



# LIVING

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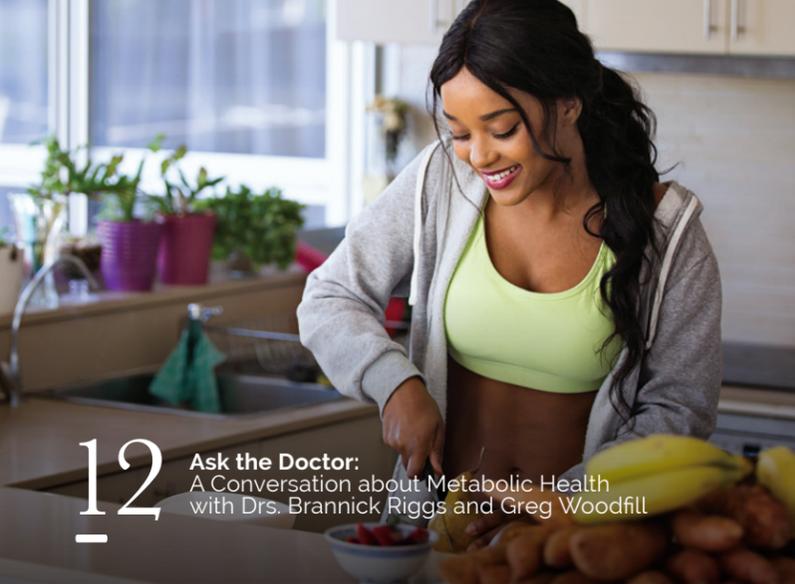
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“Take care of your body.  
It’s the only place you have to live.”

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Jim Rohn



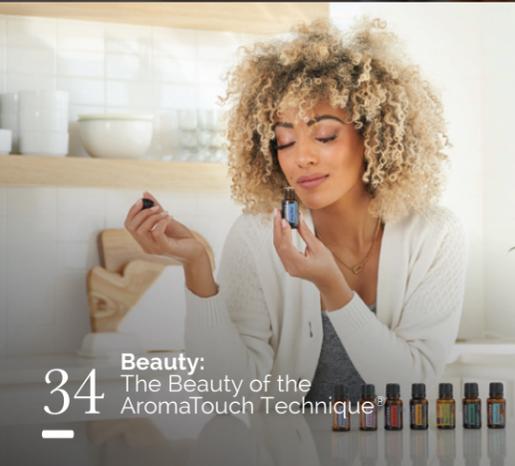
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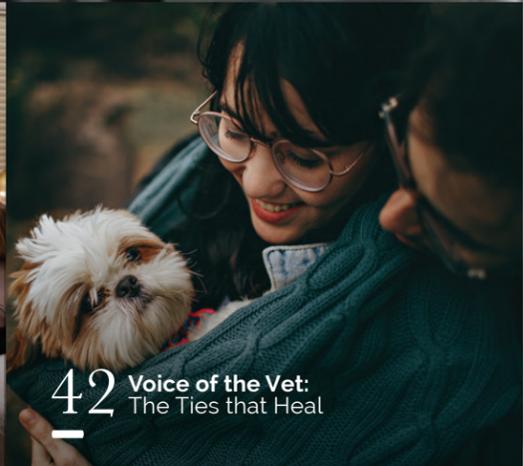
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# Build a Foundation for Health

The dōTERRA Lifelong Vitality Pack® is our bestselling supplement package. It includes the following products:

- Alpha CRS+®
- Microplex VMz®
- xEO Mega®

Each of these supplements can contribute to your goal of living younger, longer. Alpha CRS+ supports healthy cell function by reducing oxidative stress.\* Microplex VMz provides 22 essential vitamins and minerals to support normal cell growth, function, and maintenance.\* xEO Mega contains omega fatty acids, which promote joint and circulatory health.\*

"I use the dōTERRA Lifelong Vitality Pack® (LLV) every single day. When I first started, I was astonished at how quickly I felt a difference in my life. I recommend these incredible supplements to my patients and even my fellow practitioners! LLV is a strong foundation you can build on to reach your wellness goals." —Dr. Greg Woodfill.



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BEHIND THE BOTTLE

# BULGARIA INBLOOM

A foundational, bestselling essential oil and key product in numerous kits, dōTERRA® Lavender is what you reach for during your bedtime routine, when you're craving an elegant scent, or when you need a peaceful moment.

Lavender is world-renowned for its potency and purity, but do you know its story?



### A Long History

The incredible properties of lavender have been recognized for centuries. The name lavender is thought to come from either the Latin words *lavare*, meaning "to wash," or *livere*, meaning "blueish."

Lavender has an extensive history in traditional wellness, cosmetics, and culinary practices. Some historians estimate the first lavender harvests in France date back to 600 BC! And of course, it's been planted in gardens around the world for ages because of its beauty and fragrance.

It's a remarkable plant, and more recently researchers have started performing clinical trials to better understand the vast benefits of Lavender essential oil.

### Healing Bulgarian Heritage

Lavender is often associated with France, and while dōTERRA does source some essential oil from France,

most comes from Bulgaria. Bulgaria's climate and soil are ideal for growing floral plants like lavender, melissa, and rose. Beyond the perfect growing conditions, Bulgaria also has a rich history of cultivating high-quality florals.

In the 1940s, Bulgaria was known worldwide as a top producer of essential oils—connoisseurs, if you will. When the communist party that ruled the country fell in the early 1990s, everything became tumultuous, and food shortages occurred. Many lavender and rose harvesters replaced their florals with crops subsidized by the government, including corn, wheat, and sunflowers.

The restoration of essential oil production—an important part of Bulgarian heritage—has been a slow process. But dōTERRA recognized an opportunity to help both the land and people heal with opportunities to return to the crops of their past.

### Harvesting with Esseterre

Esseterre, a dōTERRA essential oil distillery, was established in Dobrich, Bulgaria, in 2015. While it's owned by dōTERRA, the distillery is managed completely by Bulgarians. This facility incentivizes farmers to grow florals again and allows dōTERRA to work with these skilled farmers.

It all begins with farmers planting lavender fields on their land. With the history and knowledge they have, the farmers can cultivate the highest-quality lavender crops in the world.

The entire annual production of Lavender essential oil occurs in just three to four weeks. During this time, Esseterre employees work around the clock to ensure the highest-quality product possible. Though the vibrant color you're familiar with occurs in early summer, the farmers actually harvest lavender in July—once the bright purple color has started fading

from exposure to the summer heat. Harvesting at this stage ensures higher quantity and quality of essential oil.

When harvested correctly, lavender can grow back each season for about 20 years. When a lavender plant reaches the end of its life, farmers take cuttings from the old plant to propagate new lavender plants and continue the cycle.

Once farmers have completed their harvest, the blooms are taken to Esseterre for distillation. Farmers are encouraged to remain at the distillery during the process. Once their harvest is distilled, farmers can choose to sell their final essential oil to a different buyer or sell it to Esseterre. Most farmers choose to sell to Esseterre because it provides a fair, transparent price with on-time payment. This economic opportunity has helped Bulgarian farmers and families begin to thrive.

### Giving Back to the Community

Along with providing a valuable economic opportunity, dōTERRA has also given back to local communities. Through Co-Impact Sourcing® and the dōTERRA Healing Hands Foundation®, Esseterre supports a mentor program for youths in foster care facilities.

Recently, Esseterre also participated in a special project called the Wonder Garden. The Wonder Garden is an organization founded in 2018 that employs people with disabilities—many of whom would have difficulty finding traditional employment. The Wonder Garden provides employees with income from the produce and flowers they grow. Esseterre has supported the project in several ways, including

donating a truck to deliver produce to the market and hosting a group of Wellness Advocates who prepared the ground for planting and installed drip irrigation. To increase their production and profit, the dōTERRA Healing Hands Foundation also donated funds for a tractor that's now used in the garden.

### Returning to Their Roots

Now when you reach for a bottle of Lavender essential oil, you know its incredible story. Despite difficult circumstances, the Bulgarian landscape is adorned with lavender again. Heritage is being restored, and the world is enjoying the benefits of beautiful Lavender essential oil.

Bulgaria is in bloom once more.

## Essential Oil Spotlight



# Lavender

Lavandula angustifolia

**Distillation Method:** Steam distillation

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

**Plant Part:** Flower

*Light. Airy. Floral. Lovely.* These are just a few ways to describe the unmistakable aroma of **Lavender** essential oil.

For centuries, the purple-flowered lavender plant has been beloved and widely used, and the same holds true for the plant's essential oil. Lavender is often considered the Swiss Army knife of essential oils because of its usefulness and popularity. In fact, Lavender is consistently a dōTERRA® bestselling product.

Lavender has remained a favorite in the essential oil world for so long because it offers powerful benefits for the skin, can help reduce occasional anxious feelings when used internally,\* creates the perfect restful environment for sleep—and that's just the beginning.

Doesn't that sound like an essential oil you'd want to have around?

### Fun Fact

It takes two years for lavender to grow from a seed to a fully mature plant.

### How to Use:

#### Topical

- + Apply to the skin to soothe minor skin irritations.
- + Combine with an unscented lotion or a carrier oil and massage into the back of the neck and bottoms of the feet before going to bed.

#### Internal

- + Take internally to help reduce occasional anxious feelings, day or night.\*
- + Combine with Wild Orange in a cup of tea or glass of water for a unique flavor and internal benefits.\*

#### Aromatic

- + Diffuse in your children's bedrooms while they prepare for bed to create a calming atmosphere.
- + After washing sheets, pillowcases, and comforters, add a few drops to a spray bottle with water and spritz over the clean bedding for a lovely, refreshing aroma.

\*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.

Learn more about Lavender



# A Conversation about Metabolic Health

with Drs. Brannick Riggs and Greg Woodfill

Dr. Brannick Riggs is a board-certified family practitioner who's also the vice president of education at dōTERRA. When he's not working, Dr. Riggs enjoys spending time with his wife, Juli, and their five children in the great outdoors of the Wasatch Front.

Dr. Greg Woodfill is a board-certified obstetrician and gynecologist currently living in Wilmington, North Carolina, with his wife, Ashley, and their four children. Dr. Woodfill and Ashley cofounded East Coast Oils (ECO), where they study safe and effective essential oil usage.

## What's Metabolic Health?

You make daily choices that expose your body to various substances—usually by eating, breathing, or absorbing them through your skin. These substances are metabolized into your body.

The adage "you are what you eat" could actually be better stated "you are what you metabolize." Strong metabolic health positively affects every life-giving function in the body. Weak metabolic health leads to poor well-being and early aging.

Several bodily characteristics can give you a general idea of your metabolic health, like energy levels, shortness of breath, heart rate, skin problems, digestive issues, and brain fog. You can also acquire specific tests from your healthcare provider to make sure your pulse, blood glucose, cholesterol, triglycerides, blood pressure, and C-reactive proteins are all within healthy ranges.

Dr. Riggs suggests looking at your weight to evaluate your metabolic health. He says, "If you have a BMI greater than 25, you likely have challenges with metabolic health."

## Why Is Metabolic Health Important?

Dr. Riggs continues, "Metabolic health is a serious concern. In the US, nearly 75 percent of the population is either overweight or obese. Sadly, this number has only increased during the recent worldwide pandemic. When stressed, we often turn to foods high in carbohydrates and decrease the time we spend exercising. This combination sets us up for poor metabolic health."



“The good news is we have considerable control over many factors that cause poor metabolic health. We can decide today to do something about it.”

Good metabolic health improves the quality of everyday life. Dr. Woodfill says, “As you’re working on your metabolic health, there are founding premises you’ll want to keep at the top of your mind. These are exercise, diet, sleep, and natural support.”

## Exercise

A consistent, challenging exercise regimen is key. It’s recommended you exercise for a minimum of 30 minutes with an elevated heart rate at least four times a week. You should also be walking at least 10,000 steps a day.

Dr. Woodfill says, “Exercising regularly doesn’t just help you physically. It can also help you mentally and emotionally. Exercise increases alertness, acuity, and a general sense of well-being. It also releases endorphins, which some refer to as a ‘runner’s high.’

“In my experience, I’ve noticed exercise helps me carry my body better throughout the day. I feel lighter and have more energy to accomplish my goals.”

If you currently don’t have an exercise routine, figuring out where to start can feel daunting. Dr. Riggs says, “When you make small changes consistently, you’ll see incredible outcomes over time.”

One of Dr. Riggs’s patients wanted to reach a healthier weight. The only movement she made daily was going from her bed to the couch. Big changes seemed impossible, so Dr. Riggs helped her set achievable goals over time. First, her routine added walking to the mailbox each day. Then, it became walking to her property line. Soon, she could walk around the block.

It’s important to start where you are and progress from there. Whatever your exercise of choice—walking, swimming, or playing outside with your kids—if your heart rate is elevated, you’re improving your metabolic health.





## Diet

Dr. Riggs states, "You can't exercise away an unhealthy diet." Eating well is another fundamental building block of metabolic health. If you need to make a change, start with small, manageable modifications to your diet.

"Some people begin with the 80/20 principle, meaning 80 percent of their day is filled with nutritious food. In the remaining 20 percent, they cut themselves some slack," adds Dr Woodfill. "The point is to improve little by little. You have lots of ways to incorporate nutritious food into your diet. I personally enjoy the Mediterranean diet because it provides many health benefits."

When it comes to maintaining a healthy diet, vacations and holidays can knock you off track. However, you don't have to deprive yourself of "cheat" foods completely. When celebrating holidays with family or on vacation, Dr. Riggs recommends enjoying the foods you may not eat in your regular everyday diet but just make sure to get back to healthy eating habits once you're home again or the holiday is over.

Dr. Woodfill believes food preparation also plays an important role in a healthy diet. "Food is one of the great joys in life. With the right recipe and a little prep, healthy food is no exception. For example, I've learned to incorporate more spices into my cooking. Recently, I started cooking with turmeric, and I never knew how great it was for flavoring and coloring. Plus, it's good for you!"

Don't forget fiber! The USDA recommends a fiber intake of 25 grams for women and 38 grams for men. Dr. Riggs says, "Making fiber part of your diet can support good metabolic health. It makes glucose found within foods that have fiber, more difficult to break down. This allows the sugars to be released more slowly, not causing a large spike in our blood sugar." In addition to a balanced, fiber-filled diet, take **dōTERRA® Fiber** to support proper nutrition and get in those recommended grams.\*

Even when you're intentional about filling your diet with healthy foods, you can still have gaps in your nutrition. Along with **dōTERRA Fiber**, use **dōTERRA Protein** and **dōTERRA Greens** to ensure you're getting the nutrition you need.\*

Eating healthy and enjoying proper nutrition go a long way in supporting a healthy life. You'll love how much energy you have, how you function more efficiently, and how you feel more often because of a healthy diet.

\*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.

## Sleep

Generally, adults should sleep between seven and nine hours per night. A bedtime routine is beneficial for a sleep schedule, and essential oils can be a critical part of that routine.

Dr. Woodfill says, "Of course I've recommended **Lavender**, but recently I've been impressed with **dōTERRA Serenity® Restful Blend**. Some of my patients like to relax their muscles with a percussion gun or massager and **Deep Blue® Rub** before turning in for the night. I personally enjoy using a blend of **Lavender**, **Frankincense**, **Ginger**, **Black Pepper**, and **Fractionated Coconut Oil** on the back of my neck and shoulders."

You might try a warm or cool shower—depending on where you live—or meditation. Anything that encourages you to unwind from the day can be helpful and effective.

Beyond a bedtime routine, it's also important to separate where you sleep from your daily activities. This separation includes avoiding screen time and working in bed. Instead, make that space a sanctuary for rest and relaxation.

## Natural Support

Natural solutions are another reliable support for your metabolic health. The new **MetaPWR™** product line is here to help.

Dr. Riggs says the line can "help you respond to what you consume more appropriately." The product line includes **MetaPWR essential oil blend**, **MetaPWR Satiety Gum**, **MetaPWR Beadlets**, **MetaPWR Softgels**, **MetaPWR Advantage**, and **MetaPWR Assist**.

**MetaPWR Metabolic Blend** essential oil contains optimized amounts of Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils. You can diffuse its calming aroma to promote a peaceful atmosphere. Preclinical studies suggest this specific essential oil blend may help reduce fat cells when used internally.\* More confirming clinical research is needed.

**MetaPWR Satiety Gum** provides you with the MetaPWR essential oil blend and sugar-free sweeteners xylitol and sorbitol—both of which occur in nature. Dr. Riggs notes how gum helps control cravings because it gives you something to chew on, making it a valuable tool you can use to better your metabolic health.\*

**MetaPWR Beadlets** are a convenient way to take advantage of the benefits of the MetaPWR essential oil blend wherever you go—on vacation or when out running errands.

**MetaPWR Assist** offers the MetaPWR essential oil blend, as well as naturally derived extracts, compounds, and herbal powders. It's designed to be taken before meals to support healthy blood sugar levels and reduce the digestion and absorption of sugar and complex carbohydrates.\*

**MetaPWR Advantage** includes marine collagen with nine different tripeptide types and is supported with NMN, NADH, Hyaluronic Acid and several other nutrients to help promote a healthy quality of life. Genetic makeup, DNA, diet, exercise and other factors all play a critical role in how we age. However recent medical research has confirmed that two key components, named NAD+ and Collagen are essential to a healthy lifespan. In addition to these compounds, getting enough sleep, drinking plenty of water and avoiding ultraviolet rays from the sun are important. MetaPWR Advantage is a great complement to a healthy lifespan.

The **MetaPWR** product line harnesses the power of nature and science to create safe and effective products. These new natural solutions can help you reach your metabolic health goals.

## Ready, Set, Go!

We've discussed many aspects of and approaches to metabolic health. But remember, you must start making the foundational principles of exercise, diet, sleep, and natural support a priority now, taking small steps to create big changes. Dr. Woodfill says, "I have confidence that if you're improving bit by bit, you can make a big difference in your metabolic health."

Check out the kids' feature, "Goodnight, Sleep Tight," on page 36 for more information about healthy sleep routines for your entire family.

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# Enhance Your Metabolic Power

Your metabolism is how your body stores, breaks down, and creates energy. If you're looking to support and strengthen your metabolic health for a long-lasting, healthy body, the all-new MetaPWR™ product line is your solution.\*

Combining this powerhouse lineup with living a healthy lifestyle, consuming nutrient-rich foods, and exercising daily will help you succeed on your metabolic journey.\*

## MetaPWR Metabolic Blend

This optimized blend of CPTG® Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils promotes a healthy metabolism when ingested by helping curb hunger cravings to encourage mindful eating.\* Preclinical studies suggest this specific essential oil blend and ratios may help reduce fat cells when used internally.\* More confirming clinical research is needed.

## MetaPWR Softgel

This dietary supplement was developed by dōTERRA clinical scientists to help strengthen your metabolic health, providing you with the benefits of MetaPWR essential oil blend.\* The softgels also include keto-friendly MCT (medium-chain triglyceride) oil.

## MetaPWR Beadlets

When hunger grips you, pop a beadlet with optimized ratios of MetaPWR essential oil blend to curb cravings and support satiety.\*

## MetaPWR Satiety Gum

This sugar-free metabolic gum is formulated with balanced ratios of CPTG essential oils to support satiety and metabolic health with every chew.\*

## MetaPWR Assist

Preclinical and clinical research show mulberry leaf extract—a key ingredient in MetaPWR Assist—supports a healthy metabolism by normalizing blood glucose levels and insulin responses.\* Maintaining steady blood glucose levels and insulin responses is important for staying youthful and energetic.\*

## MetaPWR Advantage

As we age, NAD+ and collagen in the body decline. These two compounds are essential to a healthy lifespan.\* MetaPWR Advantage is formulated to promote metabolic health by maintaining healthy levels of NAD+ and collagen, thus supporting cognitive function, lean muscle, connective tissue, and skin health.\*

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Scan this code to learn more about the MetaPWR product line.





“Go and find what it is that inspires you, go and find what it is that you love, and go do that until it hurts.”

---

Joanna Gaines

# dōTERRA to Doorstep

You've been inspired by stories of dōTERRA® growers, harvesters, and distillers around the world. You've memorized the sourcing locations for your favorite essential oils. You wait patiently each month for your loyalty order to arrive, and you wonder what you would see if only you had access to a dōTERRA fulfillment center.

The Lindon Fulfillment Center (LFC) is the largest and busiest of our global fulfillment centers. You hear machines whirring, conveyor belts moving, and employees chatting as the center comes to life each day. Flags representing the home countries of LFC employees flutter from the ceiling.

## Coming and Going

As large roller bay doors glide open, your attention moves to the employees offloading one of dozens of semitrucks that could arrive at LFC on any given day. Whether products come from the dōTERRA Pleasant Grove manufacturing facility, a trusted vendor, or a sourcing location, they all enter the bulk receiving area.

Each pallet of product is inspected, registered, and given a unique license or barcode for constant tracking. Thousands of pallets are housed on racks that reach the warehouse ceiling, ready to be pulled for various purposes.

You may see a pallet of beloved **dōTERRA On Guard®** or **Lavender** being prepared to ship from the Lindon Fulfillment Center—perhaps to Mexico, Europe, or Canada.

## Individual Products to Favored Collections

Certain product collections—like enrollment kits or the **dōTERRA Lifelong Vitality Pack®**—are gathered individually and put together (or "kitted") in preparation for your order. On the day of your visit, you'd look at the kitting area to see what's in the queue. This open space on the warehouse floor has mobile tables arranged in assembly-line fashion, depending on the collections being built.

## A Drop in the Bucket

You follow pallets of products as they make their way to "Frank" and "Rose," the two rows of A-frames with material-handling equipment named after two favorite essential oils.

After an order is placed, it's sent to the fulfillment center responsible for a given geographical area. As orders come in, they're organized by age, with the oldest orders being prioritized.

Orders received at the LFC are sent to Frank or Rose, where over 350 SKUs (a unique code attached to each product) are processed into orders. When your order data is received, products take a short drop onto the conveyor belt. The belt carries the products to the end of the line and drops them into a barcoded tote linked to the order. Amazingly, Frank and Rose can fulfill up to 30,000 orders a day!

Should the system register a potential problem, your order would be pulled aside, where a quality specialist checks for any discrepancies, afterward moving the order along. For some orders, the next stop is a packing station. For others, the journey continues.

### Beyond Frank and Rose

If your order contains large or specialty items that aren't processed through Frank and Rose—items like *Living* magazines, diffusers, kits, and seasonal products—your tote travels on the conveyor belt to what we call "Pick to Light."

The tour takes you to an aisle flanked by products. You're greeted by employees there. Totes travel along the conveyor system, perched within arm's reach, stopping at each location the system registers a product is needed. An employee oversees each section, and if a product is needed when your tote arrives, a light goes from green to red at the station. The employee collects the product, places it in the tote, and presses the red light to confirm the item is picked and turn it back to green. This process continues until the tote contains all the large and specialty items in your order.

If the system registers an issue with your order, another quality check may occur before it's sent to the packing station via the conveyor belt.



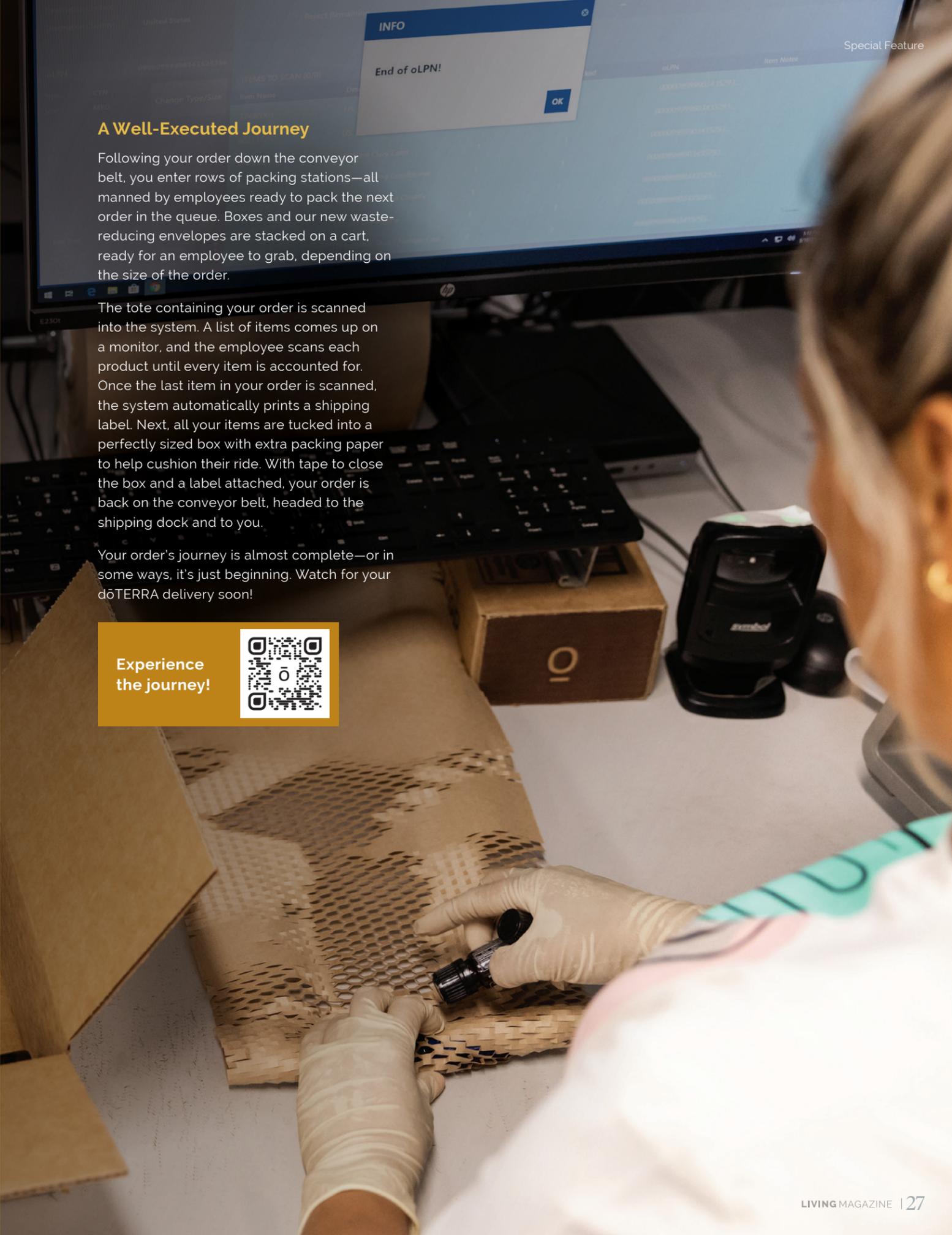
### A Well-Executed Journey

Following your order down the conveyor belt, you enter rows of packing stations—all manned by employees ready to pack the next order in the queue. Boxes and our new waste-reducing envelopes are stacked on a cart, ready for an employee to grab, depending on the size of the order.

The tote containing your order is scanned into the system. A list of items comes up on a monitor, and the employee scans each product until every item is accounted for. Once the last item in your order is scanned, the system automatically prints a shipping label. Next, all your items are tucked into a perfectly sized box with extra packing paper to help cushion their ride. With tape to close the box and a label attached, your order is back on the conveyor belt, headed to the shipping dock and to you.

Your order's journey is almost complete—or in some ways, it's just beginning. Watch for your dōTERRA delivery soon!

Experience the journey! 



# Brandi Young: An Advocate for Inclusion

Choosing “Wellness Advocate” as the title for those who build a dōTERRA® business was intentional. Advocates fight for a cause. They speak up for others. They pursue what they believe in.

dōTERRA Wellness Advocates fight for the cause of wellness—in their families, in their neighborhoods, and around the world. They’re passionate about protecting the environment, improving their communities, and so much more. One such Wellness Advocate is Brandi Young, who personifies what it means to advocate for the things that matter.

In 2003, Brandi and her husband prepared for the birth of a baby boy. When he arrived, Brandi encountered a challenge she wasn’t prepared for: being mother to a baby with Down syndrome.

