

A man with a beard and a woman with curly hair are hugging in a forest. The man is wearing a dark blue shirt and jeans, and the woman is wearing a yellow puffer jacket and jeans. They are both smiling and looking at each other. The background is a blurred forest scene with sunlight filtering through the trees.

LIVING

MAGAZINE

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dōTERRA FALL / WINTER 2020



“A tree is like a growing baby.
This tree—and others like it—will
grow . . . and support many projects
in the future. This is the heritage of
the country of Oman.”

Ashad

dōTERRA® Frankincense partner

Frankincense resin
Arabian Peninsula, Oman



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**Essential Oil
Spotlight**

Cedarwood

Juniperus virginiana

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The awe-inspiring red cedar can grow up to 100 feet tall and survive the most difficult conditions. It is from this amazing tree that dōTERRA sources our pure Cedarwood oil. Red cedar's determination and steadiness translate beautifully into a powerful essential oil.

Cedar trees have impacted societies through the centuries. For example, the cedar from Lebanon is believed to have been one of the first essential oils ever extracted. In another part of the world, Egyptians used cedar as a part of their embalming rituals.

Today, this incredible essential oil continues to make its mark. With its woody aroma, Cedarwood can be used to repel insects, create a comforting environment, and promote clear skin.

Fun Fact

dōTERRA Cedarwood essential oil is created from the leftovers of the lumber industry, making it a waste-free and sustainably sourced product.

How to Use Cedarwood

Aromatic Use

- + Diffuse after a long day for a peaceful and calming aroma.
- + Put a drop on a cotton ball that's in your closet to keep moths at bay.
- + Place a few drops on the floor of your shower for a grounding and tranquil scent.

Topical Use

- + Add a drop or two to your moisturizer to promote clear and healthy-looking skin.
- + Apply to the bottoms of your feet before bedtime for a soothing night time experience.

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Nurturing the Future of Frankincense

Since ancient times, Frankincense resin has been valued by civilizations as diverse as the Egyptians, Assyrians, Persians, Macedonians, and Kushites. Perhaps most famously, it was brought as a gift for Jesus as a symbol of deity by one of the three Magi visiting from Arabia as recounted in the original Hebrew gospel of Matthew.

For millennia, Frankincense resins have been sought after, and today they remain a key component of what is believed to be the world's oldest global supply chain. Often referred to as the Frankincense Trail, this 2,000-mile trade route dates back approximately 5,000 years. Camel caravans would travel along the Frankincense Trail for more than 60 days, starting in the mountains of Oman and traveling to the shores of the Mediterranean Sea and beyond.

Found mainly in the southern Arabian Peninsula and the Horn of Africa, Boswellia or frankincense trees grow in unforgiving climates that are often hot, dry, and barren. The oil produced from the resin of these trees has, justifiably, become known as the King of Oils. Its properties have been used historically for a wide range of health practices, and its reputation today remains as strong as it was thousands of years ago. Carrying this sense of history with us, we at dōTERRA are proud to play a key role in continuing the tradition of linking East and West and bringing Frankincense to the world.

Frankincense Sustainability Strategy

Much still remains to be understood and verified about overall forest health in each of the regions where Boswellia trees grow, but we know that in recent decades the Boswellia genus has been facing some threatening factors to forest health and longevity. In some areas, like Ethiopia, land conversion and overgrazing of cattle, which prevents necessary natural regrowth of the forest, present challenges to the trees. In other regions, like Somaliland and Puntland, overharvesting or improper harvesting practices have damaged trees in some areas impacting forest health.

Our vision is of frankincense forests flourishing, local communities benefiting from the sustainable harvesting and management of their Boswellia trees, and families continuing to have access to CPTG Certified Pure Tested Grade® Frankincense essential oil, both now and long into the future. As part of this vision and as a global leader on frankincense, we're actively engaged with a comprehensive, three-pronged sustainability strategy, involving sustainable harvesting, propagation, and environmental stewardship.





Sustainable Harvesting

The first prong of the dōTERRA strategy is aimed at ensuring that our Frankincense essential oil is produced from sustainably harvested resin. We work with local harvesting communities and research institutions to provide training and to facilitate the exchange of knowledge on sustainable harvesting best practices. We're also using ground and satellite data to determine tree health and population, as well as to monitor any changes over time. Every region and every tree is unique. Accordingly, we adapt our strategy to local environmental and partner needs.

Propagation

The second prong of our strategy concerns propagation. This process involves establishing large numbers of new saplings from seeds and cuttings. Propagation is necessary to maintain and restore forest populations in areas where they're being threatened due to land use changes, fire, livestock grazing, or overharvesting. dōTERRA continues to fund the development of nurseries, plantations, and reforestation efforts in Somaliland, Ethiopia, and Oman.



Environmental Stewardship

The third prong involves environmental stewardship, which is a foundational element of the dōTERRA Sourcing Guiding Principles and Cō-Impact Sourcing® initiatives globally. In the case of Frankincense oil, this process involves building up landowner and government capacities to sustainably and responsibly manage forest resources, which in turn helps conserve biodiversity, maintain and enhance the quality and character of the landscape, and support livelihoods. Indeed, a key goal of dōTERRA's overarching strategy is to help create a system where local communities can benefit from natural products that are sustainably produced.

Looking Forward

We at dōTERRA take our global responsibilities incredibly seriously and continue to do our best to care for the Boswellia genus, but we can't do this alone. Ultimately, the future of frankincense depends on collaboration. Knowing this, we work with local communities, NGOs, research institutions, and supply chain partners, advocating across the industry to work together and share best practices for sustainability. We recognize the importance of monitoring and training with partners as we proactively nurture both the trees and the communities who care for them. We also know the importance of furthering our own understanding of ancient and current harvesting practices to keep a keen eye on a sustainable future.

We're proud to be leading the way in the preservation and propagation of such treasured trees. Taking care to nurture the Boswellia genus and conscientiously harvest these remarkable resins, we can and will preserve frankincense trees and Frankincense essential oil for many generations to come.



Essential Oil Spotlight

Frankincense

Plant Genus: *Boswellia carterii*,
sacra, *papyrifera*, and *frereana*

Distillation Method: Steam distillation

Aromatic Description: Warm, spicy, and clean

Plant Part: Resin

The King of Oils

In the world of essential oils, Frankincense reigns supreme. Known as the king of oils, Frankincense has been prized for over 5,000 years due to its rich aroma and extensive natural benefits. From digestive health* to soothing skin, Frankincense essential oil has an array of wonderful benefits. With its myriad uses, there's no question as to why this plant was considered a person's most prized possession in antiquity.

Frankincense is distilled from the resin of Boswellia trees. Dozens of species of Boswellia trees exist, but only four produce true Frankincense oil. dōTERRA uses all four of these species to produce a Frankincense essential oil that's brimming with benefits.

*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.

Fun Fact

Frankincense comes from the resinous "tears" of trees that have been carefully scored—or "bled." If cared for properly, frankincense trees can produce tears for hundreds of years!

How to Use Frankincense Essential Oil

Topical Use

- + Dilute and apply topically to reduce the appearance of skin imperfections.
- + Rub on the hands after a long day for a warming and soothing effect.

Internal Use

- + Take one to two drops internally in a Veggie Cap to support healthy cellular function.*
- + Place a drop under your tongue to support a healthy immune response.*

Aromatic Use

- + Diffuse to create a relaxing and peaceful atmosphere.
- + Use during meditation for a soothing aromatic experience.



Ask the Doctors

A Deep Dive on Diffusing



How does a diffuser work?
How does it disperse the essential oil?

There are four basic types of essential oil diffusers, all of which work in slightly different ways. Probably the most common type is an ultrasonic diffuser, which uses water and electronic frequencies to disperse a fine essential oil mist. A nebulizing diffuser doesn't require water to spray an essential oil mist; instead, it uses a high-pressure stream of air. An evaporative diffuser, with its built-in fan, forces air through a filter that has essential oils on it. The airflow causes the volatile compounds to vaporize and

disperse. Finally, a heat diffuser evaporates the essential oils, changing them from liquid to gas. Although heat is a popular form of diffusion it is good to remember that many compounds in essential oils are delicate and may potentially be affected by direct heat.

Each type of essential oil diffuser has its pros and cons, which depend on the user, environment, and even type of essential oil.



What’s the best essential oil diffuser? Why?

The best essential oil diffuser for you depends on several factors, such as where you use the diffuser, personal preferences, and what essential oils you intend to use. The conventional ultrasonic diffuser is a good starting point, especially for individuals. Its dispersed mist is a combination of water and essential oil, meaning a more controlled experience by adding just the right amount of essential oil for a finely tuned olfactory (sense of smell) experience.

For a more intense aromatic experience, add singular drops until you find the perfect balance and blend. If you’re diffusing in a larger space that can hold multiple people, a nebulizing diffuser may work best. As nebulizer diffusers use no heat or water and disperse a mist that’s just vaporized essential oils, they can effectively brighten and freshen the air in a larger space.

Evaporative diffusers have their own advantages. They are particularly useful when noise isn’t wanted. If you’re meditating, studying, or otherwise trying to focus on something, an evaporative diffuser may work best.



Which essential oils can I use in a diffuser?
How much should I use?

Which essential oils to diffuse depends on your personal palate and desired effect. Citrus, flower, and woody type aromas are among the most popular oils selected for aromatic uses. Other aromas may be counter intuitive for diffusion, such as oregano.

If you don’t have a list of favorite essential oils use your dōTERRA Oil Chemistry Wheel to determine some possible options. We all have individual responses to scents and olfactory stimulation, and some essential oils have more potent aromas than others, so it’s always best to start with the smallest amount. If you’re using a conventional ultrasonic diffuser, dispersing an essential oil in a mist of water, it’s generally recommended that you start with three to five drops of essential oil, and then change the amount based on your experience and personal preferences.



How long should I run a diffuser at a time?

The olfactory system is amazingly complex; people have over 400 types of olfactory receptors and 50 million of them in the nasal cavity. Here are some simple considerations which will help to enhance your aromatic experience.

Aromatic use of essential oils is a consistent method. Begin your aromatic experience with a small amount of an essential oil as a good and effective model of introduction. The amount of oil added for diffusion can be increased as personal preference is determined.

Although consistent use of aroma is pleasurable, their effectiveness can be improved by intermittently changing aromatic profiles. Diffusing a varying array of essential oils from time to time, will increase your ability to address individual and changing needs. For example, citrus during the day for a refreshing and elevating scent, dōTERRA Lavender in the evening for a relaxing aroma.

Additionally, adding a specific time period or cycle for diffusion can increase aroma perception and sensitivity. ►



Is diffusing essential oils safe for the lungs?

A large body of clinical research has investigated aromatic use of essential oils in different populations, and the collected data shows that adverse effects are rare.

Diffusion of essential oils into the environment is considered to be an active model of dilution. The aromatic compounds of essential oils are perceptible even in small amounts. Diffusing oils into a larger volume of air for your personal aromatic preference can be done with confidence.

One advantage to diffusing essential oils is an interaction with the respiratory system. It is believed that the aromatic use of essential oils creates little risk and provides a variety of benefits. For concerns regarding personal respiratory needs many healthcare providers are now familiar with essential oils and can help to define your recommend use.

Safety should always be your priority, even with aromatic use, so be sure to follow recommended usage guidelines.

There is not a known amount of time one should diffuse for, but shorter periods of time, more often, can provide a more intense experience. Longer periods of sustained diffusion can help prolong the experience. However, in some instances, aroma perception may not be as profound by the end of uninterrupted diffusion.





Laluz™ Lighten Up

This beautiful new diffuser makes every room brighter. Diffuse the powerful essential oils you trust and love with some added sunshine.



Two ambient light settings



Large 120 mL water-reservoir capacity



330 square feet of coverage

Roam™ Roam Free

Diffusing your favorite essential oils is now easier than ever. With its cordless diffusion, Roam can go wherever you go.



Cord-free diffusion with a rechargeable battery



Responsibly created with eco-friendly materials



Four hours of continuous diffusion or eight hours intermittent



Dawn™ Aroma Humidifier Smart Slumber

Finally, a dōTERRA-quality diffuser that's also the perfect humidifier. Create the ultimate level of comfort in any room of your home and discover what it means to truly have the best bedtime environment.



Smart sleep mode that adjusts to the optimal level of humidity



22 hours of continuous diffusion



12-month warranty

Make the Music You Like



India Arie’s entire family is musical, so it’s no surprise she began singing as a small child. “I learned the days of the week with an original song my mom wrote,” India says. “My mother was a singer and songwriter, so it never felt like I was training. It really came natural to me.”

Music came so naturally, in fact, that by 20 years old, India was writing songs professionally, and then seven years later she won her first Grammy. When asked what she loves about singing, India remarks, “It’s hard to explain what I love about singing. Having something you love to do that’s part and parcel of your body is a blessing. It’s a special feeling to make a beautiful song that comes from your body.”

Things That Matter

For India, one of the best parts about making her music is the impact it has on others. “I hear stories from people who have connected to my music, helping them through cancer, playing it while they walked down the aisle.” Out of everything India has accomplished, she’s most proud of this part of her career.

In addition to music, India uses her platform to share things that matter to her and expand her impact. “The age I am, and my spiritual maturity gives me a lot I want to share,” she says. Now when she takes the stage, it’s a hybrid of singing and speaking. She refers to her concerts as “songversations.” By combining both, India can get deeper into the messages she wants to convey. Core to her message and image is accepting one’s self, being compassionate, and inspiring others to be true to who they are.

