

LIVING

LEMON *and* BERGAMOT

CO-IMPACT SOURCING™
IN SICILY

PAGE 8

Makeover My Mood

PAGE 24

Gardening *with* Essential Oils

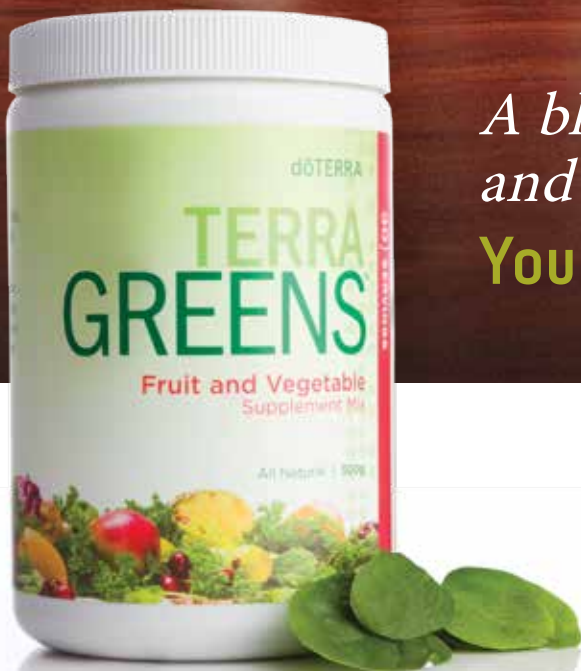
TIPS FOR GROWING
A HEALTHY GARDEN

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*A blend of fruits, vegetables,
and essential oils.*

Your Mother Would Be Proud



TerraGreens™

60120001 | 30 servings

\$37.33 retail



8



14



28



5

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dōTERRA PRODUCT GUIDE,
(see pages 34-47)
A quick shopping reference
for all products



ask Dr. Hill

DR. DAVID K. HILL, CHIEF MEDICAL OFFICER

An industry expert on wellness and essential oils, Dr. Hill is the chairman of the dōTERRA Scientific Advisory Board.

? Is it safe to use essential oils when taking medications?

Essential oils are being continually studied to allow for a more full understanding of how they interact in the body and the pathways behind their physiologic benefits. Because we do not yet understand everything about essential oils, it is not uncommon for people to express concern that essential oils may interact with other forms of medicine. Although there is always more to learn, one thing is very apparent: essential oils have a long history of safety. In fact, when used congruently with medications, there have been minimal reports showing that essential oils cause significant interactions. By far the best way to ensure that your experience with essential oils will be positive is to communicate openly with your physician regarding your intended use with the oils.

? What does it mean for essential oils to be photosensitive? What should you avoid with photosensitive oils?

To understand photosensitivity, it is first important to consider sensitivity responses as a whole category. A sensitivity response can be defined as heightened reactivity to essential oils that may lead to an unwanted response in the body. Although unusual when the oil is used appropriately, risk for sensitivity increases when too much essential oil is applied, or when the oil is applied to young and sensitive skin. Photosensitization is a special category of sensitivity in which exposure to ultraviolet rays (sunlight) after topical application of essential oil causes heightened sensitivity of the skin. This type of response is most commonly associated with citrus oils due to their unique chemistry. The best way to avoid any type of sensitivity is to be aware of how your body reacts to certain essential oils in different scenarios. Try testing a small amount of essential oil in an inconspicuous area before beginning more widespread use. For some oils, like citrus oils, sunlight can be a trigger, so exposure to the sun should be avoided after topical application. With other oils, it is not the sun but simply how your body interacts with the oil that causes the sensitivity. Awareness of your body and its responsiveness and limits is the best way to maximize efficacy and minimize sensitivity when using essential oils.

Common Photosensitive Oils



? Why can oil penetrate the skin but water cannot

The skin is a complex system designed to protect the delicate internal environment of the body against external harms (water and heat loss, microbial invasion, UV radiation, etc.). In order for any substance to truly be absorbed through the skin, it must fully traverse all skin layers and enter into the bloodstream underlying the dermal tissues. Combined, the “brick and mortar” structure of the outer layer of skin and the presences of unique fats that fuse between the skin cells make the skin a secure, waterproof barrier. Unlike water, the compounds composing essential oils are extremely small and lipid soluble, which allows them to cross this barrier and gain entry to the circulatory system. Used this way, essential oils are extremely beneficial because they offer both localized and systemic effects. In other words, the essential oil will be beneficial in the area of direct application while also influencing health of the body as a whole.