As they did their best to care for their new baby—Clay—Brandi and her husband were thrown into a world they knew nothing about. Brandi remembers, “All I knew was we needed to find out as much as we could about Down syndrome so we could help Clay. Our love for our baby strengthened us to do what we had to do, holding on tight through this emotional roller coaster.”

## Navigating New Waters

When the time came for Clay to go to preschool, Brandi had dozens of questions about what school would be like for him and what learning options he’d have. Continuing her quest to learn everything she could to best care for Clay, Brandi discovered a local conference provided by the Colorado Department of Education.

The conference was full, but Brandi wouldn’t be deterred. She knew it was up to her to advocate for her child and get answers to her questions. After some persistence, Brandi was admitted to the conference—an event that would majorly impact her family’s future.

At the conference, Brandi connected with other local moms whose children had disabilities. Brandi says, “While our children struggled with different abilities, as mothers we were all going through the same struggles and even experiencing the same wins. We all had the same questions.”

After connecting with these mothers, Brandi was invited to a dinner where they talked, sympathized, gave advice, shared their stories, and felt heard. Brandi loved having this network of other mothers she could rely on and confide in. When Brandi heard the next dinner wouldn’t be for a few months, she decided to organize one sooner. From that moment on, Brandi says she essentially “took the group and ran with it.”

What started as a simple dinner with roughly eight mothers grew into a support group of 30 and beyond. Every week, Brandi added more mothers to the email group. By the time Facebook came around, the group expanded into hundreds of people. Known as Mothers Advocating for Inclusion and Acceptance, this group includes hundreds of moms from the Pueblo area who care for children with disabilities.

Brandi knows what it’s like to be a new mother looking for answers. She says, “There’s no reason for someone to go through this alone. We already have so much on our plates. We don’t need to reinvent the wheel and figure this out on our own every time.”

### Helping Those Who Feel Helpless

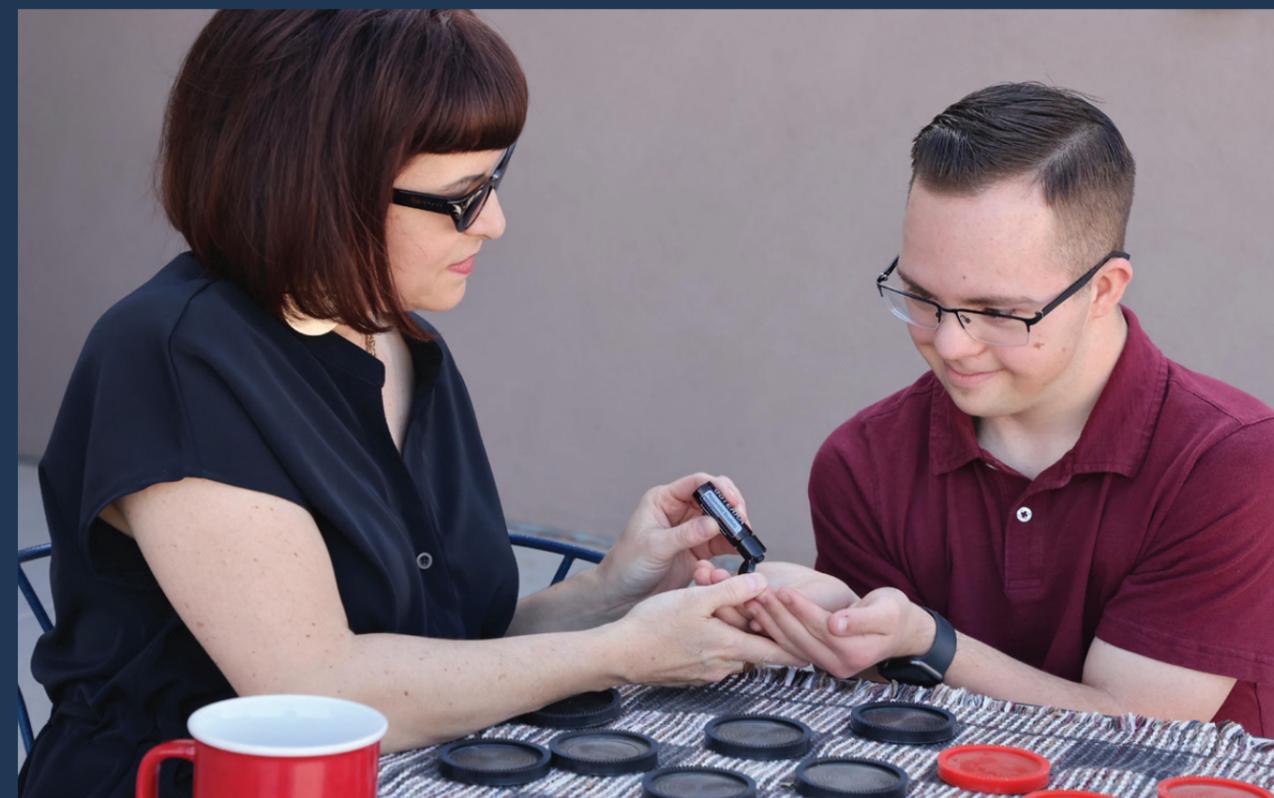
Now celebrating 15 years of impact, Mothers Advocating for Inclusion and Acceptance continues empowering mothers to advocate for their children. Brandi ensures the group works with local educators, medical personnel, therapists, and other professionals who can provide these mothers with answers and their children with options.

She says, "I know what it's like to go into a school or a doctor's office and feel helpless. But I tell the mothers in our group, 'You're more powerful than you realize.' It's important to know children with disabilities should have choices, autonomy, and options. When you give children choices, they can be included. When they're included, their lives can be so much bigger."

Today, Clay is 18, and he graduated from high school earlier this year. Because of Brandi's advocacy, Clay's life is bigger than she ever dreamed it could be.

### Advice from Brandi

"If there isn't a group like this in your area, make one. Find parents who are ahead of you on the journey. Don't feel like you have to reinvent the wheel. Our group started as a simple email list and dinner once a month, so don't overcomplicate it."



### Clay's Favorite Essential Oils



**Tamer® Digestive Blend:** A must-have in Clay's mind and pocket. Tamer is the dōTERRA product he uses regularly for a calming aroma in stressful situations.



**Peppermint:** Clay loves the flavor of Peppermint. He carries **Peppermint Beadlets** in his pocket all day.



**Spearmint:** Spearmint is Clay's "happy essential oil." He likes to add a drop to the shower as an effective way to wake up in the morning.

### Brandi's Favorite Essential Oils



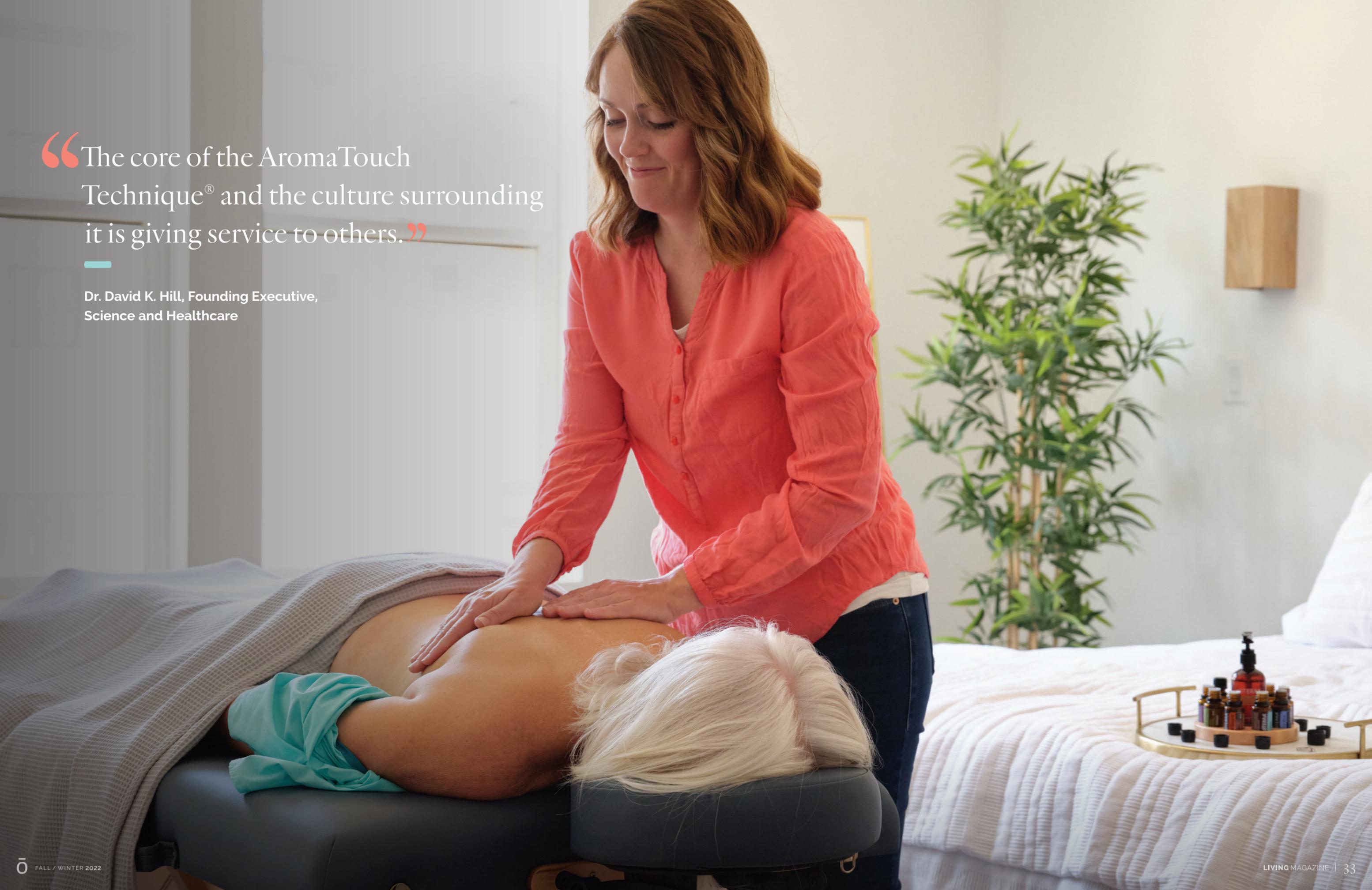
**Magnolia:** The sweet smell of Magnolia makes Brandi feel joyful. It's an essential oil she uses daily.



**Citrus Bloom® Springtime Blend:** Brandi says this essential oil blend is her favorite to diffuse, particularly when she wants to create an upbeat environment.

“The core of the AromaTouch Technique® and the culture surrounding it is giving service to others.”

Dr. David K. Hill, Founding Executive,  
Science and Healthcare



# The Beauty of the AromaTouch Technique®

True wellness has physical and emotional elements, and the AromaTouch Technique embraces this reality. The technique combines the benefits of human touch with the power of essential oils to create a unique wellness experience. With this technique, anyone can maximize the benefits of essential oils.

The idea for the AromaTouch Technique was born over a dozen years ago. Dr. David Hill, Founding Executive of science and healthcare initiatives, asked himself, "What if there were a way to use essential oils effectively and safely in every circumstance?" So, he started developing an application method to do just that. The AromaTouch Technique took more than a year to perfect, as Dr. Hill wanted it to be simple enough for anyone to use, while still providing powerful benefits.

The heart of the technique is connecting service. It's an expression of love and caring—an opportunity to help others feel better and use essential oils effectively. Both the giver and the receiver benefit! This technique creates meaningful experiences for everyone.

## The Power of Aroma

Think about how a walk through an orange grove can immediately bring powerful memories from childhood to mind. Or how the aroma of cinnamon can remind you of your mom's Sunday cinnamon rolls—even 30 years later. It's basic biology. There's a direct connection between your sense of smell (also called the olfactory system) and your brain's recall center, known as the limbic system.

This powerful system connection occurs because of the amazing olfactory bulb—a neural structure in the brain that sends input to the amygdala. Simply put, information from your nose goes directly to the limbic system.

Your body contains more receptors associated with smell (over a thousand) than it does for any other sense. Because of these receptors, you can discern countless aromas with amazing sensitivity and accuracy, many of which you can't even describe. Human biology has made the olfactory system the most subtle yet effective means of inducing specific and distinct responses. This is why essential oils can so powerfully influence well-being.



## The Power of Touch

We all have a deep need to know we're part of something, and the AromaTouch Technique transcends language and culture, going to the root of connection: touch. Touch is central to the human experience. Tactile communication is the first form we learn. We begin receiving touch signals in the womb, and it plays a critical role in parent-child relationships before verbal communication is possible. It's really the first sense we acquire.

In recent studies, researchers have shown how powerful touch is in emotional communication. It's nearly as effective as words and facial cues. Touch can communicate multiple emotions—love, gratitude, sympathy, fear, anger—with incredible accuracy. Touch can even convey the tone of emotion, whether it's positive or negative, intense or subtle. It may also allow for precise differentiation between types of emotion.

Along with the emotional side, gentle touch can influence physiological responses in ways other communication methods simply can't. Unlike massage—which involves powerful hand movements focused on breaking down muscular adhesions, stimulating the central nervous system, and aiding recovery—the gentleness of the AromaTouch Technique offers a different spectrum of benefits.

Tender touch provides stress-relieving effects for the body, triggering the almost instantaneous release of oxytocin, which is often called the love or hug hormone. What's just as incredible is the person initiating the contact can experience the same response as the person receiving it.

Touch, when used in the AromaTouch Technique, is meant to unlock incredible benefits for mind and body. From the emotional connection it forges to the release of oxytocin, the light and consistent touch of the technique creates a powerful experience for both the person giving the AromaTouch Technique and the person receiving it.

## The Power of the AromaTouch Technique® in Your Life

Why should you learn the AromaTouch Technique? At its core, the technique fills a basic need we all have: to feel loved and cared for. It also helps us love and care for others. In a world where we're so isolated, the AromaTouch Technique promotes deep and meaningful connection for both the giver and the receiver. It requires some vulnerability from everyone involved, which ultimately strengthens the power and benefits of the technique.

To receive official training from Dr. Hill on how to perform the technique properly, what science exists behind it, and how each essential oil used was chosen, purchase the AromaTouch Technique Training Kit and complete the online training course.



# Embracing Connection

Master the AromaTouch Technique® with the AromaTouch Technique Training Kit!

### AromaTouch Technique Training Kit

doTERRA Balance® 15 mL  
 Lavender 15 mL  
 Tea Tree 15 mL  
 doTERRA On Guard® 15 mL  
 AromaTouch® 15 mL  
 Deep Blue® 15 mL  
 Wild Orange 15 mL  
 Peppermint 15 mL  
 Fractionated Coconut Oil 115 mL (pump included)  
 Free lifetime access to the official **AromaTouch Technique Certification course** and an **exclusive eBook**

The AromaTouch Technique is a unique method of applying essential oils topically. It's designed to be effective and efficient, producing a profound overall wellness experience.

At the core of the AromaTouch Technique is connective service that benefits both the giver and receiver. Bring the power of the technique into your life and the lives of your loved ones with the AromaTouch Technique Training Kit.



# Goodnight, Sleep Tight



“The CDC recommends adults 18 years or older get at least seven hours of sleep a night.”

Nothing is quite so satisfying as climbing under the covers, exhausted from a busy day. Everyone’s finally asleep, and your home is quiet—apart from the gentle hum of your Roam<sup>®</sup> Diffuser lulling you to sleep with the aroma of Hygge<sup>®</sup> Cozy Blend.

## The Lifestyle of Adventure

Did you know the CDC recommends adults 18 years or older get at least seven hours of sleep a night? And the younger the person, the more hours of sleep they require.

Are you soothed to sleep by a favorite calming product, like **Lavender, Roman Chamomile, or dōTERRA Serenity<sup>®</sup> Restful Blend**? Or do you stare into the darkness, counting sheep and waiting for the sun to rise?

For many people, optimal sleep seems impossible. You may feel desperate as you watch the clock tick closer to your scheduled alarm. Struggling to get quality, consistent sleep invites ramifications that are far from inconsequential. Beyond feelings of grogginess or sluggishness the next day, sleep deprivation can foster serious long-term effects. Studies have shown not getting sufficient sleep can put young children and teens at a greater risk for poor mood, impulsivity, and anger—not to mention growth problems and lower grades.

Whether you’re an early bird or night owl, good sleep is one of the most essential elements of a healthy life. This is true for everyone—from toddlers and teens to parents and grandparents.



## For the Busy Bee

According to the CDC, one in three adults in the United States gets less sleep than recommended. A demanding schedule, urgent responsibilities, fears, stress, and constant notifications can pose major obstacles to optimal rest. Dr. Woodfill, DO, FACOOG, emphasized the importance of creating a restful environment. He said, “Set your sleep space apart from everything else in your life. Keep all the stress in your life out of your sleep space—that must be a sanctuary that’s just for rest.”

For as long as the convenience of technology has been around, so too has the suggestion to set boundaries with your devices. This broken record keeps playing: remove technology from your sleep space.

However, turning off the screens may not be enough to calm the mind. Studies have suggested journaling offers numerous benefits, including improved health, happiness, and sleep. Other studies have demonstrated spending five minutes before bed to write a to-do list for the next day or week can help someone fall asleep. Diffusing an essential oil like **Bergamot** while you journal can also help create a calm atmosphere. Count yourself among greats like Lewis Carroll, Anne Frank, and Thomas Edison by sharpening your pencil before bed.

## Little Dreamers

For children, the excitement of the day or the mundane nature of bedtime might cause them to fight going to sleep—making the routine anything but peaceful. Hoping your stubborn toddlers will grow out of poor sleeping patterns may not be enough. One study suggested those who have trouble sleeping in childhood were twice as likely to have the same problem in adolescence. Another study showed teens who experienced poor sleep felt more stress than their peers with good sleep quality.

If you feel like your little ones aren't getting adequate sleep, it's time to be intentional about creating a consistent bedtime routine.

Each step in the bedtime routine signals your kids that sleep is coming, preparing their minds and bodies. Focus on what will help create an environment that's conducive to rest. Diffuse essential oil products like **Lavender** or **Adaptiv® Calming Blend** in addition to giving them a warm bath, reading their favorite story, and wrapping them up in a soft blanket.

## Rise and Shine

Nothing makes you want to hop out of bed like a delicious breakfast. After a restful night's sleep, keep the healthy habits going with a nutritious breakfast. Try the Whole Wheat Banana Bread on page 54 for a start to the perfect breakfast.

Have you ever heard the saying, "How do you eat an elephant? One bite at a time"? Adjust your sleep routine based on your needs. Start small, consider the most beneficial changes for your routine, and continue reassessing from there. Soon you'll fall asleep as your head hits the pillow and wake up refreshed and rested before your alarm goes off.

“Adjust your sleep routine based on your needs. Start small, consider the most beneficial changes for your routine.”



## Voice of the Vet: **The Ties That Heal** Human-Animal Connection

Simply put, animals are amazing! I may be somewhat biased given that I've been a veterinarian for 20 years and have loved animals for as long as I can remember. Those of us who own pets or are around them regularly can't argue with the fact that pets make us happy. Recently, scientific research has suggested pets can directly contribute to our health. This concept is reflected in the number of incredible programs in which animals play a critical role, from hospitals and schools to detention centers.

Over the past 50 years, medical research has shown how animals can improve both our mental and physical well-being. In fact, a study from the 1980s revealed heart attack patients who owned pets were more likely to live longer than those who didn't. More recently, a study from the University of Missouri College of Veterinary Medicine focused on how animal interaction could increase oxytocin levels. This hormone has physical and psychological effects, including positive influence on social behaviors and emotions.



On November 19, 2019, a horrendous school shooting occurred at a high school in my area. As you can imagine, the trauma endured that day will forever impact students, teachers, staff members, and families. In the days following the tragedy, a group of trained comfort and therapy dogs were brought in to help our community deal with the emotional aftermath. And as part of the recovery process, the school created a "serenity space" for the students in the school's wellness center to aid their mental health. Therapy dogs continued visiting the center well after the shooting to spend time with those in need. Along with the therapy dog assistance, diffusers and dōTERRA® essential oils were donated to create a calming, relaxing environment. Some of the essential oils included **Wild Orange**, **dōTERRA Balance® Grounding Blend**, and **dōTERRA Serenity® Restful Blend**.

Another amazing animal program in my area is a ranch that offers equestrian therapy for special needs children. This specialized therapy challenges riders in many positive ways they wouldn't normally be exposed to. As the horse moves, the child riding it will inherently respond to that horse's movement, which encourages increased muscle movement and motor skills, improved balance and coordination, and enhanced behavior and sensory processing.

Evidence that people can benefit from animals mentally and physically is abundant. The beauty of this fact is it's mutual—animals can also benefit from the exchange. For instance, research on exercising via dog walking demonstrated not only improved health for the people, but also increased adoption chances for other dogs looking for "forever homes." Meanwhile, the dogs on walks benefited from routine exercise and improved socialization.

Another example of humans assisting animals is the rehabilitation of abused animals. Two techniques are often used in these situations: counterconditioning and desensitization. Counterconditioning occurs when a pet's reaction to a stimulus, changes from anxious and fearful to positive and enjoyable. This change is accomplished through rewards paired with exposure to the stimulus. Desensitization is low-level exposure to a stimulus that would typically cause an undesirable reaction. Over time, the pet should become less reactive through exposure, thus minimizing and eventually eliminating the negative reaction. For the greatest benefit, these two techniques are used together. Diffusing essential oils such as **Lavender**, **dōTERRA Balance®**, and **dōTERRA Serenity®** can create a soothing and inviting environment for animals experiencing anxious feelings. Topical application of **Lavender**, **Copaiba**, and **Frankincense** can also be effective in these situations.

We can't deny the amazing benefits people and animals can provide to each other. The research in this area will continue so there's clear scientific evidence of these benefits and how essential oils can play a crucial role. As someone who treats and adores animals, I see firsthand how important these relationships are for humans and animals alike—mentally, physically, and emotionally.

Dr. Yamamoto's  
favorite oils for  
a comforting  
environment



# Reach for the Essentials

*Despite what the average man on the street might assume, essential oils aren't just for women. They also do more than just smell nice (though their aromas are indeed amazing). The possible uses and benefits anyone can experience are genuinely staggering. These gifts of the earth have so much to offer you, your loved ones, your home, and your belongings.*

*“Essential oils offer peace of mind. You know you're taking care of yourself safely and naturally.”*

## For You and Your Loved Ones

We all need a little support sometimes, whether it's physically after working out, emotionally while handling a stressful situation, or mentally when feeling lethargic. Here's a small sample of essential oil products that can help you in your specific circumstances, goals, and efforts.

**Deep Blue®:** You want that healthy body, but the discomfort that hits after working out can be discouraging. Deep Blue—when diluted with a carrier oil or put to work in rub or stick form—offers soothing sensations when massaged into stiff, aching muscles. Apply it and keep pushing your limits.

**InTune®:** It can be hard to maintain intense focus for extended periods of time. Create a calming yet uplifting space for yourself as you work to stay on task by applying InTune Focus Blend.

**Peppermint:** A classic scent and product, Peppermint essential oil also promotes healthy respiratory function and clear breathing, along with digestive health when used internally.\* It even repels bugs—but more on that later.

**dōTERRA Lifelong Vitality® (LLV):** No matter your age, it's always a good time to invest in your wellness. LLV is a major step toward a lifetime of vitality, with benefits ranging from cardiovascular and bone health to energy metabolism and liver function\*.

**Tea Tree Touch:** Here's an essential oil for those with sensitive skin, which many men suffer from when shaving. Soothe those burning irritations by rolling on Tea Tree Touch for a cleansing, cooling effect.

**dōTERRA On Guard®:** It's called the Protective Blend for a reason. There's nothing quite like feeling well. Keep that feeling going strong with dōTERRA On Guard, which preclinical studies suggest may support healthy immune function and the body's natural antioxidant defenses.\* Use it as a blend, tablet, mouthwash, mist, beadlet—your options are plentiful.

**Adaptiv®:** Stress is so commonplace it seems like you simply have to grin and bear it. But that doesn't have to be the case. When dealing with new surroundings or situations, Adaptiv helps create an environment helpful to boosting your mood and sense of tranquility.

**DigestZen®:** If you're feeling off after a large meal or new dish, DigestZen is there for you. Drink a few drops with water or take in softgel or capsule form to aid digestion.\*

Essential oils offer peace of mind, so you know you're taking care of yourself safely and naturally. And not just you—your family, friends, and neighbors can all enjoy pure, wholesome solutions, tailorable to individual needs.

\*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.

*“You want that healthy body, but the discomfort that hits after working out can be discouraging. Essential oils can offer soothing solutions.”*

## For Your Space and Stuff

Essential oils can clearly benefit you and those around you. But their capacity to bless your life extends to your environment and belongings: your home, car, food, clothes, and more!

- Everyone deals with invasive pests. **Peppermint** essential oil can drive the bugs away (with **Citronella** and **Lemongrass** being other reliable solutions).
- **Purify** refreshes smaller rooms and cars, while **Tea Tree**, **Lemon**, and **Wild Orange** work wonders against residual odors clinging to clothes and shoes.
- When it comes to new, delicious twists on favorite foods, you have no limit on choices: **Black Pepper**, **Marjoram**, **Lime**, **Turmeric**, **Oregano**—the list goes on and on.
- **Lavender**, **Cedarwood**, and **dōTERRA Serenity®** will help you find that relaxing atmosphere conducive to quality rest, without leaving you groggy or restless the next day.

There's a natural, practical answer to every question and desire. When you next find yourself in need of versatile, price-efficient, and pure products that can address what you, your loved ones, or your space require, reach for the essentials.

# The Power of Stillness

“Quiet the mind, and your soul will speak.”—Buddha

Stop. Turn down the music. Turn off your phone. Step into a quiet, solitary room. Breathe. Rejuvenate your mind and body with a few minutes of stillness.

The power of aroma can truly transform your space: a messy house into a comfortable home, a dull cubicle into your own corner office of personal growth, or the driver’s seat of your car into a sanctuary.

When you need a moment of stillness, try one of these tranquil diffuser blends to set the stage for the calmness you’re seeking.