Finding Her Highest Power

India has sold 10 million records worldwide—no small or easy feat. For India, the most difficult part has been the music industry itself. In 2009, she was tired of the politics and manipulations of the industry, so she packed up and moved to the Pacific Northwest.

Away from it all, India realized that she was doing what everyone else told her to do. “When I came back, I was doing it all my way. I was the highest power in my business now,” she explains.

How does she continue navigating the difficulties? India says she works it out one day at a time. The industry is a vehicle for the music, after all. She’s in charge of her music and her business. Whenever she needs a break, to reconnect with herself, getting out in nature is healing for India.

A Little Help from Mother Earth

India’s father, a former professional athlete, taught her how to keep her body healthy from a young age. As she’s grown older, India likes trying out new ways of naturally and independently taking care of herself. India has a routine she follows to help her while on tour. The day of a performance, she likes to sleep in late and get as much rest as she can. She stretches for at least 15 minutes to help her body wake up and completes her daily yoga practice. Then she breaks out her essential oils.

Her personal go-to oils are **Tea Tree**, **Lavender**, and **Rosemary**—especially Rosemary. “I use Rosemary oil for so many things,” India says. “I have 15 bottles of it with me on tour. I use it every day in the shower. I diffuse it, I have a spray bottle with Rosemary, I inhale it, and so much more.”

Essential oils have been a gift in India’s life, one that she loves sharing with the people she knows, including friends, family, and band members. But she really truly loves sharing them with her mother. “With my mom, I make sure she’s stocked up with everything!”

One Last Thing

When asked what advice she has for people who aspire to be singers or songwriters, she has a few thoughts. Though it’s advice about music specifically, it’s even better advice when it comes to living a happy life: “**Don’t try to make music you think people will like. Make the music you like. Be you!**”

India’s List of Favorite Essential Oils



Rosemary



dōTERRA Breathe®



Lavender



Adaptiv®



Tea Tree



Lemongrass



Peppermint

It’s not all about the numbers, but India’s own are impressive:



4 Grammy wins
(22 nominations)



10 million records sold
(worldwide)



8 albums released



4 NAACP Image Awards

Live Your Best Life

Nurture your body, mind, and spirit and start living the life you deserve.

Have you ever had such a beautiful experience that you stopped for a moment and just felt grateful? What made that moment, that experience meaningful to you? Chances are it had to do with either taking care of your body, building important relationships, or expanding your mind. Maybe you felt this way when you witnessed a radiant sunrise after a rigorous hike, when you tucked in the kids after a day of fun, or when you closed a book that's changed your perspective on life.

It's experiences like these that help us live our best lives. So what can you do to have more of these moments? Here are a few ideas to help you on your journey to live your best life today.

Stay Active, Stay Happy

Being active is one of the first steps you can take to live your best life. Though it might seem like the last thing you want to do, moving your body is often what you need.

Nurture your body through movement. This likely means different things for different people. For some, it may be practicing yoga. For others, it could mean a fun bike ride with the kids. What's important is that you listen to your body and not compare yourself to others. Focus on being active every day in a way that feels right for you and those closest to you.

When you need to recover after a gym workout, a challenging hike, or just a day of keeping up with your kids or grandkids, use **Deep Blue® Rub** for soothing comfort.

We get caught up in exercise challenges, building muscle, and weight loss when often we simply need to focus on moving the body!

Become a Lifelong Learner

Keeping your mind active is just as important as keeping your body active. Whether you decide to take up a new hobby like gardening or learn a new subject like astronomy, becoming a lifelong learner is a massive part of living your best life.

Set aside sufficient time to nurture your mind. It can be as easy as checking out a book from the library on a topic you'd like to learn more about. You could also see if a local community college offers a class that interests you.

You can find interesting videos, articles, and tutorials, all at your fingertips on every subject imaginable with a quick Internet search. The possibilities to grow your mind are endless.

To complement your learning, diffuse **Rosemary** oil to create an uplifting environment that's conducive to studying.



Make Your Relationships a Priority

Another important step on the journey to living your best life is nourishing your relationships. Take a moment to ask yourself if you're the friend, partner, sister, neighbor, father, or mother you want to be. Is there something you could do to strengthen a relationship? Schedule lunch with someone you haven't seen in a while, plan a special date for your significant other, or set aside time to create a craft with the kids. It's the little things that truly nourish a relationship.

To help create the perfect environment, try using blends like **dōTERRA Peace®** or **dōTERRA Forgive®** to encourage open communication and an atmosphere of contentment.



Fuel Your Body

To live your best life, you need to pay attention to what you put into your body. With everything we hear about sugar, processed foods, toxins, and more, it's easy to feel discouraged about developing and maintaining a healthy diet.

The trick is to start small. Incorporate a rainbow of fruits, vegetables, and whole foods into your meals and snacks. You could, for example, add fresh berries and spinach to a breakfast smoothie, snack on carrots and celery throughout the day, or eat a juicy orange as part of your lunch. Nourishing your body with simple changes like these can make a definitive difference in how you feel.

To complement your healthy diet, use **DigestZen TerraZyme®** or **DigestZen®** essential oil blend to promote smooth digestion.* With healthy foods and powerful digestive products on your side, you can truly feel your best.*

Rest, Relax, Reset

In a world that seems to constantly move and change, sometimes you just need to press pause. Rest is an essential part of living your best life. When you've gotten enough sleep, you're better able to devote your whole self to whatever you need and want to do throughout the day.

You can encourage a better night's sleep in several ways. Enjoy a warm bath at the end of a long day to relax and wind down. Reduce your screen time before sleep as well. Instead of scrolling through social media, curl up with a book or write in your journal. If you find your mind is racing before bed, try clearing your head with a quick meditation session.

When you make rest a priority, you'll find that you can excel in other areas of life and truly be present in the moment. If you need help nourishing your body with rest, use the **dōTERRA Serenity® Restful Blend** to create a tranquil atmosphere at bedtime. You can also try **dōTERRA Serenity Softgels** to promote healthy relaxation and sleep.*

When you make rest a priority, you'll find that you can excel in other areas of life and truly be present in the moment.



Living your best life is truly a journey—one that will be different for every person. Take the time to evaluate areas in your life that are in need of attention, and then make some simple goals. You can use the ideas here or come up with your own. You know better than anyone what you need most. Perhaps you want to practice setting boundaries in your relationships or incorporating a meal plan into your week.

Whatever it is, focus on taking the next step. As you purposely move forward, you'll have more experiences that make you stop in your tracks and think, I'm truly living my best life.

*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.



“Let us nurture the pure love of humanity within ourselves. As we do so, we will be filled with greater empathy, heightened purpose, and increased unity. Together, we can become more than we would ever be on our own.”

Emily Wright

dōTERRA® Founding Executive,
Global Leadership Development



A *(Your Last Name Here)* Family Tradition

It could be a birthday, anniversary, or national holiday, but whenever it's time to celebrate, the air seems to sparkle with excitement. From the details of planning parties to the kids selecting the perfect costume or putting up that favorite decoration, it's traditions and celebrations that bring us together and remind us of what truly matters: our relationships with the people we love.

Having holiday traditions is especially important for kids. Traditions can be fun and engaging ways of nurturing relationships with children and building beautiful, lifelong memories.

Need a new familial holiday tradition? We have some fresh ideas that can be easily incorporated into any celebration, as well as a couple delicious recipes to try—the perfect snacks while everyone gets crafty!





Essential Oil–Infused Gratitude Garland

This bright, cheery garland is a super easy craft you can make with the kids. It's the perfect way to naturally bring the scents of the season into the home and remind your family of the importance of gratitude.

Supplies:	Desired color(s) of:
Large yarn needle	Felts balls
Scissors	#10 crochet thread
Your favorite essential oils	Cardstock

Instructions:

1. Arrange the felt balls in color groups, and then in the order you want them on the garland.
Tip: Keep your felt balls separated with a divided tray or individual containers.
2. Consider the desired distance between each felt ball, measure your thread to the chosen length—leaving six inches of extra thread on each end—and cut with scissors (approximately 12.5 feet of thread is needed, for three finger spacing between felt balls).
3. At one end of the thread, tie a knot six inches from the end.

4. Thread the needle and, from the center, insert it, stringing the first felt ball to the knot.
5. Continue threading the felt balls, leaving three-finger spacing between each.
6. When you've strung all the felt balls, tie a knot after your last ball. Make sure to leave at least six inches of extra thread at the end.
7. Tie a loop at both ends to hang.
8. Use a blend of your favorite essential oils on the felt balls and hang in your home for an uplifting aroma that lasts for weeks.

For gratitude flags:

1. Cut a strip of color-coordinated cardstock 0.5 x 4.5 inches, folding in half.
2. Cut a triangle at the open end to create a two-pointed flag.
3. Have your family members write what they're grateful for on individual flags.
4. Drape the flags over the thread between the felt balls and use a glue stick or tape to secure the ends together.

Simply remove the flags before storing and repeat with new gratitude flags next year! For easy storage, wrap the garland around a piece of corrugated cardboard, making a slit at the beginning and end to secure the thread.

Celebration Confetti Poppers

We all want our parties to pop! Bring some extra fun and excitement to your next get-together with these confetti poppers. Not only will kids have a blast with them at the event, but they'll also love making memories with you as you craft them together. And don't forget to fill these poppers with your favorite dōTERRA products as a special surprise.

Supplies:

Empty toilet paper roll
Glue or double-sided tape
Scissors
Ribbon
Tissue paper
Cracker snaps (optional)

Special surprises: confetti, **dōTERRA Breathe®**, **dōTERRA On Guard®**, **Ginger Drops**, or a favorite essential oil

Instructions:

1. Tape the cracker snap to the inside of empty toilet paper roll (optional).
2. Cut tissue paper slightly wider than the cracker snap and long enough to wrap the toilet paper roll twice.
3. Using double-sided tape or glue, secure the toilet paper roll to one end of the tissue paper and roll to cover it. Secure the end of the tissue paper to the toilet paper roll with additional tape or glue.
4. Tie one end with ribbon and, from the opposite end, fill the roll with confetti and other surprise items.
5. Tie the open end with matching ribbon.

These confetti poppers are awesome for kids on New Year's Eve, for your sweetheart on Valentine's Day, for the birthday boy or girl and friends, or anytime you're celebrating. When it's time, grab the ends and pull!



Lovely Lemon Zucchini Loaf

By October, most gardeners are sneakily dropping off squash and zucchini on their neighbors' porches to rid their kitchens of the excess harvest. Don't give away your zucchini too quickly! This refreshing lemon zucchini loaf deliciously helps you hang onto summer through the crisp autumn days. Though a mixer can be used, it's not necessary for this easy recipe, so it's perfect for letting your kids pitch in.

Ingredients:

- 2 cups white flour
- ½ teaspoon salt
- 2 teaspoons baking powder
- 2 eggs
- ½ cup extra virgin olive oil
- 1⅓ cups sugar
- 2 tablespoons lemon juice
- ½ cup milk
- 1 lemon, zested
- 1 cup grated zucchini
- 8–10 drops **Lemon** oil

For the glaze:

- 1 cup powdered sugar
- 3 tablespoons milk or half & half
- 5 drops **Lemon** essential oil

Instructions:

1. Preheat your oven to 350°F.
2. Mix the flour, salt, and baking powder in a medium bowl. Set aside.
3. In a large bowl beat the eggs then add the olive oil, sugar, Lemon essential oil, milk, and lemon zest. Mix until combined.
4. Fold in the zucchini until it's well incorporated.
5. Stir the dry and wet mixtures together until combined. Be sure you scrape the bottom of the bowl to get any clumps.
6. Prepare a 9 x 5 bread pan with grease and flour or grease and parchment paper.
7. Pour the batter into prepared pan and bake for an hour, or until a toothpick comes out clean.
8. Make the glaze by mixing the powdered sugar, Lemon essential oil, and milk together until smooth.
9. While the loaf is still warm, drizzle with the glaze and let it set up before slicing. (The recipe makes enough to add a bit more glaze when served.)

The most important part of a holiday is nurturing your relationships. These essential oil recipes and DIYs can become special traditions, bringing your family together. Get creative and have fun.

Cheerful Chocolate Clementines

Looking for a healthier holiday treat? This recipe brings together the classic flavors of tart orange and rich chocolate with a few drops of Cassia essential oil for a spicy twist. It's a recipe that's simple enough to involve the kids, and a special treat as you put together your Essential Oil Infused Gratitude Garland.

Ingredients:

- 8 clementines, peeled and segmented
- 1 cup dark chocolate
- 2 drops **Wild Orange** oil
- 1 drop **Cassia** oil
- Pink Himalayan sea salt to taste

Instructions:

1. Line a baking sheet with parchment paper.
2. Gently melt the chocolate using a double boiler. Once melted, remove from heat and stir in the essential oils.
3. Dip the clementine segments into the spiced chocolate and place on the parchment-lined baking sheet. Sprinkle with sea salt.
4. Allow the chocolate to harden, and then serve at room temperature.





Voice of *the* Vet

Tribute to the Tail-Waggers

Dogs truly are man's—and woman's—best friend. They stay by your side through thick and thin and give you unconditional love. We're always looking for ways to help our furry friends, and what better way to do so than with the natural power of essential oils?

