

# LIVING

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“The future belongs to those who  
believe in the beauty of their dreams.”

**Eleanor Roosevelt**









## 06 Behind the Bottle: Wild Orange



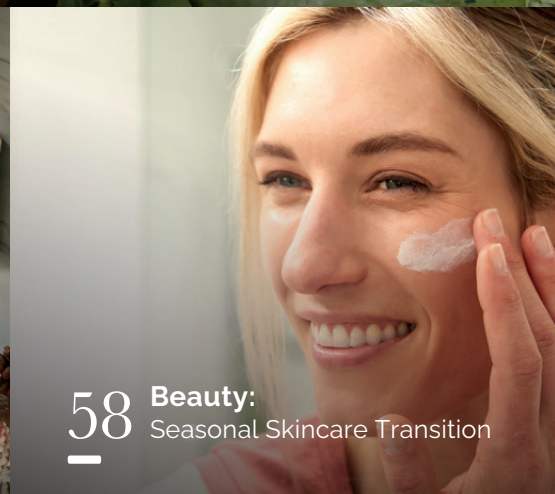
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PROMO

## Essential Oil Spotlight

# Wild Orange

*Citrus sinensis*

**Distillation Method:** Cold-pressed

**Aromatic Description:** Sweet, fresh, citrusy

**Plant Part:** Peel

**Sourcing Locations:** Brazil, Greece

### What a Cold, Dreary Day Needs

If there's one thing a cold, dreary day needs, it's Wild Orange essential oil! We could all use a bright, pleasant pick-me-up now and again, and this powerful citrus oil can help clear away the clouds with an energizing boost.

Given its countless applications for your space, body, and emotions, it's no wonder Wild Orange is one of the bestselling essential oils. The refreshing, sweet scent makes it popular for aromatic and topical use, while the citrus flavor can add an extra zing to any beverage, appetizer, or entrée. A truly versatile product, Wild Orange oil is vital for any home.

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

### Fun Fact

Since ancient times, orange trees have been symbolic of love and marriage in many cultures.

### How to Use **A T I N**

#### Topical

- + Place one to two drops in your palms, rub them together, and inhale deeply for an energizing aroma.
- + Mix with water in a spray bottle and spritz on surfaces for a cleansing boost.

#### Internal

- + Add a drop to your water every day for a burst of flavor and to promote overall health.\*
- + Take internally with a Veggie Cap to support a healthy inflammatory response.\*

#### Aromatic

- + Diffuse three to four drops for a bright and familiar aroma as you're getting ready in the morning.
- + Use to create a fresh, inviting atmosphere in your home before company arrives.



BEHIND  
THE  
BOTTLE

# Wild Orange

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The morning sun casts its first light over vast, lush fruit groves. The oranges shine in the light, and the air is filled with the invigorating scent of citrus. In the fertile regions of southern Brazil and Greece, sweet orange trees stand tall, their branches heavy with ripe, delicious fruits to share.



Since ancient times across many cultures, the orange has been a symbol of love. We honor that tradition with how we lovingly bring you Wild Orange essential oil. Connection comes with every bottle.



Local growers—all skilled and passionate, and many continuing a family legacy—begin the day's work, handpicking the oranges that'll soon be transformed into one of the most cherished and versatile essential oils. The peel of the *Citrus sinensis* fruit provides high-quality Wild Orange. Known for its sweet, uplifting aroma, this essential oil is a bestseller and a staple in homes worldwide. Every drop of Wild Orange is infused with the essence of the sun-kissed groves and the dedication of those who tend them. But what makes Wild Orange truly exceptional isn't just the quality of the plant or people; it's the incredible process from plant to bottle.

### Harvesting

Since its beginning, dōTERRA has built strong partnerships with local people in both Brazil and Greece to support long-lasting, ethical sourcing practices. These partnerships are more than just business transactions; they're our commitment to creating the best product and improving the lives of growers and distillers and their communities.

Orange harvesting is a labor-intensive effort that often begins early in the morning to take

advantage of cooler temperatures. Growers (men and women) harvest the fruits, with baskets turning into truckloads that are then transported to fresh markets or distilleries.

### Distillation

Fresh fruits that won't sell on the market solely because of aesthetic deficiencies can still serve a beautiful purpose.

Most citrus oils are produced alongside a juicing operation. Juice comes from whole oranges, and the essential oil is cold-pressed from the fruit rinds. This approach is critical for creating pure and potent Wild Orange.

### Impact

The approach is also a testament to the investment dōTERRA has in the world and its peoples. We work directly with experts in the field, not middle managers or large corporations. We create value with essential oil where before there would've been wasted fruit.

dōTERRA is dedicated to positive impact anywhere we go to gather the gifts of the earth. And Wild Orange is one of the most special gifts, blessing people on both sides of the bottle.

### Benefits

Wild Orange essential oil is prized for its plethora of benefits and applications. Its classic bright and invigorating aroma can uplift and energize any space. It's also a powerful cleanser and kitchen ingredient, with just a few drops going a long way.







### For some of the most popular uses for Wild Orange:

- Diffuse three to four drops to create a cheerful, energetic atmosphere and freshened air. You can also blend Wild Orange with other essential oils like **Peppermint**, **Bergamot**, **Frankincense**, and **Guaiaacwood**.
- Take one to two drops internally to support a healthy inflammatory response, as well as overall health.\*
- Place 10–15 drops in a four-ounce spray bottle with water for a natural and effective cleaner.
- Add a burst of flavor to favorite recipes—just a couple drops can enhance smoothies, desserts, and savory dishes!

It can also be as easy as placing one to two drops in the palm of your hand, rubbing your hands together, cupping them over your mouth and nose, and inhaling for an enlivening aroma! The skin can also benefit from the cleansing properties of Wild Orange thanks to its high limonene content.

But citrus oils run the risk of photosensitivity, so it's best practice to make sure any skin where Wild Orange is applied avoids direct sunlight or UV rays for at least 12 hours afterward.

Wild Orange has such fantastic versatility, it's included in many dōTERRA products—everything from classic essential oil blends like **Adaptiv®** and **DDR Prime®** to hygiene items like the **Leave-in Conditioner** and even supplements like the new **EO Mega®+** (find out more on page 12). Wild Orange fits almost anywhere!

### Connection

Every bottle of Wild Orange tells a story of connection—to the earth, to the growers who nurture the groves and distillers who transform fruit into oil, to the communities who thrive because of mutually beneficial sourcing practices, and to you. When you use Wild Orange, you enjoy the highest quality of essential oil and become part of a larger story and mission to make a positive, lasting global impact.

So the next time you reach for Wild Orange essential oil, take a moment to remember (and bask in) the sunlit, vibrant groves and promise of a brighter future that the bottle represents. Let every drop remind you of the beautiful connection we share with the earth and with each other.

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# Meet EO Mega+

Launched at dōTERRA Convention 2024 | Reclaim, EO Mega<sup>®</sup>+ Essential Oil Omega Complex is a comprehensive solution designed to provide key nutrients your body needs to thrive and support your overall health and vitality.\*



It delivers a potent 900 milligrams of essential fatty acids per serving, including 800 milligrams of omega-3 fatty acids EPA and DHA. It also supplies 300 milligrams of CPTG Certified Pure Tested Grade® **Wild Orange** essential oil in every serving.

## Key Ingredients

- + Essential fatty acids
  - EPA (eicosapentaenoic acid)
  - DHA (docosahexaenoic acid)
  - SDA (stearidonic acid)
  - ALA (α-Linolenic acid)
  - DPA (docosapentaenoic acid)
  - Cetoleic acid
- + Wild Orange essential oil

## Key Benefits

EO Mega+ is formulated to support multiple aspects of your health:\*

- Promotes heart and circulatory health.
- Supports healthy joint function and comfort.
- Supports a healthy inflammatory response.
- Supports healthy immune function.
- Supports healthy function of the brain, eyes, and nervous system.
- Promotes a healthy digestive system.
- Promotes a healthy respiratory system.
- Promotes healthy skin.

## Directions for Use

For optimal results, take three EO Mega+ softgels with food per day. Each bottle contains 90 softgels, providing a convenient 30-day supply.

EO Mega+ pairs well with **VMG+™** and **dōTERRA PB Restore®**.

## Why EO Mega+

EO Mega+ offers a full spectrum of essential fatty acids. It's particularly rich in EPA and DHA, which are sustainably sourced from wild-caught Nordic Seas fish.

Omega-3 fatty acids are vital nutrients your body can't produce on its own, and many people don't get enough from diet alone. They're crucial for maintaining cardiovascular health, supporting healthy brain and joint function, and promoting a balanced inflammatory response.\*

Cō-Impact Sourcing® initiatives for the Wild Orange essential oil in this supplement further supports communities of farmers, harvesters, and distillers worldwide, making EO Mega+ a product you can feel good about using and sharing. These sourcing strategies ensure you enjoy only high-quality ingredients and demonstrate a commitment to environmental responsibility.

Incorporating EO Mega+ into your daily routine means you're benefiting from these nutrients and Wild Orange, putting you on the path toward the vibrant, healthy life you dream of and deserve.\*

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# Emily's Essentials: Gifts of the Earth



*Emily Wright is a dōTERRA Founding Executive and the chair of the board. She's been with the company from the beginning and still has a relentless desire to share dōTERRA essential oils with the world, while also lifting communities in sourcing areas and beyond.*

*Emily puts her whole heart into providing pure, potent essential oils, all aimed at fulfilling the dōTERRA mission. These are some of the essential products Emily can't go without, in her own words!*

I was introduced to the world of essential oils 27 years ago. Essential oils were new to me at the time, and I was skeptical at first. After experimenting with them and having my own powerful experiences, I fell in love.

Today, I rely on these gifts of the earth for my well-being. Armed with essential oils and natural products, I am empowered to care for my body. I use them all throughout the day, every day. I use so many oils daily, and I incorporate others when I need additional support in an area of my life, whether it's physical, mental, emotional, or spiritual. Here are a few of my favorites!





## MetaPWR Advantage

I never go a day without **MetaPWR Advantage**®. (I actually take two sachets a day!) I think of it as my "youth elixir" because of the way it activates and interacts with longevity genes.\*

At a certain point, your body stops producing NAD<sup>+</sup> and NADH, which are critical for youthful cellular function. MetaPWR Advantage contains NMN and resveratrol, which help increase production of those critical metabolic molecules in the body, according to preclinical research.\*

I feel younger today than I did when we launched MetaPWR Advantage in 2022. I feel like I have more energy, better focus, greater strength and endurance—the list of benefits I've seen is long. Plus, the nine types of collagen tripeptides are powerful for skin elasticity and density, decreasing wrinkles.\*

I truly feel like I am living my most powerful life with MetaPWR Advantage!\*

## Uses

As I said, I take MetaPWR Advantage every single day. My body needs the collagen and the cellular boost.\* Based on preclinical research, we know more NAD<sup>+</sup> in your body means everything works better.

I like mixing MetaPWR Advantage with **PB Assist**® and **MetaPWR Recharge**® in a small amount of water. I call it my "glow shot"!

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## Yarrow|Pom

**Yarrow|Pom** is another product I love for its skin-rejuvenating and soothing benefits. I use it both topically and internally. The chemical constituent that gives Yarrow|Pom its iconic blue color is chamazulene. The chemistry of this essential oil blend is powerful, helping healthy cellular, immune, and nervous system function when ingested.\*

### Uses

I take Yarrow|Pom internally. I also apply it, **Lavender**, and **dōTERRA sun After Sun Restorative Body Spray** to my skin after a long day outside to help soothe and restore moisture to any overexposed skin.

Another combination I like is Yarrow|Pom and **Blue Tansy** to create synergistic benefits for my skin and tissue. That is a power-packed duo!



## Immortelle

**Immortelle Anti-Aging Blend** is the one product I would bring with me if I were stranded on a deserted island. It's an essential oil blend with amazing skin-beautifying properties.

I cannot live without Immortelle—I use it for so many things that my bottle is always running out!

### Uses

Immortelle is a key part of my daily skincare routine in the morning. I apply it to my face, neck, and décolletage to help reduce the appearance of fine lines and wrinkles. I also like to apply Immortelle over the thyroid and brain stem. I even use it as a deodorant.

Did you know *immortelle* is another name for the *helichrysum* plant, which is one of the oils included in the blend?



## Blue Lotus Touch

**Blue Lotus Touch**—known as the “oil of highest potential”—is another essential oil I use daily. For me, it's a reminder that we can all rise to our highest potential, that we can live according to our highest ideals.

The blue lotus plant, which blooms in muddy ponds, teaches powerful lessons about your ability to rise above the muck of life and bloom radiantly and unapologetically!

### Uses

I apply Blue Lotus Touch over my heart and on my wrists before I give presentations to open my mind and heart to inspiration.

Blue Lotus has a beautiful fragrance and serves as a wonderful base for personal blends. I combine it with **Magnolia** when I want a fragrance that is contemplative and calm or with **Jasmine** and citrus oils like **Bergamot** for a bright, vibrant aroma. And I wear it all on its own, of course!



## Melissa

I use **Melissa** every day in my routine, but I especially turn to this incredible essential oil when I need extra help during big moments. There are many benefits associated with taking Melissa internally, like supporting a healthy inflammatory response.\* I call Melissa the “oil of light,” because it helps me clear away the cobwebs from my mind and get my brain firing.

### Uses

I rely on Melissa to help me set my intentions. I place a drop on my thumb and press it against the roof of my mouth, taking three deep breaths. This ritual helps me focus on what is most important. I do it every time I am about to take the stage for a presentation.

It's a powerfully motivating oil for me! I apply it before starting my morning workout. I also like to

create a tea of sorts with Melissa by adding two to four drops and one teaspoon of raw honey to warm water.

But when I need the motivation to move forward in a big way, I use both Melissa and Blue Tansy. I place Melissa on the roof of my mouth and apply Blue Tansy to my big toe (in reflexology, the big toe represents the brain). This routine helps me get unstuck and invites inspiration.

These are just some of my essential dōTERRA products that help me make the most of my day and feel my best!



Check out Emily's Instagram for product education, lifestyle tips, and more!

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# ENJOY THE Simple Pleasures

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It's that magical time of year when the leaves change and the air turns crisp. Everyone's ready to cozy up, reflect, and appreciate the simple pleasures life has to offer. One of the best ways to invite and enhance this seasonal magic is with the perfect diffuser blend!

For September through February, we have a delightful diffuser blend to complement the essence of each month, highlighting what's most enticing and engaging. These blends smell incredible and help get anyone into the right mindset to cherish what's most important. Make each moment even more special by diffusing these blends, starting with our September blend: Study Buddy. See our October–January blends on subsequent pages.

## September

With the new school year kicking off, it's essential to stay focused and energized. This diffuser blend is just what you and your family need to invigorate your senses and maintain a positive outlook. This blend creates an uplifting environment for sharpening minds and tackling challenges, whether it's studying or working.

### Study Buddy

💧💧💧 dōTERRA Cheer®

💧💧 Grapefruit

💧 Wild Orange











# dōTERRA | Healing Hands: Looking Ahead

Since its inception, dōTERRA has been a company deeply committed to giving back. Just two years after launching, the Founding Executives created dōTERRA Healing Hands®, which has since become an integral part of the company's mission.



**It's been 14 years since dōTERRA Healing Hands began. To celebrate its impact, we sat down with Misty Bond for a quick Q&A session.**

**Q&A with Misty Bond, Vice President of Corporate Relations and Philanthropy**

**Q:** Misty, you've been with dōTERRA for a while now, and we're thrilled to see you stepping into this new role! Can you share a little about your background and what brought you to dōTERRA?

**Misty:** Thank you! My background is in public relations, with extensive experience in broadcast media, influencer marketing, campaign creation, online reputation management, and crisis communications. Most recently, I was at Purple Innovations,

where I focused on sleep hygiene and building impactful campaigns. Joining dōTERRA is incredibly exciting. I'm eager to further our mission of impactful giving.

**Q:** Reflecting on the past 14 years, what are some of the standout achievements of dōTERRA Healing Hands?

**Misty:** It's incredible to look back on the vast impact dōTERRA Healing Hands has had. From our humble beginnings, we've raised over \$56 million in the US alone, supporting countless projects in underserved communities around the world. Through dōTERRA, our fundraising initiatives extend to our international markets, raising millions more for humanitarian efforts worldwide.

Some of our notable achievements include building schools in Nepal, establishing medical clinics in Kenya, providing disaster relief in the Philippines, and supporting antihuman trafficking initiatives across several countries—that's just to name a few!



Of course, we can't talk about the success of dōTERRA Healing Hands without highlighting the contributions of incredible Wellness Advocates. Their participation has been essential to our success: engaging in Match Program projects, playing a vital role in distributing over 280,000 72-Hour Emergency Relief Hygiene Kits to date, and actively participating as members of the 25 Collective. Their dedication and impact have been truly remarkable.

There's no way to capture all the good we've done in just a few words, so I recommend you visit our timeline or skim through one of the impact reports to get the full picture. It's a story worth exploring!

**Q:** What excites you most about the future of dōTERRA Healing Hands?

**Misty:** dōTERRA Healing Hands is evolving! What excites me most is the opportunity to build on the incredible work that's been accomplished over the past 14 years, while also refining the focus and mission.

We're actively working on using innovative solutions and partnerships to address some of the world's most pressing challenges, especially in the regions where we source essential oils. I'm excited to bring even more attention and support to these communities.

A crucial part of this evolution is aligning overarching actions with a key element of our mission: self-reliance. By embracing the perspective of an organization dedicated to fostering self-reliance, we plan to concentrate even more on initiatives in

three key areas: education, health, and crisis relief. This focus will ensure our efforts provide long-term, lasting benefits to communities in need.

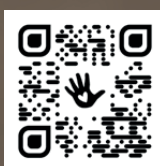
I'm also thrilled about the opportunity to connect with Wellness Advocates and customers, keeping them informed and inspired by the incredible impact of dōTERRA Healing Hands initiatives. As we move into the end of 2024 and start of 2025, you'll see even more stories and updates about the individuals and communities we're touching.

**Q:** What message do you have for the dōTERRA community and those who've supported dōTERRA Healing Hands over the years?

**Misty:** I want to extend a heartfelt thank-you to the entire dōTERRA community, whose Wellness Advocates have always been the heart of it all. Together, we've made real impacts in the lives of so many people worldwide.

Looking ahead, I encourage everyone to stay engaged and continue supporting our mission. There's so much more we can achieve together, and I'm excited for the journey ahead. Here's to many more years of making a difference!

See the solicitation disclosures on page 147.



See how we're  
engaging in good and  
helping the world heal.





# Peppermint

*Mentha piperita*

**Distillation Method:** Steam-distilled

**Aromatic Description:** Fresh, minty, herbaceous

**Plant Parts:** Leaf, stem

**Sourcing Locations:** India, the Pacific Northwest

## What Can You Reach for in a Slump?

What can you reach for when you hit that familiar afternoon slump and need a revitalizing boost? Been looking for a potent aroma to help you stay positive and energized? Want your space to smell like a delicious mint garden?

All you need is a bottle of Peppermint essential oil. Known for its stimulating and cooling properties, Peppermint oil can inspire and refresh with its scent, support cognitive health and function when taken internally, promote healthy respiratory function and clear breathing when ingested, and so much more.\* Peppermint has been beloved for centuries, and the essential oil is here to serve as your go-to natural solution!

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

## Fun Fact

The peppermint plant is a cross between water mint and spearmint first described by Carl Linnaeus in 1753.