The Doctor Recommends:

For Sensitive Skin

Hand and Body Lotion
item# **3610001**

Fractionated Coconut Oil
item# **30260001**



Arborvitae

(Tree of life)

Plant Part: **Wood**

Distillation Method: **Steam**

Origin: **Canada**

Key Benefits:

- Balances and soothes the body and emotions
- Cleanses and purifies the air
- Soothes the skin
- Promotes healthy cell function
- Acts as a natural bug repellant

How to Use:

- Diffuse a couple drops alone or with other essential oils of choice to purify air.
- Apply 1–2 drops to affected area on the skin.
- Mix with water in a spray bottle to clean surfaces.
- Add to wood furniture and floor polish.

Traditionally, Native Americans have used every part of the arborvitae tree for a variety of purposes. They built homes and canoes from the wood, made baskets from the roots, and crafted clothes, rope, and twine from the bark. They also used leaves in teas and salves for certain health benefits.

The unique components found in Arborvitae essential oil give it its profound therapeutic benefits. High in tropolone content, Arborvitae essential oil contains strong cleansing properties that protect the immune system and support normal cell activity in the body. The essential oil also makes an excellent insect repellant and natural wood preservative. Arborvitae's warm, woody, earthy aroma calms nerves and balances emotions.

Fun Facts:

- dōTERRA® is the only company in the aromatherapy industry that offers Arborvitae essential oil.
- The oldest arborvitae tree discovered was around 1,653 years old when it died.
- Because of the preservative properties of the Arborvitae oil, even trees that have fallen hundreds of years ago still look as if they had fallen only yesterday.

Susan Niedt

Slim & Sassy® Participant 2014

Tired of being overweight while teaching others to live a healthy lifestyle, Susan Niedt decided to enter last year's Slim & Sassy Competition. Over the course of the competition, she lost a total of 21.5 lbs. and achieved a balanced energy that has changed her life.

Creating Change

Working as a positive role model for wellness, Susan Niedt felt the need for a change. She admits, "I didn't like the way I looked. I would sometimes cry when I looked in the mirror because my belly was so bloated. My role at work was to inspire and educate others on a path toward wellness. However, I would be setting up exercise classes for others, while I was 20 pounds overweight. When I began the competition, I felt that it was my opportunity to show everybody that you can create change. I knew that if I could show them that, I could be a better role model."

Overcoming Challenges

Susan faced some tough challenges at the outset. Due to stress, she would binge eat at night, sometimes eating a whole bag of chips. During the competition, unable to give up the habit at first, she replaced her snacks with TrimShakes. She eventually became creative with it, mixing the powder with yogurt and cacao to make a healthy pudding. After a while, she no longer felt the need to binge eat.

On days when Susan just wanted to quit, she found that the Slim & Sassy Facebook page was a great inspirational tool. She explains, "That Facebook page became my best friend. When I felt sorry for myself and I looked at the other people and the journeys they had to take, I was inspired. I was blown away with all the changes I was making, and I finally had the courage to send in my picture to put on the Facebook page. I wasn't going to do it, but I saw some of the other pictures and I said, 'If they're that brave, I can be that brave.'"

A year later, the changes that took place in Susan's life have had powerful effects. She now works with a personal trainer to keep up with her exercise. She also certified in AromaTherapy, and became an EFT (Emotional Freedom Technique) practitioner. She says, "I'm on a new journey. I don't know where it's headed, but I have a new-found confidence and a sense of self-worth."

Susan's tips for your weight loss journey:

1

DON'T BEAT YOURSELF UP.

"Give yourself permission to eat something if you want it and forgive yourself at all times. Even though I gained a few pounds over the holidays, I know I can handle this now and I am already getting back on track."

2

SPEAK POSITIVELY TO YOURSELF.

"I would look in the mirror in the morning and say, 'Susan, I love you.' I can't tell you how powerful that was. It still makes me cry thinking about it."

PRODUCTS USED

- Slim & Sassy® Metabolic Blend (Item No. 31370001)
- Slim & Sassy TrimShake™ (Item No. 35200001)
- LifeLong Vitality Pack (Item No. 34210001)
- Black Pepper essential oil (Item No. 41040001)
- Elevation Joyful Blend (Item No. 31040001)



Before



About the Slim & Sassy Competition and Products

Held once a year, the Slim & Sassy Competition was created to help encourage and support people on their individual journeys to wellness. One of the most important aspects of making a positive lifestyle change is to have support—and dōTERRA is committed to helping people receive the help they need.

Slim & Sassy essential oil, a blend formulated to promote a healthy metabolism and manage hunger cravings, is part of that support. Diuretic, stimulant, and calorie free, it is a natural alternative to other options in the weight loss market. Slim & Sassy contains Grapefruit and Lemon, both of which help purify and cleanse the body, while Peppermint, Ginger, and Cinnamon provide a stimulating and positive effect on the endocrine system to assist with weight loss.

