DIY: Chocolate Delights
Infused with Essential Oils

Guide to Creating Natural Perfume Fragrances

Copaiba Essential Oil from the Amazon
features

6 COPAIBA ESSENTIAL OIL
Sourced in the Amazon

10 INTERVIEW WITH JAMIE MITCHELL—doTERRA PERFORMANCE ADVOCATE
Australian Pro surfer and world champion paddle boarder

12 ESSENTIAL OILS & CHOCOLATE
Make your own delicious, essential oil infused chocolate delights.

16 INTRODUCING doTERRA SCIENCE FOR KIDS
Help your kids explore and get excited about science through fun activities, science experiments, and more.

21 GUIDE TO CREATE PERSONALIZED TOXIC-FREE PERFUME FRAGRANCES
using essential oils and other natural ingredients.

24 GUY’S GUIDE TO A SLEEKER RIDE
Keeping your car in tip-top shape inside and out.

37 CONNECT THE DOTS
Unlock an image by connecting the dots.

departments

4 Ask Dr. Hill

5 Essential Oil Spotlight: doTERRA Rose Touch

8 Slim & Sassy: Featuring CJ Hulsman 2017 Slim & Sassy Competition Grand Prize Winner

14 doTERRA Healing Hands Foundation:
The Latest from Bulgaria

18 Scientific Advisory: The Changes of Fall by Dr. Brannick Riggs, MD

20 Aroma Touch*: #ShareAromaTouch

26 Nutrition Corner: Why Supplement?

29 Essential Oil Spotlight: Wild Orange

31 Essential Recipes: Healthy Thanksgiving Style

34 doTERRA Science: Essential Oils: The Ongoing Research

36 Idea Notebook: Favorite essential oils recipes, tips, and time savers

38 doTERRA Product Guide—Quick shopping reference for all products

doTERRA PRODUCT GUIDE (see pages 38-55)

© 2017 doTERRA Holdings, LLC
Tune In with InTune

dōTERRA InTune
Focus Blend

41840001  10mL
$46.00 retail  $34.50 wholesale  34.5 PV
**Q:** What makes Copaiba different from Black Pepper or other essential oils high in caryophyllene?

Copaiba is high in the sesquiterpene caryophyllene, which is also found in Clove, Black Pepper, Melissa, and several other essential oils. However, it is the breadth of its benefits that make Copaiba a unique essential oil. Like Black Pepper, it is effective as a surface cleaner and has high value as an antioxidant, but probably Copaiba’s most researched and valued property is its benefits to your skin. Along with supporting overall health and having the ability to reduce the appearance of minor skin blemishes, there is evidence to suggest that topical application of Copaiba may have biological activity in supporting health at the cellular level and in tissue remodeling. Try adding a drop or two to your skin moisturizer to boost its soothing and health-supporting benefits, and enjoy the distinct woody aroma.

**A:**

We are all excited about the newly released Rose Touch, it will provide an opportunity for many more people to experience this amazing and rare oil. The best thing about it is that the pre-diluted application model provides the perfect combination of Fractionated Coconut Oil and Rose essential oil to deliver the most benefit while minimizing waste. Rose is one of the best essential oils for skin health and it only gets better when combined with the amazing emolliating benefit of Fractionated Coconut Oil. My wife carries around a bottle of Rose Touch in her purse to use throughout the day for moisturizing and to apply directly to minor skin irritations, and sometimes she just likes to pop the cap and smell the relaxing aroma.

**Q:** I am so excited about the new Rose Touch! What are some of your favorite ways to use it?

**A:**

The most distinct characteristic of Blue Tansy essential oil is its concentration of bicyclic sesquiterpene chamazulene, which provides its blue-violet color, but it also contains several more commonly known constituents such as the monoterpenes, sabinene. In a daily use model, Blue Tansy is great for skin care as experimental research has shown that chamazulene has a multitude of skin health benefitting properties. Sabinene rich oils have been reported to reduce the appearance of blemishes and chamazulene can be soothing. Add Blue Tansy to your lotion or daily skin toner, and don’t be alarmed that it will change the color. For a soothing massage, try diluting it in Fractionated Coconut Oil and combining with a few drops of Lavender or Helichrysum and massaging into shoulders and neck.

**Q:** In a daily use model, how would Blue Tansy benefit me?

**A:**

Try these new dōTERRA essential oils

---

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*
Rose oil, one of the most precious essential oils in the world, has one of the most labor-intensive production processes and yields very little oil per petal. Because of this, Rose oil commands a high price. doTERRA Rose Touch combines Fractionated Coconut Oil with Rose essential oil. This provides the user with myriad applications and usage options that are both affordable and convenient.

How to use:

- Apply to the palms of your hands, cup your hands over your nose, and inhale deeply for an uplifting sensation.
- Apply to neck and wrists for a beautiful and romantic personal fragrance.
- Apply to pulse points to uplift mood throughout the day.
- Use on skin to aid in balancing moisture levels and reduce the appearance of skin imperfections.

Fun Fact: It takes approximately 252,000 individual petals (or 8,000 rose flowers) to produce one 5ml bottle of rose oil. This is the equivalent to 42 lbs. of rose petals.

*A* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Brazil occupies roughly half of South America, covering a total area of 3,287,357 square miles. Within that area is 60 percent of the Amazon rainforest. Representing over half of the planet’s remaining rainforests, the Amazon is comprised of the largest and most biodiverse area of tropical rainforest in the world, with an estimated 390 billion individual trees. Therein lie the trees from which we source Copaiba oleoresin, which is distilled to produce Copaiba essential oil.

Copaiba essential oil is so unique and effective because of its high level of beta-caryophyllene. Copaiba has the highest levels of beta-caryophyllene that we are aware of. Beta-caryophyllene, also known as BCP, is a terpene. In 2008, European scientists learned that beta-caryophyllene had cannabinoid-like properties. Like many other cannabinoids and terpenes, BCP targets the body’s CB2 receptors, ignoring the CB1 receptors that are involved in supplying the high associated with cannabis and, more specifically, the THC cannabinoid. Thus Copaiba essential oil has the ability to deliver major benefits without giving you the high. For this reason Copaiba essential oil has become an invaluable part of the dōTERRA collection.

Copaiba essential oil can be found in items such as soaps, creams, lotions, and perfumes. Since the 16th century, Copaiba has been used in traditional health practices. We now use it to help support the health of the cardiovascular, immune, digestive, nervous, and respiratory systems.* It’s also a powerful antioxidant that promotes immune health.*

Copaiba essential oil is derived from the oleoresin of the copaiba tree, which can grow from 60 to 100 feet tall. The process of harvesting the copaiba oleoresin is similar to how one would tap a maple tree. A harvester will look for healthy trees that have large diameter trunks. They then drill a small hole approximately three feet from the ground. Once the hole has been drilled, the sawdust is cleaned off and the oleoresin collector is put in place. The harvester will generally be able to collect some oleoresin immediately. Once the oleoresin has been collected from the initial tap, a plug is inserted into the hole and the harvester will return to the tree every few weeks to collect additional oleoresin.

The Amazon rainforest is very dense and nearly impossible to travel through with conventional vehicles. As such most travel for both personal and commercial purposes is done by boat. The complex network of smaller tributaries and larger rivers become the roads and highways by which goods are delivered.
dōTERRA utilizes a large network of harvesters that transport their copaiba oleoresin by boat from their different villages to Manaus. Once the oleoresin has been inspected, paid for, and collected in Manaus, we work with our distillation partner to steam distill the oleoresin and prepare it for final shipment to the US.

During a recent sourcing trip, Ben Platt, dōTERRA Strategic Sourcing Manager for the Americas, met a family of copaiba harvesters that were not a part of our current network. As they talked about copaiba, the harvester expressed frustration that he was getting pressured about the price for his copaiba oleoresin and that payment would frequently come much later than agreed upon.

“As I was talking with this family I quickly recognized that they were the type of people that dōTERRA prefers to work with. It was clear that they knew their copaiba harvesting area very well. It was also clear that they were hardworking, honest people that would harvest the copaiba in the sustainable manner that dōTERRA requires. We encouraged them to join our harvesting group and assured them that we would pay them on-time and at fair prices for their oleoresin. They were excited by this proposition and agreed to join our harvesting group. We are definitely glad that this family has joined the network of families that are now a key part of the dōTERRA Global Botanical Network. This experience goes to highlight the importance of our mission to source the world’s most beautiful oils from some of the world’s best people. We source great people as much as we source essential oils.”

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

CJ HUELSMAN once had the motivation and energy to work out, but over the past few years, bad habits crept in, leading to more snooze buttons, fewer workouts, and more junk food. The birth of his daughter in November 2015 made it challenging for CJ and his wife to find any spare time. Meals became “on the go” and time after work was time spent with family before putting the baby to bed. After working all day, the only thing CJ had the energy to do was sit, and maybe catch up on a TV show, before going to sleep. As a result, CJ ended up packing on a significant amount of weight.

While weight loss was the ultimate goal, CJ needed to address the underlying problems caused by poor health and lifestyle choices. Seeing his daughter become more and more active as she learned to walk, run, and play became one of the main motivations for CJ to push his body in hopes to gain energy, reset bad habits, and ultimately lose weight. He says, “I don’t just want to watch her do these things. I want to be there with her and be the one who gets to show her all the exciting things that this beautiful world has to offer.”

CJ’s Story

Going over 250 pounds was the largest I’ve ever been, and as much as I kept convincing myself that I was going to make a change, I kept eating fast food and not working out. I’ve tried many times to jump-start a new healthy lifestyle, but it always seemed to burn bright in the beginning, and then burn out quickly.

My wife tried having multiple conversations with me about wanting to cut processed foods from our diet or quit sugar for a month, and I was onboard but I never fully committed. When she suggested I do the doTERRA Slim and Sassy challenge, she appealed to my competitive nature, and suddenly we were both onboard and fully committed!

Breaking the Old Habits

When we first started the challenge my wife created a Facebook group to help keep me motivated. We invited friends, family, and other Wellness Advocates to join us on this journey. We posted progress updates, as well as what we found most helpful about each of the products we were using. We reached out to others for suggestions, and the addition of community helped motivate me through the challenge.

The first month was the hardest, especially with the cravings. I craved something sweet at the end of a meal. A drop of Fennel, a large glass of water with some Slim and Sassy in it, or a bowl of fruit would help reprogram my cravings. We had to plan social outings well in advance to prepare ourselves for any temptations.

Alcohol was another tough one to cut back. I knew there were a lot of empty calories in beer, but I got so used to having one or two after getting home from work. It was hard going out with friends and only drinking water. I did find that sparkling water is a great replacement, or water with a drop of Peppermint and/or Lemon.

Trying to balance time was no easy task—time for work and time for family. My wife wakes up at 4:30 a.m. to work out, and I get up and make our TrimShakes for breakfast and lunch along with packing fruit, veggies, and some nuts. When she gets home, I head to work out at 6:45 a.m. and she gets our daughter up.

Steps to Change

Between a good night’s sleep with the doTERRA Serenity® Softgels, taking the Mito2Max®, and getting to the gym, my wife and I found that we had more than enough energy in the morning and well into the day.

CJ’S TIPS FOR SUCCESS

1. Make it a Lifestyle—Everything changes for the long haul. It was never just a three-month stint for me. It was a three-month sprint, but once we got to the finish line we were never going to stop running.

2. Get Support—the guys I work out with encouraged me as well and talking with others about what I was doing helped me remember it for myself. The Facebook group with our friends and family, including other doTERRA advocates, was great for sharing our thoughts and challenges and getting support.
Stay Committed—the first couple weeks were by far the hardest. The diet change was difficult. It was hard to turn down the sweets and snacks that were basically everywhere. But after a couple of weeks, my taste buds changed. I was never a big fan of cherry tomatoes, now they are like candy to me. It was almost like my body eventually re-set and realized how good natural food is and how great you feel after eating healthy food.

Don’t Starve Yourself—talking to friends and family who had tried various other diets, a common reason for failing was from being too hungry and then caving on the vending machine. We made sure to give ourselves plenty of healthy food.

Plan Your Meals—if we didn’t plan our meals for the week ahead of time we were doomed. Do the research, go to the store and prep as much as possible. If I don’t have a lunch packed, I’m probably going to eat something bad instead. If we don’t have dinner thought out when we get home, chances are pizza is getting delivered.

Taking the doTERRA Lifelong Vitality Pack® also added such an increase in energy in our lives! My daughter loves being outside and on the go, and it is wonderful to be able to keep up and catch every smile as she goes. doTERRA Slim & Sassy TrimShake made a perfect post-workout treat that kept me full until lunch. I also carry a large stainless steel bottle with me all day now with water mixed with a few drops of the Slim & Sassy Metabolic Blend in it. Occasionally I add Peppermint to help me stay cool while I work outside. Halfway through the challenge, we decided to do an additional cleanse and loved it so much we kept the DDR Prime® and PB Assist®+ in our supplement lineup.

I was so close to the weight loss goal and I feel very proud of what I accomplished in three months. True, the scale never hit the 204.5, but I did lose 8 percent body fat and gained in muscle. I sleep better, have more energy, and I’m much more aware of what I put into my body. Between exercise, nutrition, and supplements, I am excited for the continued transformation and the lifestyle that is here to stay.
Jamie Mitchell

The Australian Waterman

dōTERRA® Performance Advocate Jamie Mitchell grew up in a small town in the Northern New South Wales in Australia. Since his dad was a surfer, Jamie spent the majority of his childhood on the beach. For Jamie, the ocean became his playground, gym, office, home, and a way of life.

His fearless attitude, passion for the water, and competitive nature made him one of the world’s elite ocean athletes. Throughout his career Jamie has had many victorious achievements, but his most memorable moments were winning 10 consecutive Molokai to Oahu World Championship Paddleboard races, and World Surf League Big Wave Event in Portugal, as well as surfing in the Eddie Aikau Big Wave Invitational in 2016. However, he says his biggest accomplishment in life is being a husband and being a father to his little girl.

