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Don't let your GUARD DOWN

Fight bad breath naturally



ask Dr. Hill



DR. DAVID K. HILL, DC
Founding Executive/Chairman,
Scientific Advisory Committee

Q:

Why is Yarrow blended with Pomegranate Seed oil?

A:



Yarrow is a very unique essential oil—not only because of its deep blue color, but also because its diverse chemical makeup may provide some fascinating cellular, immune, and nervous system health supporting properties.* When examining the existing research, it became clear that the symbiosis between its composition and spectrum of benefits and that of Pomegranate Seed oil could create something quite powerful. Pomegranate Seed oil is a great alternative as a carrier because experimental research suggests it may have skin health supporting properties and is rich in punigic acid and several other bioactive compounds. Experimental research suggests that punigic acid may provide protective benefits for certain body tissues.* So, not only does the inclusion of Pomegranate Seed oil increase the skin soothing and cleaning properties of Yarrow, but it may also strengthen the various internal benefits.* The blending of Yarrow and Pomegranate Seed oils is a perfect way to take advantage of our increased understanding of synergy.

**Yarrow will be available for purchase late 2018*

What makes Magnolia unique among floral essential oils?



Although it shares some compositional similarities with other floral essential oils, such as Lavender and Ylang Ylang, and therefore many of their calming and soothing properties, Magnolia is a bit of an anomaly when it comes to essential oils rich in monoterpene alcohol linalool because it doesn't contain linalyl acetate in easily measurable quantities. This gives Magnolia a very distinct mint-like aroma, but also lends to a different spectrum of benefits than you might expect. Without the presence of linalyl acetate, linalool becomes a dominant compound and its properties really shine through. For instance, experimental research suggests that Magnolia essential oil, due to its uniquely high concentration of linalool, may be particularly effective as an insect repellent.

Copaiba has quickly become my favorite oil to apply topically. What other benefits may I experience by taking the new softgel?



While Copaiba has quickly become a favorite oil to use topically since it was introduced last convention, when you examine the research, it is clear that it is even more powerful when taken internally. Experimental research suggests that when taken internally, Copaiba has strong antioxidant properties and may support the healthy function of several different body systems.* While most people are still using it topically to address acute issues, due to its wide spectrum of evidence-based health-supporting benefits when used internally, you may consider adding it to your regular dietary supplement regimen by taking two softgels daily (one with a morning meal and one with an evening meal) to support overall long-term well-being.

I've heard a lot about turmeric extract as a nutritional supplement. What are some of the benefits of this essential oil?



I've been quite adamant for years about finding a source for Turmeric essential oil that meets our CPTG® standards. While the extract is a popular nutritional supplement and has been used historically for a variety of purposes, the essential oil has a totally separate but equally powerful range of health benefits. Experimental research suggests that Turmeric essential oil supports healthy circulation, cellular function, metabolism, and digestion.* It's not just great for internal use either: experimental evidence suggests that Turmeric essential oil may help support clean and healthy-looking skin, and reduce the appearance of blemishes when applied topically. There may even be some applications in regard to oral health. I believe Turmeric is going to quickly become the go-to oil for many people, similar to Frankincense and Copaiba.

* 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.

PINK PEPPER

Sourcing Origin: Kenya & Peru

Distillation Method: Steam Distillation

Plant Part: Fruit

Aromatic Description: Spicy, fruity, slightly woody

Pink Pepper (*Schinus molle*), while similar in appearance to black pepper, is closely related to cashews. Pink Pepper essential oil is well-known for its ability to help support a healthy metabolism and immune system when taken internally.* Pink Pepper may also help the body maintain healthy cellular function and overall cellular health.* Limonene and alpha-phellandrene, two of the main chemical components of Pink Pepper essential oil, may be calming to the nervous system.* Additionally, Limonene may help support healthy blood sugar and cholesterol levels already in the normal range when taken internally.* Pink Pepper is known for its ability to help relax the nervous system.*

HOW TO USE:

Aromatically

- ◆ Find your favorite blend to diffuse. Pink Pepper blends well with Tangerine, Bergamot, Siberian Fir, Grapefruit, and Lemon
- ◆ Inhale deeply to promote feelings of alertness

Internally

- ◆ Add 1–2 drops to water to help calm nervous system*
- ◆ Combine a few drops with your favorite salad dressing for a spicy change

Topically

- ◆ Add a few drops of Fractionated Coconut Oil for a zesty uplifting scent



FUN FACT: This oil was originally introduced in our Harmony Collection as a limited time offer and is now a permanent product.

* 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.

Green Mandarin

A Story of Innovation

The mandarin tree (*Citrus reticulata*) is native to southeastern Asia and the Philippines. By 1850, the plant had been established in southern Italy after being introduced there and was thriving in its new environment. As many settlers from Italy began moving to southern Brazil they found that the soil and growing conditions were very favorable for growing several varieties of citrus trees, just like their native Italy. Thousands of European immigrants had found a beautiful place to call home in Southern Brazil. Such is the story for one family that has played a critical role in growing and expanding Green Mandarin production in Brazil.

Keeping Traditions Alive

Enzo, a Sicilian native, moved to Brazil in the 1970s while in his early twenties. One of the key things that Enzo brought to Brazil was a love for and expertise in growing citrus trees and processing them for essential oils. He learned this craft while working with his father and grandfather in the family citrus business in Sicily. Enzo represents the fourth generation to carry on the family traditions and expertise in citrus essential oil production. Even today some of Enzo's fondest memories harken back to the days when, as a very young boy, he would spend time with his grandfather in the citrus groves and factory.

Enzo is a key pioneer in citrus essential oil production in Brazil. A mandarin tree needs to be thinned heavily while the fruit is still young and unripe. Approximately 60-70 percent of the unripe fruit is removed in this thinning process. Historically, this green, unripe fruit had been left on the ground, later to decompose and become organic matter.



Upcycled Farming

Enzo knew, thanks to his grandfather, that this unripe fruit could be better utilized and could provide added benefit to each farmer. He also knew that he could produce a beautiful essential oil. His influence was critical as he went from one small farmer to another showing them that there was value in the unripe mandarin fruits. By his efforts over many years, most farmers growing mandarin in southern Brazil now work in partnership with Enzo to harvest these unripe green mandarin fruits.

Now, because of Enzo's efforts, the income that these small-scale farmers derive from Enzo's purchase of their unripe green mandarin allows the farmers to cover the basic costs of farming for that season. This leaves all of the income derived from their normal fresh fruit sales to be "all profit"—an amazing change from the pre-Green Mandarin days, when a portion of the fresh fruit income had to cover overhead farming costs.

Small Scale, Large Reward

dōTERRA is so excited to partner with Enzo and 16,000 small-scale farmers to bring Green Mandarin essential oil to market. It is an inspiring story of innovation, teamwork, and expertise coming together Enzo collects the unripe mandarin fruit and uses the cold press process typically seen in citrus fruits to extract this beautiful essential oil. Enzo's passion for essential oils does not end with Green Mandarin, however. He also helps with the production of several citrus essential oils, including Wild Orange, Tangerine, and Lime essential oils. He loves essential oils and loves being a part of the dōTERRA family.

Green Mandarin is sure to quickly become one of your favorite oils. Even as a unique citrus oil, it has many of the same benefits of the other citrus oils. However, it has one very distinct difference. Because it is harvested before the fruit has reached full maturity it is not a photosensitive oil. This property makes Green Mandarin a special citrus oil that is great for use indoors and outdoors.



Empowering Change

Empowering you to make a real difference.



New Look for the dōTERRA Healing Hands Foundation®

dōTERRA® is pleased to release a new look and website for the dōTERRA Healing Hands Foundation. The new website brings tools and resources to help empower Wellness Advocates to engage with projects and partnerships making a positive change in people and communities around the world. Anne Wairepo, Director of the dōTERRA Healing Hands Foundation, shares, "The new website is a place where Wellness Advocates can find more information and share how they want to make a difference. We love the opportunity to

have a partnership—to help empower each other. Wellness Advocates have an ingenuity and drive for "making things better"—a better life, a better family, a better community and ultimately, a better world. We are excited to be able to offer matching support to Wellness Advocate Projects helping to make a difference." The dōTERRA Healing Hands Foundation was founded in 2010. In 2012, it became a United States Registered 501(c)(3) nonprofit, with all administrative costs of the foundation covered by dōTERRA International, LLC, ensuring 100 percent of all donations go directly to aid.

To see the new look and find out more about how to start a project you care about, visit doterrahealinghands.org

“

Keeping pace with our growth is our opportunity to give. The dōTERRA Healing Hands Foundation is committed to supporting our Wellness Advocates' desire and willingness to share and serve. With our Wellness Advocates around the world and their passionate commitment and caring for others, we are excited to see what kind of impact we will continue to create together.

— **Mark Wolfert,**
Founding Executive, General Counsel

 dōTERRA
healing hands
FOUNDATION™



The Science of Touch

WITH THE AROMATOUCH TECHNIQUE®

Despite their use dating back several millennia and thousands of recent peer-reviewed scientific publications per year, we are still at the base of the mountain in our understanding of how essential oils work. With the healthcare initiative, recent ventures into molecular docking, and clinical trials examining everything from the biological activity of proprietary blends to the effects of different methods of application, dōTERRA is almost single-handedly expanding the world's knowledge of essential oils and revolutionizing the modern definition of self-care. Fresh off the press is another publication by dōTERRA scientists—a pilot clinical trial investigating the benefits of the AromaTouch Technique.

Nearly 2,000 studies are published annually regarding essential oils, and that number is rapidly increasing with each passing year. This increased scientific focus on essential oils is exciting, but to understand its relevance to you, you also have to understand its limitations. There are three broad categories of scientific experimentation: *in silico*, *in vitro*, and *in vivo*.

IN SILICO

In silico studies are performed via computer simulation. *In silico* studies, such as dōTERRA molecular docking research, allow scientists to examine things that are currently not possible and create a definitive path for future exploration. With improved technology, *in silico* studies are becoming increasingly accurate, but the conclusions cannot be proven until clinical observations are conducted.

IN VITRO

In vitro (“within the glass”) refers to an experiment performed in a controlled environment outside of a living organism (for instance, in a petri dish). The findings of *in vitro* studies can be powerful, but they have an inherent weakness in that conducting research in a lab doesn't necessarily correspond to what occurs in a living organism.

IN VIVO

In vivo (“within the living”) refers to performing studies using a whole, living organism. *In vivo* studies have the potential to offer truly accurate insights, but the conditions don't necessarily tell the entire story unless they are true human clinical trials. Due to their complexity and high cost, investigators often shy away from human clinical trials. However, dōTERRA has focused much of its resources on this gold standard of scientific research. First by evaluating the benefits of dōTERRA Lifelong Vitality Pack®, and then by putting dōTERRA Serenity® Restful Complex Softgels to the test, dōTERRA has spared no expense in proving that its products are the most efficacious on the market, and now it has done the same with the AromaTouch Technique.

EXPERIMENTAL DESIGN

To accurately evaluate both the short-term and long-term benefits of the technique, dōTERRA scientists created a unique randomized, single-blind, placebo-controlled study. dōTERRA scientists recruited 18 healthy volunteers to participate in the three-week pilot trial, with the participants randomly assigned to the control or research group. With both the control and research group, they first evaluated the effects on the body immediately after volunteers received just one technique and then measured the lasting

effects on the body when the technique was administered twice per week over the course of three weeks. The treatment group received the AromaTouch Technique exactly as described in the protocol developed by Dr. David Hill. The control group received the AromaTouch Technique with every condition the same, except that Fractionated Coconut Oil was used in place of the eight essential oils normally used in the technique. The researchers measured vital signs and took saliva samples that were evaluated for other biomarkers of health immediately before the first session and at the conclusion of the entire study period. Volunteers also filled out a questionnaire that provided information regarding subjective measures of well-being.