## How to Use A T I S

### Topical

- + Combine a drop with a small amount of water and swish for a refreshing mouth rinse.
- + Combine a few drops with a carrier oil and massage into sore muscles for a cooling, soothing sensation.

### Internal

- + Add one to two drops to a glass of water or tea for a refreshing flavor and to support digestive health.\*
- + Place a couple drops in a Veggie Cap and swallow to help alleviate occasional stomach upset.\*

### Aromatic

- + Diffuse three to four drops for an invigorating aroma that creates a positive and energizing atmosphere that's perfect for physical or mental activity.
- + Use to repel bugs naturally.



# THE Essence of Fall

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## October

With the new school year kicking off, it's essential to stay focused and energized. This diffuser blend is just what you and your family need to invigorate your senses and maintain a positive outlook. This blend creates an uplifting environment for sharpening minds and tackling challenges, whether it's studying or working.

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### Pumpkin Patch

🔥🔥🔥🔥 Tangerine

🔥🔥 Cinnamon Bark

🔥 Clove











# DIY Delights



You can easily become lost in the busyness of celebrations, traditions, and gatherings as the seasons shift, missing the joy that permeates the air.

To avoid this, it can be incredibly helpful to make the most of your time traveling or relaxing at home. Do yourself a favor and create personalized aromatic treats for your senses with DIY essential oil projects!

Try these two delightful DIY projects that'll fill your days with warmth and happiness: a car diffuser and bath salts ornament. These easy-to-make crafts are exactly what you've been looking for to infuse your space with the cozy, inviting scents of the season.

## DIY Car Diffuser

Transform daily driving into a sensory retreat with a car diffuser. As you journey through the colorful foliage of autumn or serene landscapes of winter, let the soothing smells of essential oils create an aromatic atmosphere in your car. This project is perfect for those who want a touch of seasonal magic wherever they go, making every trip a memorable experience.

### Materials Needed:

Wool felt balls

Thread and needle

Ribbon or twine

Essential oils of choice (spicy oils like **Cinnamon Bark** and **Ginger** or woody oils like **Douglas Fir** and **Siberian Fir**)

### Instructions:

1. Thread a large sewing needle with enough thread for 7-8 felt balls. Pierce through the center of each wool felt ball until there's enough to make a complete circle.
2. Knot the thread between the connecting wool felt balls to form a circle.
3. Cut a length of ribbon or twine that can fit over your car's rearview mirror. Thread it through the circle and tie it off at the top. Cut off any excess twine or ribbon.
4. Hang your new diffuser in your car.
5. When you want to change the atmosphere in your car, add 1-3 drops of the essential oil of your choice to each ball.







## DIY Bath Salts Ornament

Nothing says luxurious bath experience like a bath salts ornament. Perfect for gifting or personal use, this ornament adds a festive touch to your holiday décor, while also providing a relaxing escape at home. The invigorating aromas rejuvenate your mind and senses, making this project a new favorite tradition. Indulge and feel the stress melt away.

### Materials Needed:

Round plastic ornaments with removable tops

Epsom salts

Star anise spice

Essential oils of choice (citrusy oils like **Wild Orange** and **Bergamot** or combo spicy and floral oils like **Juniper Berry** and **Lavender**)


*Optional:* colorant

*Optional:* dried spices or herbs

### Instructions:

1. Add 1 cup of Epsom salts in a bowl (using more or less, depending on preference) and skin-safe colorant, if desired.
2. Add dried spices or herbs (like star anise) to the mixture for color and added aroma.
3. Add 5–10 drops of the essential oils of your choice. Mix well.
4. Add the mixture to a plastic ornament until full.
5. Once full, put the top of the ornament back on.
6. When ready to use, add the desired amount of the mixture to a warm bath.





“The only way to do great work is to love what you do.”

—  
Steve Jobs







# Meet VMG+

In the pursuit of lifelong health and vitality, foundational health is paramount to strengthen and maintain. Enter VMG+™, an incredible innovation in nutritional supplements, which burst onto the scene at dōTERRA Convention 2024 | Reclaim.

This comprehensive whole-food nutrient complex is designed to support and enhance your foundational health, ensuring you have the energy, vitality, and resilience to thrive in all aspects of life.\* It combines components of **Alpha CRS+®**, **Microplex VMz®**, a green superfood blend, and more into a delicious and convenient powder that can be easily added to your drink of choice.





## 5 Proprietary Blends

VMG+ features five proprietary blends crafted with natural ingredients and CPTG Certified Pure Tested Grade® essential oils to deliver specific health benefits:\*

- The Nutrition Blend is rich in plant-derived vitamins, minerals, and essential cofactors, providing you with the nutrients your body needs for optimal health.
- The Superfood Blend promotes vitality with a mix of phytonutrients and antioxidants sourced from whole foods.
- The Cellular Support Blend supports cellular health and strengthens antioxidant defenses, helping protect cells from reactive oxygen species and oxidative stress so your cells can function efficiently.
- The Biotransformation Blend provides biologically enhanced nutrients through a process known as biotransformation, making them easier for your body to use.
- The Bioavailability Boosting Blend leverages the benefits of essential oils, liposomes, and probiotics to enhance the absorption and retention of micronutrients, ensuring you get the maximum benefit from each serving according to preclinical research.

This natural supplement honors the dōTERRA commitment to pursuing purity. It's crafted with clean, non-GMO, vegan, and gluten-free ingredients—no artificial additives.

## Directions for Use

Simply mix one sachet with five to eight ounces of water or your favorite cold beverage, stirring or shaking well before consuming. Avoid adding VMG+ to hot drinks. Each box contains 30 sachets, giving you what you need each month.

VMG+ pairs well with **EO Mega®+** and **dōTERRA PB Restore®**.

## Why VMG+

In a market saturated with nutritional supplements, VMG+ differentiates itself with superior, natural ingredients and essential oils. It offers a plethora of benefits that can significantly impact your overall health and wellness, no matter where you are in life.\*

The supplement is full of nutrients derived from whole foods, meaning you get the most natural and bioavailable form of critical vitamins and minerals. By providing essential nutrients in a simple and bioavailable form, VMG+ helps maintain energy levels, supports a healthy immune system, aids digestion, and promotes optimal hormone and brain function.\*

VMG+ is your new approach to foundational health. With VMG+, you'll feel more alive and attain the vitality you need to enthusiastically conquer each day, knowing you're giving your body the best possible nutrition for optimal function and performance.\*

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# A Sense of Connection



## November

There's no better time to invite feelings of gratitude than when you're getting together with loved ones. This diffuser blend creates a comfy, inviting aroma that's perfect for November. These essential oils beautifully combine to foster a sense of connection and warmth during family meals and gatherings.

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### Grateful Harvest

🔥🔥🔥 Ginger

🔥🔥 Cassia

🔥🔥 Clove

🔥 Frankincense





doTERRA®  
**Cassia**  
Cinnamomum  
cassia 15 mL  
Essential Oil Supplement

doTERRA®  
**Ginger**  
Zingiber  
officinale 15 mL  
Essential Oil Supplement

doTERRA®  
**Clove**  
Eugenia  
caryophyllata 15 mL  
Essential Oil Supplement

doTERRA®  
**Frankincense**  
Boswellia  
Essential Oil 15 mL  
Essential Oil Supplement






# Kids: All Set for the School Year

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The final days of summer have wound down, and parents everywhere find themselves caught in the familiar whirlwind of the school year. From last-second supply runs to reorganizing schedules, there's a lot to juggle and adjust back into after months of munchkins at home!





Amid the chaos that comes with getting back into the flow, your desire to ensure your kids not only survive but thrive in the upcoming school year stays strong. You're always on the lookout for ways to support your children's physical, emotional, and mental well-being, but it can be hard to know what works best when there are so many options and recommendations out there—especially online.

The good news? You can always turn to dōTERRA for natural, safe solutions, no matter the problem. Some thoughtful strategies to create the right learning environment, combined with the power of essential oils, can help your children excel.

### Setting the Mood

It's an early autumn morning, and your house is buzzing with activity. Backpacks are lined up by the door, lunchboxes are filled, and the air is filled with a mix of excitement for another day and nerves over upcoming tests or hastily finished homework.

As you help your kids get ready, setting a positive tone for the day can make all the difference in how it goes. A small morning ritual before heading out the door can also go a long way. Combine the two ideas by rolling on an essential oil blend with a calming, clarifying aroma like **InTune®** or **Thinker®** (depending on which scent your little ones like better) to their wrists and the backs of their necks.

InTune and Thinker are both called "Focus Blend" for good reason. They're perfect for those first few weeks back when everything still feels new and a bit overwhelming.

Your children can rely on the aroma throughout the school day. If needed, either Focus Blend can be reapplied when they're back home and attention inevitably starts to wane, whether it's during homework or a challenging school project.



## Creating a Productive Space

As you well know, homework and study time can be challenging, especially after a long day at school. Making a dedicated study space can help children transition into schoolwork more smoothly. Ensure the space has good lighting, comfortable seating, and minimal distractions, electronic or otherwise.

Diffusing **Spanish Sage** essential oil in the study area can be incredibly beneficial. Known for its ability to promote a positive atmosphere that's conducive to concentration, Spanish Sage can create an ideal environment for focused learning, helping your children stay on task and your day go smoother.

You can even have your little learners take Spanish Sage internally—just a drop in a **Veggie Cap** can assist with cognitive skills like memory and attention, as well as support a calm mind and a sense of alertness.\* This essential oil can be a game changer during the hectic school year when kids are constantly learning and trying to retain new information.

## Supporting Overall Well-Being

Seasonal threats during the colder months and the pressures of academic performance and social dynamics can lead to compromised well-being. Proactively staying on top of children's health is crucial for everyone to thrive during the school year—you and them.

Regular use of **Eucalyptus** essential oil blend can promote feelings of clear breathing and open airways. Diffusing or placing a few drops in the hands, covering the nose and mouth, and breathing deeply provides a cooling sensation to the airways and creates a calm atmosphere during stressful circumstances.

From your morning routine, you know Thinker is effective by itself, but it's even more powerful when used alongside the rest of the **Kids Oil Collection**. Made especially with children's unique needs in mind, each essential oil blend is prediluted with **Fractionated Coconut Oil** and ready for quick application and effect.

You can tackle everything from creating a confident, courageous atmosphere with **Brave®** to soothing the skin and stomach with **Tamer®**. The health challenges children face when they're getting into school are varied and numerous, so it's best to have a lot of natural tools in your toolkit that you trust and know are safe and effective.













## Settling In

A good night's sleep is fundamental to every child's school success. Establishing a consistent bedtime routine signals it's time to unwind and prepare for rest. Talk with your kids and agree on the time and steps you'll follow each night: changing into jammies, brushing teeth, reading stories, or whatever else you decide on.

**dōTERRA Serenity® Restful Blend** creates a tranquil environment at bedtime. Placing three to four drops in a bedroom diffuser sets the right mood while reading a story or having a quiet conversation about the day. Or you can massage it into the bottoms of kids' feet to make unwinding at the end of the day a little smoother.

## Extra Success Tips

- **Depending on your children's ages, encourage them to stay organized with planners or digital calendars.** This organization can help them manage their time effectively and reduce the stress of forgotten assignments or last-minute cramming.
- **Foster a greater love for reading to aid cognitive development.** Make reading a fun and consistent part of the daily routine, whether at bedtime or during dedicated family time.

- **Promote physical activity, especially as the summer heat dies down.** Regular exercise can boost your children's moods and improve their concentration. Consider family walks, bike rides, or even simple stretches in the morning to get everyone moving.
- **Remember that navigating the school year isn't just about academic success.** It's also about fostering emotional resilience and well-being. Encourage open conversations with your children about their day—their triumphs and their challenges. Let them know it's okay to feel nervous or overwhelmed and that you're there to support them every step of the way.

By weaving these strategies and essential oils into your day, you'll help your kids to thrive, making this school year the best one yet!

Your goal as a parent is to support your children's physical and cognitive health and provide them with the opportunities and tools they need to excel. With dōTERRA at your side, you know what to do and can confidently go do it.



# Top 7 Products

## for Fall and Winter

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As the golden warmth of summer fades into the crisp chill of fall that promises winter, there's a sense of fresh excitement in the air. The transition from long sunny days to cozy fireside nights can be joyous and comforting when you have the right products on hand.



### dōTERRA On Guard: Your Supportive Shield

With the arrival of colder weather, the immune system can face many challenges. You want your space to be a sanctuary of wellness no matter the time of year, and that's where **dōTERRA On Guard®** steps in to lend some much-needed support. Infused with the powerful properties of **Wild Orange, Clove, Cinnamon Bark, Eucalyptus, and Rosemary** essential oils, the Protective Blend promotes a clean home environment and supports healthy immune function when used internally.\*

Diffuse dōTERRA On Guard in your home to refresh the air or apply it to the bottoms of the feet daily. Should anyone start developing a dry or irritated throat, take **dōTERRA On Guard Protecting Throat Drops** to soothe and support the immune system.



### dōTERRA Breathe: Clearing the Way

The cold weather can often bring seasonal threats. **dōTERRA Breathe®** is the perfect companion! The Respiratory Blend includes **Laurel Leaf, Peppermint, Eucalyptus, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara** essential oils, providing a crisp and refreshing aroma and supporting feelings of clear airways and easy breathing.

Use dōTERRA Breathe in a diffuser, inhale it directly from the palms, or apply it topically to your chest. Be sure to keep it (and **dōTERRA Breathe Respiratory Drops**) handy for those brisk winter mornings or when you want to minimize effects of seasonal threats.

\* 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.





### Frankincense: The King of Oils

**Frankincense** is a powerhouse for overall wellness. This versatile essential oil is perfect for fall and winter thanks to its grounding aroma and soothing properties, no matter how it's used.\* Amid the seasonal hustle and bustle, it's good to stay grounded, and Frankincense is here to help.

Use Frankincense to promote an environment of peace and relaxation—perfect for those evenings wrapped in a blanket. Its skin-rejuvenating benefits also make it ideal for combating the dry, harsh effects of winter weather on your skin. Add a few drops to your moisturizer or a hot bath and let the comforting aroma envelop you.



### Harvest Spice: The Scent of the Season

Nothing captures the essence of fall quite like **Harvest Spice**®. Each breath of it reminds you of the warming comfort of the season. The Gathering Blend provides **Cassia, Clove, Nutmeg, Eucalyptus, Cinnamon Bark,** and **Cedarwood** essential oils to evoke the familiar and comforting scents of autumn.

Diffuse Harvest Spice to create a welcoming atmosphere in your home or add a few drops to your potpourri for an extra touch of seasonal charm. It's the perfect blend to enhance your festive gatherings and snuggly nights indoors.



### Northern Escape: Bottled Wilderness

For those who love the crisp, invigorating scents of the great forests, **Northern Escape**® is a must-have product. The Woodland Blend (containing **Black Spruce, Siberian Fir, Balsam Fir, Lavandin, Cedarwood, Cypress, Hinoki,** and **Frankincense** essential oils) brings the refreshing, woodsy aroma of a winter forest into your home.

Diffuse Northern Escape to create a tranquil and grounding environment that's ideal for unwinding after a long day, transporting you to a peaceful haven. It's also great for bringing a touch of nature indoors, especially when the weather outside is frightful!





## Peppermint: Cooling and Invigorating

**Peppermint** essential oil is a staple for every season, but its cooling and invigorating topical properties are particularly noteworthy during the colder seasons.

Use Peppermint to feel inspired and refreshed if you start feeling stuck indoors, especially during those darker, shorter days. Peppermint also pairs wonderfully with other essential oils in your diffuser to create a customized festive atmosphere. It can promote healthy respiratory function and clear breathing when used internally.\* And when you need something new, try adding a couple drops to your morning tea or hot chocolate for a refreshing twist.



## dōTERRA Serenity: Peaceful Nightly Ritual

As the days grow shorter, getting a good night's rest becomes even more crucial. **dōTERRA Serenity®** combines **Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Bean,** and **'Iliahi (Hawaiian Sandalwood)** essential oils to create a calming, relaxing environment that's perfect for a long winter's nap. The Restful Blend is your ideal companion on your path to sweet dreams.

Diffuse dōTERRA Serenity in a bedroom before going to sleep or add a few drops to a pillow to promote restful atmosphere. Its calming aroma will help as you unwind and enjoy peaceful slumber, preparing you for whatever the next day brings.





## Tips for Maximizing Your Essential Oils

- Experiment with combining your favorite essential oils to create unique seasonal blends. For example, mix Harvest Spice® with Northern Escape® for a cozy yet woodsy aroma.
- Add essential oils to your skincare routine. A few drops of Frankincense in your moisturizer can do wonders for winterized skin.
- Use a diffuser to fill your home with all sorts of enjoyable scents. Changing the aroma in a room can instantly shift the mood and create a welcoming environment for family and guests.
- Include essential oils in your DIY projects, such as making scented candles, soaps, or holiday decorations. For a couple ideas, check out "DIY Delights" on page 26.
- Incorporate products like dōTERRA On Guard® into your daily routine to support your immune system when used internally.\* A proactive approach can keep you feeling your best all season.
- Take time each day to enjoy the simple pleasures of life. Whether it's a few minutes of meditation with Frankincense or a cozy evening with a cup of Peppermint-infused tea, these small moments can make a big difference.

As you transition from the vibrant energy of summer to the serene beauty of fall and winter, let these dōTERRA essential oils enhance your space and days. Each drop is a step toward wellness and comfort during these joyous seasons. Embrace the changes, cherish the moments, and fill your home with natural aromas that'll define your fall and winter.

\* 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.







# Meet Frankincense

## Boswellic Acid Complex

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dōTERRA Convention 2024 | Reclaim unveiled **Frankincense Boswellic Acid Complex**. This groundbreaking supplement encapsulates (literally) the essence of Frankincense in a new liquid microbead capsule, which contains CPTG Certified Pure Tested Grade® **Frankincense** essential oil and *Boswellia frankincense* resin.





Known as the “king of oils,” dōTERRA Frankincense is a blend of hydrodistilled resins from four species of *Boswellia* trees. The king is back—with a new look and features—and ready to help you transform your day for the better!

### Key Ingredients

- Frankincense essential oil from *Boswellia sacra* (65 milligrams per serving)
- 60% concentration of AKBA (acetyl-11-keto- $\beta$ -boswellic acid) from *Boswellia* resin

### Key Benefits

Frankincense Boswellic Acid Complex makes it easy to enjoy the internal benefits of Frankincense essential oil and other natural ingredients, including:

- Supporting healthy cellular function.
- Supporting healthy inflammatory response.
- Providing antioxidant support and protection.

### Directions for Use

Take one microbead capsule daily with food to ensure your body efficiently absorbs the nutrients and essential oil. Each bottle comes with 30 capsules.

Frankincense Boswellic Acid Complex pairs well with **Frankincense Stick + Naio Wood**.

### Cautions

Make sure to keep this product out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician before use. Store the bottle in a cool, dark place after opening.

### Why Frankincense Boswellic Acid Complex

Frankincense Boswellic Acid Complex stands out in the crowded wellness market because of its unique formula and delivery system. Its combination of natural ingredients in microbead capsules ensures maximum potency and offers a convenient way to easily incorporate the benefits of Frankincense—one of the most incredible and desired essential oils—into your daily routine.

The complex provides a multitude of health benefits. Using it every day can help support a healthy inflammatory response and healthy cell cycling.

With Frankincense Boswellic Acid Complex, you have a powerful ally on your journey toward optimal health.\* You have a vision for your life where you can embrace each day with renewed vigor, and this supplement can help you on your way.