WHAT COUNTRIES HAVE YOU SURFED, AND WHAT’S BEEN YOUR FAVORITE PLACE?
I have surfed in Australia, Fiji, Solomon Islands, Tahiti, Indonesia, Hawaii, Mexico, France, Spain, Portugal, Ireland, Morocco, South Africa, and Monaco. But my favorite has always been and will be Hawaii.

IF YOU COULD GO ANYWHERE RIGHT NOW TO SURF, WHERE WOULD IT BE?
It would be somewhere I haven’t been, so maybe Micronesia.

WHERE DO YOU DRAW YOUR INSPIRATION FROM?
I draw inspiration from lots of different people. I love watching athletes like—Roger Federer, Tiger Woods, Kelly Slater, and Michael Jordan who are able to thrive under pressure. I also draw inspiration from my family who sacrificed a lot for me to be where I am today. There are so many people who are doing amazing things in the world so it’s easy to be inspired.

WHAT GOES THROUGH YOUR HEAD AS YOU ARE RIDING THE BIG WAVE? WHAT ABOUT WHEN YOU WIPE OUT?
I just try to stay as calm as I can. I try not to overthink the situation and do what I have trained to do and have done many times over. As for wiping out, you have to stay calm and collected. Find your happy place and relax. If you fight and stress, you are basically killing yourself as you will lose your oxygen and deplete your levels, so it’s all about conserving every bit of energy while underwater.

WHAT WOULD YOU SAY WAS YOUR MOST DANGEROUS EXPERIENCE?
What we do is very dangerous. My worst wipeout was in Western Australia a few years ago when I went over the falls with the lip of a wave, and hit so hard that I blacked out underwater. When I was able to make it to the surface, I had torn the MCL of my right knee, fractured my left elbow, and hurt my shoulder. So it wasn’t a fun flight back home.

IS THERE A SPECIFIC TRAINING ROUTINE THAT YOU FOLLOW?
I love hot Yoga, so I try and do yoga 3–4 times a week. I still try and swim and do some breathing exercise 3–4 times a week, and, if I can fit it in, a few cardio workouts, but with a young daughter and my wife being 6 months pregnant, time is scarce these days. Our family loves eating a clean balanced diet.

HOW DID YOU HEAR ABOUT dōTERRA?
My wife Cassandra loves the oils and became a Wellness Advocate two years ago. Funny story, she walked into the house with an Every Oil Kit and I freaked out, not really knowing anything about essential oils. But it has become a huge part of our family’s life, as well as a huge part of my every day health. I use the oils every day and especially when I’m travelling. They keep me healthy and ready to surf.

WHAT ARE YOU FAVORITE dōTERRA PRODUCTS AND HOW DO YOU NORMALLY USE THEM?
I love so many products. But I came up with what I call a Surfer’s Travelling Kit; Peppermint, Lemon, Oregano, dōTERRA On Guard®, DigestZen®, Deep Blue®, Melaleuca, Lavender, Peppermint and dōTERRA On Guard Beadlets, and dōTERRA Serenity® Softgels.

“Follow your dreams and don’t let anyone tell you you can’t do it.”
—Jamie—
<table>
<thead>
<tr>
<th>Age</th>
<th>40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hometown</td>
<td>Coffs Harbour NSW, Australia</td>
</tr>
<tr>
<td>Current Home</td>
<td>Sunset Beach, Oahu, Hawaii</td>
</tr>
<tr>
<td>Family</td>
<td>Husband to Cassandra and father to 1-year-old daughter Nevaeh.</td>
</tr>
<tr>
<td>Personal Motto</td>
<td>“I believe good things come to those who work hard and give back.”</td>
</tr>
</tbody>
</table>
Chocolate and Oils
Chocolate Cake with Wild Orange Ganache

Ingredients:
- 2 cups granulated sugar
- 1 cup oil
- 2 eggs
- 1 cup semi-sweet chocolate chips
- ⅔ cup heavy cream
- 1 teaspoon vanilla bean paste
- 2 drops Wild Orange oil
- 1 cup cocoa

Directions:
1. Preheat oven to 375°F.
2. Butter bundt pan, and dust with cocoa powder.
3. In a large bowl, combine the dry ingredients except for hot water.
4. In a separate bowl, combine the wet ingredients with hot water.
5. Slowly sift the dry ingredients into the wet mixture until smooth.
6. Stirring slowly, add hot water. Once combined, do not over mix.
7. Bake for 30-35 minutes, or until a toothpick comes out clean.
8. Whisk the remaining heavy cream with 3 tablespoons granulated sugar, ½ teaspoon vanilla, and 2 drops Wild Orange oil. Once peaks are formed, fold in chocolate mixture.
9. Serve immediately, or refrigerate.

Chocolate Mousse

Ingredients:
- ½ cup milk chocolate chips
- ½ cup semi-sweet chocolate chips
- 1 ½ cups heavy cream (separated)
- 2 drops Peppermint oil
- 3 tablespoons granulated sugar
- ½ teaspoon vanilla

Directions:
1. Combine chips and ½ cup heavy cream in bowl, and melt in the microwave for 2 minutes, stirring every 30 seconds. Refrigerate for 10 minutes.
2. Whip the remaining heavy cream with 3 tablespoons granulated sugar, ½ teaspoon vanilla, and 2 drops Peppermint oil. Once peaks are formed, fold in chocolate mixture.
3. Serve immediately, or refrigerate.

Lavender Chocolate Disks

Ingredients:
- 2/3 cup bittersweet chocolate
- 1 teaspoon vanilla bean paste
- 1 drop Lavender oil

Directions:
1. Place parchment paper on a baking sheet.
2. Melt chocolate in the microwave, stirring every 30 seconds.
3. Once melted, stir in vanilla.
4. Use a large spoon to dollop rounds onto parchment paper.
5. Hit baking sheet on the counter, to flatten into disks.
6. Garnish with walnuts, pistachios, honey, edible lavender, and edible rose petals, or as desired, and let rest to set.

Cardamom Truffles

Ingredients:
- 1 small avocado
- 1 ¼ cup semi-sweet chocolate chips
- ⅔ cup semi-sweet chocolate chips
- ⅔ cup heavy cream
- 2 drops Cardamom oil

Directions:
1. Mash avocado until smooth.
2. Melt chocolate chips in microwave, stirring every 30 seconds.
3. Add avocado, vanilla, and Cardamom oil to melted chocolate and combine.
4. Cover with plastic wrap and chill for a few hours.
5. Using a cookie scoop, take the chocolate mixture and form a ball.
6. Dip in the left over melted chocolate, and sprinkle with gold dust, cocoa, or sprinkles.

Chocolate Macarons with Black Pepper Chocolate Ganache

Ingredients:
- 2 cups granulated sugar
- ½ cup fine almond flour
- 2 tablespoons cocoa powder
- 2 large egg whites
- ⅓ teaspoon cream of tartar
- Pinch of salt
- 5 tablespoons granulated sugar

Ganache:
- ½ cup semi-sweet chocolate
- ⅔ cup heavy cream
- 2 drops Black Pepper oil

Directions:
1. Preheat oven to 375°F.
2. Line baking sheet with parchment paper
3. Sift together powdered sugar, almond flour, and cocoa powder into large bowl, and discard any large pieces.
4. Beat egg whites, salt, and cream of tartar until stiff.
5. Fold the dry ingredients into the egg whites. Using a rubber spatula, fold until smooth, not runny.
6. Fill pastry bag and pipe batter into 1-inch circles.
7. Tap baking sheet on the counter, until air bubbles come to the surface, and cookie mixture is flat.
8. Bake for 8-10 minutes on a baking sheet, until golden brown.
9. While macarons are baking, combine ganache ingredients in a bowl. Microwave for 2 minutes, stirring every 30 seconds.
10. Once cookies are cool, fill with ganache and refrigerate for 1 hour.
During the 2016 dōTERRA One Convention, the founding executives announced that attendees had a unique opportunity—the chance to go on a sourcing incentive trip with the dōTERRA Healing Hands Foundation. Many people put their names into the raffle to determine who could go on one of the six planned trips to either Nepal, Guatemala, or Bulgaria.

Bulgaria is the focus of a Cō-Impact Sourcing® project to both help the struggling economy there by revitalizing the essential oil industry while sourcing quality oils. The dōTERRA Healing Hands Foundation is an integral part of the work happening. The first of the two trips planned for Bulgaria took place the first week in July, with a second group going one week later. Those participating in these trips knew they were in for something special.

Projects to Empower Communities

The main focus of both trips to Bulgaria was to provide a much-needed playground for a community center. Community centers in Bulgaria typically house a variety of functions, such as a post office, library, town hall, and a public meeting house and gathering area. Adding a safe play area for the children was a priority in this community. The volunteers went to work—they sanded the existing teeter-totters, sanded and refinished benches, and sanded and repainted the existing fence. Meanwhile, community members assembled the new
playground. This is the third playground that dōTERRA has donated to local Bulgarian community centers. Beyond the playground, Wellness Advocates volunteered for a day at the Milk Canteen, an organization that provides meals to families with children between the ages of one to three at a subsidized cost with help from dōTERRA. Workers there estimate that they serve between 500-1000 children a day. The experience then finished off with dinner made by youth at the nonprofit organization, the Social Teahouse, which the dōTERRA Healing Hands Foundation helped refurbish in early 2016. The Social Teahouse works to help orphaned children learn personal and professional skills that help them leave the orphanages with access to the labor market.

Making it Possible

The volunteers took some time to go to the Bulgarian Esseterre Distillery, the operation that makes all the efforts to build up Bulgaria through industry and humanitarian projects possible. The distillery currently produces Lavender, Melissa, and Frankincense essential oils for dōTERRA.

Sarah Wimmer, a Wellness Advocate from Arizona, says of her experience, “It is amazing to see the whole process of creating an oil, and the care and precision that goes into each step of the process. From the field to the lab, dōTERRA has set a high expectation and standards of excellence that will only allow for the best of the best to be produced. I am honored to have been on this trip and to be a part of a company that gives back so much to communities.”
Do you have a curious little explorer or an inquisitive future scientist always asking questions about how the world works? Maybe you have a future chemist, doctor, or astronomer who loves learning and can’t get enough science. Well, doTERRA has the program for you: doTERRA Science for Kids!

Launched at the beginning of 2017, doTERRA Science for Kids offers videos, educational modules, experiments, and activities to help kids (as well as their parents) explore the world around them and get excited about science. Promoting science education through all grade levels is a passion shared by the doTERRA Science for Kids team and by Chief Medical Officer, Dr. David K. Hill, DC. For many years Dr. Hill has sought to combine his work with doTERRA with his desire to promote science education for children. With the addition of the “Science for Kids” tab on the doTERRA Science Blog, his wish started to take shape.

“My hope for the doTERRA Science for Kids program is that children will discover that science is fun and fascinating, and that they’ll share their enthusiasm with their parents,” Dr. Hill explained when talking about the program. “As a science-based company, what better way for doTERRA to give back than to help foster a love of science in the next generation?”

**Local Community Outreach**

From there doTERRA Science for Kids has continued to grow, incorporating community outreach initiatives into the program. Since the program’s start in January, doTERRA Science for Kids team members have already presented in several Utah elementary school classrooms, teaching about the plant life cycle and providing a fun, easy experiment for students to participate in. It’s a great opportunity for doTERRA to give back to the community by volunteering in classrooms while also helping ignite students’ curiosity and desire to learn more.

Additionally, doTERRA Science for Kids hosted its first two doTERRA Science for Kids Summer Day Camps at the doTERRA global campus. With presentations by doTERRA scientists Nicole Stevens and Cody Beaumont and doTERRA Facilities Manager Rusty Keller this camp provided kids an opportunity to explore the wetlands and grounds surrounding doTERRA and the onsite manufacturing facility. Each presentation encouraged participants to ask questions and to use the scientific method to find answers. Kids got to learn more about science while doTERRA volunteers got to help the kids explore and participate in a unique opportunity. Future doTERRA Science for Kids camps, featuring doTERRA scientists with different specialties, are already in the planning stages, and the doTERRA Science for Kids team is eager to make these camps available to more participants in the upcoming months.
While the program is just beginning, dōTERRA Science for Kids has made significant progress in its first few months. Currently the focus is on local schools and community efforts, but as the program continues growing the dōTERRA Science for Kids team hopes to expand into new schools, to increase summer day camp possibilities, and to explore new options that will help kids gain a passion for science. The program is even looking into junior high and high school presentation options in addition to volunteering with established science programs.

**How to Get Involved**

With all of these awesome efforts, you may be wondering how you can get involved. A great place to start is by using and sharing the online materials dōTERRA Science for Kids has already produced. Do you have a child curious about how memory, emotions, or even senses work? Or maybe you need some direction in helping your kids understand nutrition and why it’s so important. dōTERRA Science for Kids can help as you work with your kids to assist them in learning about the world around them. Your inner child might even learn a thing or two as you participate in simple and enlightening experiments with the children in your life.

To learn more about dōTERRA Science for Kids or to find your kid’s next science experiment, check out the “Science for Kids” section on the dōTERRA Science Blog. With units spanning a variety of topics, dōTERRA Science for Kids provides the perfect boredom buster, allowing kids to learn and have fun at the same time. If you have any questions about the dōTERRA Science for Kids program or if you have suggestions for future units to include online send them an email at scienceforkids@doterra.com. The dōTERRA Science for Kids program is just beginning, but it’s off to a great start that has endless possibilities the dōTERRA Science for Kids team can’t wait to share with you.
Wow! Can you believe that it is fall again? F. Scott Fitzgerald said in *The Great Gatsby*, “Life starts all over again when it gets crisp in the fall.” Growing up in Tucson, Arizona, meant the crisp temperatures of fall were 80–90 degrees. No matter where we live and no matter the temperature drop, fall means it is time for the kids to go back to school. It means that our kids who have been playing outside every day with a few of the neighborhood kids are now going to be in classrooms with 30 other children, and going to recess with hundreds of others. It means more stress in our homes as we try to stay on top of homework assignments, class projects, and extra-curricular activities. It also means that we begin dealing with some seasonal environmental threats as the weather changes and we start to spend more time indoors.

