



# LIVING

MAGAZINE

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**Health and Fitness:**  
What's for Dinner?

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Cara Pedersen  
The Rising Generation

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**Special Feature:**  
Battling Burnout

**dōTERRA** FALL / WINTER 2021





“Vanilla is such a precious resource. Pollinating and harvesting are time-intensive processes that require a lot of expertise and care. I am so excited for you to experience vanilla in its pure form, and I know it’s one that you will really treasure.”

---

Emily Wright,  
Founding Executive, Global Leadership Development





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**Essential Oil**  
*Spotlight*

# Tulsi

*Ocimum sanctum*



**Distillation Method:** Steam-distilled

**Aromatic Description:** Rich, warm, and balsamic

**Plant Part:** Herb

**Tulsi** (also known as Holy Basil) is native to Southeast Asia and is often used in religious rituals. In fact, in India—where dōTERRA sources **Tulsi** essential oil—many Hindus grow the plant in their homes and temples as part of their worship. **Tulsi** is also regarded as a sacred and respected herb in Ayurvedic practices.

**Tulsi** has a calming, relaxing aroma, which can be attributed to its eucalyptol content. Additionally, **Tulsi** essential oil contains eugenol, which provides cleansing properties. Whether you're enjoying its aroma or applying it to your skin, you're sure to enjoy its powerful essential oil.

### Fun Fact

In Sanskrit, Tulsi is known as "the incomparable one" and is considered the "queen of the herbs."

### How to Use dōTERRA Tulsi

#### Topical

- + Apply to the spine, bottoms of the feet, and pulse points.
- + Add a drop to your facial cleanser or lotion.
- + Put a few drops in water, gargle and swish, and then spit out.

#### Aromatic

- + Add a few drops to your diffuser for a beautiful scent.
- + Place several drops in a bowl of hot water and lean over the steam. (If it becomes too warm, move farther from the steam or take a break.)



## BEHIND THE BOTTLE

# VANILLA DAWN

The air is warm and humid. It's the early hours of morning in Madagascar—in the distance, you can see the sun's rays beginning to peek above the horizon. The soft light reveals luscious green vines in front of you, dotted with pale yellow flowers. These are vanilla vines.

Vanilla is a species of orchid, and its vines creep up the supportive tree trunks around you. These plants prefer partial shade, which is why this farmer has wisely used tree trunks as a scaffold for the vines to climb. As you continue walking through the field, you reach out and cup one of the small blossoms in your hand. You lower your face to it, close your eyes, and inhale deeply. Its scent is light and fresh.

You hear a rustle and open your eyes. Women and men have entered their family gardens and are winding their way through the vines around you, carefully pollinating the blossoms by hand, one by one.

Co-Impact  
Sourcing®  
Vanilla





### The History of Vanilla

Vanilla is originally native to Mexico, the Caribbean, northern South America, and Central America. In fact, the Totonacs and Aztecs used vanilla for ceremonial purposes and in their beverages. When the Spanish conquered the Aztecs, they took vanilla back with them to Europe.

Vanilla became quite popular, but the Europeans discovered it could only be naturally pollinated by a specific Mexican bee species. Outside of Mexico, there's less than a 1 percent chance that the vanilla flower will be pollinated on its own, which made it incredibly difficult to cultivate outside of its native region.

This problem changed in 1841, when Edmond Albius, a young slave, learned how to pollinate vanilla blossoms by hand. The discovery allowed vanilla to be grown in tropical areas around the world.

### Cultivating and Harvesting Practices

Even though vanilla can be grown outside its native land, it's still a labor-intensive plant and process. It takes three to four years for a vanilla plant to begin producing vanilla beans. The vanilla flower only blooms one day out of the entire year. It is fragile and must be pollinated in the morning—during the cooler hours of the day. If it's not pollinated during this incredibly short period of time, it wilts, meaning no vanilla bean to harvest later.

Each flower only produces a small group of pods, and the bean pods must mature for nine months before they're harvested. Once ready, they're handpicked and quickly taken for processing. The first step in processing the vanilla is called *killing*. It's a startling name for sure, but it simply refers to dipping the green pods in a hot water bath for about three minutes to stop its development.

Once this step is complete, the pods are transferred to wooden boxes for *sweating*, which activates enzymes in the beans that cause them to soften and turn the dark color you're more familiar with. The pods rest in the wooden boxes at a warm temperature for 24 to 48 hours.

After sweating, the pods need to be *dried*. Farmers expose them to direct morning sunlight for a few hours a day for 10 days, then shade dry them in a well-ventilated warehouse for two months.

Next, the beans are *conditioned*. The pods are sorted based on their moisture content, color, and quality, and then they're stored in wooden boxes for two to three months. This causes the beans to fully develop their flavor and aroma. Throughout this part of the process, the pods are checked on and resorted regularly to ensure the highest quality possible.

Finally, once the beans are fully mature, they're sorted one final time and are packaged for shipping.



### Processing Clean and Pure Vanilla Absolute

For dōTERRA, this isn't the end product. To create our pure vanilla absolute, the vanilla pods must first go through a CO2 extraction process that involves grinding the beans into small pieces and placing them in a pressurized extraction vessel. CO2 supercritical fluid dissolves and separates the components of the vanilla beans, which allows the volatile and nonvolatile active compounds of vanilla to be captured and concentrated.

In a separator, these compounds are, well, separated from each other, and the CO2 supercritical fluid is converted into a gas, leaving the vanilla extract clean and free of any solvent residuals. Then, after months of hard work, the last step is using a clean, natural alcohol solvent to remove any residual waxes or other components to produce the final product: pure and natural vanilla absolute.

This time-intensive process makes vanilla an expensive spice. In fact, the only spice that's more expensive on the world market is saffron. As a result, many companies create synthetic vanilla fragrances and flavorings to save both time and money. It's estimated that most vanilla-flavored products on the market don't actually contain any vanilla.

“It takes three to four years for a vanilla plant to begin producing vanilla beans. The vanilla flower only blooms one day out of the entire year.”





### Why Madagascar?

Of the real vanilla in the world, 80 percent of it comes from Madagascar, which has the perfect tropical climate for vanilla to thrive.

In Madagascar, thousands of people—mostly families—are employed in the vanilla supply chain. The harvest is a crucial source of employment for rural communities and an integral part of the local economy, contributing to the livelihood of almost 80,000 farmers.

Through Cō-Impact Sourcing®, the dōTERRA Healing Hands Foundation® supported the funding of an exciting social impact project that's being implemented in the heart of the growing and harvesting area in Madagascar: the Mahadera Agricultural Training Center. This center, built and operated by our partners, offers a three-year farming training for the children of vanilla farmers, after which providing access to further education opportunities and a more secure future, for themselves and their families. The center focuses on teaching important skills, such as crop diversification and financial management.

The mission of dōTERRA Healing Hands® is to "empower people worldwide to make positive sustainable change." The Mahadera Center empowers this Madagascar community with knowledge, education, and experience to help them thrive. dōTERRA Healing Hands has always been committed to empowering individuals to help themselves, their families, and their communities. Through efforts like mentoring and education programs, made possible by the training center, people are receiving the help they need to build a better life for themselves. The center launched in May 2020 with 30 students. An additional 43 students were then enrolled, bringing the current total to 73 pupils. dōTERRA is proud to support local communities in this way.

### Midday

The sun reaches its zenith in the sky. After a steady morning of pollinating vanilla blossoms by hand, the workers begin leaving in small groups, chatting as they go. The heat of the day settles in. Just before you walk out of sight, you glance once more at the vanilla vines. Even in the brightest sunlight of day, they're still a beautiful shade of deep green. A soft breeze picks up behind you, causing the small blossoms to sway in the wind—almost as if they're waving farewell until the harvest.



## Essential Oil *Spotlight*

# Madagascar Vanilla



**Scientific Name:** Vanilla planifolia

**Extraction Method:** CO<sub>2</sub>

**Aromatic Description:** Sweet, rich, and warm

**Plant Part:** Vanilla bean

The scent of vanilla has been incredibly popular for centuries. It's complex, elegant, and luxurious. One whiff can remind you of happy memories—perhaps of baking sweets with loved ones. Extracting vanilla from the plant is a time-intensive process, but the beautiful product collected afterward makes it completely worth it. And now, for the first time, you can experience pure vanilla extract from dōTERRA.

**Madagascar Vanilla** contains an optimal amount of Fractionated Coconut Oil, making it ideal for topical application. With its pure and powerful aroma, this may become your new favorite.

### Fun Fact

The vanilla flower only blooms one day out of the entire year.

### How to Use Madagascar Vanilla

#### Topical

- + Place a drop or two on the pulse points.
- + Incorporate as part of a soothing massage.
- + Create a personal aroma by combining with wood or resin essential oils or **Whisper® Touch**.

#### Aromatic

- + Put two to three drops in your diffuser for a warm, comforting aroma.
- + Inhale from the palms of your hands to experience an uplifting and sweet scent.





# Advocating for Your Own Health and Wellness

After discovering all that essential oils and holistic practices have to offer, it's only natural to want to work together with your healthcare provider to access the best possible care for you and your family. You want to own your own health!

Sometimes it's difficult to know how to begin working with your provider and what resources are available. So, we sat down with experts to ask them some of the most common questions on this topic.

**How can I advocate for integrating essential oils and supplements into a wellness plan when talking to my doctor? I want to be taken seriously and this type of conversation can be intimidating.**

Dr. Brannick Riggs suggests that we, as a society, need to shift our perspective on the role of healthcare providers. "Medical providers should serve as trusted friends. We aren't 'in charge' of our patients. Patients get to choose what they do with our advice—whether they take their medication, change their diet, increase their exercise, or stop their unhealthy habits." He goes on to say, "So you should feel empowered in talking to your trusted medical practitioner about what you'd like to do for your own wellness and health." He also recommends you approach your provider with as much scientific information as possible so he or she can fully understand where you're coming from.

Dr. Russell Osguthorpe adds, "Communication failures can occur, and providers think we're trying to replace their recommendations with alternative therapies, like essential oils. Once most providers understand we're trying to integrate essential oils into their treatment plans, they often become more engaged."

**“Medical providers should serve as trusted friends. We aren't ‘in charge’ of our patients.”**

Dr. Heather Pickett stresses the importance of building a relationship foundation with your provider. "I think first you need to have a good relationship with your doctor. If your doctor is a primary care, family medicine, or integrative physician, I'd hope that he or she would be open to exploring options with you." She also recommends directing your provider to the National Institutes of Health Integrative Medicine Consortium website for more information.





**What resources or documentation should I bring to an appointment, so I'm prepared to discuss essential oil use with my doctor?**

Dr. Riggs believes that sharing research with your provider is an important step. "If you're going to be discussing your usage of essential oils, you should—when possible—bring some research for him or her to review in relation to what you're doing. We have an exceptionally long, arduous education, but it doesn't include all herbal health practices."

Dr. Pickett suggests some general resources that could be helpful. "I'd introduce your doctor to *Clinical Aromatherapy: Essential Oils and Healthcare* by Jane Buckle. You can also refer him or her to the Medical Advisory Board references for dōTERRA, as there are 'mainstream' doctors who are actively involved with essential oils."

Dr. Osguthorpe agrees that bringing resources to the appointment can be helpful, but he stresses that having a good relationship with your provider is crucial: "Sometimes, bringing this kind of information to an appointment puts the provider on the defensive because most providers have trouble admitting a lack of knowledge regarding care. I'd recommend bringing articles or other information to the discussion once a dialogue has been established and common ground has been demonstrated. Take the time to cultivate a relationship with your provider, rather than expect him or her to comply with your view of the world. In the end, the effort will be rewarded with a long-term partnership that benefits your family and those you love."

**When using essential oils, when is the time to call my doctor?**

Dr. Osguthorpe states, "When an issue gets worse rather than better, it's time to seek a physician's counsel. It's all about tempo and severity. If you have mild issues, then using essential oils is appropriate and even helpful. However, if these become more serious, you'll need to be evaluated by a healthcare professional. The same could be said for any process that starts mild and becomes more concerning. When things get worse, seek professional help."

**If I don't live near Prime Meridian Health Clinics®, how do I go about finding the right medical provider for me?**

"Consider searching with organizations," recommends Dr. Pickett. "Look under the Academy of Integrative Health and Medicine, the Institute for Functional Medicine, or the American Functional Medicine Association. Functional medicine is a broad umbrella, encompassing MDs, DOs, and other physicians who want to try to get to the true root cause of a process and sometimes use nonstandard laboratory tests with supplements and other modalities."

Dr. Osguthorpe is a big believer in employing the resources of those around you with similar priorities. "Not all medical professionals are equal. To find the right one for your family, you'll need to spend time and effort. Use trusted friends' recommendations, and if you have people in the medical field you trust, ask them if they know of a recommended naturopath. Once you have one recommended to you, go meet with this person. Ask for an introductory visit or physical and see if he or she is a match for you. Don't give up until you find the right doctor for you."

"Most of us have developed a great community where we live," says Dr. Riggs. "This community is so supportive, in our blessings and in our challenges. They know us and love us for who we are. I think a good place to start is by asking those around you who they think would be a great fit for you as a provider. Usually, your friends know your approach to life and health and can direct you to someone who's aligned with your values and ideations."

**Which essential oils do you, as a doctor, use daily and always have with you?**

Dr. Pickett has a hard time ever narrowing down her list of favorites. "Wow, where do I start? I love diffusing **dōTERRA Serenity®** at night and taking **dōTERRA Serenity Softgels**. I always have **dōTERRA On Guard®**, **dōTERRA On Guard Sanitizing Spray**, **Fennel**, **DigestZen®**, **dōTERRA Breathe®**, **Turmeric**, and **Peppermint Beadlets** nearby. **Lemon** and **Lime** essential oils are my favorites to put in water. I also love having a variety of roll-on blends, such as **Brave®** from the **Kids Collection**, which smells like an orange creamsicle to me—yum!"

Dr. Osguthorpe has a few favorite dōTERRA products and essential oils. "I frequently use our enteric-coated **Peppermint Softgels**. I also love **Wild Orange**, **Bergamot**, and **Lavender** essential oils for meditation and quiet thought. I almost always have them diffusing wherever I am. **Cinnamon Bark** has become a recent favorite as well."

Dr. Riggs loves tree oils. "I feel most at peace in the forest. There's a large body of research around the Japanese concept of shinrin yoku, which indicates that spending time in the forest has great impact on your overall wellness. The research further indicates that this is due to, in large part, the phytoncides that are emitted by the plants in the forest. Some of these substances you may recognize, such as alpha-Pinene, beta-Pinene, and D-limonene. So, I often have some conifer essential oil with me, such as **Siberian Fir**, **Douglas Fir**, **Frankincense**, or **Juniper Berry**. Or better yet, I now have the new oil blend **Northern Escape™** on me, which I diffuse regularly."