Making the decision to eat a healthier ratio of calories is the first step to losing weight and maintaining a lean body composition. **Slim & Sassy TrimShake** is a convenient and delicious weight management mix providing essential nutrients with an average of 68 calories per serving and 8 grams of protein. The TrimShake includes the patented weight loss ingredient EssentraTrim®, which has been clinically demonstrated to help manage cortisol—a stress hormone associated with fat storage in the abdomen, hips, and thighs. Blended with nonfat dairy, almond, rice, or soy milk, or water, TrimShake can be used as part of a weight-loss strategy of reducing daily caloric intake and burning fat stores through exercise.

Online Resources

Visit iamslimandsassy.com, and the Slim & Sassy Lifestyle Competition for healthy recipes, exercise tips, and other inspirational stories.

For more information and Slim & Sassy products, see page 46.

PRESERVING

Italian Citrus Orchards:

A CO-IMPACT STORY

“We can say that in our grower’s veins doesn’t flow blood—
but Bergamot and Lemon oil.” –Cecilia



Imagine embarking on a flight to Italy—you would expect to find grand monuments from old civilizations and crowded tourist destinations. You would also expect to find the tasty flavors of a variety of foods in addition to pizza and gelato. And just maybe, when you leave the crowded cities behind, you might find the brilliant green leaves and aroma of Italian citrus trees.

Unfortunately, after facing years of economic downturn, many growers have been forced to abandon their orchards. dōTERRA's Co-Impact Sourcing™ now plays a major role in facilitating many family-run operations to reopen, continue production on their orchards, and preserve a special part of Italian culture. Through sourcing Lemon and Bergamot from the orchards of Sicily and Reggio di Calabria, dōTERRA® has been able to positively affect the Italian economy in many ways. This region is home to some of the hardest and most enthusiastic people in Italy, and though they struggle economically at times, they have precious resources to offer the world.

Sicilian Commitment

The people of Sicily proudly identify themselves as Siciliani—and the pride they exhibit in their heritage is contagious. This pride also spreads to their work. Salvatore (Reno) and Roberto Amedeo work together in their family's fourth generation lemon business. In the face of the poor economy in Italy, Roberto's wife, Cecilia, researched American essential oil companies online to find ways to keep their business going. When she came across dōTERRA, she says she “felt something special about it.” Following this feeling, she emailed Emily Wright, hoping for a response. For Emily, the email stuck out to her and she decided to reply. As they corresponded, a fast-growing friendship was born.

When she first visited Italy, Emily found a family committed to constant improvement of their essential oil quality and relationships of trust were formed. When she returned to Italy seven months later with Dr. Hill, the magnitude of how many growers and pickers would benefit through dōTERRA's Co-impact Sourcing initiatives became evident. For the Amedeo family, this meant providing jobs that would not only

Bergamot was originally introduced to Reggio di Calabria from the Canary Islands. Grown on the hillsides, Bergamot thrives in this ideal climate. The acidic soil and the fresh ocean air help strengthen the trees, producing a fruit perfect for capturing the therapeutic benefits of Bergamot essential oil.



stimulate a suffering economy, but also keep their country's citrus heritage alive.

Giovanni, the father and third generation citrus producer, had professional equipment installed when he was a young man, which dramatically improved production levels and still ensured a high standard of quality. Salvatore, who oversees oil production and grower relations, shares, "From 1850 to 1890 everything was done by hand. It's much easier with modern machinery to produce more essential oil without losing any quality." Roberto, the chemist of the family who oversees quality assurance, further illustrates, "It used to take my father plus 50 men a whole season to do what we are able to do now in a single day."

A Fourth Generation Business

The Amedeo family, aside from their own orchard, also source lemons and bergamot fruits from many growers in Sicily and Calabria. Overall, the Amedeo family estimates that their production has grown around 45 percent since partnering

with dōTERRA®. Lemons are sourced from an area of about 865 acres, and bergamot from about 250 acres in Reggio di Calabria from many other family growers with the same level of passion and commitment. Alfredo, a partner lemon grower, says you can tell the quality of a Sicilian lemon just by smelling it. Passionate about his heritage, he insists, "A lemon isn't a lemon unless it is Sicilian." Alfredo took over an abandoned orchard and now has created many jobs for people in the area that otherwise would have emigrated to the northern part of the country or left Italy altogether.

In Reggio di Calabria, the "toe of the boot" of Italy, bergamot flourishes in the only place on Earth it is grown. Unique among citrus plants, bergamot produces a very sweet essential oil, although it is bitter as a fruit. Salvatore is the caretaker of a beautiful bergamot orchard. He knows every single tree—when it was planted and how much fruit it bears. Salvatore started helping his father in the groves when he was young, and it quickly became his passion as he grew. He says, "I know I love this work because I do it even when it rains." Salvatore and his fellow workers harvest bergamot twice a year from March to April and then again in June. Salvatore also organizes many other bergamot growers to help not only supply the demand dōTERRA has for Bergamot, but to ensure that they have consistent work and receive a fair wage.