\* 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.



# Tranquility amid the Hustle

## December

Winter has truly set in. You want to experience and savor that fresh, crisp scent of the outdoors, but indoors! This diffuser blend brings the invigorating aroma of a snowy forest into your home. It's absolutely perfect for December and the holiday season, creating rejuvenation and a greater sense of tranquility amid the hustle and bustle.

### Winter Forest

◆◆◆◆ Douglas Fir

◆◆ Cypress

◆◆ Cedarwood











# Living Kitchen: Delicious Drink Recipes

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As the temperatures begin to drop and the days grow shorter, a hot, comforting drink is just what you need to bring a sense of coziness and festivity to your home.

Seasonal drinks warm the body and uplift the spirit, making them superb for get-togethers with loved ones or for quiet moments wrapped up in blankets by a frosty window.

Including essential oils in seasonal drink recipes both elevates the flavors and adds unique benefits, turning each sip into a sensational experience. Let's dive into deliciousness with four drinks that are sure to be smash hits at any party and make your season brighter (and much more flavorful).

See individual labels for ingredients, cautions, and instruction for use.





## Wassail

Wassail, a traditional hot cider, is synonymous with comfort and celebration. This recipe has a modern twist, incorporating **Cinnamon Bark**, **Lemon**, **Wild Orange**, and **Clove** essential oils. It enhances the classic flavors with a touch of dōTERRA.

Cinnamon Bark offers a spicy, sweet aroma that's perfect for creating a cozy atmosphere, while Wild Orange adds a sweet, citrusy note to brighten spirits. Lemon provides refreshing zest, and Clove adds a rich, warm spice flavor. This drink not only tastes wonderful, but it also fills your home with a festive aroma that welcomes the season and anyone who steps through your door.

### Ingredients:

- 1 quart cranberry juice
- ½ quart apple juice
- ½ quart orange juice
- 2 drops Cinnamon Bark essential oil
- 2 drops Lemon essential oil
- 2 drops Wild Orange essential oil
- 1 drop Clove essential oil
- 2 teaspoons ground nutmeg
- 1 orange, sliced
- 1 lemon, sliced
- ½ cup honey
- 8 cinnamon sticks, for garnish
- 1 cup fresh cranberries, for garnish

### Instructions:

1. Combine all the ingredients except the cinnamon sticks and fresh cranberries in a stockpot over medium-high heat.
2. Bring to a gentle simmer. Let simmer for at least 1 hour so the flavors mingle.
3. Taste and add more essential oils and honey, if desired.
4. Serve hot. (Can be stored in your refrigerator for up to 5 days.)



There's so much more to taste and enjoy, naturally! Explore other recipes on our blog.



## Warm Pumpkin Spice

Pumpkin spice is a quintessential fall flavor that evokes memories of crisp leaves and cozy sweaters. This warm pumpkin spice drink—enhanced with **Madagascar Vanilla** and **Cinnamon Bark** essential oils—offers a comforting blend of spice and creamy sweetness.

Madagascar Vanilla creates a rich, smooth flavor that perfectly complements the spices, while Cinnamon Bark brings an extra layer of warmth and sweetness. This drink is what you'll be whipping up when relaxing on a chilly evening or celebrating with family or friends.

### Ingredients:

1 cup milk (dairy or nondairy)  
¼ cup pumpkin purée  
1 tablespoon sweetener  
½ teaspoon pumpkin pie spice  
1 drop Madagascar Vanilla essential oil  
1 drop Cinnamon Bark essential oil  
*Optional:* whipped cream  
*Optional:* ground cinnamon

### Instructions:

1. Warm the milk, then mix all the ingredients together.
2. Pour into mugs and top with a sprinkle of ground cinnamon and whipped cream, if desired.



These recipes bring cozy warmth and vibrant flavor to your home, and they harness the power of dōTERRA essential oils to enhance your day-to-day life. Enjoy creating and sharing these delightful drinks with your loved ones as you bask in the simple joys of home.

See individual labels for ingredients, cautions, and instruction for use.



## Cranberry Citrus Mocktail

For those looking for a refreshing and jovial nonalcoholic drink, here's a vibrant choice! This mocktail combines the tartness of cranberry with the bright flavors of citrus, magnified by **Wild Orange** and **Lime** essential oils.

Wild Orange has that familiar sweet, tangy flavor, which pairs beautifully with the tart cranberry. Then Lime adds a zesty, invigorating twist. This mocktail is absolutely tasty and visually appealing, making it an ideal addition to holiday parties. And it's an easy way for the whole family to enjoy a festive drink.

### Ingredients:

Cranberry juice  
Sparkling water or lemon-lime soda  
2 drops Lime essential oil  
1 drop Wild Orange essential oil  
Cranberries and limes, for garnish

### Instructions:

1. Add ice to a glass. Fill the glass halfway with the sparkling water or lemon-lime soda.
2. Fill the other half of the glass with cranberry juice.
3. Stir in the Wild Orange and Lime essential oils. Add sliced limes and cranberries for garnish.

## Golden Milk

Golden milk, a traditional Ayurvedic drink, is renowned for its soothing properties and potential benefits. This recipe adds **Turmeric**, **Cinnamon Bark**, and **Ginger** essential oils to create a snug, nourishing beverage.

Turmeric provides a robust, earthy flavor. Cinnamon Bark adds a sweet, warming spiciness, while Ginger contributes a hint of heat and fragrant flavor. This golden milk is perfect for winding down after a long day, offering comfort with each cup. Enjoy the drink as a nightly relaxing ritual during the colder months.

### Ingredients:

2 cups coconut milk  
¾ teaspoon turmeric powder  
1 cinnamon stick  
¼ teaspoon ground ginger  
1 tablespoon honey  
1 tablespoon coconut oil  
1 teaspoon vanilla  
1 drop Turmeric essential oil  
1 drop Cinnamon Bark essential oil  
1 drop Ginger essential oil  
Pinch of nutmeg  
Sprinkle of cinnamon

### Instructions:

1. In a small saucepan, warm the milk over medium heat, whisking constantly until hot but not boiling.
2. Add all the ingredients except the pinch of cinnamon. Let simmer for 10 minutes.
3. Whisk or froth. Adjust the amount of honey, if needed.
4. Pour into mugs and garnish with a sprinkle of cinnamon, if desired.



“Nature does not hurry, yet  
everything is accomplished.”

Lao Tzu









# Dream Big in the New Year

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## January

The start of a new year is a time for setting intentions and dreaming big. This diffuser blend is designed to inspire and uplift. The refreshing essentials oils work together to create an ideal space for focusing on goals and aspirations. Kickstart the year with positive and determined mindsets.

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### Big Dreams

🍊🍊 Grapefruit

🍋🍋 Bergamot

💧💧 Peppermint











# Beauty | Seasonal Skincare Transition

As the warmth of summer fades into the crisp air of fall and chill of winter, your skin begins to feel the subtle yet real effects of the shifting seasons. The sun-kissed glow starts to dull, replaced by a dryness that feels tight—less nourished and vibrant. The wind bites a little harder, and the air feels a little harsher.

This transition can leave your skin feeling parched and rough. It needs extra attention and care for you to feel your best. That care is easily within reach when you have key dōTERRA essential oils and products to help your skin (and by extension yourself) thrive through the change in seasons.









## Embracing Seasonal Changes

Summer turning into fall and winter is a time of transformation, for nature and for your skin. The lower humidity and cooler temperatures strip away the moisture, leading to dryness, flakiness, and lackluster complexion.

Now is the perfect moment to reassess your skincare routine and introduce products that can help refresh and maintain your natural beauty!

As you prepare your skin for the cooler months, you should look at the whole picture. Your routine needs to be comprehensive, addressing the changing needs of your skin brought on by the suddenly different weather and climate.

## Cleanse and Purify

Every skincare routine needs a gentle cleanse. The seasonal shift into fall and winter can mean more sensitive skin. Combining a cleanser with **Tea Tree** essential oil can help purify your skin, keeping it clear and fresh despite the environmental challenges.

Tea Tree gently removes impurities and excess oils without stripping your skin of its essential moisture. Plus, it has an incredibly grounding scent and can help your nails, purifying and keeping them looking healthy. Imagine starting your day free from the residue from yesterday and ready to take on whatever comes your way.

## Hydrate and Soothe

Hydration is key as the weather cools. Your skin's natural barrier can weaken in the colder months, leading to increased dryness and irritation.

**Lavender** essential oil is renowned for its soothing and calming topical properties. Mixing a few drops with your moisturizer can help calm irritated skin. The delicate scent will soothe your senses as it nurtures your skin.

For an added layer of hydration, **Rose Touch** is perfect for nurturing dry and sensitive skin. Its hydrating and rejuvenating properties help to lock in moisture, giving your skin what it craves during the fall and winter months and leaving you feeling soft and supple. Applying Rose Touch is like giving your skin a gentle hug, wrapping it in a cocoon of hydration.



### Targeted Care

As the air grows colder, specific areas of your skin may need extra attention. Dry patches, blemishes, and other skin imperfections can become more pronounced. **HD Clear®**, a blend designed for troubled skin, is ideal for supporting a clear complexion. Apply it to problem areas to help balance and soothe your skin. The natural ingredients work together to keep your skin looking its best, even in the harshest conditions.

You can also make **Helichrysum** essential oil part of your routine. The name *helichrysum* is derived from the Greek words *helios*, meaning "sun," and *chrysos*, meaning "gold," which reference the plant's flower. And a common nickname for both the plant and the essential oil is "the immortal flower."

Known for its topical restorative properties, Helichrysum can improve your skin's appearance and reduce the appearance of wrinkles, promoting a youthful glow. It's just what you need as you make the transition from summer into fall and winter.

### Refresh and Invigorate

Being cooped up inside can make you feel stagnant and stale. **Douglas Fir** essential oil offers a refreshing and invigorating experience. Its natural cleansing properties make it a great addition to a facial steam, opening up your pores and deeply cleansing your skin.

The refreshing aroma also provides a grounding effect, creating a space for you to feel balanced and revitalized. So you benefit your skin and your surroundings, gifting yourself a moment of relaxation and clarity.



## 5 Extra Seasonal Skincare Tips

**Stay Hydrated**—Amid the festive holiday beverages, drinking plenty of water is essential for keeping your skin hydrated from the inside out. Aim to drink at least eight glasses a day (or 72 ounces) to maintain optimal bodily function and skin moisture.

**Eat a Balanced Diet**—Foods rich in vitamins A, C, and E and omega-3 fatty acids (or supplements like **EO Mega**®+) can greatly help when it comes to nourishing your skin. Incorporating lots of fruits, vegetables, nuts, and fish into your diet can support your skin and your overall health, though dietary needs can limit selections.

**Gently Exfoliate**—Regular exfoliation helps remove dead skin cells, allowing your skin to absorb moisturizers more effectively. Use a

gentle exfoliant—like **dōTERRA spa Exfoliating Body Scrub** or **dōTERRA Essential Skin Care Invigorating Scrub**—once or twice a week to keep your skin smooth and looking radiant.

**Use a Humidifier**—Indoor heating can dry out the air, which in turn dries out your skin. Using a humidifier in your home can help with ideal moisture levels in the air. Luckily, there's the **Dawn® Aroma Humidifier** that can humidify and diffuse essential oils fit for the seasons and festivities, like those suggested in the "Top 7 Products for Fall and Winter" (page 42).

**Protect Your Skin**—Don't forget to protect your skin from the elements. Wear gloves and scarves to shield your skin from the cold wind and use a natural broad-spectrum sunscreen like the products in the **dōTERRA sun** line to protect against UV rays, even on cloudy days.

## Embrace Your Natural Beauty

It's easy to forget that your skin is the largest part of you. It lives, breathes, and deserves to be treated with loving care. You can make the most of the shifting seasons and bask in their natural beauty and your own with dōTERRA essential oils.

The best part is you've probably got these products on hand! They're so simple to bring into any established habits and routines. So as the seasons begin to change, start using these purifying, soothing, and invigorating essentials today and let your skin reflect the beauty and vitality within you.









# Meet Frankincense

## Stick + Naio Wood

Elevate your skincare routine with **Frankincense Stick + Naio Wood**, released at the dōTERRA Convention 2024 | Reclaim. Combining the powerful benefits of **Frankincense** and **Naio Wood** essential oils with  $\alpha$ -bisabolol, this stick works to restore and soothe your skin, as well as reduce the appearance of imperfections.

It glides on smoothly and rapidly absorbs into the skin without a greasy feeling afterward.

### Key Ingredients

- Frankincense essential oil
- Naio Wood essential oil
- $\alpha$ -bisabolol

### Key Benefits

Frankincense Stick + Naio Wood provides a range of benefits:

- Promotes healthy-looking skin.
- Provides optimized levels of  $\alpha$ -bisabolol to support restorative benefits.
- Provides a soothing and comforting aroma when applied topically.
- Applies smoothly without a greasy feeling in an easy-to-use stick.
- Delivers a noncomedogenic formula that's safe for sensitive skin and free from parabens, phthalates, and synthetic fragrances.

### Directions for Use

Just apply Frankincense Stick + Naio Wood topically to areas of concern to help reduce the appearance of skin imperfections.

Frankincense Stick + Naio Wood pairs well with **Frankincense Boswellic Acid Complex**.

### Cautions

Remember to avoid contact with your eyes, inner ears, and sensitive areas. This product is intended for external use only and isn't intended for children under one year old. If irritation occurs, discontinue use. If you're pregnant, nursing, or under a doctor's care, consult your physician before use.

### Why Frankincense Stick + Naio Wood

Frankincense Stick + Naio Wood brings you a unique blend of natural ingredients (including a limited-release essential oil) and the convenience of its application. Unlike typical creams or oils, this stick allows for precise application without the mess, making it perfect for easy, on-the-go use. Naio Wood essential oil and  $\alpha$ -bisabolol help deliver restorative topical benefits and promote the look of renewed, revived skin.

Frankincense Stick + Naio Wood is a step toward happier, more resilient skin. It's free of parabens, phthalates, and synthetic fragrances, meaning you can address any skin concerns with the confidence that comes from using an effective natural solution.







dōTERRA®

# Wins 2023

The dōTERRA mission is to help the world heal with our thoughtful, forward-thinking approach to sourcing high-quality essential oils—it's the core of our pursuit of purity.

As we continue to grow and evolve, we're excited to share some of the awards and efforts that highlight our dedication to environmental stewardship, corporate social responsibility, and product excellence. Those who choose to be part of dōTERRA share in these accolades and can take pride in knowing dōTERRA as a company and our products are well renowned and well received.


## SEAL Environmental Initiative Award

The SEAL Awards honor real, measurable progress in sustainability, environmental achievement, and leadership, building toward a lasting, healthy planet.

dōTERRA received the acclaimed SEAL Environmental Initiative Award in 2023. This award is focused on specific environmental and sustainability efforts. The initiative we were recognized for was producing the first-ever 100% pure Birch essential oil.

Sourcing unadulterated Birch oil is difficult, so historically it's only been available in small amounts, if at all. After diligently searching for





years, dōTERRA partnered with a Pennsylvanian family to sustainably produce pure Birch essential oil. This family even kept generational records of their expertise, making it possible to offer Birch permanently, not just as a limited-time product!

### **The Green Apple Environment Award**

One of the top natural award campaigns, the Green Apple Environment Awards recognize and promote environmental best practices worldwide.

dōTERRA was named the US gold winner of the prestigious Green Apple Environment Award in the environmental improvement sector. This recognition highlights our sustainability efforts through comprehensive environmental initiatives.

Key projects from 2023 were centered around minimizing environmental impact and promoting eco-friendly practices across our operations. From reducing waste and emissions to refining sustainable sourcing practices, dōTERRA is leading the way in environmental stewardship within the direct selling industry.



## More dōTERRA Accolades

- Best of State® Awards: Essential Oils/Botanicals
- Inspire in Utah: 100 Companies Championing Women
- Utah Valley Chamber of Commerce: Business of the Month
- InHerSight: Best Places for Women to Work
- Globee® Business Awards: Company of the Year, Executive of the Year, and Business Philanthropist of the Year
- International Brilliant Awards: Brilliance in Environmental & Corporate Sustainability
- Marie Claire Sustainability Awards: Beauty, Health, and Wellness
- Stevie® Awards: Achievement in Sustainability and Achievement in Women-Related Corporate Social Responsibility

## Communitas Awards

The Communitas Awards honor excellence in corporate social responsibility and ethical environmental responsibility.

dōTERRA large-scale reforestation efforts at the Kealahou Mountain Reserve (KMR) in Hawai'i earned the Communitas Award for excellence in corporate social responsibility. This award highlights a dedication to giving back to the community and making a positive impact on the environment.

Through dōTERRA Healing Hands® and Cō-Impact Sourcing® initiatives, we've championed many projects that promote social and environmental well-being. The success of KMR is a testament to our collaborative efforts with local communities and our dedication to preserving the natural beauty and ecological balance of the region.

## Product Awards

dōTERRA is always focused on developing and delivering excellent products. Our products have been recognized with prestigious awards, underscoring their quality and innovative nature.



*Planting of Hawaiian Sandalwood*



## Here are just some of the awards from 2023:

### World Plant-Based Innovation Awards

- Health Innovation: **MetaPWR Advantage®**

### Global Beauty and Wellness Awards

- Finalist for Most Innovative Suncare  
Product: **dōTERRA sun Mineral Sunscreen Daily Moisturizer**

### Global Green Beauty Awards

- Highly Recommended as Best Collagen Supplement: **MetaPWR Advantage**

### USA Global Makeup Awards

- Gold Winner of Best Hand Sanitizer: **dōTERRA On Guard® Hand Sanitizing Mist**
- Gold Winner of Best Bath/Shower Product: **dōTERRA Serenity® Bath Bar**
- Gold Winner of Best Shampoo/Conditioner: **dōTERRA hair Shampoo Strengthening Bar**
- Silver Winner of Best Shampoo/Conditioner: **dōTERRA hair Conditioner Strengthening Bar**
- Silver Winner of Best Cleanser: **Veráge® Cleanser**
- Silver Winner of Best Eye Product and Best Moisturizer: **Anti-Aging Eye Cream**
- Bronze Winner of Best Moisturizer: **dōTERRA sun Mineral Sunscreen Daily Moisturizer**
- Bronze Winner of Best Toner: **Veráge Toner**

### A Continued Commitment

These awards are a handful of the recognitions dōTERRA has received, even in just the last couple years. We're immensely proud of these achievements and grateful to all those who have joined us on this life-changing journey to help the world heal.

And we certainly aren't done yet. We're committed to continuing to make a lasting positive impact on the world and bring high-quality, award-winning essential oils to millions more homes and families.



# THE Month of Love

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## February

February is the month of love. It calls for a comforting and soothing aroma. This diffuser blend is just what you're looking for, creating a warm and inviting atmosphere that's perfect for evenings in with loved ones. Whip up this blend to set the stage for relaxation and emotional connection!

---

### Loving Cupid

🔥 Cinnamon Bark

💧 Ylang Ylang

🌿 Sandalwood







“The best way to find yourself is to  
lose yourself in the service of others.”

Mahatma Gandhi











dōTERRA<sup>®</sup>

Product Guide | *Fall/Winter 2024*



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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 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.

## Shinrin-Yoku® Forest Bathing Blend

95





## 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 Cō-Impact Sourcing® model.

dōTERRA® essential oils are intentionally sourced to create positive change for the people and communities we work with to produce it.