**Your Journey Starts Today**

By bringing research, building productive relationships, and diligently seeking the right healthcare provider, you can begin taking true control of your health. It may take time and effort, but with patience and hard work, you and your family can enjoy the benefits of owning your health.



# What We Leave Behind

At dōTERRA, we care about the Earth. After all, it's in our name—dōTERRA is Latin for “gift of the Earth,” and we believe wholeheartedly that because the planet has given us such beautiful gifts as essential oils, it's our responsibility to protect, defend, and nurture it.

Over the past few years, we've continuously worked to reduce our footprint on the planet, while maintaining high standards in purity for our products. As we continue to pursue what's pure, we also prioritize the protection of the Earth.

## Big Changes

Last year, we made monumental changes to our packaging and shipping methods to further our mission of protecting the planet. From how we ship our products to protecting the land we use to grow plants for essential oils, we're constantly evolving how we do business and how we treat the planet in the process.

New shipping boxes, less plastic, and paper alternatives have helped us make strides toward a more sustainable dōTERRA. We made major adjustments, like using shipping boxes made from sustainable forestry that have less corrugate and include more recycled materials and printing with soy-based ink. Plus, all our shipping materials are now recyclable.

And we didn't stop there. While our current bubble mailers are recyclable, they're specialty recyclables and need to be taken to a facility—not just dropped in your curbside bin. For over two years, we've been working toward a better option. The solution: a paper-based mailer that is made of over 90 percent recycled materials and is coated with a water-based solution that's environmentally friendly and will stand up to the average wet-weather situation. We've put them through internal testing—testing their durability in wet conditions from our warehouse to your door—in addition to a rigorous UPS ship test just to make sure.

You'll receive your dōTERRA® order intact, with less waste, and because these new eco-mailers are 100 percent curbside recyclable, we're saving you any extra hassle. Plus, this new mailer reduces our carbon footprint across warehouses and shipping, and even creates time savings and speed improvements in the fulfillment process. It's an all-around win!

Sometimes, it's not what we ship, but what we don't ship that counts. By no longer using air pillows and bubble wrap and switching to paper alternatives, we cut down on unsustainable plastics in our packaging. In fact, if you took all the air pillows we've removed from our shipping and lined them up, they'd stretch from Tokyo, Japan, all the way to Kona, Hawaii! We've also reconfigured our shipping logic to drastically reduce the number of multipackage shipments. Fewer shipments help reduce our carbon footprint even further.

## Innovating for the Future

As we create new products, we continually search for better ways to support natural resources. We've branched out with some of the materials we're using—opting for aluminum and glass to cut down on single-use plastic. You'll notice that much of the packaging for the new **abōde™** line uses aluminum, which is easy to curbside recycle. This shift in thinking will help dōTERRA protect the planet as we strive to evolve toward more eco-friendly packaging for all our products.

On top of using less plastic and more paper alternatives, dōTERRA is heavily focused on using post-consumer recyclables (PCR) in our packaging. Have you ever taken your recycling bin to the street and worried that nothing will ever actually be done with those recyclables? Well, we're doing something with them. By using PCR, we divert materials from the waste stream and use them in the production of other commodities. Rather than letting items end up in a landfill, we give them a new life as dōTERRA packaging.

And that's not all! By simply reconfiguring the shape of our shipping boxes, we use 40 percent less cardboard than our previous boxes. And those reconfigured cardboard boxes are constructed of 30 to 50 percent recycled PCR. That means the recycled paper and cardboard from your curbside bin could return to you as a dōTERRA shipping box.

While our Lindon Distribution Center has employed the new shipping boxes since May 2020, we're on schedule for both Dallas and Atlanta to join in by the end of 2021. To add to the benefits, all shipping boxes are curbside recyclable.





Your Part

We're doing our best to innovate and change to help the planet, but we can't do it alone. Every neighborhood is different—this means not all dōTERRA product packaging can be dropped into your curbside bin. One obvious example is glass. Throughout the US, it's normal to take glass recyclables to a local drop-off bin.

dōTERRA uses glass for our pure essential oils because of its nonreactive nature, but it takes a little extra effort to recycle the essential oil bottles when they're empty. The good news is that recycling your bottles makes a big difference!

Glass is made with readily available and abundant materials and most glass is infinitely recyclable, which means it can be used over and over without any loss of quality or purity. PCR glass comes from bottles and glassware typically found in peoples' homes: dōTERRA essential oil bottles, glass water bottles, spaghetti sauce jars, and so on. Post-Industrial Recycled (PIR) glass comes from things like glass bottles rejected in the manufacturing process for imperfections.

Both types of recovered glass are used to create "cullet," which—when used in the creation of new glass products—lowers the melting temperature required to produce new glass. Using cullet saves energy, reduces emissions, and reduces the amount of virgin raw materials needed to produce new glass containers.

The amber-colored bottles filled with your favorite dōTERRA essential oils are made of 34 percent PCR glass, 25 percent PIR glass, and 41 percent raw material.

So, though it may take an extra trip to your local glass drop-off location, recycling is well worth it in the lifecycle of your glass. In the US, you can visit <https://sourcetoyou.com/en/helping-the-environment-for-local-recycling-resources>. It's important to always carefully check your recyclables to ensure they can be processed through your local municipality.

Reducing Our Footprint



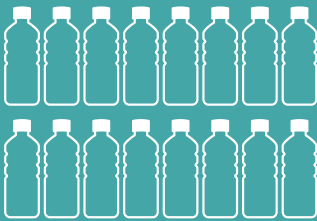
By the end of 2021, dōTERRA will have saved more than 5,000,000 square feet of corrugate in our US distribution centers just by transitioning to new shipping boxes.

83%  
Less  
Packaging

The **dōTERRA Nutrition** packaging uses 83 percent less packaging material than the **Slim & Sassy® TrimShake** line before it. That's 78,000 fewer pounds of packaging material over the course of a year.



All preassembled kits and diffuser packaging now use pulp trays that are completely recyclable rather than plastic tray inserts.



By replacing bubble wrap and air pillows with paper alternatives, we've reduced our plastic waste by 170,000 pounds. That's equal to 8,000,000 single-use water bottles!



All dōTERRA new paper alternatives are curbside recyclable.

“We continue to make progress on our commitments relating to environmental stewardship—even during periods of significant growth and complexities.”

Corey Lindley, Founding Executive







Look for the dōTERRA PCR logo on your dōTERRA packaging. Any packaging or products with this logo are recyclable, and they also pull recycled plastics from the waste stream and reuse them to create new product packaging, helping us create an eco-friendlier lifecycle for all the materials we use to bring dōTERRA products to the world.

### Our Partnership

We're always evolving in our mission to protect and honor the Earth. Though we aren't perfect yet, it's our goal to continue changing in ways that benefit the planet. We're not just worried about the pursuit of purity—we're concerned about our world and what we'll leave for our children. As we partner together to live more conscious, purposeful lives that protect the planet, we can have peace of mind that our children and their children will enjoy this beautiful planet for many years to come.

### More Than Essential Oil

Part of being a sustainable essential oil company is taking great care when harvesting plants. Over-harvesting is a serious problem in our industry and fragile ecosystems can be disrupted by irresponsible sourcing practices. Our commitment to the planet includes being stewards of these precious natural resources. If we can't source an oil sustainably, we don't source it at all.

Here are just a few ways that we're helping the planet in areas where we source essential oils:

- In 2021, we're planting more than 135,000 native trees in Hawaii, where **Sandalwood (Hawaiian)** essential oil is sourced. This planting, along with the more than 100,000 native trees planted in 2020, is among the largest reforestation efforts ever in the history of Hawaii.
- **Arborvitae** essential oil is sourced by extracting it from the sawdust of a sustainable forestry program in British Columbia. Once the essential oil is extracted, the sawdust is returned and used by paper mills for pulp production.
- Black spruce trees are mainly harvested for the lumber, pulp, and paper industries. When a tree is harvested, the trunk is quickly stripped of its branches and needles. Once the timber has been harvested and hauled away, a dōTERRA key partner goes in to gather all the branches and needles left behind. These leftover materials are then steam-distilled for powerful and beautiful **Black Spruce** essential oil.

- An added environmental impact bonus is that after the black spruce remnants have been distilled, the branches and needles are taken to a local powerplant, where they're burned to produce energy. From this process, they also produce steam, which then powers the distillation process again. This creates a closed-loop system for maximum environmental sustainability and responsibility.
- dōTERRA understands the need for sustainable and responsible sourcing of Boswellia species resins for **Frankincense** essential oil. Along with key partners, we work closely with harvesting communities and resin-sorting warehouses for continuously improved traceability and transparency of these supply chains.
- We've also developed a Harvesting Best Practices manual and are currently working with partners to conduct tree care trainings with harvesters, beginning with areas that will benefit the most.

- dōTERRA developed some of the first Boswellia species nurseries in harvesting areas, which will critically help ensure the long-term viability and sustainability of the Boswellia species.
- The dōTERRA wholly owned entity in New Zealand, aōTERRA, collects and processes the byproduct needles and branches from sustainable plantation harvests in the Queenstown area, as well as young preconing Douglas fir trees to prevent uncontrolled spread, producing the world's finest **Douglas Fir** essential oil. The production of essential oil from young "wilding" trees in preconing stages, as well as the plantations being harvested, helps prevent further spread of new trees, while also providing a sustainable outlet for these invasive trees to be removed. The removal of these "wilding" trees in turn supports the ecosystem through the regeneration of native species.



Wellness Advocate Feature: **Cara Pedersen**

# A Rising Generation of Wellness Advocates

Greek physician Hippocrates said, “Nature itself is the best physician,” and this is exactly how Wellness Advocate Cara Pedersen has come to understand her own personal wellness journey and desire to help others.

Cara's interest in natural solutions began when she was young. She grew up in a holistic-minded home, and her mother loved serving healthful meals and using herbs and natural solutions. At the time, Cara wished she could have more of her favorite sugary cereals and quick fixes, but now she's grateful her mother instilled a passion for personal health.

Leaving for college and beginning her life away from home, Cara began feeling overwhelmed and lonely. As the third of eight children, she faced a difficult adjustment, going from a bustling home—always alive with energy and activity—to being alone in a dorm room. Accustomed to having a large support system of friends and family and never lacking company, Cara found college was a time where she needed to adjust.

Like most of us looking for advice, she reached out to Mom, who reintroduced her to the comforts of home with care packages so she felt loved and supported. But they weren't your average care packages. Instead of being filled with popcorn and candy bars, hers contained vitamins and essential oils.

Remembering her holistic upbringing and learning all she could about dōTERRA® essential oils, as well as how to care for herself, Cara began to see a positive change in her well-being before long. And she wasn't the only one who noticed. She remembers walking into her 400-person lecture smelling like Lavender: “I could see people turning their heads and saying, ‘That smells good!’” Fellow students approached her, saying, “You smell amazing. What is that?” Or, “There's something about the way you smell.” Soon, she was known as the “College Essential Oil Hustler,” with dormmates knocking on her door, asking questions and hoping to try essential oils.

## Serving

As Cara continued learning and sharing more about natural living, she joined the Active Minds Club during her third year of college at Cal State Fullerton. The students met to talk about personal wellness, discuss yoga and meditation, and support each other. Cara felt a true connection to this support system and offered to teach the club about essential oils as a way to complement these wellness practices. Cara was surprised by the reaction. “People loved it,” she recalls. The club even offered to pay for her supplies so attendees could take their own roller bottle home with them.

Students all over campus began experiencing the power of essential oils for themselves. Cara felt how rewarding this opportunity was. “I loved teaching people my age and giving them tools they could turn to.” She went on to present to the Active Minds Club at Sacramento State too. “It felt good, offering knowledge of the benefits and also having them walk away with something in their hands—something for their own wellness toolbox.”

## Continuing to Serve

If you walk into Cara's apartment today, chances are you'll be greeted by her dog, Ella, and the scent of **Roman Chamomile** or **dōTERRA Balance**® gracefully emitting from her diffuser.

That's not all you'll smell. One of Cara's favorite pastimes is baking and if you're lucky enough to be her neighbor, you'll surely find delicious homemade treats on your doorstep from time to time.





# Earl Grey cupcakes with Lavender essential oil icing

## Ingredients:

### Earl Grey Cupcakes

- 1¼ cups whole milk

2 Earl Grey tea bags

¾ cup salted butter, softened

1¼ cups granulated sugar

2 eggs
- 2 teaspoons vanilla extract

2½ cups all-purpose flour

2½ teaspoons baking powder

3 Earl Grey tea bags, opened to use the leaves

### Lavender Buttercream

- Lavender essential oil to taste

1 cup salted butter, softened

1 tablespoon vanilla extract

4 cups powdered sugar

1 tablespoon milk



## Instructions:

1. Preheat oven to 375°F.

2. Line a muffin tin with paper liners and set it aside.

### Earl Grey–Infused Milk

1. In a medium-sized saucepan, bring the milk to a boil, and then immediately remove from heat.

2. Add the two Earl Grey tea bags, cover, and let sit for 15 minutes. Remove the tea bags and set aside.

### Cupcake Batter

1. In a stand mixer fitted with a paddle attachment, cream the butter and granulated sugar until fluffy—about five to seven minutes.

2. Once fluffy, add in the eggs one at a time, scraping well after each addition.

3. Add the vanilla extract and scrape well to incorporate.

4. In a separate bowl, combine the flour, baking powder, and Earl Grey tea leaves.

5. Alternate adding the dry ingredients and Earl Grey–infused milk into the creamed butter mixture in three additions, starting and ending with the dry ingredients. Periodically scrape the bowl and mix until just combined.

6. Fill the prepared muffin tin with batter to about three-quarters full.

7. Bake the cupcakes for 16–20 minutes, or until a toothpick inserted into the middle of a cupcake comes out clean.

8. Remove the cupcakes from the oven and transfer them to a wire rack to cool completely.

### Lavender Buttercream

1. In a stand mixer fitted with a paddle attachment, cream the butter and vanilla extract. Gradually add in the powdered sugar, scraping the mixture after each addition.

2. Once the powdered sugar is incorporated, add the milk and mix until well combined.

3. Using a toothpick, add **Lavender** essential oil to the buttercream mixture to taste. If desired, incorporate food coloring to create purple buttercream.

Once the cupcakes have cooled, decorate with lavender buttercream and enjoy!



With a degree in Communication under her belt, Cara wants to use all she's learned to continue sharing the importance of natural living. She recently became a certified thermography technician, and with her talents, skills, and knowledge, Cara plans to empower others to live their best lives.