Powerful Goals

The goals of each grower in Italy intertwine with the purposes of Co-Impact Sourcing. Salvatore Amedeo's passion lies in taking care of people and creating jobs to help the economy. Roberto is passionate about quality; he analyzes each and every batch, running over 3,000 Gas Chromatograms a year. The quality of the Lemon and Bergamot essential oil is possible because of the Amedeo family's commitment to the people they work with and their careful attention to the preservation of the orchards.

dōTERRA has an exclusive partnership with the Amedeo family, ensuring quality essential oil and jobs in Italy for years to come.

Lemon

The invigorating scent of Lemon essential oil from a true Sicilian lemon revitalizes your mind and lifts your mood. Lemon essential oil contains numerous health benefits and can be used for a variety of purposes on a daily basis, which is why it is one of dōTERRA's most popular essential oils.

The high limonene content found in this essential oil makes it a powerful antioxidant and a cleansing agent. In the ancient world, Egyptians used lemon oil to cleanse their bodies of toxins. It also aids in digestion, supports healthy respiratory function, and provides immune system support, especially during seasonal changes.

Plant Part: LEMON RINDS

Distillation Method: COLD PRESSED

Unlike most other essential oils, citrus essential oils go through the expression distillation process, often referred to as "cold press." This method uses high mechanical pressure instead of heat to squeeze out the oil from the rind of the plant.

Sourcing Origin: SICILY, ITALY

HOW TO USE

Aromatic

- Add 2-4 drops to the diffuser of your choice to help boost your mood and improve the scent of the room.
- Rub 1-2 drops into your palms and inhale to invigorate your mind and body.
- Pour a couple drops into air vents to fill your house or car with a citrusy aroma.

Internal

- Add 1-2 drops to baked goods, beverages, or your favorite entrée to create a zesty flavor.
- Mix a couple drops with raw honey for immune-boosting benefits.
- Add a couple drops to warm water with honey to help soothe irritated throat and boost your immune system.
- Place a drop on your toothbrush or tongue for fresher breath and a cleaner mouth.

Topical

- Rub a drop on your hands after being in a public place such as a public bathroom or before pushing shopping carts.
- Apply to cleanse specific area on the skin.
- Massage 2-4 drops onto your skin to improve circulation.

Other

- Rub 1-2 drops to remove gum, oil, grease, sap, or crayon.
- Combine with water in a spray bottle to clean surfaces.
- Use to clean silverware and baking dishes.



Interesting Fact

One lemon tree can produce between 500 and 600 pounds of lemons in a year. It takes about 45 lemons to fill up a 15mL bottle.



dōTERRA Healing Hands FOUNDATION

Impacting Communities in the U.S.

Many know of the work that the dōTERRA® Healing Hands Foundation™ has done internationally, but have you ever wondered what types of programs we are involved with in the United States? Cash and product donations from the Healing Hands Foundation provide opportunities to assist people and organizations that are focused on making a difference in their communities.

Product Donations and Financial Contribution

The **Clear Horizons Academy** is committed to making a difference in the lives of children living with autism. Through generous donations from the Healing Hands Foundation, Clear Horizons is able to provide these children help for their individual learning and developmental needs, as well as to assist in training and resources for families and those working with them.

Hope Alive Inc. is a non-profit organization that provides counseling and support groups for those suffering from loss and abuse and provides transitional housing for women. In conjunction with a Wellness Advocate who donated dōTERRA product and provided training on the use of essential oils, the Healing Hands Foundation donated diffusers and essential oils for use by residents transitioning through the Hope Alive housing.

Now I Can Foundation works to help children with disabilities become more independent and reach their full potential through assistance and physical therapy. The Healing Hands Foundation has donated dōTERRA essential oils and products that are used in the center daily as well as financial assistance. The intense therapy treatments experienced by the children help them reach the goal of saying, "Now, I can do this!"



Interested in donating to the Healing Hands Foundation? Visit doterra.com/healinghands and click the donate button for an easy way to contribute.



THE Multivitamin

Experience the full benefits of multivitamins!

Having created some of the most sophisticated and best-selling multivitamin/mineral supplements in the industry over the last 20 years, I've seen the products and their underlying research evolve in stages. Usually, it takes the products about 5-10 years to follow the research. Now, we have reached yet another critical point when research creates a new paradigm shift for multivitamin/mineral supplements. With our new Daily Nutrition Pack, dōTERRA® leads the way so that you can be among the first to reap the full benefits of a truly expertly formulated, all-in-one daily multinutrient supplement.

Do I Need a Multivitamin?