- A Warm Hug**  
 2 drops Hygge® Cozy Blend  
 2 drops Sandalwood (Hawaiian)  
 2 drops Madagascar Vanilla



- Calm and Focused**  
 5 drops Lavender  
 3 drops Spanish Sage  
 1 drop Ylang Ylang



- Peaceful Zen**  
 3 drops Guaiacwood  
 2 drops Bergamot



- Soothe Your Space**  
 3 drops Lavender  
 2 drops Eucalyptus  
 3 drops Peppermint  
 1 drop Spanish Sage



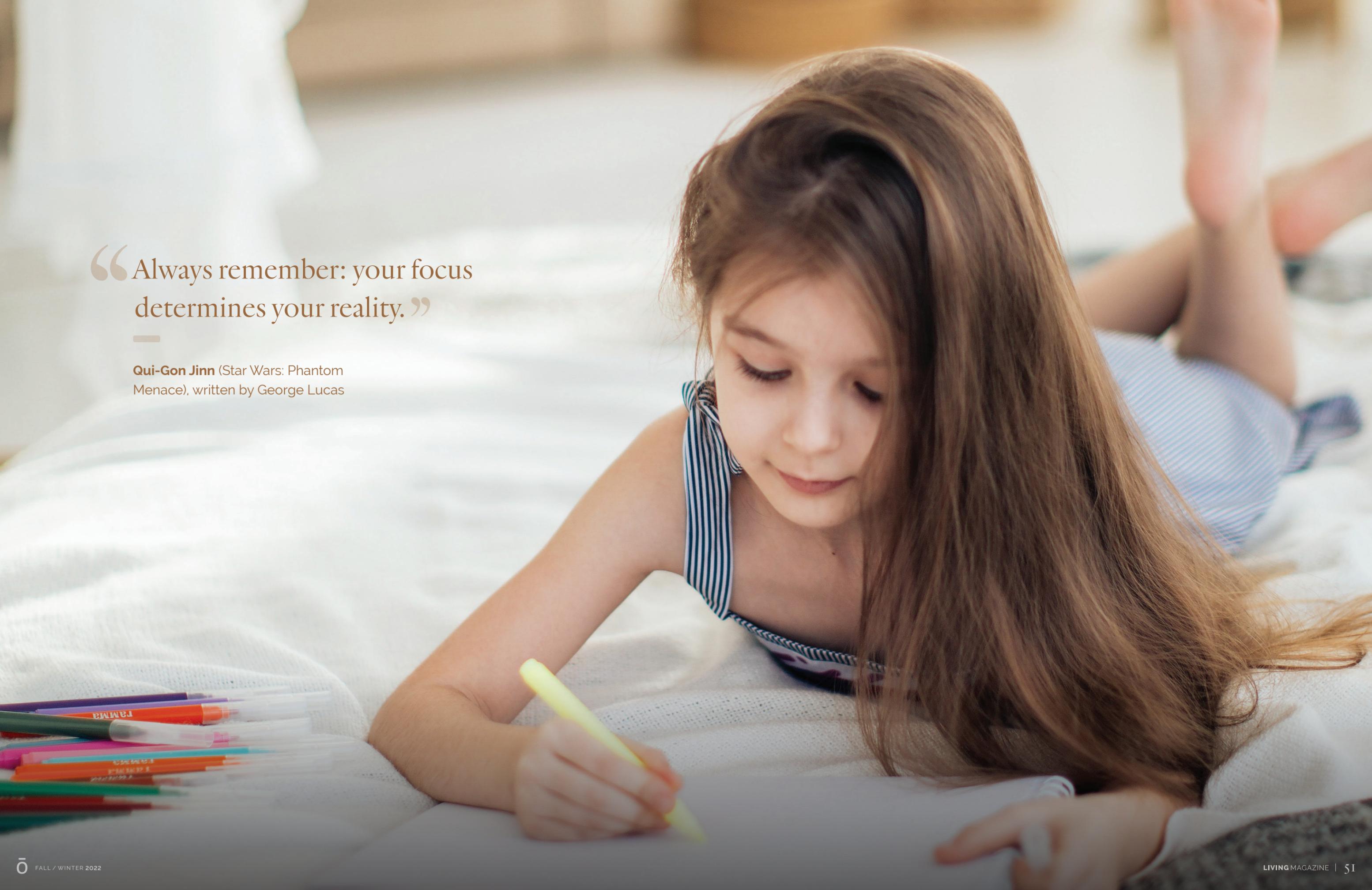
- Comforting Compassion**  
 4 drops Grapefruit  
 3 drops Lavender  
 3 drops Jasmine  
 1 drop Sandalwood (Hawaiian)



- Fresh Air**  
 2 drops Jasmine  
 2 drops Eucalyptus  
 1 drop Peppermint

“Always remember: your focus  
determines your reality.”

—  
**Qui-Gon Jinn** (Star Wars: Phantom  
Menace), written by George Lucas





# One Twig at a Time

“If my home is indeed a sanctuary, I want to treat everything I bring into it as sacred.” —*Robyn Griggs Lawrence*

## Your Home Is Your Sanctuary

A bald eagle's nest is a sight to behold. They're the largest nesting birds, most of their homes towering above the ground in a tree's highest branches. Together, male and female eagles gather materials to ensure nest strength and structure. Interwoven twigs create a nest's pattern, and grass and moss line it for comfort in anticipation of eggs hatching.

Remarkably, bald eagles return to their same nesting territory year after year if it was previously successful. These nest homes are built to last and prepare the next generation to grow, heal, and thrive.

As humans, we too have a strong instinct for home, where we belong and feel safe and comfortable. Think of home as your *sanctuary*—a place to create memories, be productive, rest, heal, and live. One way to cultivate such an environment is to reorganize and declutter, putting everything in its proper place. You transform a house into a home in small steps, one twig at a time.

## Share the Load

“A house is made of brick and mortar, but home is made by the people who live there.” —M. K. Soni

Eagles jointly build their nests. Whether you live with family or roommates, communicate clearly that you want to share the workload. Take turns shopping, cooking, preparing food, and cleaning. The process will look different for everyone, so focus on creating an orderly home together. Share your expectations and hopes so everyone can find refuge in your home.

Maybe you live alone or family or roommates have limitations that prevent them from sharing the load equally. This situation can be difficult, so set realistic goals to keep you on track. Consider what approaches will lead to the greatest benefits. Soothe your body by taking **Frankincense** essential oil internally, as it contains -pinene, which preclinical studies suggest may have soothing effects (more confirming clinical research is needed).\* Be honest about areas you can improve and keep your goal of creating a sanctuary for yourself to thrive in at the forefront of your mind.

## Motivated by Momentum

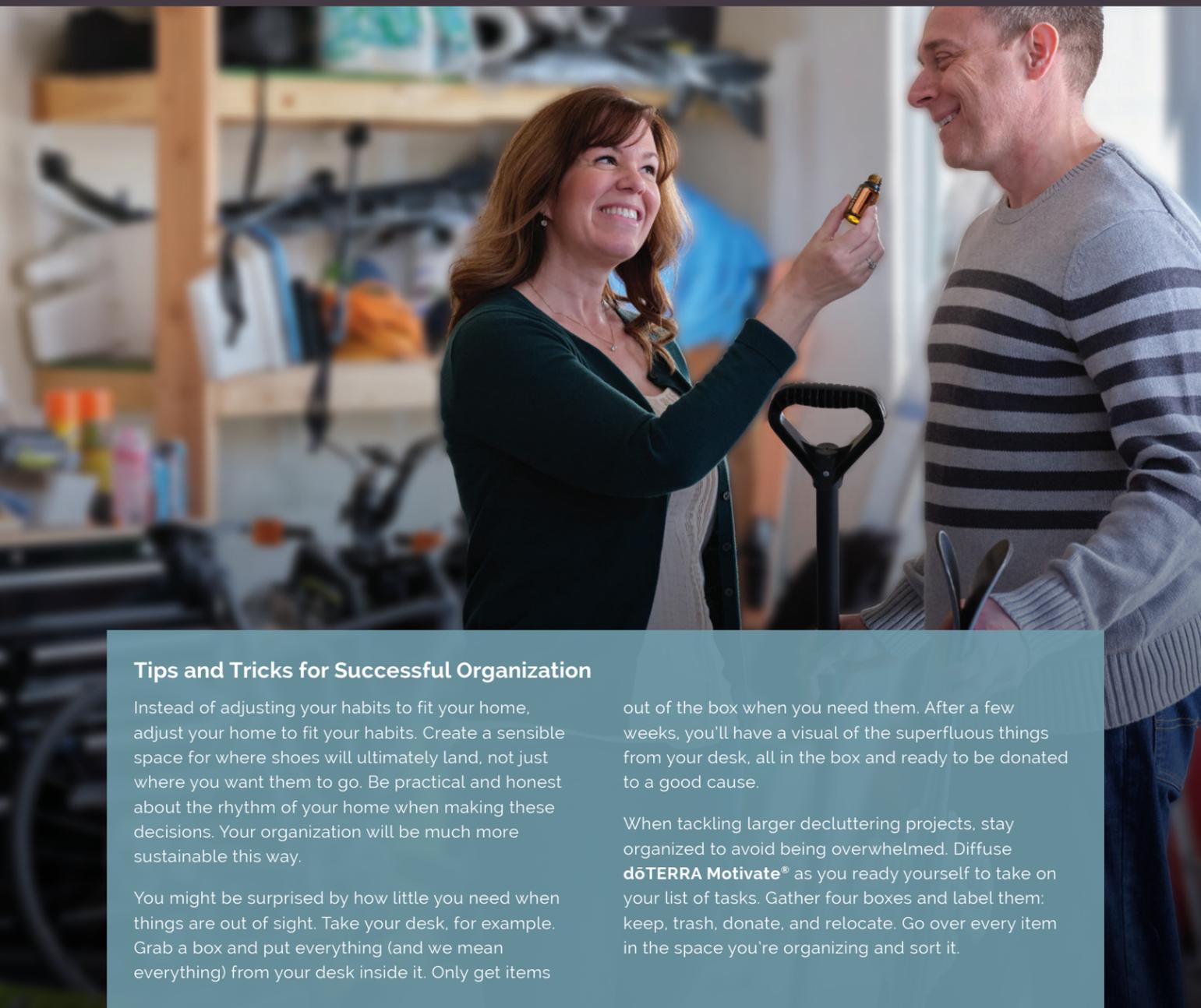
Before an organizing session, place a few drops of **Guaiacwood** essential oil under your tongue for a grounding, calming, and tranquil aroma.\* Begin decluttering and reorganizing an area or room where there'll be a noticeable difference. Starting with smaller, manageable portions gives you small wins to help motivate you to move forward.

If you're not sure where to begin, consider your routine. If you're instinctively going to the den to relax at the end of the day, focus there first. If what you need each night is a soothing space for your bedtime routine, begin in your bedroom. By making a clear difference

in your most lived-in spaces, you'll find yourself more motivated to keep the momentum going in other parts of your home.

Be deliberate with each step you take toward a more simplified, intentional way of living. Every stick you place on your nest and effort you make works together to create an intricate pattern, creating a refuge for years to come.

\*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.



## Tips and Tricks for Successful Organization

Instead of adjusting your habits to fit your home, adjust your home to fit your habits. Create a sensible space for where shoes will ultimately land, not just where you want them to go. Be practical and honest about the rhythm of your home when making these decisions. Your organization will be much more sustainable this way.

You might be surprised by how little you need when things are out of sight. Take your desk, for example. Grab a box and put everything (and we mean everything) from your desk inside it. Only get items

out of the box when you need them. After a few weeks, you'll have a visual of the superfluous things from your desk, all in the box and ready to be donated to a good cause.

When tackling larger decluttering projects, stay organized to avoid being overwhelmed. Diffuse **dōTERRA Motivate®** as you ready yourself to take on your list of tasks. Gather four boxes and label them: keep, trash, donate, and relocate. Go over every item in the space you're organizing and sort it.

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PROMO

## Essential Oil Spotlight

# Guaiacwood

Bulnesia sarmientoi

**Distillation Method:** Steam distillation

**Aromatic Description:** Earthy, woody, and sweet

**Plant Part:** Heartwood

**Guaiacwood** is steam-distilled from the heartwood of the *Bulnesia sarmientoi* tree. It offers an earthy, grounding aroma with subtle sweetness. In a base of Fractionated Coconut Oil, Guaiacwood can be used topically and aromatically, its woody scent inviting a harmonious atmosphere with every breath.

### Fun Fact

The plant has traditionally been used since the sixteenth century by Native Americans for both wellness and ceremonial purposes.

### How to Use Guaiacwood

#### Topical

+ Apply to soothe minor skin irritations and support the skin's natural hydration.

#### Aromatic

+ Diffuse throughout the day to enjoy a supportive aroma.

### Sourcing for the Future

**dōTERRA® Guaiacwood** essential oil is sustainably and ethically sourced from Paraguay. Working with our sourcing partner, we're changing the future of the at-risk El Chaco Forest—the second-largest forest after Amazonias.

Normally in the industry, each guaiacwood product export is required to be at least 25 percent wood from sustainable management. When we offer to sustainably harvest and help maintain forested land, as well as pay for any wood used to distill essential oil, local landowners are motivated to keep their forests thriving and honor their value.

Harvesters leave the roots of guaiacwood trees for regeneration. Only wood from the trunks or branches is used for distillation. Plus, leftover sawdust fuels a biomass boiler, further adding to our environmentally friendly process.

With our sourcing partner, we're setting an example and standard for how to make this supply chain sustainable and beneficial for everyone involved and the planet.

# Welcome to the Living Kitchen

If home is where the heart is, then the kitchen is the heart of the home. It's where enticing aromas flirt with the senses and little ones wait to lick the dessert bowl. Your kitchen is your living vision board—where you create, where you grow, and where friends and family gather.

Here at the Living Kitchen, we hope you're excited, inspired and find a piece of home in every new recipe.

With love, from our kitchen to yours.

## Whole Wheat Banana Bread

### Ingredients:

¼ cup honey or maple syrup	1½ cups whole wheat flour
½ cup unsweetened applesauce	1 cup rolled oats
3 ripe bananas, mashed	1 teaspoon baking powder
1 egg, beaten	1 teaspoon baking soda
¾ cup unsweetened vanilla almond milk	¼ teaspoon salt
10 drops <b>Madagascar Vanilla</b> essential oil	½ cup pecans, roughly chopped
8 drops <b>Cinnamon Bark</b> essential oil	½ cup chocolate chips, raisins, or other dried fruit

### Instructions:

1. Preheat the oven to 350°F.
2. Prepare a nine-inch loaf pan with nonstick cooking spray.
3. Combine the honey, applesauce, mashed bananas, egg, almond milk, and **Madagascar Vanilla** and **Cinnamon Bark** essential oils in a large bowl.
4. In a separate medium-sized bowl, whisk together the flour, oats, baking powder, baking soda, and salt.
5. Place the wet ingredients in with the dry ingredients and mix until almost combined. Add the pecans and chocolate chips or dried fruit and continue to mix until combined. Don't overmix.
6. Pour the batter into the prepared loaf pan and bake for 60 minutes or until a toothpick inserted in the middle of the loaf comes out clean.
7. Remove the bread from the oven and place on a wire rack to cool.
8. Slice and enjoy warm with butter or your favorite jam or jelly.





## Italian Ground Turkey Meatballs

### Ingredients:

1 pound ground turkey

1 teaspoon dried parsley

**Basil** essential oil

1 egg

½ medium white onion, sautéed

**Oregano** essential oil

½ cup almond flour

### Instructions:

1. Combine all the ingredients—except for the essential oils—in a medium-sized bowl.
2. Dip two toothpicks into your bottles of **Oregano** and **Basil** and insert the toothpicks into the meatball mixture.
3. Use a scoop or handroll the meat mixture into two-inch balls.
4. Brown the meatballs on the stovetop and transfer them to the oven, baking at 350°F for 25–30 minutes.

The Jazzed Up Marinara Sauce from the spring/summer 2021 issue of *Living* magazine is the perfect companion to these meatballs. Enjoy with pasta or your favorite veggie noodles.



## Collective Impact: Making a Big Difference, a Little at a Time

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*A portion of each dōTERRA Hope® Touch purchase is donated to the dōTERRA Healing Hands Foundation®, which supports the fight against human trafficking around the world.*

How does your donation help fight injustice? It's only natural to want to know how your contribution makes a difference.

Faith, a 13-year-old girl, was destitute—hungry and without opportunity in Tecamachalco, the sex trafficking capital of Mexico. Faith's situation seemed hopeless until she caught the eye of would-be-trafficker Melendez-Perez. He offered her food, affection, and security.

Slowly over the course of a year, Melendez-Perez earned Faith's trust. Under the promise of love and a better life in America, he brought her to New York. The promise was a lie. Faith was forced into prostitution, seeing dozens of buyers a day. She was beaten, threatened, and abused for years instead of living the beautiful future she'd been promised.

## Behind Collective Impact

The world faces complex, intimidating issues like poverty, victimization and human trafficking. dōTERRA Healing Hands® is dedicated to making a difference. We all wish there were a quick and easy fix to these problems, but solutions only come through dedicated efforts, numerous resources, and extensive cooperation from many different people and organizations—including governments, businesses, and you! This is collective impact. This is what saved Faith.

Collective impact is our combined will to make a difference in the world. It focuses on what we can accomplish together, because what we accomplish together adds up to so much more than what each of us can do alone.

Collective impact makes progress possible. When we come together to give what we can, we have more than enough to make a real difference.

Collective impact is you giving what you can to magnify the combined efforts of the team, working to accomplish the greater good. Everyone gives a little because one person shouldn't have to give it all.

Collective impact is deciding to educate, advocate, donate, or fundraise. If we all lift where we stand, we can carry the heaviest burdens.

## Your Part Beyond dōTERRA Hope® Touch

### Educate

Human slavery isn't a history lesson. Right now, women, children, and men are trafficked—forced or manipulated into service—for work or prostitution. An estimated 40.3 million people (about twice the population of New York and more than the entire population of Canada) are currently enslaved worldwide.

By educating yourself on signs of human trafficking, you can help prevent modern slavery and exploitation before it begins. To start your journey, visit <https://doterrahealinghands.org/hope>. Or you can take a

survivor-led education training from the comfort of home: Home | OnWatch™ ([iamonwatch.org](http://iamonwatch.org)).

### Advocate

By raising your voice, you can foster awareness on human trafficking and victimization in your community. Advocate for hope by sharing what you learned from the OnWatch training or share a video (<https://doterrahealinghands.org/hope/hope-impact-videos>) about trafficking and victimization on social media to encourage others to get involved.

The more eyes we have looking for warning signs, the more likely we are to prevent trafficking and victimization before it occurs.

### Donate

Whatever is donated to the dōTERRA Healing Hands Foundation is given directly to the causes, as dōTERRA covers all administrative and operational costs. This means every cent of your donation helps prevent, rescue, and restore survivors' freedom to hope.

It costs about \$5,000 to rescue one survivor from human trafficking, but that's only part of the story. One day of aftercare support for a single survivor costs \$40. Training a teacher to instruct students on how to protect themselves from trafficking and exploitation is \$20. And \$5 can train a child to keep himself or herself safe. No matter what you give, every bit helps.

### Fundraise

You can be part of the solution by hosting a Match Program project. Double the fundraising impact for a project that matters to you. Whether it's self-defense courses, prevention training programs, law enforcement task force equipment, survivor aftercare, or another cause you're passionate about, the dōTERRA Healing Hands Foundation wants to help you make a difference. We'll match the funds you raise for qualified projects to magnify your impact. Visit the Match Program at [doterrahealinghands.org](http://doterrahealinghands.org) for more information or to get your project started.

You have so many ways to contribute to collective impact. Whatever and whenever you donate—whether it's time, skills, or funds—you make a difference.

See solicitation disclosures on page 75.  
OnWatch™ is a trademark of the Malouf Foundation™



### The dōTERRA Healing Hands® Contribution to Collective Impact

To organize our individual efforts, collective impact requires us to work on an organizational level. That's where dōTERRA Healing Hands comes in.

dōTERRA has established itself as a trusted company that provides pure products. Instead of cutting corners to earn easy money, dōTERRA has demonstrated commitment to working ethically around the world and providing only the best natural solutions. dōTERRA Healing Hands builds on this foundation of trust to accomplish altruistic goals globally.

As a nonprofit organization, dōTERRA Healing Hands works with businesses, governments, and other nonprofits to enact change on a grander scale.

When Faith was 17—after four years of captivity and abuse—she courageously rebelled against the threats and manipulations of her traffickers and escaped. With assistance from a man she barely knew, she made it to a police station. Faith says, "That man saved my life." Officers helped her find a safe place to stay, legal counsel, and other necessary support.

Faith's healing journey has been long and difficult. But when individuals and organizations all work together, they can combine their resources and expertise to accomplish so much more. Earlier this year, Faith saw justice served: the five men who trafficked her were sentenced to several decades in prison. She also found critical aid when she joined the dōTERRA® family as an employee.

She's now an Advocate of Hope, guiding other survivors to Dahlia's Hope aftercare facility, which came into being because of her story and her desire to help other survivors. dōTERRA Healing Hands proudly supports the facility and Faith's advocacy.

### The Biggest Impact

By contributing what we can, we become part of something bigger. Our time, efforts, and talents build on each other into something so much more. When you think about it, collective impact is another gift of the earth. It's the gift each of us can give to create a better world.



# hope for a Better World



*We make the most impact when we work together.*

The brand-new **dōTERRA Hope® Touch Uplifting Blend** now includes our exclusive Jasmine essential oil to promote a soothing atmosphere. Every Hope Touch purchased supports a better world, so #EngageInGood with us by buying yours today and becoming part of something bigger.

See solicitation disclosures on page 75.

# Ditch the New Year's Resolutions

How often have you sat down on December 31, pen and paper in hand, to write down your New Year's resolutions, only to forget your plans for healthier meals, a more active lifestyle, and better sleep habits a few weeks later? You're not alone. Of the people who make New Year's resolutions, 80 percent fail to keep them past January. And just 8 percent keep them for the entire year.

It's time to ditch the ineffective resolutions and work on year-round goals that work for you!

## Set Specific Goals

The first step toward achieving your goals is writing them down, with being specific coming in a close second. While ambiguous goals like "improve my health" or "use essential oils more often" are good, they won't be effective because they lack sufficient details to measure them. So set goals with concrete action plans, clear milestones, and definitive ends.

Kick off your goal makeover by placing one drop of **Wild Orange**, **Peppermint**, and **Frankincense** in your hand. Rub your hands together and inhale deeply for an energizing aroma. Now, select one of your vague goals and give it specific, measurable subgoals with deadlines. Subgoals should be challenging but not impossible, with progressively stretching goals to inch you closer to your overall goal.

For example, "improve my health" could become subgoals as simple as:

- "Walk 20 minutes daily for three months."
- "Drink 45 ounces of water before lunch."
- "Take the **dōTERRA Lifelong Vitality Pack**® with dinner every day."
- "Eat one cup of veggies a day for three months."

Subgoal deadlines provide you with the opportunity to increase your challenge and maintain your focus. So "walk 20 minutes daily for three months" could become "walk 15 minutes and jog 5 daily, and then stretch with a **Deep Blue**® **Rub** massage." By establishing and sticking to deadlines, you increase urgency and commit to a pattern of improvement.

## Become Inspired

This may be the first time you've considered creating a vision board, but inspiration for them dates as far back as the cave men. Anthropologists believe cave paintings were used to visualize an upcoming event, such as a hunt.

Let's look at more recent evidence. A 2016 study found one in five small business owners started their business while using a vision board. Of those, 76 percent said their business is right where they planned it to be. Even more remarkable is 82 percent of them noted that more than half of their goals were accomplished by the time of the report.

With your well-thought-out goals ready, it's time to create your own cave painting!

A vision board is a space dedicated to concrete representations of your aspirations, motivating you to achieve them. It could be a corkboard on your office wall, a poster board on the inside of your closet door, or a portion of the wall sectioned off with painter's tape.

Once you've chosen a spot, create a vision board that matches your personality.

Use your list of goals to select representations for each. These representations might be pictures, clippings from a magazine, charms, or simple text. Here are a few ideas!

- "Buy a house in one year."—A picture of your dream house
- "Improve my sleep routine."—An image of **Jasmine** being diffused by a bed
- "Drink 64 ounces of water daily."—A cute sticker of a water bottle
- "Use **Frankincense** essential oil in my skincare routine."—A printout of a dōTERRA® Pinterest DIY
- "Run a half-marathon in three months."—A picture of someone crossing the finish line with your face pasted over the person

Be creative! Choose words and images that inspire and remind you of where you're going.

**Take Action**

Byron Pulsifer said, "Dedication is belief transitioned into action which is transformed into change."

Your vision board is only a tool. It's worthless unless you use it. A morning habit of successful individuals is self-reflection. Set aside time each morning to diffuse dōTERRA Passion® or dōTERRA Motivate® for an uplifting, motivating atmosphere as you contemplate your vision board. Consider action points for the day. Then take five minutes at night to review your progress. As you achieve each subgoal or overall goal, redesign your vision board so it stays relevant to your current plan.



**Get Going!**

When you set specific and measurable goals, create visual inspiration, and build upon your progress as you work toward wins along your journey, you can more clearly see the path forward to continued success. Get going!

ō  
PROMO

**Essential Oil  
Spotlight**



**Jasmine**

Jasminum grandiflorum

**Distillation Method:** Steam distillation

**Aromatic Description:** Floral, warm, and fresh

**Plant Part:** Flower

**Jasmine** is a delicate white flower that's been associated with joy, happiness, and love for thousands of years. It's commonly arranged in bridal bouquets and even adorns Buddhist and Hindu shrines. And for the first time, it's available as a true essential oil, not just an absolute!

dōTERRA® sources **Jasmine** essential oil from Egypt. The aroma is luxurious. Use it to elevate the atmosphere in your home or apply it as your own unique fragrance.

You won't want to miss this opportunity to add Jasmine to your collection.

**Fun Fact**

The chemistry of jasmine flowers significantly changes throughout the day. The flowers used in our products are harvested in the morning, when the chemical compounds are most aromatic.

**How to Use:**

- + Dilute in a carrier oil and add to a warm bath.
- + Mix with a carrier oil as part of a soothing massage.
- + Apply topically or add to skin or hair preparations.



# dōTERRA<sup>®</sup>

Product Guide | *Fall/Winter 2022*

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# dōTERRA

Most people know dōTERRA simply as an essential oil company. But to truly understand who we are and what we do look to our purpose:

- We intentionally source the gifts of the earth, enriching every life we touch.
- We empower people and communities in their pursuit of self-reliance.
- We break cycles of human suffering and poverty as our business expands.
- We advocate and educate to empower everyone with natural wellness solutions.
- We advance science for the innovative use of essential oils.

dōTERRA was founded with the bold commitment to sell only 100% pure essential oils. As we rapidly expanded, traditional suppliers told us we couldn't maintain our growth without resorting to extended or adulterated oils. But we refused to compromise on quality.

Instead, we began sourcing essential oils directly. We set up long-term relationships with farmers and distillers, building our Global Botanical Network of sourcing partners. We created an award-winning sourcing model—Cō-Impact Sourcing®—to source the best and help the most.

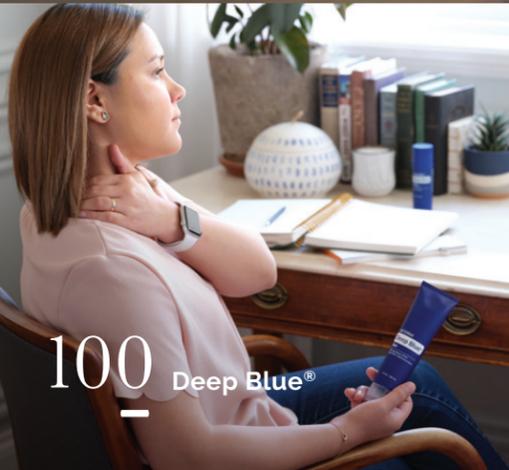
Responsible sourcing blesses the lives of the growers and harvesters from whom we source dōTERRA essential oils. It also makes a difference for you. When we say our intention is to enrich every life we touch, we mean *every life*—from our planting and harvesting partners to the individuals and families who use our essential oils in their homes. It's why we pursue what's pure.



80 Enrollment Kits



96 dōTERRA On Guard®



100 Deep Blue®



106 dōTERRA Lifelong Vitality Pack®



126 dōTERRA Diffusers

# The dōTERRA Impact

At dōTERRA, we source the best and help the most. This is a commitment to produce the world's highest-quality essential oils in ways that truly empower the people we work with on the journey from source to you. We do so through our award-winning Co-Impact Sourcing® model.

Every dōTERRA essential oil is intentionally sourced to create positive change for the people and communities we work with to produce it. Our 26 High Impact Oils have the biggest impact on the most people.

Scan the QR code found next to some of your favorite oils to see how these dōTERRA essential oils are helping to change the world.



**Frankincense** Top Seller  
Essential Oil  
*Boswellia carterii, sacra, papyrifera, and frereana*

Often called the "king of oils," topical and internal use of Frankincense provides modern wellness benefits.