Many recognize Cara as a go-getter who doesn't stop until she reaches her goals. She's happy to be a millennial and proud of how adaptable and resilient her generation is. She loves helping others her age discover the power of essential oils and hopes her efforts can continue changing lives.

ō  
PROMO

Essential Oil  
Spotlight

# Lavender

*Lavandula angustifolia*



**Distillation Method:** Steam-distilled

**Aromatic Description:** Powdery, floral, and light

**Plant Part:** Flower

Light and sweet, **Lavender** essential oil has the power to transform any space into a serene sanctuary. With its gentle, pure scent in the air, you can lose yourself among rolling fields of soft lavender blossoms and let the cares of the day slip away. Lavender has been used for centuries. The ancient Romans and Egyptians often used it aromatically for its relaxing scent, for bathing and as a perfume.

In all its forms, the lavender plant is renowned for its uses at bedtime, as it produces a calming aroma that can create a relaxing atmosphere. When taken internally, **Lavender** essential oil is known to help calm and relax, which is beneficial day or night.\*

## Fun Fact

The lavender plant gets its name from the Latin word *lavare*, which means "to wash." In ancient Rome, lavender was used for bathing, hygiene, and washing clothes because of its lovely aroma.

## How to Use doTERRA Lavender

### Topical

- + Keep a bottle on hand to soothe occasional skin irritations.

+ Apply a few drops to the bottoms of the feet at bedtime to set the tone for a restful environment.

### Internal

- + Take internally to help soothe and relax the mind.\*

+ Add a drop to a cup of evening tea to promote peaceful sleep.\*

### Aromatic

- + Add a few drops to your pillow at bedtime for a serene scent.

+ Freshen your linen closet, mattress, car, or the air by combining with water in a spray bottle.

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





“I had to make my own living and my own opportunity. But I made it! Don’t sit down and wait for the opportunities to come. Get up and make them.”

---

Madam C. J. Walker



# What's for Dinner?

It's dinner time, and you have no idea what to make. Sound familiar? You stare into your refrigerator, then move to the pantry, and then the fridge again, yet your mind is blank.

With a meal plan, you don't have to pull a grocery list out of thin air. Review the meals you've scheduled and write down what ingredients you need.

We've all been there before, wishing dinner would magically appear—even though we haven't been to the grocery store in weeks and probably should've started cooking 30 minutes ago. If this sounds a little too accurate to you, then it's time for meal prep.

Don't panic! Meal prepping is only as complicated as you make it. Though it requires some planning and time up front, it saves you far more time, energy, and money in the long run. With a little preparation, you'll have less food waste, spend less time cooking, and spend less money on takeout. It also makes it easier to stick to your healthy eating goals because on even the busiest of nights, dinner can be ready in minutes.

## Meal Planning

At its most fundamental, meal planning simply means you plan out your meals in advance. If you don't already have one, start by making a list of all the meals you like to eat. Expand this list by asking family or friends for ideas or searching Pinterest.

Next, use your list to plan what you'll eat each day. Plan at least one or two weeks ahead. Choose which meals to plan out and use your plan to create an easy shopping list. You're the one with a meal plan, so make it work for you and your family.

Whether your aim is to eat healthily, eat out less often, save time, or waste less food, planning out your meals in advance can help you stay with your goals, especially if you keep your meal plan somewhere you can easily and quickly reference: your phone, a calendar hanging in your kitchen, or even a simple list on your fridge.

## Meal Prepping

With your meal plan in place (and grocery shopping finished), set aside some time on the weekend to prep. This can go a few ways:

- + **Slow and pressure cooker meals:** Use a large container or sealable baggie to hold all the ingredients for one meal. Depending upon when on your calendar you'll need these meals, place them in the fridge or freezer.
- + **Precooked proteins:** Cook large batches of chicken, beef, pork, and so on to use for meals throughout your week. If you planned your meals for longer than a week, freeze a portion of the protein for week two and move it to the fridge to thaw the next weekend.
- + **Microwave meals:** Cook and assemble single-serving meals in microwave-safe containers. These are perfect for busy nights when family members need to eat at different times.

- + **Ingredient prep:** Clean, slice, shred, grate, chop, and portion out all the ingredients for multiple meals. Store portioned amounts in containers ready to assemble at mealtime.

*Bonus:* Cleaning and preparing fruits and veggies fresh from the grocery store keeps them fresh longer and makes them easier to fit in as snacks, as well as in the meals you're prepping for.

- + **Freezer meals:** For meals that freeze well, cook a double or triple batch—one for the fridge and two for the freezer. These will make easy additions to a week of meal prep down the road.



Try this delicious marinade when you precook your proteins:

# Chicken Marinade

**Servings: 4–6**

**Ingredients:**

- |  |  |
|--|--|
| <b>1</b> lemon, juiced   | <b>2</b> drops <b>Lime</b> essential oil         |
| <b>2</b> tablespoons olive oil                                   | <b>2</b> drops <b>Black Pepper</b> essential oil |
| <b>1</b> clove garlic, chopped                                   | <b>2–4</b> boneless, skinless chicken breasts    |
| <b>1</b> teaspoon salt   | <i>Optional:</i>                                 |
| $\frac{1}{4}$ – $\frac{1}{2}$ teaspoon fresh ground black pepper | $\frac{1}{4}$ teaspoon ground mustard            |

**Instructions:**

1. Prepare the marinade by adding the lemon juice, olive oil, garlic, salt, pepper, and **Lime** and **Black Pepper** essential oils in a large bowl or food storage container with a lid, and then mix.
2. Add the chicken to marinade and shake to completely cover the chicken.
3. Place in the refrigerator to marinate, occasionally shaking the container. Let the chicken marinate for at least three hours and up to 12 hours.
4. Remove from the refrigerator 5–15 minutes before grilling.
5. Grill the chicken on a medium to medium-high temperature for about five to seven minutes on each side or until cooked through.

Enjoy! Consider serving with quinoa, brown rice, or roasted vegetables.

When you're prepping for meals, don't forget to consider food safety. Make sure you have proper containers and consider whether to refrigerate or freeze what you're making, depending on how long it'll be before you eat it.







While it may seem at first glance that meal prepping takes a lot of time, keep the big picture in mind. Meal preparation can save time and money in the end and will help your overall goal to eat healthily. Imagine the benefits that will come freely by prioritizing your meals, such as more time to dedicate to exercise. An hour saved on a weekday could mean fitting in a walk with your family or a yoga session with a friend. Sharing the meal prep experience with your kids means setting an example of choosing health over convenient, often unhealthy fast food.

Breakfast and Lunch

Don't be overwhelmed by the idea of prepping every meal. Start where you feel comfortable. When you're ready, ease into preparing breakfast and lunch with a few simple tasks:

- + Portion out the ingredients for your typical smoothie in a freezer-safe container. Pop everything into the blender and add **dōTERRA® Protein**, **dōTERRA Fiber**, or **dōTERRA Greens** to take the smoothie's nutrition to the next level.\*
- + Make two or three lunches for the week ahead of time. Bento-style containers keep items fresh and are easy to grab, whether you're on the go or staying at home. Turkey wraps, a healthy burrito bowl, or a Mason jar salad with dressing on the side are a just few ideas that can be added to your lunch meal list.

Our calendars are full of appointments and responsibilities. To help make meal prep fit into your routine, calendar when you're going to plan, grocery shop, and prepare. When it comes time for the prep, don't think of it as a chore. Turn up the tunes or turn on your favorite cooking show.

Make sure the food you're preparing is both healthful and delicious. It's fine and well to prepare something that contains every super food you can think of, but if you won't eat it later, what's the point? Aim for balanced, nutritious meals that your family will enjoy. Use the **dōTERRA Lifelong Vitality Pack®** and **dōTERRA Nutrition** to supplement your diet and support your efforts toward eating healthily. Round out your nutrition with **PB Assist®+**, which contains prebiotic fiber and six strains of probiotic microorganisms, promoting a healthy balance and growth of beneficial bacteria and intestinal microflora to support the proper function of the digestive and immune systems.\*

And don't forget about your little ones! **dōTERRA a2z Chewable™ tablets** are a comprehensive dietary supplement. They support healthy immune and cognitive system function, as well as antioxidant protection.\* It was developed for children (and adults) who have difficulty swallowing capsules.

\*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.

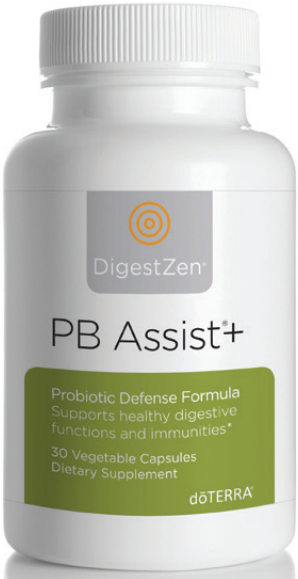
Ready to Assist



To function optimally, your intestines need help from good bacteria. With PB Assist®+, you can increase the amount of good bacteria in the intestines, promoting digestive health.\*

While the benefits of probiotics are well documented, many such supplements can't pass through stomach acid unharmed. PB Assist+ is unique because it's encapsulated in a time-release double-layer capsule, which protects the probiotic cultures in the formula as they pass through the stomach so that they can provide the digestive and immune support you need.\*

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# Virtues for Raising ~~the Perfect~~ Your Child



Amid the endless dirty diapers and tantrums at the grocery story, most parents have probably wished for a Three Easy Steps to Becoming the Perfect Parent guidebook to appear on their doorstep.

You want the best for your kids. You want them to become well-rounded, successful, and happy. But sometimes, you feel like you're failing—when there are more time-outs than time-ins. Repeat after me: "There's no such thing as a perfect parent." The fact that you're trying to be the best parent you can says a lot about the one you already are.

Parents have a special kind of superpower, with impressive multitasking skills like being the CEO at the office and at home, pulling dinner out of thin air, providing taxi services to three different kids at three different schools, and making it home in time to hang the laundry before it wrinkles—and that's only scratching the surface. A focus on teaching your children important values like gratitude, empathy, and humility come naturally when they learn from your example.

### Gratitude

Gratitude is key. When we take the time to appreciate the experiences, people, and beauty around us, it leads to a more positive outlook on life. In fact, some studies indicate that practicing gratitude helps people actually feel happier.

There's no rule that Thanksgiving is the only time when you can play the gratitude game around the dinner table. Thankful Thursday could become a new tradition as you ask each family member to share something he or she is thankful for that day. This will help your children practice gratitude, while also providing insight into what's going on in their lives.

Everyone loves a handwritten letter. Make thank-you cards for family members, friends, or neighbors, using this natural paint DIY, to help your kids get creative, while also showing gratitude. Every family is different, so think about what would be best for yours.

## DIY Nontoxic Paint

### Ingredients:

- |                     |                                       |
|---------------------|---------------------------------------|
| 3 tablespoons sugar | 2 cups water                          |
| ½ teaspoon salt     | Water soluble food coloring or Jell-O |
| ½ cup corn starch   | Choice of essential oils              |

### Instructions:

1. Combine the sugar, salt, corn starch, and water in a medium pan over low heat.
2. Stir continuously until thick (about the consistency of Greek yogurt).
3. Remove from heat and divide into individual bowls. Allow to cool slightly.
4. Add the desired food coloring and essential oil to each bowl.
5. Allow to cool completely before painting.

**Tip:** For coloring with Jell-O, add ¼ pack to each bowl, adding more until you reach the desired color.



Empathy

Brené Brown said, "Empathy is connecting with the emotion that someone is experiencing." When people empathize with one other, they create authentic connections instead of distance.

You can nurture empathy in your children by making it a priority to expose them to a variety of different people, cultures, and experiences. This will help them gain an appreciation for people who are different than they are and foster understanding and acceptance of others. Growing empathy with your kids can be as simple as participating in community activities or reading books about different cultures. Empathy takes bravery. It requires stepping outside of yourself, thinking of others, and putting yourself in their shoes. It isn't always our innate response, but empathy makes us better neighbors and friends. To complement your empathy-building experiences, consider applying **Brave®** oil blend from the **dōTERRA® Kids Collection** so the entire family can benefit from its courageous, energizing aroma.

Humility

Teaching humility helps children recognize that every person they meet has something valuable to contribute.

Making time to help others can be an effective way of increasing humility. Volunteer together at the local library, food bank, or animal shelter. Shoveling snow off a neighbor's driveway as a family grows humility, shares the workload, and often leads to a sporadic snowball fight—kids versus parents! Service like this can help children recognize that everyone has value and deserves love and appreciation. To complement these service activities, you could use **Steady®** oil blend for its balancing, centering aroma.

What child doesn't love helping mom or dad in the kitchen? Take the opportunity to make a sweet treat for a lonely neighbor or friend. This recipe for these spiced sugar cookies has an extra special ingredient: the new **Baking Spice Blend** (available November 1, 2021, while supplies last). Your kids will love decorating their own oil drop and oil bottle cookies for someone in need . . . and for themselves!

Raising children is wonderful and challenging. While you may wish you had all the answers, the best way to teach your kids key values is to model them yourself. Do your best to practice gratitude, empathy, and humility in your family relationships. Be proactive, love your children, and teach them as best as you can. It's sure to have a positive impact on your entire family.



Baking Spice Blend  
Spiced Sugar Cookies

Ingredients:

- 3 cups all-purpose flour
- ½ teaspoon salt
- 1 cup salted butter, softened
- 1 cup granulated sugar
- 1 large egg, room temperature
- 1 tablespoon vanilla extract
- 1 teaspoon baking powder
- 10 drops **Baking Spice Blend**

Instructions:

1. Sift together the flour and baking powder. Set aside.
2. In the bowl of an electric mixer, cream together the butter and sugar until light and creamy in color.
3. In a small dish, whisk together the egg and **Baking Spice Blend**. Set aside.
4. Gradually add the egg mixture to the butter one. Beat well until combined or about a minute.

5. Reduce the speed of your mixer to low and add the flour mixture one cup at a time. Scrape the bowl well after the last addition and beat on low speed until the flour is blended in. (At this stage, you'll see chunks of cookie dough.)
6. Scrape the cookie dough into the bowl used for flour. Gather the dough together and, using your hands, knead the cookie dough until it comes together—about 30 seconds. Shape the dough into a disk, wrap in plastic wrap, and refrigerate for at least four hours.
7. Preheat the oven to 375°F.
8. Remove the dough from the refrigerator and quarter. Working with one quarter at a time, place the dough between two pieces of parchment paper and, using a rolling pin, roll out to about ¼-inch thick. For even thickness, use two painter's sticks on each side of your dough.
9. Using a cookie cutter, cut out as many cookies as you can, gathering scraps and rerolling with a fresh piece of dough. Reroll and repeat until you're done with all the cookies. Place the cookies on a light-colored baking sheet lined with parchment paper. Chill in the freezer for five to seven minutes, as this will help the cookies keep their shape.
10. Bake for up to 11 minutes, rotating the cookie sheet halfway through the baking.
11. Allow the cookies to cool on the baking sheet for five to seven minutes, and then transfer to a cooling rack.