The short answer is a resounding yes. Anybody in the scientific community who seriously studies vitamin and mineral nutrition agrees that virtually everyone's nutrition falls short in meeting even the bare minimum requirements for many nutrients (known as the RDI—Recommended Dietary Intakes). Trying to get the RDIs of all 26 essential vitamins, minerals, and trace elements—micronutrients—from foods alone is next to impossible, even if you eat a wholesome, balanced diet. Fruits and vegetables are rich in these micronutrients, plus they contain important phytonutrients (carotenoids, polyphenols, essential oils, etc.). The problem is that hardly anyone eats enough fruits and vegetables. A recent analysis of WHO/FAO data (Murphy et al., Br J Nutr 112(6):1004, 2014) shows that this is a world-wide problem: three out of four people on this planet don't

even meet the minimum recommended five daily servings of fruits and vegetables! Instead, modern diets are high in refined foods and beverages devoid of micronutrients and full of empty calories.

In the U.S., nine out of ten adults do not meet the RDIs for vitamins D and E, and over half of us don't meet the RDIs for vitamin A, calcium, and magnesium (Fulgoni, et al., J Nutr 141(10):1847-54, 2011). Even if you are vegan or vegetarian, you're unlikely to get enough vitamin D, B12, calcium, iron, and zinc. Long-term, these nutrient deficiencies cause lack of energy, poor immunity, weak bones, cognitive decline, and a host of other health problems.

Experts agree that you should try to eat a healthy diet high in fruits and vegetables and take a multivitamin/mineral supplement. Now, the real question is which supplement should you take and how should it be formulated? Are the RDI amounts even sufficient? We know today that for most micronutrients they are not, and that optimum intakes are often higher than the RDIs. But how much higher? And what happens if we get too much? These questions have kept scientists busy for the last 50 years, and recent research makes it clear that it's time to rethink again.

Multivitamin Evolution

The first multivitamins hit the retail shelves in the '50s and '60s and remain a staple in today's retail and mass markets. These inexpensive products deliver the RDI of most vitamins and lesser amounts of most minerals. Their mineral sources are often poorly absorbed and utilized by the body and they lack phytonutrients and essential omega-3 fatty acids.

Then, research in the '80s and '90s suggested that above-RDI amounts of certain antioxidant vitamins, some B-vitamins, and trace elements have additional health benefits, and these studies paved the way to the current generation of micronutrient supplements popular in the specialty and direct-sales markets. These comprehensive products often include mega-doses (10x RDI or more) of vitamins, better quality minerals, omega-3 fatty acids and phytonutrients, and some make you take 16 or more capsules or tablets a day. In fact, competition is fierce and many companies are playing a horsepower game where more must be better.

Most recently, however, the results of very large, long-term studies have shown that mega-doses of micronutrients like vitamin C, vitamin



(R)EVOLUTION

E, beta-carotene, folate, and selenium don't work. In fact, some of these studies found negative effects at high doses previously assumed to be safe. Unfortunately, the supplement industry is still taking a defensive position belittling or dismissing these studies.

Multivitamin Revolution

The good news for you is that dōTERRA® never believed in the "more-is-better" horsepower game. In fact, we are now in the unique position to embrace all the recent micronutrient research—positive and negative—and create a completely revolutionary concept of formulating multivitamins. How?

Let's take a step back. I mean a giant step back to when we humans first roamed this planet. Our genes change very slowly and they can take thousands of years to adapt to dietary changes. For most of our history we ate hunter-gatherer diets. Only recently, our diets and lifestyles changed dramatically

with the introduction of agriculture. And in the last 100 years, even more drastic changes occurred due to the industrialization of our food supply. So modern diets today are very different from the diets our genes are used to.

Now, take a good look at the dosages used in all of the micronutrient studies, and compare them to the amounts that we used to get from diets we are genetically programmed for. That's what we did, and it soon became clear that problems only arise when we consume much more or much less than what we could possibly get from the natural diets our bodies are genetically used to. This makes a lot of sense, and we used this approach to set a new standard, one that embraces the concept of natural balance. For each micronutrient we now have a range of natural intakes that our bodies were made for, and they coincide with the amounts needed for optimum health benefits.

Restore Natural Balance with Daily Nutrient Pack

dōTERRA's new Microplex MVP™ and xEO Mega® (Daily Nutrient Pack) are the first micronutrient supplements in the industry that apply this new standard of natural balance to all vitamins, minerals, trace elements, phytonutrients, and essential fatty acids. This game-changing, patent-pending approach ensures that you get the optimum amounts and types of all micronutrients every day, including a full spectrum of omega-3s, antioxidant polyphenols, and carotenoids. With Daily Nutrient Pack, you don't have to worry about getting too little or too much of anything anymore. Instead, you get what your body was made for and demands—the most efficacious and safe amounts needed for long-term health and vitality.

How Do I Use Daily Nutrient Pack?