- Ingest to support healthy cellular function.\*
- Supports healthy immune and nervous system function when taken internally.\*

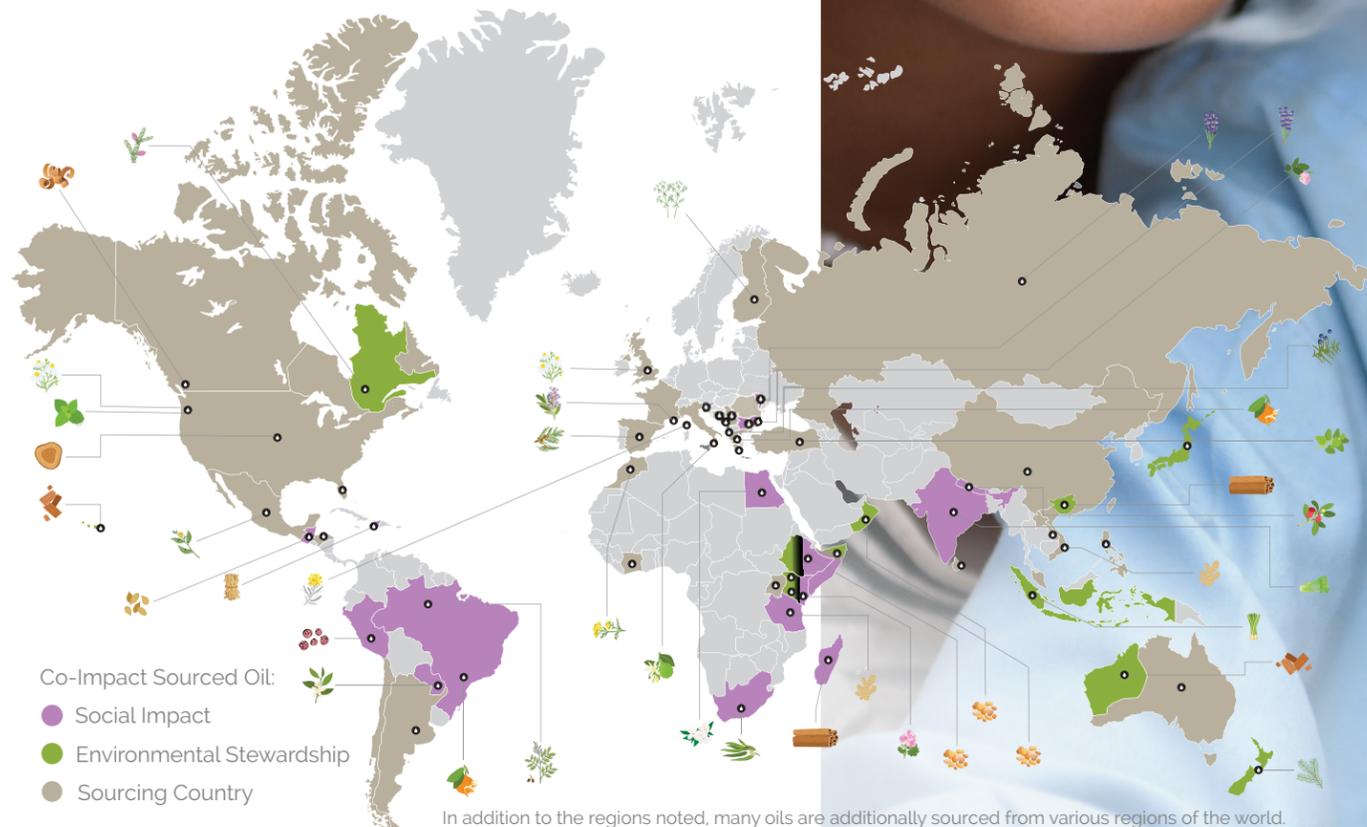
**A T I N**



**30070001**  
15 mL | 70 PV  
\$100.00 rtl  
\$75.00 whl

**A T N**

**60200224**  
10 mL roll-on | 48 PV  
\$64.00 rtl  
\$48.00 whl



Changing the world is a big task, but we're committed to doing it right.

As dōTERRA works tirelessly to sustainably and responsibly source the best essential oils in the world, dōTERRA Healing Hands® is forging ahead to help the most. #EngageInGood with us to help empower individuals worldwide to be healthy, safe and self-reliant. Join us.



### Rose Hand Lotion

dōTERRA Spa Rose Hand Lotion is a light, alluring lotion with CPTG® Rose essential oil that promotes smooth, beautiful skin. This silky formula contains natural moisturizers and humectants that leave hands soft, supple, and nourished. Known for its skin-beneficial properties, Rose essential oil enhances this lotion with the authentic and uplifting aroma of rose petals.

- Bulgarian Rose essential oil is known for its ability to promote smooth, glowing skin
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and their ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

**37520001**  
3.3 fl oz/100 mL | 0 PV  
\$20.00 rtl  
\$20.00 whl



### dōTERRA Hope® Touch New

Uplifting Blend

Now including exclusive Jasmine essential oil, this transformative blend symbolizes life, tenacity, and most importantly, hope that we can achieve our best selves and a better world. A portion of each purchase is donated to support those who have experienced trauma.

- Apply to pulse points as you focus on being centered and grounded
- Roll on wrists and temples as you aim to incorporate a hopeful mindset throughout the day
- Apply to hands, rub together, and inhale deeply as needed
- Use to massage base of skull

**A T N**

**60200879**  
10 mL roll-on | 25 PV  
\$33.33 rtl  
\$25.00 whl

Tax-Deductible Cash Donation	2001	2002	2003	2004	2005
	\$1.00	\$5.00	\$10.00	\$25.00	\$100.00

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

Maryland: A copy of the current financial statement of the dōTERRA Healing Hands Foundation is available by writing 380 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.

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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).

# What Are Essential Oils?

## The Power of the Entire Earth in One Bottle

On the 196,900,000 square miles of the earth's surface, scientists estimate there are 390,000 plants—with new species being discovered regularly. Unseen by the naked eye, essential oils hide in the seeds, stems, roots, barks, flowers, needles, and fruits of plants.

Essential oils are typically found in microscopic, specialized glands within certain plants. Scientifically speaking, essential oils are small organic molecules that quickly change from a liquid to a gas at room temperature. That's what makes bottled essential oils so powerful. Your bottle contains tiny molecules in a liquid state. When you unscrew the cap and open it, the molecules change swiftly from a liquid to a gas, which is why you can smell the essential oil immediately—even from a distance.

## Natural Solutions for Modern Problems

Essential oils have become increasingly popular and commonplace recently. However, their use dates back to ancient Egypt, Greece, and Rome, among other places. Essential oils aren't just a fad or new trend. They're powerful plant extracts that can be used to promote well-being—just as they have for centuries. Today, millions of people have made essential oils part of their homes because these gifts of the earth provide a natural way to make everyday life easier.

# CPTG®

## CPTG Certified Pure Tested Grade®

Previously in the world of essential oils, no set standard of quality existed, allowing many companies to cut corners on purity. So we made our own standard: CPTG Certified Pure Tested Grade.

We diligently work with a worldwide network of essential oil chemists, growers, and distillers to select botanicals of the correct species that are grown in ideal environments and harvested at the right times. Once an essential oil is distilled, it must pass a series of rigorous lab tests, layered one on top of the other for a more complete picture—including gas chromatography–mass spectrometry (GCMS). These steps and processes make dōTERRA essential oils the purest on the market.

## Why It Matters

Many oils contain fillers, artificial ingredients, contaminants, or chemical residues. These adulterating elements can cause an oil to lose its efficacy and can even be harmful in some cases.

When you choose to purchase essential oils, you're looking for natural solutions to support your home and family. The CPTG® standard ensures when you order from dōTERRA, you receive pure, unadulterated essential oils that are safe to use on yourself and your loved ones. You should never have to settle for anything less.



# Essential Oil Uses

Anyone can benefit from essential oils. Millions of people across the world are passionate about using natural products to protect their families and live a healthy lifestyle. When you adhere to product labels, instructions, and warnings, you can confidently bring essential oils into your home.

Essential oils have a long history of safe, effective usage. When you apply a proper amount of pure essential oils, they're absolutely safe for you, your family, and your home. Like anything else you'd bring into your space, essential oils are safe when you adhere to recommended doses and employ them as intended.

## Here are guidelines for safe usage:

- **Labels:** Pay attention to any warnings included on essential oil packaging.
- **Areas to avoid:** Avoid putting essential oils in the nose, inner ears, and eyes or on broken skin or other sensitive areas.
- **Dilution:** To minimize skin sensitivity, dilute essential oils with a carrier oil. The suggested dilution ratio is one drop of essential oil to five drops of carrier oil.
- **Strong essential oils:** Always dilute essential oils with a particularly strong chemistry (like Cassia, Cinnamon Bark, Clove, Oregano, and Thyme) before topical application.
- **Sun sensitivity:** Avoid direct sunlight or UV rays for at least 12 hours after using certain essential oils on the skin that may pose a risk for skin sensitivity (such as citrus oils).
- **Safe storage:** Store essential oils out of reach of children. Keep them away from excessive light or heat.
- **Young children supervision:** Always supervise essential oil application with children. Dilute essential oils before applying them to a child's skin.

There are three basic essential oil application methods: aromatic, topical, and internal. Essential oils can also be used for home care.

Using an essential oil aromatically means experiencing its properties through the air. Aromatic usage typically includes breathing in or inhaling an essential oil, allowing the scent to interact with your senses.

Applying an essential oil topically is a safe, effective way to enjoy the benefits it offers the skin.

Taking an essential oil internally can be done by directly applying it to the tongue or mouth, filling a Veggie Cap, or adding it to food and beverages.

Certain essential oils can be extremely beneficial in the home for daily chores and cleaning. If cleaning and caring for your home with natural, nontoxic ingredients is important to you, then dōTERRA essential oils can provide a simple, powerful way to keep your home in order.

Look for the following symbols in this guide to help you determine how an essential oil can be used. You'll also notice sensitive skin symbols to help you safely dilute products before applying them topically.

## Application Methods

- A** Can be used aromatically
- T** Can be used topically
- I** Can be used internally
- H** Can be used for home care

## Sensitive Skin

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

# Where to Begin

Using essential oils is intuitively simple and highly satisfying. However, the many oils available, with their numberless combinations and wellness applications, can be a bit overwhelming to beginners. As a simple first step on your journey with essential oils, we recommend a trio of Lavender, Lemon, and Peppermint. Three of our most popular oils, they will provide you and your family a compelling experience with the life-enhancing properties of essential oils.



## Introductory Kit Top Seller

Lavender, Lemon, Peppermint, and list of suggested uses

**60202952**  
Three 5 mL bottles | 15 PV  
\$26.67 rtl  
\$20.00 whl



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

# Enrollment Kits

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®, 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



## Simple Solutions Kit

**15 mL bottles:** Lemon, dōTERRA On Guard®, dōTERRA Serenity®

**Other Product:** Deep Blue® Rub

**60221664**  
70 PV  
\$140.00 rtl  
\$105.00 whl



## Healthy Start Kit

**5 mL bottles:** dōTERRA Breathe®, Deep Blue®, DigestZen®, Frankincense, Lavender, Lemon, dōTERRA On Guard®, Oregano, Peppermint, Tea Tree

**Other Products:** Pebble™ Diffuser

**60211452**  
100 PV  
\$213.33 rtl  
\$160.00 whl



## Home Essentials Kit

**5 mL bottle:** Deep Blue®

**15 mL bottles:** dōTERRA Breathe®, DigestZen®, Frankincense, Lavender, Lemon, dōTERRA On Guard®, Oregano, Peppermint, Tea Tree

**Other Products:** Laluz Diffuser

**60221657**  
235 PV  
\$360.00 rtl  
\$270.00 whl

## AromaTouch® Training Kit

**15 mL bottles:** dōTERRA Balance®, Lavender, Peppermint, Tea Tree, Wild Orange, AromaTouch®, Deep Blue®, dōTERRA On Guard®

**Other Products:** Fractionated Coconut Oil 115 mL, Fractionated Coconut Oil Pump, AromaTouch Training Information Card

**60221309**  
250 PV | \$333.33 rtl | \$250.00 whl



## Aroma Essentials Collection

**5 mL bottles:** Adaptiv®, dōTERRA Balance®, dōTERRA Breathe®, dōTERRA Cheer®, Citrus Bloom®, Northern Escape®, dōTERRA On Guard®, Peppermint, dōTERRA Serenity®, Wild Orange

**Other Product:** Laluz® Diffuser, storage box

**60221665**  
115 PV | \$206.67 rtl | \$155.00 whl



## Natural Solutions Kit

**5 mL bottles:** dōTERRA Serenity®, Adaptiv®, Deep Blue®

**15 mL bottles:** Lavender, Lemon, Peppermint, Frankincense, Tea Tree, Oregano, dōTERRA On Guard®, DigestZen®, dōTERRA Breathe®

**Other Products:** dōTERRA Lifelong Vitality Pack®, Fractionated Coconut Oil, PB Assist+®, dōTERRA On Guard® Toothpaste, dōTERRA On Guard+™ Softgels, dōTERRA On Guard® Sanitizing Mist, dōTERRA® Breathe Vapor Stick, Deep Blue® Stick, DigestZen TerraZyme®, Correct-X®, Wooden Box, Laluz® Diffuser

**60221656**  
345 PV  
\$600.00 rtl  
\$450.00 whl

# Essential Oil Singles

The dōTERRA® collection of single essential oils represents the finest aromatic extracts available in the world today. Each oil provides the living essence of its source botanical, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil passes strict standards of purity and potency. A beautiful palette of botanical energies, they can be used individually or blended for personalized essential oil benefits.



## Arborvitae Essential Oil

*Thuja plicata*  
Known as the "tree of life," Arborvitae is majestic in size and abundant in benefits.

- Helps promote clear, healthy-looking skin
- Powerful cleansing agent
- Warm, earthy aroma



49360001  
5 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl



## Basil Essential Oil

*Ocimum basilicum*  
Valued for its restorative effects, Basil is also commonly used for its calming aroma.

- Helps keep your skin looking clean, clear, and healthy
- Aromatic use helps create a calm and relaxed environment
- When taken internally, supports cardiovascular system health\*



30010001  
15 mL | 30 PV  
\$40.00 rtl  
\$30.00 whl



## Birch Coming Soon Essential Oil

*Betula lenta*  
Birch essential oil comes from the bark of Beta lenta (italic) tree, known as black birch, cherry birch, or sweet birch.

- Delivers a stimulating, refreshing aroma similar to Wintergreen
- Provides a soothing massage



60222580  
5 mL | 45 PV  
\$73.33 rtl  
\$55.00 whl



## Bergamot Essential Oil

*Citrus bergamia*  
Cold pressed from the rind of the bergamot fruit, Bergamot is unique among citrus oils.

- Frequently used in massage therapy for its calming aroma
- Apply to the skin while showering and inhale deeply to experience its calming aroma while enjoying its purifying skin benefits



30790001  
15 mL | 36 PV  
\$48.00 rtl  
\$36.00 whl



## Black Pepper Essential Oil

*Piper nigrum*  
Best known as a cooking spice that enhances the flavor of foods, but its internal and topical benefits are equally noteworthy. This essential oil is known for powerful antioxidant and digestive support when used internally.\*

- Aids digestion when used internally\*
- Soothing and satisfying aroma



41040001  
5 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl



## Black Spruce Essential Oil

*Picea mariana*  
A powerful wood essential oil distilled from the needle and branches of the *Picea mariana* tree, Black Spruce essential oil has a relaxing, calming aroma.

- Incorporate Black Spruce into a comforting massage experience to soothe the skin after strenuous exercise
- Promotes feelings of easy breathing



60206220  
5 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



## Blue Tansy Essential Oil

*Tanacetum annuum*  
Sourced from the annual yellow-flowered Mediterranean plant, Blue Tansy is high in chamazulene and sabinene. An important oil in the dōTERRA Deep Blue® blend.

- Anecdotal evidence suggests it may enhance the appearance of dry or damaged skin
- Preclinical studies suggest it may provide a soothing sensation when applied to skin



60203383  
5 mL | 80 PV  
\$113.33 rtl  
\$85.00 whl



## Cardamom Essential Oil

*Elettaria cardamomum*  
With a long history as a cooking spice also beneficial to the digestive and respiratory systems when taken internally.\*

- Helps ease indigestion and maintain overall gastrointestinal health when ingested\*
- Promotes clear breathing and maintains respiratory health when used internally\*



49350001  
5 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl



## Cassia Essential Oil

*Cinnamomum cassia*  
Closely related to cinnamon, Cassia has a wonderful fragrance and thousands of years of historical use.

- May promote healthy cardiovascular system function when consumed\*
- Promotes healthy digestion when taken internally\*
- May help support healthy immune system function when ingested\*



60213537  
15 mL | 21 PV  
\$28.00 rtl  
\$21.00 whl



## Cedarwood Essential Oil

*Juniperus virginiana*  
Cedarwood has a warm, woody, balsamic fragrance that creates a comforting and relaxing environment.

- During your facial routine, add one to two drops of Cedarwood to your facial toner or moisturizer for added clarifying properties
- Blends well with floral or citrus oils



49300001  
15 mL | 13.5 PV  
\$18.00 rtl  
\$13.50 whl



## Celery Seed Essential Oil

*Apium graveolens*  
Sourced from the celery plant, Celery Seed essential oil has a warm, sweet aroma, and preclinical studies suggest may improve digestion when used internally.\*

- Supports a healthy digestive system when consumed\*
- Add a few drops to your drink or shake for powerful cleansing benefits\*



60209677  
15 mL | 36 PV  
\$48.00 rtl  
\$36.00 whl



## Cilantro Essential Oil

*Coriandrum sativum*  
Distilled from the leaves of the coriander plant, Cilantro essential oil is commonly used for its fresh and tasty flavor.

- Used in soaps for cleansing purposes
- Place one to two drops in a dōTERRA Veggie Cap for internal support\*



41850001  
15 mL | 26 PV  
\$34.67 rtl  
\$26.00 whl



## Cinnamon Bark Essential Oil

*Cinnamomum zeylanicum*  
Well known for its use as a spice, Cinnamon also has many health-promoting benefits.

- Internal use supports healthy metabolic function\*
- Naturally repels insects



30030001  
5 mL | 29 PV  
\$38.67 rtl  
\$29.00 whl



## Citronella Essential Oil

*Cymbopogon winterianus*  
Citronella is a tall grass grown in Asia with a crisp, fresh aroma. Often used as a natural insect repellent.

- Natural pest repellent
- Cleans surfaces
- Skin and scalp soother and booster



60209676  
15 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



## Clary Sage Essential Oil

*Salvia sclarea*  
Clary Sage is known for its soothing and calming properties.

- Apply to abdomen for a soothing massage
- Combine with Roman Chamomile and add to bath water for an enjoyable bath
- Promotes healthy-looking hair and scalp



30420001  
15 mL | 39 PV  
\$52.00 rtl  
\$39.00 whl



## Clove Essential Oil

*Eugenia caryophyllata*  
Known as a popular cooking spice, Clove has many beneficial uses.

- Promotes healthy teeth and gums
- Internal use has powerful antioxidant benefits\*
- Soothing, warm aroma



30040001  
15 mL | 18 PV  
\$24.00 rtl  
\$18.00 whl



## Copaiba Top Seller Essential Oil

*Copaifera reticulata, officinalis, coriacea, and langsdorffii*  
When taken internally, supports a healthy digestive and cardiovascular system.\*

- Provides antioxidant support when ingested\*
- Helps soothe and support the nervous system when consumed\*



60202178  
15 mL | 37 PV  
\$49.33 rtl  
\$37.00 whl



60219176  
10 mL roll-on | 24 PV  
\$32.00 rtl  
\$24.00 whl



## Coriander Essential Oil

*Coriandrum sativum*  
Popular across many cultures for various uses, Coriander essential oil provides a myriad of health benefits.

- Similar chemical composition to Lavender
- Add to oily skin to maintain a clear complexion
- After a short workout, apply Coriander to legs for a soothing massage



30780001  
15 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl



## Cypress Essential Oil

*Cupressus sempervirens and lusitanica*  
Distilled from the twigs and foliage of the cypress tree, Cypress essential oil is popular for its energizing aroma and use in spas.

- Helps improve the appearance of oily skin
- Commonly diffused with citrus oils for an uplifting aroma



60206972  
15 mL | 17.5 PV  
\$23.33 rtl  
\$17.50 whl



## Douglas Fir Essential Oil

*Pseudotsuga menziesii*  
Sustainably sourced from young, pre-coning trees, giving it a chemical composition that's particularly rich in β-pinene and esters.

- Add to facial cleanser, bar soap, or body wash for added cleansing benefits and an invigorating aroma
- Creates positive and inspiring surroundings
- Refreshing, airy aroma



31590001  
5 mL | 21.5 PV  
\$28.67 rtl  
\$21.50 whl



## Eucalyptus New Essential Oil

*Eucalyptus spp.*  
Created with *radiata, polybractea, kochii, loxophleba, and globulus*. A primary component of many of these species is Eucalyptol which is where this blend gets many of its benefits.

- Creates a calm atmosphere during stressful circumstances
- May have cleansing properties due to its main constituent 1,8 cineole



60218408  
15 mL | 21 PV  
\$28.00 rtl  
\$21.00 whl



**Fennel (Sweet)**

Essential Oil  
*Foeniculum vulgare*

Used for centuries, Fennel provides many health benefits and has a distinct licorice aroma.

- Take internally to promote healthy digestive system\*
- May help promote healthy circulation when taken internally\*
- Provides an invigorating and calming aromatic atmosphere

A T I S



**41290001**  
15 mL | 16.5 PV  
\$22.00 rtl  
\$16.50 whl



**Ginger**

Essential Oil  
*Zingiber officinale*

Ginger is most noted for its sweet flavoring and positive effect on the digestive system when consumed.\*

- May help support healthy digestion when taken internally\*
- May help reduce occasional indigestion when ingested\*
- Stimulating aroma ranging from fruity to earthy

A T I S



**60215119**  
15 mL | 48 PV  
\$64.00 rtl  
\$48.00 whl



**Guaiacwood** New

Essential Oil  
*Bulnesia sarmientoi*

The same botanical family as frankincense and myrrh: *Burseraceae*. It's often used in perfumery and skincare products.

- Provides a grounding, calming, and tranquil aroma
- Promotes an atmosphere that's helpful during meditation
- Soothes minor skin irritations

A T I N

**60217711**  
15 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



**Jasmine**

Touch Blend

Regarded as the "King of Flowers," jasmine is prized for its highly fragrant aroma.

- Reduces the appearance of skin imperfections
- Promotes a glowing complexion

A T N

**60201812**  
10 mL roll-on | 42 PV  
\$56.00 rtl  
\$42.00 whl



**Frankincense** Top Seller

Essential Oil  
*Boswellia carterii, sacra, papyrifera, and frereana*

Often called the "king of oils," topical and internal use of Frankincense provides modern wellness benefits.

- Ingest to support healthy cellular function.\*
- Supports healthy immune and nervous system function when taken internally.\*

A T I N

A T N



**30070001**  
15 mL | 70 PV  
\$100.00 rtl  
\$75.00 whl

**60200224**  
10 mL roll-on | 48 PV  
\$64.00 rtl  
\$48.00 whl



**Grapefruit**

Essential Oil  
*Citrus x paradisi*

Creates an uplifting environment. Grapefruit is renowned for its cleansing effects.

- Soothing to the skin
- Internal use supports healthy metabolism\*
- Creates an uplifting environment

A T I N



**30100001**  
15 mL | 19 PV  
\$25.33 rtl  
\$19.00 whl



**Helichrysum**

Essential Oil  
*Helichrysum italicum*

Distilled from the flower cluster of an evergreen herb, one of the most precious and sought-after essential oils.

- Apply to the face to reduce the appearance of wrinkles and to promote a glowing, youthful complexion
- Massage into the temples and back of neck for a soothing sensation

A T I N

A T N



**30410001**  
5 mL | 70 PV  
\$106.67 rtl  
\$80.00 whl

**60207012**  
10 mL roll-on | 51 PV  
\$74.67 rtl  
\$56.00 whl



**Juniper Berry**

Essential Oil  
*Juniperus communis*

The woody, spicy, yet fresh aroma of Juniper Berry reveals its rich history of traditional use and health benefits.

- Traditionally used to support healthy kidney and urinary tract function when taken internally\*
- Maybe benefit and soothe skin
- May have antioxidant properties\*

A T I N



**49290001**  
5 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



**Geranium**

Essential Oil  
*Pelargonium graveolens*

Known for its floral aroma, Geranium is also a common ingredient in skin care products.

- Add to your favorite facial moisturizer to soothe and beautify skin
- Apply diluted to skin with a carrier oil
- Add a few drops to your shampoo or conditioner for a healthy, vibrant glow

A T I O



**30090001**  
15 mL | 43 PV  
\$57.33 rtl  
\$43.00 whl



**Green Mandarin**

Essential Oil  
*Citrus nobilis*

Pressed from the unripe fruit of the mandarin tree, Green Mandarin essential oil is known for supporting healthy digestive and immune systems when taken internally.\*

- May support a healthy inflammatory response when ingested\*
- Add a few drops to your water bottle to help promote healthy immune function\*

A T I N



**60205794**  
15 mL | 29 PV  
\$38.67 rtl  
\$29.00 whl



**Jasmine** New

Essential Oil  
*Jasminum grandifolium*

First of its kind essential oil from the pure white jasmine flower. Visually beautiful, the flower is associated with love and romance.

- Provides a sweet, exotic aroma
- Creates an elevating and inspiring environment

A T N



**60217357**  
2.5 mL | 100 PV  
\$200.00 rtl  
\$150.00 whl



**Lavender** Top Seller

Essential Oil  
*Lavandula angustifolia*

Lavender has been cherished for its unmistakable aroma and health properties for thousands of years.

- Take internally to soothe and relax the mind\*
- Soothes occasional skin irritations
- Take internally for a peaceful sleep\*

A T I N

A T N



**30110001**  
15 mL | 25.5 PV  
\$34.00 rtl  
\$25.50 whl

**60200225**  
10 mL roll-on | 17 PV  
\$22.67 rtl  
\$17.00 whl



**Lemon** Top Seller

Essential Oil  
*Citrus limon*

This top-selling oil has multiple uses and benefits and is cold pressed from lemon rinds to preserve its delicate nature and potent properties.

- Refreshes the air and cleanses surfaces
- Internal use naturally aids in digestion\*
- Uplifting, positive aroma

A T I N



**30120001**  
15 mL | 13 PV  
\$17.33 rtl  
\$13.00 whl



**Lime**

Essential Oil  
*Citrus aurantifolia*

The sharp, citrus smell of Lime makes it a must-have in any essential oils collection.

- Supports healthy immune function when ingested\*
- Refreshing aroma
- The aroma encourages a balanced and energizing atmosphere

A T I S



**30870001**  
15 mL | 14 PV  
\$18.67 rtl  
\$14.00 whl



**Marjoram**

Essential Oil  
*Origanum majorana*

Also known as "wintersweet" or "joy of the mountains," it has both culinary uses and healthful benefits.

- Adds to a soothing, calming massage
- May promote healthy cardiovascular system function when ingested\*
- Apply to muscles before and after exercise

A T I N



**30140001**  
15 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl



**Neroli**

Touch Blend

Soothing to the skin, dōTERRA Neroli Touch is specifically formulated with Fractionated Coconut Oil to create an uplifting atmosphere.

- Creates a calm, uplifting atmosphere
- Soothes skin

A T N



**60201817**  
10 mL roll-on | 52 PV  
\$69.33 rtl  
\$52.00 whl



**Lemon Eucalyptus**

Essential Oil  
*Eucalyptus citriodora*

Derived from a lemon-scented blue gum eucalypti plant, a tall tree with smooth bark native to northern Australia.

- Refreshing and cleansing to the air
- Uplifting and invigorating aroma
- Cleansing to surfaces and skin

A T S



**60209674**  
15 mL | 14 PV  
\$18.67 rtl  
\$14.00 whl



**Madagascar Vanilla**

Absolute  
*Vanilla planifolia*

Prized since the time of the ancient Aztecs, and often used in perfumes, vanilla is one of the most popular aromas in the world, and one of the most expensive to produce.

- Madagascar Vanilla Absolute in a base of Fractionated Coconut Oil
- Uniquely extracted using a clean CO<sub>2</sub> extraction method

A T I N



**60218012**  
5 mL | 35 PV  
\$46.67 rtl  
\$35.00 whl



**Melissa**

Essential Oil  
*Melissa officinalis*

Our rarest oil, Melissa has a sweet, fresh, citrus-like fragrance and a wide range of beneficial properties.