Baking Spice Blend  
Buttercream

Ingredients:

- 1 cup butter, room temperature
- 3 cups powdered sugar, sifted
- 3–4 tablespoons water
- 10 drops **Baking Spice Blend**

Instructions:

1. In the bowl of a standing mixer—fitted with a paddle attachment—cream the butter and **Baking Spice Blend** until well combined.
2. With the mixer on low speed, gradually add the powdered sugar a little at a time. Add water as needed.
3. With the mixer on medium-high speed, beat for an additional five minutes.
4. Divide into separate containers to color as desired.
5. Decorate the cookies and enjoy!
6. Store the cookies in an airtight container for up to two weeks or freeze undecorated cookies between pieces of wax paper in a large freeze-safe container for up to three months.







Voice of the Vet

# Creating a Pet-ercise Routine

Dr. Larry D. McCaskill received his doctorate from the LSU School of Veterinary Medicine in May 1981. Prior to veterinary school, he was a USAF fighter pilot, thereafter maintaining dual careers as a practicing veterinarian and a pilot for 29 years. Dr. McCaskill has integrated essential oils into his practice and is a member of the Veterinary Advisory Board for dōTERRA.

As a vet, I'm frequently asked, "Do pets need exercise?" The answer is, absolutely! Exercise provides your furry friend with the same benefits you receive from having an exercise routine, including weight reduction, prevention of heart disease, prevention of premature aging, maintenance of strong bones, and enhanced restful sleep. The ultimate goal of exercise is to achieve and maintain optimal physical and mental health, and the type of exercise program that's best for your pet depends on the animal's species.

As many of our pets are canines, establishing a walking or running exercise program can be a fun activity for both dog and owner. I enjoy walking with Cakki, my 12-year-old yellow Labrador retriever.

When starting an exercise routine with your dog, I recommend starting slow—just five or ten minutes at first—and building up five minutes at a time from there.

Something to be aware of is the weather. If it's too hot or cold for you, then that's often the same for your pet. Watch out for warning signs, like lagging behind, excessive open-mouth panting, a warm nose and ears, or a red tongue. All these signs indicate your pet is too hot. Immediately discontinue exercising, offer water, and look for a shady, cool environment to rest.

Signs that your canine might be too cold are shivering, a cold nose or ears, or a cold body with a purplish-colored tongue. If you see these signs, immediately discontinue exercising and provide a warm environment.

In either case, if your pet continues to be stressed, seek veterinary care as soon as possible.



There are others forms of exercise your pet might enjoy. For example, dogs often appreciate playing fetch with a ball or frisbee, swimming, or using an indoor treadmill. Again, start slow. Then, as bodily strength and endurance increase, the intensity of the exercise can similarly rise.

Another favorite furry friend is a feline, and they've got to have exercise too. In my experience, if cats are on a well-managed nutritional diet and weight isn't a problem, they're good at exercising on their own. Having play toys for them is a good way to stimulate exercise. It's most important to understand what your cat likes to do for exercise and leave it to your pet from there.

What about avian and exotic pets, like hamsters, gerbils, rabbits, or lizards? They also need exercise and have certain habitat and nutritional requirements that ensure they'll maintain good, healthy lives, like a wheel for a hamster or ropes and ladders for a bird. Do your research to learn what these requirements are for your special pet to make sure they're getting what they need.

So how can essential oils help with your pet's exercise routine? I use many essential oils to support Cakki's body and make sure she can comfortably get the exercise she needs. My favorites to use internally are **Frankincense**, **Lemon**, and **Copaiba**.

**Frankincense** is considered by many to be the king of oils. It's beneficial for many bodily conditions and systems. I love the saying "It only makes sense to use Frankincense."

**Lemon** has an aroma that is uplifting and energizing. It also supports the liver when used internally.

**Copaiba** provides great properties that help support the cardiovascular, nervous, digestive, immune, and musculoskeletal systems.

These essential oils go hand in hand, helping support Cakki's current and future health, along with her exercise program. She receives two drops of each in her food twice daily.

**Deep Blue Polyphenol Complex®** helps relieve occasional discomfort. I've found it to be most effective in supporting Cakki after strenuous exercise.

Another wonderful product I love to use before going outdoors with Cakki—especially in the spring and summer—is **TerraShield®** because it's so effective as a natural repellent. I like spraying a small amount in my hands and rubbing it on her back, the top of her head, and the tips of her ears. As with all essential oil products, take precautions to not get it in the eyes or ears of your pet.



Routine exercise also helps pets mentally. For example, when Cakki and I exercise together, I love the bonding that happens between us.

The type of exercise needed depends on the animal species. Canine and feline exercise activities will differ from avian and more exotic pets. To help your pet feel happy and healthy, learn habitat and nutritional requirements. Consult with a veterinarian to ensure your pet is healthy enough to start an exercise program (this is especially important for geriatric canines).

However you choose to exercise with your pet, remember to be consistent. Find what works best for you and your pet, and then keep doing it! A consistent exercise routine will help your pet live a long and happy life.

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



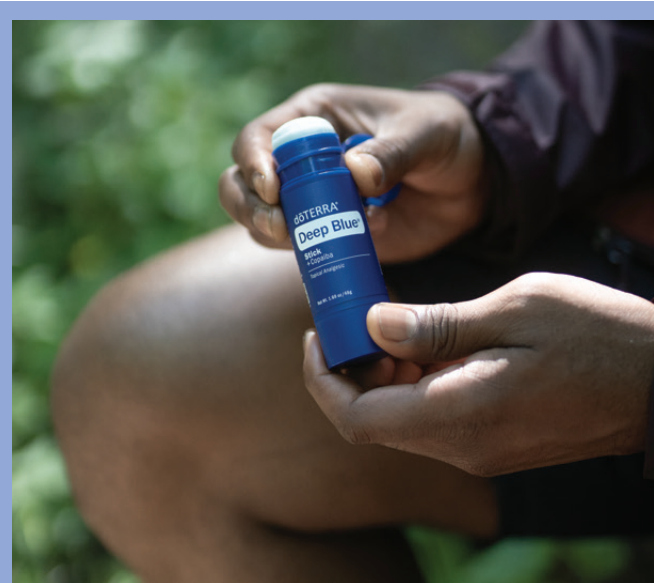
New  
Look  
Coming  
Soon

# Let's Stick Together

Roll on comfort wherever you go with the new Deep Blue™ Stick with Copaiba. Infused with our bestselling Deep Blue® Soothing Blend, this convenient topical analgesic stick makes it easy to enjoy targeted comfort.

The addition of Copaiba, which is known for its soothing properties, makes this a powerful duo, providing a cooling and warming sensation to problem areas.

With an active ingredient of 10 percent menthol, powerful ingredients, natural plant extracts, and essential oils you love and trust, the **Deep Blue Stick with Copaiba** gives you a natural solution for targeted relief. Plus, it's small enough to carry in a suitcase, purse, or gym bag for fast and convenient use, no matter where life takes you.



When you're dealing with discomfort, any product in the Deep Blue family can provide the comfort you crave. Whether you're using the original **Deep Blue Soothing Blend**, **Deep Blue Rub**, or **Deep Blue Polyphenol Complex®**, when it comes to comfort, you can always turn to and count on the **Deep Blue** line.



# Emotional Evolution

*“Get over it.” “Man up.”  
“Nobody wants to hear  
about your feelings.”*

We're all too familiar with notions like these. But repressing your feelings doesn't do any good and can be quite damaging—to men and those around them. Despite social myth, cultural expectations, and harmful stigma, men aren't emotionless. They feel just as deeply and intensely as women, but the expression of their emotions can be less expected or, frankly, less accepted and validated. These kinds of dismissals of emotion have created negative, persistent stereotypes of men as stoic, unfeeling monoliths.



It's time to change that. Everyone needs avenues of expressing what's inside to live a happy, wholesome life. Mental well-being can't be taken for granted, and many men could greatly benefit from better understanding the importance and benefits of emotional vulnerability, as well as access to healthy ways of expressing themselves.

## Creating Safe Spaces

Unbalanced emotions compound when bottled up, potentially leading to more issues down the road. Failing to balance one's emotions can be quite detrimental to overall health.

It's vital to establish safe environments where men are free to express what they feel without judgment or demands. No stigma or expectations should exist in a healthy space when it comes to emotional vulnerability. Diffusing the right calming aromas of essential oils or blends, like **Adaptiv®** or **dōTERRA Peace®**, can provide a tranquil environment for all, creating comfort and reassurance so the right mood is present in order to invite sharing and vulnerability.

## Being Patient

Sometimes men simply don't wish to express what they feel. That doesn't mean that'll always be the case. Part of healthy emotional articulation is processing, and for some men—and even some women—that can take time.

Patience is important for both parties involved. Timetables are different for each person and relationship, just like emotions. Should you find yourself on the waiting end, consider applying **dōTERRA Console® Touch** for a comforting aroma as you work toward a greater sense of hope and patience.

## Encouraging Physical Exertion

Men often go about processing their emotions through activities. Doing so allows them to take intense feelings and apply them physically to a task or obstacle. (There's a reason punching bags work.)

Find a hobby or establish an exercise routine. This will not only help a person physically and mentally, but emotionally as well. Be sure to have a **Deep Blue™ Stick** on hand for afterward to help cool and soothe your skin.

Being vulnerable is a terrifying prospect for anyone. But the alternative—repressing, “manning up,” and trying (in vain) not to feel—is worse in the long run for both men and women. Proprietary blends such as **Elevation** or **dōTERRA Motivate®** can provide energizing aromas while you focus on encouraging confidence in all aspects of life, including emotions.

Be supportive of efforts to be emotionally honest with each other. Do what's needed to evolve in a positive trajectory. Understanding, processing, and expressing feelings will create greater harmony, trust, confidence, and happiness in all aspects of life.

*This article is informational and should not act as a substitute for medical advice from a professional. For any medical advice, questions, or concerns, consult with a professional.*

Understanding, processing, and expressing feelings will create greater harmony, trust, confidence, and happiness in all aspects of life.







# Goodbye Toxins

As the days grow shorter and the cool weather moves in, we naturally begin spending more time inside. Just as the seasons change, your family, home, and routines are constantly evolving. Spring-cleaning is common in many homes, but it turns out that a deep clean in the fall can be just as important.

Whether it's in the fall or spring, a deep clean of your home always provides a fresh start. Fall is the perfect time to look at your home and see how you might make changes that could better benefit your family. Many of the products marketed as keeping your home clean—air fresheners, multipurpose sprays, and such—contain toxins. Not to mention, we're constantly taking in toxins from dozens of other sources, like pollution, hygiene products, and even food.

The good news is your body has built-in protections and filters that help manage the toxins you encounter. But if your toxic load becomes too heavy for your body to handle, there can be long-term effects. By the same token, anytime you remove a toxin from your life, it makes your toxic load lighter and eases the burden on your body.

As you prepare for winter, look around your house. Is anything adding extra toxins to your home? Look at the labels on products like hand soap, air fresheners, and laundry detergent—what kinds of synthetic chemicals are these products bringing into your space? Are there areas you can improve by removing the amount of toxins your family is exposed to?

When you clean your home with safe and effective products, you ensure your family is lowering their toxic load, not adding to it. After all, an organized, clean home that's free of clutter and toxins creates the perfect place for a happy, healthy family.





Winter-Ready Home

By tossing out the toxins and updating your home cleaning products with safe, natural alternatives, you'll be ready for winter after a deep fall clean.

**Start with surfaces.** Even if you give your countertops, tables, and other surfaces a quick wipe-down several times a week, every home needs a deep clean once in a while. Crumbs, dust, dirt, and other dirty things gather in corners, on baseboards, in the refrigerator, and everywhere else. Remove everything from the kitchen or bathroom counter in preparation for a serious scrub down. For this, a multipurpose cleaner like the **abode™ Multi-Purpose Surface Cleaner Concentrate** is effective for getting the job done because it cleans the area without leaving synthetic chemicals behind.

**Remember the fabrics and linens.** When was the last time you washed those blankets the kids love to use for forts? What about the mats on the bathroom floor? Dust, mites, and other undesirables lurk in fabrics and upholstery, which is why it's so important to give them regular attention. Designate a laundry day when you wash all the linens, rugs, curtains, bedding, or other fabrics that often go overlooked. Try using **abode Laundry Pods** when you want peace of mind that your fabrics are being cleaned with natural, gentle agents without irritating the skin.

**Don't forget appliances.** Yes, cleaning the oven or microwave can be a major pain, but clean appliances make for a clean kitchen, and the kitchen is one of the most popular gathering places for grease and grime. Before you fill your dishwasher for its next load, remove, clean, and reinsert the filter. For a nontoxic way of keeping your dishes clean and being gentle on your dishwasher, use **abode Dishwasher Pods** for natural, sparkling clean results every time. For those delicate items that can't go in the dishwasher, use **abode Dishwasher Soap** instead of commercial dish soap for clean dishes that smell lovely.




**Clear the air.** Now's a good time to clean out any vents and replace filters to ensure no bugs or rodents from the outside are trying to keep themselves cozy in your home for the winter. With new or cleaned vents and filters, your family will be breathing clean air as you seal up the windows and doors to keep out the cold. Once you've done that, rid your home of more toxins by tossing out heavily perfumed aerosol sprays, replacing them with pure dōTERRA® essential oils. Diffuse inviting and refreshing aromas like **Wild Orange**, **Purify**, or **dōTERRA On Guard®**.

**Tackle toxins.** One of the easiest ways to ditch toxins during your deep clean this fall is by starting small. You can do this by looking at simple products you use every day and switching out synthetic ones for more natural alternatives. For instance, do you know what's in the hand soap you use every day? Look at the label—you might be surprised (or horrified) at some of the ingredients. Swap out your regular hand soap for **abode Foaming Hand Wash** and rest assured that you and your family are only using natural and effective ingredients to wash your hands.



No matter the season, when starting a deep clean, pace yourself and do things your way. You don't have to tackle all the dirty jobs in just one day. Start small, spread the cleaning out over a few days or even a week, and recruit the rest of your household to help. Reducing the toxins in your home and deep cleaning your space is meant to help you feel refreshed and rejuvenated, not stressed and overwhelmed. All efforts to create a space with fewer toxins are steps in the right direction. As you tackle your fall cleaning this autumn, remember that a clean home is a happy home.