It can be difficult to find reliable information on using essential oils with dogs, so we invited Dr. Mia Frezzo to share some of her favorite tips. Dr. Fezzo is a member of the dōTERRA International Veterinary Advisory Board, coauthor of *SpOil Your Pet: A Practical Guide to Using Essential Oils in Dogs and Cats*, and owner of the Animal Hospital of Hasbrouck Heights in Hasbrouck Heights, New Jersey. Since discovering the power of essential oils eight years ago when they helped change the life of her daughter, Dr. Frezzo has incorporated dōTERRA products into her practice with remarkable results. She's pleased to offer natural alternatives to the families she serves.

I've used essential oils in my practice, and they've helped so many of my patients. When I think about all the sweet dogs I've been able to help over the years, there's one that really stands out in my memory: Bear. I first met Bear, a seven-year-old German Shepherd mix, about one year ago, and I immediately wanted to do anything I could to help him. Bear hadn't been as active, which had caused him to gain weight and become even more uncomfortable and irritable.



*When they first came in, Bear's family wasn't familiar with essential oils, but they wanted to provide their dog with any comfort they could. I recommended they use a combination of **Frankincense**, **AromaTouch**®, **Copaiba**, and **Turmeric** and apply the mixture topically twice a day. Bear also began taking **Deep Blue Polyphenol Complex**® orally two times a day. Within just a couple of weeks, Bear began showing improvement in his energy and demeanor. His family called me, ecstatic and close to tears, to tell me that Bear was running, playing, and jumping on the couch. They thanked me for giving them back the happier Bear they knew.*

Not all dogs will respond as Bear did, but in my experience essential oils do a wonderful job of supporting the body and helping maintain healthy functioning. The results speak for themselves! And what's wonderful about essential oils is they're so versatile that they can be used every day to help maintain optimal health, as well as to support our dogs when they need a little extra help.

We collected a few of the most frequently asked questions from our Wholesale Customers and Wellness Advocates about how to use essential oils with pups at home to keep them feeling their best. Dr. Frezzo provided her expert answers from her experiences working with dogs every day.

How can I use a diffuser to create a calm environment?
If your dog struggles with occasional anxious feelings, **dōTERRA Serenity**® and **Adaptiv**® are both great options for diffusing. These gentle essential oil blends create a calming environment for your dog, and you can even dilute and apply them topically to assist in calming your dog down.

Can essential oils help keep pests away from my dog?
Geranium or **Rosemary** are excellent choices to help keep some pests away from your pup.

How do I apply essential oils to my dog?
A few key places are excellent for applying essential oils topically: the top of the head, neck, torso, rump, or abdomen. Most dogs don't enjoy having their paws touched, so avoid applying oils there. Remember, we want to make the use of essential oils a positive experience for our pets. In general, applying essential oils can become bonding time, and many pets will look forward to these moments. I love hearing my clients report that their dog comes up to them seeking the oils, rubs them as they're applying oils to themselves, or leans into the application. These animals know they're being helped.



What if I don't know which essential oil to use?
Whichever essential oil or blend you choose, your pets can benefit. The complex nature of pure essential oils provides broad support throughout the body. When in doubt, choose **Frankincense**. You really can't go wrong with Frankincense, because it offers lots of support. It's truly the king of essential oils.

What are some safety measures to consider when using essential oils with my dog?
Dogs aren't the same as humans, and we do need to take a couple of extra safety precautions when using essential oils around them. One of the most important things to remember is to avoid applying "hot" oils to your pup. Some hot oils to stay away from are **Cassia**, **Cinnamon**, **Clove**, **Tea Tree**, **Oregano**, and **Thyme**. There are several safer oil alternatives that can be used to achieve similar or better results. Another safety tip for topical application is to never apply any essential oils in the ear canals or eyes, as essential oils are too potent for such sensitive areas.

When thinking about aromatic use of essential oils, remember that a dog's sense of smell is thousands of times more sensitive than ours, so you'll want to take a few protective steps. When you diffuse essential oils in your home, do it in a well-ventilated area and always allow your dog an opportunity to leave the room if desired. You'll also want to pay attention to your pet and watch for any signs

Geranium or Rosemary are excellent choices to help keep some pests away from your pup.

of discomfort, such as lethargy, increased breathing rate, panting, salivating, squinting, or any other behaviors you find unusual for your dog. If adverse signs are noted, turn off the diffuser, open the windows, and air out the space.

No matter if you decide to use essential oils topically or aromatically (or both) with your dog, I know you'll see incredible benefits in your pet's life, as well as your own. I have seen time and time again how much of a difference these oils can make for our four-legged friends, and I hope you get the chance to see the same.

dōTERRA essential oils have not been specifically formulated for animals. All recommendations are based off the personal experiences of a licensed veterinarian and have not been tested in a clinical setting. Please consult your veterinarian regarding your specific animal.



“Nurturing has the ability
to transform people’s lives”

—
John C. Maxwell

Welcome Home

Home is central to the human story. Shelter is needed for physical survival, but the desire for home goes deeper. Odysseus didn't spend 10 years trying to find shelter, after all. In all of us is an emotional, spiritual, and psychological ache for home, for sanctuary.

“The ache for home lives in all of us, the safe place where we can go as we are and not be questioned.”

Maya Angelou

What Is Home?

Home can mean a physical space, family and relationships, a feeling of belonging, a concept of self, or a place of safety. Key to all this is a sense of security with yourself, your physical space, and your relationships.

Whatever concept rings truest for you, you can create a home for yourself.

Creating a Space That's Truly Home

Creating a space that feels like home doesn't have to be expensive or time-consuming, but it does require intention. Whether your home is a room, an apartment, or a house, you're in control of that space, and it's up to you to make it a place that nurtures and protects you.

No matter the day you're having, the moment you step into home, you enter a haven. The time you spend there can be restorative and nourishing, recharging you for the next day. So, think on what you value most about home. What makes you feel nurtured, secure, and rejuvenated?

A Comforting Environment

For many, the way their space looks and feels matters. When you enter a room, pay attention to how you feel. Note what you enjoy. Try rearranging the furnishings. Stop when the room feels like a place you want to be. Diffuse essential oils that create the atmosphere you need: calming, uplifting, grounding, or energizing.

Create the atmosphere you desire for your home.



Calming:
doTERRA Serenity®
Lavender



Uplifting:
Lemon
doTERRA Breathe®



Grounding:
doTERRA Balance®
Frankincense



Energizing:
Peppermint
Spearmint





Make your favorite essential oils a part of the décor. Keep them wherever they're most useful with this useful DIY oil stand. Place the stand next to your bed, in your bathroom, or in the kitchen so you can easily reach the oils you use most frequently.

DIY Oil Stand

Materials Needed:

Wood:

- + For the essential oil holder pictured here, 1 x 3 walnut was used, cut to length with a handsaw and miter box once the drill holes were measured and marked.

Handsaw, Miter Box, Sandpaper

Drill

Forstner bit(s)

- + 1¼-inch Forstner bit for 15 mL bottles
- + 1-inch Forstner bit for 10 mL bottles or 27 mL dōTERRA mist bottle

Instructions:

1. Determine the desired size and number of essential oil bottle holes and layout, and then mark the centers for each. Remember when measuring to include the distance you want between each hole.
2. Secure the wood to the surface with clamps, adjusting as needed for each hole.
3. With the Forstner bit attached to the drill, place the bit's tip in the middle of your center mark and drill the holes. Use tape or a mark on the drill bit for consistent depth. Start and stop several times as you drill to keep the friction temperature down in order to avoid scorching your wood or bit.
4. Once all the holes are drilled, sand the edges and apply a coat of oil to seal the wood.

Bring Life to Your Home

Fill your home with things you enjoy. Plant an indoor herb garden or houseplant to nurture and appreciate throughout the year.

Everyone aches for home, but it's up to you to decide what your home will be. You can make it a space where you can relax at the end of the day. It can be a space that unlocks your creativity for full self-expression. Your home can be the place where your family feels nourished. It's your home and your choice.



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PROMO

Essential Oil *Spotlight*

dōTERRA Balance®

dōTERRA Balance and Spa Balance Bath Bar

The fresh, woody aroma of **dōTERRA Balance Grounding Blend** makes it a perfect essential oil during times of temporary, everyday stress. This blend creates a tranquil and relaxing atmosphere.

Like the deeply rooted trees they're sourced from, **Frankincense**, **Spruce**, and **Ho Wood** are particularly known for their grounding aromas. **Blue Chamomile**, **Blue Tansy**, and **Osmanthus** lighten the aroma, bringing a calming and comforting note to any situation.

The brand-new **dōTERRA Spa Balance Bath Bar** brings those amazing properties to your daily routine. In addition to skin-soothing essential oils, the African black soap bar combines shea nut butter, coconut, sunflower, palm kernel oil, and cocoa husk. The result is a bath bar that leaves your skin feeling clean, soft, and refreshed.

Ingredients in this blend:

Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, and Osmanthus Flower

Fun Fact

Many of the essential oils in this blend have been used for thousands of years to bring overall harmony.

How to Use dōTERRA Balance

- + Apply at the start of your day to the bottoms of your feet.
- + Dab on your wrists or neck.
- + Diffuse in your car during road trips to create a relaxing, soothing environment.

How to Use dōTERRA Spa Balance Bath Bar

- + Work into a rich lather during your morning shower to start your day off with a calming aroma.
- + Use while giving your children a bath before bedtime to help wrap up the day.

Nurture Yourself Naturally at Any Age

The human body is amazing. It carries us through the joys and sorrows of life—through wellness, loss, change, and growth at every age. Show your body some gratitude by nurturing it with love and attention. Loving and serving others becomes easier when you're loving and serving yourself.

Your body is wise. It wants to feel its best. Help your body's intuitive process by incorporating high-quality, natural products into your daily beauty routine. Enlist the **Verâge® Skin Care Collection** to hydrate and improve the skin's texture. Use **Yarrow|Pom**, which contains yarrow flower essential oil and calming cold-pressed pomegranate seed oil, to provide your skin with comfort and a youthful look. Consistent topical application of this soothing duo has been shown to reduce the appearance

of blemishes and soothe irritated skin. You can also apply a thin layer of **Immortelle Anti-aging Blend** to help fade the appearance of fine lines and wrinkles.

Massage this whipped body butter daily on rough and cracked skin, focusing on your heels and elbows. Keeping your skin hydrated will not only make you glow, but it can also help fade the appearance of skin imperfections.

Whipped Body Butter

Ingredients:

½ cup shea butter

½ cup cocoa butter

½ cup coconut oil

½ cup **Fractionated Coconut Oil**

30 drops of dōTERRA® essential oils
(**Sandalwood**, **Frankincense**, **Geranium**, and **Lavender** are a good mixture)

Instructions:

1. Melt the shea butter, cocoa butter, coconut oil, and Fractionated Coconut Oil together using a double boiler.
2. Stir every few minutes until the ingredients are melted and combined (about 10–15 minutes).
3. Once everything is melted, remove from heat and let it sit for up to 10 minutes to cool, then add desired essential oils.
4. Once the essential oils are added, let it rest in a cool place (such as the refrigerator) until it has set.
5. Once set, remove from the refrigerator and use a stand or hand mixer to whip, slowly increasing speed until the lotion becomes light and fluffy (around three to five minutes).

Note: Store this mixture in a glass jar and keep in a cool place. If needed, re-fluff the body butter by whipping it back up to the desired consistency with a hand mixer.



Citrus oils can cause photosensitivity, so we don't recommend using them if you plan on being in direct sunlight or UV rays after topical application.



Stress and worry can wreak havoc on your body's overall health, no matter your age. Take time for yourself to do the things you love: take a bath, read a book, go for a long walk, call a friend, cook for your family, or meditate. Incorporate **Copaiba Softgels** into your vitamin routine to help soothe and support your nervous system or **Adaptiv® Capsules** to support your mood and help improve your state of mind.* Diffuse **Adaptiv** for a soothing, tranquil environment. These simple acts of self-care will make your days brighter and help release the tension and lingering negative feelings.

Show your hair some love by adapting your hair treatment routine to benefit you at each stage in life. Changes in hormones, whatever the cause, can result in thinning or brittle hair. Take a few extra minutes in your hair routine to deeply condition.

Most women struggle with self-acceptance. It's human to compare yourself to others or wish you could turn back the clock. Resist the temptation to dwell on your flaws and use self-affirming statements to show gratitude for your body's strengths, whatever they may be. If you feel yourself starting to think negatively, repeat phrases like "I'm worthy of love and joy" or "I love and accept my flaws." Apply **dōTERRA Balance®** to your wrists, neck, and lower back to encourage overall mind and body harmony. Thinking positively about yourself is a powerful tool for becoming your best self.

Take time for yourself to do the things you love: take a bath, read a book, go for a long walk, call a friend, cook for your family, or meditate.



Whole Harmony Diffuser Blend



5 drops
Cedarwood

👉👉👉👉



3 drops
Lavender

👉👉👉



2 drops
Frankincense

👉👉

*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 Product Use for Maximum Benefits

Living a great, wholesome life starts with taking control of your health and wellness. The curated **Wellness Programs** collections make it incredibly easy to use essential oils and oil-infused products every day. With three distinct product tracks, you can choose what benefits you want to emphasize right from the beginning.



Mind and Mood

Powerful tools you can use to create an uplifting environment that helps you feel centered, no matter what life throws your way.



Immunity

Offers a curated selection of products designed to support and strengthen your immune system, keep your environment clean, and protect your home.



Relief

Everything you need to give your muscles and joints support as you push yourself to grow stronger and healthier.

How It Works

Each Wellness Program has three kits that are automatically delivered right to your door. The kits build on each other, so as you become more familiar with using essential oils, you'll receive new products to incorporate into your wellness routine. All you need to do is pick a program, and you'll be set for the next 90 days and beyond.