Daily Nutrient Pack (the new Microplex MVP and xEO Mega) is a foundational supplement designed for men and women of all ages as well as for teenagers. Pregnant and nursing women also benefit, but should consult with their physician as they may require additional iron or folate. If you desire extra energy benefits, you can add our new, more potent **Mito2Max®** (with lychee fruit extract), and if you deal with occasional joint discomfort, we recommend adding our new **Deep Blue Polyphenol Complex™**. We also updated **Lifelong Vitality Pack** with the new Microplex MVP and xEO Mega formulas while keeping the current Alpha CRS+®.

Dr. Smidt recommends:

Daily Nutrient Pack: A revolutionary micronutrient supplement providing naturally balanced amounts of all vitamins, minerals, trace elements, phytonutrients, and omega-3 fatty acids.

Lifelong Vitality Pack: Now with our new naturally-balanced Microplex MVP and xEO Mega.



Bio:

Dr. Carsten Smidt is dōTERRA's Chief Science Officer and oversees research and product development. Dr. Smidt has held executive research

and development positions for almost 20 years, working for leading global companies in dietary supplement, nutraceutical, and medical food industries. He holds a doctorate degree in Nutrition Science and Physiological Chemistry from the University of California at Davis, and is a fellow of the American College of Nutrition. Dr. Smidt is passionate about health and fitness, and enjoys the outdoors.

Essential Spring Recipes

IN 30 MINUTES OR LESS

Basil Spinach Pesto

Total Time: 20 minutes

Submitted by Amy Kolan, Tennessee

"Use on sandwiches, noodles, chicken, etc. It smells divine!"

Ingredients

- 6 cups spinach leaves, washed thoroughly
- ½ cup of walnuts
- 2 cloves of garlic, peeled
- 1 teaspoon sea salt
- ⅛ teaspoon black pepper
- ¼ cup Parmesan cheese
- 1 tablespoon lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 drop Basil essential oil
- 2 drops Lemon essential oil



Directions

1. Combine all ingredients in a food processor.
2. Mix until combined. Scrape sides to get all the spinach leaves, if needed.
3. Store in air tight glass jar.



Tomatoes Stuffed with Chicken Salad

Total Time: 20 minutes

Ingredients

- 6 large tomatoes
- 2 cups cooked and cubed chicken
- ½ cup minced red bell pepper
- 1 celery rib, chopped
- 1 ½ tablespoons minced red onion
- ⅓ cucumber chopped
- ¼ cup plus 2 tablespoons olive oil
- 1 drop Lemon essential oil
- 1 drop Cilantro essential oil
- 1 tablespoon chopped fresh Italian parsley
- 1 tablespoon Dijon mustard
- 2 tablespoons of mayo or yogurt ranch dressing

Directions

1. Cut ½ inch off top of each tomato. Scoop out pulp. Turn tomatoes upside down on paper towels to drain.
2. In a medium bowl, combine chicken, bell pepper, onion, celery, and cucumber.
3. In a small bowl, whisk together olive oil, essential oils, parsley, mustard, and ranch. Pour over chicken, tossing gently to coat.
4. Line tomatoes with leaf lettuce or spinach leaves. Spoon chicken salad evenly into tomatoes. Refrigerate or serve immediately.

Quinoa Salad

Total Time: 30 minutes

Ingredients

- 1 cup uncooked quinoa
- 2 cups water
- ½ teaspoon salt
- 2 medium tomatoes, seeded and cut into chunks
- 1 red onion, diced
- 3 tablespoon olive oil
- 1 (15-ounce) can black beans, drained and rinsed
- 1-2 drops Lime essential oil
- 2 Tablespoons lime juice
- 1 drop Cilantro essential oil, or to taste-optional
- 1 jalapeño pepper, seeded and finely chopped
- 5 ounces queso fresco or fresh mozzarella
- Salt and pepper to taste

** You can add 1 cup of cooked chicken for extra protein*



Directions

1. Cook the quinoa in salt water.
2. While the quinoa is cooking, dice tomatoes, peppers, and red onion.
3. Mix the black beans, tomatoes, red onion, cheese, jalapeño, essential oils, lime juice, salt, pepper, and olive oil in large bowl.
4. When the quinoa has cooled, mix into the bean mixture.

Tip: Mix in a little bit of balsamic vinegar for extra flavor.