A full-page photograph of two young women walking on a dirt path in a forest. They are both laughing and looking upwards. The woman on the left is wearing a brown knit beanie, a green quilted vest over a light pink cable-knit sweater, and blue jeans. She has her right arm extended outwards. The woman on the right is wearing a brown knit beanie, a grey sweater, and a dark jacket. The background is a blurred forest with tall trees and a dirt path.

“What you do makes a difference,  
and you have to decide what kind  
of difference you want to make.”

---

Jane Goodall



# Elevate Your Signature Style



abode™ is the new, beautiful, natural line of home care and cleaning products. Every one of these products is both safe and toxin free. Reduce your toxic load, sustainably, while also elevating your signature style.

**The dōTERRA abode line is formulated without:**

- + Parabens
- + Formaldehyde or formaldehyde donors
- + PEGs
- + Dyes
- + Triclosan
- + Synthetic fragrances or phthalates
- + Silicones
- + Petroleum-derived ingredients
- + Propylene glycol

**And packed instead with:**

- + CPTG Certified Pure Tested Grade™ essential oils
- + Simple, highest quality ingredients from Mother Nature

Explore the entire  
dōTERRA abode  
product family



This line includes the gorgeous duet of abode Foaming Hand Wash and Hand Lotion and the popular Citrus Bloom® oil blend. They're the perfect combination to keep nestled next to any sink in your home.



abode Multipurpose Spray Concentrate, Dish Soap, and Dishwasher and Laundry Pods are elevated with the abode signature oil blend of Litsea, Lemon Eucalyptus, Tea Tree, Eucalyptus Kochii, Arborvitae, Cilantro, Cassia, Lime, Lemon Myrtle, Lavandin, and Thyme. It'll transform your simple cleaning routine into a unique sensory experience.

## Taking care of your home.



The hand wash and multi-surface spray use a concentrate model, minimizing the unnecessary shipment of water and reducing carbon footprint from shipping.



Recycled and recyclable paper, glass, and aluminum are used across the abode line.



Aluminum was chosen specifically because it's endlessly recyclable. In fact, nearly 75 percent of all aluminum produced in the United States has been recycled and is in use today.



Rather than relying on single-use plastics to ship products, abode features beautiful, highly durable glass bottles with brushed metal pumps. Buy them once and easily fill them again using minimally packaged concentrates and refill pouches.



Pouches—like those used for the Dishwasher and Laundry Pods—are 70 percent more efficient when it comes to transportation than hard-sided packaging.





# Building Your Inner Beautiful

Do you ever feel like your inner self could use a makeover? Do you spend as much time on your daily beauty routine as you do on positive self-talk or service?

We're all concerned about outer beauty. That's just part of being human. But if you intentionally spend as much time working on the inside as you do the outside, you'll probably find it's much easier to live intentionally and share your light with the world.

If you feel like your inner beauty routine could use an overhaul, here are three habits to get you started.

## Focus on How You Feel, Not Just What You See in the Mirror

It can be difficult to avoid getting caught up in the seemingly impossible beauty standards of our day. The world presents a picture-perfect, Instagram-worthy outer beauty that can make so many people feel "less than." Instead of measuring your beauty by what you see in the mirror, ask yourself first, "How do I feel?" When your body and mind feel good, chances are you'll find yourself more beautiful.

After, say, a tough workout, though you might be sweaty and your hair is messy, you'll find beauty in the strength of your body and the amazing things it can do. When you take the time to eat a healthful meal, your body and mind will feel more capable of doing the things you love. When you take an Epsom salt and essential oil-infused bath at the end of a busy day, you'll be able to focus on the beauty of your life as worries soak away and gratitude takes their place.



**Tip:** When you soak in a relaxing bath, apply **dōTERRA Leave-In Conditioner** to the ends of your wet hair, allowing it to soften your strands as you enjoy your bath.

When you want an extra-luxurious bath that will leave your skin feeling soft and new, use a **dōTERRA Balance™** or **dōTERRA Serenity™ Bath Bar**.



“Do not be dismayed by the brokenness in the world. All things break. And all things can be mended. Not with time, as they say, but with intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you.”

L. R. Knost



Toss Out Toxins That Might Be Weighing You Down

So many of the products used in the name of beauty are rife with toxins. Millions upon millions of people apply these products to their skin, hair, and nails, and as a result can be covered in toxins from head to toe on any given day. While you might like how these products make you look, the burden of exposing yourselves to these synthetic chemicals and toxins daily can take a toll.

If you can feel the weight of toxins in your life and on your body, make an effort to use natural alternatives. With natural beauty products, you'll feel more like yourself and can have peace of mind, knowing you're practicing true self-care by being more cognizant of what you put on your body. And as you lighten your toxic load, you might find that you actually feel lighter—your skin feels fresh, your body feels vibrant, and you feel like you can really let your inner beauty shine.

**Tip:** To reduce the number of toxins you're putting on your body, start with your beauty routine. For example, switch out your commercial skincare products for the **Veràge® Cleanser** or **Veràge Moisturizer**.

Not-So-Fun Fact: Did you know many deodorants have aluminum and other harmful toxins in them? Switch your current deodorant to **Natural Sensitive Deodorant Infused with Douglas Fir and Greek Orange** for a safe, effective alternative.



Discover What Really Makes You Beautiful

Part of intentionally focusing on and building your inner beauty is finding things you like about yourself besides your appearance. You may already have talents or interests that make you feel like you, or you might need to discover what you're good at and passionate about. Developing your talents and interests is an act of creativity, nourishing your soul and giving you more to love about yourself.

Look for your true beauty in characteristics beyond your physical appearance. Instead of feeling insecure about your nose or worried about your hair or weight, consciously cultivate positive self-talk with phrases such as "I'm a good friend" or "I take beautiful pictures" or "I helped my rec league softball team make it to the championships."

When you compliment yourself about more than just the way you look, you'll learn and internalize that beauty is more than meets the eye.

To really "love intentionally, extravagantly, unconditionally," you must first love yourself. When you focus on how you feel rather than simply on what you see in the mirror, get rid of toxins that might be weighing you down, and discover what truly makes you beautiful, you'll find you have much more love to give—to yourself and to the rest of the world.

Look for your true beauty in characteristics beyond your physical appearance.

Hello Nature

The new dōTERRA® Hair Care line, with sustainable packaging plus new and updated formulas is the perfect addition to your shower and your carry-on.



**PROTECTING SHAMPOO**  
Color-safe and gentle enough for all hair types



**DAILY CONDITIONER**  
Nourishing, protective, and lightweight for daily use



**LEAVE-IN CONDITIONER**  
Three-in-one spray: conditions, detangles, and provides heat protection



**dōTERRA HAIR CARE TRAVEL TRIO**  
TSA friendly 3.4 fl oz bottles in a waterproof frosted zipper pouch



- NONE OF THESE
- Parabens
  - PEGs
  - Phthalates
  - Synthetic fragrances
  - Formaldehyde or formaldehyde donors
  - Silicones
  - Petroleum, mineral oils, or petroleum-derived ingredients
  - Propylene glycol



- LOTS OF THESE
- CPTG Certified Pure Tested Grade™ essential oils
  - Hydrating oils like avocado oil, shea butter, and coconut oil
  - Simple and clean products from Mother Nature





“It is never too late to be  
what you might have been.”

—  
George Eliot (Mary Ann Evans)





# Battling Burnout

Burnout is more than just the regular stresses of family life and work responsibilities. “*What’s the point of even trying?*” “When you experience burnout, you feel mentally, physically, and emotionally drained.

“I have nothing left to give.” It can leave you feeling hopeless and desperate, wondering how you’ll make it through. “I don’t think I have the energy to make it through another day of this.” And it happens to everyone.

Burnout can be difficult to recognize because it looks different for everyone. For some, it looks like Zoom meetings, never-ending deadlines, and 60-hour work weeks. For others, it looks like long days caring for children; making sure breakfast, lunch, and dinner are on the table; and helping with homework as you attempt to tackle a mountain of laundry and managing your home between errands.

Burnout can be difficult to recognize because it looks different for everyone.

For many, it looks like an endless balancing act of putting in time at your job, while squeezing in time on the side for school. Or maybe it looks like a combination of all these things—balancing a demanding career while raising well-adjusted children. Whether it’s work, parenting, school, caregiving, housework, or any of the dozens of other responsibilities on your plate, sometimes it can all just feel like too much.

No matter how much we wish we could crawl into bed and avoid responsibilities, the boss will still call, the kids will still be there, and that pile of laundry will only get bigger. Though life goes on, there’s always hope!

## Prioritize Rest

Doctors and healthcare professionals tell us to get more sleep, but for many, that’s easier said than done. While you might not be able to keep your toddler from waking up in the middle of the night or stop work emails from coming in afterhours, you can prioritize rest by making a few changes to your nightly routine.

Instead of winding down by watching TV or looking at your phone, choose instead to do more relaxing activities. Journaling, reading, or meditating can help you feel more rested and prepare you for sleep. And yes, those emails will keep coming, but there’s no rule that says you need to answer immediately. Benefit from your phone settings by turning off notifications after 6:00 p.m. and don’t think twice about it until the next morning.

As you take the time to relax, consider having some calming aromas in the room by diffusing essential oils and blends like **Lavender**, **dōTERRA Serenity®**, or **Adaptiv®**.

Don’t leave out your children’s rooms! Set up a diffuser just for them. The **Volo™ Diffuser** is perfect, with optional light settings like light-free, warm, and bright amber ambient. This unique diffuser has a customizable output with multiple time settings: one hour, three hours, six hours, or continuously up to 14 hours. And this bedtime blend for kids might be just the thing to create a calm atmosphere for your toddler while they sleep restfully all night.

## Bedtime Blend for Kids



2 drops **Lavender**  
2 drops **Wild Orange**  
2 drops **Roman Chamomile**



Journaling, reading, or meditating can help you feel more rested and prepare you for sleep.



Watch What You Eat

When experiencing burnout, even the simple act of feeding yourself properly can seem burdensome. Perhaps you put a lot of time and energy into making sure your family has healthy, wholesome meals, but when it comes time for you to eat, you only manage a few bites before getting back to work or chores. Perhaps you rush straight from work to school, leaving no time for cooking at all. Or maybe you're so busy at work that you keep convenient foods, like chips or candy, nearby so you don't have to take a lunch break. Does this sound all too familiar? Unfortunately, unhealthy eating only exacerbates the feeling of burnout, because your brain and body (which are both already exhausted) aren't getting the fuel and nutrients they need to bounce back.

Instead of treating healthy eating as optional, do some simple meal prep on the weekends to give yourself a head start. Now, we know what you're saying: "I don't have time for meal prep!" And that may be true. But if you start small, you can work more healthy choices into your diet and busy schedule.

Jump to page 28 of this issue to read more about the benefits of and ideas for meal prep. If you're not ready to dive into meal preparation, take a breath and make a shake using **dōTERRA® Greens** or **dōTERRA Protein** to ensure your body has some much-needed nutrients. Or mix **dōTERRA Fiber** with water or another beverage to get your daily intake of fiber. Even the busiest person has time to drink a shake, and maybe after you've given yourself a boost, you'll be ready to take on meal prep.

This may sound like a broken record, but there's good reason to repeat it: you'll always feel better when you're hydrated. If you tend to reach for coffee or sugary sodas when you're feeling exhausted, replace those beverages with water. When you find yourself missing sugary drinks, add a drop of **Lemon** or **Grapefruit** essential oil to your water for a pop of refreshing flavor. If you just can't bring yourself to give up soda entirely, challenge yourself to drink 60 ounces of water before you reach for a favorite carbonated drink. You'll be surprised by how much your soda consumption goes down and water consumption goes up.



When It Comes to Chores, Lower Your Expectations

We know that lowering your expectations sounds like a sad way to look at life, but you might find it actually sets you free. Sure, housework needs to be done at some point, but if you decide you need to skip chores for the day, that doesn't make you a bad person. If you can learn to be at peace when there are dishes in the sink or a carpet needs vacuuming, you'll be better able to prioritize self-care, rest, and healthy habits above cleaning and housework.

As dirty clothes don't just disappear because we wish them away (trust us, we've tried), you can do a few things to make chores a little easier. Take easing laundry day one step further by investing in a multicompartment hamper—one for dark colors, one for lights, and one for delicates.

Or divide it the best way for your family. This will save you time, as you're not sorting through laundry. Or if it feels like you spend hours every week matching up socks, consider buying all the same color to help things go much faster. As you put these suggestions to use in your own laundry room, bring yourself closer to a toxic-free home by replacing laundry soap with **abōde™ Laundry Pods**. If you're your own laundry fairy, you can feel better, knowing fewer toxins are impacting your family through their clothes.

If you feel like you barely have time to clean your bathroom or kitchen, try the new **abōde Multipurpose Cleanser**. If you only have a few minutes to wipe down countertops and surfaces, this powerful cleanser will give you peace of mind that your surfaces are clean, with the added benefit of a fresh, citrusy scent.



Happy Parents, Happy Children

A car without gas won't get far. If you feel like your tank is empty, it'll be even more difficult to care for those you love. Because you can never really take a day off from being a parent, it's important to find ways to recharge and give yourself a break while still being "on duty."

While parental guilt is a real feeling, you need to learn to let things go. Just like lowering your expectations when it comes to housework, you might need to adjust your expectations when it comes to your children. If your children wear their pajamas for half the day, you're not a bad parent. If you take your kids to the park and sit on a bench while they play—just so you can have ten minutes of alone time—you're not a bad parent. If your kids don't have perfectly decorated birthday parties, don't have pictures in pristine holiday outfits, or don't participate in the school fundraiser, you're not a bad parent.

When you're experiencing burnout, it's important to focus on what really matters. Are your children safe? Happy? Fed? Clothed? Sometimes that's what matters most.

For days when you're particularly burned out, try trading playdates with friends—they can watch your kids for a few hours one week, and then you can return the favor the next. When errands or household work beckon, sometimes it's okay to ignore those and spend a little more time with your kids. Consider taking a quick walk around the block to get some fresh air and leave everyone feeling more refreshed.

On days when your kids need an added peaceful note, consider using **Calmer® Restful Blend**, designed just for children to create a more soothing environment. When homework time or piano practice needs a refreshing recharge, use **Thinker® Focus Blend** for a positive and supportive atmosphere.

Burnout happens to everyone, but it's not inescapable. By intentionally trading some of your regular habits for simple, healthy ones, you'll find you feel refreshed enough to take on another day. Responsibilities will always come knocking, but anything you can do to recover from and prevent burnout will help you face life head-on—maybe even with a smile on your face.