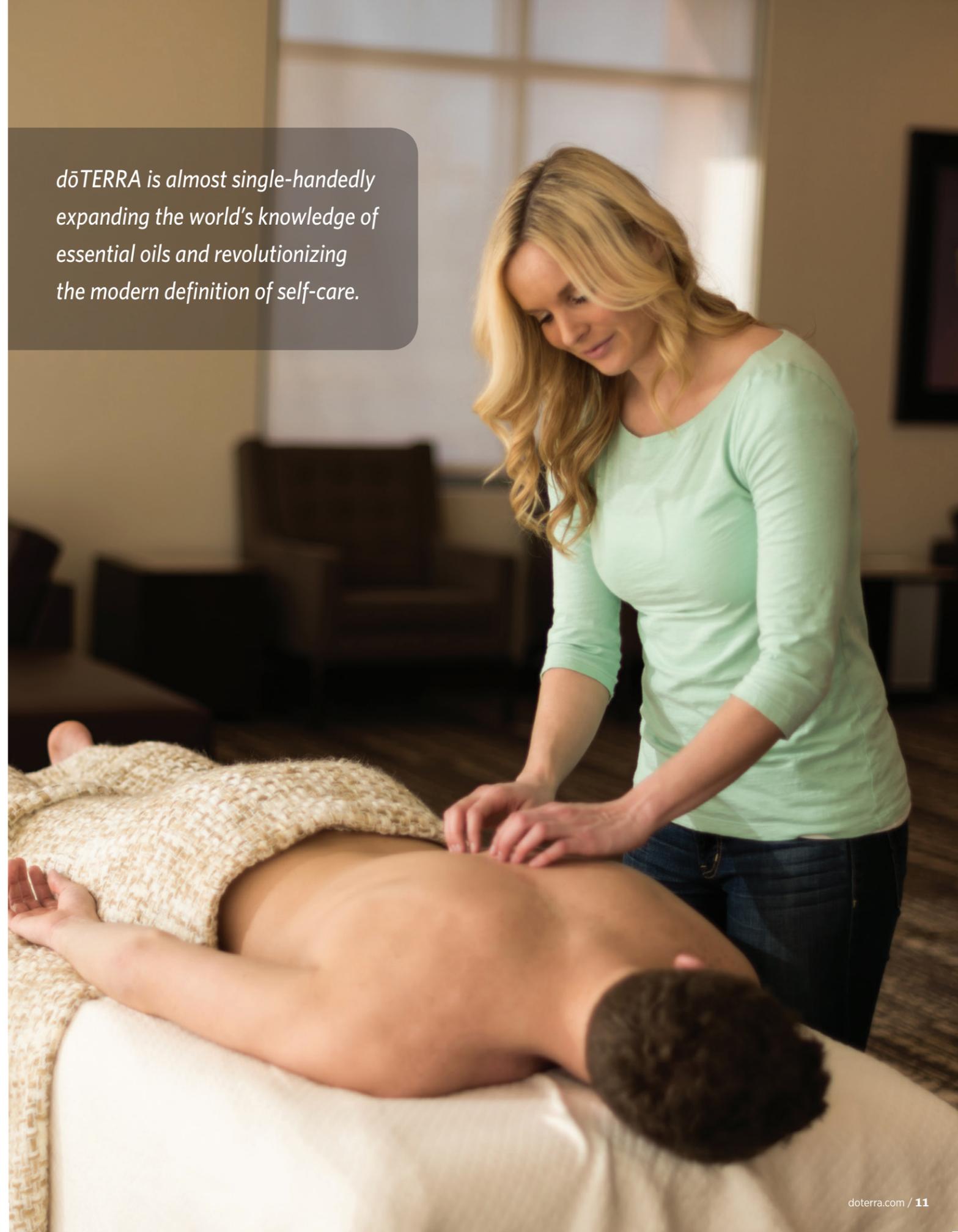
RESULTS

As expected, both groups experienced improvements in all measured vital signs, stress scores, and salivary levels of cortisol immediately after the first AromaTouch Technique, likely as a result of the known positive association between human touch and well-being. Overall, the changes were more pronounced in the group that received the AromaTouch Technique with the essential oils. The differences, in almost every metric, were statistically significant; these are the golden words in scientific research, meaning that very positive results were highly unlikely to be caused by chance. Those in the research group also reported significant improvements in levels of relaxation as compared to the control group.

CONCLUSION

The results of the AromaTouch Technique pilot trial provide more evidence for what thousands are already experiencing every day: it is an excellent way to immediately, and over the long term, reduce feelings of stress, support relaxation, improve subjective and objective well-being, and can be a vital component of self-care in developing your own health-promoting lifestyle. For more information on the AromaTouch Technique pilot trial as well as dōTERRA molecular docking research and similarly exciting results on another human clinical trial involving the AromaTouch Hand Technique, visit the dōTERRA Science Blog. For those of you still not certified in the AromaTouch Technique, find out how to get in touch with your local trainer because you are running out of statistically significant reasons not to experience and share this powerful essential oil application technique.

dōTERRA is almost single-handedly expanding the world's knowledge of essential oils and revolutionizing the modern definition of self-care.



STOP FIGHTING BEDTIME

★ AN ESSENTIAL KID'S GUIDE TO SLEEP ★



WINDING DOWN AT THE END OF THE DAY CAN BE HARD. GETTING KIDS TO CALM DOWN BEFORE BEDTIME CAN FEEL ALMOST IMPOSSIBLE.

Parents always look forward to having a little peace and quiet once the kids are in bed at night. Getting them to bed, however, can sometimes prove to be a battle. Using essential oils can significantly ease the stress bedtime can cause. Use these tips to stop fighting bedtime, and get your kids to sleep peacefully:

★ ESTABLISH A ROUTINE

Doing the same routine every night is key to getting your kids to sleep. By following the same steps every day, your kids will know it is time to unwind and prepare for sleep. No matter their age, a routine is needed. Try using the **dōTERRA Kids Collection** oils around the same time every night. Depending on the needs of your little ones, or not so little ones, try **Rescuer™**, **Calmer™**, or **Steady™** to ease any bedtime worries.

★ START YOUR DIFFUSER

Beginning your bedtime routine with diffusing calming oils is one of the best ways to start bedtime. Use oils like **Lavender**, **dōTERRA Serenity®**, or **Ylang Ylang** consistently each night. That way, before you even say it is time for bed, your children's brains will know from the calming scent.

★ CREATE A CUSTOM BEDTIME BLEND

Smells can tell your kids brains that it is time for sleep. Aside from running your diffuser there are a number of ways you can use oils to let your child know it is time for sleep. Try creating a diffuser blend that is only used at bedtime. Another way to use this blend is to put your oils into a spray bottle with distilled water and spray onto your child's pillow right before bed. The scent will help them stay asleep all night long. If your child sleeps with a stuffed animal or blanket, try using a small amount of oil on the animal. A favorite bedtime blend is **Vetiver**, **Cedarwood**, and **dōTERRA Serenity®**.

★ STORY TIME YOGA

Establishing a yoga flow with your children before bed is a great way to work out last-minute bedtime wiggles. One helpful tip is creating a story to go along with your yoga poses. Use these poses to make up your own story with your kids.

★ BEDTIME MASSAGE WITH WHIPPED OIL BUTTER

A parent's touch can be one of the most calming tools used for a young child. Connecting with your child through contact at the end of the day is a way to show your little one you care. Try this recipe for oil butter for a foot massage to calm your child before bed.

1/4 cup cacao, or cocoa, butter

1/4 cup whole coconut oil

*20 drops **Lavender***

*12 drops **Vetiver***

*10 drops **Frankincense***

Simmer together cacao butter and coconut oil until melted. Let the mixture rest for 10 minutes. Add oils and then put in the fridge for about an hour until firm. Whip the mixture with an electric mixer until soft peaks form. Massage a pea-sized amount into your children's feet.

Bedtime does not have to be a dreadful experience. Find a couple of small ways to ease the tension. Pretty soon you will look forward to bedtime as a special time with your little ones.



Copaiba Softgels take supplementation to the next level, offering antioxidant, cardiovascular, immune, digestive, nervous, and respiratory system supporting benefits.*

COPAIBA SOFTGELS

Making Wellness Easy

Ideally, we would get all the nutrition we need through a whole-food diet, but life is never that simple. With the components of dōTERRA Lifelong Vitality Pack® (LLV), you get the vitamin, mineral, and antioxidant building blocks for optimum health in a ready-made and easy-to-use supplement regimen, but we all have individual health needs. For those looking to promote cellular health, there is DDR Prime® Softgels Cellular Complex; for those looking for a boost of energy, Mito2Max® Energy and Stamina Complex. dōTERRA has once again upped the ante with a dietary supplement that promotes health in an entirely new way. Offering 120 mg of CPTG® Copaiba essential oil in a base of extra virgin olive oil contained within a carrageenan-free softgel, the new Copaiba Softgels take supplementation to the next level, offering antioxidant, cardiovascular, immune, digestive, nervous, and respiratory system supporting benefits for those seeking optimal wellness.*

A FAST FAVORITE

Copaiba came on like a steam-distilled hurricane at convention 2017. As the essential oil with the highest concentration of beta-caryophyllene, the essence of the oleoresin extracted from *Copaifera* species trees has a spectrum of health-promoting benefits that

continues to expand as more research is conducted. While its woody and slightly spicy aroma can be very soothing and promotes clear and smooth skin when applied topically, research suggests that the most profound benefits may come from internal use. While there is always the option of putting a few drops of CPTG Copaiba essential oil into a glass

of water or tea or into your own Veggie Caps, there is nothing like the convenience of a ready-to-use dietary supplement.

NEW DISCOVERIES

Although the history of use in both South America and Europe is centuries old and

compounds that can influence the endocannabinoid system are rapidly becoming one of the most popular areas of health science research, we are just beginning to discover how Copaiba has such a vast spectrum of health-promoting benefits. Several experimental studies suggest that when ingested, Copaiba essential oil has strong antioxidant activity!¹ Other experimental studies suggest that internal use of Copaiba has cardiovascular system supporting properties, promotes proper immune response, and may even support the health of the respiratory system.^{2, 3*} Additionally, we all know that the

foundation of optimal health and well-being begins at the cellular level, and further experimental research suggests that taking Copaiba essential oil internally may help support general cellular health and function.^{4*} As a complement to dōTERRA Lifelong Vitality Pack, there may be no other supplement that offers the breadth of health-promoting properties that Copaiba Softgels do.*

CHEMICAL SYNERGY

Many of the benefits of Copaiba are derived from the rich concentration of the phytocannabinoid beta-caryophyllene,

which is also found in lesser concentrations in Black Pepper and Melissa essential oils. With its affinity for binding to and activating cannabinoid 2 receptors (CB2), beta-caryophyllene has promise for countless health benefits.^{5*} Research suggests that when ingested, the sesquiterpene has benefits ranging from possible antioxidant properties to supporting the health of vital organs.^{6*} That being said, as is true with all other essential oils, the true power is actually in what we don't know—in the natural synergy of all its chemical constituents. Copaiba also contains measurable concentrations of bergamotene and copaene, terpene compounds that (in isolation) have not been investigated to the same extent as beta-caryophyllene. And there is also evidence that many of the other bioactive properties can be attributed to diterpenes that are unique to Copaiba essential oil. The possible health benefits of this natural CB2 agonist are extraordinary, but when it comes to promoting health, Mother Nature always seems to get it right. This is why dōTERRA has chosen to not isolate beta-caryophyllene, but to offer the essential oil in its whole, natural state in any easy-to-use form.

Based on the difficulty of keeping it in stock, it appears that many of you are likely already experiencing the powerful health-promoting properties of Copaiba essential oil when applied topically (and if you aren't already, keep your eyes on the dōTERRA Science Blog for results of the recently completed and soon-to-be-published clinical trial involving Copaiba), but Copaiba is actually most efficacious when taken internally. Take 1-2 Copaiba softgels in the morning, with a whole food breakfast and your LLV, or as needed, to take your health to the next level.