Spring Gnocchi

Total Time: 20 minutes

Ingredients

- 2 (10-ounce) bags potato gnocchi
- 2 tablespoons coconut or olive oil
- 1 bell pepper, sliced in strips
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 small zucchini, sliced
- 3 cups of raw spinach
- 8 ounces grape tomatoes, halved
- 1 drop Basil essential oil
- 1 drop Lemon essential oil
- 2 teaspoons fresh lemon juice
- ½ cup parmesan cheese
- 1 teaspoon fresh chopped rosemary leaves
- Salt and pepper to taste

Directions

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until golden brown. Transfer to a bowl and set aside.
2. Add the remaining 1 teaspoon oil, onion, zucchini, and bell pepper to the pan and sauté, stirring, over medium heat.
3. Stir in garlic and water. Cover and cook until the vegetables are soft.
4. Add spinach and cook, stirring, until spinach starts to wilt.
5. Stir in tomatoes, salt, pepper, lemon juice, essential oils, and fresh herbs.
6. Stir in gnocchi and sprinkle with parmesan cheese.
7. Cover and cook until cheese is melted.

GETTING THE MOST OUT OF THE SPRING SEASON

GUIDE TO A
FULFILLING
SPRING
SEASON

Plan Ahead

Write down your goals and what you want to accomplish this spring season. Start with a general list first, then develop a detailed plan for each category. Whether its spring cleaning, planting a garden, or improving your lifestyle, developing a plan will help you stay on track with your desired accomplishments.



Spring is a beautiful time of the year. With longer days and warmer weather, it is a good time to renew your health goals, refresh your home, clean your yard, or plant a garden. Here are a few suggestions on how you can get the most out of this rejuvenating time of the year.

Spring Clean and Organize

Give your home a fresh start by de-cluttering, organizing, and cleaning every room. Involve your family, and make it a fun experience. Give yourself reasonable time to tackle each area of the house. Don't forget to use essential oils to help you clean. Essential oils, such as Lemon, Lime, Thyme, Melaleuca, and On Guard, contain powerful cleansing properties that clean surfaces and remove grime, dirt, and unpleasant odors without harmful chemicals.

DIY



Multi-Purpose Cleaner

Add 12 drops of any citrus essential oil, 4 tablespoons white vinegar, and water to 16–20 ounce spray bottle.



Floor Cleaner

Add 10 drops of Melaleuca essential oil, ¼ cup Castile soap, and ¼ cup of baking soda to a bucket of water. Mix and mop.



Window Cleaner

Mix 1 cup water and 1 cup white vinegar in a spray bottle; add 15 drops of Lemon essential oil to the bottle.



Garden

A recent study in the Netherlands suggests that gardening can fight stress even better than other relaxing activities. Gardening can be a fun and rewarding experience for the entire family. Start by allocating an area, clean it, and prepare for planting.

Purchase seeds, transplants, soil, and any other necessary tools. If you are an inexperienced gardener, do some research online or ask someone you know to guide you through the process. See page 18 for more gardening tips and DIYs.

Improve Your Diet

Explore local farms and markets for fresh, in-season produce. Use leafy greens to make green smoothies and fresh salads. Prepare a light dinner with asparagus, carrots, and potatoes along with other nutritious veggies. Replenish your body with vitamins and minerals for more energy and a healthier body. Consider adding quality supplements such as the Daily Nutrient Pack to your daily diet for complete nutritional support. Just like your house, your body may also need a refresher. Drink plenty of water and use Zendocrine and GX Assist to cleanse and detoxify your body.



Become More Physically Active

Make exercise part of your regular routine. Exercise can reduce stress, improve sleep, sharpen memory, improve self-confidence, inspire creativity, and help you find balance. Now, that the outside temperature is warmer, you can go on a jog, take a bike ride, or enjoy a nice hike. Take one step at a time. Developing regular exercise habits takes time and effort. Teach your kids to be more physically active by setting an example—encourage them to discover activities that they will enjoy.

Challenge: Make a goal to exercise for 30 minutes a day at least three times a week.



Let Spring into Your House

Open the windows and let the fresh spring air and warm light fill every room in your house. Gather or buy a fresh bouquet of spring flowers weekly. The bright colors and wonderful fragrance will lift your mood and add beauty to your home. Diffusing essential oils is another great way you can fill your house with the refreshing aromas of spring.



Spend Time Outside

Nature offers many benefits to your mental and physical well-being. Daily exposure to the sun can boost your mood, increase energy levels, and improve your overall health. Enjoy beautiful spring weather by going on a short walk, organizing a picnic, doing some yard work, or taking your kids to the park. Just a little bit of sunshine and fresh air can help you clear your mind and recharge your body.

DIFFUSER BLENDS FOR SPRING



3 drops Geranium
5 drops Grapefruit
2 drops Lime



3 drops Fennel
5 drops Wild Orange



6 drops Lavender
3 drops Geranium
4 drops Wild Orange



6 drops Lemon
4 drops Geranium
2 drops Peppermint

dōTERRA[®] GARDENERS' JOURNAL

Essential oils can be valuable tools for every gardener. Whether you are trying to chase away garden pests, improve health and growth of the plants, or restore those gardener hands, essential oils can help. Here are some easy ways you can use essential oils to enhance your natural gardening experience.