- Preclinical studies show it may support a healthy inflammatory response\*
- Encourages a relaxing atmosphere

A T I N



**30850001**  
5 mL | 85 PV  
\$126.67 rtl  
\$95.00 whl



**Oregano** Top Seller

Essential Oil  
*Origanum vulgare*

Derived from the leaves of the oregano plant, Oregano essential oil has many traditional and modern uses.

- Supports healthy digestion when ingested\*
- Offers an earthy, spicy aroma
- Used as a powerful cleansing and purifying agent

A T I D

A T N



**30180001**  
15 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl

**60200227**  
10 mL roll-on | 16.5 PV  
\$22.00 rtl  
\$16.50 whl



**Lemongrass**

Essential Oil  
*Cymbopogon flexuosus*

Long used in Asian and Caribbean cooking for its subtle lemony flavor and aroma, Lemongrass boasts many health-promoting benefits.

- Use to flavor entrées and meat dishes
- Combine with a carrier oil for a soothing massage
- Promotes a healthy digestive system when ingested\*

A T I S



**30130001**  
15 mL | 12 PV  
\$16.00 rtl  
\$12.00 whl



**Magnolia**

Touch Blend

Used in Chinese traditional practices for hundreds of years, Magnolia is known for its fresh and compellingly sweet aroma.

- Creates a calm atmosphere
- May help keep skin clean and healthy-looking
- Soothing to the skin

A T N



**60205420**  
10 mL roll-on | 28 PV  
\$37.33 rtl  
\$28.00 whl



**Myrrh**

Essential Oil  
*Commiphora myrrha*

Used historically in many ways—from meditation to embalming—Myrrh is still frequently recommended today.

- Beneficial for oral hygiene
- Soothing to the skin; promotes a smooth, youthful-looking complexion
- Creates an inspiring atmosphere

A T I N

A T N



**30160001**  
15 mL | 55 PV  
\$89.33 rtl  
\$67.00 whl

**60221439**  
10 mL roll-on | 40 PV  
\$53.33 rtl  
\$40.00 whl



**Patchouli**

Essential Oil  
*Pogostemon cablin*

Patchouli is easily recognizable for its rich, musky-sweet fragrance.

- The earthy aroma contributes to a grounded, balanced atmosphere
- Promotes a smooth, glowing complexion when applied to skin

A T I N



**30890001**  
15 mL | 30 PV  
\$40.00 rtl  
\$30.00 whl



**Peppermint**

Essential Oil  
*Mentha piperita*

A top-selling favorite, Peppermint provides myriad health benefits.

- Promotes digestive health when taken internally\*
- Helps alleviate occasional stomach upset when consumed\*
- Promotes healthy respiratory function and clear breathing when ingested\*
- Repels bugs naturally

A T I S      A T N



**30190001**  
15 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl

**60200228**  
10 mL roll-on | 16 PV  
\$21.33 rtl  
\$16.00 whl



**Peppermint Beadlets**

Experience a refreshing, invigorating burst of Peppermint in the convenience of a dissolving beadlet.

- Promotes oral and respiratory health when consumed\*
- Alleviates occasional stomach upset when ingested\*
- Provides all the benefits of Peppermint essential oil when taken internally\*
- Carrageenan free

I

**60208147**  
125 beadlets | 14 PV  
\$18.67 rtl  
\$14.00 whl



**Petitgrain**

Essential Oil  
*Citrus aurantium*

Petitgrain essential oil is derived from the bitter orange tree, which has a long history of use in traditional wellness practices.

- May be cleansing
- Is commonly used in cosmetics for its pleasant fragrance

A T I S



**49520001**  
15 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl



**Spikenard**

Essential Oil  
*Nardostachys jatamansi*

Spikenard essential oil has a woody, spicy aroma to create a relaxing atmosphere.

- Known to create a grounding environment
- Tranquil aroma
- Add one or two drops to your favorite cleanser to promote healthy, glowing skin

A T N

**49510001**  
5 mL | 50 PV  
\$69.33 rtl  
\$52.00 whl



**Tangerine**

Essential Oil  
*Citrus reticulata*

A sweet, tangy aroma, similar to other citrus oils, that is uplifting. Known for its cleansing properties and for supporting a healthy immune system when consumed.\*

- Internal use supports healthy normal gastrointestinal function and metabolism\*
- Cleansing and purifying

A T I N

**49440001**  
15 mL | 15 PV  
\$20.00 rtl  
\$15.00 whl



**Tea Tree**

Essential Oil  
*Melaleuca alternifolia*

Tea Tree oil is composed of 90 different compounds and has limitless applications.

- Renowned for its purifying and cleansing properties
- Soothing to irritated skin
- Diffuse throughout the home to help freshen the air

A T N      A T N



**60208340**  
15 mL | 23 PV  
\$30.67 rtl  
\$23.00 whl

**60208343**  
10 mL roll-on | 14.5 PV  
\$19.33 rtl  
\$14.50 whl



**Pink Pepper**

Essential Oil  
*Schinus molle*

A sacred tree to the Incans, distilled from the fruit of the pink peppercorn tree, which was used by indigenous people as an herbal solution to health needs.

- Massage into the skin to help calm and soothe after strenuous exercise
- Take internally to support a healthy immune response\*

A T I N



**60207016**  
5 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl



**Roman Chamomile**

Essential Oil  
*Anthemis nobilis*

The most versatile of the chamomiles, Roman Chamomile is extracted from the daisy-like flower of the Roman chamomile plant.

- Soothing to the skin when applied topically
- Diffuse or apply to bottoms of feet at bedtime for a comforting aroma

A T I N

**30800001**  
5 mL | 48 PV  
\$64.00 rtl  
\$48.00 whl



**Rose**

Essential Oil  
*Rosa damascena*

Known as the "Queen of Oils," Rose essential oil is highly sought after for its aroma and powerful topical benefits.

- Helps balance moisture levels in the skin and reduce the appearance of skin imperfections
- Promotes an even skin tone and healthy-looking complexion

A T S      A T N

**31000001**  
5 mL | 200 PV  
\$366.67 rtl  
\$275.00 whl

**60201813**  
10 mL roll-on | 65 PV  
\$93.33 rtl  
\$70.00 whl



**Thyme**

Essential Oil  
*Thymus vulgaris*

Thyme, familiar to most as a common seasoning, produces a potent essential oil.

- Supports a healthy inflammatory response when used internally\*
- Provides cleansing and purifying effects for the skin

A T I D

**30220001**  
15 mL | 31.5 PV  
\$42.00 rtl  
\$31.50 whl



**Tulsi (Holy Basil)**

Essential Oil  
*Ocimum sanctum*

Traditionally used around the world as part of rituals and protection in many cultures.

- Unlike its cousin sweet basil, Tulsi has a rich, spicy aroma, reminiscent of freshly cut basil
- Blend Tulsi with calming Bergamot and Clary Sage to add to a soothing atmosphere

A T S

**60213450**  
5 mL | 26 PV  
\$34.67 rtl  
\$26.00 whl



**Turmeric**

Essential Oil  
*Curcuma longa*

Commonly known for its Ayurvedic health uses, Turmeric is a staple for your daily health routine

- May support healthy nervous and cellular function when ingested\*
- May promote a healthy inflammatory response when consumed\*
- As a part of your daily routine, take internally for antioxidant support\*

A T I N



**60206973**  
15 mL | 30 PV  
\$40.00 rtl  
\$30.00 whl



**Rosemary**

Essential Oil  
*Rosmarinus officinalis*

Considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures, Rosemary has a myriad of uses.

- Provides an energizing aroma
- May help support healthy digestion when consumed\*
- When taken internally, may support the nervous system\*

A T I N

**30200001**  
15 mL | 18 PV  
\$24.00 rtl  
\$18.00 whl



**Sandalwood**

Essential Oil  
*Santalum album*

With documented history of use over several thousand years, Sandalwood has a wide variety of applications.

- Promotes healthy-looking, smooth skin
- Reduces the appearance of skin imperfections
- Frequently used in meditation for its grounding aroma

A T I N

**30210001**  
5 mL | 60 PV  
\$106.67 rtl  
\$80.00 whl



**Sandalwood, Hawaiian**

Essential Oil  
*Santalum paniculatum*

From a renewable source in Hawaii, dōTERRA® Hawaiian Sandalwood delivers a variety of benefits.

- Helps improve the appearance of skin and hair
- Creates an uplifting, positive environment

A T I N

**41860001**  
5 mL | 60 PV  
\$93.33 rtl  
\$70.00 whl



**Vetiver**

Essential Oil  
*Vetiveria zizanioides*

Vetiver is loved for its rich, exotic, complex aroma and is used extensively in perfumes.

- Calming, grounding aroma
- Use as part of a soothing, aromatic massage
- Use as an earthy base note in your favorite diffuser blend

A T I N      A T N



**30430001**  
15 mL | 54 PV  
\$78.67 rtl  
\$59.00 whl

**60221438**  
10 mL roll-on | 37 PV  
\$49.33 rtl  
\$37.00 whl



**Wild Orange**

Essential Oil  
*Citrus sinensis*

Cold pressed from the peel, Wild Orange releases an energizing, citrusy aroma.

- Powerful cleanser and purifying agent
- Place one drop Wild Orange, Peppermint, and Frankincense in your hand. Rub hands together and inhale deeply for an energizing aroma

A T I N



**30170001**  
15 mL | 11 PV  
\$14.67 rtl  
\$11.00 whl



**Wintergreen**

Essential Oil  
*Gaultheria fragrantissima*

Wintergreen essential oil is derived from the leaves of a creeping shrub found in coniferous areas.

- Commonly used in oral hygiene products
- Massage into hands, back, and legs for a soothing and warming sensation after exercise

A T S



**31620001**  
15 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl



**Siberian Fir**

Essential Oil  
*Abies sibirica*

With a fresh, wood scent, Siberian Fir is known for its calming and relaxing aroma.

- Provides a soothing effect when used in massage
- Apply topically to help soothe minor skin irritations

A T I N

**60203125**  
15 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



**Spanish Sage** Coming Soon

Essential Oil  
*Salvia lavandulifolia*

A beautiful, refreshing, and uplifting, yet also soothing aroma. This small evergreen shrub, also known as lavender sage, has grown in Spain and France for centuries.

- Promotes a positive atmosphere that may be conducive to focus and concentration
- Supports a calm mind and sense of alertness when taken internally\*

A T I S

**60222270**  
15 mL | 29 PV  
\$38.67 rtl  
\$29.00 whl



**Spearmint**

Essential Oil  
*Mentha spicata*

Spearmint is widely used for its digestive benefits\* and as a flavoring for a variety of dishes and drinks.

- Promotes digestion and helps reduce occasional stomach upset when used internally\*
- Incorporate into effective work and study habits
- Add a drop or two to any dessert, drink, salad, or entrée for flavoring

A T I S



**31610001**  
15 mL | 30 PV  
\$40.00 rtl  
\$30.00 whl



**Yarrow|Pom**

Active Botanical Nutritive Duo

Yarrow|Pom Active Botanical Nutritive Duo, may promote cellular, immune, and nervous system health when taken internally\* while revitalizing the skin for a youthful-looking radiance.

- Provides antioxidant support when taken internally\*
- Supports healthy metabolic function when consumed

T I N

**60207652**  
30 mL bottle with dropper | 98 PV  
\$130.67 rtl  
\$98.00 whl



**Ylang Ylang**

Essential Oil  
*Cananga odorata*

Ylang Ylang, while famed for its exquisite fragrance, has myriad benefits

- Adds an aromatic experience to a soothing, calming massage
- Promotes healthy-looking skin and hair

A T I N



**30240001**  
15 mL | 40 PV  
\$53.33 rtl  
\$40.00 whl



**Fractionated Coconut Oil**

Combine with your favorite dōTERRA essential oils for your own readily absorbable blend.

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

T N

**31640001**  
3.89 fl oz/115 mL  
10 PV  
\$16.00 rtl  
\$12.00 whl

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

# Proprietary Essential Oil Blends

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



**abode™**  
Refreshing Blend

Contains powerful essential oils with a pleasant aroma that leaves your home smelling fresh and feeling refreshed naturally, without harsh chemicals or synthetic fragrance.

- Formula contains CPTG® essential oils high in cleansing constituents including limonene, geraniol, neral, and 1,8-cineole

A H S

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



**Adaptiv®**  
Calming Blend

When feelings of fatigue, restlessness, indecisiveness, or irritability appear, Adaptiv Calming Blend is part of the toolbox that will help create a balanced atmosphere.

- Creates an uplifting environment
- Complements effective work and study
- Relaxing aroma

A T N

**60209364**  
15 mL | 40 PV  
\$53.33 rtl  
\$40.00 whl

**60209357**  
10 mL roll-on | 22 PV  
\$29.33 rtl  
\$22.00 whl



**Air-X®**  
Air Blend

With an intense citrusy, woody, and faintly herbal aroma, Air-X helps freshen the air when diffused. The Air-X blend has a calming, energizing aroma.

- Has a fresh and uplifting aroma
- Refreshes your home or office throughout the day

A T I S

**60215527**  
15 mL | 31 PV  
\$41.33 rtl  
\$31.00 whl



**dōTERRA Breathe®**  
Respiratory Blend

A powerful essential oil blend that maintains feelings of clear airways and easy breathing.

- Maintains feelings of clear airways and easy breathing
- Promotes a restful nights sleep
- Helps minimize the effects of seasonal threats

A T S

**60200190**  
15 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl

**60200192**  
10 mL roll-on | 16 PV  
\$21.33 rtl  
\$16.00 whl



**Calmer®**  
Restful Blend

When it's bedtime, roll Calmer onto the bottoms of your feet and onto your wrists. Climb into bed and take a deep breath of the relaxing aroma.

- Creates a restful atmosphere at bedtime
- Relaxing and positive aroma
- Soothing environment

A T N

**60206632**  
10 mL roll-on | 20 PV  
\$26.67 rtl  
\$20.00 whl



**dōTERRA Cheer®**  
Uplifting Blend

dōTERRA Cheer Uplifting Blend of citrus and spice essential oils provides a sunshiny aroma to brighten your day.

- Aroma inspires an optimistic, cheerful, and happy atmosphere
- Creates an energizing and positive environment

A T S

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

**60218864**  
10 mL roll-on | 18 PV  
\$24.00 rtl  
\$18.00 whl



**dōTERRA Align**  
Centering Blend

Invite confident peace into your daily practice by embracing the Centering Blend.

- Complements effective yoga practice
- Diffuse while setting intentions about self-acceptance, trust, and fluidity
- Helps create a harmonious and calm atmosphere

A T N

**60203246**  
5 mL | 19 PV  
\$25.33 rtl  
\$19.00 whl



**dōTERRA Anchor**  
Steadying Blend

Accompany thoughts of calming strength and firm trust in oneself with the Steadying Blend.

- Complements an effective yoga practice
- Promotes an atmosphere full of calmness and courage
- Diffuse while setting intentions about moving forward with a steady foundation

A T N

**60203245**  
5 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



**dōTERRA Arise**  
Enlightening Blend

Enjoy inspiration and courageously rise to your goals with the Enlightening Blend.

- Complements an effective yoga practice
- Use to set intentions of happiness, clarity, and courage
- Promotes an uplifting environment for intentions of high-reaching goals and self-improvement

A T N

**60203247**  
5 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



**dōTERRA Console®**  
Comforting Blend

This blend of floral and tree essential oils will help provide a comforting aroma as you close the door on sadness and take your first steps toward emotional healing.

- Aroma is comforting
- Serves as a companion while you work toward hopefulness
- Creates an uplifting, positive atmosphere

A T N

**31730001**  
5 mL | 39 PV  
\$52.00 rtl  
\$39.00 whl

**60200147**  
10 mL roll-on | 25 PV  
\$33.33 rtl  
\$25.00 whl



**DDR Prime®**  
Cellular Complex

DDR Prime is a proprietary blend of CPTG Certified Pure Tested Grade® essential oils that help protect the body against oxidative stress to cellular DNA.\*

- Supports healthy cellular integrity\*
- Protects body and cells from oxidative stress\*
- Promotes overall cellular health\*

T I S

**60207092**  
15 mL | 35 PV  
\$46.67 rtl  
\$35.00 whl



**Deep Blue®**  
Soothing Blend

Deep Blue provides soothing and cooling effects on the skin.

- Rub Deep Blue on lower back muscles after a day of heavy lifting
- Apply on feet and knees before and after exercise
- Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime

T S

**60200143**  
5 mL | 35 PV  
\$46.67 rtl  
\$35.00 whl



**AromaTouch®**  
Massage Blend

This proprietary massage blend combines the benefits of oils well known for their soothing and relaxing aromas.

- Features Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender
- Adds an aromatic experience to a soothing massage
- Add to Epsom salts and enjoy soaking in a hot bath

A T N

**31200001**  
15 mL | 30 PV  
\$40.00 rtl  
\$30.00 whl



**dōTERRA Balance®**  
Grounding Blend

dōTERRA Balance Grounding Blend has a warm, woody aroma that creates an atmosphere of calmness and well-being.

- Features Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Osmanthus in a base of Fractionated Coconut Oil
- Adds to a relaxing massage
- Creates a calming atmosphere

A T N

**31010001**  
15 mL | 21 PV  
\$28.00 rtl  
\$21.00 whl



**Brave®**  
Courage Blend

Before new or different situations, or just to start your day, roll Brave onto the back of neck, tummy, or bottoms of feet.

- Invigorating aroma
- Beneficial with positive affirmations in stressful situations
- Creates a confident, courageous atmosphere

A T N

**60206618**  
10 mL roll-on | 22 PV  
\$29.33 rtl  
\$22.00 whl



**DigestZen®**  
Digestive Blend

The well-recognized essential oils in DigestZen are known for providing digestive benefits when ingested.\*

- Supports healthy digestion when used internally\*
- When consumed, soothes the occasional upset stomach\*
- Taken orally, helps reduce gas and occasional indigestion\*

A T I N

**60214361**  
15 mL | 34 PV  
\$45.33 rtl  
\$34.00 whl

**60214815**  
10 mL roll-on | 22 PV  
\$29.33 rtl  
\$22.00 whl



**dōTERRA Forgive®**  
Renewing Blend

The fresh, woody aroma of dōTERRA Forgive Renewing Blend inspires a grounded atmosphere and complements affirmations of contentment, relief, and patience.

- Inspires a grounded atmosphere
- Aroma complements affirmations of contentment, relief, and patience

A T S

**31750001**  
5 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl

**60200148**  
10 mL roll-on | 15 PV  
\$20.00 rtl  
\$15.00 whl



**HD Clear®**  
Topical Blend

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

- Promote a clear complexion
- Helps reduce breakouts
- Helps keep skin clean, clear, and hydrated

T N

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

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**Immortelle**  
Anti-Aging Blend

Powerfully renewing, this proprietary blend combines rare essential oils that have been used throughout history for their beautifying benefits.

- Helps reduce the appearance of fine lines and wrinkles
- Helps reduce contributing factors to the appearance of aging skin
- Promotes smoother, more radiant, and youthful-looking skin

**A T N**

**60202652**  
10 mL roll-on | 70 PV  
\$100.00 rtl  
\$75.00 whl

**InTune**<sup>®</sup>  
Focus Blend

InTune is a proprietary blend of carefully selected essential oils, ideal for use while at school or work.

- Features Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, and Roman Chamomile
- Delightful scent for working or studying

**A T N**

**60220468**  
10 mL roll-on | 36.5 PV  
\$48.67 rtl  
\$36.50 whl

**MetaPWR**<sup>™</sup> **New**  
Metabolic Blend

MetaPWR Metabolic Blend can be an important part of a healthy metabolic regimen every day when used internally.

- May support healthy metabolic function
- Helps curb hunger cravings and promote mindful eating

**A T I S**

**60217575**  
15 mL | 29 PV  
\$38.67 rtl  
\$29.00 whl

**Rescuer**<sup>™</sup>  
Soothing Blend

After running, jumping, and playing, rub Rescuer onto your legs, feet, or back for its soothing experience.

- Features Copaiba, Lavender, Spearmint, and Zanthoxylum in a base of Fractionated Coconut Oil
- Massage onto growing or tired legs
- Creates a cooling experience

**A T N**

**60206635**  
10 mL roll-on | 16.5 PV  
\$22.00 rtl  
\$16.50 whl

**dōTERRA Serenity**<sup>®</sup>  
Restful Blend

dōTERRA Serenity has a calming and relaxing aroma.

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

**A T N**

**60217983**  
15 mL | 36 PV  
\$48.00 rtl  
\$36.00 whl

**Steady**<sup>®</sup>  
Grounding Blend

For daily centering, or for times when you feel nervous or experience anxious feelings, rub Steady on your neck and wrists as a reminder to calm emotions and balance mood.

- Features Amyris, Balsam Fir, Coriander, and Magnolia in a base of Fractionated Coconut Oil
- Relaxing and balancing aroma
- Instills a tranquil atmosphere

**A T N**

**60206617**  
10 mL roll-on | 16.5 PV  
\$22.00 rtl  
\$16.50 whl

**MetaPWR**<sup>™</sup> **New**  
Beadlets  
Metabolic Blend

Formulated to help curb hunger cravings and support mindful eating and appetite control.

- Supports metabolic health and function
- Curbs hunger cravings
- Promotes mindful eating and appetite control

**I**

**60217376**  
125 beadlets | 16 PV  
\$21.33 rtl  
\$16.00 whl

**dōTERRA Motivate**<sup>®</sup>  
Encouraging Blend

We all have setbacks in our lives, causing us to doubt ourselves or feel pessimistic. The aroma of dōTERRA Motivate complements affirmations of confidence and courage.

- Aroma complements affirmations of confidence, courage, and belief in oneself
- Helps set a positive environment

**A T S**      **A T N**

**31740001**      **60200149**  
5 mL | 23 PV      10 mL roll-on | 17 PV  
\$30.67 rtl      \$22.67 rtl  
\$23.00 whl      \$17.00 whl

**Northern Escape**<sup>®</sup>  
Woodland Blend

Leave your hectic life behind. Take a breath of fresh, green, fragrant forest air.

- Has a grounding, yet inspiring aroma
- Refreshes your home or office throughout the day
- Creates a tranquil, positive space

**A T N**

**60215058**  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl

**Stronger**<sup>®</sup>  
Protective Blend

Use Stronger on the back of your neck or bottoms of your feet for an added boost for a reminder to be resilient and strong.

- Features Cedarwood, Litsea, Frankincense, and Rose Extract in a base of Fractionated Coconut Oil
- Rejuvenating to the skin
- Promotes an atmosphere of wellness and vitality

**A T N**

**60206654**  
10 mL roll-on | 16 PV  
\$21.33 rtl  
\$16.00 whl

**SuperMint** **Coming Soon**  
Mentha Blend

Brings together CPTG<sup>®</sup> Peppermint, Japanese Peppermint, Bergamot Mint, and Spearmint essential oils.

- May support mental clarity and enhance stamina
- Soothes and comforts when incorporated into a massage
- Provides a cooling sensation, which may contribute to feelings of open airways

**A T I D**      **A T N**

**60221859**      **60221940**  
15 mL | 32 PV      10 mL roll-on | 20 PV  
\$42.67 rtl      \$26.67 rtl  
\$32.00 whl      \$20.00 whl

**SuperMint** **Coming Soon**  
Beadlets

dōTERRA has captured the potent benefits of SuperMint in a tiny, soft, convenient vegetarian beadlet.

- Freshen the breath and support a clean, healthy mouth
- Promote oral and respiratory health\*
- May contribute to feelings of easier breathing

**I**

**60222094**  
125 Beadlets | 16 PV  
\$21.33 rtl  
\$16.00 whl

**dōTERRA On Guard**<sup>®</sup>  
Protective Blend

Offers a fragrant, natural, and effective alternative to synthetic options for immune support.\*

- Supports healthy immune function when used internally\*
- Ingest to support the body's natural antioxidant defenses\*
- Powerful surface cleaner

**A T I S**      **A T N**

**31100001**      **60200142**  
15 mL | 36 PV      10 mL roll-on | 23 PV  
\$48.00 rtl      \$30.67 rtl  
\$36.00 whl      \$23.00 whl

**dōTERRA On Guard+**<sup>™</sup>  
Beadlets

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

- Supports healthy immune function\*
- Provides a convenient consumption method for dōTERRA On Guard<sup>®</sup> Protective Blend
- Freshens breath
- Carrageenan free

**I**

**60208146**  
125 beadlets | 16 PV  
\$21.33 rtl  
\$16.00 whl

**dōTERRA Passion**<sup>®</sup>  
Inspiring Blend

The dōTERRA Passion blend combines spice and herbal essential oils such as Cinnamon Bark, Ginger, Cardamom, Clove, and Damiana. This mixture of oils creates a chemical profile with a high concentration of phenols and ethers.

- Creates a joyful, inspiring atmosphere
- Transcends the trivial

**A T S**      **A T N**

**31760001**      **60200150**  
5 mL | 42 PV      10 mL roll-on | 28 PV  
\$56.00 rtl      \$37.33 rtl  
\$42.00 whl      \$28.00 whl

**Tamer**<sup>®</sup>  
Digestive Blend

Before or after meals, roll Tamer on your tummy for a soothing sensation and calming aroma.

- Roll on to the tummy for a calm, soothing experience
- An essential for road trips

**A T N**

**60209356**  
10 mL roll-on | 16.5 PV  
\$22.00 rtl  
\$16.50 whl

**TerraShield**<sup>®</sup>  
Repellent Blend

Whatever the activity, you will want to have TerraShield on hand to keep those pesky mosquitoes away.

- Proven to naturally repel mosquitoes
- Delivers an invigorating aroma
- Provides skin-soothing benefits

**A T N**      **A T N**

**60214386**      **60214387**  
15 mL | 13 PV      30 mL spray bottle | 18 PV  
\$17.33 rtl      \$26.67 rtl  
\$13.00 whl      \$20.00 whl

**Thinker**<sup>®</sup>  
Focus Blend

Herbal and slightly sweet, the unique aroma of Thinker helps create a supportive and positive environment.

- Fresh, invigorating aroma
- Perfect as a part of your study-time routine

**A T N**

**60206633**  
10 mL roll-on | 17.5 PV  
\$23.33 rtl  
\$17.50 whl

**PastTense**<sup>®</sup>  
Tension Blend

PastTense is a distinctive blend of essential oils known to create a calming and soothing atmosphere.

- Features Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, and Rosemary
- Comforting and soothing aroma

**A T N**

**60215812**  
15 mL | 30 PV  
\$40.00 rtl  
\$30.00 whl

**dōTERRA Peace**<sup>®</sup>  
Reassuring Blend

Use the dōTERRA Peace Reassuring Blend to fill the room with a calm, peaceful aroma.

- Combines Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, and Spearmint
- Apply one drop to hands, rub together, and inhale deeply during moments of pause

**A T N**      **A T N**

**31710001**      **60200151**  
5 mL | 32 PV      10 mL roll-on | 21 PV  
\$42.67 rtl      \$28.00 rtl  
\$32.00 whl      \$21.00 whl

**Purify**  
Cleansing Blend

Purify is designed to eliminate odors naturally without harsh additives.

- Combines Lemon, Siberian Fir, Citronella, Lime, Tea Tree, and Cilantro
- Refreshing aroma eradicates unpleasant odors and clears the air

**A T N**

**31060001**  
15 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl

**Whisper**<sup>®</sup> **Touch**  
Blend for Women

Combines with an individual's chemistry to create a distinct scent that intrigues the senses of the wearer and those passing by.