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.\*
- Helps maintain healthy skin when applied topically.

A T I N

A T N



**30070001**  
15 mL | 74 PV  
\$105.33 rtl  
\$79.00 whl

**60200224**  
10 mL roll-on | 52 PV  
\$69.33 rtl  
\$52.00 whl

Co-Impact Sourced Oil:

- Social Impact
- Environmental Stewardship
- Sourcing Country

In addition to the regions noted, many oils are additionally sourced from various regions of the world.





## 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

**60214220**

3.3 fl oz/100 mL | 0 PV

\$26.67 rtl

\$20.00 whl



### dōTERRA Hope® Touch

#### 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. \$10 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



**60222109**

10 mL roll-on | 25 PV

\$33.33 rtl

\$25.00 whl

### Tax-Deductible Cash Donation

<b>2001</b>	\$1.00
<b>2002</b>	\$5.00
<b>2003</b>	\$10.00

<b>2004</b>	\$25.00
<b>2005</b>	\$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 389 S 1300 W, Pleasant Grove UT 84062, or by calling (801) 437-7918. Documents and information submitted under the Maryland Solicitations Act are also available, for the cost of postage and copies, from the Maryland Secretary of State, State House, Annapolis MD 21401, (410) 974-5534.

Michigan: Registration # 55179

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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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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®

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## 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 support 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.

**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)

## 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.



# 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. See individual labels for ingredients, cautions, and instruction for use.



## Introductory Kit Top Seller

**5 mL bottles:** Lavender, Lemon, Peppermints

**60202952**  
26 PV  
\$41.33 rtl  
\$26.00 whl

## Beginner's Trio Kit

**15 mL bottles:** Lavender, Lemon, Peppermint

**3214**  
50 PV  
\$72.00 rtl  
\$54.00 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.



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**Other Products:** dōTERRA TerraZyme™, VMG+™, EO Mega®+, Deep Blue® Rub, dōTERRA PB Restore®

**60223395**  
165 PV  
\$260.00 rtl  
\$195.00 whl



**60221657**  
245 PV  
\$373.33 rtl  
\$280.00 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

125 PV | \$220.00 rtl | \$165.00 whl



## Natural Solutions Kit (VMG+™ and EO Mega®+)

**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:** VMG+™, EO Mega+®, Fractionated Coconut Oil, dōTERRA PB Restore®, dōTERRA On Guard® Toothpaste, dōTERRA On Guard+™ Softgels, dōTERRA On Guard® Sanitizing Mist, dōTERRA Breathe Vapor Stick, Deep Blue® Stick, dōTERRA TerraZyme™, Correct-X®, Wooden Box, Laluz. Diffuser

375 PV  
\$640.00 rtl  
\$480.00 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.

- May be beneficial to the skin
- Powerful cleansing agent
- Warm, earthy aroma



49360001  
5 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl



## Basil

Essential Oil  
*Ocimum basilicum*

Valued for its beneficial effects, Basil is also commonly used for its calming aroma.

- May provide soothing comfort when used as part of a massage
- Aromatic use helps create a calm and relaxed environment
- Provides added cleansing power to surface cleaners



30010001  
15 mL | 33 PV  
\$44.00 rtl  
\$33.00 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 | 43 PV  
\$57.33 rtl  
\$43.00 whl



## Birch

Essential Oil  
*Betula lenta*

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

- Delivers a stimulating, refreshing aroma
- Provides a soothing massage



60222580  
5 mL | 45 PV  
\$78.67 rtl  
\$59.00 whl



## Black Pepper

Essential Oil  
*Piper nigrum*

Best known as a cooking spice that enhances the flavor of foods, 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 | 23 PV  
\$30.67 rtl  
\$23.00 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 | 21 PV  
\$28.00 rtl  
\$21.00 whl



## Blue Lotus

Touch Blend

A precious extract that's been widely celebrated throughout history in Egyptian culture, art, and ceremonies.

- Provides a relaxing, floral aroma
- Serves as a natural skin moisturizer
- Promotes a healthy-looking, radiant complexion



60219175  
10 mL roll-on | 60 PV  
\$88.00 rtl  
\$66.00 whl



## Blue Tansy

Essential Oil  
*Tagetes 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 | 81 PV  
\$114.67 rtl  
\$86.00 whl



## Cardamom

Essential Oil  
*Elettaria cardamomum*

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

- Helps ease indigestion and maintain overall gastrointestinal health when ingested\*
- Provides sweet and spicy aroma



49350001  
5 mL | 31 PV  
\$41.33 rtl  
\$31.00 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\*

A T I D

**60213537**  
15 mL | 23 PV  
\$30.67 rtl  
\$23.00 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

A T S

**49300001**  
15 mL | 16 PV  
\$21.33 rtl  
\$16.00 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\*

A T I S

**60209677**  
15 mL | 38 PV  
\$50.67 rtl  
\$38.00 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\*

A T I N

**41850001**  
15 mL | 27 PV  
\$36.00 rtl  
\$27.00 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

A T I D



**30030001**  
5 mL | 35 PV  
\$46.67 rtl  
\$35.00 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

A T S

**60209676**  
15 mL | 21 PV  
\$28.00 rtl  
\$21.00 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

A T I N

**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

A T I D



**30040001**  
15 mL | 22 PV  
\$29.33 rtl  
\$22.00 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\*

A T I S

A T N



**60202178**  
15 mL | 39 PV  
\$52.00 rtl  
\$39.00 whl

**60219176**  
10 mL roll-on | 27 PV  
\$36.00 rtl  
\$27.00 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

A T I N

**30780001**  
15 mL | 26 PV  
\$34.67 rtl  
\$26.00 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

A T N



**60206972**  
15 mL | 19 PV  
\$25.33 rtl  
\$19.00 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

A T N

**31590001**  
5 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl





## Eucalyptus

### Essential Oil

*Radiata, polybractea, kochii, loxophleba, and globulus*

Combines unique species of Eucalyptus in one powerful blend. 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 | 23 PV  
\$30.67 rtl  
\$23.00 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



**30090001**

15 mL | 50 PV  
\$66.67 rtl  
\$50.00 whl



## Green Mandarin

### Essential Oil

*Citrus nobilis*

Pressed from the unripe fruit of the mandarin tree, known for supporting healthy digestive and immune systems when taken internally, based on preclinical research and due to its primary constituent limonene.\*

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



**60205794**

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



## Iliahi (Hawaiian Sandalwood)

### Essential Oil

*Santalum paniculatum*

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

- Helps promote the appearance of healthy-looking skin
- Creates an uplifting, positive environment



**41860001**

5 mL | 65 PV  
\$100.00 rtl  
\$75.00 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



**41290001**

15 mL | 18 PV  
\$24.00 rtl  
\$18.00 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\*
- Soothing aroma ranging from fruity to earthy



**60215119**

15 mL | 52 PV  
\$69.33 rtl  
\$52.00 whl



## Guaiacwood

### 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



**60217711**

15 mL | 20 PV  
\$26.67 rtl  
\$20.00 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.\*
- Helps maintain healthy skin when applied topically.



**30070001**

15 mL | 74 PV  
\$105.33 rtl  
\$79.00 whl



**60200224**

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



## Grapefruit

### Essential Oil

*Citrus x paradisi*

Creating an uplifting environment, Grapefruit is renowned for its cleansing effects.

- Soothing to the skin
- Internal use may support healthy metabolism due to high level of limonene, based on preclinical research\*
- Creates an uplifting environment



**30100001**

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



**30410001**

5 mL | 73 PV  
\$109.33 rtl  
\$82.00 whl



**60207012**

10 mL roll-on | 52 PV  
\$76.00 rtl  
\$57.00 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



**60201812**

10 mL roll-on | 47 PV  
\$62.67 rtl  
\$47.00 whl



## Jasmine

### 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



**60217357**

2.5 mL | 100 PV  
\$200.00 rtl  
\$150.00 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.

CPTG Certified Pure Tested Grade®





## 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.\*

- Calming, grounding aroma
- May benefit and soothe skin
- May have antioxidant properties when ingested, according to preclinical studies\*



**49290001**  
5 mL | 23 PV  
\$30.67 rtl  
\$23.00 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\*



**30110001**  
15 mL | 29 PV  
\$38.67 rtl  
\$29.00 whl



**60200225**  
10 mL roll-on | 21 PV  
\$28.00 rtl  
\$21.00 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



**30120001**  
15 mL | 15.5 PV  
\$20.67 rtl  
\$15.50 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 to the air
- Uplifting and invigorating aroma
- Cleansing to surfaces and skin



**60209674**  
15 mL | 16 PV  
\$21.33 rtl  
\$16.00 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
- Supports a healthy digestive system when ingested\*



**30130001**  
15 mL | 15 PV  
\$20.00 rtl  
\$15.00 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



**30870001**  
15 mL | 17 PV  
\$22.67 rtl  
\$17.00 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



**60218012**  
5 mL | 40 PV  
\$53.33 rtl  
\$40.00 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



**60205420**  
10 mL roll-on | 30 PV  
\$40.00 rtl  
\$30.00 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
- Use in place of dried herbs while cooking
- Apply to muscles before and after exercise



**30140001**  
15 mL | 24 PV  
\$32.00 rtl  
\$24.00 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 when ingested\*
- Encourages a relaxing atmosphere



**30850001**  
5 mL | 86 PV  
\$128.00 rtl  
\$96.00 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



**30160001**  
15 mL | 62 PV  
\$98.67 rtl  
\$74.00 whl



**60221439**  
10 mL roll-on | 50 PV  
\$66.67 rtl  
\$50.00 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



**60201817**  
10 mL roll-on | 46 PV  
\$61.33 rtl  
\$46.00 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



**30180001**

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

**60200227**

10 mL roll-on | 19.5 PV  
\$26.00 rtl  
\$19.50 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



**30890001**

15 mL | 33 PV  
\$44.00 rtl  
\$33.00 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



**30190001**

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

**60200228**

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



**60208147**

125 beadlets | 17 PV  
\$22.67 rtl  
\$17.00 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



**49520001**

15 mL | 27 PV  
\$36.00 rtl  
\$27.00 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.\*

- Apply topically to support healthy-looking skin
- Take internally to support a healthy immune response\*



**60207016**

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



**30800001**

5 mL | 52 PV  
\$69.33 rtl  
\$52.00 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



**31000001**

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

**60201813**

10 mL roll-on | 67 PV  
\$96.00 rtl  
\$72.00 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 according to preclinical research\*
- Helpful addition to hair products



**30200001**

15 mL | 22 PV  
\$29.33 rtl  
\$22.00 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



**30210001**

5 mL | 65 PV  
\$120.00 rtl  
\$90.00 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



**60203125**

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



## Spanish Sage

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\*



**60222270**

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

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## 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 | 31 PV  
\$41.33 rtl  
\$31.00 whl



## Tea Tree

Essential Oil  
*Melaleuca alternifolia*

Tea Tree oil is composed of 60 different compounds and has limitless applications.

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

A T N

A T N



**60208340**  
15 mL | 26 PV  
\$34.67 rtl  
\$26.00 whl

**60208343**  
10 mL roll-on | 18.5 PV  
\$24.67 rtl  
\$18.50 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 | 35 PV  
\$46.67 rtl  
\$35.00 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 | 28 PV  
\$37.33 rtl  
\$28.00 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 | 52 PV  
\$72.00 rtl  
\$54.00 whl



## Thyme

Essential Oil  
*Thymus zygis, and vulgaris*

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

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

A T I D

**60222622**  
15 mL | 34 PV  
\$45.33 rtl  
\$34.00 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 | 60 PV  
\$88.00 rtl  
\$66.00 whl

**60221438**  
10 mL roll-on | 42 PV  
\$56.00 rtl  
\$42.00 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 its sweet, tangy aroma.

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

A T I N

**49440001**  
15 mL | 16 PV  
\$21.33 rtl  
\$16.00 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 | 31 PV  
\$41.33 rtl  
\$31.00 whl



## Wild Orange

Essential Oil  
*Citrus sinensis*

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

- Powerful cleanser
- 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 | 13 PV  
\$17.33 rtl  
\$13.00 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 | 104 PV  
\$146.67 rtl  
\$110.00 whl



## Ylang Ylang

Essential Oil  
*Cananga odorata*

Ylang Ylang, while famed for its exquisite fragrance, has a myriad of benefits.

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

A T I N



**30240001**  
15 mL | 44 PV  
\$58.67 rtl  
\$44.00 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.



## 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, geranial, neral, and 1,8-cineole



**60217576**  
15 mL | 26 PV  
\$34.67 rtl  
\$26.00 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



**60209364**  
15 mL | 44 PV  
\$58.67 rtl  
\$44.00 whl



**60209357**  
10 mL roll-on | 27 PV  
\$36.00 rtl  
\$27.00 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



**60215527**  
15 mL | 34 PV  
\$45.33 rtl  
\$34.00 whl



## dōTERRA Align® Centering Blend

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

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



**60203246**  
5 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl



## dōTERRA Anchor® Steadying Blend

Accompany thoughts of calming strength and firm trust in oneself with Anchor 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



**60203245**  
5 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl



## dōTERRA Arise® Enlightening Blend

Enjoy inspiration and courageously rise to your goals with Arise 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



**60203247**  
5 mL | 22 PV  
\$29.33 rtl  
\$22.00 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



**31200001**  
15 mL | 35 PV  
\$46.67 rtl  
\$35.00 whl



## dōTERRA Balance® Grounding Blend

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

- 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



**31010001**  
15 mL | 26 PV  
\$34.67 rtl  
\$26.00 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



**60206618**  
10 mL roll-on | 23 PV  
\$30.67 rtl  
\$23.00 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

A T N

60200190

15 mL | 29 PV

\$38.67 rtl

\$29.00 whl

60200192

10 mL roll-on | 20.5 PV

\$27.33 rtl

\$20.50 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 | 23 PV

\$30.67 rtl

\$23.00 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

A T N

60218863

5 mL | 26 PV

\$34.67 rtl

\$26.00 whl

60218864

10 mL roll-on | 22 PV

\$29.33 rtl

\$22.00 whl



### Citrus Bliss®

#### Invigorating Blend

The harmonious blend of Citrus Bliss combines the powerful benefits of popular citrus essential oils.

- Merges Wild Orange, Lemon, Grapefruit, Bergamot, Red Mandarin, Green Mandarin, Lime, Litsea, Tonka Bean, and Vanilla Absolute
- Uplifting, sweet aroma
- Ideal for freshening the air

A T N

60219370

15 mL | 25 PV

\$33.33 rtl

\$25.00 whl



### Citrus Bloom®

#### Springtime Blend

The perfect essential oil fusion, combining the brightness of citrus peels layered with freshly cut florals.

- Provides a bright, spring-like environment
- Sweet, sparkling aroma enhances personal and work surroundings

A T N

60208812

15 mL | 28.5 PV

\$38.00 rtl

\$28.50 whl



### 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 | 36 PV

\$48.00 rtl

\$36.00 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

A T N

31730001

5 mL | 43 PV

\$57.33 rtl

\$43.00 whl

60200147

10 mL roll-on | 28 PV

\$37.33 rtl

\$28.00 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 | 40 PV

\$53.33 rtl

\$40.00 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 kids' legs before bedtime

T S

60200143

5 mL | 38 PV

\$50.67 rtl

\$38.00 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

A T N

60214361

15 mL | 38 PV

\$50.67 rtl

\$38.00 whl

60214815

10 mL roll-on | 26.5 PV

\$35.33 rtl

\$26.50 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

A T N

31750001

5 mL | 25 PV

\$33.33 rtl

\$25.00 whl

60200148

10 mL roll-on | 17 PV

\$22.67 rtl

\$17.00 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
- Targets breakouts
- Helps keep skin clean, clear, and hydrated

T N

49400001

10 mL roll-on | 24 PV

\$32.00 rtl

\$24.00 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



**60220469**  
10 mL roll-on | 76 PV  
\$109.33 rtl  
\$82.00 whl



## InTune® 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, 'Iliahi (Hawaiian Sandalwood), and Roman Chamomile
- Delightful scent for working or studying



**60220468**  
10 mL roll-on | 42 PV  
\$56.00 rtl  
\$42.00 whl



## 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 promotes mindful eating\*



**60217575**  
15 mL | 30 PV  
\$40.00 rtl  
\$30.00 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



## dōTERRA Motivate® 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



**60218764**  
5 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl



**60218765**  
10 mL roll-on | 19 PV  
\$25.33 rtl  
\$19.00 whl



## Northern Escape® 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



**60221667**  
15 mL | 32.5 PV  
\$43.33 rtl  
\$32.50 whl



## dōTERRA On Guard® 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



**31100001**  
15 mL | 39 PV  
\$52.00 rtl  
\$39.00 whl



**60200142**  
10 mL roll-on | 27 PV  
\$36.00 rtl  
\$27.00 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
- Freshens breath
- Carrageenan free



**60208146**  
125 beadlets | 17 PV  
\$22.67 rtl  
\$17.00 whl



## dōTERRA Passion® Inspiring Blend

The dōTERRA Passion blend combines spice and herbal essential oils such as Cinnamon Bark, Ginger, Cardamom, 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



**60218767**  
5 mL | 43 PV  
\$57.33 rtl  
\$43.00 whl



**60218768**  
10 mL roll-on | 32 PV  
\$42.67 rtl  
\$32.00 whl



## PastTense® 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



**60215812**  
15 mL | 35 PV  
\$46.67 rtl  
\$35.00 whl



## dōTERRA Peace® 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



**31710001**  
5 mL | 35 PV  
\$46.67 rtl  
\$35.00 whl



**60200151**  
10 mL roll-on | 23 PV  
\$30.67 rtl  
\$23.00 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



**31060001**  
15 mL | 26 PV  
\$34.67 rtl  
\$26.00 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.

CPTG Certified Pure Tested Grade®





### Rescuer™ 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 tired legs
- Creates a cooling experience

A T N

**60206635**  
10 mL roll-on | 18 PV  
\$24.00 rtl  
\$18.00 whl



### Steady® 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 | 18 PV  
\$24.00 rtl  
\$18.00 whl



### dōTERRA SuperMint® Beadlets

dōTERRA has captured the potent benefits of dōTERRA 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 clear breathing

I

**60222094**  
125 beadlets | 17 PV  
\$22.67 rtl  
\$17.00 whl



### Thinker® 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 | 19 PV  
\$25.33 rtl  
\$19.00 whl



### dōTERRA Serenity® Restful Blend

dōTERRA Serenity has a calming and relaxing aroma.

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

A T N

**60217983**  
15 mL | 42 PV  
\$56.00 rtl  
\$42.00 whl



### Stronger® Protective Blend

Use Stronger on the back of your neck or bottoms of your feet as 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 | 18 PV  
\$24.00 rtl  
\$18.00 whl



### Tamer® 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 | 18 PV  
\$24.00 rtl  
\$18.00 whl



### Whisper® 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 | 30 PV  
\$40.00 rtl  
\$30.00 whl



### Shinrin-Yoku® Forest Bathing Blend

Formulated with CPTG® essential oils rich in terpenes associated with forest bathing.

- Contributes to an energizing, rejuvenating experience when combined with the creation of a green space in the home.
- Inspired by the health-promoting practice of forest bathing.

A T D

**60225771**  
15 mL | 34 PV  
\$45.33 rtl  
\$34.00 whl

A T N

**60225706**  
10 mL roll-on | 22 PV  
\$29.33 rtl  
\$22.00 whl



### dōTERRA SuperMint® Mentha Blend

Brings together CPTG® Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils.