Essential Oil  
Spotlight



dōTERRA  
Serenity®

**Aromatic Description:** Warm, floral, and herbal

There's a reason **dōTERRA Serenity®** is a favorite for bedtime routines. It can be used aromatically and topically to create a serene and tranquil atmosphere before you turn in for the day. **dōTERRA Serenity** is a combination of pure and powerful floral, herbal, and wood oils, sourced from all over the world. It can be used by every family member to encourage a calm, restful environment.

Fun Fact

**dōTERRA Serenity** is an oil blend of Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Hawaiian Sandalwood, and Vanilla Bean Absolute.

How to Use dōTERRA Serenity®

Topical

- + Place on the bottoms of the feet at bedtime while unwinding before going to sleep.
- + Apply two to three drops to the back of the neck or over the heart as a reminder of peace.

Aromatic

- + Inhale directly from the hands or diffuse throughout the day for a soothing aroma.
- + Diffuse at night for a calming scent.



# Emerge Energize Evolve Elevate

When you're racing to make it to a deadline or feeling buried beneath an endless to-do list, a calming aroma can be just what you need. Your sense of smell is powerful.

Scents can be invigorating, serene, cheerful, and so much more. They have the power to remind you of happy memories or ground your atmosphere in the present. With essential oils, you know the wonderful aromas you experience are safe, pure, and straight from nature.

The next time you need some rejuvenation in your space, try one of these refreshing diffuser blends.



## Daily Recharge

2 drops Lemon  
2 drops Eucalyptus  
2 drops Lavender



## Motivation Monday

2 drops dōTERRA Motivate®  
2 drops Coriander  
1 drop Lime



## Floral Fresh

2 drops Lavender  
2 drops Bergamot



## Rest and Reflect

3 drops Cedarwood  
3 drops Patchouli  
2 drops Roman Chamomile



## Serene Space

2 drops dōTERRA Serenity®  
2 drops Roman Chamomile  
2 drops Wild Orange



## Balance Bliss

3 drops dōTERRA Balance®  
3 drops Citrus Bliss®



# Jamie Andersen: From Hand- Me-Downs to Owning Her Own

## Beginnings

You may recognize Jamie from atop the Olympic trilevel medals podium in Sochi, Russia, or PyeongChang, South Korea, but her story actually began on slopes much closer to home. Jamie was born in South Lake Tahoe, California, and spent her childhood enjoying the outdoors with her seven siblings.

Jamie was homeschooled, and she feels that facilitated a love of nature in her and her siblings, as well as encouraged them to choose their own paths. She says, "I loved being homeschooled. I think kids are meant to be outside, playing and learning, and I'm so grateful my mom gave us that opportunity. We learned about the plants we were growing, how to get along with each other, and how to contribute to our family ecosystem. I feel like she really inspired us to follow our hearts and focus on learning how to be happy and find our purpose."

“My mom always advised me to treat my body like a high-end race car...”

## Growing

As a middle child, Jamie first started snowboarding at nine years old in her sister's hand-me-downs. By the time she was an early teen, she knew snowboarding was going to play a much bigger role in her life than a worn-out snowsuit. She saw a future in professional snowboarding and decided to go for it.

Following in her older sister's snowshoes, Jamie began competing in snowboarding. Because she had a lot of independence and flexibility for completing her schoolwork, Jamie graduated early. This allowed her to focus even more on snowboarding, which evolved into a successful career, as well as a platform for her to support and help fund causes that are important to her.

## Snowboarding

In 2014, Jamie led the US medal sweep with the gold medal at the first-ever Olympic Slopestyle competition and successfully defended her gold medal four years later at the 2018 Olympics, becoming the first female snowboarder to win two gold medals. She also took silver in Big Air Snowboarding that same year, making her the first female snowboarder to win two medals at a single Olympics. Watch for Jamie in the upcoming 2022 Winter Olympics. She'll be there, ready to compete for more medals.

More than once, Jamie has won World Championship titles in Big Air and Slopestyle. She recently went undefeated through a whole season and won SNOWBOARDER's Triple Crown by taking gold at the three biggest events of the year: X Games, Dew Tour, and US Open.

## Evolving

As a professional snowboarder, occasional setbacks are inevitable. When she was 17, Jamie suffered a serious health setback that required her to walk the path of recovery, health, and wellness, changing the course of her daily life and sparking a greater interest in natural alternatives. Within two years, she'd become an avid practitioner of yoga—something she continues now. "Yoga really impacted and elevated my overall well-being. Focusing on keeping my mind, body, and spirit healthy has really helped me get to where I am now."

Nearly 12 years ago—just shortly after dōTERRA was founded—Jamie was introduced to essential oils by her friend Rochelle Ballard, who's a professional surfer. Jamie says, "I was super interested as soon as I sampled the essential oils, and I put in a huge first order!" She's been using pure dōTERRA® products ever since.

"My mom always advised me to treat my body like a high-end race car," Jamie says. "You want to make sure you feed it high-quality whole foods, clean water, and pure essential oils." When she was just starting out in her snowboarding career and resources were limited, Jamie's mother encouraged her to prioritize costs that were an investment in keeping her body healthy and thriving. Jamie embraces the metaphor of your body as the temple for your spirit. It closely connected to another treasured piece of advice from her mother, which was to always take care of her spirit, and the rest will take care of itself.

As we each change and evolve throughout life, we must hold on to the values that matter most to us. It keeps our evolution grounded and focused in the right direction. For Jamie, those values are the things she first learned growing up, yet continue to be important today: humility, hard work, and gratitude.

## Jamie's Favorite Essential Oils



Frankincense



Lavender



dōTERRA Balance®



Rose



Adaptiv®



Yarrow|Pom



## Beyond Snowboarding

Along with snowboarding, Jamie enjoys cooking, mountain biking, surfing, camping, hiking, skateboarding, and spending time with her family and friends. Jamie especially loves spending time with her rescued black German shepherd Luna.

What's in Jamie's future? Lots more snowboarding, that's for sure. Someday, she hopes to own a ranch, where she and her family can live a sustainable, harmonious lifestyle, growing their own food and spending time with the company of friends. She's especially excited to make horses part of that dream!



According to the Global Slavery Index, more than 40 million people are enslaved worldwide through labor and human trafficking. Since 2016, dōTERRA Healing Hands has worked ceaselessly with organizations worldwide to eradicate modern slavery. To continue forward on the path to fulfill this mission, they developed the HOPE model as a comprehensive framework to fight against human trafficking. The HOPE model employs prevention, rescue, and aftercare efforts to protect and empower those affected by slavery.

### Prevention

The first part of the HOPE model is prevention. We can all help prevent human trafficking in our communities through education and protection of the most vulnerable. Education starts with learning the signs, tactics, and forms of trafficking. While human trafficking can happen to anyone, some people are more vulnerable than others. If you know what human trafficking looks like, including warning signs and risk factors, you're better equipped to help prevent and protect against it in your home and community. Each of us can prevent human trafficking if the signs are understood. To learn more, visit [doterrahealinghands.org/hope/prevent](https://doterrahealinghands.org/hope/prevent) to take the 3Strands Global Foundation training.

“In the US, 400,000 children are in the foster care system, with over 100,000 eligible for permanent adoption.”

Another way you can help prevent human trafficking is by protecting those who are the most vulnerable. In the US alone, 400,000 children are in the foster care system, with over 100,000 eligible for permanent adoption. Unfortunately, each year, a fourth of the children turn 18 and age out of the foster care system—unadopted and without familial support—leaving them more vulnerable to exploitation. In response, the Hope to Belong initiative was born.

All children hope to belong, and through this program people can support foster children and families or sponsor the creation of high-quality videos for foster children to give them a face and voice. Sharing these videos of children awaiting adoption is one of the easiest ways to help them find forever homes and ultimately protects them from homelessness and exploitation.

# Hope

dōTERRA  
healinghands™

We hope for many things, like good weather and good fortune. For dōTERRA Healing Hands®, the word hope symbolizes and encompasses something massive:  
*the fight against human trafficking.*



# You Can Help Prevent Human Trafficking



## Learn

Expanding your comprehension of trafficking and how it works can go a long way in the fight. The following resources are good starting points: United Nations Office on Drugs and Crimes—Human Trafficking, Polaris, Global Slavery Index, and National Center for Missing and Exploited Children.



## Share

Many people don't know that kids in foster care, homeless individuals, and more are at risk of trafficking. Sharing an image, video, or infographic takes only a moment, but it can go a long way in raising awareness.



## Use your voice

Meet with or write to your local, state, and federal elected officials to let them know you care about combating human trafficking and ask what they're doing to address it. You can expand your influence by asking family, friends, and community members to do the same.



## Shop wisely

Evaluate your personal buying choices. The US Department of Labor's app hosts a lot of research to provide awareness of goods that may use child labor or human trafficking.



## Support

Foster families often need additional support to help them provide the best care possible for the foster children in their homes. If you know a foster family in your area, providing them with haircuts, meals, or other simple services can make a big difference.



## Raise awareness

Host an awareness-raising event—for example, a book club discussion about human trafficking or community conversations with parent-teacher associations, law enforcement, or other related groups.



## Create school programs

Encourage your local schools to develop protocols for identifying and reporting a suspected case of trafficking, as well as how to respond to a potential victim.



## Mentor

Traffickers target vulnerable people who lack strong support systems. By becoming a mentor to a young person or someone in need, you can create new and positive experiences in that person's life and be a part of the support system that he or she needs to thrive and stay safe.



## Report

If you see something, do something! The National Human Trafficking Hotline can be reached at +1 (888) 373-7888.

## Rescue

Rescue is the next part of the HOPE model. dōTERRA Healing Hands supports task forces, law enforcement, and other experts who are professionally trained to perform rescue operations. dōTERRA Healing Hands® works with organizations, governments, and law enforcement agencies worldwide that unite, support, and empower those serving individuals who have been impacted or are vulnerable to human trafficking and child exploitation.

“We want those who have been rescued from trafficking to have opportunities to thrive, not just survive.”

You can help! Once you're familiar with the signs of trafficking, save your local human trafficking hotline to your phone. In the US, the **24-hour National Human Trafficking Hotline is +1 (888) 373-7888** and can help route any tips to the appropriate local officials. If you believe someone may be a victim of trafficking, please act! Law enforcement would rather receive a tip that might not pan out than not help a victim.

## Aftercare

The third and final part of the HOPE model is aftercare. Once someone has been rescued from human trafficking, aftercare is essential for helping the survivor recover and not fall victim to being trafficked again. Human trafficking survivors need safe, comprehensive, trauma-informed care for rehabilitation and societal reintegration. We want those who have been rescued from trafficking to have opportunities to thrive, not just survive.

dōTERRA Healing Hands partners with organizations that run aftercare campuses for trafficking survivors around the world with intensive, specialized services, but you can become involved in aftercare in your community. Facilities that support victims of human trafficking often need additional resources to provide for the needs of the individuals in their care. Contact a facility near you to learn what items they need most and organize a drive in your community to gather supplies to support and provide relief to survivors. You can also participate in the dōTERRA Healing Hands Foundation® Match Program to support an aftercare facility in your area and double the impact. Learn more about the Match Program at [doterrahealinghands.org](https://doterrahealinghands.org).

We all hope for a world without human trafficking. It may seem impossible, but together we are already making great strides. Join dōTERRA Healing Hands and engage in good!

The entire purchase price for **dōTERRA Hope® Touch** is donated directly to the dōTERRA Healing Hands Foundation to fight human trafficking.

See solicitation disclosures on page 91.





# Wander in the Woods

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Full of life and beauty, forests provide a place of peace. The clear, clean air makes it easier to pause and reflect.

That's what makes tree oils like **Siberian Fir**, **Douglas Fir**, and **Northern Escape™** so special. They capture the essence of the forest. With only a drop or two in your diffuser or the palms of your hands, you're instantly surrounded by the tranquil aroma of the woods.

But don't just take our word for it.

dōTERRA®

# Product Guide

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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**  
**5 mL bottles:** Lavender, Frankincense, dōTERRA Balance® Grounding Blend, dōTERRA On Guard®, Tangerine  
**Other Products:** DigestZen TerraZyme®, dōTERRA Lifelong Vitality Pack, Deep Blue® Rub, PB Assist+

60217321  
125 PV  
\$260.00 rtl  
\$195.00 whl



**Healthy Start Kit**  
**5 mL bottles:** DigestZen®, Oregano, dōTERRA On Guard®, dōTERRA Breathe® Respiratory Blend, Deep Blue®, Peppermint, Lemon, Lavender, Frankincense, Tea Tree  
**Other Products:** Pebble™ Diffuser

60211452  
100 PV  
\$213.33 rtl  
\$160.00 whl



**Home Essentials Kit**  
**15 mL bottles:** Adaptiv®, dōTERRA On Guard®, DigestZen®, dōTERRA Breathe® Respiratory Blend, dōTERRA Balance® Grounding Blend, Copaiba, Peppermint, Lavender, Lemon.  
**5 mL bottle:** Deep Blue®  
**Other Products:** Petal Diffuser

60217375  
200 PV  
\$332.00 rtl  
\$249.00 whl



**Simple Solutions Kit**  
**15 mL bottles:** Lemon, dōTERRA On Guard®, dōTERRA Serenity.  
**Other Product:** dōTERRA Deep Blue Rub

60211288  
70 PV  
\$140.00 rtl  
\$105.00 whl



**Aroma Essentials Collection**  
**5 mL bottles:** dōTERRA Balance® Grounding Blend, Citrus Bloom®, dōTERRA On Guard®, Wild Orange, Peppermint, dōTERRA Serenity® Restful Blend, dōTERRA Breathe® Respiratory Blend, dōTERRA Cheer®, Adaptiv®, Northern Escape™  
**Other Product:** Laluz® Diffuser

60217126  
110 PV | \$199.33 rtl | \$149.50 whl



For additional enrollmt kit options visit [dodterra.com](https://dodterra.com)

Essential Oil Singles



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



**Basil**  
Essential Oil  
*Ocimum basilicum*  
A T I N  
30010001  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl



**Bergamot**  
Essential Oil  
*Citrus bergamia*  
A T I S  
30790001  
15 mL | 35 PV  
\$46.67 rtl  
\$35.00 whl



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



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



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



**Cardamom**  
Essential Oil  
*Elettaria cardamomum*  
A T I N  
49350001  
5 mL | 26 PV  
\$34.67 rtl  
\$26.00 whl



**Cassia**  
Essential Oil  
*Cinnamomum cassia*  
A T I D  
60213537  
15 mL | 19 PV  
\$25.33 rtl  
\$19.00 whl



**Cedarwood**  
Essential Oil  
*Juniperus virginiana*  
A T S  
49300001  
15 mL | 13 PV  
\$17.33 rtl  
\$13.00 whl



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



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



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



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




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




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




Essential Oil Singles ctd.