5 FALL / WINTER 2020

dōTERRA® | Products

Beef Up Your Fall Grill Game

The changing color of the leaves brings a welcomed reprieve from the scorching summer heat. It's time to trade in the beach towel for the beanie cap and enjoy the crisp autumn air. A hike with family and friends, or a game of football in the yard with the kids is the perfect precursor to a delicious meal, so hold off on putting your grill in storage.

Broaden your palate with a few savory essential oil-infused recipes this fall. They're sure to make everyone's mouth water and keep you and your family healthy and strong going into winter.

The Food

When you think of grilling, what comes to mind immediately are burgers, chicken, and steak, right? A natural and scrumptious starting point, but it's not the only place you can go with a grill. More options and opportunities come with the fall harvest.

As leaves drop to the ground and the world prepares to hibernate, it's a fantastic time to take advantage of seasonal fruits and vegetables. Some of these delectable options might be those you've never thought to try on a grill before but should:

-  Apples
-  Squash
-  Potatoes
-  Pumpkin
-  Carrots
-  Leeks

The list of healthy, grill-worthy fruits and vegetables goes on. Whatever you decide to make, be sure to include the best essential oils for outdoor cooking: **Wild Orange** and **Lemon** for a citrusy boost of flavor, **Oregano** and **Rosemary** for herbaceous deliciousness, and **Peppermint** and **Spearmint** for complimentary mint. Remember that essential oils are powerful, so a little goes a long way!



When grilling with protein in mind, this marinade will hit the spot on your favorite cut of meat, especially steak:

Rocky Mountain Marinade

Ingredients:

- ½ cup coconut aminos or soy sauce
- ¾ cup vegetable or olive oil
- 1 teaspoon minced garlic
- 1 tablespoon dried onion
- 1 tablespoon lemon juice
- 1 drop **Ginger** oil
- 2 drops **Lemon** oil
- 1 drop **Black Pepper** oil

Instructions:

Mix all the ingredients in a glass bowl. The longer you let your meat marinade, the more flavor you'll get. Aim for 8–24 hours.

For a little something extra, lightly coat pita bread and your favorite fall vegetables with olive oil. Sprinkle the veggies with salt and pepper and, working in batches, grill until tender and slightly charred all over. Keep a cautious eye when grilling pita bread as it'll only take 30–45 seconds on each side.

Then whip up this delicious hummus and enjoy it all together.

Hassle-Free Hummus

Ingredients:

- 1 can (15-ounce) garbanzo beans, drained but with liquid saved
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- Salt and pepper to taste
- 2 drops (or to taste) sesame oil
- 1 drop **Lemon** oil

Instructions:

In a food processor, blend the garbanzo beans, lemon juice, olive oil, garlic, salt, pepper, sesame oil, and Lemon oil. Add the saved garbanzo bean liquid, blending to reach desired consistency.



The Family

Making and eating tasty, nutritious food is just part of what makes grilling such a wonderful and worthwhile activity, especially in autumn. With this kind of food comes family time outside, when the fresh air is crisp and inviting.

As meat sears and vegetables get their tan on, you can use the cooking time for nearly anything. Jump in a pile of leaves, discuss Halloween and Thanksgiving plans, paint pinecones, bob for apples (that aren't on the grill), or enjoy a scavenger hunt.

Customize your plans to your family, but whatever you decide to do, be sure it's something everyone can participate in. Grills are great for nurturing family bonding, so be sure to take advantage of the atmosphere and work up an appetite. Pack your **Deep Blue® Rub** to help with any physical exertion and your **Tamer®** for after the big feast.

Don't let this fall season pass you by without wholesome outdoor adventures in the company of loved ones with bellies full of healthy grilled foods. Even as the colors outside begin changing, there's still time left to beef up your grill game.

Customize your plans to your family, but whatever you decide to do, be sure it's something everyone can participate in.

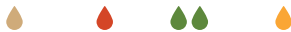


Holiday Diffuser Blends

Each cause for celebration brings a unique blend of smells full of memories of the past and hope for the future. From the eager anticipation of a spooky goblin’s night of tricks and treats, to love’s first kiss. Bring the smell of the season to any space with these festive diffuser blends.



Pumpkin Spice
3 drops Clove
3 drops Cinnamon
3 drops dōTERRA On Guard®
2 drops Wild Orange



Grateful
1 drop Ginger
1 drop Cinnamon
2 drops Coriander
1 drop Clove



Rosy Cheeks
2 drops Citrus Bliss®
3 drops Holiday Joy™
2 drops dōTERRA Breathe®




Resolutions
2 drops Slim & Sassy®
2 drops Wild Orange



Cupid's Kiss
3 drops Cinnamon
2 drops Black Pepper
2 drops Citrus Bliss
1 drop Patchouli



Shamrock
2 drops Bergamot
2 drops Lime



“A dream doesn’t die because it has no truth. It dies because you fail to nurture it.”

Sarah Clevenger



Nurtured by Nature

When we step back and reflect on life, we may recognize turning points. Wellness Advocates Keri Byrum and Joyce Konstantinow have both experienced the same unique turning point in their lives: returning to the farms they were raised on. For both, this blossomed into a lifestyle of nurturing and being nurtured by the Earth we call home.

Keri Byrum

Having been raised on a farm in Cedar Falls, Iowa, Keri has always appreciated and been interested in growing things. When she went to college, she majored in biology and worked in the campus greenhouse. After earning her undergraduate degree, Keri attended graduate school at the University of Delaware, studying and working in the beautiful Longwood Gardens. From there, she worked as a theme park horticulture specialist in Orlando, and then became the assistant director of a public garden.

Life 180

After 12 years in Florida, Keri's turning point arrived. As Keri tells it, "One day, my husband said to me, 'I think we should move to Iowa and take over your dad's business.' And I thought it was a joke! I said, 'What do you mean, move to Iowa?' But we talked it through and decided to make that jump."

So, they moved back to the farm where Keri grew up and shortly thereafter found out a baby was on the way. Keri and her husband fondly call this their "Life 180." This period of her life is also when Keri became interested in essential oils. As she anticipated the birth of her son, finding simple solutions that were also natural and safe suddenly felt more important than ever.

Learning to Grow Things

This year, Keri's two-and-a-half-year-old son has two tomato plants, which he's responsible for watering and nurturing. Participating in the family garden as a child is where Keri believes she acquired her love for plants. Her grandmother would let Keri help care for the garden. As she got to see and taste the fruits (and vegetables) of their work, she fell in love with growing things. Keri feels that learning to appreciate gardening works the same for anyone. Once you've reaped the rewards of nurturing a plant—seeing the blossoms open and the fruit turn ripe—you fall in love with the process.

Working with plants, being in the soil, growing living things—these activities cultivate a special connection to your environment, as well as create an appreciation for the resources and gifts of the earth. Keri says, "I just love to see things grow. Every time a new chick hatches, I get just as excited as I did the first time."

Keri's Advice for the Amateur Gardener



Keri recommends always starting small. For example, buy a basil plant and place it on a sunny windowsill in your home. You'll soon love having fresh basil for your cooking and maybe even be ready, with time, to add a few more herbs to that sunny window. Once you've got a handle on that, you can move on to a few grow boxes or maybe a small garden. There's no set timeline for learning to garden. You can learn as quickly or slowly as works for you.

What happens when you go on vacation or forget to water your basil plant and it dies? Buy another one! "There are so many things we worry and feel guilty about in life," Keri says. "Killing a plant shouldn't be one of them. I kill plants too—I just don't feel as bad about it! Use it as an excuse to go buy something new and try again."

Joyce Konstantinow

Like Keri, Joyce grew up on a farm. Her path back to the farm is also a story. One of 10 children, Joyce was raised on a dairy farm in Illinois. In addition to the animals, her family also filled their 100 acres with an enormous garden, huge orchards, and lots of different flowers and plants.

52 Years of Flowers

For 52 years, Joyce was a retail floral designer. Then in 1998, her husband Peter became ill. So, she closed her shop and together they moved back to her childhood farm. Many of Joyce's siblings were now her neighbors, and her mother still lived on the farm. Being surrounded by nature and family was exactly the supportive and nurturing environment they needed.

Turning Point

When Joyce's husband passed away it was a turning point in its own right. Shortly thereafter her mother was diagnosed with a terminal condition and given six months to live. Joyce's life was truly turned upside down. She had to learn how to manage a solo lifestyle, while also serving as the primary caregiver for her mother.

It was less than five years ago that all these life events collided. Joyce retired from floral design and began caring for her mother full-time. This time of upheaval is when Joyce discovered essential oils. She'd always been inclined to turn toward natural solutions, and using essential oils came intuitively to her. Joyce used essential oils to comfort her mother, as well as to support and care for herself.

Creating a Sanctuary

After almost two years Joyce's mother passed, marking the beginning of another stage in Joyce's life journey. Looking around her environment and surroundings, she saw potential in the family farm to become a place of nurturing and comfort to herself and others in her community.

“Gardening is my therapy.”

Using flowers, plants, garden décor, and essential oils, Joyce transformed the farmhouse and barn into soul-nourishing sanctuaries. In the basement, she has a special gardening workshop. "Gardening is my therapy," Joyce says. "It supports both physical and emotional well-being." On her porch, she hosts oil chats. In the revamped farmhouse and barn, Joyce teaches essential oil classes. She hosts oil groups and trainings in these inviting spaces.





Joyce's Tips for Using Essential Oils in Your Garden



Peppermint: Put several drops on a few cotton pads or cotton balls. Place them around the garden to help ward off pests.

In a four-ounce mister bottle, add 10 drops, as well as two teaspoons of witch hazel. Top off with distilled water. Spray on the back of the neck for a cooling sensation.



Tea Tree: In a glass spray bottle, combine 10 drops with a cup of water. Use to clean gardening tools and pots.

Apply with **Lavender** essential oil to skin irritations. Make a roller bottle of the two oils with **Fractionated Coconut Oil** for easy use.



Geranium: Make an exfoliating and silky-smooth soap that's perfect for after painting or crafts, like Joyce's gardener's hand soap:

- ½ cup unscented Castile soap
- 2 tablespoons **Fractionated Coconut Oil**
- 1 teaspoon vitamin E
- ½ cup white sugar
- 15 drops **Geranium** essential oil



Lemon: Soak fresh fruits and vegetables from the garden in cool water with three to five drops.

Nurturing the Soul

For Joyce and Keri, life has taken them on a curious journey back to their childhood farms. This path back to acres of plants, nature, and life may seem different from your own, but finding more centeredness, nourishment, and vitality through nature doesn't require a farm. Look around you—where's the nature? Is it a plant on the windowsill? Your backyard? A local park? Find it and nurture it, and it will return the favor.



Get Your Guard Up



Introducing dōTERRA On Guard™ Wipes

Harnessing the cleansing power of dōTERRA On Guard has never been easier! The all-new **dōTERRA On Guard Wipes** can clean your hands quickly, effectively, and naturally. Stow them in your car or bring them along to use in your everyday activities.

Brand-New On Guard® Natural Whitening Toothpaste

This family favorite is better than ever with a brand-new formula. Our **On Guard Natural Whitening Toothpaste** helps clean teeth, reduce plaque, and whiten teeth with gentle polishing agents. Get the results you want with the natural ingredients you love.



After the Rescue: The Ripple Effect

When Marie* walked through the gates of the Rapha International safe-house, she didn't know what her future would hold. She'd been through so much. Maria was taken from her family and community, deprived of her basic human rights, and sexually exploited. No one had ever asked her what she wanted in life. Now, after being rescued from sex trafficking and entering an aftercare facility, she could learn that she has a voice and she could learn to choose what she wanted her life to look like.

During her time at Rapha, Marie was the key part of her own case management team. Together with a social worker, counselor, and teacher, she created a plan for her future. A big part of that was understanding her rights and getting immediate updates on the legal case against the person who sold her. Her trafficker was extremely dangerous, and the case against him generated significant media interest. She even received threats against her life. "Our staff was absolutely valiant in their efforts to keep her safe," recalls Stephanie Freed, cofounder of Rapha International. "As soon as we start battling in the courts, security becomes so important."

Rapha International

Rapha International, founded in 2003, is a leader in aftercare for survivors of child sex-trafficking. They partner with local governments, police, and social service organizations to care for exploited girls and empower communities to fight against sex-trafficking. Currently, Rapha has four facilities located in Thailand, Cambodia, and Haiti. Each campus can care for up to 50 girls at a given time. In the last year alone, the staff provided more than 1.1 million hours of care to trafficking survivors.

Once a girl enters Rapha, it's tempting and comforting to imagine that these girls' first day at the aftercare facility is a happy one. The reality is, sadly, often different. "For many girls, this is a frightening day," explains Stephanie. "They don't know how to trust anymore, so we start building that trust from our first interaction by showing them how we'll take care of them. We show them where they'll be fed every day, regardless of their behavior. We show them their bed and assure them that the bed is only for sleeping, not for 'working'. And we give them their own clothes and shoes. For most, they come with nothing, and we help them understand that their needs matter to us; we will consistently meet those needs, no strings attached."

Healing Wounded Hearts

The goal of Rapha International is to help girls safely reenter their communities and live their lives in sustainable freedom. To accomplish this, they focus on four key things:

1. Safety and basic care

Many girls arrive significantly malnourished and deprived. Meeting their basic needs is the first step. Additionally, keeping them safe is a high priority, since many of their abusers are still on the streets. Highly trained security guards are onsite all day, every day.