- Creates an atmosphere that 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

**60221859**  
15 mL | 32 PV  
\$42.67 rtl  
\$32.00 whl

A T N

**60221940**  
10 mL roll-on | 22.5 PV  
\$30.00 rtl  
\$22.50 whl



### TerraShield® 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

**60214386**  
15 mL | 15 PV  
\$20.00 rtl  
\$15.00 whl

A T N

**60214387**  
30 mL spray bottle | 20 PV  
\$29.33 rtl  
\$22.00 whl



### Zendocrine® 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 | 29 PV  
\$38.67 rtl  
\$29.00 whl

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# Accessories



## Empty 5/8 mL Dram Bottles

**32090000**  
12-pack | o PV  
\$6.00 rtl  
\$4.50 whl



## Empty 5 mL Bottles

**60205271**  
6-pack | o PV  
\$5.00 rtl  
\$3.75 whl



## Fractionated Coconut Oil Bottle Pump

**60205197**  
Single | o PV  
\$3.33 rtl  
\$2.50 whl



## Empty 10 mL Roll-On Bottles

**60205272**  
6-pack | o PV  
\$7.33 rtl  
\$5.50 whl



## Orifice Remover

**60205273**  
Single | o PV  
\$5.33 rtl  
\$4.00 whl



## Wooden Box

**32120000**  
Single | o PV  
\$13.33 rtl  
\$10.00 whl



## Empty 30 mL Sprayer Bottles

**60205270**  
3-pack | o PV  
\$5.00 rtl  
\$3.75 whl



## Ultra Fine Continuous Mist Sprayer

**60205589**  
2-pack | o PV  
\$16.00 rtl  
\$12.00 whl



## Pipettes

**60205199**  
50-pack | o PV  
\$3.67 rtl  
\$2.75 whl



## Child Resistant Caps

**60201153**  
10-pack | o PV  
\$7.33 rtl  
\$5.50 whl



## Essential Oil Cap Stickers

<b>Singles</b>	<b>Blends</b>
<b>60226846</b>	<b>60226847</b>
o PV	o PV
\$2.67 rtl	\$2.67 rtl
\$2.00 whl	\$2.00 whl







# dōTERRA® AromaTouch Technique®

When you purchase the AromaTouch Technique Training Kit, you'll have the products you need to perform the AromaTouch Technique—an incredible practice that combines human touch to create 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 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 | 170 PV

\$240.00 rtl

\$180.00 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 | 120 PV

\$160.00 rtl

\$120.00 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 | 125 PV  
\$180.00 rtl  
\$135.00 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 | 115 PV  
\$173.33 rtl  
\$130.00 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 | 56 PV  
\$80.00 rtl  
\$60.00 whl



# Product Lines

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# 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

**31100001**

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

**60200142**

10 mL roll-on | 27 PV  
\$36.00 rtl  
\$27.00 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 | 17 PV  
\$22.67 rtl  
\$17.00 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 according to preclinical data.\*

- Helps support and maintain a healthy immune system\*
- Use to help protect against immune system threats\*

**35420001**

60 vegetarian softgels | 25 PV  
\$38.67 rtl  
\$29.00 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 | 7 PV  
\$16.00 rtl  
\$12.00 whl

**60224844**

10 samples, 2 g | 0 PV  
\$6.67 rtl  
\$5.00 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 | 12 PV  
\$24.00 rtl  
\$18.00 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 | 11 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 | 11 PV  
\$22.67 rtl  
\$17.00 whl

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CPTG Certified Pure Tested Grade®



## dōTERRA On Guard Hand Sanitizing Gel

Perfect for purse, pocket, or backpack, this sanitizer is safe to use for the whole family.

- 99% effective against most common germs<sup>†</sup>
- Plant-derived 70% ethyl alcohol-based
- 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 Sanitizing Hand 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<sup>†</sup>
- 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 | 11 PV  
\$18.67 rtl  
\$14.00 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 to easily refill your dōTERRA On Guard Foaming Hand Wash Dispenser twice.
- Formulated with the unique dōTERRA On Guard Protective Blend
- Non-toxic and environmentally safe

**38010001**

16 fl oz/473 mL | 16 PV  
\$26.67 rtl  
\$20.00 whl

## Twin Pack Refill

**38020001**

2-pack 16 fl oz/473 mL | 30 PV  
\$50.67 rtl  
\$38.00 whl

## dōTERRA On Guard Hand Sanitizing Mist

dōTERRA On Guard Sanitizing Mist is 99.9% effective against most common germs<sup>†</sup> 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

**60214044**

0.9 fl oz/27 mL | 7 PV  
\$12.00 rtl  
\$9.00 whl

**60219991**

5-pack 0.9 fl oz/27 mL | 32 PV  
\$53.33 rtl  
\$40.00 whl

## dōTERRA On Guard Foaming Hand Wash Dispenser

**60217694**

Single | 0 PV  
\$6.67 rtl  
\$5.00 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 | 13 PV  
\$24.00 rtl  
\$18.00 whl

## dōTERRA On Guard Laundry Detergent

New Formula

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.

- Reformulated with increased enzymes for superior stain removal and overall efficacy
- Unique formulation maximizes efficacy and essential oil aroma to keep your clothes fresh and clean
- 64 loads in each bottle; 1 tablespoon = 1 load (using a high-efficiency washer)

**60225531**

32 fl oz/947 mL | 25 PV  
\$48.00 rtl  
\$36.00 whl



<sup>†</sup> 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® abode®

Your home is an ecosystem. Feeling good about the products you bring into it doesn't have to come with compromises. The dōTERRA abode 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, abode delivers efficacy, sustainability, and aesthetic value . . . *naturally*.



## 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, geranial, neral, and 1,8-cineole



**60217576**

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

## abode 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 abode 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  
\$12.33 rtl  
\$9.25 whl

**60219968**

Four 1 fl oz/30 mL | 22 PV  
\$39.33 rtl  
\$29.50 whl

## abode Liquid Dish Soap

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

**60217386**

16 fl oz/473 mL | 8 PV  
\$17.33 rtl  
\$13.00 whl

## abode Dishwasher Pods

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

**60216473**

24 count | 11 PV  
\$21.67 rtl  
\$16.25 whl

## abode Laundry Pods

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

**60216474**

45 count | 15 PV  
\$30.00 rtl  
\$22.50 whl

## abode Hand Lotion 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 | 16 PV  
\$26.00 rtl  
\$19.50 whl

## abode 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 | 16 PV  
\$29.33 rtl  
\$22.00 whl





## dōTERRA abode® Refillable Glass Dispensers & Accessories

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

### dōTERRA abode Surface Spray Dispenser

**60217546**  
10 fl oz/296 mL | o PV  
\$12.67 rtl  
\$9.50 whl

### dōTERRA abode Hand Wash Dispenser

**60217522**  
16 fl oz/473 mL | o PV  
\$12.67 rtl  
\$9.50 whl

### dōTERRA abode Hand Lotion Dispenser

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

### dōTERRA abode Liquid Dish Soap Dispenser

**60219507**  
16 fl oz/473 mL | o PV  
\$11.33 rtl  
\$8.50 whl

### dōTERRA abode Modular Trays

**60218576**  
One set | o PV  
\$21.33 rtl  
\$16.00 whl

### dōTERRA abode Bubble Up

**60218634**  
Single | o PV  
\$16.00 rtl  
\$12.00 whl

### dōTERRA abode Dryer Balls

**60218811**  
4-pack | o PV  
\$13.33 rtl  
\$10.00 whl

### dōTERRA abode Microfiber Cloths

**60218574**  
3-pack | o PV  
\$13.33 rtl  
\$10.00 whl





# 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. A complementary supplement helps 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 to help with occasional soreness and discomfort.\*

- 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 | 42 PV  
\$64.00 rtl  
\$48.00 whl

 Made with SLS-free vegetable capsules

## Deep Blue Rub

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 | 36 PV  
\$51.33 rtl  
\$38.50 whl

## Deep Blue Rub Samples

**60219833**  
10 samples, .068 fl oz/2 mL | 0 PV  
\$7.33 rtl  
\$5.50 whl

## 32-Ounce Bottle

**60216795**  
32 fl oz/946 mL | 180 PV  
\$313.33 rtl  
\$235.00 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 kids' legs before bedtime

**T | S**

**60200143**  
5 mL | 38 PV  
\$50.67 rtl  
\$38.00 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 topical analgesic is powerful, targeted relief in a fast-acting solid.

- Provides maximum OTC strength plant-based menthol (an active ingredient at 10%), 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 | 23 PV  
\$38.00 rtl  
\$28.50 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.

**CPTG** Certified Pure Tested Grade®





## doTERRA 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 | 44 PV

\$58.67 rtl

\$44.00 whl



60209357

10 mL roll-on | 27 PV

\$36.00 rtl

\$27.00 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\*

66025956

30 capsules | 32 PV

\$56.00 rtl

\$42.00 whl

### Adaptiv System

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

660211472

80 PV

\$124.00 rtl

\$93.00 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.



# dōTERRA Breathe®

The remarkable blend of essential oils found in the dōTERRA Breathe Respiratory Blend maintains feelings of clear airways and easy breathing.



## dōTERRA® Breathe

### Vapor Stick

Enjoy the convenience, quick absorption, and smooth application of dōTERRA Breathe Vapor Stick.

- Maintains feelings of clear airways and easy breathing
- Provides a cooling, soothing sensation

**60212479**

0.54 oz/15.5 g | 8 PV  
\$17.33 rtl  
\$13.00 whl

## dōTERRA Breathe Respiratory Drops

A long-trusted essential oil blend, with oils such as Lemon, Peppermint, Eucalyptus, and Cardamom.

- Maintains clear airways and breathing
- Provides a soothing, cooling feeling in your mouth

**35460001**

30 drops | 11 PV  
\$19.33 rtl  
\$14.50 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
- Creates a restful environment
- Helps minimize the effects of seasonal threats

A T S

**60200190**

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

A T N

**60200192**

10 mL roll-on | 20.5 PV  
\$27.33 rtl  
\$20.50 whl

## dōTERRA Breathe Easy Combo

dōTERRA Breathe® Respiratory Blend 15 mL, dōTERRA® Breathe Vapor Stick, Two dōTERRA Breathe Respiratory Drops

**60217860**

45 PV  
\$77.33 rtl  
\$58.00 whl

# dōTERRA Frankincense

Frankincense, revered as the King of Oils, embodies a rich heritage that continues to shape its contemporary uses. It offers soothing properties when applied to the skin and is believed to support overall wellness and healthy cellular function when used internally.\* When diffused, it creates a tranquil environment, promoting a sense of calm and relaxation.



## Frankincense Boswellic Acid Complex

New

Combines Frankincense essential oil and Frankincense resin in a liquid-based microbead capsule. Contains a standardized 60% concentration of AKBA (acetyl-11-keto-β-boswellic acid), a compound extracted from Boswellia resin known to aid a healthy inflammatory response.\*

- Supports joint comfort and mobility\*
- Supports cellular health and renewal, according to preclinical research\*
- Provides antioxidant support and protection\*

**60228949**

30 capsules | 42 PV  
\$64.00 rtl  
\$48.00 whl



Made with SLS-free vegetable capsules

## dōTERRA Frankincense Stick + Naio Wood

New

Infused with CPTG® dōTERRA Frankincense essential oil, this easy-to-use stick includes Naio Wood to help deliver restorative topical benefits and promote the look of renewed and revived skin.

**60228704**

1.06 oz/30 g | 42 PV  
\$64.00 rtl  
\$48.00 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.\*
- Helps maintain healthy skin when applied topically.

A T I N

**30070001**

15 mL | 74 PV  
\$105.33 rtl  
\$79.00 whl

A T N

**60200224**

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



# dōTERRA Serenity®

dōTERRA Serenity Softgels, dōTERRA Serenity Restful Blend, and dōTERRA Serenity Stick + Valerian together provide a natural and safe solution for individuals who need to improve their bedtime routine. Formulated with essential oils known for their calming aromas, combined with smart sleep hygiene habits, this powerful trio 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 | 42 PV

\$56.00 rtl

\$42.00 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\*

60216219

60 vegetarian softgels | 22 PV

\$37.33 rtl

\$28.00 whl

## dōTERRA Serenity Stick + Valerian

- Delivers dōTERRA Serenity Restful Blend and Valerian for a comforting, soothing aroma in a portable stick format.



60225458

1.06 oz/30 g | 12 PV

\$24.67 rtl

\$18.50 whl

## dōTERRA Serenity

### Sleep System

dōTERRA Serenity Restful Blend 15 mL, dōTERRA Serenity Softgels, dōTERRA Serenity Stick + Valerian

60226817

50 PV

\$88.00 rtl

\$66.00 whl

Made with vegetarian softgels

# dōTERRA SuperMint®

The synergistic combination of CPTG® Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils create the powerfully supportive dōTERRA SuperMint product family.



## dōTERRA SuperMint

### Mentha Blend

- Creates an atmosphere that 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



60221859

15 mL | 32 PV

\$42.67 rtl

\$32.00 whl



60221940

10 mL roll-on | 22.5 PV

\$30.00 rtl

\$22.50 whl

## dōTERRA SuperMint

### Toothpaste

- Provides hydroxyapatite to help preserve and rebuild tooth enamel
- Includes hydrated silica and calcium carbonate which are natural polishing agents

60221617

4.2 oz/125 g | 7 PV

\$16.00 rtl

\$12.00 whl

## dōTERRA SuperMint Beadlets

- Freshen the breath
- May contribute to feelings of open airways
- Ease occasional stomach upset\*

60222094

125 beadlets | 17 PV

\$22.67 rtl

\$17.00 whl

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# Supplements & Nutrition

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# Foundational Wellness

Today's modern diet often lacks the essential nutrients required to maintain optimal health, sustain energy levels, and support immune function. Foundational wellness supplements are designed for daily use to ensure your body receives the nutrients it needs, building a strong foundation for lifelong vitality and health.



## VMG+™ Whole-Food Nutrient Complex

VMG+ Whole-Food Nutrient Complex is an advanced, all-in-one daily nutritional, powdered drink designed to optimize foundational wellness and tastes great. It features over 90 high-quality ingredients, including whole-food vitamins and minerals, fruits, vegetables, digestive enzymes, probiotics, essential oils, and other beneficial nutrients.

- Provide highly bioavailable vitamins and minerals to help meet nutritional goals\*
- Supports overall health and wellness\*
- May increase energy levels\*
- Supports multiple systems of the body\*

**60228990**  
30 sachets | 80 PV  
\$119.33 rtl  
\$89.50 whl



## EO Mega®+

Essential Oil Omega Complex

EO Mega+ Essential Oil Omega Complex is a premium blend of omega fatty acids derived from wild-caught fish off the coast of Norway, providing clean, pure, and traceable fish oil, and CPTG Certified Pure Tested Grade® Wild Orange essential oil.

- Supports heart health\*
- Supports a healthy respiratory system\*
- May help promote a healthy metabolism\*
- Helps maintain visual acuity\*

**60229028**  
90 softgels | 40 PV  
62.00 rtl  
\$46.50 whl



## dōTERRA PB Restore®

ProBiome Complex

30 bioactive strains | 18 billion CFU

A daily full body microbiome formula to support:\*

- Digestive health
- Gut barrier integrity
- Gut immune function
- Micronutrient synthesis
- Healthy metabolism
- Respiratory health
- Cardiovascular health
- Dermatological health
- Urological health
- Brain and DNA Function

**60225766**  
30 capsules | 40 PV  
\$63.33 rtl  
\$47.50 whl



Made with SLS-free vegetable capsules



Made with vegetarian softgels



# ProBiome Support

Your body's microbiome is like an invisible organ. You're made up of about 70 trillion cells, but less than half of those cells are human! The rest are what's known as your microbiome—a vast, diverse ecosystem of microbes all throughout your body that are essential for your health and wellness. A diverse microbiome is a healthy microbiome. Adults may combine both ProBiome supplements daily for a superior diversity of 43 unique bioactive pre-, pro-, and postbiotics, along with bacteriophages.



## dōTERRA® PB Assist+®

ProBiome Gut Complex

13 bioactive strains | 7 billion AFU live cells

A daily gut microbiome stick pack, formulated for the whole family, to support:

- Digestive health
- Gut barrier integrity
- Gut immune function
- Micronutrient synthesis
- Gluten-free

**60225556**

30 sachets | 25 PV

\$44.67 rtl

\$33.50 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 | 15 PV

\$28.00 rtl

\$21.00 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.\*



## 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 | 76 PV

\$101.33 rtl

\$76.00 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\*
- Supplies dietary antioxidants, vitamins A, C, E, and Se, that mitigate oxidative stress\*
- Supports healthy metabolism and cellular energy\*

**60213169**

120 vegetable capsules | 49 PV

\$65.33 rtl

\$49.00 whl



## 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 liquicaps | 60 PV

\$96.00 rtl

\$72.00 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 | 49 PV

\$78.67 rtl

\$59.00 whl



Made with SLS-free vegetable capsules



Made with vegetarian softgels





### 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 | 30 PV  
\$56.00 rtl  
\$42.00 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 | 34 PV  
\$49.33 rtl  
\$37.00 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\*
- Promotes a healthy response to free-radicals.\*
- Promotes healthy cellular response and function when taken internally\*

**60225264**  
60 vegetarian softgels | 44 PV  
\$66.67 rtl  
\$50.00 whl



### TriEase® Softgels

Seasonal Blend

TriEase Softgels were developed to help your body deal with seasonal shifts and to support a healthy respiratory system when needed most.\*

- Promotes clear breathing and respiratory function due to Peppermint oil\*
- Supports healthy immune system function because of the limonene in Lemon oil\*

**60225764**  
60 vegetarian softgels | 24 PV  
\$37.33 rtl  
\$28.00 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  
\$6.00 rtl  
\$4.50 whl




New Look  
Coming Soon



### dōTERRA kids 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!\*

**60225124**  
60 tablets | 20 PV  
\$36.00 rtl  
\$27.00 whl

 Made with SLS-free vegetable capsules  
 Made with vegetarian 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.

† Based on preclinical research. More research is needed.



# MetaPWR® System

The MetaPWR System is the first and only metabolic product system that synergistically provides support for a healthy metabolism, reducing cravings, youthful aging, and sustaining normal-range glycemic and insulin response evenly throughout the day.\*



## 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 when ingested\*
- Helps curb hunger cravings and promote mindful eating\*



**60217575**  
15 mL | 30 PV  
\$40.00 rtl  
\$30.00 whl

## MetaPWR Beadlets

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 when chewing\*
- Curbs hunger cravings\*
- Promotes mindful eating and appetite control\*

**60217378**  
30 ct | 5 PV  
\$11.67 rtl  
\$8.75 whl

## MetaPWR Softgels

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

## MetaPWR Assist

### Metabolic Assist

Formulated to help reduce simple and complex carbohydrate absorption, and stabilize normal-range blood glucose levels.\*

- Helps keep energy levels stable throughout the day\*
- Supports weight management efforts\*
- Helps regulate mood\*

**60213525**  
30 vegetable capsules | 27 PV  
\$42.67 rtl  
\$32.00 whl

**60225414**  
120 vegetable capsules | 90 PV  
\$132.97 rtl  
\$99.50 whl

## MetaPWR Advantage

### with Collagen + NMN

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 Mito2Max

### Energy & Stamina Complex

A proprietary formula of standardized plant extracts and metabolic cofactors that support healthy cellular energy production.\*

- Promotes energy through healthy mitochondrial function and metabolism\*
- Reduces fatigue and improves physical energy and performance\*
- Supports cognitive abilities, including memory\*

**60226045**  
60 vegetable capsules | 36 PV  
\$58.67 rtl  
\$44.00 whl

## MetaPWR Recharge

Provides an exclusive blend of electrolytes involved in cellular hydration.