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Sweet & Savory

BUTTER RECIPES

ROSEMARY LEMON

½ cup butter
1 Tbsp fresh rosemary
1 drop *Lemon oil*

DIRECTIONS

- Cream butter at room temperature.
- Chop fresh rosemary.
- Add rosemary and Lemon oil to the butter and whip.



SPICY LIME

½ cup butter
¼ of a jalapeño
¼ tsp ground coriander
Dash of salt
1 drop *Lime oil*

DIRECTIONS

- Cream butter at room temperature.
- Chop jalapeno into small pieces
- Combine coriander, salt, and Lime oil with butter and whip



CHEESY WALNUT

½ cup butter
2 Tbsp blue cheese
2 Tbsp fresh walnuts
1 drop *Black Pepper oil*

DIRECTIONS

- Cream butter at room temperature.
- Chop walnuts into small pieces
- Add walnuts, blue cheese and Black Pepper oil to butter and whip.

ROASTED PEPPER

½ cup butter
2 Tbsp roasted red peppers
1 drop *Lemon oil*
1 toothpick *Basil oil*

DIRECTIONS

- Cream butter at room temperature.
- Chop roasted red peppers.
- Add peppers, Basil and Lemon oil to butter and whip.

MAPLE PECAN

½ cup butter
1 Tbsp maple syrup
1 Tbsp chopped pecans
1 drop *Cinnamon Bark oil*

DIRECTIONS

- Cream butter at room temperature.
- Combine all other ingredients and whip with butter.



HONEY BUTTER

½ cup butter
3 Tbsp honey
½ tsp vanilla
1 drop *Cinnamon Bark oil*

DIRECTIONS

- Cream butter at room temperature.
- Combine all other ingredients and whip with butter.

PUMPKIN SPICE

½ cup butter
3 Tbsp pumpkin puree
1 tsp ground cinnamon
Dash of nutmeg
1 toothpick *Clove oil*

DIRECTIONS

- Cream butter at room temperature.
- Whip cinnamon, nutmeg and Clove oil into butter.



ORANGE CREAM

½ cup butter
1 Tbsp heavy cream
½ tsp vanilla
1 tsp honey
2 drops *Wild Orange oil*

DIRECTIONS

- Cream butter at room temperature.
- Combine all other ingredients and whip with butter.

Conner Hoyt GOLDEN BOY



Special Olympian and Wellness Advocate, Conner Hoyt, golfs for the gold medal at the 2018 Special Olympics Nationals.

"To me, dōTERRA means new friends. It's very educational and I love using the oils for a lot of different things. I love the positive energy I feel at convention and at classes."

Shelby Hoyt pressed against the roadside spectators, her eyes scanning the horizon for a flame. Her son and Special Olympian, Conner Hoyt, was running as the last Randolph County torchbearer in Indiana's 2016 Bicentennial Torch Relay, and Shelby anxiously watched for his arrival at the county line. She heard the onlookers cheering before she spotted the distant light glimmering in the afternoon sun. Conner was running strong.



In many ways, it had been a devastating year for the Hoyts. Just months before the relay, Shelby's husband, Jay, passed away unexpectedly in his sleep. On this day, Conner carried more than the Bicentennial torch—he carried his father's memory.

Overcoming Adversity

Leading up to this triumphant moment was a long road of developmental misdiagnoses and personal struggles. The Hoyts' pediatrician began worrying about Conner when, at two years old, he showed signs of delayed speech. In fact, he did not form

complete sentences until he was five. Initial diagnoses placed Conner on the autistic spectrum, which led the Hoyts to an autism support group. It was there Jay and Shelby connected with oncologist and alternative practitioner, Dr. Michael Williamson.

At that time, Dr. Williamson was researching the benefits of essential oils, which he recommended the Hoyts integrate into their daily routine. When the Hoyts could not purchase Frankincense from their essential oil provider, Dr. Williamson suggested they switch to dōTERRA®. It did not take long for Shelby to track down a dōTERRA booth at a local vendor event, and soon she enrolled under Lisa Herd—now a beloved leader, mentor, and friend.

A Well-Oiled Olympian

Immediately, Shelby embraced the oils and Conner began using them both on and off the field. According to the Hoyts, the oils have played a critical role in Conner's Special Olympics career. He uses InTune® before his golf games to improve his concentration, and he applies Peppermint as part of his warm up and cool down regimen.

From Shelby's perspective, the oils have helped him respond to the loss of his father with resilience. Says Shelby, "Conner has had a lot to deal with since the time of his father's passing. I feel the oils and dōTERRA Life Long Vitality Pack® have made a huge impact on his ability to deal with his struggles. Conner is now a Wellness Advocate and he helps me with my events and DIY classes."

Strength in Community

When he is not teaching dōTERRA classes with his mom, Conner is playing sports and training for his next Special Olympics event. After his basketball team won the bronze medal at the 2014 Special Olympics Nationals, Conner took an interest in coaching other young players. Now he volunteers as assistant basketball coach at Monroe Central Junior High and High School. When Conner played in a basketball tournament at Taylor University this past year, the Monroe Central Jr. High basketball team was there to cheer him on. This is just one example of the hometown pride that follows Conner like a shadow.

Conner's easy love for others and his perseverance through hardship endear him not only to the community of Farmland, Indiana, but also to his dōTERRA family. Friends like Jessica Pinkerton and Natalie Wysocki—Diamonds in the Hoyts' upline—have been instrumental in supporting the Hoyts on their dōTERRA journey. They have watched with admiration as Conner continues to follow his passions.

Shelby and Conner are also grateful to all the coaches, volunteers, and unified partners through Jay County Special Olympics and the staff and support people at the Indiana State Special Olympics office. Their hard work makes these magical Special Olympian moments possible.

"Special Olympics means I get to stay active in sports that I love and try sports I didn't play in high school. I get to make new friends and always be positive and have fun."

USA Nationals 2018

This year, Conner and his Unified Golf partner, Dr. Dave Fullenkamp, represented Team Indiana at the USA Special Olympic Nationals in Seattle, where they won a gold medal! As always, Shelby was there, oils in tow. She is proud of her son and grateful for the oils, faith, and friendship that have carried him to another Special Olympics.

TURMERIC

Aromatic Description: Warm, spicy, earthy, woody

Distillation Method: Steam

Plant Part: Rhizome

Sourcing Origin: India and Nepal

Chinese and Indian herbalist have used what you may recognize as the main spice in curry, Turmeric, for over 4,000 years. In ancient cultures it was used in cooking as well as religious and health purposes. Modern science has shown that Turmeric has a high concentration of ar-Turmerone and Turmerone, which help with the absorption of curcumin. Promoting feelings of positivity,* Turmeric is beneficial both internally and aromatically. Use Turmeric daily to promote healthy immune function and response along with healthy circulation.* In addition to the many health benefits of Turmeric essential oil acts as a great addition to your favorite savory meals.

HOW TO USE:

- Apply to skin in your favorite moisturizer to reduce the appearance of blemishes.
- Diffuse at the start of your day for an uplifting aroma.
- Add to water to help support nervous and cellular functions.*
- Use in your skin care routine to give skin a clean and healthy look.
- Add to a dōTERRA Veggie Cap to support healthy immune function and response.*

FUN FACT: Although turmeric is widely known for its edible roots, all parts of the turmeric plant, including the flowers and leaves, are edible!



* 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 kids COLLECTION



By supporting the well-being of the mind, body, and heart, essential oils can be a vital component of self-care and a holistic approach to health. But regardless of their efficacy and ease of use, when it comes to your children, safety is priority number one. With six proprietary pre-diluted blends, the new dōTERRA Kids Collection is the perfect vehicle to safely introduce your children to the wide-ranging benefits of essential oils.



MIND



Childhood is about learning as much as it is about physical development. In those early formative years, children are developing the lifestyle habits that will greatly determine their health and well-being throughout the rest of their lives. Whether it be maintaining focus while studying for school or having a difficult time winding down to sleep each night, children today face daily challenges that essential oils can assist with. The **Thinker Focus Blend** and **Calmer Restful Blend** were developed specifically for daily use to address these issues.

CALMER™ RESTFUL BLEND

Sleep is the most undervalued component of overall health. It has a direct association to every principle in the dōTERRA Wellness Lifestyle Pyramid, and healthy sleep behaviors are never more important than in childhood. Promoting improved sleep hygiene is one of the most traditional ways to use essential oils, and there is strong evidence regarding their efficacy in calming and relaxing. With its combination of **Cananga, Lavender, Buddha Wood, and Roman Chamomile** essential oils, the dōTERRA **Calmer Restful Blend** unites some of the most well-known and researched soothing essential oils in a base of Fractionated Coconut Oil to empower your children to take control of their sleeping habits. Apply to the bottoms of the feet of your restless child at bedtime or to the back of the wrists to help your child unwind before going to sleep.

THINKER™ FOCUS BLEND

Limonene is an energizing and uplifting (not so) secret weapon of the chemistry world. The monoterpene, primarily known for its inclusion in citrus oils, has a long list of benefits, only one of which is being able to provide an emotional boost whenever you need it. The association between our olfactory system and how we feel is fascinating, and dōTERRA **Thinker Focus Blend** takes advantage of the known benefits of limonene (the blend's primary constituent) and our progressing understanding of this complex interaction to promote an environment conducive to learning. The combination of **Vetiver, Clementine, Peppermint, and Rosemary** in a base of Fractionated Coconut Oil provides the uplifting and energizing aroma your child needs to focus. Pack the **Thinker Focus Blend** in your child's backpack to be applied to the temples, back of the neck, or wrists throughout the day to help them stay on task.



HEART



You never know when your child may need a shot of reassurance or emotional support. **Steady Grounding Blend** and **Brave Courage Blend** are the perfect aromatic complements to support calm and balanced feelings and to promote overall emotional wellness.

BRAVE™ COURAGE BLEND

Whether it's the championship soccer game or their first music recital, sometimes children just need a little something extra to give them the confidence boost to take that first step. A proprietary combination of essential oils from **Wild Orange Peel, Amyris Wood, Cinnamon Bark, and Osmanthus Flower** extract in a base of Fractionated Coconut Oil, a few drops of the **Brave blend** applied to various pulse points may be just the thing to promote those feelings of courage and confidence.

STRONGER™ PROTECTIVE BLEND

There is nothing like the combination of essential oils and a loving parent's hand when a child is in need of a comforting touch. **Stronger Protective Blend** combines four essential oils renowned for their ability to evoke feelings of wellness and promote healthy-looking skin (**Cedarwood, Litsea, Frankincense, and Rose**) in a base of Fractionated Coconut Oil. Leave a bottle of **Stronger Protective Blend** on your child's dresser to be applied on the back of the neck for an added boost or for protection when they are not feeling their best.

BODY



The best thing about essential oils is that they allow us to take ownership of our day-to-day well-being. Children face their own spectrum of daily issues. To evoke feelings of wellness and vitality or to address those issues that just come up, dōTERRA has developed a pair of proprietary blends that are safe for everyone.

RESCUER™ SOOTHING BLEND

A refreshing blend of **Lavender, Spearmint, Copaiba, and Zanthoxylum** essential oil in a base of Fractionated Coconut Oil, **Rescuer Soothing Blend** is the ideal oil for when you need to promote a relaxing and tension-free environment for your children. Store a bottle in your children's bathroom to be applied to their joints or temples for a comforting and soothing sensation after a busy day of running around the neighborhood.

STEADY™ GROUNDING BLEND

Every parent can sense when their child is anxious or in need of support. dōTERRA **Steady Grounding Blend**, was formulated specifically to help promote a steady and supportive environment when your kid is being... a kid. A proprietary combination of **Amyris Wood, Balsam Fir, Coriander, and Magnolia** in a base of skin rejuvenating and hydrating Fractionated Coconut Oil, it is the perfect essential oil blend to promote feelings of calmness, focus, and steady emotions. Apply to the bottom of your child's feet before they head off to school to promote calmness throughout the day or to the neck to comfort their emotions.

Intended for use with parental supervision. Keep out of reach of children under three.