2. Counseling and medical

Rapha works hard to take care of their charges' emotional and physical needs. As Stephanie explains, "These are wounded hearts and wounded bodies coming through our gates."

3. Education and training

Rapha knows that helping the girls with education and job training sets them up to break the cycle of generational poverty—for themselves and their families.

4. Social work and legal advocacy

Whenever Rapha can help prosecute a case, they do. “We want our girls to know that they’re worth fighting for,” says Stephanie. “And we want to show that there are consequences for the abuse of children.”

Rapha International seeks to provide the highest quality care at every level. Everyone from the teachers to the security guards is trained in trauma care. When a child acts out because of what she experienced, the entire staff understands and can help meet her emotional needs. No child is too difficult, and no case is too complicated.

Dr. Anne Wairepo, the executive director of the dōTERRA Healing Hands Foundation®, explains why Rapha International is such a powerful organization: “I can truly say that at each Rapha aftercare facility, they love every child and see her inherent individual worth. They empower girls who have faced extreme trauma to understand their great value and ultimately to live in safety and freedom. They’re making a real and lasting difference for those who society has exploited. The dōTERRA Healing Hands Foundation is honored to be part of the incredible work happening in these countries.”

Healing with the Help of dōTERRA

An important step in helping these girls heal their trauma is allowing them to express it. Doing so can be difficult for many girls, often because they’re so young and the trauma so extreme, they simply don’t have the words. Even if they wanted to talk about it, they couldn’t. But to begin addressing their trauma, it’s critical that they be able to express it. To facilitate that expression, Rapha International and the dōTERRA Healings Hands Foundation created an art therapy center at the Thailand aftercare facility. This beautiful space is a safe place for girls to tell their stories. They can draw it, act it out, or do anything else they need to start opening up. When they can do that, they start to heal. Since the opening of the art center, hundreds of girls have been able to express their grief, anger, pain, and hope.

Ripples of Change

“The overarching mission of the dōTERRA Healing Hands Foundation is to end suffering and bring healing and hope to the people who need it most,” explains Mark Wolfert, dōTERRA Founding Executive. That mission aligns perfectly with Rapha’s own. Each child who enters one of their aftercare facilities begins her recovery and can leave empowered to change not only her own life, but also the lives of countless others.

“We’re genuinely grateful for the dōTERRA Healing Hands Foundation. Together, we’re casting stones into the water and creating ripples that will grow into waves of change,” says Stephanie. “Sometimes I wonder if the Wellness Advocates know how much of a difference they’re making for children. I want them to know that they are.” The girls who are served by Rapha will go on to make big changes, becoming strong voices as they advocate for the well-being and safety of other children for generations to come.

There’s so much hope for these children. Not just hope that they can live their lives in freedom, but also that they will make an impact in the world. The ripple effect of these girls can never be measured, and the investment in them will be repaid a hundred times over.

Looking Forward

When Marie walked through the gates of Rapha International, she didn’t know she had a choice in her future. It took time and patience for her to fully realize that she was in control of her life. Once she did, she knew exactly what she wanted: to become an attorney and fight for the safety and freedom of children in her country.

Today, Marie is preparing to enter university.

**Name has been changed.*

The dōTERRA Healing Hands Foundation is celebrating 10 years of making a difference!

“From the beginning, we wanted to establish a pattern of meaningful and sustained giving within dōTERRA, and the dōTERRA Healing Hands Foundation answers that call. None of what we’ve been able to accomplish over the past 10 years would be possible without the generosity of our Wellness Advocates, customers, and employees who have actively engaged in the foundation’s mission to make positive change. Your loyalty and belief in this mission have led to such an incredible impact. Every act of goodness contributes to changing the world one drop, one person, one community at a time.”

—Mark Wolfert, dōTERRA Founding Executive



The Strength of dōTERRA

We are more than just an essential oil company. We are a global family of growers, harvesters, distillers, scientists, practitioners, advocates of change, and you. The Strength of dōTERRA is more than our commitment to pursue the purest oils on Earth. Our strength is our commitment to you and every other individual in our global family. Because we all deserve to feel empowered and strong.



It takes strength to pursue what's pure

With essential oils, purity means you receive the full natural benefit of the plant. At dōTERRA, purity also means pure business practices, sustainable sourcing, and pure intentions. Where and how a plant grows influences the benefits you derive from it. Frankincense thrives in adversity, with strong winds and dry soil. Lavender needs gentle rain and warm sun. That's why we go the extra mile to source essential oils plants where they grow the very best. Not every company is willing to do everything it takes to guarantee each bottle of essential oil is pure, ethical, natural enough, or powerful for you and your loved ones.

The Behind The Bottle story of Frankincense on page 04 witnesses the dōTERRA commitment to sustainability, purity, and origin. This is our commitment to you, so that you can enjoy essential oils that are created with the highest quality standards.



It takes strength to nurture your family when they need it most

Because we are involved in every single step of the process and never cut corners, we can confidently and definitively say that dōTERRA essential oils are CPTG Certified Pure Tested Grade®. The dozens of tests performed on each and every batch of oil are the final steps we take to ensure our oils are free from any adulteration or contamination. When you experience the power of potent, powerful, unadulterated oils, you can tell the difference—you can tell that purity matters.

With so many products on the market, we want you to feel confident that you have essential oils that really work—natural solutions you can count on. After all, when it comes to taking care of your family, we know that you want the best possible support. The Health & Fitness feature, "Live Your Best Life" on page 16 gives powerful, effective ways you can nurture yourself and do the same for your family.



It takes strength to change the world

dōTERRA sources oils from over 45 countries—more than half of which could be considered developing countries. Many of these growers and distillers live in impoverished communities. They often lack access to basic resources like education, medical care, or even clean water. So, from the very beginning, dōTERRA made giving back a part of its mission.

The dōTERRA Healing Hands Foundation® was created in 2012 and is a 501(c)(3) nonprofit that helps support community development projects in sourcing communities. These kinds of projects include funding and building schools, health clinics, training facilities, and clean water systems.

The foundation also partners with a variety of other organizations to support disaster relief; human trafficking prevention, rescue, and rehabilitation; micro loan programs; and feminine hygiene education. dōTERRA International covers all administrative costs of the foundation so that 100 percent of all donations go directly to aid.

Every time you use dōTERRA products, you are not only benefiting from pure essential oils, but you are also supporting important humanitarian work around the globe. In this issue you can learn more about the story of Marie* and how dōTERRA Healing Hands Foundation supports the empowerment initiatives of Rapha International. Find "The Ripple Effect" on page 56.

It takes strength to be different. Discover the dōTERRA difference for yourself.

It takes strength to never waver in the pursuit of purity. It takes strength to deliver effectiveness you can count on. It takes strength to empower entire communities of people around the world to discover their own strength.

Experience the strength of dōTERRA for yourself and see how pure, effective, responsibly sourced essential oils can make all the difference.



Essential Oil
Spotlight

dōTERRA Lifelong Vitality Pack®

We all want better health and wellness, and the dōTERRA Lifelong Vitality Pack was created for just that. Together, Alpha CRS[®], Microplex VMz[®], and xEO Mega[®] can give you effective, natural support for your nervous system, immune function, metabolism, and much more.*

Alpha CRS[®]

True health starts with your cells. Alpha CRS[®] is specially formulated to support cellular energy, reduce oxidative stress, and support healthy cellular immune function.* And it's all done with natural botanical extracts.*

Microplex VMz[®]

The modern diet doesn't give our bodies the vitamins and minerals needed to function at their best. But Microplex VMz contains 22 bioavailable vitamins and minerals that can support the normal growth, function, and maintenance of cells.* With this supplement, you can be sure your body gets the nutrients it needs.*

xEO Mega[®]

You've probably heard many wonderful things omega fatty acids can do for joint, cardiovascular, and brain health.* You can get all that goodness by supplementing your diet with xEO Mega.* It contains marine- and land-sourced omega fatty acids and powerful essential oils, all to support your body.*



How to Use:

Take four capsules xEO Mega, Microplex VMz, and Alpha CRS[®] capsules each per day with food.



We know you'll feel the difference when using the dōTERRA Lifelong Vitality Pack—so much so that we've created a 30-day money-back guarantee. Buy the dōTERRA Lifelong Vitality Pack through our Loyalty Rewards Program and use it for 30 days. If you aren't satisfied, you can return it for a full refund. Don't wait to take another important step toward health and wellness!

*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.

Product Guide

Changing the world
One drop, One person,
One community at a time.

Application Methods

- A** Can be used aromatically
- T** Can be used topically
- I** Can be used internally

Sensitive Skin

- N** Can be used with no dilution (**neat**)
- S** Dilute for young or sensitive skin (**sensitive**)
- D** Dilute before using topically (**dilute**)

Enrollment Kits

At dōTERRA we want it to be easy to get all the essentials for a healthy home and lifestyle. That’s why we created these product collections. Whether you are starting out, or want to refresh your collection, these carefully crafted enrollment kits will bring nature’s powerful solutions to you.



Healthy Habits Kit
dōTERRA On Guard (5mL), dōTERRA Balance (5mL), Frankincense (5mL), Lemon (5mL), Lavender (5mL), Deep Blue Rub, dōTERRA Lifelong Vitality Pack, DigestZen®
Supplements: DigestZen TerraZyme®, PB Assist+

60209837
125 PV
\$260.00 rtl
\$195.00 whl



Healthy Start Kit
5mL bottles: dōTERRA DigestZen, Oregano, dōTERRA On Guard, dōTERRA Breathe, Deep Blue, Peppermint, Lemon, Lavender, Frankincense, Tea Tree
Other Products: Brevi® Stone Diffuser

60211452
100 PV
\$213.33 rtl
\$160.00 whl



Healthy Essentials Kit
15mL bottles: Adaptiv®, dōTERRA On Guard, DigestZen, dōTERRA Breathe, dōTERRA Balance, Copaiba, Peppermint, Lavender, Lemon.
5mL bottle: Deep Blue
Petal 2.0: Small, user-friendly, and can cover 330 square feet

60213144
200 PV
\$332.00 rtl
\$249.00 whl



Simple Solutions Kit
Lemon (15mL), dōTERRA On Guard (15mL), dōTERRA Serenity (15mL), dōTERRA Deep Blue Rub

60211288
70 PV
\$140.00 rtl
\$105.00 whl



Natural Solutions Kit
15mL bottles: Lavender, Lemon, Peppermint, Frankincense, 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, Mouthwash, Sanitizer Spray, Wooden Box, Lumo® Diffuser, dōTERRA Breathe® Vapor Stick, Deep Blue® Rub, DigestZen TerraZyme®, Correct-X®, dōTERRA Salon Essentials® Protecting Shampoo, dōTERRA Salon Essentials® Smoothing Conditioner, Hand and Body Lotion

60209826
400 PV | \$760.00 rtl | \$570.00 whl



Healthy Home Kit
dōTERRA On Guard Products: Sanitizing Mist, Cleaner Concentrate, Foaming Hand Wash with dispenser, Natural Whitening Toothpaste
15mL bottles: Frankincense, Lavender, Lemon, Tea Tree, Oregano, Peppermint, dōTERRA Breathe, DigestZen, dōTERRA On Guard
5mL bottle: Deep Blue
Other products: Brevi Stone Diffuser, dōTERRA Salon Essentials®, Protecting Shampoo and Smoothing Conditioner

60202827
250 PV | \$466.67 rtl | \$350.00 whl

For additional enrollment kit options visit doterterra.com

Essential Oil Singles



Arborvitae
Essential Oil
Thuja plicata
A T N
49360001
5mL | 22 PV
\$29.33 rtl
\$22.00 whl



Basil
Essential Oil
Ocimum basilicum
A T I N
30010001
15mL | 24 PV
\$32.00 rtl
\$24.00 whl



Bergamot
Essential Oil
Citrus bergamia
A T I S
30790001
15mL | 30 PV
\$40.00 rtl
\$30.00 whl



Black Pepper
Essential Oil
Piper nigrum
A T I S
41040001
5mL | 22 PV
\$29.33 rtl
\$22.00 whl



Black Spruce
Essential Oil
Picea mariana
A T S
60206220
5mL | 18 PV
\$24.00 rtl
\$18.00 whl



Blue Tansy
Essential Oil
Tanacetum annuum
A T N
60203383
5mL | 80 PV
\$113.33 rtl
\$85.00 whl



Cardamom
Essential Oil
Elettaria cardamomum
A T I N
49350001
5mL | 26 PV
\$25.33 rtl
\$26.00 whl



Cassia
Essential Oil
Cinnamomum cassia
A T I D
30020001
15mL | 19 PV
\$17.33 rtl
\$19.00 whl



Cedarwood
Essential Oil
Salvia sclarea
A T I S
49300001
15mL | 13 PV
\$14.73 rtl
\$13.00 whl



Celery Seed
Essential Oil
Apium graveolens
A T I S
60209677
15mL | 36 PV
\$48.00 rtl
\$36.00 whl



Cilantro
Essential Oil
Coriandrum sativum
A T I N
41850001
15mL | 26 PV
\$34.67 rtl
\$26.00 whl



Cinnamon Bark
Essential Oil
Cinnamomum zeylanicum
A T I D
30030001
5mL | 24 PV
\$32.00 rtl
\$24.00 whl



Citronella
Essential Oil
Cymbopogon winterianus
A T S
60209676
15mL | 18 PV
\$24.00 rtl
\$18.00 whl




Clary Sage
Essential Oil
Juniperus virginiana
A T I N
30420001
15mL | 37 PV
\$48.67 rtl
\$36.50 whl