How might we use dōTERRA products to deal with the changes that fall brings?

**Supporting Healthy Brain Activity**

School stresses the brain as we are constantly presented with new information and try to assimilate that into our brains. No matter the level of learning, from “new math” to calculus, from letter recognition to writing a haiku, we need our brain to function optimally. Essential fatty acids have been shown to support healthy brain function. While Omega-6 fatty acids are important, we have a diet rich in these and do not need any help in consuming more. The optimal consumption of Omega-6 to Omega-3 fatty acids are a 1:1 ratio. Therefore, we often need a good daily supplement to increase our Omega-3 fatty acids to obtain that balance. IQ Mega® or xEO Mega® can help balance our ratio in fatty acids, thereby supporting healthy brain development in kids and brain function in adults.*

**Promoting Feeling of Calmness**

My mother was an elementary school teacher while I was growing up. She would often comment that on windy days, children came in from recess out of control. It became very difficult to promote a learning environment in her classroom for the rest of the day. She had a theory that the wind disrupts the ionic field around the body, causing kids to feel very unsettled. As I think about what I know now, I would have recommended diffusing Lavender, Cedarwood, or Petitgrain on those days to promote feelings of calmness and relaxation. dōTERRA Balance® and dōTERRA Serenity® could also be used for their grounding effects.

**Maintaining a Healthy Gut**

Recent studies have shown gut microbes shape the architecture of sleep and stress reactivity of the hypothalamic-pituitary-adrenal axis. This means that the type of bacteria we have in our gastrointestinal tract changes how well we sleep, how we react to stress, and how healthy our hormonal system is. They influence memory, mood, and cognition, and are clinically and therapeutically relevant to a

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.
range of disorders. It is important for us to eat the right kinds of foods to support a healthy gut microbiome. This is not always easy to do with the schedule of family activities and school lunches. PB Assist Jr. is like candy in my house. My kids have a tube every day and would have several if we would let them. They love it and I feel confident that I am helping support the brain function for memory and cognition needed for the rigors of school.*

**Getting Quality Sleep**

Sleep becomes especially important as we try to learn new information and retain that information for recall. Several studies have shown that lack of sleep leads to worsening memory. Children ages 6 to 13 need 9 to 11 hours of sleep per night. Teenagers ages 14 to 18 need slightly less, about 8 to 10 hours. Adults need anywhere from 7 to 9 hours of sleep. This is often difficult as we lay down at night after finishing homework, studying for a test, or working on a group assignment for class. Our brains seem to want to continue working on the problem at hand despite needing to sleep. Petitgrain, Vetiver, and Lavender oil applied to bedding or pillows as well as applying to the bottom of the big toe, where, in Eastern Medicine, the pineal gland is connected, can help prepare for a restful night’s sleep. There is nothing better as a parent than to take a few moments at the end of the day and sit on the edge of the bed rubbing oils into your children’s feet and talking about their day. This not only promotes sleep, but promotes good relationships in your home as well.

**Supporting Healthy Immune System**

Of course, fall and winter are the times of the year we are concerned about environmental threats. Previous articles have mentioned the doTERRA On Guard® products. These are especially important as children are now in classrooms with 20–30 other students. As children are not the best at hygiene, problems spread quickly in that environment. Taking doTERRA On Guard beadlets daily can support your child’s healthy immune system.* doTERRA On Guard Foaming Hand Wash cleans and softens skin while providing protection from the common threats found in the fall and at school. If your children are too young to take the beadlets, you may include the doTERRA On Guard oil to rotate into your nightly rub routine with your children.

Fall is a beautiful time of year with the amazing color changes of leaves, the crisp air of morning or evening walks, sweaters, bonfires, and being thankful. Summer is fun, but the fall grounds us, allowing us to reconnect with those most important in our lives over a cup of peppermint hot chocolate.
“Never underestimate the valuable and important difference you make in every life you touch. For the impact you make today has a powerful rippling effect on every tomorrow.” —Anonymous

Each of us has our plate filled with all the things we need to do each day. We are often wrapped up in how “we don’t have time” or “we’re too busy.” We may wonder if we are truly able to make a positive impact on another’s life when we have such busy schedules. There are many times when we are too busy and don’t have time to share, but we shouldn’t hesitate to use the time we do have to make an impact in the lives of others. So what can we do when we only have a few minutes to serve those around us? Sharing the AromaTouch® Hand Technique is a powerful act of service that doesn’t require much time. We have been touched with how many of you have already taken this to heart and have been constantly using the AromaTouch Technique to make a positive impact on those around you. We are honored to share your stories and see the impact you have made on “every tomorrow.”

Lifting the Burdens
When I made it home last night, I found my sweet hubby fully dressed, tucked tightly under our comforter. Taking the lion’s share of the weight at home while I build our business has taken a toll on him. His focus has been on making sure our five little ones are well cared for and, as a result, has neglected what his body needs. At the time, I didn’t know exactly what was wrong, so I decided to support his entire body using our tried and true AromaTouch Technique. I managed to convince him to roll out of bed and onto my massage table. Forty minutes later, he was completely relaxed and sleeping deeply. I love that the AromaTouch Technique oils are the catch-all net that help support the body while also relaxing and balancing it. This morning my hubby was up and out of bed before me so I’m guessing he is feeling much better!
—Alicia Simon

The Power of Touch
The power of touch is profound. It soothes, nourishes, and heals; it is a fundamental part of our life. Today I went to visit my 102-year-old grandma who—unless she bounces back like she has for years—is most likely transitioning into the final days of her life here on earth and on to her everlasting life up in heaven. She is still as sweet as ever, but you could tell this time was a little different. She’s a little less energetic and there are other signs, but I went with the intent to give her an AromaTouch Hand Technique along with a foot massage with my essential oils. This lady has done so much for me, so this was a final act of service that I could give her: a caring touch to let her know that she means the world to me. She didn’t say much, but would exclaim, ‘Oh, you don’t know how good that feels!’ over and over. I know the oils are doing something for her, but the touch—that’s what it was all about today. Remember the power of touch!
—Becca Dallain

Bonding Experience
My 9-year-old son had a really hard day on Monday. I won’t go into detail, but there were other kids and hurt feelings. I told him he would feel better if he would let me give him an AromaTouch Hand Technique. He was skeptical, but he let me do it anyway. I got out my Wild Orange oil. It is such an uplifting scent. I took extra time and care in his AromaTouch Hand Technique to show him that I cared. By the time I was finished, he was much calmer. We cuddled some (I’m so glad he still likes to cuddle!) I jokingly said, ‘Can you admit your mommy was right and that the oils helped a teeny tiny bit?’ He smiled a small smile and replied, ‘No, they helped a lot!’ I had forgotten what a bonding experience it is to apply essential oils to my kids!
—Sarah DeGroff

Would you like to share more of your stories with us? Tag us on Instagram with @sharearomatouch and use the hashtag #sharearomatouch or email us your story along with photos at sharearomatouch@doterra.com.
Throughout history, perfumery has been used for and associated with many things. Essential oils have been a part of perfumery since early 2000 BC, when they were used by the ancient Egyptians. They used them as a status symbol for superiority, used by aristocrats, politicians, athletes, and royalty. Oils were also specifically sought after for their health benefits. These powerful aromatic fragrances played a major part in ritual, beauty, and commerce, just as they do today. Here is a simple guide to creating and customizing your own toxin-free essential oil fragrance.
**Fragrance Notes**

Essential oils can be separated into three categories or notes: base, middle, and top. It is important to remember that when you are blending, top notes are the first thing you smell and last a relatively short amount of time. Top notes make up between 5–20 percent of the perfume blend. Middle notes are the next group of oils you will smell. Once the top note wears off, middle notes start to become more prominent; this can happen anywhere from 20–60 minutes after application. These are known as the body, bouquet, or heart of the fragrance and make up between 50–80 percent of the perfume blend. After an hour or two, you will begin to smell the base notes. Base notes are the oils that last the longest and are usually floral or woody scents. Base notes, like top notes, make up between 5–20 percent of the perfume. When creating your own natural perfume fragrance, adding alcohol or carrier oils such as Fractionated Coconut Oil, can help tone down overpowering oils and even prolong the life of your custom fragrance.

**Blending How To**

When you are ready to create your own essential oil perfume blend remember, the middle is the heart but the base ties it all together. So, choose your favorites from the base and middle oils first, and then “top” it off. For example, let’s say you want a blend that is both woody and masculine but is versatile enough to be light and feminine. You would want to choose oils from the base and middle note sections that have deep, rich aromas but are still fresh and clean like Cedarwood, Sandalwood, and Juniper Berry. Next you will want to choose one or more oils from the top note section that are consistent with the theme but also give the blend that extra kick, like Siberian Fir and Grapefruit. Now, you want to blend them. Add 4 drops Cedarwood, 5 drops Sandalwood, 4 drops Juniper Berry, 5 drops Grapefruit, and 2 drops Siberian Fir to your bottle (we liked the 10mL amber bottle for this blend). Once you have the oils in the bottle, cap and shake to combine. Make sure the blend is what you were going for, then top off with doTERRA Fractionated Coconut Oil.

**Common Aromatic Scents Profiles**

- **Floral:** Geranium, Lavender, and Ylang Ylang
- **Oriental:** Ginger, Patchouli, and Frankincense
- **Woody:** Cedarwood, Sandalwood and Vetiver
- **Fresh:** Bergamot, Grapefruit, Wild Orange

### Top
- Basil
- Bergamot
- Clary Sage
- Coriander
- Eucalyptus
- Grapefruit
- Lemon
- Lemongrass
- Lime
- Wild Orange
- Peppermint
- Petitgrain
- Spearmint
- Tangerine
- Melaleuca
- Wintergreen

### Middle
- Black Pepper
- Cardamom
- Cilantro
- Cypress
- Douglas Fir
- Fennel, Sweet
- Geranium
- Juniper Berry
- Lavender
- Marjoram
- Melissa
- Oregano
- Roman Chamomile
- Rosemary
- Spikenard
- Thyme
- Siberian Fir
- Yarrow

### Base
- Arborvitae
- Blue Tansi
- Cassia
- Cedarwood
- Cinnamon Bark
- Clove Bud
- Copaiba
- Frankincense
- Ginger
- Helichrysum
- Jasmine
- Myrrh
- Patchouli
- Rose
- Sandalwood
- Vetiver
- Ylang Ylang
**RECOMMENDED DIY FRAGRANCES**

**For Him - The Nomad**

**Top**
- Spearmint
- Lime
- Grapefruit
- Eucalyptus

**Base**
- Patchouli

**Optional**
Substitute Peppermint for Spearmint for a spicier fragrance.

**Carrier**
Top off with doTERRA® Fractionated Coconut Oil (or carrier oil of choice).

**STORAGE TIP:**
To be sure that your unique essential oil perfume lasts, store in a cool dry place in a dark glass container.

**For Her - The Traveler**

**Top**
- Wild Orange
- Lime

**Middle**
- Juniper Berry
- Cinnamon Bark

**Base**
- Frankincense

**Carrier**
Top off with doTERRA Fractionated Coconut Oil (or carrier oil of choice).

**Optional**
1-2 drops doTERRA Rose, Neroli, or Jasmine Touch
EXTERIOR

BUG REMOVER
Depending on where you live and drive, you may notice a lot of dead bugs on the front of your car. Scrubbing those off may lead to your paint chipping. The sooner you can remove those the better. Spray the area with water and lay a damp cloth over the dried bugs. Place a bucket with warm water and dryer sheets to the side. After a few minutes, remove the damp cloth. Dip your dryer sheets in the warm water and rub those bugs away. Wash your car like usual. Make sure to add car wax after you have cleaned the car to prevent future issues with your paint.

DEGREASER
Mix 2 cups of warm water, 2 tablespoons of baking soda and 1 part of your favorite citrus oil in a spray bottle. Spray on grease and wipe away with a damp towel. It has probably been a while since you last cleaned your tools and you know just enough to build a car from the ground up. Wherever you are, dōTERRA essential oils can help.

Clean your tools and your car. It has probably been a while since you last cleaned your tools and nobody likes dirty tools. Use the degreaser recipe for a nice shine.

1. It is very common for grease to build up on your tools and your car. Make sure to use the degreaser to keep your car working and looking great. For those of you restoring cars, the degreaser is great on most parts.

WINDOW CLEANER
Hard water from sprinklers can be difficult to get off windows. Add 8 ounces of vinegar to a spray bottle filled with warm water. Squeeze lemon essential oil into the mix. Add 6 drops of Lemon essential oil to a spray bottle filled with warm water. Squeeze lemon essential oil into the mix. Shake to mix, then spray onto the windows and allow it to sit for several moments before drying with a cloth.

TIRE CLEANER
Mix 2 parts baking soda and 1 part water together to form a paste. Add 4–6 drops of Lemon essential oil. Work the paste into the tires with a scrub brush. Let it sit for several minutes. Then, rinse off.
INTERIOR

NATURAL AIR FRESHENER
Driving can spawn a multitude of changing moods. Controlling that can make an unpleasant drive enjoyable.
All you need is felt, scissors, felt, Peppermint essential oil (or favorite oil) onto the felt. Hang near a vent for a natural air freshener.

NATURAL SHINE
For a detailed shine make sure to combine 1 cup of Fractionated Coconut oil and 5 drops of Lemon essential oil in a spray bottle. Spray and wipe all the surfaces that you want to shine, including leather.