SLIM &
SASSY

Marsha Ruff

Marsha Ruff has tried many times in the past to lose weight. She would lose some weight and then become very discouraged when she felt she was not losing enough. After having her children, she lost any interest in trying to work out. Marsha constantly felt as if she was failing and slipping further away from her goals. She lost all confidence in herself. She especially hated taking pictures with her kids. "I only take pictures with my kids so they have them," says Marsha. "They are for them only. I usually try to have them on my lap so you can't really see my body. I just don't want to be so self-conscious." Wanting to be an active part of her children's life, and to gain confidence in her body, Marsha decided to join the Slim and Sassy challenge.

Breaking the Old Habits

Making poor nutrition choices was also a struggle for Marsha. Often choosing convenience over quality was having a detrimental effect on her health. Marsha struggled for many years to stop drinking caffeinated, high-sugar beverages. She says, "I practically had to learn how to drink water again. Lemon essential oil helped me with that, luckily! I have never been very big on drinking water, but I know that it really made a huge difference in living a healthier lifestyle. I no longer buy caffeinated drinks because I have all the energy I need. I tried to cut caffeine many times, but I felt much better without it very early in the competition. I know dōTERRA products have really given me that kick-start I needed. It feels great being off soda for three months." Cutting out sugary sodas helped Marsha make other healthier choices. Marsha says "I use Slim & Sassy® Metabolic Blend (Oil and Softgels), Slim & Sassy TrimShake (perfect for busy mornings), DigestZen TerraZyme®, Micro Plex VMz® Food Nutrient Complex, and xEO Mega® Essential Oil Omega Complex to help me achieve my goals."

Making Healthier Choices

After failing at past attempts of setting weight loss goals, Marsha was nervous to see if she could make healthier choices this time. She lacked confidence in her ability to attain the goals she set, which resulted in increased negative thoughts about her body. She was very self-conscious of her insecurities. By making small changes, like preparing a healthful lunch instead of snacking all day, however, Marsha has found she can make healthier choices. "I feel confident in my ability to make good choices. The best part is that I can be happy making better choices! I do not need all the snacks, since my cravings have decreased significantly. I can also enjoy healthy foods! That is a

huge one for me. I would say most of my previous food intake was either too huge of portions or not something I should eat often. I realized how bad my previous diet was. I am much more aware of what I'm putting into my body. I absolutely love the TrimShakes in the mornings. I just do not snack anymore on things that I should not eat at work. I can, and have, turned down treats. My priorities have changed a lot regarding the choices I make."

Finding Her Confidence

Marsha's life as a mom has always revolved around her kids. Most of her free time is spent with her children. Wanting to be a more active part of her children's life was Marsha's main reason for wanting to get healthy again. She has taken steps to ensure she is taking care of herself as well as her children. She has a new confidence in herself she never had before. She says, "I posted my before and after pictures on my Facebook page. That was huge. Most people have not seen the 'real' me in a long time. I let go of any fear and posted my before and after pictures. I want to be clear that I am 100 percent happy with where I am. I was nervous sharing my before picture. I feel much better now. I know I can't change what I did to myself, but I can take a lot of pride in my accomplishments during this program and beyond."

"The Slim and Sassy contest has changed my life. I look at old pictures and think 'That's not me anymore.' This contest has given me my life back"

- Marsha Ruff



Tips for Success

Share the Experience

"My biggest support was going on this journey with my mother-in-law. She introduced me to dōTERRA and the competition. It was amazing to see our progress unfold together. It was amazing sharing the experience along with her, too. There is no one that I could imagine having a better experience with."

Find Motivation

"I feel like this challenge in itself was a huge motivator. I really wanted to challenge myself. Sometimes I tried pushing myself harder on the treadmill or making better choices. I took it a little at a time."

Celebrate Success

"I set smaller goals that I felt I could reach. I let myself feel success in what I achieved instead of focusing on how much further I wanted to go. I felt the same success at fifteen pounds as I did reaching 25, 35, or 45 pounds. Allowing myself to feel successful kept me feeling much more positive. It is important to celebrate every goal and accomplishment you make. It also helps prevent yourself from feeling overwhelmed."

*Results vary based on diet and exercise. Typical loss may be less.



BEFORE

RESULTS: MARSHA HAS LOST 47.2 POUNDS!*



FALL BUCKET LIST

WHAT WILL YOU DO THIS YEAR?

The time for falling leaves and apple cider has finally come. Cozy sweaters and mugs of steaming hot cocoa feel like home, and pumpkin patches seem like the perfect place to spend a day. Whether you're a fan of carving pumpkins or creating your own Halloween costume, there is something for everyone to love about fall. Bundle up in your favorite sweater and head outside to enjoy this colorful time of year.

1. LEARN TO COOK A NEW HEARTY SOUP

As the temperature drops, eating something warm becomes more appealing and inviting. Search the dōTERRA® blog for a yummy new soup recipe, or come up with your own. Adding oils to your recipe will provide a boost of flavor, and you will enjoy the benefits of the oil. Try using in-season vegetables for the best flavor and nutrients. As herbs are out of season, try using **Oregano**, **Cilantro**, and **Black Pepper** oils instead of the herb. You might be surprised at how much flavor one drop of oil can add. There is no shortage of great soup recipes out there, prepared either in your slow cooker or on the stove.

2. GO FOR A HIKE

Mother Nature is at her best during fall. The bright and vivid colors of the season make it the perfect time to head for the mountains. Find a trail with lots of trees so that you can enjoy the changing colors up close. If you live in an area without mountains, take a long walk down a path that is lined with trees. Should seasonal threats make you want to stay inside, try **dōTERRA Breathe®**, **Lavender**, or **Melaleuca** to help you enjoy the outdoors. If hiking is not up your alley, try a nice scenic drive through a canyon, or a relaxing bike ride through the park.

3. ATTEND A HARVEST FESTIVAL

Apple picking, corn mazes, and hay bale rides are all activities usually found at a community harvest festival. Check out your local community's website or Facebook page to find events near you. Not only will these events be fun for your entire family, but they benefit your community as well.

4. SPEND A DAY BAKING

This is the time of year when you can never decide if it is time to turn on the heater or not. Why not heat your house using your oven for a change? Baking is one of the best ways to warm your home, making it smell like all of your favorite home-baked goods. The dōTERRA blog is full of yummy fall baking recipes. Whether your specialty is a homemade pie or pumpkin chocolate chip cookies, use this time of year to hone your skills. Adding **dōTERRA On Guard®** oil to your favorite recipe is a great way to up your immune system while enjoying your favorite treat.

5. DECORATE FOR FALL OR HALLOWEEN

Changing the décor around your home is the perfect way to invite fall into your house. Whether you choose to decorate for the season or the holiday, your home will feel festive and welcoming. Try making your own diffuser blend that fills your home with the cozy scents of fall. Also, see what upcycles you can create with your oil bottles to use as decorations.

6. VISIT A FARMERS MARKET

Shopping local takes on a fresh new meaning in the fall. We all know the tastiest produce comes from the fall harvest. Fall is an excellent time for corn, apples, and pumpkin, but did you know many other vegetables are ripe in the fall?

- Broccoli and kale are sweeter and less bitter and sharp when harvested in cooler temperatures.
- Chiles and peppers strut their best flavors when harvested at the beginning of fall.
- Pears and apples are great sweet additions to any fall meal.

7. MAKE A FIRE

If you are looking for a foolproof way to enjoy this season, you can find it with a nice fire in your backyard or fireplace, roasting s'mores with family and friends. Try adding your own twist on this holiday classic. Another favorite is to make your favorite chocolate chip cookies, sans the chocolate chips, and use them as the base of the s'mores. Start your fire just before sunset and enjoy the vibrant hue as the sun goes down.

Apple Pie Essential Oil Diffuser Blend

- Douglas Fir
- Cinnamon Bark
- Citrus Bliss



MICHAEL CHADWICK



Michael Chadwick has been training for the US National Swimming Championship for the past year as a professional swimmer. He has trained and competed throughout college with a rigorous training schedule to prepare for this event. Through all of Michael's hard work he was able to secure a spot on the US National Team for the Pan America games.

Do you have a routine to get ready for a swim meet? Tell us about your training routine.

My training routine consists of nine swim workouts a week. In addition to that, I also lift three times a week. Since I specialize in the 50 and 100 free, my workouts are usually very speed oriented, especially the closer I get to my major competition.

Where do you draw your inspiration from?

My inspiration is drawn from a few different places. I draw my inspiration from my wife and family and the constant

Age: 23

Hometown: Charlotte, NC

Current Home: San Diego, CA

Family: **Parents:** David and Marilynn | **Siblings:** Bethany and David | **Wife:** Cassi

Personal Motto: Proverbs 3: 5-6 "Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

Favorite dōTERRA products:



love and support they show me. Most of my inspiration is drawn from God, who has given me the strength to do what I do.

What advice would you give to someone who wants to swim competitively?

My biggest advice to anyone who wants to swim competitively is to commit to the long game. Swimming takes years to get comfortable with. It usually takes a couple years to develop a feel for the water and to find your stroke. Just like in every sport, it's important to be coachable and to trust the process.

How did you hear about dōTERRA?

I heard about dōTERRA initially from my sister Bethany. She encouraged me to use oils to better my health and well being. I became a true believer when I experienced a health setback after my NCAA championship meet. She gave me an essential oil mix every few hours in addition to consistent applications of dōTERRA On Guard®. Oils have played a huge role in keeping me healthy since that time.

What are your favorite dōTERRA products and how do you normally use them?

My favorite dōTERRA products are **Lemongrass, Wintergreen, Copaiba, and Douglas Fir** oils. I apply them every single night to any areas I have discomfort. I have found that this combination of oils has helped decrease any inflammation that has developed in my joints or muscles from exercise. I often struggle with seasonal changes, so I have found that the Tri-ease pills have helped.

What do you want to be known for or what is your biggest accomplishment?

I want to be known as a fighter—someone who never gave up on his dreams and will always stand up for what he believes in. My biggest accomplishment has been, first making the USA National Team. Making the team for the longest time seemed like a dream far out of reach. It was the starting point in my career and I will forever cherish it as my breakout in the sport. From here I can only look forward to what will end up being the biggest accomplishment of my career. Outside of swimming, my biggest accomplishment is marrying the love of my life, Cassi. We were married December 31, 2017, and have enjoyed every moment of growth and maturity.

dōTERRA[®] Healthcare

For many years, dōTERRA has unified its efforts with renowned scientists and researchers around the world, and it is now time to share that knowledge through direct patient care. I, like many of you, have been excited since the announcement of the dōTERRA healthcare initiative. Much has been accomplished thus far, and anticipation is at an all-time high. From its inception, dōTERRA has fostered the use of essential oils in the home, as well as traditional medical environments. There is now great awareness and progressive study of essential oils in nearly all aspects of science, including their use as a complement to modern medical therapeutics.

Progressive Healthcare

While many have deemed the dōTERRA healthcare plan to be disruptive, I have personally thought of it in much simpler terms. Through my own experience, I have come to believe it is a natural advancement and progression of traditional medical practice; one that will meet the demands and needs of a more informed and savvy patient community. This initiative represents a culmination of a decade long effort to share essential oils with the world and that interest is growing. With construction well underway in Utah on the first of many clinics, this progression is long overdue. Imagine highly skilled medical professionals working without the limitation of inadequate time and other common practice controls. This highly collaborative partnership between physician and patient will most assuredly stimulate the ongoing proliferation of essential oil benefits for personal health. These innovative methods are practiced currently at the dōTERRA employee clinic with great success.

Creating a Patient-Physician Relationship

As you can imagine, there have been many challenges in our progression to our current state. We have been fortunate to partner with many highly skilled physicians from several regions in the United States who will be key in fostering the correct patient environment and practice methodology. We are looking forward to introducing each of them in the near future.