Clove
Essential Oil
Eugenia caryophyllata
A T I D
30040001
15mL | 16 PV
\$21.33 rtl
\$16.00 whl


Essential Oil Singles




Copaiba
Essential Oil
Copaifera spp
A T I S
60202178
15ml | 35 PV
\$46.67 rtl
\$35.00 whl




Coriander
Essential Oil
Coriandrum sativum
A T I N
30780001
15ml | 25 PV
\$33.33 rtl
\$25.00 whl




Cypress
Essential Oil
Cupressus sempervirens
A T N
30050001
15ml | 15.5 PV
\$20.67 rtl
\$15.50 whl




Douglas Fir
Essential Oil
Pseudotsuga menziesii
A T N
31590001
5ml | 19.5 PV
\$26.00 rtl
\$19.50 whl




Eucalyptus
Essential Oil
Eucalyptus radiata
A T S
30060001
15ml | 17 PV
\$29.33 rtl
\$17.00 whl




Fennel, Sweet
Essential Oil
Foeniculum vulgare
A T I S
41290001
15ml | 15 PV
\$20.00 rtl
\$15.00 whl




Frankincense
Essential Oil
Boswellia carterii, sacra,
papyrifera, and frereana
A T I N
30070001
15ml | 63 PV
\$90.67 rtl
\$68.00 whl




Geranium
Essential Oil
Pelargonium graveolens
A T I S
30090001
15ml | 31 PV
\$41.33 rtl
\$31.00 whl




Ginger
Essential Oil
Zingiber officinale
A T I S
31630001
15ml | 41 PV
\$25.67 rtl
\$41.00 whl




Grapefruit
Essential Oil
Citrus X paradisi
A T I N
30100001
15ml | 18 PV
\$24.00 rtl
\$18.00 whl




Green Mandarin
Essential Oil
Citrus nobilis
A T I N
60205794
15ml | 28 PV
\$37.33 rtl
\$28.00 whl




Helichrysum
Essential Oil
Helichrysum italicum
A T I N
30410001
5ml | 60 PV
\$93.33 rtl
\$70.00 whl




Juniper Berry
Essential Oil
Juniperus communis
A T I N
49290001
5ml | 19 PV
\$25.33 rtl
\$19.00 whl




Lavender
Essential Oil
Juniperus communis
A T I N
30110001
15ml | 23 PV
\$30.67 rtl
\$23.00 whl




Lemon
Essential Oil
Citrus limon
A T I N
30120001
15ml | 11 PV
\$14.67 rtl
\$11.00 whl




Lemon Eucalyptus
Essential Oil
Eucalyptus citriodora
A T S
60209674
15ml | 12 PV
\$16.00 rtl
\$12.00 whl




Lemongrass
Essential Oil
Cymbopogon flexuosus
A T I S
30130001
15ml | 10 PV
\$13.33 rtl
\$10.00 whl




Lime
Essential Oil
Citrus aurantifolia
A T I S
30870001
15ml | 13 PV
\$17.33 rtl
\$13.00 whl




Marjoram
Essential Oil
Origanum majorana
A T I N
30140001
15ml | 19 PV
\$25.33 rtl
\$19.00 whl




Melissa
Essential Oil
Melissa officinalis
A T I N
30850001
5ml | 100 PV
\$153.33 rtl
\$115.00 whl




Myrrh
Essential Oil
Commiphora myrrha
A T I N
30160001
15ml | 50 PV
\$78.67 rtl
\$59.00 whl




Oregano
Essential Oil
Origanum vulgare
A T I D
30180001
15ml | 22 PV
\$32.00 rtl
\$22.00 whl




Patchouli
Essential Oil
Pogostemon cablin
A T I N
30890001
15ml | 28 PV
\$37.33 rtl
\$28.00 whl




Peppermint
Essential Oil
Mentha piperita
A T I S
30190001
15ml | 22 PV
\$29.33 rtl
\$22.00 whl




Petitgrain
Essential Oil
Citrus aurantium
A T I S
49520001
15ml | 25 PV
\$33.33 rtl
\$25.00 whl




Pink Pepper
Essential Oil
Schinus molle
A T I N
60207016
5ml | 22 PV
\$29.33 rtl
\$22.00 whl




Roman Chamomile
Essential Oil
Anthemis nobilis
A T I N
30800001
5ml | 45 PV
\$60.00 rtl
\$45.00 whl




Rose
Essential Oil
Rosa damascena
A T S
31000001
5ml | 200 PV
\$366.67 rtl
\$275.00 whl




Rosemary
Essential Oil
Rosmarinus officinalis
A T I N
30200001
15ml | 16 PV
\$21.33 rtl
\$16.00 whl




Sandalwood
Essential Oil
Santalum album
A T I N
30210001
5ml | 60 PV
\$93.33 rtl
\$70.00 whl




Sandalwood, Hawaiian
Essential Oil
Santalum paniculatum
A T I N
41860001
5ml | 60 PV
\$93.33 rtl
\$70.00 whl




Siberian Fir
Essential Oil
Abies sibirica
A T I N
60203125
15ml | 20 PV
\$26.67 rtl
\$20.00 whl




Spearmint
Essential Oil
Mentha spicata
A T I S
31610001
15ml | 28 PV
\$37.33 rtl
\$28.00 whl




Spikenard
Essential Oil
Nardostachys jatamansi
A T N
49510001
5ml | 49.5 PV
\$66.00 rtl
\$49.50 whl




Tangerine
Essential Oil
Citrus reticulata
A T I N
49440001
15ml | 15 PV
\$20.00 rtl
\$15.00 whl




Tea Tree
Essential Oil
Melaleuca alternifolia
A T N
60208340
15ml | 21 PV
\$28.00 rtl
\$21.00 whl




Thyme
Essential Oil
Thymus vulgaris
A T I D
30220001
15ml | 29.5 PV
\$39.33 rtl
\$29.50 whl



Turmeric
Essential Oil
Curcuma longa
A T I N
60206973
15ml | 28 PV
\$37.33 rtl
\$28.00 whl



Vetiver
Essential Oil
Vetiveria zizanioides
A T I N
30430001
15ml | 41 PV
\$54.67 rtl
\$41.00 whl



Wild Orange
Essential Oil
Citrus sinensis
A T I N
30170001
15ml | 10 PV
\$13.33 rtl
\$10.00 whl

Essential Oil Singles ctd.



Wintergreen
Essential Oil
Gaultheria fragrantissima
A T S
31620001
15ml | 22 PV
\$29.33 rtl
\$22.00 whl



Yarrow | Pom
Essential Oil
Active Botanical Nutritive Duo
A T N
60207652
30ml | 95 PV
\$126.67 rtl
\$95.00 whl



Ylang Ylang
Essential Oil
Cananga odorata
A T I N
30240001
15ml | 37 PV
\$49.33 rtl
\$37.00 whl



dōTERRA On Guard® Beadlet
I
31580001
125 ct. | 16 PV
\$21.33 rtl
\$16.00 whl



Peppermint Beadlet
I
31570001
125 ct. | 12.5 PV
\$16.67 rtl
\$12.50 whl

dōTERRA Touch® Florals



Jasmine
Touch Blend
A T N
60201812
10mL roll-on | 42 PV
\$56.00 rtl
\$42.00 whl



Magnolia
Touch Blend
A T N
60205420
10mL roll-on | 28 PV
\$37.33 rtl
\$28.00 whl



Neroli
Touch Blend
A T N
60201817
10mL roll-on | 47 PV
\$62.67 rtl
\$47.00 whl




Rose
Touch Blend
A T N
60201813
10mL roll-on | 65 PV
\$100.00 rtl
\$70.00 whl




Helichrysum Touch
Touch Blend
A T N
60207012
10mL roll-on | 50 PV
\$73.33 rtl
\$55.00 whl


Proprietary Essential Oil




Adaptiv®
Calming Blend
A T N
60209364
15ml | 37.5 PV
\$50.00 rtl
\$37.50 whl




AromaTouch®
Massage Blend
T N
31200001
15ml | 28 PV
\$29.33 rtl
\$28.00 whl




dōTERRA Balance®
Grounding Blend
A T N
31010001
15ml | 21 PV
\$28.00 rtl
\$21.00 whl




dōTERRA Breathe®
Respiratory Blend
A T N
60200190
15ml | 22 PV
\$29.33 rtl
\$22.00 whl




Citrus Bliss®
Invigorating Blend
A T N
31020001
15ml | 18 PV
\$24.00 rtl
\$18.00 whl




ClaryCalm®
Monthly Blend
For Women
A T N
49480001
10ml | 27 PV
\$36.00 rtl
\$27.00 whl




Deep Blue®
Soothing Blend
T S
60200143
5ml | 33 PV
\$44.00 rtl
\$33.00 whl




Deep Blue®
Soothing Blend
T S
60200144
10ml | 55 PV
\$78.67 rtl
\$59.00 whl




DigestZen®
Digestive Blend
A T I N
31030001
15ml | 33 PV
\$44.00 rtl
\$33.00 whl




Elevation
Joyful Blend
A T N
31040001
15ml | 43 PV
\$57.33 rtl
\$43.00 whl




HD Clear®
Topical Blend
T N
49400001
10mL roll-on | 21 PV
\$28.00 rtl
\$21.00 whl




Immortelle
Anti-Aging Blend
T N
60202652
10mL roll-on | 65 PV
\$92.00 rtl
\$69.00 whl




Intune®
Focus Blend
A T N
41840001
10mL roll-on | 34.5 PV
\$46.00 rtl
\$34.50 whl




dōTERRA On Guard®
Protective Blend
A T I S
31100001
15ml | 34 PV
\$45.33 rtl
\$34.00 whl




dōTERRA On Guard®
Touch Blend
A T N
60200142
10mL roll-on | 22 PV
\$29.33 rtl
\$22.00 whl




PastTense®
Tension Blend
A T N
31350001
15ml | 20 PV
\$26.00 rtl
\$19.50 whl




Purify
Cleansing Blend
A T N
31060001
15ml | 20 PV
\$26.67 rtl
\$20.00 whl




dōTERRA Serenity®
Restful Blend
A T N
49530001
15ml | 32 PV
\$42.67 rtl
\$32.00 whl




Slim & Sassy®
Metabolic Blend
A T I S
31370001
15ml | 32 PV
\$34.67 rtl
\$26.00 whl




TerraShield®
Outdoor Blend
A T I S
31700001
15ml | 10.5 PV
\$14.00 rtl
\$10.50 whl




TerraShield®
Outdoor Blend
A T I S
31600001
30mL | 17 PV
\$26.00 rtl
\$19.50 whl



Whisper® Touch
Blend for Women
A T N
60206220
10mL roll-on | 26 PV
\$34.67 rtl
\$26.00 whl



Zendocrine®
Detoxification Blend
A T I N
31640001
15ml | 24 PV
\$32.00 rtl
\$24.00 whl



Fractionated Coconut Oil
T N
31640001
3.8 fl oz | 12 PV
\$16.00 rtl
\$12.00 whl

Essential Oil Kits



dōTERRA Touch® Kit

60200333
160 PV | \$225.33 rtl | \$169.00 whl



dōTERRA Emotional Aromatherapy® Touch

21850001
Six 10mL roll-on bottles
100 PV | \$133.33 rtl | \$100.00 whl



dōTERRA Emotional Aromatherapy® Kit

60202944
Six 5mL bottles
150 PV | \$212.00 rtl | \$159.00 whl



dōTERRA Breathe®
Touch Blend
A | T | N

60200192
10mL roll-on | 14 PV
\$18.67 rtl
\$14.00 whl



Frankincense
Touch Blend
A | T | N

60200224
10mL roll-on | 45.5 PV
\$60.67 rtl
\$45.50 whl



Oregano
Touch Blend
A | T | N

60200227
10mL roll-on | 14.5 PV
\$29.33 rtl
\$14.50 whl



Deep Blue®
Touch Blend
A | T | N

60200145
10mL roll-on | 43 PV
\$57.33 rtl
\$43.00 whl



Lavender
Touch Blend
A | T | N

60200225
10mL roll-on | 15 PV
\$20.00 rtl
\$15.00 whl



Peppermint
Touch Blend
A | T | N

60200228
10mL roll-on | 14.5 PV
\$19.33 rtl
\$14.50 whl



DigestZen®
Touch Blend
A | T | N

60200223
10mL roll-on | 22 PV
\$29.33 rtl
\$22.00 whl



dōTERRA On Guard®
Touch Blend
A | T | N

60200142
10mL roll-on | 22 PV
\$29.33 rtl
\$22.00 whl



Tea Tree
Touch Blend
A | T | N

60200226
10mL roll-on | 12.5 PV
\$16.67 rtl
\$12.50 whl



dōTERRA Console®
Touch
Comforting Blend
A | T | N

60200147
10mL roll-on | 24 PV
\$32.00 rtl
\$24.00 whl



dōTERRA Cheer®
Touch
Uplifting Blend
A | T | N

60200146
10mL roll-on | 16.25 PV
\$21.67 rtl
\$16.25 whl



dōTERRA Passion®
Touch
Inspiring Blend
A | T | N

60200150
10mL roll-on | 27.25 PV
\$36.67 rtl
\$27.25 whl



dōTERRA Motivate®
Touch
Encouraging Blend
A | T | N

60200149
10mL roll-on | 15 PV
\$20.00 rtl
\$15.00 whl



dōTERRA Forgive®
Touch
Renewing Blend
A | T | N

60200148
10mL roll-on | 13 PV
\$17.33 rtl
\$13.00 whl



dōTERRA Peace®
Touch
Reassuring Blend
A | T | N

60200151
10mL roll-on | 20.00 PV
\$26.67 rtl
\$20.00 whl



dōTERRA Cheer®
Uplifting Blend
A | T | S

31720001
5mL | 25 PV
\$33.33 rtl
\$25.00 whl



dōTERRA Motivate®
Encouraging Blend
A | T | S

31740001
5mL | 23 PV
\$30.67 rtl
\$23.00 whl



dōTERRA Console®
Comforting Blend
A | T | N

31730001
5mL | 37 PV
\$49.33 rtl
\$37.00 whl



dōTERRA Forgive®
Renewing Blend
A | T | S

31750001
5mL | 20 PV
\$26.67 rtl
\$20.00 whl



dōTERRA Passion®
Inspiring Blend
A | T | S

31760001
5mL | 42 PV
\$56.00 rtl
\$42.00 whl



dōTERRA Peace®
Reassuring Blend
A | T | N

31710001
5mL | 30 PV
\$40.00 rtl
\$30.00 whl

Essential Oil Kits ctd.