- Combines with each individual's chemistry to create a beautiful, unique, and personal fragrance
- Provides a warming, musky aroma
- Entices and intrigues the senses

**A T N**

**60214274**  
10 mL roll-on | 28 PV  
\$37.33 rtl  
\$28.00 whl

**Zendocrine**<sup>®</sup>  
Detoxification Blend

Supports the body's natural ability to rid itself of unwanted substances when used internally.\*

- Internal use supports the body's natural ability to rid itself of unwanted substances\*
- Supports healthy liver function when taken internally\*
- Purifying and detoxifying to the body's systems when consumed\*

**A T I N**

**31460001**  
15 mL | 26 PV  
\$34.67 rtl  
\$26.00 whl

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## dōTERRA AromaTouch Technique®

When you purchase the AromaTouch Training Kit, you'll have the products you need to perform the AromaTouch Technique—a life-changing practice that creates a powerful essential oil experience you can share with others.

### AromaTouch Technique® Training Kit

dōTERRA Balance® Grounding Blend, Lavender, Tea Tree, dōTERRA On Guard® Protective Blend, AromaTouch® Massage Blend, Deep Blue® Soothing Blend, Wild Orange, Peppermint Fractionated Coconut Oil (3.89 fl oz/115 mL) and pump Access to online training course and exclusive eBook

**60221903**  
Eight 15 mL bottles and one 115 mL bottle | 250 PV  
\$333.33 rtl  
\$250.00 whl

### AromaTouch Technique® Refill Kit

**60221902**  
Eight 15 mL bottles | 230 PV  
\$306.67 rtl  
\$230.00 whl



## dōTERRA Family Essentials Kit

The dōTERRA Family Essentials Kit contains 10 essential oils and blends—the "feel better" essentials that parents need on a daily basis to care for their families.



### Family Essentials Kit Top Seller

Lavender, Lemon, Peppermint, Tea Tree, Oregano, Frankincense, Deep Blue®, dōTERRA Breathe®, DigestZen®, and dōTERRA On Guard®

**60202951**  
Ten 5 mL bottles | 115 PV  
\$166.67 rtl  
\$125.00 whl

## dōTERRA® Kids Collection

Formulated specifically for littles ones, these essential oil blends feature unique combinations balanced to provide powerful benefits while being gentle on delicate skin.



### dōTERRA Kids Collection

Thinker®, Calmer®, Stronger®, Tamer®, Rescuer™, Steady®, Brave®, instructional flashcards, silicone toppers with and carrying case with carabiners

**60211246**  
Seven 10 mL roll-on bottles | 100 PV  
\$153.33 rtl  
\$115.00 whl

## dōTERRA Emotional AromaTherapy® System

The dōTERRA Emotional Aromatherapy System contains six unique essential oil blends that have been carefully formulated for use with a variety of situations. Each delicate blend contains pure essential oils that can be used aromatically or topically throughout your wellness journey. These naturally complex, fragrant blends can accompany you as you let go of burdens, find comfort and encouragement, or dream with passion again.



### dōTERRA Emotional Aromatherapy® System

dōTERRA Motivate®, dōTERRA Cheer®, dōTERRA Peace®, dōTERRA Forgive®, dōTERRA Console®, dōTERRA Passion®

**60220509**  
Six 5 mL bottles | 150 PV  
\$212.00 rtl  
\$159.00 whl



### dōTERRA Emotional Aromatherapy Touch Kit

dōTERRA Motivate® Touch, dōTERRA Cheer® Touch, dōTERRA Passion® Touch, dōTERRA Forgive® Touch, dōTERRA Console® Touch, dōTERRA Peace® Touch

**60220510**  
Six 10 mL roll-on bottles | 100 PV  
\$133.33 rtl  
\$100.00 whl

## dōTERRA Yoga Collection

The Yoga collection blends provide aromas to use as you steady, center, and enlighten your spirit through every breath.



### dōTERRA Yoga Collection

dōTERRA Anchor, dōTERRA Align, and dōTERRA Arise

**60203244**  
Three 5 mL bottles | 50 PV  
\$72.00 rtl  
\$54.00 whl

# Product Lines



# dōTERRA On Guard®

One of the most popular and versatile dōTERRA® CPTG Certified Pure Tested Grade® essential oil blends. The proprietary combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils is an active component in a first line of defense for immune support when used internally.\*



## dōTERRA On Guard® Top Seller Protective Blend

Offers a fragrant, natural, and effective alternative to synthetic options for immune support.\*

- Supports healthy immune function when used internally\*
- Ingest to support the body's natural antioxidant defenses\*
- Powerful surface cleaner

**A T I S**      **A T N**

**31100001**  
15 mL | 36 PV  
\$48.00 rtl  
\$36.00 whl

**60200142**  
10 mL roll-on | 23 PV  
\$30.67 rtl  
\$23.00 whl

## dōTERRA On Guard+™ Chewable Tablets

Formulated with micronutrients, vitamin C and D, Zinc, Beta-glucan, and the proprietary dōTERRA On Guard® Protective Blend, that contains CPTG® essential oils from Wild Orange, Clove, Cinnamon Leaf and Bark, Eucalyptus, and Rosemary.

- Convenient, tasty, chewable, and easy to consume
- Sugar free, gluten free, and vegan friendly
- Supports a healthy immune system\*

**60216736**  
60 count | 10 PV  
\$21.33 rtl  
\$16.00 whl

## dōTERRA On Guard® New Sanitizing Gel

Perfect for purse, pocket, or backpack, this 70% plant-derived ethyl alcohol-based sanitizer kills 99.9% of most common germs† and is safe to use for the whole family.

- Kills 99.9% of most common germs†
- 70% plant-derived ethyl alcohol base
- Non-sticky, moisturizing formula with apple extract and glycerin

**60217274**  
1.6 fl oz/50 mL | 5 PV  
\$10.00 rtl  
\$7.50 whl

## dōTERRA On Guard® Protecting Throat Drops

Keep your winter season healthy with the convenience of these immune-supporting throat drops.

- Helps calm and soothe occasional dry, scratchy throats
- Features the unique properties of dōTERRA On Guard Protective Blend
- Formulated with organic cane sugar and brown rice syrup

**34050001**  
30 drops | 10 PV  
\$16.67 rtl  
\$12.50 whl

## dōTERRA On Guard+™ Beadlets

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

- Supports healthy immune function\*
- Provides a convenient consumption method for dōTERRA On Guard® Protective Blend
- Carrageenan free

**60208146**  
125 beadlets | 16 PV  
\$21.33 rtl  
\$16.00 whl

## dōTERRA On Guard+™ Softgels

Protective Blend

dōTERRA On Guard+ Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa for additional immune support.\*

- Helps support and maintain a healthy immune system\*
- Use for support during times of seasonal threats\*

**35420001**  
60 vegetarian softgels | 25 PV  
\$37.33 rtl  
\$28.00 whl

 Made with vegetarian softgels

## dōTERRA On Guard® Natural Whitening Toothpaste

Clean teeth gently with the added benefit of dōTERRA On Guard® essential oil blend.

- Fluoride-free with hydroxyapatite
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath
- Boasts the protective benefits of dōTERRA On Guard essential oil blend
- Whitens teeth with gentle polishing agents

**60205476**  
4.2 oz/125 g | 5 PV  
\$12.67 rtl  
\$9.50 whl

**60205417**  
10 samples, 2 g | 0 PV  
\$4.66 rtl  
\$3.50 whl

## dōTERRA On Guard® Cleaner Concentrate

The ideal cleaner, dōTERRA On Guard Concentrate is fortified with dōTERRA On Guard Protective Blend.

- Features a non-toxic formula safe for the entire family
- Combines plant-based derivatives with the powerful dōTERRA On Guard Protective Blend
- Perfect for hard surface cleaning needs with exceptional results
- Leaves behind a clean, invigorating scent

**38140001**  
12 fl oz/355 mL | 10 PV  
\$19.33 rtl  
\$14.50 whl

## dōTERRA On Guard® Mouthwash

dōTERRA On Guard Mouthwash is formulated to clean teeth and gums, reduce plaque, and promote a healthy-looking mouth when used as part of a hygiene routine that includes brushing and flossing.

- Natural, alcohol-free formula
- Use after brushing and flossing to help reduce plaque and brighten smile
- Supports long-lasting fresh breath

**60203185**  
16 fl oz/473 mL | 10 PV  
\$20.00 rtl  
\$15.00 whl

## dōTERRA On Guard® Foaming Hand Wash

Keep your hands clean and protected with the power of dōTERRA On Guard essential oil blend.

- Conveniently packaged in a 16-ounce bottle that fills 8-ounce foaming dispensers
- Formulated with the unique dōTERRA On Guard Protective Blend
- Non-toxic and environmentally safe

**60216838**  
16 fl oz/473 mL Hand Wash with 2 dispensers | 15 PV  
\$28.67 rtl  
\$21.50 whl

## Single Refill

**38010001**  
16 fl oz/473 mL Hand Wash | 15 PV  
\$23.33 rtl  
\$17.50 whl

## Twin Pack Refill

**38020001**  
Two 16 fl oz/473 mL Hand Wash | 25 PV  
\$40.00 rtl  
\$30.00 whl

## dōTERRA On Guard® Laundry Detergent

dōTERRA On Guard Laundry Detergent is a naturally based, highly concentrated 6X laundry detergent that utilizes the power of dōTERRA On Guard Protective Blend and bio-originated enzymes for amazingly clean clothes.

- Unique formulation maximizes essential oil aroma and efficacy to keep your clothes fresh and clean
- 64 loads in each bottle; 1 tablespoon = 1 load (using a high-efficiency washer)
- Great as a pre-treatment for stains

**39020001**  
32 fl oz/947 mL | 20 PV  
\$37.33 rtl  
\$28.00 whl

## dōTERRA® On Guard® Sanitizing Mist

dōTERRA On Guard Sanitizing Mist kills 99.9% effective against most common germs† through an extremely fine, quick-drying mist.

- Infused with moisturizing apple extract to leave hands feeling soft
- Uplifting citrus, spice aroma of dōTERRA On Guard essential oil in a convenient mist
- Perfect size for travel, work, and school

**60201944**  
0.9 fl oz/27 mL | 5 PV  
\$8.67 rtl  
\$6.50 whl

**60219991**  
Five 0.9 fl oz/27 mL | 20 PV  
\$33.33 rtl  
\$25.00 whl

## dōTERRA® On Guard™ Sanitizing Wipes

Made for your busy life on the go, infused with the cleansing power of the proprietary dōTERRA On Guard essential oil blend, the wipes will thoroughly clean hands while still being gentle on your skin.

- 99.9% effective against most common germs†
- Cleanses hands when soap and water are unavailable
- Convenient size for portability
- Use to clean hands after touching screens, door handles, and shopping carts

**60201266**  
50 count | 10 PV  
\$16.67 rtl  
\$12.50 whl

**60214043**  
20 individually wrapped | 5 PV  
\$10.00 rtl  
\$7.50 whl



† Escherichia coli, Staphylococcus aureus, Salmonella typhimurium, Pseudomonas aeruginosa, Burkholderia cepacia, Enterobacter cloacae, Enterococcus faecalis, Streptococcus pyogenes, Candida albicans, Aspergillus brasiliensis

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† Escherichia coli, Staphylococcus aureus, Salmonella typhimurium, Pseudomonas aeruginosa, Burkholderia cepacia, Enterobacter cloacae, Enterococcus faecalis, Streptococcus pyogenes, Candida albicans, Aspergillus brasiliensis

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# dōTERRA abōde

Your home is an ecosystem. Feeling good about the products you bring into it doesn't have to come with compromises. The dōTERRA abōde line features natural ingredients, reusable packaging, and a signature style. Each product has a powerful, plant-based formula free from phosphates, phthalates, dyes, chlorine, and synthetic fragrances. By introducing beautiful refillable bottles and recyclable refill packaging, the line helps you reduce waste while simultaneously elevating the aesthetic of your home. Made for the conscious consumer, abōde delivers efficacy, sustainability, and aesthetic value . . . *naturally*.



## abōde® Multi-Purpose Surface Cleaner Concentrate

- Tough on grease and grime in the kitchen, bathroom, and other non-porous surfaces
- Formulated to provide a naturally fresh, citrus aroma using abōde Refreshing Blend
- Able to replace many other cleaners in your home
- Packaged in a recyclable glass bottle

**60216476**  
1 fl oz/30 mL | 7 PV  
\$11.67 rtl  
\$8.75 whl

## abōde Liquid Dish Soap Refill

- Tough on grease, leaves dishes, glassware, pots, and pans sparkling clean
- Formulated to provide a naturally fresh, citrus aroma using abōde Refreshing Blend and Grapefruit essential oil
- Packaged in a recyclable aluminum bottle

**60217386**  
16 fl oz/473 mL | 8 PV  
\$16.00 rtl  
\$12.00 whl

## abōde Dishwasher Pods

- Tough on grease, leaving every load sparkling clean
- Formulated to provide a naturally fresh, citrus aroma using abōde Refreshing Blend
- Packaged in a pouch made with PCR (post-consumer recycled) materials

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

## abōde Laundry Pods

- Tough on stains, leaving every load fresh, clean and bright
- Formulated to provide a naturally fresh, citrus aroma using abōde Refreshing Blend
- Packaged in a pouch made with PCR (post-consumer recycled) materials

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

## abōde Hand Lotion Refill Infused with Citrus Bloom®

- Provides optimal moisture in a lightweight, silky formula, for healthy-looking and soft-feeling hands
- Features a plant-based formula infused with Citrus Bloom Springtime Blend and free from parabens, phthalates, phosphates, dyes, and synthetic fragrances
- Packaged in a pouch made with PCR (post-consumer recycled) materials

**60216475**  
10 fl oz/296 mL | 15 PV  
\$24.67 rtl  
\$18.50 whl

## abōde Foaming Hand Wash Concentrate Infused with Citrus Bloom

- Provides a sweet, citrus, floral aroma, leaving hands clean and smelling fresh
- Features a plant-based cleansing formula infused with Citrus Bloom Springtime Blend
- Packaged in a recyclable aluminum container

**60216472**  
8 fl oz/237 mL | 14 PV  
\$26.00 rtl  
\$19.50 whl

## abōde™ Refreshing Blend

Contains powerful essential oils with a pleasant aroma that leaves your home smelling fresh and feeling refreshed naturally, without harsh chemicals or synthetic fragrance.

- Formula contains CPTG® essential oils high in cleansing constituents including limonene, geraniol, nerol, and 1,8-cineole



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

## abōde Refillable Glass Dispensers

Elevate the aesthetic of your home while further cutting down on single use plastic by pairing your dōTERRA abōde products with the beautiful, counter-worthy glass refillable dispensers.

## abōde Multi-Purpose Surface Cleaner Dispenser

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

## abōde Foaming Hand Wash Dispenser

**60217522**  
16 fl oz/473 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl

## abōde Hand Lotion Dispenser

**60217569**  
10 fl oz/296 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl

## abōde Liquid Dish Soap Dispenser

**60219505**  
16 fl oz/473 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl



Explore the entire dōTERRA abōde product family.



# Deep Blue® Top Seller

The soothing combination of CPTG Certified Pure Tested Grade® essential oils of Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, German Chamomile, and Osmanthus create the dōTERRA Deep Blue proprietary blend, available in a cream and 5 mL bottle. The Deep Blue Polyphenol Complex® is a complementary supplement to help support muscle and joint comfort and function.\* Use Deep Blue Polyphenol Complex in combination with Deep Blue essential oil blend and Deep Blue Rub for soothing effects and targeted benefits.



## Deep Blue Polyphenol Complex®

Deep Blue has a nutritional supplement that contains powerful polyphenols clinically tested to help with occasional soreness and discomfort.\*

- Fast-acting boswellia extract shown to help support joint comfort and function when consumed\*
- Includes proprietary, standardized extracts of ginger, curcumin, resveratrol, and other polyphenols to soothe occasional aches and discomfort when ingested\*
- Can be used in tandem with Deep Blue Rub or Deep Blue Soothing Blend

**34360001**  
60 vegetable capsules | 40 PV  
\$60.67 rtl  
\$45.50 whl

 Made with SLS-free vegetable capsules

## Deep Blue® Rub Soothing Cream

Infused with Deep Blue Soothing Blend, Deep Blue Rub provides a soothing and cooling effect.

- Perfect for the athlete in your life, Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin soft and non-greasy
- Provides a cooling and soothing sensation to targeted areas

**38900001**  
4 fl oz/120 mL | 31 PV  
\$44.00 rtl  
\$33.00 whl

## Deep Blue® Rub Samples

**38950001**  
10 samples, .068 fl oz/2 mL | 0 PV  
\$6.67 rtl  
\$5.00 whl

## 32-Ounce Bottle

**60216795**  
32 fl oz/946 mL | 165 PV  
\$260.00 rtl  
\$195.00 whl

## Deep Blue® Soothing Blend

Deep Blue provides soothing and cooling effects on the skin.

- Rub Deep Blue on lower back muscles after a day of heavy lifting
- Apply on feet and knees before and after exercise
- Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime

**T | S**

**60200143**  
5 mL | 35 PV  
\$46.67 rtl  
\$35.00 whl

## Deep Blue® Stick+ Copaiba

Infused with dōTERRA Deep Blue Soothing Blend containing CPTG Certified Pure Tested Grade® essential oils, plus the beneficial properties of Copaiba, the Deep Blue Stick is powerful, targeted relief in a fast-acting solid.

- Provides maximum OTC strength plant-based menthol, methyl salicylate, and camphor to deliver temporary relief of minor aches and pains of muscles and joints associated with simple backache, arthritis, sprains, strains, and bruises
- Convenient, easy-to-use stick
- Blended in a base of moisturizing emollients that leaves your skin soft and non-greasy
- Provides a cooling and soothing sensation to targeted areas

**60213108**  
1.69 oz/48 g | 20 PV  
\$32.67 rtl  
\$24.50 whl



## dōTERRA Adaptiv® System

Adaptiv products provide reliable, targeted, and effective support that is natural and safe. Diffuse Adaptiv Calming Blend for a soft and uplifting aroma to help create a relaxing atmosphere. Include Adaptiv Touch as part of a comforting massage or use the Adaptiv Calming Blend Capsules to help you adapt to every situation.



### Adaptiv®

#### Calming Blend

- Calming, relaxing aroma
- Complements effective work and study
- Promotes a tranquil, soothing environment



**60209364**  
15 mL | 40 PV  
\$53.33 rtl  
\$40.00 whl



**60209357**  
10 mL roll-on | 22 PV  
\$29.33 rtl  
\$22.00 whl

### Adaptiv® Calming Blend Capsules

- Calms and promotes positive feelings\*
- Supports mood and helps improve state of mind\*
- Helps in stressful situations and when acclimating to new surroundings\*

**60205956**  
30 capsules | 30 PV  
\$52.67 rtl  
\$39.50 whl

### Adaptiv® System

Adaptiv Calming Blend 15 mL, Adaptiv Touch Calming Blend 10 mL, Adaptiv Calming Blend Capsules

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

## dōTERRA Serenity®

dōTERRA Serenity Softgels and dōTERRA Serenity Restful Blend together provide a natural and safe solution for individuals who have occasional difficulty falling and staying asleep. Formulated with essential oils known for their calming aromas, this powerful duo works to promote a restful and satisfying night.



### dōTERRA Serenity®

#### Restful Blend

- Creates a perfect escape with its calming, renewing fragrance
- Creates a restful environment at bedtime



**60217983**  
15 mL | 36 PV  
\$48.00 rtl  
\$36.00 whl

### dōTERRA Serenity® Softgels

#### Restful Complex

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

**34390001**  
60 vegetarian softgels | 18 PV  
\$30.67 rtl  
\$23.00 whl

### dōTERRA Serenity® Combo Pack

dōTERRA Serenity Restful Blend 15 mL, dōTERRA Serenity Softgels

**60200524**  
40 PV  
\$60.00 rtl  
\$45.00 whl

Made with SLS-free vegetable capsules

Made with vegetarian softgels

## dōTERRA Breathe®

The remarkable blend of essential oils found in the dōTERRA Breathe Respiratory Blend maintains feelings of clear airways and easy breathing. With the easy application of the dōTERRA Breathe Vapor Stick you can quickly enjoy the benefits of this powerful blend anytime, anywhere.



### dōTERRA Breathe®

#### Respiratory Blend

A powerful essential oil blend that maintains feelings of clear airways and easy breathing.

- Maintains feelings of clear airways and easy breathing
- Creates a restful environment
- Helps minimize the effects of seasonal threats



**60200190**  
15 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl



**60200192**  
10 mL roll-on | 16 PV  
\$21.33 rtl  
\$16.00 whl

### dōTERRA® Breathe New

#### Vapor Stick

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

- Maintains feelings of clear airways and easy breathing
- Provides a cooling, soothing sensation

**60212479**  
0.54 oz/15.5 g | 5 PV  
\$12.33 rtl  
\$9.25 whl

### dōTERRA Breathe®

#### Respiratory Drops

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

- Maintains clear airways and breathing
- Supports overall respiratory health

**35460001**  
30 drops | 10 PV  
\$16.67 rtl  
\$12.50 whl

### dōTERRA Breathe

#### Easy Combo

dōTERRA Breathe® Respiratory Blend 15 mL, dōTERRA® Breathe Vapor Stick. Two dōTERRA Breathe Respiratory Drops

**60217860**  
35 PV  
\$63.00 rtl  
\$47.25 whl

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# Supplements & Nutrition



LOOK FEEL LIVE YOUNGER LONGER

**dōTERRA**  
LIFELONG  
VITALITY PACK®

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A Lifelong  
e Loyalty  
use for  
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results.  
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CRS+ EO VM

DigestZen  
**TerraZyme®**  
Digestive Enzyme Complex  
Supports healthy digestion  
and metabolic processes\*  
90 Vegetable Capsules  
Dietary Supplement  
dōTERRA

**dōTERRA**  
**On Guard®**  
Protective Blend  
Softgels  
Dietary Supplement  
90 Softgels

DigestZen  
**PB Assist+®**  
Immune Defense Formula  
Dietary Supplement  
90 Capsules

Open pill organizer containing various colored capsules and softgels.

# dōTERRA Lifelong Vitality Pack® Top Seller

dōTERRA Lifelong Vitality Pack® supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.\* Coupled with dōTERRA CPTG Certified Pure Tested Grade® essential oils and a lifelong commitment to the dōTERRA wellness lifestyle, they naturally support a lifetime of looking, feeling, and living younger, longer.



## Alpha CRS+® Cellular Vitality Complex

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

- Supports healthy cell function by reducing oxidative stress to DNA and other critical cell structures\*
- Supports healthy response to oxidative stress in cells\*
- Supports cellular energy by supporting healthy mitochondria and by supplying metabolic factors of energy production\*

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

## xEO Mega® Essential Oil Omega Complex

xEO Mega is a revolutionary formula that blends CPTG Certified Pure Tested Grade® essential oils with natural marine- and plant-sourced omega-3 oils and carotenoids.

- Promotes heart and circulatory health\*
- Supports healthy joint function and comfort\*
- Provides immune-supporting nutrients\*
- Protects against lipid oxidation and supports healthy function of the brain, eyes and nervous system\*

**60219195**  
120 vegetarian softgels | 53.5 PV  
\$71.33 rtl  
\$53.50 whl

## Microplex VMz® Food Nutrient Complex

dōTERRA® Microplex VMz is a proprietary formula of bioavailable vitamins and minerals often deficient in modern diets.

- Provides 22 essential vitamins and minerals to support normal growth, function, and maintenance of cells\*
- Fights free radicals with the antioxidant vitamins A, C, and E\*
- Supports healthy metabolism and cellular energy\*

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



## dōTERRA Lifelong Vitality Daily Packs

Dietary Supplements including Alpha CRS+®, Microplex VMz®, and xEO Mega®

**60217066**  
60 daily packs or a 30-day supply | 60 PV  
\$115.33 rtl  
\$86.50 whl



## dōTERRA Lifelong Vitality Pack®

Dietary Supplements including Alpha CRS+®, Microplex VMz®, and xEO Mega®

**60213529**  
30-day supply | 60 PV  
\$107.33 rtl  
\$80.50 whl



## Vegan dōTERRA Lifelong Vitality Pack®

Dietary Supplements including Alpha CRS+®, Vegan Microplex VMz®, and vEO Mega®

**60213860**  
30-day supply | 60 PV  
\$119.33 rtl  
\$89.50 whl

# dōTERRA® Specialized Supplements

Biological, environmental, and physiological factors all contribute to each individual's nutritional health needs being unique. This means that some require an additional nutritional boost in different areas. Through cutting-edge scientific development, dōTERRA has provided a way to give that extra boost with specialized supplements. These supplements can be used in addition to the dōTERRA LifeLong Vitality Pack® to enhance certain functions.\*



## vEO Mega®

### Essential Oil Omega Complex

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

- Promotes heart and circulatory health\*
- Supports healthy joint function and comfort\*
- Provides important modulating nutrients for healthy immune function\*

**34480001**  
120 liquidcaps | 53.5 PV  
\$71.33 rtl  
\$53.50 whl



## Vegan Microplex VMz®

### Food Nutrient Complex

dōTERRA® Vegan Microplex VMz is a vegan food nutrient formula of bioavailable vitamins and minerals often deficient in modern diets.

- Provides 22 essential vitamins and minerals to support normal growth, function, and maintenance of cells\*
- Supplies dietary antioxidants, vitamins A, C, E, and Se, that mitigate oxidative stress\*
- Supports healthy metabolism and cellular energy\*

**60213210**  
120 vegetable capsules | 39.5 PV  
\$66.00 rtl  
\$49.50 whl



## Turmeric Dual Chamber Capsules

Combines the complementary benefits of both turmeric essential oil with the joint support of the curcuminoids of turmeric extract in a unique and convenient delivery system\*

- Helps support a healthy inflammatory response\*
- May help the body fight free radicals and protect the body from oxidative damage\*

**60209307**  
60 capsules | 28 PV  
\$50.67 rtl  
\$38.00 whl



## Mito2Max®

### Energy & Stamina Complex

Mito2Max is a healthier, long-term alternative to caffeine for increased energy and vitality.\*

- Promotes efficient production of ATP in the mitochondria of cells\*
- Enhances stamina and efficient use of oxygen\*
- Supports metabolic adaptation for diverse activities\*
- Free of stimulants; non-habit-forming

**34350001**  
60 vegetable capsules | 35 PV  
\$53.27 rtl  
\$39.95 whl



## Copaiba Softgels

Copaiba Softgels provide a daily dose of Copaiba essential oil in a convenient, easy-to-swallow softgel. When taken internally, Copaiba essential oil helps support the nervous, cardiovascular, and digestive systems.

- Soothes and supports the nervous system\*
- Supports the health of cardiovascular system\*

**60205764**  
60 vegetarian softgels | 32 PV  
\$45.33 rtl  
\$34.00 whl



## DDR Prime® Softgels

### Essential Oil Cellular Complex

DDR Prime is a proprietary blend that helps protect the body against oxidative stress to cellular DNA.\*

- Provides antioxidant protection against oxidative stress when ingested\*
- Promotes a healthy response to free-radicals.\*
- Promotes healthy cellular response and function when taken internally\*

**34410001**  
60 vegetarian softgels | 40 PV  
\$60.67 rtl  
\$45.50 whl



## TriEase® Softgels

### Seasonal Blend

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

- Promotes clear breathing and respiratory function\*
- Supports healthy immune system function\*

**60209019**  
60 vegetarian softgels | 22 PV  
\$34.00 rtl  
\$25.50 whl



## Veggie Caps

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

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

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

Made with SLS-free vegetable capsules  
 Made with vegetarian softgels

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# MetaPWR™ New

MetaPWR is the first and only metabolic product system combining clinically proven support for a healthy metabolism, reducing cravings, supporting healthy glycemic, insulin response, and youthful aging.\*



**MetaPWR™ Metabolic Blend**  
 MetaPWR Metabolic Blend can be an important part of a healthy metabolic regimen every day when used internally.\*

- May support healthy metabolic function\*
- Helps curb hunger cravings and promote mindful eating

**60217575**  
 15 mL | 29 PV  
 \$38.67 rtl  
 \$29.00 whl

**MetaPWR™ Beadlets**  
 Metabolic Blend  
 Formulated to help curb hunger cravings and support mindful eating and appetite control.