SURFACE CLEANER
Mix together equal parts white vinegar and water, and 4-6 drops of doTERRA Purify essential oil. Spray the area you want to clean, and allow it to soak for a few moments before wiping dry with a clean rag.

CARPET AND UPHOLSTERY DEODORIZER
In a mixing bowl, combine 15-20 drops of your favorite essential oil with 1 cup baking soda. Sprinkle the mixture onto the carpet in your car. Leave it there for at least 10-15 minutes or while you clean the rest of your car. Then vacuum it up.

doterra.com
Dietary supplementation is one of the most hotly debated topics in nutrition, and that isn’t likely to end anytime soon. Depending on the study you are examining or the person you ask, supplements are either absolutely critical for optimum health or are not likely to make a tangible impact on your health. What is not disputable is the fact that the average Western diet promotes nutrient deficiencies, which have a definitive impact on countless markers of health. Whether you are an elite athlete or Joe Average just looking for convenient and cost-effective ways to improve your daily well-being, there are few easier ways to accomplish this than by integrating dōTERRA Lifelong Vitality Pack® (LLV) into your daily routine—and dōTERRA scientists have gathered the clinical data that explains why.

Let’s examine why people take dietary supplements. According to data collected from the 2007–2010 National Health and Nutrition Examination Survey (NHANES), most regular users of supplements state that they do so to maintain overall health, to sustain bone health, and to support heart health. Interestingly, the use of dietary supplements tends to increase with age, as recent research suggests that approximately 33% of those aged 20–39 take daily supplements while 67% of U.S. adults over the age of 60 do. The most common daily supplement? As of 2012, the National Institutes of Health reported that 31% of American adults take a full spectrum multivitamin/multimineral, with an essential fatty acid supplement (such as xEO Mega®) ranking as the most common “specialty supplement” at nearly 20%. This makes sense, as our concerns regarding bone and heart health tend to increase with the natural aging process and recent research suggests that full spectrum multivitamin/multimineral and omega-3 supplementation may be of benefit when addressing these issues.

Designed to be the perfect complement to a balanced, whole food diet, LLV is a product that everybody should be familiar with. Consisting of Microplex VMz® Food Nutrient Complex, xEO Mega® Essential Oil Omega Complex, and Alpha CRS® Cellular Vitality Complex, LLV has a number of clinically supported health benefits. Accepted for publication in the Journal of Dietary Supplements, a two-month clinical trial showed that those who supplement their normal diet with LLV may experience significant improvements in several biomarkers of cardiovascular health, antioxidant status, inflammation levels, and blood glucose regulation.* Measured via blood sample, participants in the LLV clinical trial showed improvements in LDL/HDL cholesterol ratio, fasting insulin, and triglycerides.* Furthermore, they reported improved subjective measures of well-being, such as mental clarity, energy, motivation, and overall happiness.*

While there is no ignoring that the foundation of health is a healthy, balanced, whole food diet, there are a few reasons we could all benefit by integrating LLV into our daily lives.

**NUTRIENT DEFICIENCIES**

According to the Centers for Disease Control (CDC), as much as 95% of American adults do not meet recommended dietary allowances (RDA) for vitamins D and E, with approximately half of American adults also deficient in magnesium, vitamin A, calcium, and vitamin C. Even more alarming, as a side effect of the contemporary Western diet rich in highly processed foods, omega-6/omega-3 ratio is typically 16:1 (or more) while recommendations suggest, for optimum health, that we aim for closer to 1:1. The best solution is to change dietary behaviors, but that is often much easier said than done. LLV with breakfast and an evening meal can be a convenient and cost-effective means to address this issue.

**CELLULAR HEALTH**

Research has shown that daily multivitamin supplementation may improve cellular health in otherwise healthy individuals. The Physician’s Health Study II, a randomized, double-blind, placebo-controlled trial involving nearly 15,000 participants over 14 years, found strong data to suggest that those who committed to daily supplementation...
had fewer nutrient deficiencies and negative markers of cellular health. If you want to support health and well-being at the most fundamental level, there is evidence that daily supplementation is one way to do it.

**SUBJECTIVE MEASURES OF HEALTH**

Health isn’t all about the numbers. Stress, energy levels, and genuine contentment are vitally important for our physical and emotional health. Several recent studies, including the LLV clinical trial, suggest that daily supplementation may improve these subjective measures of well-being.

The first step toward a lifetime of health and vitality is toward the kitchen, but it isn’t confined to what’s in the refrigerator. On your way out of the kitchen, don’t forget to visit the pantry, or wherever you have your LLV stored. There is no easier way to ensure that your cells have the essential nutrients and metabolic factors they need for daily optimal performance and for the rest of your life. For more information about the importance of dietary supplementation and the LLV clinical trial, please visit the dōTERRA Science Blog.

For research references email: scienceblog@doterra.com

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

- CINNAMON
- CLOVE
- CARDAMOM
- WILD ORANGE
Wild Orange (Citrus sinensis) can be found in all of our dōTERRA On Guard® collection due to its high levels of the monoterpenic Limonene. This chemical constituent gives Wild Orange the ability to purify and refresh. It also supports healthy immune system function.* Citrus sinensis is an evergreen tree, also commonly referred to as the Sweet Orange tree.

How to use:

Aromatically
- Add Wild Orange with Clary Sage for a refreshing invigorating aroma.
- Place a few drops into your diffuser to purify the air and invoke feelings of energy.

Internally
- Combine 5–8 drops of Wild Orange with your French toast batter in the morning for an extra dose of flavor.
- Add a few drops in your water or in a capsule to support a healthy immune system.*

Topically
- Add a few drops with Fractionated Coconut Oil for a soothing massage.
- Add 1–2 drops Wild Orange with the Hand & Body Lotion to clean and leave your skin feeling soft and smooth.

Other ways
- Make an all-purpose cleaner by adding 1 cup of warm water, 1 cup of white vinegar, and 25 drops of Wild Orange into a spray bottle.

Fun Fact:
Most citrus fruit essential oils, including Wild Orange, Grapefruit and Lemon, are made up of more than 90% Limonene. It is the remaining minor components that determine the pronounced difference between their aromas.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
“I like to use Deep Blue® Rub every day because it really helps with muscle recovery. It’s like saying thank you to your muscles after a long day.”

– LAUREN LOVETTE,
New York City Ballet
Citrus & Herb Butter Roasted Turkey

**Ingredients: Citrus & Herb Butter**
- 4 drops *Wild Orange* essential oil
- 3 drops *Lemon* essential oil
- 3 cloves garlic, minced
- 4 tablespoons chopped fresh sage
- 3 tablespoons chopped fresh rosemary
- 3 tablespoons chopped fresh thyme
- pinch of salt and pepper
- 1 stick unsalted butter, room temperature

**For the Turkey**
- 14–16 pound turkey, thawed
- ½ large orange, cut in two wedges
- 1 lemon, cut in quarters
- ½ large granny smith apple, cut in two wedges
- 1 garlic head, cut in half
- 5 sprigs of sage
- 5 sprigs of thyme
- 2 sprigs of rosemary

**Instructions: For the Butter**
1. In a small bowl, combine all ingredients and stir together thoroughly. Set aside.

**Instructions: For the Turkey**
2. Preheat oven to 500 degrees Fahrenheit.
3. Rinse turkey inside and out. Pat skin dry and place in a roasting rack inside a large roasting pan. Stuff the cavity of the bird with the orange, lemon, apple, garlic, and herbs.
4. Tuck wing tips under the turkey.
5. Use fingers to carefully loosen skin around the entire bird. Take ¼ of the butter mixture and rub it, thoroughly, under skin making sure to coat as much of the turkey as possible. Brush remaining butter mixture over skin, making sure to cover the entire turkey.
6. Sprinkle breast and legs with salt and pepper and tie legs together with kitchen twine.
7. Roast turkey on the lowest rack at 500 degrees for 30 minutes. Turn oven down to 350 degrees and insert probe thermometer into the thickest part of the breast. Cook until thermometer reads 160 degrees.

*Note: Cooking time depends on the size of the turkey.*
8. Remove from oven and cover with foil. Let turkey rest for approximately 30 minutes before carving.

Honey Thyme Roasted Carrots

**Ingredients:**
- 2 pounds carrots peeled, tops removed
- ½ cup apricot preserves
- 2 tablespoons honey
- 2 tablespoons olive oil
- 1 tablespoon butter, melted
- 1 teaspoon balsamic vinegar
- 1 teaspoon garlic powder
- ¼ teaspoon ground mustard
- ⅛ teaspoon ground cumin
- 1 teaspoon dried thyme
- 1 drop *Thyme* essential oil
- 1 teaspoon salt
- ¼ teaspoon black pepper

**Instructions:**
1. Preheat oven to 375 degrees Fahrenheit.
2. Grease a baking sheet. Add carrots to center of pan. Set aside.

Apple Cream Cheese Rose Tarts

**Ingredients:**
- 2 apples
- 3 drops *Lemon* essential oil
- ⅔ cup cream cheese, softened
- ⅔ cup powdered sugar
- 1 teaspoon vanilla
- 2 drops *Cinnamon* essential oil
- 2 sheets puff pastry

**Instructions:**
1. Preheat oven to 375 degrees Fahrenheit.
2. Core and thinly slice apples.
3. Combine apple slices, Lemon essential oil and water in a bowl to keep apples from browning. Pat apple slices dry and set aside.
4. Roll out puff pastry. Cut 4 even strips.
5. In a bowl, cream together cream cheese, powdered sugar, vanilla, and Cinnamon essential oil.
6. Spread cream cheese mixture on top half (long way) of puff pastry slices.
7. Arrange and layer apple slices on cream cheese mixture, cut side facing down.
8. Fold bottom half of plain puff pastry on top of cream cheese mixture and apple slices. Starting at one end, roll them up. Place in greased muffin tins.
9. Bake for 40 minutes.
Sweet & Spicy Cranberry Sauce

Ingredients:
- 10-ounce bag fresh or frozen cranberries
- 1 jalapeno, diced
- ¼ cup water
- ½ cup honey or white sugar
- 3 drops Wild Orange essential oil

Instructions:
1. Combine ingredients, excluding Wild Orange essential oil, into a saucepan.
2. Bring up to boil and then lower temperature to a simmer for 10 minutes, stirring occasionally.

Rosemary Dinner Rolls

Ingredients:
- 2 ¼ teaspoon active dry yeast
- ½ cup warm water
- 3 tablespoons sugar, divided
- ¾ cup warm milk
- 1 large egg
- 3 tablespoons butter, melted
- 2 tablespoons chopped fresh rosemary
- 2 drops Rosemary essential oil
- 1 ½ teaspoon salt
- 1 egg for brushing rolls, whisked
- 3 ½ cups all-purpose flour, then more as needed

Instructions:
1. In the bowl of an electric stand mixer whisk together yeast, warm water, and ½ teaspoon granulated sugar. Rest for 5 minutes
2. Set mixer with hook attachment and mix in remaining sugar, warm milk, egg, melted butter, fresh rosemary, Rosemary essential oil, and salt on low speed.
3. Add 2 cups flour and mix on low speed until combined. Slowly add in remaining flour until dough pulls away from the side of the bowl. Dough should be a little sticky.
4. Knead for 7–10 minutes until smooth and elastic.
5. Remove from mixer and cover bowl with a cloth for 1 hour or until doubled in size.
6. Place dough on clean workspace and divide into 12 equal parts. Roll each part into a smooth ball and place into a greased 9x11 baking pan.
7. Cover and let rise for 1 hour or until doubled in size.
8. Preheat oven to 350 degrees.
9. Gently brush tops of rolls evenly with 1 tablespoon whisked egg. Bake in preheated oven until tops are golden brown, about 23–26 minutes.

Healthy Pumpkin Pie

Ingredients:
- 1 15-ounce can pumpkin puree
- 1 13.5-ounce can full-fat coconut milk
- ½ cup rolled oats
- 2 tablespoons ground flax
- ¼ cup brown sugar
- 3 teaspoons ground cinnamon
- 1 drop Cinnamon essential oil
- 2 drops Clove essential oil
- 2 drops Ginger essential oil
- ½ teaspoon salt
- 1 egg
- 1 tablespoon pure vanilla extract
- 1 par baked pie crust

Instructions:
1. Preheat oven to 400 Fahrenheit.
2. Blend all ingredients together until smooth. Pour into a par baked pie crust in a 10-inch round pan.
3. Bake for 27 minutes
   Note: It will look underdone at this time, don’t worry. Refrigerate at least 5 hours uncovered. Pie will thicken and “set.”
4. Top with fresh whipped cream.

For a complete list of recipes and tablescape inspiration visit:

doterra.com/us/en/blog
Although the last decade has seen exponential growth in essential oil research, the science and health worlds are only beginning to scratch the surface in understanding the biological activity of those gifts of the Earth that humans have used for millennia for their health benefits. In continuing to grow its stake as the science leader in the essential oil industry, dōTERRA is proud to announce that its scientists have published 17 studies in peer-reviewed scientific journals to date in the 2017 calendar year and several more are in various levels of completion.

**dōTERRA Research Group**

Working closely with their rapidly growing list of over 140 medical facilities and research institutions, the dōTERRA research group is committed to developing quality essential oils, discovering new models of use, and pursuing further understanding of how essential oils impart their health benefits. dōTERRA science experts have employed a variety of analytical, biological, biochemical, and biomedical methodologies in examining essential oils in ways revolutionary within the industry. For instance, dōTERRA is the first to produce peer-reviewed research examining the biological activity of many essential oils in a human skin model. As of yet, the list of examined essential oils ranges from Arborvitae to Vetiver, and many in between, and research involving all of the current lineup of CPTG Certified Pure Therapeutic Grade® oils is planned in the near future.