- Improves cellular hydration\*
- Facilitates water transport between cells\*
- Provides balanced ratios of 6 electrolytes\*

**Wild Strawberry**  
**60225877**  
30 sachets, 10 mL each | 30 PV  
\$52.67 rtl  
\$39.50 whl

**Lemon Lime**  
**60225876**  
30 sachets, 10 mL each | 30 PV  
\$52.67 rtl  
\$39.50 whl

## MetaPWR System Enrollment Kit

MetaPWR Metabolic Blend, Beadlets, Satiety Gum, Softgel, Assist, Advantage

**60223395**  
165 PV  
\$260.00 rtl  
\$195.00 whl

Made with SLS-free vegetable capsules  
 Made with vegetarian softgels







# dōTERRA® Nutrition

Pure. Practical. Powerful. dōTERRA Nutrition provides quality protein and fiber for optimal energy and wellbeing.\* With science-based and well-researched formulas, dōTERRA Protein, and dōTERRA Fiber 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.\*

New Look  
Coming Soon



## 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\*

**60223975**  
Vanilla | 20 Servings | 25 PV  
\$60.00 rtl  
\$45.00 whl

**60223976**  
Chocolate | 20 Servings | 25 PV  
\$60.00 rtl  
\$45.00 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\*

**60223977**  
20 Servings | 25 PV  
\$60.00 rtl  
\$45.00 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

**60225134**  
30 Servings | 15 PV  
\$28.00 rtl  
\$21.00 whl

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CPTG® Certified Pure Tested Grade®



# 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.\*



## 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 | 22 PV  
\$35.33 rtl  
\$26.50 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 | 13 PV  
\$24.00 rtl  
\$18.00 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 | 17 PV  
\$27.33 rtl  
\$20.50 whl



## dōTERRA TerraZyme™

Digestive Enzyme Complex

dōTERRA TerraZyme provides your body with the 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 enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars, and fiber\*

**35110001**

90 vegetable capsules | 32 PV  
\$48.67 rtl  
\$36.50 whl



## GX Assist®

GI Cleansing Formula

Cleanse your GI tract before starting with dōTERRA PB Restore® ProBiome Complex and dōTERRA PB Assist+® ProBiome Gut Complex 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 dōTERRA PB Restore ProBiome Complex and dōTERRA PB Assist+ ProBiome Gut Complex

**35040001**

60 softgels | 24 PV  
\$38.00 rtl  
\$28.50 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 | 29 PV  
\$38.67 rtl  
\$29.00 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.\*

**60225126**  
60 vegetarian softgels | 26 PV  
\$38.67 rtl  
\$29.00 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.\*

**60225416**  
60 vegetable capsules | 23 PV  
\$33.33 rtl  
\$25.00 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 | 11 PV  
\$19.33 rtl  
\$14.50 whl



Made with SLS-free vegetable capsules



Made with vegetarian softgels











# 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.



## 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 | 68 PV  
\$90.67 rtl  
\$68.00 whl

## 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 | 13 PV  
\$21.33 rtl  
\$16.00 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.

- Tones and balances
- Increases skin hydration, reduces the appearance of oily skin, tones the skin, and visibly reduces the appearance of pores
- 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

### 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 | 35 PV  
\$53.33 rtl  
\$40.00 whl

### Customizable Essential Skin Care Kit

Facial Cleanser, Invigorating Scrub, Pore Reducing Toner, Tightening Serum. Add up to two additional Essential Skin Care products at a discount with the purchase of this kit.

**60203183**  
90 PV  
\$126.67 rtl  
\$95.00 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 | 33 PV  
\$46.67 rtl  
\$35.00 whl

### Hydrating Cream

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.

- *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 | 32 PV  
\$48.00 rtl  
\$36.00 whl

### Essential Skin Care Kit

Facial Cleanser, Invigorating Scrub, Pore Reducing Toner, Tightening Serum, Brightening Gel, Anti-Aging Eye Cream, Anti-Aging Moisturizer, Hydrating Cream.

**60203184**  
200 PV  
\$275.33  
\$206.50

### 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.

- Provides a lifted-look to the skin
- Tightens and smooths the appearance of skin

**60201752**  
1 fl oz/30 mL | 41 PV  
\$60.00 rtl  
\$45.00 whl

### 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
- Provides 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





# HD Clear®

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
- Helps reduce breakouts



**49400001**  
10 mL roll-on | 24 PV  
\$32.00 rtl  
\$24.00 whl

## HD Clear Foaming Face Wash

The perfect solution for problem skin of all ages.

- 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**  
1.7 fl oz/50 mL | 20 PV  
\$30.00 rtl  
\$22.50 whl

## HD Clear Facial Lotion

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

**49410001**  
1.7 fl oz/50 mL | 29 PV  
\$44.00 rtl  
\$33.00 whl

## HD Clear Kit

HD Clear Foaming Face Wash, Topical Blend, Facial Lotion

**42700001**  
50 PV  
\$79.33 rtl  
\$59.50 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\*



**60207652**  
30 mL bottle with dropper | 104 PV  
\$146.67 rtl  
\$110.00 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 | 62 PV  
\$90.67 rtl  
\$68.00 whl

## Yarrow|Pom

### Cellular Beauty Complex

- Soothes and protects tissue throughout the body\*
- Illuminates and brightens complexion\*

**60209413**  
60 capsules | 45 PV  
\$73.33 rtl  
\$55.00 whl

## Yarrow|Pom Collection

Yarrow|Pom Cellular Beauty Complex, Yarrow|Pom Body Renewal Serum, Yarrow|Pom Active Botanical Nutritive Duo 30 mL

**60210469**  
180 PV  
\$280.00 rtl  
\$210.00 whl

Made with SLS-free vegetable capsules



# 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

Smooth, healthy-looking 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 | 21 PV  
\$32.67 rtl  
\$24.50 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**  
1.7 fl oz/50 mL | 17 PV  
\$28.00 rtl  
\$21.00 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 healthy-looking skin

**37400001**  
.5 fl oz/15 mL | 52 PV  
\$82.67 rtl  
\$62.00 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 | 27 PV  
\$40.00 rtl  
\$30.00 whl

## Verâge Skin Care Collection

Verâge Cleanser, Toner, Immortelle Hydrating Serum, Moisturizer

**42690001**  
80 PV  
\$140.00 rtl  
\$105.00 whl



# 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  
\$18.67 rtl  
\$14.00 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 | 16 PV  
\$27.33 rtl  
\$20.50 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  
\$25.33 rtl  
\$19.00 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

**60214189**  
2.5 fl oz/75 mL | 7.5 PV  
\$13.33 rtl  
\$10.00 whl

## Hydrating Body Mist

Experience the uplifting and energizing aroma of the CPTG® 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 | 23 PV  
\$36.67 rtl  
\$27.50 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

**60214188**  
6.7 fl oz/200 mL | 13 PV  
\$22.67 rtl  
\$17.00 whl  
**60200498**  
Three 6.7 fl oz/200 mL tubes | 30 PV  
\$56.00 rtl  
\$42.00 whl



## dōTERRA Balance® Bath Bar

The 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 | 6 PV  
\$12.00 rtl  
\$9.00 whl

### 60220702

Three 4 oz/113 g | 12 PV  
\$29.33 rtl  
\$22.00 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

### 60222131

4 oz/113 g | 6 PV  
\$12.00 rtl  
\$9.00 whl

### 60220703

3-Pack | 12 PV  
\$29.33 rtl  
\$22.00 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 and Grapefruit essential oils provide an uplifting aroma
- Jojoba seed oil deeply moisturizes

### 60218217

4 oz/113 g | 6 PV  
\$12.00 rtl  
\$9.00 whl

### 60220701

3-Pack | 12 PV  
\$29.33 rtl  
\$22.00 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 and smooth the skin
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds

### 60222130

4 oz/113 g | 6 PV  
\$12.00 rtl  
\$9.00 whl

### 60220704

3-Pack | 12 PV  
\$29.33 rtl  
\$22.00 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 | 6 PV  
\$10.67 rtl  
\$8.00 whl

### Herbal

#### 60207653

0.16 oz/4.5 g | 6 PV  
\$10.67 rtl  
\$8.00 whl

### Tropical

#### 60207649

0.16 oz/4.5 g | 6 PV  
\$10.67 rtl  
\$8.00 whl

### Variety Pack

#### 37570001

Three 0.16 oz/4.5 g | 11 PV  
\$26.00 rtl  
\$19.50 whl

## dōTERRA Spa Basics Kit

Hand & Body Lotion, Refreshing Body Wash

### 60200499

24 PV  
\$39.33 rtl  
\$29.50 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



### 31640001

3.89 fl oz/115 mL  
11 PV  
\$18.00 rtl  
\$13.50 whl

### 60210770

1 fl oz/30 mL  
0 PV  
\$6.00 rtl  
\$4.50 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 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 | 21 PV  
\$36.67 rtl  
\$27.50 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 | 21 PV  
\$36.67 rtl  
\$27.50 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 | 16 PV  
\$26.67 rtl  
\$20.00 whl

## dōTERRA Hair Care Trio

dōTERRA Protecting Shampoo, dōTERRA Daily Conditioner, dōTERRA Leave-in Conditioner

**60219271**  
55 PV  
\$100.00 rtl  
\$75.00 whl

## dōTERRA Hair Strengthening Shampoo and Conditioner Bars

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**  
100 g / 3.5 oz | 13 PV  
\$25.00 rtl  
\$18.75 whl

**60223162**  
80 g / 2.8 oz | 13 PV  
\$25.00 rtl  
\$18.75 whl

## Root to Tip Serum

Uses carefully chosen CPTG essential oils to promote smooth, shiny hair and a healthy scalp, without weighing hair down.

- Provides immediate conditioning, smoothing, and shine
- Contains protective lipids to nourish and moisturize hair and scalp
- Helps improve the appearance of healthy hair, resulting in fewer visible split ends

**49050001**  
30 mL / 1 fl oz | 32 PV  
\$45.33 rtl  
\$34.00 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



**49480001**  
10 mL roll-on | 36 PV  
\$48.00 rtl  
\$36.00 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 | 38 PV  
\$56.00 rtl  
\$42.00 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 | 14 PV  
\$26.67 rtl  
\$20.00 whl

## Women's Health Kit

Phytoestrogen Essential Complex, Bone Nutrient Essential Complex, ClaryCalm Monthly Blend

**3525**  
75 PV  
\$113.33 rtl  
\$85.00 whl

Made with SLS-free vegetable capsules

# 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 | 8 PV  
\$16.67 rtl  
\$12.50 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 | 8 PV  
\$16.67 rtl  
\$12.50 whl



## Correct-X®

CPTG® essential oils Frankincense, Helichrysum, Tea Tree, Cedarwood, and Lavender form the base of dōTERRA Correct-X. A natural ointment, it 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 | 12 PV  
\$18.67 rtl  
\$14.00 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 Muyao 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 Muyao 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 | 6 PV  
\$13.33 rtl  
\$10.00 whl

### dōTERRA baby Lotion

dōTERRA baby Lotion blends rich Muyao Shea Butter with natural humectants to calm, soothe, and moisturize your baby's delicate skin.

- Raw East African Muyao 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  
\$24.00 rtl  
\$18.00 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 Muyao 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  
\$20.00 rtl  
\$15.00 whl

### dōTERRA baby Collection

dōTERRA baby Diaper Rash Cream, dōTERRA baby Hair & Body Wash, dōTERRA baby Lotion

**60206023**  
25 PV  
\$60.00 rtl  
\$45.00 whl



# dōTERRA® sun

Mineral-based sun protection that delivers incredible benefits, so your skin can look and act as young as you feel.



## Face + Body Mineral Sunscreen Lotion

Formulated with non-nano zinc oxide, delivering lightweight SPF 30 UVA/UVB broad-spectrum protection. Oxybenzone-, paraben-, and phthalate-free, as well as vegan-friendly, reef-safe, and cruelty-free.

- Delivers SPF 30 broad-spectrum (UVA/UVB) protection
- Nourishes and moisturizes with minimal visible residue
- Contains non-nano zinc oxide, avocado oil, aloe vera, carrot seed, Frankincense, Helichysum, raspberry seed oil, and vitamin E
- Dermatologist tested, noncomedogenic formula
- Provides water-resistant sun protection for up to 80 minutes

**60223795**  
5 oz/142 g | 20 PV  
\$40.00 rtl  
\$30.00 whl



## Face + Body Mineral Sunscreen Stick

Formulated with non-nano zinc oxide, this stick delivers lightweight SPF 40 UVA/UVB broad-spectrum protection. Oxybenzone-, paraben-, and phthalate-free, as well as vegan-friendly, reef-safe, and cruelty-free. Packaged in a convenient, easy-to-use twist up stick that fits comfortably in the hand.

- Delivers SPF 40 broad-spectrum (UVA/UVB) protection
- Nourishes and moisturizes with minimal visible residue
- Contains non-nano zinc oxide, shea butter, jojoba, cocoa butter, and vitamin E
- Dermatologist tested, noncomedogenic formula
- Provides water-resistant sun protection for up to 80 minutes

**60220571**  
1.75 oz/50 g | 20 PV  
\$33.33 rtl  
\$25.00 whl



## Body Mineral Sunscreen Spray

Formulated with non-nano zinc oxide, this spray delivers lightweight SPF 30 UVA/UVB broad-spectrum protection. Packaged in an aluminum, non-aerosol spray bottle that delivers a continuous, 360-degree application for easy, all-over coverage.

- Delivers SPF 30 broad-spectrum (UVA/UVB) protection in a lightweight spray
- Nourishes and moisturizes with minimal visible residue
- Contains non-nano zinc oxide, avocado oil, raspberry seed oil, aloe vera, turmeric extract, jojoba esters, and vitamin E
- Dermatologist tested, noncomedogenic formula
- Provides water-resistant protection for up to 80 minutes

**60220572**  
6 oz/170 g | 20 PV  
\$37.33 rtl  
\$28.00 whl



## After Sun Restorative Body Spray

Provides soothing nourishment and restorative moisturization to weathered skin. Packaged in an aluminum, non-aerosol spray bottle that delivers a continuous, 360-degree application for easy, all-over coverage.

- Provides skin-soothing, cooling relief after a day in the sun
- Nourishes the skin with an intensely hydrating, antioxidant-rich formula
- Contains aloe vera, hyaluronic acid, green tea, and vitamin E
- Free from parabens, phthalates, phenoxethanol, PEGs, and synthetic fragrances

**60220573**  
6 oz/170 g | 22 PV  
\$36.67 rtl  
\$27.50 whl



## Face Mineral Sunscreen Daily Moisturizer

Formulated with non-nano zinc oxide, this lightweight, SPF 28 broad-spectrum formula shields your face from damaging UVA/UVB rays and blue light-emitting screens. This moisturizer absorbs quickly with no white cast, leaving your skin hydrated and protected. Oxybenzone-, paraben-, and phthalate free as well as vegan-friendly, reef-safe, and cruelty free. Intended for everyday use.

- Delivers SPF 28 broad-spectrum (UVA/UVB) protection
- Moisturizes while protecting your skin from the sun and blue light-emitting screens
- Nourishes skin with vitamin E, evodia, grapeseed oil, and CPTG® essential oils
- Dermatologist tested, noncomedogenic formula

**60220570**  
1.7 fl oz/50 mL | 30 PV  
\$46.67 rtl  
\$35.00 whl



## Mineral Sunscreen Lip Balm

Formulated with non-nano zinc oxide, this lip balm delivers SPF 20 UVA/UVB broad-spectrum protection. Oxybenzone-, paraben-, and phthalate-free as well as reef-safe, and cruelty-free.

- Delivers SPF 20 broad-spectrum (UVA/UVB) protection
- Nourishes, moisturizes, and soothes the lips
- Helps protect from environmental threats such as weather and sun exposure
- Contains non-nano zinc oxide, shea butter, Manuka oil, and mongongo oil
- Dermatologist tested and safe for sensitive skin

**60227380**  
.13 oz / 3.5 g | 10 PV  
\$16.67 rtl  
\$12.50 whl











# 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
- Coverage: 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**  
0 PV  
\$73.33 rtl  
\$55.00 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
- Coverage: Up to 300 sq ft/27 sq m
- Continuous operation modes
- Soft ambient light settings or completely dark
- Handcrafted polyresin stone top

<b>60210546</b>	<b>60210545</b>
Volo® Marble   0 PV	Volo® Onyx   0 PV
\$80.00 rtl	\$80.00 rtl
\$60.00 whl	\$60.00 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
- Coverage: Up to 330 sq ft/30 sq m
- Continuous operation
- Dim warm, bright warm, lavender light options

**60213023**  
0 PV  
\$60.00 rtl  
\$45.00 whl



## Pebble™ Diffuser

Despite its small size, the Pebble diffuser packs a lot of power. This ultrasonic diffuser delivers several useful features, including a five-hour continuous runtime, ten-hour intermittent runtime, and multiple light settings

- Water capacity: 100 mL/3.5 fl oz
- Coverage: Up to 270 sq ft/25 sq m
- Continuous and intermittent operation modes
- Cyan, White, purple, warm white, and blue light options

**60213978**  
0 PV  
\$33.33 rtl  
\$25.00 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
- Coverage: Up to 270 sq ft/25 sq m
- Continuous and intermittent operation modes
- Cordless and rechargeable battery-powered
- Responsibly created with eco-friendly, postconsumer recycled resin

**60213424**  
0 PV  
\$73.33 rtl  
\$55.00 whl



## Product Guide Price List/Quick Reference

Product Guide	Price List/Quick Reference							Application			Skin Sensitivity			SKU	Rtl	Whl	PV	Unit	
								Aromatic	Topical	Internal	Home	Neat	Sensitive						Dilute
Enrollment Kits																			
Aroma Essentials Collection															60221665	\$220.00	\$165.00	125	Kit
Healthy Start Kit															60211452	\$220.00	\$165.00	105	Kit
MetaPWR® System Kit															60223395	\$260.00	\$195.00	165	Kit
Healthy Habits Kit															60226944	\$300.00	\$225.00	150	Kit
AromaTouch® Training Kit															60221309	\$333.33	\$250.00	250	Kit
Home Essentials Kit															60221657	\$373.33	\$280.00	245	Kit
Natural Solutions Kit															60221656	\$640.00	\$480.00	370	Kit
Oil Collectors Kit															60221984	\$3,000.00	\$2,250.00	2000	Kit