- Supports metabolic health and function\*
- Curbs hunger cravings
- Promotes mindful eating and appetite control

**60217376**  
 125 beadlets | 16 PV  
 \$21.33 rtl  
 \$16.00 whl

**MetaPWR™ Satiety Gum**  
 Designed with one drop of optimized ratios of our CPTG® metabolic blend essential oils in every chew, to help curb hunger cravings and support mindful eating and satiety.

- Supports metabolic health and function\*
- Curb hunger cravings
- Promotes mindful eating and appetite control

**60217378**  
 30 ct | 5 PV  
 \$11.67 rtl  
 \$8.75 whl

**MetaPWR™ Softgel**  
 Developed by dōTERRA clinical and medical scientists with optimized levels of CPTG essential oils, to help strengthen your metabolic health.\*

- Supports metabolic health and function\*
- Curbs hunger cravings
- Promotes mindful eating and appetite control

**60209482**  
 90 vegetarian softgels | 30 PV  
 \$46.00 rtl  
 \$34.50 whl

Made with vegetarian softgels

**MetaPWR™ Assist**  
 Metabolic Assist  
 Formulated to help reduce simple and complex carbohydrate digestion, support healthy insulin sensitivity and blood glucose function to help keep your energy levels stable throughout the day.\*

- Helps support healthy blood glucose levels\*
- Promotes healthy insulin activity and response\*
- Stimulates glucose uptake through the AMPK pathway\*

**60213525**  
 30 vegetable capsules | 25 PV  
 \$39.33 rtl  
 \$29.50 whl

Made with SLS-free vegetable capsules

**MetaPWR™ Advantage**  
 Clinically developed to support metabolic health by naturally supporting NAD+ and NADH production in the body.\*

- Supports a healthy metabolic age\*
- Tones lean muscle and strengthens connective tissue\*
- Nine unique types of collagen tripeptide

**60222772**  
 30 sachets, 6 g each | 70 PV  
 \$112.67 rtl  
 \$84.50 whl

**MetaPWR™ Pack**  
 MetaPWR Metabolic Blend, Beadlets, Satiety Gum, Softgel, Assist, Advantage

**60223395**  
 150 PV  
 \$238.67 rtl  
 \$179.00 whl

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# dōTERRA® Nutrition

Pure. Practical. Powerful. dōTERRA Nutrition provides quality protein, fiber and greens for optimal energy and wellbeing.\* With scientifically proven and well-researched formulas, dōTERRA Protein, dōTERRA Fiber, and dōTERRA Greens are designed to support an active lifestyle and healthy attitude. Delivering nutrient-dense ingredients from nature, dōTERRA Nutrition products are an effective and easy way to support vitality and wellness every day.\*



## Vanilla & Chocolate Protein

dōTERRA Whey Protein provides 21 grams (Vanilla) and 22 grams (Chocolate) of a premium protein blend with 7 grams of fiber per serving to satisfy hunger, increase your protein intake, and help you reach your goals.\*

- Whey from pasture-fed cows
- Free from GMO, gluten, soy, RBST hormone, and synthetic ingredients
- Energizing and satisfying protein supplement\*

**60207069**  
Vanilla | 20 Servings | 25 PV  
\$55.33 rtl  
\$41.50 whl

**60207068**  
Chocolate | 20 Servings | 25 PV  
\$55.33 rtl  
\$41.50 whl

## Vegan Protein

dōTERRA Vegan Protein provides 21 grams of a premium vegan protein blend with 7 grams of fiber per serving to satisfy hunger, increase your protein intake, and help you reach your goals.\*

- Premium blend of pea, brown rice, sacha inchi, and pumpkin seed protein
- Free from GMO, gluten, soy, and synthetic ingredients
- Energizing and satisfying vegan protein supplement\*

**60207067**  
20 Servings | 25 PV  
\$55.33 rtl  
\$41.50 whl



## Fiber

dōTERRA Fiber provides 6 grams of soluble and insoluble fiber from whole food sources like apple, chicory root, Jerusalem artichoke, and flax seed to supplement your daily fiber intake.

- Promotes optimal digestive health\*
- Aids in healthy gut and digestive regulation\*
- Infused with CPTG® Lemon essential oil

**60207065**  
30 Servings | 14 PV  
\$26.00 rtl  
\$19.50 whl



## Greens

dōTERRA Greens is a unique blend of fruits, vegetables, superfoods, and Ginger root and Lemon peel CPTG® essential oils. The many benefits include supporting immune health, digestive health, and weight management.\*

- Provides an easy and convenient daily boost of fruits and vegetables
- Natural, GMO- and gluten-free, and vegan friendly
- Supports immune health\*
- Neutral, mixed berry flavor

**60213600**  
30 Servings | 21 PV  
\$39.93 rtl  
\$29.95 whl

# Digestive Health

Lifelong health is very much dependent on digestive health. A properly functioning digestive system is not only essential for food-nutrient absorption, but also performs critical immune and detoxification functions in the body. Compromised digestive function can result in energy deficiencies, weakened immunities, weight gain, and gastrointestinal discomfort. The DigestZen® line of digestive health products provides targeted solutions for optimal digestive function and comfort.\*



## PB Assist+®

Probiotic Defense Formula

This proprietary formula of pre-biotic fiber and six strains of probiotic organisms is designed to support gastrointestinal and immune health.\*

- Delivers 6 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructooligosaccharides) that encourage culture adhesion and growth\*
- Time-release double capsule delivery system is designed to help protect sensitive probiotic cultures from stomach acid\*
- Supports healthy digestive function and immunity\*

**35160001**  
30 vegetable capsules | 35 PV  
\$53.27 rtl  
\$39.95 whl



## DigestZen®

Softgels

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

- Soothes occasional indigestion and eases stomach upset\*
- Supports healthy gastrointestinal function\*
- Promotes healthy digestion\*

**60209021**  
60 vegetarian softgels | 16 PV  
\$26.60 rtl  
\$19.95 whl



## DigestTab®

Chewable Tablets

DigestTab is a calcium carbonate tablet that is infused with DigestZen Digestive Blend to deliver the benefits of the essential oil blend as well as the acid-neutralizing benefits of calcium carbonate.\*

- Helps provide relief from occasional heartburn and indigestion while promoting the overall health of the gastrointestinal tract\*
- Use with or between meals as needed for relief from occasional stomach upset, indigestion, and heartburn\*
- Helps provide relief from occasional sour stomach\*
- Provides 200 mg of calcium per tablet

**60214446**  
100 chewable tablets | 11 PV  
\$20.67 rtl  
\$15.50 whl



## dōTERRA® Peppermint Softgels

dōTERRA Peppermint Softgels help support the digestive system, alleviate occasional intestinal discomfort, and reduce gas and bloating.\*

- Peppermint essential oil, which is high in menthol, supports gastrointestinal comfort\*
- Helps alleviate occasional stomach discomfort\*

**60209244**  
60 softgels | 16 PV  
\$25.33 rtl  
\$19.00 whl



## DigestZen Terrazyme®

Digestive Enzyme Complex

DigestZen TerraZyme provides your body with the whole-food enzymes and supporting mineral cofactors needed for healthy digestion.\*

- Supports the body's constant production of enzymes critical for healthy biochemical functions\*
- Promotes healthy digestion of food nutrients and cellular metabolism of nutrients into energy\*
- Includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars, and fiber\*

**35110001**  
90 vegetable capsules | 30 PV  
\$46.00 rtl  
\$34.50 whl



## GX Assist®

GI Cleansing Formula

Cleanse your GI tract before starting with PB Assist+ with this combination of CPTG Certified Pure Tested Grade® essential oils.\*

- Features Oregano, Tea Tree, Lemon, Peppermint, Lemongrass, and Thyme, as well as caprylic acid
- Helps support a healthy digestive tract by creating an unfriendly environment for potential threats\*
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist+ Probiotic Defense Formula\*

**35040001**  
60 softgels | 22 PV  
\$34.67 rtl  
\$26.00 whl

- Made with SLS-free vegetable capsules
- Made with vegetarian softgels
- Made with enteric softgels
- Chewable tablets

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**Zendocrin®**  
 Detoxification Blend  
 Supports the body's natural ability to rid itself of unwanted substances when used internally.\*

- Internal use supports the body's natural ability to rid itself of unwanted substances\*
- Supports healthy liver function when taken internally\*
- Purifying and detoxifying to the body's systems when consumed\*

**31460001**  
 15 mL | 26 PV  
 \$34.67 rtl  
 \$26.00 whl

**Zendocrin®**  
 Detoxification Complex  
 Support your body's filtering and waste management system with the proprietary Zendocrin Detoxification Complex.\*

- Supports healthy cleansing and filtering functions of the liver, kidneys, and colon.\*
- Supports normal self-detoxification functions of the cleansing organs\*.

**35120001**  
 60 vegetable capsules | 20 PV  
 \$30.00 rtl  
 \$22.50 whl

**Zendocrin® Softgels**  
 Detoxification Blend  
 Zendocrin Softgels help cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling.\*

- Supports the body's natural ability to rid itself of unwanted substances\*
- Supports normal function of healthy liver and kidney.\*

**60209480**  
 60 vegetarian softgels | 23 PV  
 \$35.33 rtl  
 \$26.50 whl

**dōTERRA® Ginger Drops**  
 dōTERRA Ginger Drops are a convenient way to support digestion and ease occasional stomach discomfort.

- Supports healthy digestion
- Helps ease occasional stomach discomfort and indigestion
- Sweet, spicy ginger-lemon flavor

**60203181**  
 30 drops | 10 PV  
 \$16.67 rtl  
 \$12.50 whl



## dōTERRA® Children's Supplements

Inspired by the dōTERRA Lifelong Vitality Pack®, these products make it easy to enjoy taking omega-3s, whole-food nutrients, vitamins, and minerals in convenient liquid and chewable forms. Kids love them because they taste great; adults love them because they are easy to swallow.



**dōTERRA a2z Chewable™**  
 • Combines a blend of B vitamins with vitamins A, C, and E  
 • Features botanical extracts and is formulated to be used with IQ Mega  
 • Supports healthy immunity and provides antioxidant protection\*  
 • Promotes healthy cell development and longevity when taken daily\*  
 • Great watermelon flavor!

**34500001**  
 60 tablets | 17 PV  
 \$30.00 rtl  
 \$22.50 whl



**PB Assist® Jr**  
 • 5 billion live cells of 6 different probiotic strains  
 • Strains selected for their benefits among children  
 • Microencapsulated to help probiotics survive until they reach the intestines  
 • Supports healthy functioning of the digestive and immune systems\*  
 • Strawberry melon flavored & sugar free

**34420001**  
 30 sachets | 22 PV  
 \$36.00 rtl  
 \$27.00 whl



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

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

- Made with SLS-free vegetable capsules
- Made with vegetarian softgels
- Made with enteric softgels
- Chewable tablets

\* 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.



### LOYALTY REWARDS PROGRAM

**1** Purchase 1 dōTERRA Lifelong Vitality Pack®, dōTERRA Daily Nutrient Pack®, or MetaPWR™ Advantage



dōTERRA Lifelong Vitality Pack  
**21480001** | 60 PV  
 \$80.50



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



MetaPWR™ Advantage  
**60222772** | 70 PV  
 \$84.50



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.



MetaPWR Advantage†  
 45 PV  
 \$65.00



MetaPWR Assist & Beadlets  
 15 PV  
 \$25.00



Microplex VMz®  
 15 PV  
 \$25.00



Mito2Max®  
 15 PV  
 \$25.00



xEO Mega®  
 15 PV  
 \$25.00



Kids Kit (IQ Mega® & dōTERRA a2z Chewable™)  
 15 PV  
 \$32.50



Deep Blue Polyphenol Complex®  
 15 PV  
 \$25.00



DigestZen TerraZyme®  
 15 PV  
 \$25.00



PB Assist+®  
 15 PV  
 \$25.00

† The selection of MetaPWR Advantage as an additional supplement through the LRP program counts as two of the three in-cart selections.

# Personal Care

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# dōTERRA Essential Skin Care

dōTERRA® Essential Skin Care is a family of skin care products designed to keep your skin feeling and looking young, healthy, and gorgeous by maximizing the natural power of carefully selected CPTG Certified Pure Tested Grade® essential oils combined with cutting-edge ingredient technologies and natural extracts in each product. Target the visible signs of aging with dōTERRA Essential Skin Care.



## Facial Cleanser

Enriched with essential oils and natural cleansers, dōTERRA Facial Cleanser helps your skin feel fresh, smooth, and clean.

- Yucca Root Extract and Soapbark Extract are rich in saponins, natural cleansers that clarify and soothe skin
- Macadamia seed oil conditions the skin
- Vitamin E supports healthy-looking skin

**60201753**  
4 fl oz/118 mL | 12 PV  
\$20.00 rtl  
\$15.00 whl

## Invigorating Scrub

dōTERRA Invigorating Scrub gently exfoliates lifting away impurities, leaving your skin feeling soft, smooth, and renewed.

- Gentle exfoliating action comes from biodegradable jojoba esters, known for their moisturizing properties to the skin
- Greater Burdock Extract helps purify and tone skin
- Botanical and fruit extracts enhance the aromatic experience

**60201773**  
2.5 oz/70 g | 15 PV  
\$23.33 rtl  
\$17.50 whl

## Pore Reducing Toner

dōTERRA Pore Reducing Toner tones and balances skin, visibly reducing the appearance of pores and calming sensitive skin.

- Aloe, watermelon, and apple extracts tone and balance the skin
- Rich in oligosaccharides, lentil extracts increase skin hydration, reduce the appearance of oily skin, tone the skin, and visibly reduce the appearance of pores
- Witch hazel is a natural astringent that helps remove excess oil from the skin and reduces the appearance of pores

**60201772**  
4 fl oz/118 mL | 17 PV  
\$26.00 rtl  
\$19.50 whl

## Brightening Gel

dōTERRA Brightening Gel combines natural extracts and vitamins with innovative ingredient technologies and CPTG® essential oils to brighten and even skin tone.

- Daisy extract is a natural skin-brightening agent that helps promote even skin pigmentation
- Ginger root extract promotes even skin tone and radiant-looking skin
- Microencapsulated vitamin C helps keep the skin looking youthful while promoting anti-pigmentation properties

**60210008**  
1 fl oz/30 mL | 30 PV  
\$42.67 rtl  
\$32.00 whl

## Tightening Serum

dōTERRA Tightening Serum uses natural extracts and gums to reduce the appearance of fine lines and wrinkles while leaving skin hydrated and feeling smooth.

- Contains rhizobian and acacia gum, which provide "lifting" benefits
- Beech tree bud extract tightens and smooths the appearance of skin

**60201752**  
1 fl oz/30 mL | 40 PV  
\$58.67 rtl  
\$44.00 whl

## Hydrating Cream

dōTERRA Hydrating Cream is packed with emollient-rich ingredients and probiotics to provide intense hydration and nourishment to the skin, helping reduce the appearance of fine lines and wrinkles. Probiotics reinforce the skin's natural barrier, helping improve skin's health and beauty and encouraging suppler, younger-looking skin.

- Lactococcus Ferment Lysate helps reinforce the skin's natural barrier, helping promote overall skin health and a youthful appearance
- *Laminaria digitata* (Oarweed) extract comes from an algae rich in amino acids and polypeptides and is combined with mugwort extract to soothe and calm the skin

**60201774**  
1.7 oz/48 g | 30 PV  
\$45.33 rtl  
\$34.00 whl

Clinically tested dōTERRA® Anti-Aging Eye Cream combines clinically proven ingredients with CPTG® essential oils of Frankincense, Ylang Ylang, and Blue Tansy to target the signs of aging around the delicate eye area, helping reduce the appearance of fine lines and wrinkles over time. This innovative formula moisturizes, decreases the appearance of dark circles, and improves skin firmness and tone.

- Meadowfoam seed oil provides deep moisture
- Biopolymers made from Pullulan and Red Algae Extract provide a noticeable tightening and lifting effect from the first use
- Bakuchiol helps tone and tighten the skin, which helps improve the appearance of fine lines and wrinkles

**60201776**  
0.5 fl oz/15 mL | 40 PV  
\$56.00 rtl  
\$42.00 whl

## Anti-Aging Eye Cream

1 Purchase the customizable Essential Skin Care Kit . . .



Includes Facial Cleanser, Invigorating Scrub, Pore Reducing Toner, Tightening Serum.

**60203183**  
85 PV  
\$120.00 rtl  
\$90.00 whl

2 . . . and add up to two products per kit order at an additional savings.



Anti-Aging Eye Cream  
20 PV  
\$25.00



Anti-Aging Moisturizer  
20 PV  
\$25.00



Brightening Gel  
20 PV  
\$25.00



Hydrating Cream  
20 PV  
\$25.00

## Anti-Aging Moisturizer

dōTERRA Anti-Aging Moisturizer combines powerful essential oils with peptides and botanicals to target the visible signs of aging while moisturizing and softening skin.

- Contains ingredients that nourish the skin, helping to reduce the appearance of wrinkles
- Olive fruit extract is specifically designed for moisturizing and overall skin care
- Peptides help firm and smooth skin, improving skin tone and texture and helping to reduce the appearance of fine lines and wrinkles

**60201750**  
1.7 fl oz/50 mL | 30 PV  
\$45.33 rtl  
\$34.00 whl

## Reveal Facial System

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

- Features dōTERRA citrus essential oils of Lime and Wild Orange to purify the skin
- Bamboo silk beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Nutrient-rich formula helps maintain a radiant complexion

**37340001**  
Two 1.7 oz/50 mL tubes | 60 PV  
\$80.00 rtl  
\$60.00 whl

## HD Clear®

HD Clear is a line of natural and highly effective products that address problem skin at its core. This three-step system works synergistically to purge skin of impurities, promote a smooth, clear complexion, and help reduce the appearance of blemishes. Included in each formula are CPTG® essential oils along with specialized plant extracts proven to improve skin texture and appearance.

### HD Clear® Topical Blend

Promotes a clean complexion with essential oils renowned for their skin-benefiting properties.

- Features a unique blend of black cumin seed oil as well as CPTG® essential oils of Ho Leaf, Tea Tree, Litsea, Eucalyptus, and Geranium
- Promotes a clear complexion
- Helps reduce breakouts

T N

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

### HD Clear® Facial Lotion

dōTERRA HD Clear Facial Lotion is a light, non-greasy moisturizer that promotes blemish-free skin, provides hydration, and improves skin texture.

- Features a unique blend of Black Cumin seed oil as well as CPTG essential oils of Ho Wood, Tea Tree, Litsea, Eucalyptus, and Geranium
- Promotes a clear complexion
- May promote smooth complexion

**49410001**  
17 fl.oz./50 mL | 28 PV  
\$42.67 rtl  
\$32.00 whl

### HD Clear® Foaming Face Wash

Discover the perfect solution for problem skin of all ages with the dōTERRA® HD Clear Foaming Face Wash.

- Designed to thoroughly cleanse without stripping away natural moisture
- Contains CPTG essential oils and plant extracts that will leave your skin extra clean and soft

**49420001**  
17 fl.oz./50 mL | 18 PV  
\$26.67 rtl  
\$20.00 whl

### HD Clear® Kit

HD Clear Foaming Face Wash, Topical Blend, Facial Lotion

**42700001**  
45 PV  
\$68.00 rtl  
\$51.00 whl



## Yarrow | Pom Collection

Yarrow essential oil and Pomegranate seed oil are the foundation of the dōTERRA Yarrow|Pom collection: delivering a powerful three-layered botanical approach to overall wellness. This scientifically developed product line is revolutionary; a fresh approach to beauty inside and out.



### Yarrow|Pom

Active Botanical Nutritive Duo

- Provides antioxidant support when taken internally\*
- Supports healthy metabolic function when consumed\*

T I N

**60207652**  
30 mL bottle with dropper | 98 PV  
\$130.67 rtl  
\$98.00 whl

### Yarrow|Pom

Body Renewal Serum

- Promotes the look of young and healthy skin
- Enhances skin brightness and luminosity
- Supports the skin's natural barrier and improves the appearance of firm, smooth skin

**60209352**  
3.4 fl.oz./100 mL | 60 PV  
\$86.67 rtl  
\$65.00 whl

### Yarrow|Pom

Cellular Beauty Complex

- Soothes and protects tissue throughout the body\*
- Illuminates and brightens complexion\*

**60209413**  
60 capsules | 43 PV  
\$69.33 rtl  
\$52.00 whl

Made with SLS-free vegetable capsules

### Yarrow|Pom Collection

Yarrow|Pom Cellular Beauty Complex, Yarrow|Pom Body Renewal Serum, Yarrow|Pom Active Botanical Nutritive Duo 30 mL

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

## dōTERRA® Verâge®

dōTERRA Verâge is an exclusive collection of natural skin care products that nourish your skin, helping to reduce the visible signs of aging while also promoting smooth, supple skin. The advanced plant technology used in Verâge promotes an optimal lipid balance—the same balance found in healthy, youthful-looking skin.



### Verâge® Cleanser

Healthy, smooth skin begins with Verâge Cleanser. This natural gel cleanser purifies skin for a fresh, youthful-looking complexion.

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

**37380001**  
2 fl.oz./60 mL | 20 PV  
\$30.00 rtl  
\$22.50 whl

### Verâge® Toner

This hydrating toner fortifies and refreshes the skin while invigorating the senses for an energizing boost and a glowing complexion.

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

**37390001**  
17 fl.oz./50 mL | 16 PV  
\$26.67 rtl  
\$20.00 whl

### Verâge® Immortelle Hydrating Serum

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

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin
- Provides optimal lipid balance for smoother, more youthful-looking skin

**37400001**  
.5 fl.oz./15 mL | 50 PV  
\$77.33 rtl  
\$58.00 whl

### Verâge® Moisturizer

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

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

**37410001**  
1 fl.oz./30 mL | 25 PV  
\$36.67 rtl  
\$27.50 whl

### Verâge® Skin Care Collection

Verâge Cleanser, Toner, Immortelle Hydrating Serum, Moisturizer

**42690001**  
70 PV  
\$119.33 rtl  
\$89.50 whl

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

# dōTERRA® Spa

dōTERRA Spa is a line of CPTG® essential oil-infused products that provide an aromatic and pampering at-home spa experience. Each product has been carefully formulated with natural ingredients that leave your skin feeling soft, smooth, and fresh all day long.



## Refreshing Body Wash

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

- Bergamot essential oil purifies and soothes skin, providing an uplifting, yet grounding aroma
- Grapefruit is cleansing to the skin and has an energizing scent
- Sodium Methyl Oleoyl Taurate is a sulfate-free mild surfactant derived from nature and is readily biodegradable

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

## Replenishing Body Butter

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

- Wild Orange essential oil is known for its purifying benefits
- Douglas Fir essential oil provides an uplifting aroma
- Frankincense essential oil adds a warm, spicy aroma

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

## Detoxifying Mud Mask

dōTERRA Spa Detoxifying Mud Mask is a natural clay mask that provides purifying and detoxifying benefits while reducing the appearance of pores.

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

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

## Exfoliating Body Scrub

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

- Wild Orange and Grapefruit may add a cleansing boost to the skin
- Ginger essential oil adds a earthy, soothing aroma
- Natural sugar cane gently exfoliates skin

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

## Hydrating Body Mist

Experience the uplifting and energizing aroma of the Beautiful Captivating Blend while quenching your skin's thirst for moisture.

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

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

## Citrus Bliss Hand Lotion

A light and silky lotion infused with hydrating seed oils and nourishing botanicals. This non-greasy formula absorbs quickly yet provides optimal moisture for healthy-looking hands.

- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Convenient size—perfect for travel or for use while at home or work

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

## Hand & Body Lotion

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

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

**37510001**  
6.7 fl oz/200 mL | 13 PV  
\$20.67 rtl  
\$15.50 whl

## 3-Pack Hand & Body Lotion

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

## Moisturizing Bath Bar

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

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

**60218217**  
4 oz/113 g | 5 PV  
\$9.00 rtl  
\$6.75 whl

**60220701**  
3-Pack | 10 PV  
\$19.33 rtl  
\$14.50 whl

## dōTERRA® Spa Basics Kit

Hand & Body Lotion, Refreshing Body Wash

**60200499**  
17 PV  
\$30.67 rtl  
\$23.00 whl

## Lip Balms

dōTERRA Spa Lip Balm is a natural formula containing plant oils, botanicals, and essential oils to hydrate and soothe lips while delivering the unique scent and taste of essential oils.

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

## Original

**60207651**  
0.16 oz/4.5 g | 5 PV  
\$8.67 rtl  
\$6.50 whl

## Herbal

**60207653**  
0.16 oz/4.5 g | 5 PV  
\$8.67 rtl  
\$6.50 whl

## Tropical

**60207649**  
0.16 oz/4.5 g | 5 PV  
\$8.67 rtl  
\$6.50 whl

## Variety 3-Pack

**37570001**  
10 PV  
\$20.00 rtl  
\$15.00 whl

## Citrus Bliss Bath Bar

Formulated with Citrus Bliss® Invigorating Blend to provide an uplifting, refreshing aroma.

- Exfoliating sunflower wax beads and orange peel powder naturally soften, smooth, and stimulate skin rejuvenation
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds

**60218240**  
4 oz/113 g | 5 PV  
\$9.00 rtl  
\$6.75 whl

**60220704**  
3-Pack | 10 PV  
\$19.33 rtl  
\$14.50 whl

## dōTERRA® Spa Luxury Kit

Exfoliating Body Scrub, Detoxifying Mud Mask, Replenishing Body Butter

**60200502**  
32 PV  
\$56.00 rtl  
\$42.00 whl

## dōTERRA Balance® Bath Bar

The dōTERRA Spa dōTERRA Balance Bath Bar has the warm, woody aroma of dōTERRA Balance® Grounding Blend creating a calming and balancing atmosphere. Using a proprietary combination of CPTG® essential oils including Black Spruce, Ho Wood, Frankincense, Blue Tansy, and German Chamomile, the bath bar provides a distinctive cleansing experience. The African black soap and sunflower oil in the bar leaves skin feeling soft and hydrated.

**60218218**  
4 oz/113 g | 5 PV  
\$9.00 rtl  
\$6.75 whl

**60220702**  
3-Pack | 10 PV  
\$19.33 rtl  
\$14.50 whl

## dōTERRA Serenity® Bath Bar

Enjoy a rich, cleansing, aromatic spa experience, infused with dōTERRA Serenity® Restful Blend.

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

**60218219**  
4 oz/113 g | 5 PV  
\$9.00 rtl  
\$6.75 whl

**60220703**  
3-Pack | 10 PV  
\$19.33 rtl  
\$14.50 whl

## 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), Hydrating Body Mist

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

# dōTERRA® Hair Care

Experience shinier, healthier-looking, and more manageable hair every day with dōTERRA Hair Care. Combining mindfully selected CPTG® essential oils and formulas free of sulfates, parabens, dyes, silicones, and phthalates. Strengthen and nourish while protecting every strand, leaving hair revitalized and full of life.



## dōTERRA Protecting Shampoo

Infused with CPTG® essential oils, this shampoo is naturally refreshing and free from harsh chemicals. It contains quinoa protein to help strengthen and protect hair while removing impurities, dirt, and build up.

- Gently removes hard water minerals, pollutants, and styling product residue
- Free from sulfates, silicones, phthalates, and parabens
- Safe for color-treated hair

**60208440**  
16.9 fl. oz./500 mL | 20 PV  
\$35.33 rtl  
\$26.50 whl

## dōTERRA Daily Conditioner

A lightweight, color-safe conditioner that helps smooth and detangle hair while restoring softness, volume and natural shine. Infused with refreshing CPTG® essential oils.

- Strengthens and smooths hair, leaving it soft, shiny, and frizz-free
- Pure formula preserves color vibrancy
- Free from sulfates, silicones, phthalates, and parabens

**60208441**  
16.9 fl. oz./500 mL | 20 PV  
\$35.33 rtl  
\$26.50 whl

## Hair Care Refillable Mini Travel Kit (Empty)

TSA approved 100 mL bottles, created expressly for dōTERRA Hair Care products, are designed to be filled again and again with no waste and less plastic headed for the landfill.