**BioMAP® System**

Much of the recently published research has employed the BioMAP HDF3CGF system, which uses a cell culture of human dermal fibroblasts (cells within the dermis layer of skin responsible for generating connective tissue and playing a primary role in tissue remodeling). This system consists of three components: the cell culture, a stimulus, and a set of biomarker (protein) readouts, which provide data about how
exposure to the outside stimuli (in this case, essential oils) influence the cell culture. Using this unique system allows dōTERRA scientists to examine the activity of oils in vitro, but in an environment closely mimicking real human conditions. After growing the cell cultures, the cells are introduced to factors that induce activity in a way that parallels the changes occurring in cells found in a living person. Often, when foreign stimuli are introduced, fibroblasts multiply rapidly, which can lead to a change in the cellular composition of a tissue and have implications for its health and proper function. The fibroblasts themselves also secrete structural proteins into the extracellular matrix (ECM), which is the space surrounding the cells. While these proteins are normally found in healthy individuals, an excess of ECM proteins can make a tissue that is normally flexible become rigid, a characteristic that can influence normal function. Using these protein biomarkers, dōTERRA scientists are able to quantitatively analyze the rate of cell division, observe alterations in cellular metabolism, and examine other biological activities relevant to tissue remodeling, gene expression, and overall cellular health. The BioMAP system provides the ideal environment to investigate the why and the how regarding the health benefits provided by essential oils, and the dōTERRA research group is excited about how the collected data can be used to progress current usage models.

Ongoing Research

While dōTERRA scientists are specifically interested in the efficacy and safety of essential oils and their active components in topical applications, research involving aromatic use, nutritional supplements, and personal care products is also underway. Other recent publications have put the mood-enhancing properties of CPTG® Bergamot essential oil to the test—in a very stressful environment—and have examined the health benefits of the dōTERRA Lifelong Vitality Pack® in a two-month long clinical trial. The work has just begun.

So far we’ve looked at some of your favorite single CPTG essential oils and even at a dōTERRA proprietary blend, examining their ability to promote protective cellular responses, support proper inflammatory responses, and induce healthy structural remodeling. The results are even more remarkable than we expected (hint, hint: Melaleuca showed a powerful ability to support tissue remodeling processes), providing further evidence of the power of volatile aromatic compounds in supporting various biomarkers of health and showing why dōTERRA CPTG essential oils are the most tested and the most trusted in the industry. For more information about the ongoing research, reviews of all the individual studies (including citations so that you may read the studies in their entirety on your own), and news from the amazing dōTERRA research group, please visit the dōTERRA Science Blog.
Autumn Pinecone Firestarter

**WHAT YOU NEED**
- Soy wax or beeswax
- Pinecones
- Cinnamon essential oil
- Clove essential oil

**INSTRUCTIONS**
Cut the string long enough to use for dipping the pinecone into the wax and tie a knot at the top of the pinecone. In a double boiler or a metal bowl resting in pot of water, melt 2–3 crayons along with enough wax to coat your pine cone. Add essential oil; the more drops you put in, the stronger the scent will be. Holding the string, dip the pinecones and set them on wax paper to dry. Keep dipping and drying to create a thick layer of wax on the pinecones. Coat with salt immediately after the last wax coat, if desired.

Tip: Depending on the salt, the flames of the starters will burn a certain color (Epsom salts, white flame; table salt, yellow flame; salt substitute, violet flame). *Note: After you are done dipping your pinecone into the wax, leave 1 inch of wax-covered string to serve as a wick for easier lighting.

Cranberry Mustard Sauce

**INGREDIENTS**
- 2/3 cup finely chopped onion
- 2 tablespoons vegetable oil
- 6 tablespoons of packed brown sugar
- Salt (optional)
- Wild Orange essential oil
- String for dipping into wax
- Colored crayons (optional)

**INSTRUCTIONS**
In a large skillet over medium heat, sauté onions in oil until tender. Add brown sugar. Stirring frequently, cook about 1 minute or until sugar dissolves. Add cranberry sauce, mustard, and essential oil; stir until well blended. Remove from heat and cool. Serve as a condiment or use as a sauce or marinade for grilling (especially delicious on pork chops). Store in an airtight container in refrigerator.

Essential Oil Foot Spray

**INGREDIENTS**
- 2 tablespoons witch hazel
- 2 tablespoons sweet almond oil
- 10 drops Lavender essential oil
- 10 drops Myrrh essential oil
- 10 drops Sandalwood essential oil

**INSTRUCTIONS**
Add all the ingredients to a small spray bottle and shake well. Mist over clean feet for an all-day cleansing and moisturizing protection. Store in the refrigerator and use within 2 weeks.

Ō Wall Décor

“I recently made this wall hanging for my wife for her birthday. It is a simple idea, but also great use of empty doTERRA essential oil bottles”. —Sean and Melinda Maniates, Colorado

**SHARE YOUR TIP!**
email living@doterra.com with your favorite essential oil recipe, idea, or time saver.
ESSENTIAL OIL SINGLES

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 applications.

<table>
<thead>
<tr>
<th>Name</th>
<th>Botanical Name</th>
<th>Volume</th>
<th>Price</th>
<th>Wholesale Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARBORVITAE ESSENTIAL OIL</td>
<td>Thuja plicata</td>
<td>5 mL</td>
<td>$29.33</td>
<td>$22.00</td>
</tr>
<tr>
<td>CARDAMOM ESSENTIAL OIL</td>
<td>Elettaria cardamomum</td>
<td>5 mL</td>
<td>$34.67</td>
<td>$26.00</td>
</tr>
<tr>
<td>CLOVE ESSENTIAL OIL</td>
<td>Eugenia caryophyllata</td>
<td>14 mL</td>
<td>$18.67</td>
<td>$13.50</td>
</tr>
<tr>
<td>COPAIBA ESSENTIAL OIL</td>
<td>Copaifera spp.</td>
<td>15 mL</td>
<td>$20.00</td>
<td>$15.00</td>
</tr>
<tr>
<td>CUMIN ESSENTIAL OIL</td>
<td>Cuminum cyminum</td>
<td>5 mL</td>
<td>$17.33</td>
<td>$13.00</td>
</tr>
<tr>
<td>coriander ESSENTIAL OIL</td>
<td>Coriandrum sativum</td>
<td>15 mL</td>
<td>$25.33</td>
<td>$19.00</td>
</tr>
<tr>
<td>BLACK PEPPER ESSENTIAL OIL</td>
<td>Piper nigrum</td>
<td>5 mL</td>
<td>$29.33</td>
<td>$22.00</td>
</tr>
<tr>
<td>BLUE TANSY ESSENTIAL OIL</td>
<td>Tanacetum annuum</td>
<td>5 mL</td>
<td>$28.00</td>
<td>$21.00</td>
</tr>
<tr>
<td>CYPRESS ESSENTIAL OIL</td>
<td>Cupressus sempervirens</td>
<td>15 mL</td>
<td>$20.67</td>
<td>$15.50</td>
</tr>
<tr>
<td>GERANIUM ESSENTIAL OIL</td>
<td>Pelargonium graveolens</td>
<td>5 mL</td>
<td>$20.67</td>
<td>$15.50</td>
</tr>
<tr>
<td>LAVENDER ESSENTIAL OIL</td>
<td>Lavandula angustifolia</td>
<td>15 mL</td>
<td>$28.00</td>
<td>$21.00</td>
</tr>
<tr>
<td>LEMON ESSENTIAL OIL</td>
<td>Citrus limon</td>
<td>15 mL</td>
<td>$32.00</td>
<td>$24.00</td>
</tr>
<tr>
<td>LEMONGRASS ESSENTIAL OIL</td>
<td>Cymbopogon flexuosus</td>
<td>15 mL</td>
<td>$21.33</td>
<td>$16.00</td>
</tr>
<tr>
<td>LEMON BERRY ESSENTIAL OIL</td>
<td>Juniperus communis</td>
<td>15 mL</td>
<td>$39.00</td>
<td>$29.33</td>
</tr>
<tr>
<td>MELALEUCA (Tea Tree) ESSENTIAL OIL</td>
<td>Melaleuca alternifolia</td>
<td>15 mL</td>
<td>$27.33</td>
<td>$20.50</td>
</tr>
<tr>
<td>MELALEUCA (Tea Tree) ESSENTIAL OIL</td>
<td>Melaleuca alternifolia</td>
<td>15 mL</td>
<td>$27.33</td>
<td>$20.50</td>
</tr>
<tr>
<td>MELALEUCA (Tea Tree) ESSENTIAL OIL</td>
<td>Melaleuca alternifolia</td>
<td>15 mL</td>
<td>$27.33</td>
<td>$20.50</td>
</tr>
<tr>
<td>MELALEUCA (Tea Tree) ESSENTIAL OIL</td>
<td>Melaleuca alternifolia</td>
<td>15 mL</td>
<td>$27.33</td>
<td>$20.50</td>
</tr>
</tbody>
</table>
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.

APPLICATION METHODS
A: Can be used aromatically
T: Can be use topically
I: Can be used internally

SKIN SENSITIVITY
N: Can be used topically with no dilution (NEAT)
D: Dilute for young or sensitive skin (SENSITIVE)
B: Dilute before using topically (DILUTE)

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
dōTERRA TOUCH® KIT
Featuring nine of our most popular oils in a base of Fractionated Coconut Oil, this kit makes application simple with 10 mL 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 Breathe®
• Deep Blue®
• DigestZen®
• Frankincense
• Lavender
• Melaleuca (Tea Tree)
• dōTERRA On Guard®
• Oregano
• Peppermint

dōTERRA TOUCH BLEND KITS

dōTERRA EMOTIONAL AROMATHERAPY® TOUCH
The dōTERRA Emotional Aromatherapy Touch line contains six unique essential oil blends combined with Fractionated Coconut Oil in 10 mL roll-ons for convenient and gentle topical application. These proprietary blends provide targeted emotional health benefits for the entire family. By following the dōTERRA Emotional Aromatherapy Usage Model, dōTERRA Emotioanal Aromatherapy Touch blends can be applied to specific points on the body to help balance and brighten your changing moods.
**ESSENTIAL OIL KITS**

**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 blend contains pure essential oils that can be used aromatically or topically to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again.

- Motivate
- Cheer
- Passion
- Forgive
- Console
- Peace

**INTRODUCTION TO ESSENTIAL OILS KIT**

Perfect for beginners, the Introduction to Essential Oils Kit is everything you need to get started experiencing immediately the life-changing benefits of dōTERRA® essential oils. The kit includes:

- Three 5 mL bottles of essential oils
  - Lavender
  - Lemon
  - Peppermint
- List of suggested uses for each oil

**AROMATOUCH® TECHNIQUE KIT**

This kit contains 5 mL bottles of the eight CPTG® oils used in the AromaTouch Technique, as well as the AromaTouch Technique presentation box. Includes dōTERRA® Fractionated Coconut Oil (4 oz).

- dōTERRA Balance®
- Lavender
- Melaleuca (Tea Tree)
- dōTERRA On Guard®
- AromaTouch
- Deep Blue®
- Wild Orange
- Peppermint

**FAMILY ESSENTIALS 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 Essentials Kit includes:

- Ten 5 mL bottles of essential oils and blends
  - Lavender
  - Frankincense
  - Lemon
  - Deep Blue®
  - Peppermint
  - dōTERRA Breathe®
  - Melaleuca (Tea Tree)
  - DigestZen®
  - Oregano
  - dōTERRA On Guard®

- List of suggested uses for each oil

**NEW PACKAGING AVAILABLE OCTOBER 2017.**
ESSENTIAL USAGE

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

TOPICAL USE

FRACTIONATED COCONUT OIL
Ideal for combining with essential oils for topical use.
- Feather-light emollient provides a soothing barrier without clogging pores
- Completely soluble with all essential oils; odorless, colorless, and non-staining

31640001 3.8 fl oz
$16.00 retail $12.00 wholesale 12 PV

dōTERRA® SPA HAND & BODY LOTION
Indulge your skin in dōTERRA Spa Hand & Body Lotion—a light, non-greasy formula that contains jojoba and macadamia seed oils, murumuru and cupuassu seed butters, and nourishing plant extracts.
- Easily blend with your favorite essential oil for a customized aromatic experience
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin

37510001 6.7 fl oz/200 mL
$20.00 retail $15.00 wholesale 13 PV

AROMATIC USE

PETAL DIFFUSER
The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers a variety of benefits. 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
$62.67 retail $47.00 wholesale 20 PV

LUMO DIFFUSER
NEW!
Transform any room into a serene or uplifting environment by diffusing CPTG® essential oils with a custom-designed, nature-inspired, ultrasonic diffuser.
- Seven lighting color options
- Customizable output—2 or 5 hours continuous, 10 hours intermittent (4 minutes on/4 minutes off)
- Coverage of up to 540 square feet

60203080
$87.50 retail $70.00 wholesale 40 PV

AROMA LITE DIFFUSER
Small and compact, the Aroma Lite diffuser silently purifies and humidifies the air and has an optional night light, making it perfect for travel or nighttime use.
- Features four LED mist settings and an optional night light
- Designed to be small and compact—perfect for traveling and hotel use

33130001
$119.93 retail $89.95 wholesale 40 PV

LOTUS DIFFUSER
Modern and elegant, the Lotus Diffuser quickly releases the benefits of dōTERRA® 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
$119.93 retail $89.95 wholesale 40 PV

Through the dōTERRA Healing Hand Foundation™, a $20.00 donation is made with every purchase of dōTERRA Hope Touch or dōTERRA Spa Rose Hand Lotion.

dōTERRA® HOPE™ TOUCH
dōTERRA Hope Touch is a distinct essential oil blend combining the fresh scent of Bergamot with Ylang Ylang and Frankincense, then sweetened slightly with the warming aroma of Vanilla Bean Absolute.
- Easily blend with your favorite essential oil for a customized aromatic experience
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin

60200879 10 mL roll-on
$20.00 retail 0 PV

dōTERRA® SPA ROSE HAND LOTION
dōTERRA SPA Rose Hand Lotion is a light, alluring lotion with CPTG® Rose essential oil that promotes smooth, beautiful skin. Known for its skin-beneficial properties, Bulgarian Rose essential oil is known for its ability to promote smooth, glowing skin.
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

37520001 5.3 fl oz/100 mL
$20.00 retail 0 PV
# dōTERRA ON GUARD® PRODUCTS

## dōTERRA ON GUARD® FOAMING HAND WASH

Keep your hands clean and protected with the power of dōTERRA On Guard essential oil blend.
- Conveniently packaged in a 16-ounce bottle that fills 8-ounce foaming dispensers
- Formulated with the unique dōTERRA On Guard Protective Blend
- Non-toxic and environmentally safe

<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>38070001</td>
<td>SINGLE REFILL</td>
<td>$30.00</td>
<td>$22.50</td>
<td>18.5 PV</td>
</tr>
<tr>
<td>38010001</td>
<td>TWIN PACK REFILL</td>
<td>$24.67</td>
<td>$18.50</td>
<td>18.5 PV</td>
</tr>
<tr>
<td>38020001</td>
<td>TWIN PACK REFILL</td>
<td>$44.67</td>
<td>$33.50</td>
<td>33.5 PV</td>
</tr>
</tbody>
</table>

## dōTERRA ON GUARD® TOP SELLER

### PROTECTIVE BLEND

With its unique aroma, dōTERRA On Guard offers a fragrant, natural, and effective alternative to synthetic options for internal immune support.*

<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>31100001</td>
<td>15 mL bottle</td>
<td>$42.67</td>
<td>$32.00</td>
<td>32 PV</td>
</tr>
</tbody>
</table>

## dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE

Clean teeth with the added benefit of dōTERRA On Guard Protective Blend.
- Fluoride-free formulation helps reduce plaque while whitening teeth
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath and toothbrush

<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>38910001</td>
<td>4.2 oz</td>
<td>$11.33</td>
<td>$8.50</td>
<td>5 PV</td>
</tr>
</tbody>
</table>

## dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE SAMPLES

<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>39000001</td>
<td>10 samples, 2 g each</td>
<td>$4.67</td>
<td>$3.50</td>
<td>0 PV</td>
</tr>
</tbody>
</table>

## dōTERRA ON GUARD® PROTECTING THROAT DROPS

Keep your winter season healthy with the convenience of these immune-supporting throat drops.
- Helps calm and soothe occasional dry, scratchy throats
- Features the immune-supporting properties of dōTERRA On Guard Protective Blend
- Formulated with all-natural organic cane sugar and brown rice syrup

<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>34050001</td>
<td>30 drops</td>
<td>$19.33</td>
<td>$14.50</td>
<td>14.5 PV</td>
</tr>
</tbody>
</table>

## dōTERRA ON GUARD® LAUNDRY DETERGENT

dōTERRA On Guard Laundry Detergent is a naturally based, highly concentrated 6X laundry detergent that utilizes the power of dōTERRA On Guard Protective Blend and bio-originated enzymes for amazingly clean clothes.
- Contains 10 mL of dōTERRA On Guard Protective Blend (over $28 retail value) for an added cleaning boost
- Safe for the environment and the whole family
- 64 loads in each bottle

<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>39020001</td>
<td>32 fl oz</td>
<td>$36.67</td>
<td>$27.50</td>
<td>20 PV</td>
</tr>
</tbody>
</table>

## dōTERRA ON GUARD® BEADLETS

dōTERRA On Guard Beadlets provide an easy and convenient way to obtain the unique benefits of dōTERRA On Guard Protective Blend.
- Supports healthy immune function*
- Provides a convenient consumption method for dōTERRA On Guard Protective Blend

<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>31580001</td>
<td>125 beadlets</td>
<td>$20.00</td>
<td>$15.00</td>
<td>15 PV</td>
</tr>
</tbody>
</table>

## dōTERRA ON GUARD® SANITIZING MIST

The dōTERRA On Guard blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG® essential oils provide an uplifting citrus spice aroma. Spray hands with On Guard Sanitizing Mist daily to purify hands and prevent the spread of bacteria. The convenient mist makes sanitizing hands quick and easy, perfect for traveling, school, work, and on the go families.
- Kills 99.9% of germs and bacteria
- Infused with moisturizing fruit extracts
- dōTERRA On Guard Protective Blend provides an invigorating citrus spice aroma

<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>60201944</td>
<td>0.9 fl oz/27 mL</td>
<td>$7.50</td>
<td>$6 wholesale</td>
<td>5 PV</td>
</tr>
</tbody>
</table>

## dōTERRA ON GUARD®+ SOFTGELS

dōTERRA On Guard+ Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa essential oils for additional immune support.* dōTERRA On Guard+ is a great way to strengthen and maintain healthy immune function when needed most.*
- Helps support and maintain a healthy immune system*
- Supports healthy circulation and respiratory function*

<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>35420001</td>
<td>60 vegetarian softgels</td>
<td>$32.67</td>
<td>$24.50</td>
<td>21 PV</td>
</tr>
</tbody>
</table>

## dōTERRA ON GUARD® CLEANER CONCENTRATE

The ideal natural cleaner, dōTERRA On Guard Concentrate is fortified with dōTERRA On Guard Protective Blend.
- Features a non-toxic, biodegradable formula safe for the entire family
- Combines plant-based derivatives with the powerful dōTERRA On Guard Protective Blend

<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>38140001</td>
<td>12 fl oz</td>
<td>$19.33</td>
<td>$14.50</td>
<td>10 PV</td>
</tr>
</tbody>
</table>

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

Enhanced with the powerful benefits of Cardamom, dōTERRA Breathe is a remarkable blend of essential oils that provide a cooling, invigorating vapor.

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca (Tea Tree), Lemon, Ravensara, and Cardamom essential oils
- Provides cooling, invigorating vapor

60200190  15 mL bottle
$26.66 retail  $20.00 wholesale  20 PV

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.

- Proprietary blend includes: Lemon, Peppermint, Eucalyptus, Thyme, Melissa, and Cardamom
- Maintains clear airways and breathing
- Supports overall respiratory health

35460001  30 drops
$19.33 retail  $14.50 wholesale  14.5 PV

dōTERRA BREATHE® VAPOR STICK

Enjoy the convenience, quick absorption, and smooth application of dōTERRA Breathe Vapor Stick. This unique delivery method of the dōTERRA Breathe essential oil blend can be used anytime, anywhere.

- Provides cooling, invigorating vapor
- Quick, convenient delivery system
- Provides a cooling, soothing effect

34290001  4 oz
$11.33 retail  $8.50 wholesale  5 PV
dōTERRA SERENITY® PRODUCTS

**HAIR CARE**

dōTERRA SERENITY® SOFTGELS

**RESTFUL COMPLEX**

dōTERRA Serenity Restful Complex is a unique combination of Lavender essential oil and natural plant extracts in a vegetarian softgel to help you get the refreshing sleep you need without leaving you feeling groggy and sleepy the next day.*

- Relieves occasional sleeplessness*
- Promotes healthy relaxation and sleep*
- Helps make a difference in the quality and the ease of going to sleep*
- Encourages restful sleep*

**HAIR CARE SYSTEM**

dōTERRA 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 Root to Tip Serum in the dōTERRA Salon Essentials Hair Care System, Healthy Hold Glaze comes FREE!

**dōTERRA SALON ESSENTIALS® PROTECTING SHAMPOO**

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

**dōTERRA SALON ESSENTIALS® SMOOTHING CONDITIONER**

Give hair a smooth, finished look and protect it with the professional formula of dōTERRA Salon Essentials Smoothing Conditioner.

- Features conditioning emollients, botanical extracts, and natural proteins
- Includes a proprietary blend of CPTG essential oils for the hair and scalp
- Smooths hair and provides an anti-static effect with nanotechnology

**dōTERRA SALON ESSENTIALS® ROOT TO TIP SERUM**

The Root to Tip Serum provides a healthy environment for your scalp and maximizes the strength and shine of your hair.

- Infused with Lavender, Peppermint, Marjoram, Cedarwood, Lavandin, Rosemary, Niaouli, and Eucalyptus essential oils

**dōTERRA SALON ESSENTIALS® RESTFUL BLEND**

dōTERRA Serenity calms emotions while creating a sense of peace and well-being.

- Features Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vanilla Absolute, Vetiver, Hawaiian Sandalwood
- Creates a perfect escape with its calming, renewing fragrance
- Promotes feelings of relaxation and a restful sleeping environment

**dōTERRA SALON ESSENTIALS® HEALTHY HOLD GLAZE**

Get the all-in-one benefits of a flexible hold, health, and shine for your hair with dōTERRA 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/CONDITIONER SAMPLES**

**10 COMPANION SETS**

**dōTERRA SALON ESSENTIALS® SOFTGELS RESTFUL BLEND**

MADE WITH VEGETARIAN SOFTGELS

**SHAMPOO AND CONDITIONER 3-PACK**

**PROTECTING SHAMPOO 2-PACK**

**SMOOTHING CONDITIONER 2-PACK**

**SHAMPOO AND CONDITIONER**

**LOYALTY REWARDS PROGRAM**

doterra.com / 45

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

REFRESHING BODY WASH

dōTERRA SPA Refreshing Body Wash is a natural, oil-infused body wash that provides a rich cleansing and aromatic spa experience.

- Bergamot essential oil purifies and soothes skin and provides an uplifting, yet grounding aroma
- Grapefruit is cleansing to the skin and has an energizing scent that uplifts mood
- Sodium Methyl Oleoyl Taurate is a mild cleanser

37460001 8.45 fl oz/250 mL $17.00 retail $12.75 wholesale 10 PV

REPLENISHING BODY BUTTER

Pamper your skin with the rich hydration and luxurious feel of dōTERRA SPA Replenishing Body Butter. The base of this natural formula combines shea and cocoa seed butters, known for their deep moisturization and ability to promote skin suppleness.

- Wild Orange essential oil is known for its purifying benefits
- Douglas Fir essential oil is purifying to the skin and provides uplifting aromatic benefits
- Frankincense essential oil is rejuvenating to the skin and has a balancing effect on emotions

37470001 7 oz/198 g $23.33 retail $17.50 wholesale 15 PV

DETOXIFYING MUD MASK

The dōTERRA SPA Detoxifying Mud Mask is a natural clay mask that provides purifying and detoxifying benefits while reducing the appearance of pores, fine lines, and wrinkles.

- Infused with Myrrh, Juniper Berry, and Grapefruit essential oils—known for their cleansing and smoothing benefits
- Shea butter provides moisturization and balances the skin
- Malachite extract is rich in copper and provides detoxifying benefits

37490001 4 oz/113.4 g $19.33 retail $14.50 wholesale 12 PV

HAND AND BODY LOTION

Indulge your skin in dōTERRA SPA Hand & Body Lotion—a light, non-greasy formula that contains jojoba and macadamia seed oils, murumuru and cupuassu seed butters, and nourishing plant extracts.

- Easily blend with your favorite essential oil for a customized aromatic experience
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

37500001 6.7 fl oz/200 mL $20.00 retail $15.00 wholesale 13 PV

HAND AND BODY LOTION 3-PACK

60200498 $50.67 retail $38.00 wholesale 30 PV

CITRUS BLISS® HAND LOTION

dōTERRA SPA Citrus Bliss Hand Lotion is a light and silky lotion infused with hydrating seed oils and nourishing botanicals. This non-greasy formula absorbs quickly yet provides optimal moisture for healthy-looking hands.

- Citrus Bliss essential oil blend’s refreshing aroma helps reduce stress and uplifts mood
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Convenient size, perfect for travel or for use while at home or work

37550001 4 oz/113 g $9.00 retail $6.75 wholesale 10 PV

LIP BALM

dōTERRA SPA Lip Balm is a natural formula containing plant oils, botanicals, and essential oils to hydrate and soothe the lips while delivering the unique scent and taste of essential oils. Along with our new formula, we’ve added two new flavors to our original blend of Wild Orange and Peppermint. Experience the scents of paradise with Ylang Ylang, Clementine, and Lime essential oils found in our Tropical Lip Balm; or, invigorate the senses with our Herbal Lip Balm containing Lemon Verbena, Marjoram, and Spearmint essential oils.

- Each lip balm contains a select blend of essential oils that provides a unique sensory experience
- Moringa oil is an emollient that helps improve how the lips look and feel
- Avocado oil provides hydration, essential fatty acids, and softening to keep lips looking healthy

37530001 0.16 oz/4.5 g $8.67 retail $6.50 wholesale 5 PV

37540001 0.16 oz/4.5g $8.67 retail $6.50 wholesale 5 PV

LIP BALM VARIETY 3-PACK

37570001 $20.00 retail $15.00 wholesale 10 PV

MOISTURIZING BATH BAR

dōTERRA SPA Moisturizing Bath Bar is a one-of-a-kind bar that provides a unique feel, lather, aroma, and cleansing experience.