Knowledge Base for Physicians

Reliability of information is of utmost importance. dōTERRA has been highly influential in the positioning and modern-day acceptance of essential oils. Through our continued efforts in healthcare, we are in a unique position to responsibly

share relevant information to physicians through learned practice methods. Traditionally, there has not been a reliable point of reference for medical practitioners. One of many tools recently developed by dōTERRA is real-time communication between physicians allowing their personal practice methods for essential oils to be shared. Specific protocol development will be determined through ongoing clinical experience. This network of information is the first undertaking of its kind and will allow for a substantial knowledge base specific to dōTERRA that highlights quality, uniqueness, and exclusivity of dōTERRA oils.

Increased Awareness of Essential Oils

It is with high confidence that we believe continued success is inevitable. I am looking forward to the increased awareness of essential oils as many will have the opportunity to experience them as an accepted and meaningful component of their healthcare practice.

Continuing Research

Despite the marked increase in scientific research of essential oils, there is still need for more relevant studies through human clinical trials. dōTERRA is directly responsible for the approximate 200 clinical trials of essential oils, and has published four in-house clinical trials involving proprietary products and application methods, something nobody else in the industry has done. The dōTERRA healthcare initiative provides a unique opportunity to collect data that will help determine best practices.

What an exciting time in dōTERRA history. Join us as we revolutionize healthcare and continue in our mission to share essential oils with the world.

Dr. David K. Hill, DC
Executive Vice President,
Chief Medical Officer/Chairman,
Scientific Advisory Committee



“It is with high confidence that we believe continued success is inevitable.” —Dr. David Hill

DIY Diffuser & Oil Stand



What you need:

- Natural Wood Slice
- Drill & 1-1/8" and 7/8" Drill Bits
- Pencil
- Oil Bottles

Directions:

1. Place oil bottles on desired areas of the wood slice and mark with pencil.
2. Place wood on a hard surface and drill where marks were made, leaving enough room for a diffuser to be placed.
3. Test holes with oil bottles, and make adjustments if necessary.
4. Store desired oils in stand next to diffuser and have your diffuser blends ready to use!



Fall Diffuser Blend Ideas

Apple Orchard

- 3 ♦ Douglas Fir
- 3 ♦ Citrus Bliss
- 2 ♦ Cinnamon Bark
- 1 ♦ Clove

Autumn Air

- 4 ♦ Cardamom
- 2 ♦ Wild Orange
- 1 ♦ Clove
- 1 ♦ Ginger
- 1 ♦ Cinnamon Bark

Pumpkin Pie

- 2 ♦ Cinnamon Bark
- 1 ♦ Clove
- 2 ♦ Cassia
- 1 ♦ Ginger

Into the Woods

- 3 ♦ Cypress
- 3 ♦ White Fir
- 3 ♦ Sandalwood
- 1 ♦ Cardamom

dōTERRA®

Celebrates Ten Years

Ten years ago, dōTERRA set out to change the world one drop of essential oil at a time. Since then, the company has grown from a few individuals filling bottles and creating homemade labels to a global network of over 5 million Wellness Advocates and Wholesale and Retail Customers. With each drop shared, we are revolutionizing the way families care for each other.

CELEBRATING A DECADE OF CHANGE WITH THE DAY OF CHANGE

Wanting to remain true to the culture of giving that is at the heart of dōTERRA, the founders invited employees, customers, and community members to give back by participating in a Day of Change. dōTERRA kicked off celebrations by hosting a daylong service project in partnership with Days for Girls International, where employees and volunteers produced approximately 1,800 reusable feminine hygiene kits to be distributed to girls and women in developing communities throughout the world.

The Day of Change efforts spread far and wide, with Wellness Advocates and customers serving in communities throughout the world. In China, the dōTERRA team and volunteers assembled 200 care bags for children fighting critical illnesses, while in Bulgaria, the Esseterre team observed the Day of Change by donating time and efforts to a community cleanup project.

HEALING HANDS PARTNERS WITH PROTECT

The dōTERRA Healing Hands Foundation® in partnership with 3Strands Global Foundation introduced the PROTECT project in Utah Schools. The announcement was made by dōTERRA co-founder Mark Wolfert and 3Strands Global Foundation co-founder, president, and CEO Ashlie Bryant. The PROTECT project (Prevention Organization to Educate Children on Trafficking) is a



Day of Change—Volunteers assemble feminine hygiene kits

human trafficking prevention education and training program that aims to lower children's vulnerability to being trafficked.

"It is a great privilege," said Ashlie Bryant, "to stand alongside dōTERRA and lock arms together as we create a world free from human trafficking right here in Utah." Through PROTECT, teachers and students learn about red flags, response protocols, and ways to prevent exploitation through a grade-specific curriculum.

As dōTERRA reflects on their first decade, look forward to the many new and exciting opportunities ahead. Emily Wright said, "As we celebrate ten years in the dōTERRA history, we really count our success based upon the number of lives that we have been able to empower and change for the better, rather than by looking at the dollars and cents. We are so excited for what the future holds and for the number of lives that will continue to change in the future." Thank you for empowering individuals, families, and communities."

dōTERRA received the Verified Market Leadership Award in the Global Aromatherapy and Essential Oils Market. The award was granted based on independent research conducted by Verify Markets, which found that a combination of high quality essential oils, a strong focus on sustainability, charitable giving, a satisfied customer base, and global revenue has allowed dōTERRA to experience explosive growth and positioned the company as the global market leader.

The dōTERRA culture of giving back is a **common thread** that ties our employees and Wellness Advocates together.

DIY DIFFUSER

NECKLACE



Create your own necklace with clay or terra cotta. Allow beads to dry 24 to 48 hours, then add oil and begin use.

LEATHER



Add two to three drops of essential oil to leather jewelry to enjoy a beautiful scent throughout the day.

CLOTHESPIN



For a fresh smell in your car, apply five to ten drops of essential oils to a clothespin and place in car air vents.

DRIED PLANTS



Place dried flowers or leaves in a bowl and add a couple drops of essential oils.

REED DIFFUSER



Pick a jar or vase with a small mouth. Inside, add one-fourth cup dōTERRA Fractionated Coconut Oil and 20 to 25 drops of your favorite essential oils.

WATER BEADS



Note: Get water beads online or in a craft store. Pour water on beads to let them expand (leave for 24 hours). Drain remaining water and add three to five drops of essential oil every few days.

WOODEN SKEWERS



Soak wooden skewers in essential oils for a few hours and place in garden or pots to help keep insects away.

Suggested oils: Peppermint, Arbovitae, Rosemary, and Cedarwood.

WIN A dōTERRA LUMO® DIFFUSER AND AN ARĀMA DIFFUSER BLEND BOOK!

Email your favorite diffuser blend recipe to living@doterra.com by **October 17, 2018**, with subject line: Win Arōma Book.



Official Rules: Lumo® Diffuser Aroma Book Giveaway

1. No purchase is necessary. A purchase of products or services from dōTERRA® does not increase your chances of winning. Open to legal residents of the fifty (50) United States, 18 years of age or older. Void where prohibited. dōTERRA and its affiliates' employees are not eligible to enter.
2. Dates of Promotion: Beginning September 20, 2018 and ending October 17, 2018 at 11:59 p.m. (MT).
3. How to Enter: Participants must submit their favorite diffuser blend via email to living@doterra.com between September 20, 2018 and October 17, 2018 at 11:59 p.m. (Mountain Time). The subject line of the entry must include "Aroma Book" to be considered. Entries that contain disease or other non-compliant claims are not valid entries and may be deleted. By entering, Participants recognize that Sponsor accepting an entry is valid consideration, and, by Sponsor accepting Participants' entry Participants grant Sponsor a royalty free, freely assignable license to use Participants entry without reservation.
4. Drawing/Odds: On or about October 18, 2018, ten (10) grand prize winners and thirty (30) secondary prize winners will be selected in a random drawing from all eligible entries. Odds of winning will depend upon the total number of eligible entries received for the promotion. Winners will be contacted individually via email. If the Sponsor is unable to contact the prospective prize winners within one week of the first attempt his/her prize will be forfeited. By participating in this promotion, entrants fully and unconditionally agree to be bound by these rules and the decisions of the Sponsor will be final and binding on all matters relating to the Promotion. To receive the name of the prize winners, send a stamped self-addressed envelope to dōTERRA, 389 South 1300 West, Pleasant Grove, UT 84062, within sixty (60) days after October 18, 2018. Vermont residents may request the name of the prize winners without a stamped self-addressed envelope within sixty (60) days after October 18, 2018.
5. Prize: Ten (10) grand prizes and thirty (30) secondary prize winners will be awarded. Each grand prize will consist of one (1) free Lumo® diffuser and one (1) free Aroma Diffuser Book. The retail value for the Lumo Diffuser is \$ 93.33. The retail value of the Aroma Diffuser Book is \$8. Each secondary prize will consist of one (1) free Aroma Diffuser book. The value associated with the prize may be taxable as income and prize winners are solely responsible for any taxes, including, but not limited to all applicable federal, state and local taxes that become due with respect to the value of the prize. No compensation will be provided for any prize that is not able to be awarded. Winning a prize constitutes permission for Sponsor to use prize winners' name, address (city and state), voice and/or likeness for purposes of advertising, promotion and publicity, for this promotion only, without further compensation.
6. Release: Participants hereby release Sponsor, its employees, agents, officers, directors, and other affiliated parties from any and all liability associated with the participation in this promotional event. This promotional event is subject to all applicable federal, state, and local rules and regulations governing such contests, and it is conducted and administered in the State of Utah.
7. Sponsor: dōTERRA International, LLC, a Utah limited liability company, 389 South 1300 West, Pleasant Grove, UT 84062.

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.