**60216554**  
Three 3.4 fl. oz./100 mL bottles | 0 PV  
\$10.67 rtl  
\$8.00 whl

## dōTERRA Leave-in Conditioner

A clean, easy-to-use spray infused with CPTG® essential oils that provide a citrusy, inviting aroma as it prepares and protects hair before styling.

- Locks in moisture, detangles, and softens
- Helps protect hair from damage caused by heat styling
- Free from harsh chemicals, no silicones or phenoxyethanol

**60208398**  
8 fl. oz./237 mL | 15 PV  
\$25.33 rtl  
\$19.00 whl

## dōTERRA Hair Strengthening Shampoo and Conditioner Bars New

The dōTERRA® Hair Strengthening Shampoo and Conditioner Bars are specifically designed to cleanse the scalp and strengthen and smooth the hair.

- Sustainable and ethically sourced
- Leverages powerful benefits of fermented rice water and CPTG® essential oils
- Free from: sulfates, parabens, phthalates, silicones, synthetic fragrances, and dyes
- Locks in moisture, detangles, and softens

**60223161**      **60223162**  
100 g/ 3.5 oz | 12 PV      80 g/ 2.8 oz | 12 PV  
\$23.00 rtl      \$23.00 rtl  
\$17.25 whl      \$17.25 whl

## dōTERRA Hair Care Trio

dōTERRA Protecting Shampoo, dōTERRA Daily Conditioner, dōTERRA Leave-in Conditioner

**60219271**  
55 PV  
\$96.00 rtl  
\$72.00 whl



## dōTERRA® Women

dōTERRA Women is a line of products formulated to address the unique and changing health needs of women. Normal hormone levels influence a woman's good health and well-being from her early teens to her transition through menopause.



### ClaryCalm®

Monthly Blend For Women

ClaryCalm is a unique blend of essential oils developed especially for women.

- Floral, feminine aroma
- Contributes to a nurturing massage as part of a self-care ritual
- Cooling and soothing on skin

A T N

**49480001**  
10 mL roll-on | 31 PV  
\$41.33 rtl  
\$31.00 whl

### Phytoestrogen

Essential Complex

A blend of natural plant extracts that support hormone balance throughout the different phases of a woman's life.\*

- Includes a standardized soy extract with genistein, a natural phytoestrogen
- Supports a woman's transition to menopause with a concentrated extract of flax seed lignans\*
- Supports healthy bones, heart, breast tissue, and other body structures\*

**35260001**  
60 capsules | 36 PV  
\$52.67 rtl  
\$39.50 whl

### Bone Nutrient

Essential Complex

This convenient dietary supplement increases the consumption of nutrients needed for healthy bones.\*

- A blend of vitamins C and D, calcium, magnesium, and other trace minerals
- Combats declining bone density by providing bone nutrients often deficient in modern diets\*

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

### Women's Health Kit

Phytoestrogen Essential Complex, Bone Nutrient Essential Complex, ClaryCalm Monthly Blend

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



## Natural Deodorant

dōTERRA has specially created safe and effective natural deodorants that help you beat the heat and stay fresh throughout the day. The dōTERRA Natural Deodorant is formulated without aluminum, parabens, phthalates, or talc. Playing with the kids, running to catch a bus, or training for that half marathon just got a bit easier.



### Natural Deodorant Infused with dōTERRA Balance® Essential Oil

Features dōTERRA Balance® essential oil blend, baking soda, and tapioca for long-lasting freshness and all-day confidence.

- Aluminum, paraben, phthalate, and talc free
- Tapioca starch aids in absorbing underarm moisture, leaving you feeling fresh and dry throughout the day
- Baking soda helps neutralize and prevent odors

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



### Natural Sensitive Deodorant Infused with dōTERRA Douglas Fir and Greek Orange Essential Oils

Features dōTERRA® CPTG® essential oils of Douglas Fir and Greek Orange, magnesium, and tapioca for long-lasting freshness and all-day confidence.

- Baking soda, aluminum, paraben, phthalate, and talc free
- Tapioca starch aids in absorbing underarm moisture, leaving you feeling fresh and dry throughout the day
- Magnesium helps neutralize odors

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

Made with SLS-free vegetable capsules

## Correct-X®

CPTG® essential oils Frankincense, Helichrysum, Tea Tree, Cedarwood, and Lavender form the base of dōTERRA Correct-X. A natural ointment helps soothe skin and keep it clean while recovering from distress. This petroleum-free and preservative-free ointment is ideal for sensitive skin due to its quick absorption and non-irritating nature.



### Correct-X®

Essential Oil Ointment

Correct-X is a natural topical ointment using powerful CPTG essential oils that assist in soothing skin.

- Helps soothe while simultaneously hydrating
- Absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin
- Keeps skin clean while recovering from distress

**60110001**  
0.5 fl oz/15 mL | 10 PV  
\$16.00 rtl  
\$12.00 whl

## dōTERRA baby

dōTERRA® baby products are a safe, effective, and natural way to care for your baby from piggy tails to tiny, wiggly toes. Our products have been clinically tested and formulated with your baby in mind.



### dōTERRA baby Diaper Rash Cream

Safe, effective, and spreads easily on delicate baby skin to help treat, soothe, and prevent diaper rash. Infused with CPTG® essential oils, this unique blend helps balance and soothe the skin while rich Muiyao Shea Butter works to moisturize, leaving skin soft and smooth.

- Non-Nano Zinc creates a barrier to protect delicate skin from excess moisture
- Raw East African Muiyao Shea Butter has a unique fatty acid profile supporting baby's soft skin
- Clinically tested and approved for sensitive skin

**60201362**  
2.1 oz/60 g | 5 PV  
\$11.33 rtl  
\$8.50 whl

### dōTERRA baby Lotion Coming Soon

dōTERRA baby Lotion blends rich Muiyao Shea Butter with natural humectants to calm, soothe, and moisturize your baby's delicate skin.

- Raw East African Muiyao Shea Butter has a unique fatty acid profile supporting baby's soft skin
- Helps maintain natural moisture
- Clinically tested and approved for sensitive skin

**60220058**  
8 fl oz/236 mL | 10 PV  
\$19.33 rtl  
\$14.50 whl

### dōTERRA baby Hair & Body Wash

This foaming, tear-free wash combines simple, gentle, natural ingredients that nourish and moisturize even after rinsing off. A calming blend of vanilla extract with CPTG® Lavender and Roman Chamomile essential oils leaves babies, toddlers, and even big kids with that light, newborn scent.

- Raw East African Muiyao Shea Butter has a unique fatty acid profile supporting soft skin
- Simple, natural ingredients cleanse without disrupting the skin's natural balance
- Clinically tested tear-free

**60201361**  
10 fl oz/295 mL | 10 PV  
\$18.33 rtl  
\$13.75 whl

### dōTERRA baby Collection Coming Soon

dōTERRA baby Diaper Rash Cream, dōTERRA baby Hair & Body Wash, dōTERRA baby Lotion

**60206023**  
20 PV  
\$46.00 rtl  
\$34.50 whl

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

# dōTERRA® Diffusers

Transform your world with a dōTERRA diffuser just right for any situation and décor.



## Dawn® Aroma Humidifier

Designed to create the ultimate level of comfort in any room. Its smart sleep mode maintains ideal humidity levels throughout the night, helping create the perfect environment for sleep.

- Water Capacity: 1.8 L/0.48 gal
- Suggested Room Size: Up to 270 sq. ft./25 sq. m.
- Continuous operation and sleep modes
- Easily disassembles for cleaning
- Add water and essential oils without having to remove any lids or covers

**60213449**  
Dawn Humidifier  
0 PV  
\$72.00 rtl  
\$54.00 whl



## Volo® Diffuser

Powerful and uniquely refined with two stylistic options, Volo Marble and Volo Onyx complement any home or office decor.

- Water Capacity: 250 mL/8.5 fl oz
- Suggested Room Size: Up to 300 sq ft./27 sq m
- Continuous operation modes
- Soft ambient light settings or completely dark
- Handcrafted polyresin stone top

**60210545** Volo® Onyx | 0 PV  
\$78.67 rtl  
\$59.00 whl

**60210546** Volo® Marble | 0 PV  
\$78.67 rtl  
\$59.00 whl



## Laluz® Diffuser

Turn any space into a luxurious retreat with Laluz. With a runtime of up to eight hours, you can diffuse your favorite essential oils throughout the day or night.

- Water Capacity: 120 mL/4.06 fl oz
- Suggested Room Size: Up to 330 sq ft./30 sq m
- Continuous operation
- Dim, bright warm, lavender light options

**60213023**  
Laluz Diffuser  
0 PV  
\$56.00 rtl  
\$42.00 whl



## Pilöt® Portable Diffuser

A portable, rechargeable diffuser with four hour continuous diffusion or up to eight hours of intermittent diffusion. Pilöt comes with a dual-port USB 2A car adapter for easy recharging as well as a carrying case for travel.

- Water Capacity: 45 mL/1.5 fl oz
- Suggested Room Size: Up to 200 sq ft./18 sq m
- Continuous and intermittent operation modes
- Responsibly created, incorporating eco-friendly materials

**60212263**  
Pilöt Diffuser  
0 PV  
\$50.00 rtl  
\$37.50 whl



## Roam® Diffuser

Made with natural, colorful, polished ground stone. With its powerful, built-in, rechargeable battery and charging dock, the dōTERRA Roam Diffuser brings you an unprecedented wireless and portable aromatic experience.

- Water Capacity: 100 mL/3.4 fl oz
- Suggested Room Size: Up to 270 sq. ft./25 sq. m.
- Continuous and intermittent operation modes
- Cord-free and battery-powered with a charging dock
- Responsibly created with eco-friendly, postconsumer recycled resin

**60213424**  
Roam Diffuser  
0 PV  
\$69.33 rtl  
\$52.00 whl



## Single Essential Oils

### Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
<b>Arborvitae</b> <i>Thuja plicata</i>	A	T			N			49360001	\$29.33	\$22.00	22	5 mL
<b>Basil</b> <i>Ocimum basilicum</i>	A	T	I		N			30010001	\$40.00	\$30.00	30	15 mL
<b>Birch</b> <i>Betula lenta</i> <span>Coming Soon</span>	A	T				S		60222580	\$73.33	\$55.00	45	5 mL
<b>Bergamot</b> <i>Citrus bergamia</i>	A	T	I			S		30790001	\$48.00	\$36.00	36	15 mL
<b>Black Pepper</b> <i>Piper nigrum</i>	A	T	I			S		41040001	\$29.33	\$22.00	22	5 mL
<b>Black Spruce</b> <i>Picea mariana</i>	A	T				S		60206220	\$26.67	\$20.00	20	5 mL
<b>Blue Tansy</b> <i>Tanacetum anuum</i>	A	T			N			60203383	\$113.33	\$85.00	80	5 mL
<b>Cardamom</b> <i>Elettaria cardamomum</i>	A	T	I		N			49350001	\$37.33	\$28.00	28	5 mL
<b>Cassia</b> <i>Cinnamomum cassia</i>	A	T	I				D	60213537	\$28.00	\$21.00	21	15 mL
<b>Cedarwood</b> <i>Juniperus virginiana</i>	A	T				S		49300001	\$18.00	\$13.50	13.5	15 mL
<b>Celery Seed</b> <i>Apium graveolens</i>	A	T	I			S		60209677	\$48.00	\$36.00	36	15 mL
<b>Cilantro</b> <i>Coriandrum sativum</i>	A	T	I		N			41850001	\$34.67	\$26.00	26	15 mL
<b>Cinnamon Bark</b> <i>Cinnamomum zeylanicum</i>	A	T	I				D	30030001	\$38.67	\$29.00	29	5 mL
<b>Citronella</b> <i>Cymbopogon winterianus</i>	A	T				S		60209676	\$26.67	\$20.00	20	15 mL
<b>Clary Sage</b> <i>Salvia sclarea</i>	A	T	I		N			30420001	\$52.00	\$39.00	39	15 mL
<b>Clove</b> <i>Eugenia caryophyllata</i>	A	T	I				D	30040001	\$24.00	\$18.00	18	15 mL
<b>Copaiba</b> <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i> <span>Top Seller</span>	A	T	I			S		60202178	\$49.33	\$37.00	37	15 mL
<b>Copaiba Touch</b> <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i>	A	T			N			60219176	\$24.00	\$32.00	24	10 mL roll-on
<b>Coriander</b> <i>Coriandrum sativum</i>	A	T	I		N			30780001	\$33.33	\$25.00	25	15 mL
<b>Cypress</b> <i>Cupressus sempervirens and lusitanica</i>	A	T			N			60206972	\$23.33	\$17.50	17.5	15 mL
<b>Douglas Fir</b> <i>Pseudotsuga menziesii</i>	A	T			N			31590001	\$28.67	\$21.50	21.5	5 mL
<b>Eucalyptus</b> <i>Eucalyptus spp.</i> <span>New</span>	A	T				S		60218408	\$28.00	\$21.00	21	15 mL
<b>Fennel (Sweet)</b> <i>Foeniculum vulgare</i>	A	T	I			S		41290001	\$22.00	\$16.50	16.5	15 mL
<b>Frankincense</b> <i>Boswellia carterii, sacra, papyrifera, and frereana</i> <span>Top Seller</span>	A	T	I		N			30070001	\$100.00	\$75.00	70	15 mL
<b>Frankincense Touch</b> <i>Boswellia carterii, sacra, papyrifera, and frereana</i>	A	T			N			60200224	\$64.00	\$48.00	48	10 mL roll-on
<b>Guaiacwood</b> <i>Bulnesia sarmientoi</i> <span>New</span>	A	T	I		N			60217711	\$26.67	\$20.00	20	15 mL
<b>Geranium</b> <i>Pelargonium graveolens</i>	A	T	I				D	30090001	\$57.33	\$43.00	43	15 mL
<b>Ginger</b> <i>Zingiber officinale</i>	A	T	I			S		60215119	\$64.00	\$48.00	48	15 mL
<b>Grapefruit</b> <i>Citrus x paradisi</i>	A	T	I		N			30100001	\$25.33	\$19.00	19	15 mL
<b>Green Mandarin</b> <i>Citrus nobilis</i>	A	T	I		N			60205794	\$38.67	\$29.00	29	15 mL
<b>Helichrysum</b> <i>Helichrysum italicum</i>	A	T	I		N			30410001	\$106.67	\$80.00	70	5 mL
<b>Helichrysum Touch</b> <i>Helichrysum italicum</i>	A	T			N			60207021	\$73.33	\$56.00	51	10 mL roll-on
<b>Jasmine</b> <i>Jasminum grandiflorum</i> <span>New</span>	A	T			N			60217357	\$200.00	\$150.00	100	2.5 mL
<b>Jasmine Touch</b> <i>Jasminum grandiflorum</i>	A	T			N			60201812	\$56.00	\$42.00	42	10 mL roll-on
<b>Juniper Berry</b> <i>Juniperus communis</i>	A	T	I		N			49290001	\$26.67	\$20.00	20	5 mL
<b>Lavender</b> <i>Lavandula angustifolia</i> <span>Top Seller</span>	A	T	I		N			30110001	\$34.00	\$25.50	25.5	15 mL
<b>Lavender Touch</b> <i>Lavandula angustifolia</i>	A	T			N			60200225	\$22.67	\$17.00	17	10 mL roll-on
<b>Lemon</b> <i>Citrus limon</i> <span>Top Seller</span>	A	T	I		N			30120001	\$17.33	\$13.00	13	15 mL
<b>Lemon Eucalyptus</b> <i>Eucalyptus citriodora</i>	A	T				S		60209674	\$18.67	\$14.00	14	15 mL
<b>Lemongrass</b> <i>Cymbopogon flexuosus</i>	A	T	I			S		30130001	\$16.00	\$12.00	12	15 mL
<b>Lime</b> <i>Citrus aurantifolia</i>	A	T	I			S		30870001	\$18.67	\$14.00	14	15 mL
<b>Madagascar Vanilla</b> <i>Vanilla planifolia</i>	A	T	I		N			60218012	\$46.67	\$35.00	35	5 mL
<b>Magnolia Touch</b> <i>Michelia alba</i>	A	T			N			60205420	\$37.33	\$28.00	28	10 mL roll-on
<b>Marjoram</b> <i>Origanum majorana</i>	A	T	I		N			30140001	\$29.33	\$22.00	22	15 mL
<b>Melissa</b> <i>Melissa officinalis</i>	A	T	I		N			30850001	\$126.67	\$95.00	85	5 mL

## Single Essential Oils

### Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
<b>Myrrh</b> <i>Commiphora myrrha</i>	A	T	I		N			30160001	\$89.33	\$67.00	55	15 mL
<b>Myrrh Touch</b> <i>Commiphora myrrha</i>	A	T			N			60221439	\$53.33	\$40.00	40	10 mL roll-on
<b>Neroli Touch</b> <i>Citrus x aurantium</i>	A	T			N			60201817	\$69.33	\$52.00	52	10 mL roll-on
<b>Oregano</b> <i>Origanum vulgare</i> <span>Top Seller</span>	A	T	I				D	30180001	\$33.33	\$25.00	25	15 mL
<b>Oregano Touch</b> <i>Origanum vulgare</i>	A	T			N			60200227	\$22.00	\$16.50	16.5	10 mL roll-on
<b>Patchouli</b> <i>Pogostemon cablin</i>	A	T	I		N			30890001	\$40.00	\$30.00	30	15 mL
<b>Peppermint</b> <i>Mentha piperita</i>	A	T	I			S		30190001	\$32.00	\$24.00	24	15 mL
<b>Peppermint Touch</b> <i>Mentha piperita</i>	A	T			N			60200228	\$21.33	\$16.00	16	10 mL roll-on
<b>Petitgrain</b> <i>Citrus aurantium</i>	A	T	I			S		49520001	\$33.33	\$25.00	25	15 mL
<b>Pink Pepper</b> <i>Schinus molle</i>	A	T	I		N			60207016	\$29.33	\$22.00	22	5 mL
<b>Roman Chamomile</b> <i>Anthemis nobilis</i>	A	T	I		N			30800001	\$64.00	\$48.00	48	5 mL
<b>Rose</b> <i>Rosa damascena</i>	A	T				S		31000001	\$366.67	\$275.00	200	5 mL
<b>Rose Touch</b> <i>Rosa damascena</i>	A	T			N			60201813	\$93.33	\$70.00	65	10 mL roll-on
<b>Rosemary</b> <i>Rosmarinus officinalis</i>	A	T	I		N			30200001	\$24.00	\$18.00	18	15 mL
<b>Sandalwood</b> <i>Santalum album</i>	A	T	I		N			30210001	\$106.67	\$80.00	60	5 mL
<b>Sandalwood, Hawaiian</b> <i>Santalum paniculatum</i>	A	T	I		N			41860001	\$93.33	\$70.00	60	5 mL
<b>Siberian Fir</b> <i>Abies sibirica</i>	A	T	I		N			60203125	\$26.67	\$20.00	20	15 mL
<b>Spanish Sage</b> <i>Salvia lavandulifolia</i> <span>Coming Soon</span>	A	T	I			S		60222270	\$38.67	\$29.00	29	15 mL
<b>Spearmint</b> <i>Mentha spicata</i>	A	T	I			S		31610001	\$40.00	\$30.00	30	15 mL
<b>Spikenard</b> <i>Nardostachys jatamansi</i>	A	T			N			49510001	\$69.33	\$52.00	50	5 mL
<b>Tangerine</b> <i>Citrus reticulata</i>	A	T	I		N			49440001	\$20.00	\$15.00	15	15 mL
<b>Tea Tree</b> <i>Melaleuca alternifolia</i>	A	T			N			60208340	\$30.67	\$23.00	23	15 mL
<b>Tea Tree Touch</b> <i>Melaleuca alternifolia</i>	A	T			N			60208343	\$19.33	\$14.50	14.5	10 mL roll-on
<b>Thyme</b> <i>Thymus vulgaris</i>	A	T	I				D	30220001	\$42.00	\$31.50	31.5	15 mL
<b>Tulsi (Holy Basil)</b> <i>Ocimum sanctum</i>	A	T				S		60213450	\$34.67	\$26.00	26	5 mL
<b>Turmeric</b> <i>Curcuma longa</i>	A	T	I		N			60206973	\$40.00	\$30.00	30	15 mL
<b>Vetiver</b> <i>Vetiveria zizanioides</i>	A	T	I		N			30430001	\$78.67	\$59.00	54	15 mL
<b>Vetiver Touch</b> <i>Vetiveria zizanioides</i>	A	T			N			60221438	\$49.33	\$37.00	37	10 mL roll-on
<b>Wild Orange</b> <i>Citrus sinensis</i>	A	T	I		N			30170001	\$14.67	\$11.00	11	15 mL
<b>Wintergreen</b> <i>Gaultheria fragrantissima</i>	A	T				S		31620001	\$33.33	\$25.00	25	15 mL
<b>Yarrow Pom</b> <i>Active Botanical Nutritive Duo</i>	A	T	I		N			60207652	\$130.67	\$98.00	98	30 mL
<b>Ylang Ylang</b> <i>Cananga odorata</i>	A	T	I		N			30240001	\$53.33	\$40.00	40	15 mL

## Essential Oil Blends

Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
abode™ Refreshing Blend	A			H		S		60217576	\$32.67	\$24.50	24.5	15 mL
Adaptiv® Calming Blend	A	T			N			60209364	\$53.33	\$40.00	40	15 mL
Adaptiv® Touch Calming Blend	A	T			N			60209357	\$29.33	\$22.00	22	10 mL roll-on
Air-X® Air Blend	A	T	I			S		60215527	\$41.33	\$31.00	31	15 mL
dōTERRA Align Centering Blend	A	T			N			60203246	\$25.33	\$19.00	19	5 mL
dōTERRA Anchor Steadying Blend	A	T			N			60203245	\$26.67	\$20.00	20	5 mL
dōTERRA Arise Enlightening Blend	A	T			N			60203247	\$26.67	\$20.00	20	5 mL
AromaTouch® Massage Blend		T			N			31200001	\$40.00	\$30.00	30	15 mL
dōTERRA Balance® Grounding Blend	A	T			N			31010001	\$28.00	\$21.00	21	15 mL
Brave® Courage Blend	A	T			N			60206618	\$29.33	\$22.00	22	10 mL
dōTERRA Breathe® Respiratory Blend	A	T				S		60200190	\$33.33	\$25.00	25	15 mL
dōTERRA Breathe® Touch Respiratory Blend	A	T			N			60200192	\$21.33	\$16.00	16	10 mL roll-on
Calmer® Restful Blend	A	T			N			60206632	\$26.67	\$20.00	20	10 mL
dōTERRA Cheer® Uplifting Blend	A	T				S		31720001	\$33.33	\$25.00	25	5 mL
dōTERRA Cheer® Touch Uplifting Blend	A	T			N			60218864	\$24.00	\$18.00	18	10 mL roll-on
Citrus Bliss® Invigorating Blend	A	T			N			60219370	\$26.00	\$19.50	19.5	15 mL
Citrus Bloom® Springtime Blend	A	T			N			60208812	\$32.67	\$24.50	24.5	15 mL
ClaryCalm® Monthly Blend for Women	A	T			N			49480001	\$41.33	\$31.00	31	10 mL roll-on
dōTERRA Console® Comforting Blend	A	T			N			31730001	\$52.00	\$39.00	39	5 mL
dōTERRA Console® Touch Comforting Blend	A	T			N			60200147	\$33.33	\$25.00	25	10 mL roll-on
DDR Prime® Cellular Complex		T	I			S		60207092	\$46.67	\$35.00	35	15 mL
Deep Blue® Soothing Blend		T				S		60200143	\$46.67	\$35.00	35	5 mL
DigestZen® Digestive Blend	A	T	I		N			60214361	\$45.33	\$34.00	34	15 mL
DigestZen® Touch Digestive Blend	A	T			N			60214815	\$29.33	\$22.00	22	10 mL roll-on
dōTERRA Forgive® Renewing Blend	A	T				S		31750001	\$29.33	\$22.00	22	5 mL
dōTERRA Forgive® Touch Renewing Blend	A	T			N			60200148	\$20.00	\$15.00	15	10 mL roll-on
HD Clear® Topical Blend		T			N			49400001	\$28.00	\$21.00	21	10 mL roll-on
dōTERRA Hope® Touch Uplifting Blend	A	T			N			60200879	\$33.33	\$25.00	25	10 mL roll-on
Immortelle Anti-Aging Blend	A	T			N			60202652	\$100.00	\$75.00	70	10 mL roll-on
Intune® Focus Blend	A	T			N			60220468	\$48.67	\$36.50	36.5	10 mL roll-on
MetaPWR™ Metabolic Blend	A	T	I			S		60217575	\$34.67	\$26.00	26	15 mL
dōTERRA Motivate® Encouraging Blend	A	T				S		31740001	\$30.67	\$23.00	23	5 mL
dōTERRA Motivate® Touch Encouraging Blend	A	T			N			60200149	\$22.67	\$17.00	17	10 mL roll-on
Northern Escape® Woodland Blend	A	T			N			60215058	\$37.33	\$28.00	28	15 mL
dōTERRA On Guard® Protective Blend	A	T	I			S		31100001	\$48.00	\$36.00	36	15 mL
dōTERRA On Guard® Touch Protective Blend	A	T			N			60200142	\$30.67	\$23.00	23	10 mL roll-on
dōTERRA Passion® Inspiring Blend	A	T				S		31760001	\$56.00	\$42.00	42	5 mL
dōTERRA Passion® Touch Inspiring Blend	A	T			N			60200150	\$37.33	\$28.00	28	10 mL roll-on

## Essential Oil Blends

Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
PastTense® Tension Blend	A	T			N			60215812	\$40.00	\$30.00	30	15 mL
dōTERRA Peace® Reassuring Blend	A	T			N			31710001	\$42.67	\$32.00	32	5 mL
dōTERRA Peace® Touch Reassuring Blend	A	T			N			60200151	\$28.00	\$21.00	21	10 mL roll-on
Purify Cleansing Blend	A	T			N			31060001	\$29.33	\$22.00	22	15 mL
Rescuer™ Soothing Blend	A	T			N			60206635	\$22.00	\$16.50	16.5	10 mL roll-on
dōTERRA Serenity® Restful Blend	A	T			N			60217983	\$48.00	\$36.00	36	15 mL
Steady® Grounding Blend	A	T			N			60206617	\$22.00	\$16.50	16.5	10 mL roll-on
Stronger® Protective Blend	A	T			N			60206654	\$21.33	\$16.00	16	10 mL roll-on
SuperMint™ Mentha Blend <span>Coming Soon</span>	A	T	I			S		60221859	\$42.67	\$32.00	32	15 mL
SuperMint™ Touch Mentha Blend <span>Coming Soon</span>	A	T			N			60221940	\$26.67	\$20.00	20	10 mL roll-on
Tamer® Digestive Blend	A	T			N			60209356	\$22.00	\$16.50	16.5	10 mL roll-on
TerraShield® Repellent Blend	A	T			N			60214386	\$17.33	\$13.00	13	15 mL
TerraShield® Spray Repellent Blend	A	T			N			60214387	\$26.67	\$20.00	18	30 mL
Thinker® Focus Blend	A	T			N			60206633	\$23.33	\$17.50	17.5	10 mL roll-on
Whisper® Touch Blend for Women	A	T			N			60214274	\$37.33	\$28.00	28	10 mL roll-on
Zendocrine® Detoxification Blend	A	T	I		N			31460001	\$34.67	\$26.00	26	15 mL

A man with a bun and a woman in a beanie are shown in profile, looking towards the right. They are in an outdoor setting with a warm, golden light, likely from a sunset or sunrise. The man is wearing a plaid shirt over a pink t-shirt, and the woman is wearing a dark sweater and a tan beanie.

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

**dōTERRA**<sup>®</sup>  
pursue what's **pure**<sup>®</sup>



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