- Bergamot essential oil purifies and soothes skin
- Grapefruit is cleansing to the skin and has an energizing scent that uplifts mood
- Jojoba seed oil deeply moisturizes

37450001 4 oz/113 g $9.00 retail $6.75 wholesale 10 PV

37560001 $19.33 retail $14.50 wholesale 10 PV

CITRUS BLISS® INVIGORATING BATH BAR

- Contains dōTERRA Citrus Bliss Invigorating Blend
- Perfect for every member of the family
- Gently exfoliates with natural oatmeal

36130001 4 oz/113 g $9.32 retail $6.99 wholesale 5 PV

dōTERRA SERENITY® CALMING BATH BAR

- dōTERRA Serenity essential oil blend promotes relaxation and a restful sleeping environment
- Jojoba seed oil is highly regarded in the cosmetic industry and known for its quick absorption and ability to deeply moisturize
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds

60201092 4 oz/113 g $9.00 retail $6.75 wholesale 5 PV
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 (Tea Tree), Eucalyptus, Geranium, and Litsea
- 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 SAVE $40.00 RETAIL
$61.33 retail $46.00 wholesale 40 PV

HD CLEAR® FACIAL LOTION
Enjoy a beautiful, smooth complexion with HD Clear Facial Lotion. This lotion contains natural emollients to promote healthy levels of moisture in the skin for a balanced complexion as well as CPTG essential oils combined with botanical extracts known to assist in achieving blemish-free skin.
- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca (Tea Tree), Eucalyptus, Geranium, and Litsea
- Natural ingredients help target blemishes for clear and clean skin

49410001 50 mL/1.7 fl oz
$45.33 retail $34.00 wholesale 34 PV

VERÁGE® SKIN CARE COLLECTION
A collection that brings together Veráge Cleanser, Toner, Immortelle Hydrating Serum, and Moisturizer for beautiful, healthy-looking skin.

42690001 SAVE $74.00 RETAIL
$112.67 retail $84.50 wholesale 70 PV

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
- Easy mist application

37390001 50 mL/1.7 fl oz
$29.33 retail $22.00 wholesale 22 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

37400001 15 mL/.5 fl oz
$86.67 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

37410001 30 mL/1 fl oz
$37.33 retail $28.00 wholesale 28 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 (Tea Tree), and Basil to gently cleanse and lift away impurities

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

VERÁGE® FOAMING FACE WASH
Discover the perfect solution for problem skin of all ages with the dōTERRA® HD Clear Foaming Face Wash.
- Designed to thoroughly cleanse without stripping away natural moisture
- Contains CPTG essential oils and plant extracts that will leave your skin extra clean and soft

49420001 50 mL/1.7 fl oz
$28.00 retail $21.00 wholesale 21 PV

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.
- Features doTERRA citrus essential oils of Lime and Wild Orange to purify the skin
- Bamboo silk beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Protein-building peptides support healthy and youthful-looking skin

37340001 2 tubes—1.7 oz each
$80.00 retail $60.00 wholesale 60 PV

doterra.com / 47
**FACIAL CLEANSER**  
**NEW FORMULA!**  
dōTERRA Facial Cleanser contains CPTG Certified Pure Therapeutic Grade® essential oils of Melaleuca and Peppermint, known for their ability to purify and tone skin and support a healthy complexion. Natural cleansers of Yucca Root Extract and Soapbark Extract gently wash away impurities leaving skin looking clean, fresh, and smooth.  
$22.00 retail  | $16.50 wholesale  | 16.5 PV  
60201753  

**INSECTICIDE**  
**NEW FORMULA!**  
dōTERRA Insecticidal Oil is a powerful blend of the CPTG® essential oils of Helichrysum, Melaleuca (Tea Tree), Cedarwood, and Lavender. This blend of powerful insect repellents provides long-lasting protection from insects and other pests.  
$28.00 retail  | $22.00 wholesale  | 22 PV  
60201771  

**PERSONAL CARE**  

### NATURAL DEODORANT

dōTERRA Natural Deodorant is a safe, natural option for preventing odor throughout the day.  
- Cypress, Melaleuca (Tea Tree), 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  
$11.35 retail  | $8.50 wholesale  | 5 PV  
37420001  

### CORRECT-X® ESSENTIAL OIL OINTMENT

Correct-X is an all-natural topical ointment using powerful CPTG® essential oils that assist 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 (Tea Tree), Cedarwood, and Lavender  
$16.00 retail  | $12.00 wholesale  | 10 PV  
60110001  

### ANTI-AGING MOISTURIZER

**NEW FORMULA!**  
dōTERRA Anti-Aging Moisturizer combines cutting-edge ingredients with the CPTG® essential oils of Lavender, Jasmine, Geranium, and Frankincense to moisturize and soften skin while providing anti-aging benefits. Peptides and botanicals target the visible signs of aging by improving skin tone and moisturizing the skin, helping to keep skin looking young and vibrant and helping reduce future visible signs of normal aging.  
$46.00 retail  | $34.50 wholesale  | 34.5 PV  
60201751  

### HYDRATING CREAM

The intensive moisture your skin has been waiting for. dōTERRA’s Hydrating Cream is packed with emollient-rich ingredients and probiotics to provide intense hydration and nourishment to the skin, helping reduce the appearance of fine lines and wrinkles and aiding with skin barrier renewal for supplier, younger-looking skin. Its rich formula provides an immediate burst of active moisture without leaving an oily residue. Carefully chosen ingredients are designed to rejuvenate the look of mature skin, as well as to help reduce the visible signs of aging due to both natural and environmental causes. Probiotics nourish skin’s natural biome, helping restore skin’s natural health and beauty. Perfect for day or night use.  
$46.00 retail  | $34.50 wholesale  | 34.5 PV  
60201774  

### TIGHTENING SERUM

Featuring CPTG Certified Pure Therapeutic Grade® essential oils of Frankincense, Ylang Ylang, and Blue Tansy to target the signs of aging around the delicate eye area, helping to reduce the appearance of fine lines and wrinkles over time. This innovative formula moisturizes, decreases the appearance of dark circles, and improves skin firmness and tone. Bakuchiol is a plant-based ingredient that helps reduce the appearance of fine lines and wrinkles and protect skin from the future signs of aging. The unique steel rollerball applicator cools and tones skin and support a healthy complexion. Natural extracts and gums combine with powerful anti-aging ingredients for firmer, younger-looking skin.  
$66.00 retail  | $49.50 wholesale  | 49.5 PV  
60201752  

### INVIGORATING SCRUB

Experience fresh, renewed skin with dōTERRA Invigorating Scrub. Grapefruit and Peppermint CPTG® essential oils make exfoliating a refreshing aromatic experience while jojoba esters polish your skin. Botanicals of Mandarin Orange Extract, Jasmine Extract, and Greater Burdock Extract tone, smooth, and hydrate skin.  
$24.00 retail  | $18.00 wholesale  | 18 PV  
60201772  

### 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 while innovative fruit and plant extracts tone and balance the skin, increase hydration, and visibly reduce the appearance of pores to support a healthy-looking complexion.  
$25.33 retail  | $19.00 wholesale  | 19 PV  
60201773  

**BRIGHTENING GEL**  
**NEW**  
CPTG® essential oils of FCF Bergamot, Juniper Berry, and Melissa combine with natural extracts, vitamins, and cutting edge ingredient technologies to brighten and even skin tone. dōTERRA Brightening Gel is a gentle and effective way to noticeably brighten the skin by reducing the appearance of dark spots and hyperpigmentation without the harsh chemicals used in other brightening products. Can be used as an all-over facial product or to target dark spots.  
$46.00 retail  | $34.50 wholesale  | 34.5 PV  
60201777  

### CORRECTING PORES

Formulated to visibly reduce the appearance of pores, dōTERRA Correcting Pores contains CPTG® Certified Pure Therapeutic Grade® essential oils of Lavender, Ylang Ylang, and Blue Tansy to target the signs of aging around the delicate eye area, helping to reduce the appearance of fine lines and wrinkles over time. This innovative formula moisturizes, decreases the appearance of dark circles, and improves skin firmness and tone. Bakuchiol is a plant-based ingredient that helps reduce the appearance of fine lines and wrinkles and protect skin from the future signs of aging. The unique steel rollerball applicator cools and tones skin and support a healthy complexion. Natural extracts and gums combine with powerful anti-aging ingredients for firmer, younger-looking skin.  
$66.00 retail  | $49.50 wholesale  | 49.5 PV  
60201752  

### MIDNIGHT TIGHTENING CREAM

Featuring CPTG Certified Pure Therapeutic Grade® essential oils of Frankincense, Ylang Ylang, and Blue Tansy to target the signs of aging around the delicate eye area, helping to reduce the appearance of fine lines and wrinkles over time. This innovative formula moisturizes, decreases the appearance of dark circles, and improves skin firmness and tone. Bakuchiol is a plant-based ingredient that helps reduce the appearance of fine lines and wrinkles and protect skin from the future signs of aging. The unique steel rollerball applicator cools and tones skin and support a healthy complexion. Natural extracts and gums combine with powerful anti-aging ingredients for firmer, younger-looking skin.  
$66.00 retail  | $49.50 wholesale  | 49.5 PV  
60201752  

### ANTI-AGING EYE CREAM

Including Frankincense, Ylang Ylang, and Blue Tansy to target the signs of aging around the delicate eye area, helping to reduce the appearance of fine lines and wrinkles over time. This innovative formula moisturizes, decreases the appearance of dark circles, and improves skin firmness and tone. Bakuchiol is a plant-based ingredient that helps reduce the appearance of fine lines and wrinkles and protect skin from the future signs of aging. The unique steel rollerball applicator cools and tones skin and support a healthy complexion. Natural extracts and gums combine with powerful anti-aging ingredients for firmer, younger-looking skin.  
$66.00 retail  | $49.50 wholesale  | 49.5 PV  
60201752  

### ANTI-AGING MOISTURIZER

**NEW FORMULA!**  
dōTERRA Anti-Aging Moisturizer combines cutting-edge ingredients with the CPTG® essential oils of Lavender, Jasmine, Geranium, and Frankincense to moisturize and soften skin while providing anti-aging benefits. Peptides and botanicals target the visible signs of aging by improving skin tone and moisturizing the skin, helping to keep skin looking young and vibrant and helping reduce future visible signs of normal aging.  
$46.00 retail  | $34.50 wholesale  | 34.5 PV  
60201774  

### 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-looking skin.  
- Reduces the appearance of fine lines and wrinkles  
- Helps reduce the appearance of aging skin  
$92.67 retail  | $69.50 wholesale  | 69.5 PV  
37140001
# Women's Health

## Phytoestrogen Essential Complex

dōTERRA® Women Phytoestrogen Essential 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*

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Quantity</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>35260001</td>
<td>60 capsules</td>
<td>$52.67</td>
<td>$39.50</td>
<td>39.5 PV</td>
</tr>
</tbody>
</table>

Made with SLS-free vegetable capsules

## Bone Nutrient Essential 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*

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Quantity</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>35240001</td>
<td>120 capsules</td>
<td>$23.33</td>
<td>$17.50</td>
<td>12 PV</td>
</tr>
</tbody>
</table>

Made with SLS-free vegetable capsules

## 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

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Quantity</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>49480001</td>
<td>10 mL roll on</td>
<td>$32.67</td>
<td>$24.50</td>
<td>24.5 PV</td>
</tr>
</tbody>
</table>

# Children's Health

## dōTERRA A2Z Chewable™

Designed for children and adults who have difficulty swallowing capsules, dōTERRA a2Z Chewable tablets provide 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*
- New watermelon flavor

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Quantity</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>34500001</td>
<td>60 tablets</td>
<td>$26.00</td>
<td>$19.50</td>
<td>15 PV</td>
</tr>
</tbody>
</table>

IQ Mega takes the fishy taste out of fish oil and adds the fresh orange flavor of Wild Orange CPTG® essential oil.
- Provides over 1,000 mg of concentrated, pure Omega 3 oils per serving
- Supports healthy brain, cardiovascular, immune, and joint function*
- Formulated to be used with dōTERRA a2z Chewable tablets

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Quantity</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>35320001</td>
<td>150 mL</td>
<td>$46.00</td>
<td>$34.50</td>
<td>30 PV</td>
</tr>
</tbody>
</table>

## PB Assist® JR

PB Assist Jr is a powdered probiotic supplement designed for children or adults who have trouble swallowing pills. Five billion live cells have been blended into a delicious powder that can be poured directly into the mouth for a fun and tasty way to integrate probiotics into anyone’s daily routine.*
- 5 billion live cells of 6 different probiotic strains
- Strains specifically selected for their benefits among children
- Microencapsulated to help probiotics survive until they reach the intestines
- Supports healthy functioning of the digestive and immune systems*
- Tastes great

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Quantity</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>34420001</td>
<td>30 sachets</td>
<td>$26.67</td>
<td>$24.50</td>
<td>24.5 PV</td>
</tr>
</tbody>
</table>

# Loyalty Rewards Program

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>35250001</td>
<td>Women's Health Kit</td>
<td>$92.67</td>
<td>$69.50</td>
<td>60 PV</td>
</tr>
<tr>
<td>35260001</td>
<td>Phytoestrogen Essential Complex</td>
<td>$52.67</td>
<td>$39.50</td>
<td>39.5 PV</td>
</tr>
<tr>
<td>35240001</td>
<td>Bone Nutrient Essential Complex</td>
<td>$23.33</td>
<td>$17.50</td>
<td>12 PV</td>
</tr>
<tr>
<td>49480001</td>
<td>ClaryCalm® Monthly Blend for Women</td>
<td>$32.67</td>
<td>$24.50</td>
<td>24.5 PV</td>
</tr>
<tr>
<td>60201751</td>
<td>Anti-Aging Moisturizer SPF-15</td>
<td>$46.00</td>
<td>$35.50</td>
<td>35.5 PV</td>
</tr>
</tbody>
</table>

* These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.
**vEO MEGA® ESSENTIAL OIL OMEGA COMPLEX**

vEO Mega is a revolutionary formula that blends CPTG Certified Pure Therapeutic Grade® essential oils with natural marine and 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, inca 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*

34480001 | 120 softgels
---|---
$66.00 retail | $49.50 wholesale | 49.5 PV

**MICROPLEX VMz® FOOD NUTRIENT COMPLEX**
dōTERRA Microplex VMz is a food nutrient formula of bioavailable vitamins and minerals often deficient in modern diets.