dōTERRA Yoga Collection

60203244
Three 5mL bottles
50 PV | \$69.33 rtl | \$52.00 whl



dōTERRA Anchor
Steadying Blend
A | T | N

60203245
5mL | 20 PV
\$25.67 rtl
\$20.00 whl



dōTERRA Align
Centering Blend
A | T | N

60203246
5mL | 17 PV
\$22.67 rtl
\$17.00 whl



dōTERRA Arise
Enlightening Blend
A | T | N

60203247
5mL | 19 PV
\$25.33 rtl
\$19.00 whl



dōTERRA Kids Collection

60211246
Seven 10mL roll-on bottles
90 PV | \$105.00 rtl | \$90.00 whl



Thinker®
Focus Blend
A | T | N

60206633
10mL roll-on
16 PV
\$21.33 rtl
\$16.00 whl



Calmer®
Restful Blend
A | T | N

60206632
10mL roll-on
19 PV
\$25.33 rtl
\$19.00 whl



Tamer®
Digestive Blend
A | T | N

60209356
10mL roll-on
15 PV
\$20.00 rtl
\$15.00 whl



Brave®
Courage Blend
A | T | N

60206618
10mL roll-on
21 PV
\$28.00 rtl
\$21.00 whl



Rescuer™
Soothing Blend
A | T | N

60206635
10mL roll-on
15 PV
\$20.00 rtl
\$15.00 whl



Stronger®
Protective Blend
A | T | N

60206654
10mL roll-on
14 PV
\$18.67 rtl
\$14.00 whl



Steady®
Grounding Blend
A | T | N

60206617
10mL roll-on
15 PV
\$20.00 rtl
\$15.00 whl



Introduction to Essential Oils Kit

60202952
Three 5mL bottles of essential oils:
Lavender, Lemon, Peppermint
15 PV | \$26.67 rtl | \$20.00 whl



Family Essentials Kit

60202951
Ten 5mL bottles of essential oils and blends
Lavender, Lemon, Peppermint, Tea Tree, Oregano,
Frankincense, Deep Blue®, dōTERRA Breathe®,
DigestZen®, dōTERRA On Guard®
115 PV | \$125.00 rtl | \$115.00 whl



AromaTouch Technique® Kit

60202945
Eight 5mL bottles, one 4 oz bottle
Bottles of CPTG® oils and dōTERRA Fractionated, Coconut Oil
dōTERRA Balance®, Lavender, Tea Tree, dōTERRA On Guard,
AromaTouch, Deep Blue, Wild Orange, Peppermint
100 PV | \$146.67 rtl | \$110.00 whl

dōTERRA On Guard® Products



New

dōTERRA On Guard™ Hand Wipe Singles

60214043
20 Individually Wrapped Hand Wipes
5 PV | \$14.33 rtl | \$10.75 whl

Top
Seller

dōTERRA On Guard
Protective Blend
A T I S
31100001
15mL roll-on | 34 PV
\$45.33 rtl
\$34.00 whl

New
Formula

dōTERRA On Guard
Natural Whitening Toothpaste
60205476
4.2 oz | 5 PV
\$11.33 rtl
\$8.50 whl

New
Formula

dōTERRA On Guard
Natural Whitening
Toothpaste Samples
60213724
10 samples | 2 g each | 0 PV
\$4.66 rtl
\$3.50 whl

dōTERRA On Guard
Protecting Throat Drops
34050001
30 drops | 10 PV
\$16.00 rtl
\$12.00 whl

Hand Wash
Twin Pack Refill
38020001
2 x 16 fl oz each | 33.5 PV
473mL
\$44.67 rtl
\$33.50 whl

Hand Wash
Single Refill
38010001
16 fl oz | 18.5 PV
473mL
\$24.67 rtl
\$18.50 whl

dōTERRA On Guard
Laundry Detergent
39020001
32 fl oz | 20 PV
\$36.67 rtl
\$27.50 whl

dōTERRA On Guard
Beadlets
31580001
125 beadlets | 16 PV
\$21.33 rtl
\$16.00 whl

dōTERRA On Guard Foaming
Hand Wash with 2 dispensers
38070001
16 fl oz | 18.5 PV
473mL
\$30.00 rtl
\$22.50 whl

dōTERRA On Guard
Sanitizing Mist
60201944
0.9 fl oz | 27mL | 5 PV
\$8.67 rtl
\$6.50 whl

dōTERRA On Guard
Softgels
35420001
60 vegetarian softgels | 22.5 PV
\$34.67 rtl
\$26.00 whl

dōTERRA On Guard
Touch Blend
60200142
10mL roll-on | 22 PV
\$29.33 rtl
\$22.00 whl

dōTERRA On Guard
Cleaner Concentrate
38140001
12 fl oz | 355mL | 10 PV
\$19.33 rtl
\$14.50 whl

dōTERRA On Guard
Mouthwash
60203185
16 fl oz | 473mL | 10 PV
\$19.33 rtl
\$14.50 whl

dōTERRA Yarrow | Pom Collection

Yarrow | Pom Collection

60210469
Save \$34.00 rtl | 150 PV | \$233.33 rtl | \$175.00 whl

Yarrow | Pom
Active Botanical Nutritive Duo
T I N
60207652
30mL bottle with dropper | 95 PV
\$126.67 rtl
\$95.00 whl

Yarrow | Pom
Cellular Beauty Complex
60209413
60 capsules | 40 PV
\$65.33 rtl
\$49.00 whl
Made with sls-free vegetable capsules

Yarrow | Pom
Body Renewal Serum
60209352
100mL | 3.4 fl oz | 60 PV
\$86.67 rtl
\$65.00 whl



dōTERRA Adaptiv® System

Adaptiv System

60211472
Save \$14.50 rtl | 70 PV | \$109.33 rtl | \$82.00 whl

Adaptiv
Calming Blend Capsules
60205956
30 capsules | 30 PV
\$52.00 rtl
\$39.00 whl

Adaptiv
Calming Blend
A T N
60209364
15mL bottle | 37.5 PV
\$50.00 rtl
\$37.50 whl

Adaptiv Touch
Calming Touch Blend
A T N
60209357
10mL roll-on | 20 PV
\$26.67 rtl
\$20.00 whl



dōTERRA Baby

dōTERRA Baby
Hair & Body Wash
60201361
10 fl oz | 295mL | 10 PV
\$18.33 rtl
\$13.75 whl

dōTERRA Baby
Lotion
60201360
8 fl oz | 236mL | 10 PV
\$19.33 rtl
\$14.50 whl

dōTERRA Baby
Diaper Rash Cream
60201362
2.1 oz | 60g | 5 PV
\$11.33 rtl
\$8.50 whl

dōTERRA Baby
Collection
60206023
20 PV
\$46.00 rtl
\$34.50 whl

Deep Blue® Products

Top
Seller

Deep Blue
Soothing Blend
T S
60200143
5mL bottle | 33 PV
\$44.00 rtl
\$33.00 whl

60200144
10mL roll-on | 59 PV
\$78.67 rtl
\$59.00 whl

Deep Blue Rub
Soothing Lotion
38900001
4 fl oz | 120mL | 30 PV
\$42.67 rtl
\$32.00 whl

Deep Blue Rub
Samples
38950001
10 samples | 2 g each | 0 PV
\$6.67 rtl
\$5.00 whl

Deep Blue Rub
32-Ounce Bottle
50210001
32 fl oz | 946mL | 160 PV
\$252.00 rtl
\$189.00 whl

Deep Blue Polyphenol
Complex®
34360001
60 vegetable capsules | 59.5 PV
\$79.33 rtl
\$59.50 whl



Hair Care



LOYALTY
REWARDS
PROGRAM

dōTERRA Salon Essentials® Hair Care System

36280001
70 PV | \$103.33 rtl | \$77.50 whl

dōTERRA Salon Essentials Root to Tip Serum

49050001
1 fl oz | 30mL | 35 PV | \$46.67 rtl | \$35.00 whl

dōTERRA Salon Essentials Healthy Hold Glaze

36270001
4 fl oz/120mL | 15 PV | \$24.00 rtl | \$18.00 whl

dōTERRA Salon Essentials Protecting Shampoo

36220001
8.46 fl oz / 250mL
19.5 PV
\$26.00 rtl
\$19.50 whl

60201185
32 fl oz / 946mL
35 PV
\$60.00 rtl
\$45.00 whl

dōTERRA Salon Essentials Smoothing Conditioner

36230001
8.46 fl oz / 250mL
23 PV
\$30.67 rtl
\$23.00 whl

60201225
32 fl oz / 946mL
40 PV
\$66.67 rtl
\$50.00 whl

Protecting Shampoo 2-Pack

36240001
19.5 PV
\$32.67 rtl
\$24.50 whl

Smoothing Conditioner 2-Pack

36250001
23 PV
\$38.67 rtl
\$28.00 whl

Shampoo and Conditioner

36260001
23PV
\$37.33 rtl
\$28.00 whl

Shampoo/Conditioner Samples

36390001
0 PV
\$11.33 rtl
\$8.50 whl

dōTERRA Breathe® Products

dōTERRA Breathe® Respiratory Blend

A T S

60200190
15mL bottle | 22 PV
\$29.33 rtl
\$22.00 whl

dōTERRA™ Breathe Vapor Stick

60200878
4 oz / 12.5g | 5 PV
\$11.33 rtl
\$8.50 whl

dōTERRA Breathe® Respiratory Drops

35460001
30 drops | 10 PV
\$16.00 rtl
\$12.00 whl



Children's Health



dōTERRA a2z Chewable™

34500001
60 tablets | 15 PV
\$27.33 rtl
\$20.50 whl

PB Assist® Jr

34420001
30 sachets | 20 PV
\$32.67 rtl
\$24.50 whl

IQ Mega®

34490001
150mL | 30 PV
\$46.00 rtl
\$34.50 whl

dōTERRA Serenity® Products



dōTERRA Serenity® Softgels Restful Complex

34390001
60 vegetarian softgels
17 PV
\$26.00 rtl
\$19.50 whl



Made with vegetable softgels

dōTERRA Serenity® Restful Blend

A T N

49530001
15mL bottle
32 PV
\$42.67 rtl
\$32.00 whl

dōTERRA Serenity® Combo Pack

60200524
60 vegetarian softgels | 15mL bottle
40 PV
\$60.00 rtl
\$45.00 whl

dōTERRA Spa



Total dōTERRA® Spa Kit

Moisturizing Bath Bar, dōTERRA Serenity Bath Bar, Citrus Bliss® Bath Bar, Refreshing Body Wash, Exfoliating Body Scrub, Detoxifying Mud Mask, Replenishing Body Butter, Hand & Body Lotion, Citrus Bliss Hand Lotion, Lip Balm (Original, Tropical, Herbal) and Hydrating Body Mist

660200501
\$27.60 Savings Retail | 80 PV | \$153.33 rtl | \$115.00 whl



dōTERRA SPA Balance Bath Bar

4 oz | 113 g
60207873
5 PV
\$9.00 rtl
\$6.75 whl

dōTERRA SPA Balance Bath Bar 3-Pack

60213577
10 PV
\$19.33 rtl
\$14.50 whl

dōTERRA Spa Basics Kit

Hand & Body Lotion, Body Wash
60200499
\$6.33 Savings Retail
17 PV
\$30.67 rtl
\$23.00 whl

Detoxifying Mud Mask

4 oz | 113.4 g
37490001
12 PV
\$19.33 rtl
\$14.50 whl

Citrus Bliss® Hand Lotion

2.5 oz | 75mL
37500001
5 PV
\$9.27 rtl
\$6.95 whl

dōTERRA SPA Bath Bar 3-Pack

37560001
10 PV
\$19.33 rtl
\$14.50 whl

Body Scrub

8 fl oz | 226 g
37400001
15 PV
\$26.00 rtl
\$19.50 whl

Refreshing Body Wash

8.45 fl oz | 250mL
37460001
10 PV
\$17.00 rtl
\$12.75 whl

dōTERRA Spa Luxury Kit

Body Scrub, Mud Mask, Body Butter
60210071
\$12.66 Savings Retail
32 PV
\$56.00 rtl
\$42.00 whl