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




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




**Cypress**  
Essential Oil  
*Cupressus sempervirens*  
A T N  
60206972  
15 mL | 15.5 PV  
\$20.67 rtl  
\$15.50 whl




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




**Eucalyptus**  
Essential Oil  
*Eucalyptus radiata*  
A T S  
30060001  
15 mL | 17 PV  
\$22.67 rtl  
\$17.00 whl




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




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




**Geranium**  
Essential Oil  
*Pelargonium graveolens*  
A T I S  
30090001  
15 mL | 38 PV  
\$50.67 rtl  
\$38.00 whl




**Ginger**  
Essential Oil  
*Zingiber officinale*  
A T I S  
31630001  
15 mL | 44 PV  
\$58.67 rtl  
\$44.00 whl




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




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




**Helichrysum**  
Essential Oil  
*Helichrysum italicum*  
A T I N  
30410001  
5 mL | 65 PV  
\$100.00 rtl  
\$75.00 whl




**Juniper Berry**  
Essential Oil  
*Juniperus communis*  
A T I N  
49290001  
15 mL | 13 PV  
\$25.33 rtl  
\$19.00 whl




**Lavender**  
Essential Oil  
*Lavandula angustifolia*  
A T I N  
30110001  
15 mL | 23 PV  
\$30.67 rtl  
\$23.00 whl




**Lemon**  
Essential Oil  
*Citrus limon*  
A T I N  
30120001  
15 mL | 12 PV  
\$16.00 rtl  
\$12.00 whl




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




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




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




**Madagascar Vanilla**  
Absolute  
*Vanilla planifolia*  
A T N  
60218012  
5 mL | 35 PV  
\$46.67 rtl  
\$35.00 whl




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




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




**Myrrh**  
Essential Oil  
*Commiphora myrrha*  
A T I N  
30160001  
15 mL | 50 PV  
\$82.67 rtl  
\$62.00 whl




**Oregano**  
Essential Oil  
*Origanum vulgare*  
A T I D  
30180001  
15 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl




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




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




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




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




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




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




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




**Sandalwood**  
Essential Oil  
*Santalum album*  
A T I N  
30210001  
5 mL | 60 PV  
\$100.00 rtl  
\$75.00 whl




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




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




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




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




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




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



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



**Tulsi**  
Essential Oil  
*Ocimum sanctum*  
A T N  
60213450  
5 mL | 26 PV  
\$34.67 rtl  
\$26.00 whl



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

Essential Oil Singles ctd.



**Vetiver**  
Essential Oil  
*Vetiveria zizanioides*  
A T I N  
30430001  
15 mL | 50 PV  
\$73.33 rtl  
\$55.00 whl



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



**Wintergreen**  
Essential Oil  
*Gaultheria fragrantissima*  
A T S  
31620001  
15 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl



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



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



**dōTERRA On Guard™ Beadlets**  
I  
60208146  
125 ct. | 16 PV  
\$21.33 rtl  
\$16.00 whl




**Peppermint Beadlets**  
I  
60208147  
125 ct. | 12.5 PV  
\$16.67 rtl  
\$12.50 whl




**Fractionated Coconut Oil**  
T N  
31640001  
3.8 fl oz/115 mL | 10 PV  
\$16.00 rtl  
\$12.00 whl

60210770  
1 fl oz/30mL | 0 PV  
\$5.67 rtl  
\$4.25 whl


dōTERRA Touch® Florals




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




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




**Lavender Touch Blend**  
A T N  
60200225  
10 mL roll-on | 15 PV  
\$20.00 rtl  
\$15.00 whl



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



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



**Rose Touch Blend**  
A T N  
60201813  
10 mL roll-on | 65 PV  
\$93.33 rtl  
\$70.00 whl

Proprietary Essential Oil Blends



**dōTERRA® abode™**  
Refreshing Blend  
A T N  
60217576  
15 mL | 24.5 PV  
\$32.67 rtl  
\$24.50 whl



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



**Air-X®**  
Air Blend  
A T I S  
60215527  
15 mL bottle | 29.5 PV  
\$39.33 rtl  
\$29.50 whl



**AromaTouch®**  
Massage Blend  
T N  
31200001  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl



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



**dōTERRA Breathe®**  
Respiratory Blend  
A T I S  
60200190  
15 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl



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



**Citrus Bloom®**  
Springtime Blend  
A T I N  
60208812  
15 mL | 24.5 PV  
\$32.67 rtl  
\$24.50 whl



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



**DigestZen®**  
Digestive Blend  
A T I N  
60214361  
15 mL | 33 PV  
\$44.00 rtl  
\$33.00 whl



**Elevation**  
Joyful Blend  
A T N  
31040001  
15 mL | 48 PV  
\$64.00 rtl  
\$48.00 whl



**Northern Escape™**  
Woodland Blend  
A T N  
60215058  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl



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



**PastTense®**  
Tension Blend  
A T I N  
60215812  
15 mL bottle | 28 PV  
\$37.33 rtl  
\$28.00 whl



**Purify**  
Cleansing Blend  
A T I N  
31060001  
15 mL | 20 PV  
\$37.33 rtl  
\$20.00 whl



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



**Slim & Sassy®**  
Metabolic Blend  
A T I S  
31370001  
15 mL | 26 PV  
\$34.67 rtl  
\$26.00 whl



**TerraShield®**  
Repellent Blend  
A T I S  
60214386  
15 mL | 13 PV  
\$17.33 rtl  
\$13.00 whl



**TerraShield®**  
Repellent Blend  
A T I S  
60214387  
30 mL | 18 PV  
\$26.67 rtl  
\$20.00 whl



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



# Essential Oil Kits



## dōTERRA Emotional Aromatherapy® Touch

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



**dōTERRA Cheer® Touch**  
Uplifting Blend  
A T N  
60200146  
10 mL roll-on | 16.25 PV  
\$21.67 rtl  
\$16.25 whl



**dōTERRA Console® Touch**  
Comforting Blend  
A T N  
60200147  
10 mL roll-on | 24 PV  
\$32.00 rtl  
\$24.00 whl



**dōTERRA Forgive® Touch**  
Renewing Blend  
A T N  
60200148  
10 mL roll-on | 13 PV  
\$17.33 rtl  
\$13.00 whl



**dōTERRA Motivate® Touch**  
Encouraging Blend  
A T N  
60200149  
10 mL roll-on | 15 PV  
\$20.00 rtl  
\$15.00 whl



**dōTERRA Passion® Touch**  
Inspiring Blend  
A T N  
60200150  
10 mL roll-on | 27.25 PV  
\$36.3 rtl  
\$27.25 whl



**dōTERRA Peace® Touch**  
Reassuring Blend  
A T N  
60200151  
10 mL roll-on | 20 PV  
\$26.67 rtl  
\$20.00 whl



## dōTERRA Emotional Aromatherapy® Kit

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



**dōTERRA Motivate®**  
Encouraging Blend  
A T S  
31740001  
5 mL | 23 PV  
\$30.67 rtl  
\$23.00 whl



**dōTERRA Cheer®**  
Uplifting Blend  
A T S  
31720001  
5 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl



**dōTERRA Passion®**  
Inspiring Blend  
A T S  
31760001  
5 mL | 42 PV  
\$56.00 rtl  
\$42.00 whl



**dōTERRA Forgive®**  
Renewing Blend  
A T S  
31750001  
5 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



**dōTERRA Console®**  
Comforting Blend  
A T N  
31730001  
5 mL | 37 PV  
\$49.33 rtl  
\$37.00 whl



**dōTERRA Peace®**  
Reassuring Blend  
A T N  
31710001  
5 mL | 30 PV  
\$40.00 rtl  
\$30.00 whl

# Essential Oil Roll-On



**dōTERRA Breathe®**  
Touch Blend  
A T N  
60200192  
10 mL roll-on  
14 PV  
\$18.67 rtl  
\$14.00 whl



**Copaiba**  
Touch Blend  
A T N  
60219176  
10 mL roll-on  
23 PV  
\$30.67 rtl  
\$23.00 whl



**DigestZen®**  
Touch Blend  
A T N  
60214815  
10 mL roll-on  
22 PV  
\$29.33 rtl  
\$22.00 whl



**Frankincense**  
Touch Blend  
A T N  
60200224  
10 mL roll-on  
45.5 PV  
\$60.67 rtl  
\$45.50 whl



**Lavender**  
Touch Blend  
A T N  
60200225  
10 mL roll-on  
15 PV  
\$20.00 rtl  
\$15.00 whl



**Oregano**  
Touch Blend  
A T N  
60200227  
10 mL roll-on  
14.5 PV  
\$19.33 rtl  
\$14.50 whl



**Peppermint**  
Touch Blend  
A T N  
60200228  
10 mL roll-on  
14.5 PV  
\$19.33 rtl  
\$14.50 whl



**Tea Tree**  
Touch Blend  
A T N  
60208343  
10 mL roll-on  
12.5 PV  
\$16.67 rtl  
\$12.50 whl



**Whisper® Touch**  
Blend for Women  
A T N  
60214274  
10 mL roll-on  
26 PV  
\$34.67 rtl  
\$26.00 whl



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



**ClaryCalm®**  
Monthly Blend for Women  
A T N  
49480001  
10 mL roll-on  
27 PV  
\$36.00 rtl  
\$27.00 whl



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



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



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

# Essential Oil Kits ctd.



## dōTERRA Yoga Collection

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



## dōTERRA Kids Collection

60211246  
Seven 10 mL roll-on bottles  
90 PV | \$140.00 rtl | \$105.00 whl



**dōTERRA Anchor**  
Steadying Blend  
A T N  
60203245  
5 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



**dōTERRA Align**  
Centering Blend  
A T N  
60203246  
5 mL | 17 PV  
\$22.67 rtl  
\$17.00 whl



**dōTERRA Arise**  
Enlightening Blend  
A T N  
60203247  
5 mL | 19 PV  
\$25.33 rtl  
\$19.00 whl



**Thinker®**  
Focus Blend  
A T N  
60206633  
10 mL roll-on | 16 PV  
\$21.33 rtl  
\$16.00 whl



**Calmer®**  
Restful Blend  
A T N  
60206632  
10 mL roll-on | 19 PV  
\$25.33 rtl  
\$19.00 whl



**Tamer®**  
Digestive Blend  
A T N  
60209356  
10 mL roll-on | 15 PV  
\$20.00 rtl  
\$15.00 whl



**Brave®**  
Courage Blend  
A T N  
60206618  
10 mL roll-on | 21 PV  
\$28.00 rtl  
\$21.00 whl



**Rescuer™**  
Soothing Blend  
A T N  
60206635  
10 mL roll-on | 15 PV  
\$20.00 rtl  
\$15.00 whl



**Stronger®**  
Protective Blend  
A T N  
60206654  
10 mL roll-on | 14 PV  
\$18.67 rtl  
\$14.00 whl



**Steady®**  
Grounding Blend  
A T N  
60206617  
10 mL roll-on | 15 PV  
\$20.00 rtl  
\$15.00 whl



## Introductory Kit

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



## Family Essentials Kit

60202951  
Ten 5 mL bottles: 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 5 mL bottles: dōTERRA Balance®, Lavender, Tea Tree, dōTERRA On Guard, AromaTouch®, Deep Blue, Wild Orange, Peppermint  
One 4 oz bottle: Fractionated Coconut Oil  
100 PV | \$146.67 rtl | \$110.00 whl



# dōTERRA On Guard® Products



New

**dōTERRA On Guard™ Hand Wipe Pack**  
60201266  
50 count | 10 PV  
\$16.67 rtl  
\$12.00 whl

**dōTERRA On Guard+™ Chewable Tablets**  
60216736  
60 count | 10 PV  
\$21.33 rtl  
\$16.00 whl

Top Seller

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

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

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

**dōTERRA On Guard™ Hand Wipe Singles**  
60214043  
20 count | 5 PV  
\$14.33 rtl  
\$10.75 whl

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

New Formula

**dōTERRA On Guard+™**  
Beadlets  
60208146  
125 beadlets | 16 PV  
\$21.33 rtl  
\$16.00 whl

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

**dōTERRA On Guard**  
Natural Whitening Toothpaste  
60205476  
4.2 oz/125g | 5 PV  
\$11.33 rtl  
\$8.50 whl

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

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

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

**dōTERRA On Guard**  
Foaming Hand Wash  
Single Refill  
38010001  
16 fl oz/473 mL | 15 PV  
\$23.33 rtl  
\$17.50 whl

**dōTERRA On Guard**  
Foaming Hand Wash  
Twin Pack Refill  
38020001  
2 x 16 fl oz/473 mL | 25 PV  
\$40.00 rtl  
\$30.00 whl

**dōTERRA On Guard**  
Laundry Detergent  
39020001  
32 fl oz/947 mL | 20 PV  
\$36.67 rtl  
\$27.50 whl

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

# dōTERRA Yarrow | Pom Collection

## Yarrow | Pom Collection

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

**Yarrow | Pom**  
Active Botanical Nutritive Duo  
T I N  
60207652  
30 mL 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  
3.4 fl oz/100 mL | 60 PV  
\$86.67 rtl  
\$65.00 whl



# dōTERRA Adaptiv® System

## Adaptiv System

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

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

  
Made with SLS-free capsules

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

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



# dōTERRA Baby

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

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



# Deep Blue® Products

Top Seller

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

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

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

New

**Deep Blue™ Stick • Copaiba**  
60213108  
1.69 oz/48 g | 20 PV  
\$32.67 rtl  
\$24.50 whl

**Deep Blue Rub**  
Samples  
38950001  
Ten 2 mL samples | 0 PV  
\$6.67 rtl  
\$5.00 whl

**Deep Blue Polyphenol Complex®**  
34360001  
60 vegetable capsules | 40 PV  
\$60.00 rtl  
\$45.00 whl

  
Made with SLS-free capsules





Hair Care



dōTERRA Protecting Shampoo

60208440  
16.9 fl oz/500 mL | 20 PV  
\$32.67 rtl  
\$24.50 whl

dōTERRA Daily Conditioner

60208441  
16.9 fl oz/500 mL | 20 PV  
\$32.67 rtl  
\$24.50 whl

dōTERRA Leave-in Conditioner

60208398  
8 fl oz/237 mL | 15 PV  
\$24.67 rtl  
\$18.50 whl

New dōTERRA Hair Care Travel Trio

60210084  
3.4 fl oz/100 mL | 20 PV  
\$39.33 rtl  
\$29.50 whl

dōTERRA Breathe® Products



dōTERRA Breathe  
Respiratory Blend

A T S  
60200190  
15 mL 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  
10 mL roll-on | 10 PV  
\$16.00 rtl  
\$12.00 whl

dōTERRA Breathe  
Touch Blend

60200192  
10 mL roll-on | 14 PV  
\$18.67 rtl  
\$14.00 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  
150 mL | 30 PV  
\$46.00 rtl  
\$34.50 whl

dōTERRA Serenity® Products



dōTERRA Serenity Softgels  
Restful Complex

34390001  
60 vegetarian softgels | 17 PV  
\$28.67 rtl  
\$21.50 whl

dōTERRA Serenity  
Restful Blend

A T N  
49530001  
15 mL bottle | 32 PV  
\$42.67 rtl  
\$32.00 whl

dōTERRA Serenity  
Combo Pack

60200524  
15 mL bottle and 1 bottle softgels | 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, dōTERRA Balance 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