- Includes a balanced blend of vitamins A, C, and E, and a B-vitamin complex
- Contains food-derived minerals and organic trace minerals to support bone and metabolic health*
- Optimizes nutrient absorption with a whole-food blend and an enzyme delivery system
- Features the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach*

35350001 | 120 vegetable capsules
---|---
$52.67 retail | $39.50 wholesale | 39.5 PV

**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 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*

35360001 | 120 softgels
---|---
$66.00 retail | $49.50 wholesale | 49.5 PV

**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*

35370001 | 120 Vegetable Capsules
---|---
$92.67 retail | $69.50 wholesale | 69.5 PV

**dōTERRA LIFELONG VITALITY PACK® DIETARY SUPPLEMENTS INCLUDING ALPHA CRS®+, MICROPLEX VMz®, AND vEO MEGA®**

21480001 | $106.00 retail | $79.50 wholesale | 60 PV

**dōTERRA LIFELONG VITALITY PACK® DIETARY SUPPLEMENTS INCLUDING ALPHA CRS®+, MICROPLEX VMz®, AND vEO MEGA®**

60201121 | $116.00 retail | $89.50 wholesale | 60 PV
PERSONALIZED WELLNESS PROGRAM

CUSTOMIZE AND SAVE

With the purchase of one dotERRA Lifelong Vitality Pack® or one dotERRA Daily Nutrient Pack® via the Loyalty Rewards Program, choose up to 3 additional targeted supplements at a significant savings.

BUY 1 dotERRA LIFELONG VITALITY PACK OR dotERRA DAILY NUTRIENT PACK

OR

$79.50 wholesale
60 PV

OR

$89.50 wholesale
60 PV

OR

$59.50 wholesale
50 PV

AND CHOOSE UP TO 3 ADDITIONAL SUPPLEMENTS AT REDUCED PRICES

- Microplex VMz®
  - $20.00 retail
  - 10 PV
- xEO Mega®
  - $20.00 retail
  - 10 PV
- Mito2 Max®
  - $20.00 retail
  - 10 PV
- Deep Blue Polyphenol Complex®
  - $20.00 retail
  - 10 PV
- DigestZen TerraZyme®
  - $20.00 retail
  - 10 PV
- PB Assist®+
  - $20.00 retail
  - 10 PV
- Kids Kit (IQ Mega® & a2z)
  - $25.00 retail
  - 10 PV

DIGESTIVE HEALTH

DIGESTZEN® DIGESTIVE BLEND

The well-recognized essential oils in DigestZen are known for providing soothing digestive relief.*
- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Eases feelings of queasiness*
- Helps reduce bloating, gas, and occasional indigestion*

31030001
- 15 mL bottle
- $41.33 retail
- $31.00 wholesale
- 31 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 vegetarian softgels
- $26.00 retail
- $19.50 wholesale
- 15 PV

MADE WITH VEGETARIAN SOFTGELS

DIGESTTAB® CHEWABLE TABLETS

DigestTab® 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 occasional sour stomach*
- Provides 200 mg of calcium per tablet

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

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

ZENDOCRINE®

DIGESTZEN 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*

31460001 90 vegetable capsules
$50.00 retail $37.50 wholesale 37.5 PV
MADE WITH SLS-FREE VEGETARIAN 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 delivery protects sensitive probiotic cultures from stomach acid
• Supports healthy digestive function and immunity*

35160001 30 vegetable capsules
$46.00 retail $34.50 wholesale 34.5 PV
MADE WITH SLS-FREE VEGETARIAN SOFTGELS

ZENDOCRINE® DETOXIFICATION BLEND

Support your body’s natural detoxification systems with Zendocrine.*
• Features a proprietary blend of Tangerine, 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

35110001 90 vegetable capsules
$50.00 retail $37.50 wholesale 37.5 PV
MADE WITH SLS-FREE VEGETARIAN SOFTGELS

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

ZENDOCRINE® SOFTGELS

dōTERRA® Zendocrine Softgels are a convenient and easy way to obtain the benefits of the proprietary Zendocrine essential oil blend.
• Supports the body’s natural ability to rid itself of unwanted substances.*
• Promotes healthy liver, lung, kidney, colon, and skin function*

34280001 60 vegetarian softgels
$32.67 retail $24.50 wholesale 24.5 PV
MADE WITH SLS-FREE VEGETARIAN SOFTGELS

ZENDOCRINE® SOFTGELS

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
MADE WITH SLS-FREE VEGETARIAN SOFTGELS

52 / FALL 2017 LIVING MAGAZINE
SPECIALIZED SUPPLEMENTS

**TERRAGREENS®**
Give your daily intake of fruits and vegetables a boost with this powdered drink mix designed to be taken with water, Slim & Sassy® TrimShakes, or your favorite beverage.
- Blend of leafy greens and superfruits
- Includes naturally occurring vitamins, minerals, and antioxidants
- Flavored with Lemon and Ginger essential oils

<table>
<thead>
<tr>
<th>#</th>
<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>60120001</td>
<td>300 g</td>
<td>$37.33</td>
<td>$28.00</td>
<td>20</td>
</tr>
</tbody>
</table>

**DDR PRIME®**
DDR Prime is a proprietary blend of CPTG Certified Pure Therapeutic Grade® essential oils that help protect the body against oxidative stress to cellular DNA.*
- Provides antioxidant protection against oxidative stress*
- Supports a healthy response to free radicals*

<table>
<thead>
<tr>
<th>#</th>
<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>41510001</td>
<td>30 mL bottle</td>
<td>$73.33</td>
<td>$55.00</td>
<td>35</td>
</tr>
<tr>
<td>34410001</td>
<td>60 capsules</td>
<td>$73.33</td>
<td>$55.00</td>
<td>55</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.* Each softgel contains equal parts of Lemon, Lavender, and Peppermint essential oils, known for their ability to maintain clear breathing and a healthy immune response when combined together.*
- Promotes clear breathing and healthy respiratory function*
- Cleanses the body’s systems*
- Supports healthy immune system function*

<table>
<thead>
<tr>
<th>#</th>
<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>49310001</td>
<td>60 Softgels</td>
<td>$30.00</td>
<td>$22.50</td>
<td>20</td>
</tr>
</tbody>
</table>

**DEEP BLUE POLYPHENOL COMPLEX®**
Now Deep Blue® has a nutritional supplement that contains powerful polyphenols clinically tested to help with occasional 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 occasional aches and discomfort*
- Can be used in tandem with Deep Blue® Rub or Deep Blue Soothing Blend

<table>
<thead>
<tr>
<th>#</th>
<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>34360001</td>
<td>60 vegetable capsules</td>
<td>$79.33</td>
<td>$59.50</td>
<td>59.5</td>
</tr>
</tbody>
</table>

**MITO2MAX® ENERGY & STAMINA COMPLEX**
Mito2Max is a healthier, long-term alternative to caffeine for increased energy and vitality.*
- Promotes better microcirculation with Oligonol® lychee fruit extract, quercetin, and other standardized plant extracts*
- Potent, full spectrum of mitochondrial energy cofactors supporting cellular aerobic capacity and energy production*
- Free of stimulants; not habit forming

<table>
<thead>
<tr>
<th>#</th>
<th>Description</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>34350001</td>
<td>60 vegetable capsules</td>
<td>$52.67</td>
<td>$39.50</td>
<td>39.5</td>
</tr>
</tbody>
</table>

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
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.*
• Formulated with Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon essential oils
• Promotes healthy metabolism*
• Helps manage hunger cravings*
• Calms your stomach and lifts your mood*
• Diuretic, stimulant-, and calorie-free

35180001 vanilla 15 mL bottle
$32.67 retail $24.50 wholesale 24.5 PV

35200001 chocolate
$32.67 retail $24.50 wholesale 24.5 PV

SLIM & SASSY® SOFTGELS
Slim & Sassy Softgels contain the 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.*
• Enhances metabolism*
• Helps manage hunger cravings*
• Promotes healthy digestion*

34270001 60 vegetarian softgels
$46.00 retail $34.50 wholesale 30 PV

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.
• Includes Solathin® and EssentraTrim®†
• 7 grams of plant-sourced protein
• Protein sourced from pea, quinoa, and amaranth
• Versatile flavor, mixes easily with favorite fruits, milks, or juices
• No artificial sweeteners, flavors, colors, or preservatives

35440001 vanilla
$52.67 retail $39.50 wholesale 25 PV

SLIM & SASSY® METABOLIC BLEND
Support your weight maintenance goals with the proprietary essential oil blend of Slim & Sassy.
• Formulated with Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon essential oils
• Promotes healthy metabolism*
• Helps manage hunger cravings*
• Calms your stomach and lifts your mood*
• Diuretic-, stimulant-, and calorie-free

31370001 15 mL bottle
$32.67 retail $24.50 wholesale 24.5 PV

SLIM & SASSY® SOFTGELS
Slim & Sassy Softgels contain the 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.*
• Enhances metabolism*
• Helps manage hunger cravings*
• Promotes healthy digestion*

34270001 60 vegetarian softgels
$46.00 retail $34.50 wholesale 30 PV

SLIM & SASSY® METABOLIC GUM
There is one drop of Slim & Sassy essential oil blend in each piece of sugar-free gum. Slim & Sassy metabolic oil blend helps manage cravings throughout the day while supporting healthy metabolism.
• Promotes healthy metabolism
• Helps manage hunger cravings
• Sugar free with natural sweeteners
• Long lasting flavor

60200347 32 pieces
$11.33 retail $8.50 wholesale 5 PV

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

40770001 1 Chocolate, 1 Vanilla
$200 retail $150 wholesale 125 PV

35280001 2 Chocolate
$200 retail $150 wholesale 125 PV

35290001 2 Vanilla
$200 retail $150 wholesale 125 PV

60130001 2 V Shake
$200 retail $150 wholesale 125 PV

*Essentra Trim is a registered trademark of Nutra Genesis LLC
Solathin is a registered trademark of Cyvex Nutrition

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

### Natural Solutions
- **15 mL Bottles:** Lavender, Lemon, Peppermint, Frankincense, Melaleuca (Tea Tree), Wild Orange, dōTERRA On Guard®, DigestZen® Digestive Blend, dōTERRA Serenity® Calming Blend, dōTERRA Breathe® Respiratory Blend, dōTERRA Balance® Grounding Blend, AromaTouch® Massage Blend
- **10 mL Roll-on Bottle:** PastTense® Tension Blend
- **Other Products:** dōTERRA Lifelong Vitality Pack®, Fractionated Coconut Oil, PB Assist®, dōTERRA On Guard® Collection; Beadlets, Toothpaste, Hand Wash w/2 Dispensers, Softgels, Wooden Box, Lumo Diffuser, dōTERRA Breathe® Vapor Stick, Deep Blue® Rub, DigestZen TerraZyme®, dōTERRA Salon Essentials® Shampoo and Conditioner, Correct-X®

<table>
<thead>
<tr>
<th>Code</th>
<th>Savings</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>60200543</td>
<td>$219.90</td>
<td>$733.33</td>
<td>$550.00</td>
<td>400</td>
</tr>
</tbody>
</table>

### Home Essentials
- **15 mL Bottles:** Frankincense, Lavender, Lemon, Melaleuca, Oregano, Peppermint, dōTERRA Breathe®, DigestZen® dōTERRA On Guard®
- **5 mL Bottle:** Deep Blue®
- **Other Products:** Petal Diffuser, Wellness Advocate Introductory Packet

<table>
<thead>
<tr>
<th>Code</th>
<th>Savings</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>41180001</td>
<td>$56.25</td>
<td>$366.67</td>
<td>$275.00</td>
<td>225</td>
</tr>
</tbody>
</table>

### Cleanse and Restore
Cleanse & Restore, dōTERRA Lifelong Vitality Pack®, PB Assist®, GX Assist®, Zendocrine® Softgels, Zendocrine® Complex, DDR Prime®, DigestZen TerraZyme®, Lemon 15 mL, Wellness Advocate Introductory Packet

<table>
<thead>
<tr>
<th>Code</th>
<th>Savings</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>60200541</td>
<td>$81.50</td>
<td>$326.67</td>
<td>$245.00</td>
<td>175</td>
</tr>
</tbody>
</table>

### AromaTouch Diffused
AromaTouch® Technique Kit, Petal Diffuser, Enrollment Packet, Wellness Advocate Introductory Packet

<table>
<thead>
<tr>
<th>Code</th>
<th>Savings</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>60200547</td>
<td>$32.00</td>
<td>$200.00</td>
<td>$150.00</td>
<td>110</td>
</tr>
</tbody>
</table>

### Emotional Aromatherapy Diffused Kit
- **5 mL Bottles:** dōTERRA Motivate®, dōTERRA Cheer®, dōTERRA Forgive®, dōTERRA Console®, dōTERRA Peace®
- **Other Products:** Lumo Diffuser, Wellness Advocate Introductory Packet

<table>
<thead>
<tr>
<th>Code</th>
<th>Savings</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>41180001</td>
<td>$35.25</td>
<td>$366.67</td>
<td>$275.00</td>
<td>225</td>
</tr>
</tbody>
</table>

### Family Essentials Kit and Beadlets
Family Essentials Kit, Peppermint Beadlets, dōTERRA On Guard® Beadlets, Wellness Advocate Introductory Packet

<table>
<thead>
<tr>
<th>Code</th>
<th>Savings</th>
<th>Retail Price</th>
<th>Wholesale Price</th>
<th>PV</th>
</tr>
</thead>
<tbody>
<tr>
<td>60200540</td>
<td>$36.50</td>
<td>$200.00</td>
<td>$150.00</td>
<td>110</td>
</tr>
</tbody>
</table>

For additional enrollment kit options visit doterra.com

---

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

Anti-Aging Eye Cream

Looks like Father Time just went on vacation.

dōTERRA Essential Skin Care
Anti-Aging Eye Cream
60201776 0.5 fl. oz.

$60.00 retail  $145.00 wholesale  45 PV

dōTERRA® Certified Pure Therapeutic Grade®