ARBORVITAE ESSENTIAL OIL <i>Thuja plicata</i> A T N 49360001 5mL \$29.33 retail \$22.00 whl 22 PV	BASIL ESSENTIAL OIL <i>Ocimum basilicum</i> A T L N 30010001 15mL \$26.67 retail \$20.00 whl 20 PV	BERGAMOT ESSENTIAL OIL <i>Citrus bergamia</i> A T L S 30790001 15mL \$36.67 retail \$27.50 whl 27.5 PV	BLACK PEPPER ESSENTIAL OIL <i>Piper nigrum</i> A T L S 41040001 5mL \$29.33 retail \$22.00 whl 22 PV	BLUE TANSY ESSENTIAL OIL <i>Tanacetum annuum</i> A T N 60203383 5mL \$126.67 retail \$95.00 whl 95 PV <small>May stain surfaces, clothing, skin</small>
CARDAMOM ESSENTIAL OIL <i>Elettaria cardamomum</i> A T L N 49350001 5mL \$34.67 retail \$26.00 whl 26 PV	CASSIA ESSENTIAL OIL <i>Cinnamomum cassia</i> A T L D 30020001 15mL \$25.33 retail \$19.00 whl 19 PV	CEDARWOOD ESSENTIAL OIL <i>Juniperus virginiana</i> A T S 49300001 15mL \$17.33 retail \$13.00 whl 13 PV	CILANTRO ESSENTIAL OIL <i>Coriandrum sativum</i> A T L N 41850001 15mL \$34.67 retail \$26.00 whl 26 PV	CINNAMON BARK ESSENTIAL OIL <i>Cinnamomum zeylanicum</i> A T L D 30030001 5mL \$28.00 retail \$21.00 whl 21 PV
CLARY SAGE ESSENTIAL OIL <i>Salvia sclarea</i> A T L N 30420001 15mL \$48.67 retail \$36.50 whl 36.5 PV	CLOVE ESSENTIAL OIL <i>Eugenia caryophyllata</i> A T L D 30040001 15mL \$18.67 retail \$14.00 whl 14 PV	COPAIBA ESSENTIAL OIL <i>Copaifera spp.</i> A T L S 60202178 15mL \$46.67 retail \$35.00 whl 35 PV	CORIANDEr ESSENTIAL OIL <i>Coriandrum sativum</i> A T L N 30780001 15mL \$34.67 retail \$26.00 whl 26 PV	CYPRESS ESSENTIAL OIL <i>Cupressus sempervirens</i> A T N 30050001 15mL \$20.67 retail \$15.50 whl 15.5 PV
DOUGLAS FIR ESSENTIAL OIL <i>Pseudotsuga menziesii</i> A T N 31590001 5mL \$26.00 retail \$19.50 whl 19.5 PV	EUCALYPTUS ESSENTIAL OIL <i>Eucalyptus radiata</i> A T S 30060001 15mL \$20.00 retail \$15.00 whl 14 PV	FENNEL, SWEET ESSENTIAL OIL <i>Foeniculum vulgare</i> A T L S 41290001 15mL \$20.00 retail \$15.00 whl 15 PV	FRANKINCENSE ESSENTIAL OIL <i>Boswellia carterii, sacra, papyrifera, and frereana</i> A T L N 30070001 15mL \$93.00 retail \$69.75 whl 69.75 PV	GERANIUM ESSENTIAL OIL <i>Pelargonium graveolens</i> A T L S 30090001 15mL \$36.00 retail \$27.00 whl 27 PV
GINGER ESSENTIAL OIL <i>Zingiber officinale</i> A T L S 31630001 15mL \$52.00 retail \$39.00 whl 39 PV	GRAPEFRUIT ESSENTIAL OIL <i>Citrus X paradisi</i> A T L N 30100001 15mL \$21.33 retail \$16.00 whl 16 PV	GREEN MANDARIN ESSENTIAL OIL <i>Citrus nobilis</i> A T L N 60205794 15mL \$37.33 retail \$28.00 whl 28 PV	HELICHRYSUM ESSENTIAL OIL <i>Helichrysum italicum</i> A T L N 30410001 5mL \$100.00 retail \$75.00 whl 75 PV	JUNIPER BERRY ESSENTIAL OIL <i>Juniperus communis</i> A T L N 49290001 5mL \$25.33 retail \$19.00 whl 19 PV
LAVENDER ESSENTIAL OIL <i>Lavandula angustifolia</i> A T L N 30110001 15mL \$28.00 retail \$21.00 whl 21 PV	LEMON ESSENTIAL OIL <i>Citrus limon</i> A T L N 30120001 15mL \$13.33 retail \$10.00 whl 10 PV	LEMONGRASS ESSENTIAL OIL <i>Cymbopogon flexuosus</i> A T L S 30130001 15mL \$13.33 retail \$10.00 whl 10 PV	LIME ESSENTIAL OIL <i>Citrus aurantifolia</i> A T L S 30870001 15mL \$17.33 retail \$13.00 whl 13 PV	MARJORAM ESSENTIAL OIL <i>Origanum majorana</i> A T L N 30140001 15mL \$25.33 retail \$19.00 whl 19 PV
MELALEUCA (TEA TREE) ESSENTIAL OIL <i>Melaleuca alternifolia</i> A T L N 30150001 15mL \$25.33 retail \$19.00 whl 19 PV	MELISSA ESSENTIAL OIL <i>Melissa officinalis</i> A T L N 30850001 5mL \$180.00 retail \$135.00 whl 135 PV	MYRRH ESSENTIAL OIL <i>Commiphora myrrha</i> A T L N 30160001 15mL \$69.33 retail \$52.00 whl 52 PV	OREGANO ESSENTIAL OIL <i>Origanum vulgare</i> A T L D 30180001 15mL \$32.00 retail \$24.00 whl 24 PV	PATCHOULI ESSENTIAL OIL <i>Pogostemon cablin</i> A T L N 30890001 15mL \$39.33 retail \$29.50 whl 29.5 PV
PEPPERMINT ESSENTIAL OIL <i>Mentha piperita</i> A T L S 30190001 15mL \$27.33 retail \$20.50 whl 20.5 PV	PEPPERMINT BEADLET 125 ct. 31570001 11.5 PV \$15.33 retail \$11.50 whl	PETITGRAIN ESSENTIAL OIL <i>Citrus aurantium</i> A T L S 49520001 15mL \$34.67 retail \$26.00 whl 26 PV	PINK PEPPER ESSENTIAL OIL <i>Schinus molle</i> A T L N 60207016 5mL \$29.33 retail \$22.00 whl 22 PV	ROMAN CHAMOMILE ESSENTIAL OIL <i>Anthemis nobilis</i> A T L N 30800001 5mL \$60.00 retail \$45.00 whl 45 PV
ROSEMARY ESSENTIAL OIL <i>Rosmarinus officinalis</i> A T L N 30200001 15mL \$18.67 retail \$14.00 whl 14 PV	SANDALWOOD ESSENTIAL OIL <i>Santalum album</i> A T L N 30210001 5mL \$82.33 retail \$61.75 whl 61.75 PV	SANDALWOOD, HAWAIIAN ESSENTIAL OIL <i>Santalum paniculatum</i> A T L N 41860001 5mL \$82.33 retail \$61.75 whl 61.75 PV	SIBERIAN FIR ESSENTIAL OIL <i>Abies sibirica</i> A T L N 60203125 15mL \$26.66 retail \$20.00 whl 20 PV	SPEARMINT ESSENTIAL OIL <i>Mentha spicata</i> A T L S 31610001 15mL \$38.67 retail \$29.00 whl 29 PV

SPIKENARD ESSENTIAL OIL <i>Nardostachys jatamansi</i> A T N 49510001 5mL \$66.00 retail \$49.50 whl 49.5 PV	TANGERINE ESSENTIAL OIL <i>Citrus reticulata</i> A T L N 49440001 15mL \$20.00 retail \$15.00 whl 15 PV	THYME ESSENTIAL OIL <i>Thymus vulgaris</i> A T L D 30220001 15mL \$36.67 retail \$27.50 whl 27.5 PV	TURMERIC ESSENTIAL OIL <i>Curcuma longa</i> A T L N 60206617 15mL \$37.33 retail \$28.00 whl 28 PV	VETIVER ESSENTIAL OIL <i>Vetiveria zizanioides</i> A T L N 30430001 15mL \$46.00 retail \$34.50 whl 34.5 PV
WILD ORANGE ESSENTIAL OIL <i>Citrus sinensis</i> A T L N 30170001 15mL \$14.00 retail \$10.50 whl 10.5 PV	WINTERGREEN ESSENTIAL OIL <i>Gaultheria fragrantissima</i> A T S 31620001 15mL \$25.33 retail \$19.00 whl 19 PV	YARROW POM ESSENTIAL OIL <i>Active Botanical Nutritive Duo</i> A T L N 60207652 30mL \$126.67 retail \$95.00 whl 95 PV	YLANG YLANG ESSENTIAL OIL <i>Cananga odorata</i> A T L N 30240001 15mL \$47.00 retail \$35.25 whl 35.25 PV	

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.

AROMATOUGH® MASSAGE BLEND T N 31200001 15mL \$34.67 retail \$26.00 whl 26 PV	dōTERRA BALANCE® GROUNDING BLEND A T N 31010001 15mL \$26.67 retail \$20.00 whl 20 PV	dōTERRA BREATHE® RESPIRATORY BLEND A T S 60200190 15mL \$26.66 retail \$20.00 whl 20 PV	CITRUS BLISS® INVIGORATING BLEND A T N 31020001 15mL 20.00 retail \$15.00 whl 15 PV	CLARYCALM® MONTHLY BLEND FOR WOMEN A T N 49480001 10mL \$32.67 retail \$24.50 whl 24.5 PV
DEEP BLUE® SOOTHING BLEND T S 60200143 5mL \$42.67 retail \$32.00 whl 32 PV	DEEP BLUE® SOOTHING BLEND T S 60200144 10mL \$85.33 retail \$64.00 whl 64 PV	DIGESTZEN® DIGESTIVE BLEND A T L N 31030001 15mL \$41.33 retail \$31.00 whl 31 PV	ELEVATION JOYFUL BLEND A T N 31040001 15mL \$49.33 retail \$37.00 whl 37 PV	HD CLEAR® TOPICAL BLEND T N 49400001 10mL \$28.00 retail \$21.00 whl 21 PV
IMMORTELLE ANTI-AGING BLEND T N 37140001 10mL \$92.67 retail \$69.50 whl 69.5 PV	INTUNE® FOCUS BLEND A T N 41840001 10mL \$46.00 retail \$34.50 whl 34.5 PV	dōTERRA ON GUARD® PROTECTIVE BLEND A T L S 31100001 15mL \$42.67 retail \$32.00 whl 32 PV	dōTERRA ON GUARD® BEADLET 31580001 125 ct. \$20.00 retail \$15 whl 15 PV	PASTTENSE® TENSION BLEND A T N 31350001 10mL \$24.67 retail \$18.50 whl 18.5 PV
PURIFY CLEANSING BLEND A T N 31060001 15mL \$24.00 retail \$18.00 whl 18 PV	dōTERRA SERENITY® RESTFUL BLEND A T N 49530001 15mL \$40.00 retail \$30.00 whl 30 PV	SLIM & SASSY® METABOLIC BLEND A T L S 31370001 15mL \$32.67 retail \$24.50 whl 24.5 PV	TERRASHIELD® OUTDOOR BLEND A T N 31700001 15mL \$12.67 retail \$10.50 whl 10.5 PV	TERRASHIELD® SPRAY BOTTLE 31600001 30mL bottle \$26.00 retail \$19.50 whl 17 PV
WHISPER® BLEND FOR WOMEN A T N 31080001 5mL \$32.00 retail \$24.00 whl 24 PV	ZENDOCRINE® DETOXIFICATION BLEND A T L N 31460001 15mL \$32.67 retail \$24.50 whl 24.5 PV	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) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)		

TOUCH BLENDS

dōTERRA TOUCH INTRO

JASMINE TOUCH BLEND
A T N
60201812 | 10mL roll-on
\$56.00 retail | \$42.00 whl
42 PV

MAGNOLIA TOUCH BLEND NEW
A T N
60205420 | 10mL roll-on
\$37.33 retail | \$28.00 whl
28 PV

NEROLI TOUCH BLEND
A T N
60201817 | 10mL roll-on
\$62.67 retail | \$47.00 whl
47 PV

ROSE TOUCH BLEND
A T N
60201813 | 10mL roll-on
\$100.00 retail | \$75.00 whl
75 PV



dōTERRA TOUCH® KIT

dōTERRA BREATHE® TOUCH BLEND
A T N
60200192 | 10mL roll-on
\$17.33 retail | \$13.00 whl
13 PV

DEEP BLUE® TOUCH BLEND
A T N
60200145 | 10mL roll-on
\$55.67 retail | \$41.75 whl
41.75 PV

DIGESTZEN® TOUCH BLEND
A T N
60200223 | 10mL roll-on
\$27.00 retail | \$20.25 whl
20.25 PV

dōTERRA TOUCH® KIT

Featuring nine of our most popular oils in a base of Fractionated Coconut Oil, this kit makes application simple with 10mL 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

60200333 | 160 PV
\$225.33 retail | \$169.00 wholesale



dōTERRA EMOTIONAL AROMATHERAPY® TOUCH

The dōTERRA Emotional Aromatherapy Touch line contains six unique essential oil blends combined with Fractionated Coconut Oil in 10mL 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 Emotional Aromatherapy Touch blends can be applied to specific points on the body to help balance and brighten your changing moods.

21850001 | six 10mL roll-on bottles
\$133.33 retail | \$100.00 wholesale | 100 PV

dōTERRA EMOTIONAL AROMATHERAPY® TOUCH

dōTERRA CHEER® TOUCH UPLIFTING BLEND
A T N
60200146 | 10mL roll-on
\$21.67 retail | \$16.25 whl
16.25 PV

dōTERRA CONSOLE® TOUCH COMFORTING BLEND
A T N
60200147 | 10mL roll-on
\$32.00 retail | \$24.00 whl
24 PV

dōTERRA FORGIVE® TOUCH RENEWING BLEND
A T N
60200148 | 10mL roll-on
\$17.33 retail | \$13.00 whl
13 PV

dōTERRA MOTIVATE® TOUCH ENCOURAGING BLEND
A T N
60200149 | 10mL roll-on
\$20.00 retail | \$15.00 whl
15 PV

dōTERRA PASSION® TOUCH INSPIRING BLEND
A T N
60200150 | 10mL roll-on
\$36.33 retail | \$27.25 whl
27.25 PV

dōTERRA PEACE® TOUCH REASSURING BLEND
A T N
60200151 | 10mL roll-on
\$24.33 retail | \$18.25 whl
18.25 PV

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.