## Essential Oil Singles

Arborvitae <i>Thuja plicata</i>	A	T			N			49360001	\$32.00	\$24.00	24	5 mL
Basil <i>Ocimum basilicum</i>	A	T	I		N			30010001	\$44.00	\$33.00	33	15 mL
Bergamot <i>Citrus bergamia</i>	A	T	I			S		30790001	\$57.33	\$43.00	43	15 mL
Birch <i>Betula lenta</i>	A	T				S		60222580	\$78.67	\$59.00	45	5 mL
Black Pepper <i>Piper nigrum</i>	A	T	I			S		41040001	\$30.67	\$23.00	23	5 mL
Black Spruce <i>Picea mariana</i>	A	T				S		60206220	\$28.00	\$21.00	21	5 mL
Blue Lotus Touch <i>Nymphaea caerulea</i>	A	T			N			60219175	\$88.00	\$66.00	60	10 mL roll-on
Blue Tansy <i>Tanacetum annuum</i>	A	T			N			60203383	\$114.67	\$86.00	81	5 mL
Cardamom <i>Elettaria cardamomum</i>	A	T	I		N			49350001	\$41.33	\$31.00	31	5 mL
Cassia <i>Cinnamomum cassia</i>	A	T	I				D	60213537	\$30.67	\$23.00	23	15 mL
Cedarwood <i>Juniperus virginiana</i>	A	T				S		49300001	\$21.33	\$16.00	16	15 mL
Celery Seed <i>Apium graveolens</i>	A	T	I			S		60209677	\$50.67	\$38.00	38	15 mL
Cilantro <i>Coriandrum sativum</i>	A	T	I		N			41850001	\$36.00	\$27.00	27	15 mL
Cinnamon Bark <i>Cinnamomum zeylanicum</i>	A	T	I				D	30030001	\$46.67	\$35.00	35	5 mL
Citronella <i>Cymbopogon winterianus</i>	A	T				S		60209676	\$28.00	\$21.00	21	15 mL
Clary Sage <i>Salvia sclarea</i>	A	T	I		N			30420001	\$52.00	\$39.00	39	15 mL
Clove <i>Eugenia caryophyllata</i>	A	T	I				D	30040001	\$29.33	\$22.00	22	15 mL
Copaiba <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i> <b>Top Seller</b>	A	T	I			S		60202178	\$52.00	\$39.00	39	15 mL
Copaiba Touch <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i>	A	T			N			60219176	\$36.00	\$27.00	27	10 mL roll-on
Coriander <i>Coriandrum sativum</i>	A	T	I		N			30780001	\$34.67	\$26.00	26	15 mL
Cypress <i>Cupressus sempervirens and lusitanica</i>	A	T			N			60206972	\$25.33	\$19.00	19	15 mL
Douglas Fir <i>Pseudotsuga menziesii</i>	A	T			N			31590001	\$32.00	\$24.00	24	5 mL
Eucalyptus <i>Radiata, polybractea, kochii, loxophleba, and globulus</i>	A	T					D	60218408	\$30.67	\$23.00	23	15 mL
Fennel (Sweet) <i>Foeniculum vulgare</i>	A	T	I			S		41290001	\$24.00	\$18.00	18	15 mL
Frankincense <i>Boswellia carterii, sacra, papyrifera, and frereana</i> <b>Top Seller</b>	A	T	I		N			30070001	\$105.33	\$79.00	74	15 mL
Frankincense Touch <i>Boswellia carterii, sacra, papyrifera, and frereana</i>	A	T			N			60200224	\$69.33	\$52.00	52	10 mL roll-on
Geranium <i>Pelargonium graveolens</i>	A	T	I			S		30090001	\$66.67	\$50.00	50	15 mL
Ginger <i>Zingiber officinale</i>	A	T	I			S		60215119	\$69.33	\$52.00	52	15 mL
Grapefruit <i>Citrus x paradisi</i>	A	T	I		N			30100001	\$26.67	\$20.00	20	15 mL
Green Mandarin <i>Citrus nobilis</i>	A	T	I		N			60205794	\$40.00	\$30.00	30	15 mL
Guaiaacwood <i>Bulnesia sarmientoi</i>	A	T			N			60217711	\$26.67	\$20.00	20	15 mL
Helichrysum <i>Helichrysum italicum</i>	A	T	I		N			30410001	\$109.33	\$82.00	73	5 mL
Helichrysum Touch <i>Helichrysum italicum</i>	A	T			N			60207012	\$76.00	\$57.00	52	10 mL roll-on
'Iliahi (Hawaiian Sandalwood) <i>Santalum paniculatum</i>	A	T	I		N			41860001	\$100.00	\$75.00	65	5 mL
Jasmine <i>Jasminum grandiflorum</i>	A	T				S		60217357	\$200.00	\$150.00	100	2.5 mL



## Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
Jasmine Touch <i>Jasminum grandiflorum</i>	A	T			N			60201812	\$62.67	\$47.00	47	10 mL roll-on
Juniper Berry <i>Juniperus communis</i>	A	T	I		N			49290001	\$30.67	\$23.00	23	5 mL
Lavender <i>Lavandula angustifolia</i> <b>Top Seller</b>	A	T	I		N			30110001	\$38.67	\$29.00	29	15 mL
Lavender Touch <i>Lavandula angustifolia</i>	A	T			N			60200225	\$28.00	\$21.00	21	10 mL roll-on
Lemon <i>Citrus limon</i> <b>Top Seller</b>	A	T	I		N			30120001	\$20.67	\$15.50	15.5	15 mL
Lemon Eucalyptus <i>Eucalyptus citriodora</i>	A	T				S		60209674	\$21.33	\$16.00	16	15 mL
Lemongrass <i>Cymbopogon flexuosus</i>	A	T	I			S		30130001	\$20.00	\$15.00	15	15 mL
Lime <i>Citrus aurantifolia</i>	A	T	I			S		30870001	\$22.67	\$17.00	17	15 mL
Madagascar Vanilla <i>Vanilla planifolia</i>	A	T	I		N			60218012	\$53.33	\$40.00	40	5 mL
Magnolia Touch <i>Michelia alba</i>	A	T			N			60205420	\$40.00	\$30.00	30	10 mL roll-on
Marjoram <i>Origanum majorana</i>	A	T	I		N			30140001	\$32.00	\$24.00	24	15 mL
Melissa <i>Melissa officinalis</i>	A	T	I		N			30850001	\$128.00	\$96.00	86	5 mL
Myrrh <i>Commiphora myrrha</i>	A	T	I		N			30160001	\$98.67	\$74.00	62	15 mL
Myrrh Touch <i>Commiphora myrrha</i>	A	T			N			60221439	\$66.67	\$50.00	50	10 mL roll-on
Neroli Touch <i>Citrus x aurantium</i>	A	T			N			60201817	\$61.33	\$46.00	46	10 mL roll-on
Oregano <i>Origanum vulgare</i> <b>Top Seller</b>	A	T	I			D		30180001	\$37.33	\$28.00	28	15 mL
Oregano Touch <i>Origanum vulgare</i>	A	T			N			60200227	\$26.00	\$19.50	19.5	10 mL roll-on
Patchouli <i>Pogostemon cablin</i>	A	T	I		N			30890001	\$44.00	\$33.00	33	15 mL
Peppermint <i>Mentha piperita</i>	A	T	I			S		30190001	\$34.67	\$26.00	26	15 mL
Peppermint Touch <i>Mentha piperita</i>	A	T			N			60200228	\$28.00	\$21.00	21	10 mL roll-on
Petitgrain <i>Citrus aurantium</i>	A	T	I			S		49520001	\$36.00	\$27.00	27	15 mL
Pink Pepper <i>Schinus molle</i>	A	T	I		N			60207016	\$30.67	\$23.00	23	5 mL
Roman Chamomile <i>Anthemis nobilis</i>	A	T	I		N			30800001	\$69.33	\$52.00	52	5 mL
Rose <i>Rosa damascena</i>	A	T				S		31000001	\$366.67	\$275.00	200	5 mL
Rose Touch <i>Rosa damascena</i>	A	T			N			60201813	\$96.00	\$72.00	67	10 mL roll-on
Rosemary <i>Rosmarinus officinalis</i>	A	T	I		N			30200001	\$29.33	\$22.00	22	15 mL
Sandalwood <i>Santalum album</i>	A	T	I		N			30210001	\$120.00	\$90.00	65	5 mL
Siberian Fir <i>Abies sibirica</i>	A	T	I		N			60203125	\$28.00	\$21.00	21	15 mL
Spanish Sage <i>Salvia lavandulifolia</i>	A	T	I			S		60222270	\$38.67	\$29.00	29	15 mL
Spearmint <i>Mentha spicata</i>	A	T	I			S		31610001	\$41.33	\$31.00	31	15 mL
Spikenard <i>Nardostachys jatamansi</i>	A	T			N			49510001	\$72.00	\$54.00	52	5 mL
Tangerine <i>Citrus reticulata</i>	A	T	I		N			49440001	\$21.33	\$16.00	16	15 mL
Tea Tree <i>Melaleuca alternifolia</i>	A	T			N			60208340	\$34.67	\$26.00	26	15 mL
Tea Tree Touch <i>Melaleuca alternifolia</i>	A	T			N			60208343	\$24.67	\$18.50	18.5	10 mL roll-on
Thyme <i>Thymus zygis, and vulgaris</i>	A	T	I			D		60222622	\$45.33	\$34.00	34	15 mL
Tulsi (Holy Basil) <i>Ocimum sanctum</i>	A	T				S		60213450	\$41.33	\$31.00	31	5 mL
Turmeric <i>Curcuma longa</i>	A	T	I		N			60206973	\$46.67	\$35.00	35	15 mL
Vetiver <i>Vetiveria zizanioides</i>	A	T	I		N			30430001	\$88.00	\$66.00	60	15 mL
Vetiver Touch <i>Vetiveria zizanioides</i>	A	T			N			60221438	\$56.00	\$42.00	42	10 mL roll-on
Wild Orange <i>Citrus sinensis</i>	A	T	I		N			30170001	\$17.33	\$13.00	13	15 mL
Wintergreen <i>Gaultheria fragrantissima</i>	A	T				S		31620001	\$37.33	\$28.00	28	15 mL
Yarrow Pom <i>Active Botanical/Nutritive Duo</i>		T	I		N			60207652	\$146.67	\$110.00	104	30 mL
Ylang Ylang <i>Cananga odorata</i>	A	T	I		N			30240001	\$58.67	\$44.00	44	15 mL
Fractionated Coconut Oil		T			N			31640001	\$18.00	\$13.50	11	3.89 fl oz/115 mL
Fractionated Coconut Oil		T			N			60210770	\$6.00	\$4.50	0	1 fl oz/30 mL



## Product Guide Price List/Quick Reference

Product Guide	Price List/Quick Reference				Application			Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute								
Essential Oil Blends															
abode® Refreshing Blend	A			H		S		60217576	\$34.67	\$26.00	26	15 mL			
Adaptiv® Calming Blend	A	T			N			60209364	\$58.67	\$44.00	44	15 mL			
Adaptiv® Touch Calming Blend	A	T			N			60209357	\$36.00	\$27.00	27	10 mL roll-on			
Air-X® Air Blend	A	T	I			S		60215527	\$45.33	\$34.00	34	15 mL			
dōTERRA Align Centering Blend	A	T			N			60203246	\$29.33	\$22.00	22	5 mL			
dōTERRA Anchor Steadying Blend	A	T			N			60203245	\$29.33	\$22.00	22	5 mL			
dōTERRA Arise Enlightening Blend	A	T			N			60203247	\$29.33	\$22.00	22	5 mL			
AromaTouch® Massage Blend		T			N			31200001	\$46.67	\$35.00	35	15 mL			
dōTERRA Balance® Grounding Blend	A	T			N			31010001	\$34.67	\$26.00	26	15 mL			
Brave® Courage Blend	A	T			N			60206618	\$30.67	\$23.00	23	10 mL roll-on			
dōTERRA Breathe® Respiratory Blend	A	T				S		60200190	\$38.67	\$29.00	29	15 mL			
dōTERRA Breathe® Touch Respiratory Blend	A	T			N			60200192	\$27.33	\$20.50	20.5	10 mL roll-on			
Calmer® Restful Blend	A	T			N			60206632	\$30.67	\$23.00	23	10 mL roll-on			
dōTERRA Cheer® Uplifting Blend	A	T				S		60218863	\$34.67	\$26.00	26	5 mL			
dōTERRA Cheer® Touch Uplifting Blend	A	T			N			60218864	\$29.33	\$22.00	22	10 mL roll-on			
Citrus Bliss® Invigorating Blend	A	T			N			60219370	\$33.33	\$25.00	25	15 mL			
Citrus Bloom® Springtime Blend	A	T			N			60208812	\$38.00	\$28.50	28.5	15 mL			
ClaryCalm® Monthly Blend for Women	A	T			N			49480001	\$48.00	\$36.00	36	10 mL roll-on			
dōTERRA Console® Comforting Blend	A	T			N			31730001	\$57.33	\$43.00	43	5 mL			
dōTERRA Console® Touch Comforting Blend	A	T			N			60200147	\$37.33	\$28.00	28	10 mL roll-on			
DDR Prime® Cellular Complex		T	I			S		60207092	\$53.33	\$40.00	40	15 mL			
Deep Blue® Soothing Blend		T				S		60200143	\$50.67	\$38.00	38	5 mL			
DigestZen® Digestive Blend	A	T	I		N			60214361	\$50.67	\$38.00	38	15 mL			
DigestZen® Touch Digestive Blend	A	T			N			60214815	\$35.33	\$26.50	26.5	10 mL roll-on			
dōTERRA Forgive® Renewing Blend	A	T				S		31750001	\$33.33	\$25.00	25	5 mL			
dōTERRA Forgive® Touch Renewing Blend	A	T			N			60200148	\$22.67	\$17.00	17	10 mL roll-on			
HD Clear® Topical Blend		T			N			49400001	\$32.00	\$24.00	24	10 mL roll-on			
dōTERRA Hope® Touch Uplifting Blend	A	T			N			60222109	\$33.33	\$25.00	25	10 mL roll-on			
Immortelle Anti-Aging Blend	A	T			N			60220469	\$109.33	\$82.00	76	10 mL roll-on			
InTune® Focus Blend	A	T			N			60220468	\$56.00	\$42.00	42	10 mL roll-on			
MetaPWR® Metabolic Blend	A	T	I		N			60217575	\$40.00	\$30.00	30	15 mL			
dōTERRA Motivate® Encouraging Blend	A	T				S		60218764	\$32.00	\$24.00	24	5 mL			
dōTERRA Motivate® Touch Encouraging Blend	A	T			N			60218765	\$25.33	\$19.00	19	10 mL roll-on			
Northern Escape® Woodland Blend	A	T			N			60221667	\$43.33	\$32.50	32.5	15 mL			
dōTERRA On Guard® Protective Blend	A	T	I			S		31100001	\$52.00	\$39.00	39	15 mL			
dōTERRA On Guard® Touch Protective Blend	A	T			N			60200142	\$36.00	\$27.00	27	10 mL roll-on			
dōTERRA Passion® Inspiring Blend	A	T				S		60218767	\$57.33	\$43.00	43	5 mL			
dōTERRA Passion® Touch Inspiring Blend	A	T			N			60218768	\$42.67	\$32.00	32	10 mL roll-on			
PastTense® Tension Blend	A	T			N			60215812	\$46.67	\$35.00	35	15 mL			
dōTERRA Peace® Reassuring Blend	A	T			N			31710001	\$46.67	\$35.00	35	5 mL			
dōTERRA Peace® Touch Reassuring Blend	A	T			N			60200151	\$30.67	\$23.00	23	10 mL roll-on			
Purify Cleansing Blend	A	T			N			31060001	\$34.67	\$26.00	26	15 mL			
Rescuer™ Soothing Blend	A	T			N			60206635	\$24.00	\$18.00	18	10 mL roll-on			
dōTERRA Serenity® Restful Blend	A	T			N			60217983	\$56.00	\$42.00	42	15 mL			
Shinrin-Yoku® Forest Bathing Blend	A	T				D		60225771	\$45.33	\$34.00	34	15 mL			



## Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
Shinrin-Yoku® Touch Forest Bathing Blend	A	T			N			60225706	\$29.33	\$22.00	22	10 mL roll-on
Steady® Grounding Blend	A	T			N			60206617	\$24.00	\$18.00	18	10 mL roll-on
Stronger® Protective Blend	A	T			N			60206654	\$24.00	\$18.00	18	10 mL roll-on
dōTERRA SuperMint® Mentha Blend	A	T	I				D	60221859	\$42.67	\$32.00	32	15 mL
dōTERRA SuperMint® Touch Mentha Blend	A	T			N			60221940	\$30.00	\$22.50	22.5	10 mL roll-on
Tamer® Digestive Blend	A	T			N			60209356	\$24.00	\$18.00	18	10 mL roll-on
TerraShield® Repellent Blend	A	T			N			60214386	\$20.00	\$15.00	15	15 mL
TerraShield® Spray Repellent Blend	A	T			N			60214387	\$29.33	\$22.00	20	30 mL
Thinker® Focus Blend	A	T			N			60206633	\$25.33	\$19.00	19	10 mL roll-on
Whisper® Touch Blend for Women	A	T			N			60214274	\$40.00	\$30.00	30	10 mL roll-on
Zendocrine® Detoxification Blend	A	T	I		N			31460001	\$38.67	\$29.00	29	15 mL

## Accessories

Empty 5/8 mL Dram Bottles								32090000	\$6.00	\$4.50	0	12-Pack
Empty 10 mL Roll-On Bottles								60205272	\$7.33	\$5.50	0	6-Pack
Empty 5 mL Bottles								60205271	\$5.00	\$3.75	0	6-Pack
Empty 30 mL Sprayer Bottles								60205270	\$5.00	\$3.75	0	3-Pack
Orifice Remover								60205273	\$5.33	\$4.00	0	Single
Ultra Fine Continuous Mist Sprayer								60205589	\$16.00	\$12.00	0	2-pack
Essential Oil Cap Stickers: Singles								60226846	\$2.67	\$2.00	0	Single
Essential Oil Cap Stickers: Blends								60226847	\$2.67	\$2.00	0	Single
Fractionated Coconut Oil Pump								60205197	\$3.33	\$2.50	0	Single
Wooden Box								32120000	\$13.33	\$10.00	0	Single
Pipettes								60205199	\$3.67	\$2.75	0	50-pack

## Kits & Collections

AromaTouch Technique® Training Kit								60221903	\$333.33	\$250.00	250	Kit
AromaTouch Technique® Refill Kit								60221902	\$306.67	\$230.00	230	Kit
dōTERRA Emotional Aromatherapy® System								60220509	\$240.00	\$180.00	170	Kit
dōTERRA Emotional Aromatherapy® Touch Kit								60220510	\$160.00	\$120.00	120	Kit
Family Essentials Kit								60202951	\$180.00	\$135.00	125	Kit
Introductory Kit								60202952	\$41.33	\$31.00	26	Kit
dōTERRA Kids Collection								60211246	\$173.33	\$130.00	115	Kit
dōTERRA Yoga Collection								60203244	\$80.00	\$60.00	56	Kit

## Product Lines

### dōTERRA abode® Products

abode Refreshing Blend	A			H		S		60217576	\$34.67	\$26.00	26	15 mL
abode Multi-Purpose Surface Cleaner Concentrate								60216476	\$12.33	\$9.25	7	One 1 fl oz/30 mL
abode Multi-Purpose Surface Cleaner Concentrate								60219968	\$39.33	\$29.50	22	Four 1 fl oz/30 mL
dōTERRA abode® Surface Spray Dispenser								60217546	\$12.67	\$9.50	0	10 fl oz/296 mL
abode Laundry Pods								60216474	\$30.00	\$22.50	15	45 ct
abode Dishwasher Pods								60216473	\$21.67	\$16.25	11	24 ct
abode Liquid Dish Soap								60217386	\$17.33	\$13.00	8	16 fl oz/473 mL
dōTERRA abode® Liquid Dish Soap Dispenser								60219507	\$11.33	\$8.50	0	16 fl oz/473 mL
abode Hand Lotion Refill Infused with Citrus Bloom®								60216475	\$26.00	\$19.50	16	10 fl oz/296 mL
dōTERRA abode® Hand Lotion Dispenser								60217569	\$11.33	\$8.50	0	10 fl oz/296 mL



## Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
abōde Foaming Hand Wash Concentrate Infused with Citrus Bloom®								60216472	\$29.33	\$22.00	16	8 fl oz/237 mL
dōTERRA abōde® Hand Wash Dispenser								60217522	\$12.67	\$9.50	0	16 fl oz/473 mL
dōTERRA abōde® Modular Trays								60218576	\$21.33	\$16.00	0	One set
dōTERRA abōde® Bubble Up								60218634	\$16.00	\$12.00	0	Single
dōTERRA abōde® Dryer Balls								60218811	\$13.33	\$10.00	0	4-pack
dōTERRA abōde® Microfiber Cloths								60218574	\$13.33	\$10.00	0	3-pack

## dōTERRA Adaptiv® Products

Adaptiv® Calming Blend	A	T			N			60209364	\$58.67	\$44.00	44	15 mL
Adaptiv® Touch	A	T			N			60209357	\$36.00	\$27.00	27	10 mL
Adaptiv® Calming Blend Capsules								60205956	\$56.00	\$42.00	32	30 capsules
Adaptiv® System								60211472	\$124.00	\$93.00	80	Kit

## dōTERRA Breathe® Products

dōTERRA Breathe® Respiratory Blend	A	T				S		60200190	\$38.67	\$29.00	29	15 mL
dōTERRA Breathe® Touch	A	T			N			60200192	\$27.33	\$20.50	20.5	10 mL roll-on
dōTERRA® Breathe Vapor Stick								60212479	\$17.33	\$13.00	8	0.54 oz/15.5 g
dōTERRA Breathe® Respiratory Drops								35460001	\$19.33	\$14.50	11	30 drops
dōTERRA Breathe Easy Combo								60217860	\$77.33	\$58.00	45	Kit

## Deep Blue® Products

Deep Blue® Soothing Blend		T				S		60200143	\$50.67	\$38.00	38	5 mL
Deep Blue Polyphenol Complex®								34360001	\$64.00	\$48.00	42	60 capsules
Deep Blue® Rub								38900001	\$51.33	\$38.50	36	4 fl oz/120 mL
Deep Blue® Rub								60216795	\$313.33	\$235.00	180	32 fl oz/946 mL
Deep Blue® Rub Samples								60219833	\$7.33	\$5.50	0	10 ct
Deep Blue® Stick + Copaiba								60213108	\$38.00	\$28.50	23	1.69 oz/48 g

## dōTERRA Frankincense Products

Frankincense <i>Boswellia carterii, sacra, papyrifera, and frereana</i> <b>Top Seller</b>	A	T	I		N			30070001	\$105.33	\$79.00	74	15 mL
Frankincense Touch <i>Boswellia carterii, sacra, papyrifera, and frereana</i>	A	T			N			60200224	\$69.33	\$52.00	52	10 mL roll-on
Frankincense Stick + Naio Wood								60228704	\$64.00	\$48.00	74	1.06 oz / 30 g

## dōTERRA On Guard® Products

dōTERRA On Guard® Protective Blend	A	T	I			S		31100001	\$52.00	\$39.00	39	15 mL
dōTERRA On Guard® Touch	A	T			N			60200142	\$36.00	\$27.00	27	10 mL roll-on
dōTERRA On Guard™ Beadlets			I					60208146	\$22.67	\$17.00	17	125 beadlets
dōTERRA On Guard™ Chewable Tablets								60216736	\$24.00	\$18.00	12	60 ct
dōTERRA On Guard® Protecting Throat Drops								34050001	\$19.33	\$14.50	11	30 ct
dōTERRA On Guard™ Softgels								35420001	\$38.67	\$29.00	25	60 ct
dōTERRA On Guard® Natural Whitening Toothpaste								60205476	\$16.00	\$12.00	7	4.2 oz/125 g
dōTERRA On Guard® Natural Whitening Toothpaste Samples								60224844	\$6.67	\$5.00	0	10 pack
dōTERRA On Guard® Mouthwash								60203185	\$22.67	\$17.00	11	16 fl oz/473 mL
dōTERRA On Guard® Laundry Detergent <b>New Formula</b>								60225531	\$48.00	\$36.00	25	32 fl oz/947 mL
dōTERRA On Guard® Cleaner Concentrate								38140001	\$24.00	\$18.00	13	12 fl oz/355 mL



## Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
dōTERRA On Guard® Foaming Hand Wash Concentrate								60213803	\$38.00	\$28.50	20	8 fl oz / 237 mL
dōTERRA On Guard® Foaming Hand Wash								38010001	\$26.67	\$20.00	16	One 16 fl oz/473 mL
dōTERRA On Guard® Foaming Hand Wash								38020001	\$50.67	\$38.00	30	Two 16 fl oz/473 mL
dōTERRA On Guard® Foaming Hand Wash Dispenser								60217694	\$6.67	\$5.00	0	Single
dōTERRA On Guard® Sanitizing Mist								60214044	\$12.00	\$9.00	7	0.9 fl oz/27 mL
dōTERRA On Guard® Sanitizing Mist								60219991	\$53.33	\$40.00	32	Five 0.9 fl oz/27 mL
dōTERRA On Guard® Sanitizing Wipes								60201266	\$18.67	\$14.00	11	50 ct
dōTERRA On Guard® Sanitizing Gel								60217274	\$10.00	\$7.50	5	1.6 fl oz/50 mL

## dōTERRA Serenity® Products

dōTERRA Serenity® Restful Blend	A	T			N			60217983	\$56.00	\$42.00	42	15 mL
dōTERRA Serenity® Softgels								60216219	\$37.33	\$28.00	22	60 capsules
dōTERRA Serenity® Stick + Valerian								60225458	\$24.67	\$18.50	12	1.06 oz/30 g
dōTERRA Serenity® Combo Pack								60226817	\$88.00	\$66.00	50	Kit

## dōTERRA Supermint® Products

dōTERRA SuperMint Mentha Blend	A	T	I				D	60221859	\$42.67	\$32.00	32	15 mL
dōTERRA SuperMint Touch Mentha Blend	A	T			N			60221940	\$30.00	\$22.50	22.5	10 mL roll-on
dōTERRA SuperMint Toothpaste								60221617	\$16.00	\$12.00	7	4.2 oz/125 g
dōTERRA SuperMint Beadlets								60222094	\$22.67	\$17.00	17	125 beadlets

## Supplements & Nutrition

### dōTERRA Lifelong Vitality Pack®

Alpha CRS+®								35370001	\$101.33	\$76.00	76	120 capsules
xEO Mega®								60219195	\$82.67	\$62.00	60	120 capsules
Microplex VMz®								60213169	\$65.33	\$49.00	49	120 capsules
dōTERRA Lifelong Vitality Pack Sachets								60217066	\$130.67	\$98.00	65	30-day supply
dōTERRA Lifelong Vitality Pack Bottles								60213529	\$117.33	\$88.00	65	30-day supply
Vegan dōTERRA Lifelong Vitality Pack®								60213860	\$129.33	\$97.00	65	30-day supply

## dōTERRA Specialized Supplements

vEO Mega®								34480001	\$96.00	\$72.00	60	120 capsules
Vegan Microplex VMz®								60213210	\$78.67	\$59.00	49	120 capsules
Turmeric Dual Chamber Capsules								60209307	\$56.00	\$42.00	30	60 capsules
Copaiba Softgels								60205764	\$49.33	\$37.00	34	60 capsules
DDR Prime® Softgels								34410001	\$66.67	\$50.00	44	60 capsules
TriEase® Softgels								60209019	\$37.33	\$28.00	24	60 capsules
Veggie Caps								34100001	\$6.00	\$4.50	0	160 capsules

## ProBiome Support

dōTERRA PB Restore® ProBiome Complex								60225766	\$63.33	\$47.50	40	30 capsules
dōTERRA PB Assist+® ProBiome Gut Complex								60225556	\$44.67	\$33.50	25	30 sachets
Fiber								60207065	\$28.00	\$21.00	15	30 Serving

## MetaPWR® Products

MetaPWR® Metabolic Blend	A	T	I		N			60217575	\$40.00	\$30.00	30	15 mL
MetaPWR® Beadlets			I					60217376	\$21.33	\$16.00	16	125 beadlets



## Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
MetaPWR® Satiety Gum								60217378	\$11.67	\$8.75	5	30 ct
MetaPWR® Softgel								60209482	\$46.00	\$34.50	30	90 capsules
MetaPWR® MitozMax® <span>New Formula</span>								60226045	\$58.67	\$44.00	36	60 capsules
MetaPWR® Assist								60213525	\$42.67	\$32.00	27	30 capsules
MetaPWR® Advantage								60222772	\$112.67	\$84.50	70	30 sachets
MetaPWR Recharge® Wild Strawberry <span>New</span>								60225877	\$52.67	\$39.50	30	30 sachets
MetaPWR Recharge® Lemon Lime <span>New</span>								60225876	\$52.67	\$39.50	30	30 sachets
MetaPWR® System Kit								60223395	\$260.00	\$195.00	165	Kit

## dōTERRA Nutrition

Vanilla Protein								60207069	\$60.00	\$45.00	25	20 Servings
Chocolate Protein								60207068	\$60.00	\$45.00	25	20 Servings
Vegan Protein								60207067	\$60.00	\$45.00	25	20 Servings
Fiber								60207065	\$28.00	\$21.00	15	30 Servings
Greens								60213600	\$50.00	\$37.50	25.5	30 Servings

## Digestive Health

DigestZen® Softgels								60209021	\$35.33	\$26.50	22	60 capsules
DigestTab® Chewable Tablets								60214446	\$24.00	\$18.00	13	100 tablets
dōTERRA® Peppermint Softgels								60209244	\$27.33	\$20.50	17	60 softgels
dōTERRA TerraZyme™ Digestive Enzyme Complex								35110001	\$48.67	\$36.50	32	90 capsules
GX Assist® GI Cleansing Formula								35040001	\$38.00	\$28.50	24	60 softgels
Zendocrine®	A	T	I			N		31460001	\$38.67	\$29.00	29	15 mL
Zendocrine® Detoxification Complex								60225416	\$33.33	\$25.00	23	60 capsules
Zendocrine® Softgels								60209480	\$38.67	\$29.00	26	60 capsules
dōTERRA® Ginger Drops								60203181	\$19.33	\$14.50	11	30 drops

## dōTERRA Children's Supplements

dōTERRA® kids A2Z Chewable™								60225124	\$36.00	\$27.00	20	60 tablets
IQ Mega®								34490001	\$46.67	\$35.00	31	150 mL
Kid's Kit								P007601	\$52.67	\$39.50	25	Kit

## Personal Care

### dōTERRA Essential Skin Care

Facial Cleanser								60201753	\$21.33	\$16.00	13	4 fl oz/118 mL
Invigorating Scrub								60201773	\$23.33	\$17.50	15	2.5 oz/70 g
Pore Reducing Toner								60201772	\$26.00	\$19.50	17	4 fl oz/118 mL
Brightening Gel								60210008	\$46.67	\$35.00	33	1 fl oz/30 mL
Tightening Serum								60201752	\$60.00	\$45.00	41	1 fl oz/30 mL
Anti-Aging Moisturizer								60201750	\$53.33	\$40.00	35	1.7 fl oz/50 mL
Hydrating Cream								60201774	\$48.00	\$36.00	32	1.7 oz/48 g
Anti-Aging Eye Cream								60201776	\$56.00	\$42.00	40	0.5 fl oz/15 mL
Reveal Facial System								37340001	\$90.67	\$68.00	68	Kit

### HD Clear®

HD Clear® Topical Blend		T				N		49400001	\$32.00	\$24.00	24	10 mL roll-on
HD Clear® Facial Lotion								49410001	\$44.00	\$33.00	29	1.7 fl oz/50 mL



## Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
HD Clear® Foaming Face Wash								49420001	\$30.00	\$22.50	20	1.7 fl oz/50 mL
HD Clear® Kit								42700001	\$79.33	\$59.50	50	Kit

### Yarrow|Pom Collection

Yarrow Pom Active Botanical Nutritive Duo		T	I		N			60207652	\$146.67	\$110.00	104	30 mL
Yarrow Pom Cellular Beauty Complex								60209413	\$73.33	\$55.00	45	60 capsules
Yarrow Pom Body Renewal Serum								60209352	\$90.67	\$68.00	62	3.4 fl oz/100 mL
Yarrow Pom Collection								60210469	\$280.00	\$210.00	180	Kit

### dōTERRA® Verage®

Verage® Cleanser								37380001	\$32.67	\$24.50	21	2 fl oz/60 mL
Verage® Toner								37390001	\$28.00	\$21.00	17	1.7 fl oz/50 mL
Verage® Immortelle Hydrating Serum								37400001	\$82.67	\$62.00	52	.5 fl oz/15 mL
Verage® Moisturizer								37410001	\$40.00	\$30.00	27	1 fl oz/30 mL
Verage® Skin Care Collection								42690001	\$140.00	\$105.00	80	Kit

### dōTERRA® Spa

Refreshing Body Wash								37460001	\$18.67	\$14.00	10	8.45 fl oz/250 mL
Replenishing Body Butter								37470001	\$25.33	\$19.00	15	7 oz/198 g
Hydrating Body Mist								60205662	\$36.67	\$27.50	23	4.2 fl oz/125 mL
Exfoliating Body Scrub								37480001	\$27.33	\$20.50	16	8 oz/226 g
Citrus Bliss Hand Lotion								60214189	\$13.33	\$10.00	7.5	2.5 fl oz/75 mL
Hand & Body Lotion								60214188	\$22.67	\$17.00	13	6.7 fl oz/200 mL
3-Pack Hand & Body Lotion								60200498	\$56.00	\$42.00	30	6.7 fl oz/200 mL
Lip Balm - Original								60207651	\$10.67	\$8.00	6	0.16 oz/4.5 g
Lip Balm - Herbal								60207653	\$10.67	\$8.00	6	0.16 oz/4.5 g
Lip Balm - Tropical								60207649	\$10.67	\$8.00	6	0.16 oz/4.5 g
Lip Balms - Variety								37570001	\$26.00	\$19.50	11	3-Pack
dōTERRA Balance® Bath Bar								60218218	\$12.00	\$9.00	6	4 oz/113 g
dōTERRA Balance® Bath Bar								60220702	\$29.33	\$22.00	12	3-Pack
Moisturizing Bath Bar								60218217	\$12.00	\$9.00	6	4 oz/113 g
Moisturizing Bath Bar								60220701	\$29.33	\$22.00	12	3-Pack
Citrus Bliss Bath Bar								60222130	\$12.00	\$9.00	6	4 oz/113 g
Citrus Bliss Bath Bar								60220704	\$29.33	\$22.00	12	3-Pack
dōTERRA Serenity® Bath Bar								60222131	\$12.00	\$9.00	6	4 oz/113 g
dōTERRA Serenity® Bath Bar								60220703	\$29.33	\$22.00	12	3-Pack
dōTERRA® Spa Basics Kit								60200499	\$39.33	\$29.50	24	Kit

### dōTERRA® Hair Care

dōTERRA Protecting Shampoo								60208440	\$36.67	\$27.50	21	16.9 fl oz/500 mL
dōTERRA Daily Conditioner								60208441	\$36.67	\$27.50	21	16.9 fl oz/500 mL
dōTERRA Leave-in Conditioner								60208398	\$26.67	\$20.00	16	8 fl oz/237 mL
dōTERRA Hair Strengthening Shampoo Bar								60223161	\$25.00	\$18.75	13	100 g/3.5 oz
dōTERRA Hair Strengthening Conditioner Bar								60223162	\$25.00	\$18.75	13	80 g/2.8 oz
dōTERRA Hair Care Trio								60219271	\$100.00	\$75.00	55	Kit

## Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
Root to Tip Serum								49050001	\$45.33	\$34.00	32	30 mL / 1 fl oz

### dōTERRA® Women

ClaryCalm® Monthly Blend for Women	A	T			N			49480001	\$48.00	\$36.00	36	10 mL roll-on
Bone Nutrient Essential Complex								35240001	\$26.67	\$20.00	14	120 capsules
Phytoestrogen Essential Complex								35260001	\$56.00	\$42.00	38	60 capsules
Women's Health Kit								3525	\$113.33	\$85.00	75	Kit

### Natural Deodorant

Natural Deodorant Infused with dōTERRA Balance® Essential Oil								60207421	\$16.67	\$12.50	8	2.65 oz/75 g
Natural Sensitive Deodorant Infused with dōTERRA Douglas Fir and Greek Orange Essential Oils								60208231	\$16.67	\$12.50	8	2.65 oz/75 g

### Correct-X®

Correct-X® Essential Oil Ointment								60110001	\$18.67	\$14.00	12	0.5 fl oz/15 mL
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### dōTERRA® baby

dōTERRA baby Diaper Rash Cream								60201362	\$13.33	\$10.00	6	2.1 oz/60 g
dōTERRA baby Hair & Body Wash								60201361	\$20.00	\$15.00	10	10 fl oz/295 mL
dōTERRA baby Lotion								60220058	\$24.00	\$18.00	10	8 fl oz/236 mL
dōTERRA baby Collection								60206023	\$60.00	\$45.00	25	Kit

### dōTERRA® sun

Face + Body Mineral Sunscreen Lotion								60223795	\$40.00	\$30.00	20	5 oz/142 g
Face + Body Mineral Sunscreen Stick								60220571	\$33.33	\$25.00	20	1.75 oz/50 g
Body Mineral Sunscreen Spray								60220572	\$37.33	\$28.00	20	6 oz/170 g
After Sun Restorative Body Spray								60220573	\$36.67	\$27.50	22	6 oz/170 g
Face Mineral Sunscreen Daily Moisturizer								60220570	\$46.67	\$35.00	30	1.7 fl oz/50 mL
Mineral Sunscreen Lip Balm								60227380	\$16.67	\$12.50	10	.13 oz/3.5 g

### dōTERRA® Diffusers

Dawn® Aroma Humidifier								60213449	\$73.33	\$55.00	0	Single
Volo® Diffuser - Onyx								60210545	\$80.00	\$60.00	0	Single
Volo® Diffuser - Marble								60210546	\$80.00	\$60.00	0	Single
Laluz® Diffuser								60213023	\$60.00	\$45.00	0	Single
Roam® Diffuser								60213424	\$73.33	\$55.00	0	Single
Pebble™ Diffuser								60213978	\$33.33	\$25.00	0	Single

### Beadlets

MetaPWR® Beadlets								60217376	\$21.33	\$16.00	16	125 beadlets
dōTERRA On Guard™ Beadlets								60208146	\$22.67	\$17.00	17	125 beadlets
Peppermint Beadlets								60208147	\$22.67	\$17.00	17	125 beadlets
dōTERRA SuperMint® Beadlets								60222094	\$22.67	\$17.00	17	125 beadlets

### dōTERRA Healing Hands Foundation®

dōTERRA Hope® Uplifting Blend	A	T			N			60222109	\$33.33	\$25.00	25	10 mL roll-on
Rose Hand Lotion								60214220	\$26.67	\$20.00	0	3.3 fl oz/100 mL





# dōTERRA Healing Hands Foundation®

## Donation and Solicitation Disclosure

**Florida** A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE [of Florida]. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. Registration #: CH48280.

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

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

**Michigan** Registration # 55179

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

**North Carolina** Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-814-5400. The license is not an endorsement by the State.

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

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

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