60217288  
85 PV | \$160.00 rtl | \$120.00 whl

dōTERRA Spa Basics Kit  
Hand & Body Lotion, and Body Wash

60200499  
17 PV  
\$30.67 rtl  
\$23.00 whl

dōTERRA Spa Luxury Kit  
Body Scrub, Mud Mask, Body Butter

60200502  
32 PV  
\$56.00 rtl  
\$42.00 whl

Detoxifying Mud Mask

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

Exfoliating Body Scrub

37480001  
8 fl oz/226 g | 15 PV  
\$26.00 rtl  
\$19.50 whl

Refreshing Body Wash

3746001  
8.45 fl oz/250 mL | 10 PV  
\$17.00 rtl  
\$12.75 whl

Replenishing Body Butter

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

Hydrating Body Mist

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

Citrus Bliss Hand Lotion

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

Hand & Body Lotion

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

Hand & Body Lotion  
3-Pack

60200498  
Three 6.7 fl oz/200 mL | 30 PV  
\$50.67 rtl  
\$38.00 whl

Lip Balm Original

60207651  
0.16 oz/45 g | 5 PV  
\$8.67 rtl  
\$6.50 whl

Lip Balm Herbal

60207653  
0.16 oz/45 g | 5 PV  
\$8.67 rtl  
\$6.50 whl

Lip Balm Tropical

60207649  
0.16 oz/45 g | 5 PV  
\$8.67 rtl  
\$6.50 whl

Lip Balm Variety 3-Pack

37570001  
Three 0.16 oz/45 g | 10 PV  
\$20.00 rtl  
\$15.00 whl

Moisturizing Bath Bar

37450001  
4 oz/113 g | 5 PV  
\$9.00 rtl  
\$6.75 whl

Citrus Bliss Bath Bar

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

dōTERRA Balance™ Bath Bar

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

dōTERRA Serenity™ Bath Bar

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

3-Pack  
37560001  
Three 4 oz/113 g | 10 PV  
\$19.33 rtl  
\$14.50 whl

3-Pack  
60208924  
Three 4 oz/113 g | 10 PV  
\$19.33 rtl  
\$14.50 whl

3-Pack  
60213577  
Three 4 oz/113 g | 10 PV  
\$19.33 rtl  
\$14.50 whl

3-Pack  
60201595  
Three 4 oz/113 g | 10 PV  
\$19.33 rtl  
\$14.50 whl



Women's Health



LOYALTY  
REWARDS  
PROGRAM

Women's Health Kit

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

ClaryCalm® Monthly Blend for Women

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

Phytoestrogen Essential Complex

35260001  
60 capsules | 34 PV | \$50.00 rtl | \$37.50 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  
60207421  
2.65 oz/75 g | 5 PV  
\$11.67 rtl  
\$8.75 whl



Balancing  
soda-  
free

Natural Sensitive  
Deodorant infused with  
dōTERRA Douglas Fir and  
Greek Orange  
60208231  
2.65 oz/75 g | 5 PV  
\$11.67 rtl  
\$8.75 whl



Correct-X®  
Essential Oil Ointment  
60110001  
.5 oz/15 mL | 10PV  
\$16.00 rtl  
\$12.00 whl

Skin Care



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

HD Clear Kit  
42700001  
40 PV  
\$61.33 rtl  
\$46.00 whl

HD Clear Facial  
Lotion  
49410001  
1.7 fl oz/50 mL | 28 PV  
\$42.67 rtl  
\$32.00 whl

HD Clear Foaming  
Face Wash  
49420001  
1.7 fl oz /50 mL | 18 PV  
\$26.67 rtl  
\$20.00 whl



Verage® Collection  
42690001  
70 PV  
\$112.66 rtl  
\$84.50

Verage Immortelle  
Hydrating Serum  
37400001  
.5 fl oz/15 mL | 50 PV  
\$77.33 rtl  
\$58.00

Verage Moisturizer  
37410001  
1 fl oz/30 mL | 22 PV  
\$34.67 rtl  
\$26.00 whl

Verage Toner  
37390001  
1.7 fl oz /50 mL | 16 PV  
\$26.67 rtl  
\$20.00 whl

Verage Cleanser  
37380001  
2 fl oz /60 mL | 20 PV  
\$29.33 rtl  
\$22.00 whl

Skin Care ctd.



Essential Skin Care  
Facial Cleanser  
60201753  
4 fl oz/118 mL | 12 PV  
\$20.00 rtl  
\$15.00 whl

Essential Skin Care  
Invigorating Scrub  
60201773  
2.5 fl oz/70g | 15 PV  
\$23.33 rtl  
\$17.50 whl

Essential Skin Care  
Tightening Serum  
60201752  
1 fl oz/30 mL | 40 PV  
\$58.67 rtl  
\$44.00 whl

Essential Skin Care  
Anti-Aging Eye Cream  
60201776  
0.5 fl oz/15 mL | 40 PV  
\$56.00 rtl  
\$42.00 whl

Essential Skin Care  
Brightening Gel  
60210008  
1 fl oz/30 mL | 30 PV  
\$42.67 rtl  
\$32.00 whl

Essential Skin Care  
Hydrating Cream  
60201774  
1.7 fl oz/48g | 30 PV  
\$45.33 rtl  
\$34.00 whl

Essential Skin Care Pore  
Reducing Toner  
60201772  
4 fl oz/118 mL | 17 PV  
\$26.00 rtl  
\$19.50 whl

Anti-Aging  
Moisturizer  
60201750  
1.7 fl oz/50 mL | 30 PV  
\$45.33 rtl  
\$34.00 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  
60209897  
175 PV | \$326.67 rtl | \$245.00 whl



# Vitamins and Supplements

LOYALTY  
REWARDS  
PROGRAM



**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®

**60205416**  
60 daily packs or a 30-day supply | 60 PV  
\$115.33 rtl | \$86.50 whl



**Microplex VMz®**  
Food Nutrient Complex

**60213169**  
120 vegetable capsules | 39.5 PV  
\$52.67 rtl | \$39.50 whl

Made with sls-free vegetable capsules



**xEO MEGA®**  
Essential Oil Omega Complex

**60219195**  
120 softgels | 49.5 PV  
\$66.00 rtl | \$49.50 whl

Made with vEO softgels



**vEO MEGA®**  
Essential Oil Omega Complex

**34480001**  
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



**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  
34.5 PV | \$52.67 rtl | \$39.50 whl

Made with sls-free vegetable capsules



**Vegan Microplex VMz®**  
Food Nutrient Complex

**60213210** | 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



**dōTERRA Daily Nutrient Pack®**  
**21490001**  
50 PV  
\$59.50

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



**Microplex VMz®**  
10 PV | \$22.50



**xEO Mega®**  
10 PV | \$22.50



**Mito2Max®**  
10 PV | \$22.50



**Deep Blue Polyphenol Complex®**  
10 PV | \$22.50



**DigestZen TerraZyme®**  
10 PV | \$22.50



**PB Assist®+**  
10 PV | \$22.50



**Kids Kit (IQ Mega® & a2z)**  
10 PV | \$25.00

# Slim & Sassy®



**Slim & Sassy Metabolic Blend**  
**A T I S**  
**31370001**  
15 mL bottle | 26 PV  
\$34.67 rtl  
\$26.00 whl



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



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



# Digestive health



Top  
Seller

**DigestZen Terrazyme®**  
Digestive Enzyme Complex  
35110001  
90 vegetable capsules | 30 PV  
\$45.33 rtl  
\$34.00 whl

Made with sls-free  
vegetable capsules

**PB Assist®**  
Probiotic Defense Formula  
35160001  
30 vegetable capsules | 34.5 PV  
\$52.67 rtl  
\$39.50 whl

Made with sls-free  
vegetable capsules

**GX Assist®**  
GI Cleansing Formula  
35040001  
60 softgels | 22 PV  
\$34.67 rtl  
\$26.00 whl

Made with enteric softgels



**DigestZen®**  
Digestive Blend  
60214361  
15 mL bottle | 33 PV  
\$44.00 rtl  
\$33.00 whl

**DigestTab®**  
Chewable Tablets  
60214446  
100 chewable tablets | 10 PV  
\$18.67 rtl  
\$14.00 whl

Chewable tablets

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

Made with enteric softgels



**Zendocrine®**  
Detoxification Blend  
31460001  
15 mL bottle | 24 PV  
\$32.00 rtl  
\$24.00 whl

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

Made with  
vegetarian softgels

**Zendocrine®**  
Detoxification Complex  
35120001  
60 vegetable capsules | 20 PV  
\$29.33 rtl  
\$22.00 whl

Made with sls-free  
vegetable capsules



New  
Formula

**DigestZen® Softgels**  
60209021  
60 vegetarian softgels | 15 PV  
\$26.00 rtl  
\$19.50 whl

Made with  
vegetarian softgels

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

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

# Specialized Supplements



**DDR Prime®**  
60207092  
15 mL bottle  
32 PV  
\$42.67 rtl  
\$32.00 whl

**DDR Prime  
Softgels**  
34410001  
60 softgels  
40 PV  
\$60.00 rtl  
\$45.00 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  
40 PV  
\$60.00 rtl  
\$45.00 whl

Made with sls-free  
vegetable capsules

**Copaiba Softgels**  
60205764  
60 softgels  
30 PV  
\$42.67 rtl  
\$32.00 whl

Made with  
vegetarian softgels



# dōTERRA® abode™ Products



**abode Refreshing Blend**  
60217576  
15 mL | 24.5 PV  
\$32.67 rtl  
\$24.50 whl



**abode Foaming Hand  
Wash Concentrate Infused  
with Citrus Bloom®**  
60216472  
8 oz/237 mL | 14 PV  
\$26.67 rtl  
\$19.50 whl



**abode Hand Lotion Infused  
with Citrus Bloom**  
60216475  
10 oz/396 mL | 15 PV  
\$24.67 rtl  
\$18.50 whl



**abode Dishwasher Pods**  
60216473  
24 count | 10 PV  
\$20.00 rtl  
\$15.00 whl



**abode Laundry Pods**  
60216474  
45 count | 14 PV  
\$26.00 rtl  
\$19.50 whl



**abode Multi Purpose Spray  
Concentrate**  
60216476  
1 fl oz | 7 PV  
\$11.67 rtl  
\$8.75 whl



**abode Liquid Dish Soap**  
60217386  
16 fl oz | 8 PV  
\$16.00 rtl  
\$12.00 whl



**abode Hand Lotion Pump  
Dispenser**  
60217569  
10 fl oz/296 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl



**abode Foaming Hand Wash  
Dispenser**  
60217522  
16 fl oz/473 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl



**abode Multi Purpose  
Sprayer**  
60217546  
10 fl oz/296 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl



**abode Dish Soap Dispenser**  
Includes pour spout and pump attachment  
60217590  
16 fl oz/473 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl



dōTERRA® Nutrition



**Vanilla & Chocolate Protein**  
60207069  
Vanilla | 20 Servings | 25 PV  
\$52.67 rtl  
\$39.50 whl

60207068  
Chocolate | 20 Servings | 25 PV  
\$52.67 rtl  
\$39.50 whl



**Vegan Protein**  
60207067  
20 Servings | 25 PV  
\$52.67 rtl  
\$39.50 whl



**Greens**  
60213600  
30 Servings | 20 PV  
\$38.00 rtl  
\$28.50 whl



**Fiber**  
60207065  
30 Servings | 14 PV  
\$26.00 rtl  
\$19.50 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/100 mL | 0 PV | \$20.00

**dōTERRA Hope® Touch**

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

dōTERRA diffusers



**Laluz® with Peppermint & Wild Orange**

60217554  
22 PV  
\$78.67 rtl  
\$59.00 whl



**Roam® Diffuser**

60213424  
0 PV  
\$69.33 rtl  
\$52.00 whl



**Dawn® Aroma Humidifier**

60213449  
0 PV  
\$72.00 rtl  
\$54.00 whl



**Petal Essentials Kit**

60211559  
20 PV  
\$62.67 rtl  
\$47.00 whl



**Pilot® Portable Diffuser**

60212263  
0 PV  
\$50.00 rtl  
\$37.50 whl



**Volo™ Diffuser**

<b>Volo™ Marble</b> 60210546 0 PV \$78.67 rtl \$59.00 whl	<b>Volo™ Onyx</b> 60210545 0 PV \$78.67 rtl \$59.00 whl
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Florida: A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE [of Florida]. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. Registration #: CH48280.

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 dōTERRA 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.

Michigan: Registration # 55179

NEW JERSEY: INFORMATION FILED WITH THE ATTORNEY GENERAL CONCERNING THIS CHARITABLE SOLICITATION AND THE PERCENTAGE OF CONTRIBUTIONS RECEIVED BY THE CHARITY DURING THE LAST REPORTING PERIOD THAT WERE DEDICATED TO THE CHARITABLE PURPOSE MAY BE OBTAINED FROM THE ATTORNEY GENERAL OF THE STATE OF NEW JERSEY BY CALLING 973-504-6215 AND IS AVAILABLE ON THE INTERNET AT [HTTP://WWW.NJCONSUMERAFFAIRS.GOV/](http://www.njconsumeraffairs.gov/) . REGISTRATION WITH THE ATTORNEY GENERAL DOES NOT IMPLY ENDORSEMENT.

For the state of North Carolina, financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-807-2214. The license is not an endorsement by the State.

Virginia: A Financial Statement is available upon request from the Office of Charitable and Regulatory Programs P.O. Box 1163, Richmond, Virginia 23218 Phone 804-786-1343

Washington: dōTERRA Healing Hands Foundation, a Utah Non-Profit Corporation, is registered with the State of Washington Secretary of State Corporations and Charities Division. For further information please contact the Secretary of State at 360-725-0378 or [www.sos.wa.gov/charities](http://www.sos.wa.gov/charities).



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

dōTERRA®  
pursue what's **pure**®

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