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

60202944 | six 5mL bottles
\$212.00 retail | \$159.00 wholesale | 150 PV



dōTERRA YOGA COLLECTION

An exclusive trio of CPTG® essential oil blends designed by dōTERRA for the yogi in you. dōTERRA Anchor, dōTERRA Align, and dōTERRA Arise are the perfect blends to enhance your life and yoga practice. These blends provide aromas to steady, center, and enlighten your spirit through every breath while strengthening and stretching your body.

60203244 | three 5mL bottles
\$69.33 retail | \$52.00 wholesale | 50 PV

INTRODUCTION TO ESSENTIAL OILS KIT TOP SELLER

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

60202952 | three 5mL bottles
\$26.67 retail | \$20.00 wholesale | 15 PV

dōTERRA MOTIVATE® ENCOURAGING BLEND
A T S
31740001 | 5mL bottle
\$30.67 retail | \$23.00 whl
23 PV

dōTERRA CHEER® UPLIFTING BLEND
A T S
31720001 | 5mL bottle
\$33.33 retail | \$25.00 whl
25 PV

dōTERRA PASSION® INSPIRING BLEND
A T S
31760001 | 5mL bottle
\$56.00 retail | \$42.00 whl
42 PV

dōTERRA FORGIVE® RENEWING BLEND
A T S
31750001 | 5mL bottle
\$26.67 retail | \$20.00 whl
20 PV

dōTERRA CONSOLE® COMFORTING BLEND
A T N
31730001 | 5mL bottle
\$49.33 retail | \$37.00 whl
37 PV

dōTERRA PEACE® REASSURING BLEND
A T N
31710001 | 5mL bottle
\$37.33 retail | \$28.00 whl
28 PV



dōTERRA KIDS COLLECTION NEW

The dōTERRA Kids Collection is the complete and ready-made "whole body" essential oil toolbox designed to empower caregivers to confidently care for the health and wellness of little ones.

60206616 | six 10mL roll-on bottles
\$126.67 retail | \$95.00 wholesale | 85 PV



AROMATOUCH® TECHNIQUE KIT

This kit contains 5mL 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

60202945 | eight 5mL bottles, one 4 oz bottle
\$146.67 retail | \$110.00 wholesale | 100 PV



FAMILY ESSENTIALS KIT TOP SELLER

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 5mL 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

60202951 | ten 5mL bottles
\$166.67 retail | \$125.00 wholesale | 115 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.

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/200mL
\$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	
\$62.66 retail	\$47.00 wholesale 20 PV



LUMO® DIFFUSER

Transform any room into a serene and 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	
\$93.33 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® SPA ROSE HAND LOTION

dōTERRA SPA Rose Hand Lotion is a light, alluring lotion with CPTG® Rose essential oil that promotes smooth, beautiful skin. 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	3.3 fl oz/100mL
\$20.00	0 PV



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

60200879	10mL roll-on
\$20.00	0 PV

dōTERRA ON GUARD® PRODUCTS

quick shopping reference for all products
U.S. RETAIL PRICING



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

dōTERRA ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

38070001	\$30.00 retail	\$22.50 wholesale	18.5 PV
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38010001	\$24.67 retail	\$18.50 wholesale	18.5 PV
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38020001	\$44.67 retail	\$33.50 wholesale	33.5 PV
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dōTERRA ON GUARD® PROTECTIVE BLEND TOP-SELLER



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

31100001	15mL bottle
\$42.67 retail	\$32.00 wholesale 32 PV

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

38910001	4.2 oz
\$11.33 retail	\$8.50 wholesale 5 PV

dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE SAMPLES

39000001	10 samples, 2 g each
\$4.66 retail	\$3.50 wholesale 0 PV

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 natural organic cane sugar and brown rice syrup

34050001	30 drops
\$19.33 retail	\$14.50 wholesale 14.5 PV

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 10mL 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

39020001	32 fl oz
\$36.67 retail	\$27.50 wholesale 20 PV

dōTERRA ON GUARD® BEADLET

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

31580001	125 beadlets
\$20.00 retail	\$15.00 wholesale 15 PV

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 dōTERRA 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

60201944	0.9 fl oz/27mL
\$8.67 retail	\$6.50 wholesale 5 PV

dōTERRA ON GUARD®+ SOFTGELS

dōTERRA On Guard+ Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregon, 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*

35420001	60 vegetarian softgels
\$32.67 retail	\$24.50 wholesale 21 PV

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

38140001	12 fl oz
\$19.33 retail	\$14.50 wholesale 10 PV

dōTERRA ON GUARD® MOUTHWASH NEW

dōTERRA On Guard® Mouthwash is alcohol free and formulated to clean teeth and gums, reduce plaque, and promote a healthy-looking mouth.

- Natural, alcohol-free formula
- Helps reduce plaque, strengthen teeth and brighten smile
- Refreshing dōTERRA On Guard flavor supports long-lasting fresh breath

60203185	16 fl oz/ 473 mL
\$19.33 retail	\$14.50 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.

DEEP BLUE® PRODUCTS

DEEP BLUE® TOP SELLER SOOTHING BLEND

T | S

A synergistic blend of CPTG® essential oils, Deep Blue provides a warm, tingly sensation when applied to the skin.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Ylang Ylang, and Helichrysum essential oils with Osmanthus Extract
- Apply as part of a soothing massage

60200143	5mL bottle
\$42.67 retail	\$32.00 wholesale 32 PV

60200144	10mL roll-on
\$85.33 retail	\$64.00 wholesale 64 PV

DEEP BLUE® RUB SOOTHING LOTION

Infused with Deep Blue Soothing Blend, Deep Blue Rub is a favorite of athletes.

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Provides a cooling and soothing sensation to targeted areas
- Blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy

38900001	4 fl oz/120mL
\$39.00 retail	\$29.25 wholesale 29.25 PV

32-OUNCE BOTTLE

50210001	32 fl oz/946mL
\$252.00 retail	\$189.00 wholesale 160 PV

DEEP BLUE® RUB SAMPLES

Receive the targeted benefits of dōTERRA® Deep Blue Rub in a convenient 10 pack carton. Enjoy sharing its soothing power at sporting events, the gym, or on-the-go.

- Ten 2mL foil packets
- Formulated with Deep Blue Soothing Blend
- Easy to share and convenient to take on-the-go

38950001	Ten 2mL samples
\$6.67 retail	\$5.00 wholesale 0 PV

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*

34360001	60 vegetable capsules
\$79.33 retail	\$59.50 wholesale 59.5 PV



dōTERRA BREATHE® PRODUCTS



dōTERRA BREATHE® RESPIRATORY BLEND

A | T | S

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, Ravintsara, and Cardamom essential oils
- Provides cooling, invigorating vapor

60200190	15mL 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 a cooling, soothing effect

60200878	.4 oz/12.5 g
\$11.33 retail	\$8.50 wholesale 5 PV

dōTERRA SERENITY® PRODUCTS



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*

34390001	60 vegetarian softgels
\$26.00 retail	\$19.50 wholesale 17 PV

MADE WITH VEGETARIAN SOFTGELS



dōTERRA SERENITY® RESTFUL BLEND

A | T | N

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

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

49530001	15mL bottle
\$40.00 retail	\$30.00 wholesale 30 PV

HAIR CARE



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

36220001	8.46 fl oz/250mL
\$26.00 retail	\$19.50 wholesale 19.5 PV

60201185	32 fl oz/946mL
\$60.00 retail	\$45.00 wholesale 35 PV

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

36230001	8.46 fl oz/250mL
\$30.67 retail	\$23.00 wholesale 23 PV

60201225	32 fl oz/946mL
\$66.67 retail	\$50.00 wholesale 40 PV

dōTERRA SALON ESSENTIALS® 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 at 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!

36280001	
\$103.33 retail	\$77.50 wholesale 70 PV

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.

- Provides immediate conditioning, smoothing, and shine
- Contains protective lipids to nourish and moisturize hair and scalp

49050001	1 fl oz/30mL
\$46.67 retail	\$35.00 wholesale 35 PV



SHAMPOO/CONDITIONER SAMPLES

36390001	10 companion sets
\$11.33 retail	\$8.50 wholesale 0 PV

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.

- Light hold for perfect, soft style
- Provides immediate conditioning, smoothing, and shine
- Helps keep hair looking healthy, even when exposed to sunlight and blow drying
- Heat activated conditioning and thermal protection

36270001	4 fl oz/120mL
\$24.00 retail	\$18.00 wholesale 15 PV

LOYALTY REWARDS PROGRAM

PROTECTING SHAMPOO 2-PACK

36240001	\$32.67 retail	\$24.50 wholesale	19.5 PV
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SMOOTHING CONDITIONER 2-PACK

36250001	\$38.67 retail	\$28.00 wholesale	23 PV
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SHAMPOO AND CONDITIONER

36260001	\$37.33 retail	\$28.00 wholesale	23 PV
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* 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 derived from essential fatty acids found in vegetable fats and oils

37460001	8.45 fl oz/250mL
\$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 theobroma 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

37510001	6.7 fl oz/200mL
\$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 is energizing and uplifting
- 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

37500001	2.5 fl oz/75mL
\$9.27 retail	\$6.95 wholesale 5 PV

BODY SCRUB

dōTERRA SPA Exfoliating Body Scrub is a natural, indulgent body scrub that gently exfoliates and polishes skin with sugar cane, leaving a healthy, natural glow.

- Wild Orange and Grapefruit essential oils cleanse and purify skin
- Ginger essential oil is soothing and warming to the skin

37480001	8 oz/226 g
\$26.00 retail	\$19.50 wholesale 15 PV

LIP BALM

dōTERRA SPA Lip Balm is a natural formula containing plant oils, botanicals, and essential oils to hydrate and soothe lips while delivering the unique scent and taste of essential oils. Enjoy our original flavor with the uplifting 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

ORIGINAL

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

TROPICAL

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

HERBAL

37550001	0.16 oz/4.5 g
\$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 5 PV

dōTERRA SPA BATH BAR 3-PACK

37560001	
\$19.33 retail	\$14.50 wholesale 10 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

HYDRATING BODY MIST NEW

Have your body feel completely rehydrated with the aromatic benefits of our Beautiful Captivating essential oil blend. The Beautiful Captivating oil combines Osmanthus, Lime, Bergamot, and Frankincense in a harmoniously floral blend. The nourishing properties of coconut, sunflower, avocado, and passion fruit, combined in this hydrating mist help improve overall appearance.

- The uplifting and energizing aromatic benefits of CPTG® Beautiful Captivating essential oil blend
- The oils of Sunflower, Avocado, and Passion Fruit help soothe, soften, and hydrate skin for an overall healthy glow
- Caprylic/Capric Triglyceride (Coconut derived), conditions and maintains the skin's natural barrier

60205662	125mL
\$33.33 retail	\$25.00 wholesale 22 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	10mL 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

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
\$112.66 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	50mL/1.7 fl oz
\$29.33 retail	\$22.00 wholesale 22 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 dōTERRA 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



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

HD CLEAR® 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	50mL/1.7 fl oz
\$28.00 retail	\$21.00 wholesale 21 PV

VERÁGE® CLEANSER

Smooth skin begins with Veráge Cleanser. This 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
- Invigorates and cleanses skin while natural emollients nourish and hydrate

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

VERÁGE® IMMORTELLE HYDRATING SERUM

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

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin

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

VERÁGE® MOISTURIZER

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

- Formulated with CPTG essential oils of Juniper Berry, Jasmine, Sea Buckthorn Berry, and Geranium—all known to revitalize the skin

37410001	30mL/1 fl oz
\$37.33 retail	\$28.00 wholesale 28 PV

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FACIAL CLEANSER

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.