Hand and Body Lotion 3-Pack

60200498
30 PV
\$50.67 rtl
\$138.00 whl

dōTERRA Serenity® Calming Bath Bar

4 oz | 113 g
60201092
5 PV
\$9.00 rtl
\$6.75 whl

Citrus Bliss® Bath Bar

4 oz | 113 g
60202779
5 PV
\$9.00 rtl
\$6.75 whl

Replenishing Body Butter

7 oz | 198 g
37470001
15 PV
\$23.33 rtl
\$17.50 whl

Hand and Body Lotion

6.7 fl oz | 200mL
37510001
13 PV
\$20.00 rtl
\$15.00 whl

Moisturizing Bath Bar

4 oz | 45 g
37450001
5 PV
\$9.00 rtl
\$6.75 whl

Hydrating Body Mist

4.2 fl oz | 125mL
60205662
22 PV
\$33.33 rtl
\$25.00 whl

Citrus Bliss® Bath Bar 3-Pack

60208924
10 PV
\$19.33 rtl
\$14.50 whl

Lip Balm Original

0.16 oz | 45 g
37530001
5 PV
\$8.67 rtl
\$6.50 whl

Lip Balm Herbal

0.16 oz | 45 g
37550001
5 PV
\$8.67 rtl
\$6.50 whl

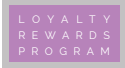
Lip Balm Tropical

0.16 oz | 45 g
37540001
5 PV
\$8.67 rtl
\$6.50 whl

Lip Balm Variety 3-Pack

37570001
10 PV
\$20.00 rtl
\$15.00 whl

Women's Health



Women's Health Kit **\$16.00 Savings Retail**

3525
60 PV | \$92.67 rtl | \$69.50 whl

ClaryCalm® Monthly Blend for Women

A T N

49480001
10mL roll-on | 27 PV | \$36.00 rtl | \$27.00 whl

Phytoestrogen Essential Complex

35260001
60 capsules | 39.5PV | \$52.67 rtl | \$39.50 whl

Made with sls-free vegetable capsules

Bone Nutrient Essential Complex

35240001
120 capsules | 12PV | \$23.33 rtl | \$17.50 whl

Made with sls-free vegetable capsules

Personal Care



Natural Deodorant infused with dōTERRA Balance® Essential Oil

2.65 oz | 75g
60207421
5 PV
\$11.67 rtl
\$8.75 whl



Natural Sensitive Deodorant infused with dōTERRA Douglas Fir and Greek Orange

2.65 oz | 75g
60208231
5 PV
\$11.67 rtl
\$8.75 whl



Correct-X® Essential Oil Ointment

60110001
15mL / .5 fl oz
10PV
\$16.00 rtl
\$12.00 whl

Skin Care



HD Clear® Topical Blend

T N

49400001
10mL roll-on | 21 PV
\$28.00 rtl
\$21.00 whl

HD Clear® Kit **\$40.00 Savings Retail**

42700001
40 PV
\$61.33 rtl
\$46.00 whl

HD Clear® Facial Lotion

49410001
50mL / 1.7 fl oz | 34 PV
\$45.33 rtl
\$34.00 whl

HD Clear® Foaming Face Wash

49420001
50mL / 1.7 fl oz | 22 PV
\$29.33 rtl
\$22.00 whl



Verage® Collection **\$74.00 Savings Retail**

42690001
70 PV
\$112.66 rtl
\$84.50 whl

Verage® Immortelle Hydrating Serum

37400001
15mL / .5 fl oz | 65PV
\$86.66 rtl
\$65.00 whl

Verage® Moisturizer

37410001
30mL / 1 fl oz | 28 PV
\$37.33 rtl
\$28.00 whl

Verage® Toner

37390001
50mL / 1.7 fl oz | 22 PV
\$29.33 rtl
\$22.00 whl

Verage® Cleanser

37380001
60mL / 2 fl oz | 25 PV
\$33.33 rtl
\$25.00 whl

Skin Care ctd.



Essential Skin Care Facial Cleanser

60201753
4 fl oz / 118mL | 16.5 PV
\$22.00 rtl
\$16.50 whl

Essential Skin Care Invigorating Scrub

60201773
2.5 fl oz / 70g | 18 PV
\$24.00 rtl
\$18.00 whl

Essential Skin Care Tightening Serum

60201752
1 fl oz / 30mL | 49.5 PV
\$66.00 rtl
\$49.50 whl

Essential Skin Care Anti-Aging Eye Cream

60201776
0.5 fl oz / 15mL | 45 PV
\$60.00 rtl
\$45.00 whl

Essential Skin Care Brightening Gel

60210008
1 fl oz / 30mL | 34.5 PV
\$46.00 rtl
\$34.50 whl

Essential Skin Care Hydrating Cream

60201774
1.7 fl oz / 48g | 36 PV
\$48.00 rtl
\$36.00 whl

Essential Skin Care Pore Reducing Toner

60201772
4 fl oz / 118mL | 21 PV
\$28.00 rtl
\$21.00 whl



Reveal Facial System

37340001
Two 1.7 oz tubes | 60 PV | \$80.00 rtl | \$60.00 whl



Cleanse + Restore Kit

dōTERRA Lifelong Vitality Pack®, Zendocrine® Softgels, Zendocrine Complex, DigestZen TerraZyme®, GX Assist®, PB Assist®, DDR Prime® Softgels, Lemon essential oil, Wellness Advocate Introductory Packet

60200883
60 PV | \$326.67 rtl | \$245.00 whl

Vitamins and supplements

LOYALTY
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dōTERRA Lifelong Vitality Pack®
Dietary Supplements Including Alpha CRS®+,
Microplex VMz®, and xEO Mega®

21480001
30-day supply | 60 PV | \$106.00 rtl | \$79.50 whl

LOYALTY
REWARDS
PROGRAM



Vegan dōTERRA Lifelong Vitality Pack®
Dietary Supplements Including Alpha CRS®+
Vegan Microplex VMz® and vEO Mega®

60201121
30-day supply | 60 PV | \$119.33 rtl | \$89.50 whl

LOYALTY
REWARDS
PROGRAM



dōTERRA Lifelong Vitality Pack®
Dietary Supplements Including Alpha CRS®+
Microplex VMz® and xEO Mega®

60203181
60 PV | \$115.33 rtl | \$86.50 whl



Microplex VMz®
Food Nutrient Complex

35350001 | 120 vegetable capsules
39.5 PV | \$52.67 rtl | \$39.50 whl

Made with sls-free vegetable capsules



xEO MEGA®
Essential Oil Omega Complex

35360001 | 120 softgels
49.5 PV | \$66.00 rtl | \$49.50 whl

Made with vEO softgels



vEO MEGA®
Essential Oil Omega Complex

34470001 | 120 liquicaps
49.5 PV | \$66.00 rtl | \$49.50 whl

Made with sls-free vegetable capsules



Alpha CRS®+
Cellular Vitality Complex

35370001 | 120 vegetable capsules
69.5 PV | \$92.67 rtl | \$69.50 whl

Made with sls-free vegetable capsules



TerraGreens®

60120001 | 300g
20 PV | \$37.33 rtl | \$28.00 whl



Turmeric Dual Chamber Capsules

60209307 | 60 capsules
25 PV | \$46.67 rtl | \$35.00 whl

Made with sls-free vegetable capsules



Mito2Max®
Energy & Stamina Complex

34350001 | 60 vegetable capsules
39.5 PV | \$52.67 rtl | \$39.50 whl

Made with sls-free vegetable capsules



Vegan Microplex VMz®
Food Nutrient Complex

60201122 | 120 vegetable capsules
39.5 PV | \$66.00 rtl | \$49.50 whl

Made with sls-free vegetable capsules

Personalized Wellness Program

LOYALTY
REWARDS
PROGRAM

1 Purchase 1 dōTERRA Lifelong Vitality Pack®



dōTERRA Lifelong Vitality Pack
21480001
60 PV | \$79.50



Vegan dōTERRA Lifelong Vitality Pack
60201121
60 PV | \$89.50



dōTERRA Lifelong Vitality Daily Packs

60205416
60 PV | \$86.50

Daily Nutrient Pack®

21490001
50 PV | \$59.50

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



Microplex VMz®
10 PV | \$20.00



xEO Mega®
10 PV | \$20.00



Mito2Max®
10 PV | \$20.00



Deep Blue Polyphenol Complex®
10 PV | \$20.00



DigestZen TerraZyme®
10 PV | \$20.00



PB Assist®+
10 PV | \$20.00



Kids Kit (IQ Mega® & azz)
10 PV | \$25.00

Slim & Sassy®



Slim & Sassy Metabolic Blend
31370001 | 15mL bottle
26 PV | \$34.67 rtl | \$26.00 whl



Slim & Sassy Metabolic Gum
60200347
32 pieces | 5 PV | \$11.33 rtl | \$8.50 whl



Slim & Sassy Trim Shake
Vanilla
35180001
25 PV
\$52.67 rtl
\$39.50 whl



Slim & Sassy Trim Kit
1 Chocolate, 1 Vanilla
40770001
125 PV
\$200 rtl
\$150 whl



Slim & Sassy V Shake
35440001
25 PV
\$52.67 rtl
\$39.50 whl



Slim & Sassy Softgels
90 vegetarian softgels
34270001
31.5 PV
\$48.00 rtl
\$36.00 whl

Made with vegetarian softgels

Digestive health



Top Seller

DigestZen Terrazyme®
Digestive Enzyme Complex
90 vegetable capsules
35110001
7.5 PV
\$50.00 rtl
\$37.50 whl



Made with sls-free vegetable capsules

DigestZen PB Assist®+
Probiotic Defense Formula
30 vegetable capsules
35160001
34.5 PV
\$46.00 rtl
\$34.50 whl

DigestZen GX Assist®
GI Cleansing Formula
60 softgels
35040001
26 PV
\$34.67 rtl
\$26.00 whl



Made with enteric softgels



DigestZen®
Digestive Blend
A T I N
15mL bottle
31030001
33 PV
\$44.00 rtl
\$33.00 whl

DigestTab®
Chewable Tablets
100 chewable tablets
34380001
10 PV
\$18.67 rtl
\$14.00 whl

dōTERRA® Peppermint Softgels
60 softgels
60209244
15 PV
\$24.00 rtl
\$18.00 whl



Zendocrine®
Detoxification Blend
A T I N
15mL bottle
31460001
24 PV
\$32.00 rtl
\$24.00 whl

Zendocrine®
Detoxification Blend
60 vegetarian softgels
34280001
21 PV
\$32.00 rtl
\$24.00 whl



Made with vegetarian softgels

Zendocrine®
Detoxification Complex
60 vegetable capsules
35120001
24.5 PV
\$32.67 rtl
\$24.50 whl



Made with sls-free vegetable capsules



DigestZen® Softgels
60 vegetarian softgels
35430001
15 PV
\$26.00 rtl
\$19.50 whl



Made with vegetarian softgels

dōTERRA® Ginger Drops
30 drops
60203181
10 PV
\$16.00 rtl
\$12.00 whl

Veggie Caps
160 HPMC capsules
34100001
0 PV
\$5.33 rtl
\$4.00 whl



A \$20.00 donation is made to the dōTERRA Healing Hands Foundation® with every purchase of dōTERRA Hope Touch or dōTERRA Spa Rose Hand Lotion.



dōTERRA® SPA Rose Hand Lotion

37520001
3.3 fl oz | 100mL | 0 PV | \$20.00

dōTERRA Hope® Touch

60200879
10mL roll-on | 0 PV | \$20.00

dōTERRA diffusers

New

Laluz™ Diffuser

60213023
0 PV | \$56.00 rtl | \$42.00 whl

New

Roam™ Diffuser

60213424
0 PV | \$69.33 rtl | \$52.00 whl

New

Dawn™ Humidifier

60213449
0 PV | \$72.00 rtl | \$54.00 whl

Petal Diffuser

60211559
20 PV | \$62.67 rtl | \$47.00 whl

Lumo® Diffuser

60203080
40 PV | \$93.33 rtl | \$70.00 whl

Pilot Diffuser

60212263
0 PV | \$50.00 rtl | \$37.50 whl

Volo™ Diffuser

Volo™ Marble
60210546
0 PV
\$78.67 rtl
\$59.00 whl

Volo™ Onyx
60210545
0 PV
\$78.67 rtl
\$59.00 whl

Specialized Supplements

DDR Prime®

60207092
15mL bottle
28 PV
\$37.33 rtl
\$28.00 whl

Made with vegetarian softgels

DDR Prime Softgels

34410001
60 softgels
55 PV
\$73.33 rtl
\$55.00 whl

Made with vegetarian softgels

TriEase® Softgels
Seasonal Blend

49310001
60 softgels
20 PV
\$30.67 rtl
\$23.00 whl

Made with vegetarian softgels

Deep Blue Polyphenol Complex®

34360001
60 vegetable capsules
59.5 PV
\$79.33 rtl
\$59.50 whl

Made with sls-free vegetable capsules

Copaiba Softgels

60205764
60 softgels
30 PV
\$42.67 rtl
\$32.00 whl

Made with vegetarian softgels



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ILLINOIS: CONTRACTS AND REPORTS REGARDING THE CHARITY ARE ON FILE WITH THE ILLINOIS ATTORNEY GENERAL.

Maryland : A copy of the current financial statement of the doTERRA Healing Hands Foundation is available by writing 389 S 1300 W, Pleasant Grove UT 84062, or by calling (801) 437-7918. Documents and information submitted under the Maryland Solicitations Act are also available, for the cost of postage and copies, from the Maryland Secretary of State, State House, Annapolis MD 21401, (410) 974-5534.


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When the pure gifts of the earth
are paired with the pure love of each
other, we can achieve anything.

dōTERRA
pursue what's **pure**™



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