</td>
<td>1 Chocolate, 1 Vanilla</td>
<td>$200</td>
<td>$150</td>
<td>125</td>
</tr>
<tr>
<td>35280001</td>
<td>2 Chocolate</td>
<td>$200</td>
<td>$150</td>
<td>125</td>
</tr>
<tr>
<td>35290001</td>
<td>2 Vanilla</td>
<td>$200</td>
<td>$150</td>
<td>125</td>
</tr>
<tr>
<td>60130001</td>
<td>2 V Shake</td>
<td>$200</td>
<td>$150</td>
<td>125</td>
</tr>
</tbody>
</table>

SLIM & SASSY® SOFTGELS
Slim & Sassy Softgels contain dōTERRA®’s proprietary Slim & Sassy essential oil blend in convenient softgels to promote weight management in a healthy, natural way.* The flavorful blend of Slim & Sassy contains essential oils known to help manage hunger throughout the day while boosting metabolism and promoting a positive mood.*

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>34270001</td>
<td>60 vegetarian softgels</td>
<td>$46.00</td>
<td>$34.50</td>
<td>30</td>
</tr>
</tbody>
</table>

SLIM & SASSY® V SHAKE
Introducing a vegetarian alternative to weight management shakes.* Slim & Sassy V Shake provides the same benefits as TrimShake with the exception of all the ingredients being 100 percent plant-sourced and vegetarian-friendly.*

<table>
<thead>
<tr>
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<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>35440001</td>
<td>15 mL bottle</td>
<td>$52.67</td>
<td>$39.50</td>
<td>25</td>
</tr>
</tbody>
</table>

SLIM & SASSY CONTRÖL™ BARS
Contröl is also available in a tasty bar. Convenient for people who are always on the go, Contröl delivers the appetite-controlling power of Appethyl™ to help you in your quest to manage your weight and your overall well-being.*

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>34330001</td>
<td>10 apple cinnamon bars</td>
<td>$36.67</td>
<td>$27.50</td>
<td>20</td>
</tr>
<tr>
<td>34340001</td>
<td>10 lemon bars</td>
<td>$36.67</td>
<td>$27.50</td>
<td>20</td>
</tr>
<tr>
<td>34370001</td>
<td>10 apricot bars</td>
<td>$36.67</td>
<td>$27.50</td>
<td>20</td>
</tr>
</tbody>
</table>

SLIM & SASSY CONTRÖL INSTANT MIX
Slim and Sassy control is available in a powdered mix that you can take at any time during the day to help control your appetite.* Control contains a revolutionary ingredient made from spinach extract called Appethyl®, which has been clinically shown to significantly reduce appetite for up to 6 hours.*

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>34150001</td>
<td>30 Sachets</td>
<td>$79.33</td>
<td>$59.50</td>
<td>50</td>
</tr>
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</table>

SLIM & SASSY® METABOLIC BLEND
ATIS Support your weight maintenance goals with the proprietary essential oil blend of Slim & Sassy.

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>31370001</td>
<td>15 mL bottle</td>
<td>$32.67</td>
<td>$24.50</td>
<td>24</td>
</tr>
</tbody>
</table>

SLIM & SASSY CONTRÖL BAR 3-PACK
10 bars of each flavor

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>20900001</td>
<td>10 bars of each flavor</td>
<td>$99.33</td>
<td>74.50</td>
<td>50</td>
</tr>
</tbody>
</table>

*Individual results may vary. 
EssentraTrim is a registered trademark of NutraGenesis, LLC. Solathin is a registered trademark of Cyvex Nutrition. Appethyl is a trademark of Greenleaf Medical AB.
## FAMILY PHYSICIAN AND SLIM & SASSY® KIT

This collection of 10 nurturing essential oils and blends provides what you need to care for your family’s everyday health needs with simple and safe methods featuring essential oils. The Family Physician Kit includes:

- 5 mL bottles of essential oils and blends:
  - Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, doTERRA Breathe™, DigestZen®, doTERRA On Guard®
- Lists of suggested uses for each oil
- 15 mL Slim & Sassy®

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>40490001</td>
<td>Ten 5 mL bottles, one 15 mL bottle</td>
<td>$184.50</td>
<td>$150.00</td>
<td>110</td>
</tr>
</tbody>
</table>

## NATURAL SOLUTIONS KIT

- 15 mL bottles of Serenity, DigestZen®, Purify, Melaleuca, Oregano, AromaTouch®, Frankincense, doTERRA Breathe, doTERRA Balance®
- 10 mL bottles of PastTense®, HD Clear®, ClaryCalm®
- 15 mL bottles of Citrus Bliss®, Lavender, Lemon, Peppermint, Slim & Sassy®, Lemongrass
- doTERRA On Guard® Collection: doTERRA On Guard Protective Blend (15 mL), doTERRA On Guard Beadlets, doTERRA On Guard Toothpaste, doTERRA On Guard Hand Wash w/2 Dispensers
- Other Products: Life Long Vitality, DigestZen® TerraZyme®, HD Clear® Foaming Face Wash, Deep Blue® Rub, Fractionated Coconut Oil (4 oz), Sample Vials, Aroma Lite Diffuser, Wooden Box

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
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## HOME ESSENTIALS KIT

- 15 mL bottles of Frankincense, Lavender, Lemon, Melaleuca, Oregano, Peppermint, doTERRA Breathe™, DigestZen®, doTERRA On Guard®
- 5 mL bottle of Deep Blue®
- Petal diffuser

<table>
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<th>Code</th>
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*These statements have not been evaluated by the Federal Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

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Just Breathe

Instantly feel the power of Breathe essential oil blend soothing nasal airways while providing a cooling effect both topically and aromatically.

Breathe Vapor Stick
To Order: 34290001 5 PV
$11.33 retail $8.50 wholesale