60201753	4 fl oz/118mL
\$22.00 retail	\$16.50 wholesale 16.5 PV

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.

60201773	2.5 oz/70 g
\$24.00 retail	\$18.00 wholesale 18 PV

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.

60201772	4 fl oz/118mL
\$25.33 retail	\$19.00 wholesale 19 PV

BRIGHTENING GEL

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.

60201777	1 fl oz/30mL
\$46.00 retail	\$34.50 wholesale 34.5 PV



TIGHTENING SERUM

Featuring CPTG Certified Pure Therapeutic Grade® essential oils of Frankincense, Hawaiian Sandalwood, and Myrrh, dōTERRA Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration. Natural extracts and gums combine with powerful anti-aging ingredients for firmer, younger-looking skin.

60201752	1 fl oz/30mL
\$66.00 retail	\$49.50 wholesale 49.5 PV

ANTI-AGING EYE CREAM

dōTERRA Anti-Aging Eye Cream combines clinically proven ingredients with CPTG® 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 soothes under-eye skin helping reduce the appearance of puffiness and dark circles while gently applying cream to targeted areas. Clinically tested.

60201776	0.5 fl oz/15mL
\$60.00 retail	\$45.00 wholesale 45 PV

ANTI-AGING MOISTURIZER

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.

60201750	1.7 fl oz/50mL
\$46.00 retail	\$34.50 wholesale 34.5 PV

HYDRATING CREAM

The intensive moisture your skin has been waiting for. dōTERRA 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 suppler, 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.

60201774	1.7 oz/48 g
\$46.00 retail	\$34.50 wholesale 34.5 PV

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

60202652	10mL roll on
\$92.67 retail	\$69.50 wholesale 69.5 PV

PERSONAL CARE



NATURAL DEODORANT WITH dōTERRA BALANCE®

This natural deodorant features dōTERRA Balance® Grounding Blend, baking soda, and arrowroot for long-lasting freshness and all-day confidence.

- Baking soda helps neutralize and prevent odor while arrowroot powder aids in absorbing underarm moisture.

60207421	2.65 oz
\$11.67 retail	\$8.75 wholesale 5 PV



CORRECT-X® ESSENTIAL OIL OINTMENT

Correct-X is an natural topical ointment using powerful CPTG® essential oils that assist with various skin conditions.

- Keeps skin clean while recovering from distress
- Safe and easy to use
- Utilizes CPTG® essential oils of Frankincense, Helichrysum, Melaleuca (Tea Tree), Cedarwood, and Lavender

60110001	15mL/.5 fl oz
\$16.00 retail	\$12.00 wholesale 10 PV

WOMEN'S HEALTH



WOMEN'S HEALTH KIT

Includes Phytoestrogen Essential Complex, Bone Nutrient Lifetime Complex, and ClaryCalm® Monthly Essential Oil Blend.

3525	\$92.67 retail	\$69.50 wholesale	60 PV
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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*

35260001	60 capsules
\$52.67 retail	\$39.50 wholesale 39.5 PV



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*

35240001	120 capsules
\$23.33 retail	\$17.50 wholesale 12 PV



CLARYCALM® MONTHLY BLEND FOR WOMEN

dōTERRA ClaryCalm helps women manage the emotional mood swings of PMS and the transitional phases of menopause in a natural, effective way.

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, and Vitex essential oils
- Apply to skin for a cooling, soothing effect
- Calming aroma

49480001	10mL roll on
\$32.67 retail	\$24.50 wholesale 24.5 PV

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*
- Great watermelon flavor

34500001	60 tablets
\$26.00 retail	\$19.50 wholesale 15 PV

IQ MEGA®

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

- Provides over 1,500 mg of Omega-3s per serving
- Supports healthy brain, cardiovascular, immune, and joint function*
- Formulated to be used with dōTERRA a2z Chewable tablets

34490001	150mL
\$46.00 retail	\$34.50 wholesale 30 PV

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*
- Natural Strawberry Melon flavor

34420001	30 sachets
\$32.67 retail	\$24.50 wholesale 20 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.

DAILY VITALITY

LOYALTY REWARDS PROGRAM



dōTERRA LIFELONG VITALITY PACK®
DIETARY SUPPLEMENTS INCLUDING ALPHA CRS®+, MICROPLEX VMZ®, AND xEO MEGA®

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

LOYALTY REWARDS PROGRAM



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

60201121
\$119.33 retail | \$89.50 wholesale | 60 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 proprietary 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

MADE WITH SLS-FREE VEGETABLE CAPSULES



xEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

xEO Mega is a revolutionary formula that blends CPTG Certified Pure Therapeutic Grade® essential oils with natural marine and plant-sourced essential fatty acids.

- Features Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Delivers EPA and DHA essential fatty acids from 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

MADE WITH VEGETARIAN SOFTGELS



vEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

vEO Mega is a revolutionary, 100 percent vegetarian-friendly formula blending CPTG Certified Pure Therapeutic Grade® essential oils with natural plant-sourced essential fatty acids.

- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Includes essential fatty acids from flax, algae, 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

MADE WITH SLS-FREE VEGETABLE CAPSULES



ALPHA CRS®+ CELLULAR VITALITY COMPLEX

Provides antioxidant protection to cellular DNA and other critical cell structures.*

- Supports healthy cell proliferation and lifespan*
- Promotes mitochondrial energy production*
- Supports a healthy immune function*
- Features botanical extracts, carotenoids, and polyphenols as well as a cellular energy blend*

35370001 | 120 vegetable capsules
\$92.67 retail | \$69.50 wholesale | 69.5 PV

MADE WITH SLS-FREE VEGETABLE CAPSULES

PERSONALIZED WELLNESS PROGRAM

LOYALTY REWARDS PROGRAM

1 Purchase 1 dōterra Lifelong Vitality Pack® or dōTERRA Daily Nutrient Pack®..



Lifelong Vitality Pack®
21480001
\$79.50 | 60 PV



Vegan Lifelong Vitality Pack
60201121
\$79.50 | 60 PV



Daily Nutrient Pack®
21490001
\$59.50 | 50 PV

2 ...and choose up to 3 additional supplements at reduced prices.



Microplex VMz®
\$20.00 | 10 PV



xEO Mega®
\$20.00 | 10 PV



Mito2Max®
\$20.00 | 10 PV



Deep Blue Polyphenol Complex®
\$20.00 | 10 PV



DigestZen TerraZyme®
\$20.00 | 10 PV



PB Assist®+
\$20.00 | 10 PV



Kids Kit (1Q Mega® & a2z)
\$25.00 | 10 PV

DIGESTIVE HEALTH



DIGESTZEN® DIGESTIVE BLEND

A T I N

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 Star Anise essential oils
- Eases feelings of queasiness*
- Helps reduce bloating, gas, and occasional indigestion*

31030001 | 15mL bottle
\$41.33 retail | \$31.00 wholesale | 31 PV



DIGESTZEN® SOFTGELS

dōTERRA® 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



DIGESTZEN TERRAZYME® DIGESTIVE ENZYME COMPLEX TOP SELLER

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*

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



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



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



ZENDOCRINE® DETOXIFICATION BLEND

Support your body's natural detoxification systems with Zendocrin.

- 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 Zendocrin Detoxification Complex

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



ZENDOCRINE® SOFTGELS

dōTERRA® Zendocrin Softgels are a convenient and easy way to obtain the benefits of the proprietary Zendocrin 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 21.5 PV



ZENDOCRINE® DETOXIFICATION COMPLEX

Support your body's filtering and waste management system with the proprietary Zendocrin 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



SPECIALIZED SUPPLEMENTS



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*

60207092	15mL bottle
\$37.33 retail	\$28.00 wholesale 28 PV

DDR PRIME SOFTGELS™	60 capsules
\$73.33 retail	\$55.00 wholesale 55 PV



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*

49310001	60 softgels
\$30.00 retail	\$22.50 wholesale 20 PV



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

34360001	60 vegetable capsules
\$79.33 retail	\$59.50 wholesale 59.5 PV



COPAIBA SOFTGELS NEW
Copaiba Softgels provide a daily dose of Copaiba essential oil in a convenient easy-to-swallow softgel. When taken internally, Copaiba essential oil may help support the nervous, cardiovascular, immune, digestive, and respiratory systems.*

- Powerful antioxidant*
- Soothes and supports the nervous system*
- Supports the health of cardiovascular and respiratory systems*

60205764	60 softgels
\$42.67 retail	\$32.00 wholesale 30 PV



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

60120001	300 g
\$37.33 retail	\$28.00 wholesale 20 PV



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

34350001	60 vegetable capsules
\$52.67 retail	\$39.50 wholesale 39.5 PV



Oligonol is a registered trademark of Amino Up Chemical Co., Ltd

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SLIM & SASSY®



SLIM & SASSY® TOP SELLER
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	15mL bottle
\$32.67 retail	\$24.50 wholesale 24.5 PV



SLIM & SASSY® **SOFTGELS**
METABOLIC BLEND

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 15mL bottles Slim & Sassy Metabolic Blend and 2 TrimShakes.

40770001	1 Chocolate, 1 Vanilla
\$200 retail	\$150 wholesale 125 PV
3528	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



SLIM & SASSY® **TRIMSHAKE**

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

35180001	vanilla
\$52.67 retail	\$39.50 wholesale 25 PV
35200001	chocolate
\$52.67 retail	\$39.50 wholesale 25 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	
\$52.67 retail	\$39.50 wholesale 25 PV

ENROLLMENT KITS



NATURAL SOLUTIONS

- **15mL 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
- **10mL 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®, Correct-X®, dōTERRA On Guard Mouthwash, Hand and Body Lotion, Citrus Bliss®, Serenity, and Moisturizing Bath Bars, The dōTERRA Essentials Booklet

60206865	\$228.95 Savings
\$733.33 retail	\$550.00 wholesale 400 PV



CLEANSE AND RESTORE

Cleanse & Restore, dōTERRA Lifelong Vitality Pack®, PB Assist®+, GX Assist®, Zencrine® Softgels, Zencrine® Complex, DDR Prime®, DigestZen TerraZyme®, Lemon 15mL, The dōTERRA Essentials Booklet

60206864	\$81.50 Savings
\$326.67 retail	\$245.00 wholesale 175 PV



AROMATOUCH DIFFUSED

AromaTouch® Technique Kit, Petal Diffuser, The dōTERRA Essentials Booklet

60206849	\$32.00 Savings
\$200.00 retail	\$150.00 wholesale 100 PV



HOME ESSENTIALS

- **15mL bottles:** Frankincense, Lavender, Lemon, Melaleuca, Oregano, Peppermint, dōTERRA Breathe®, DigestZen®, dōTERRA On Guard®
- **5mL bottle:** Deep Blue®
- **Other Products:** Petal Diffuser, The dōTERRA Essentials Booklet

60206863	\$86.25 Savings
\$366.67 retail	\$275.00 wholesale 225 PV



EMOTIONAL AROMATHERAPY DIFFUSED KIT

- **5mL bottles:** dōTERRA Motivate®, dōTERRA Cheer®, dōTERRA Passion®, dōTERRA Forgive®, dōTERRA Console®, dōTERRA Peace®
- **Other Products:** Lumo Diffuser, The dōTERRA Essentials Booklet

60206861	\$69.00 Savings
\$260.00 retail	\$195.00 wholesale 145 PV



FAMILY ESSENTIALS KIT AND BEADLETS

Family Essentials Kit, Peppermint Beadlets, dōTERRA On Guard® Beadlets, The dōTERRA Essentials Booklet

60206847	\$36.50 Savings
\$200.00 retail	\$150.00 wholesale 110 PV

For additional enrollment kit options visit doterra.com

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

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dōTERRA®

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SALT LAKE CITY, UTAH



Hydrating Body Mist with Beautiful Blend

*Replenish
Refresh
Radiate*



dōTERRA SPA
Hydrating Body Mist

60205662	4.2 fl oz / 125 mL
\$33.33 retail	\$25 wholesale 22 PV



dōTERRA®

CPTG Certified Pure Therapeutic Grade®