Clean Greenhouse

I clean my greenhouse and garden tools with a mixture of 10 drops of Melaleuca in about 33 ounces of distilled water. We put this in a spray bottle and clean every inch of the greenhouse.

-Maila Chan

Essential Oils and Plant Companionship

I have been an organic farmer for 35 years. I have been using essential oils in my gardens since I have been with dōTERRA. I teach the organic portion of "The Master Gardener" class for my local area. My class this year will include the wonderful uses of dōTERRA essential oils in the garden—not only for pest management, but also for plant vigor and growth. I don't use any chemicals in my garden at all and love sharing new and safe ways to enjoy gardening! I have substituted dōTERRA essential oils for companion plants—the results are amazing! For example, basil is a great companion plant for tomatoes. I use Basil essential oil in my watering can to give the plants a dose that can be absorbed through the root system, or I use it as a foliar spray. This helps to give the tomato plant great vigor for growth and plant resistance. -Kay Pittman



Slug Away

Last year, I had the best luck getting rid of slugs using White Fir essential oil on my peppers. I have also used Peppermint oil for aphids and mystery bugs. Peppermint also works great for cooling your body off in the hot sun. I make after-sun spray with Lavender, Peppermint, and aloe juice. After a long day of working on my garden, Deep Blue[®] Rub comes in handy for the joints and muscles. I clean my hands with essential oil sugar scrub. I can't tell you how much I love using dōTERRA in the garden. -Jamie Stitt



Bug Attack

My garden was being attacked by a beetle-like bug. It was eating away at everything, especially my favorite lily plant. I put a couple drops of Peppermint in a spray bottle with water, sprayed the plants, and the beetle moved on! dōTERRA was part of my inspiration for my garden.

-Kristen Willis



Ants No More

Last summer, I was attacked by ants. They had colonized near my strawberry patch. I panicked a little—I hate ants!—and dowsed the suckers in a solution of water and Peppermint. The next day, the ants were completely gone! I was impressed by how fast it worked.

Plus, even though I did go a little overboard (a few sprays would have worked), I know Peppermint is safe for my strawberries and me. -Elizabeth Sperling



FACT

Vinegar makes an effective natural herbicide and weed killer.

TIP

Apply Lavender to soothe irritated skin associated with certain plants or bugs.

Essential Oils for Garden Pests



Peppermint



Cinnamon



White Fir



Thyme



Geranium



Cedarwood



Lemongrass



Arborvitae

8 Tips for Starting Your Own Organic Garden

FROM RICK LATTIN

Gardening is one of America's top hobbies and with increased interest in nutrition, healthy eating, and saving money, growing a garden is gaining in popularity. Small urban gardens can be fun, educational, and productive, particularly with new methods of season extension, drip irrigation, and varieties especially suited to the garden. Here are a few tips on successful gardening.

1 Contact your local Cooperative Extension office. They are part of the land-grant university system all across the country. They have expertise on growing in your specific area and have experts and publications suited to your climate.

2 Start small and plant easy-to-grow crops. Many nutrient-packed vegetables grow quickly and easily and are less subject to weather-related problems than difficult-to-grow crops. Lettuce, spinach, chard, kale, Asian greens, and similar crops take up little space, don't mind cold weather, and grow quickly.

3 Don't overlook the root crops. There is nothing tastier than a home-grown fresh carrot, Asian sweet turnip, or fresh-picked beets.

4 Almost all vegetable crops love the sun. Sunshine helps plants get off to a good start and helps develop those sugars that make vine-ripened products so delicious. Walk around your yard and check for sunny spots and shady areas. Most likely, the area that gets the most sun will grow the best vegetables.

5 If you have a yard with a fence, use the fence area to grow perennial crops such as raspberries and blackberries. They don't mind a little shade and you can let them use the fence line for support.

6 Consider getting your garden off the ground by adding compost and forming raised beds. Shaping and raising beds lets you protect crops from wind and frost with row covers to extend your season.

7 Invest in drip irrigation with an inexpensive timer. You use less water (good for the environment and your wallet) and are less likely to water too much and/or too little. Small garden timers are inexpensive and easy to program. Many yards already have a sprinkler system—it's easy to add a line for your veggies.

8 Know when to plant and when to harvest. Most extension offices have guidelines for the areas they serve. I like to follow what I call the "Grandpa/Grandma System" of gardening. Look around your neighborhood—find the grandmas and grandpas with the best gardens. They

probably know more than anybody in town about what to plant, when to plant, watering, harvesting, controlling bugs, etc., than anybody, including the experts. The other trait they usually have is that they love to share what they have learned with friends and neighbors.

TIP: If you really want to get into serious gardening, I can recommend three national organizations that serve both professional growers and home gardeners. They sell seeds and supplies and give free advice.

- www.groworganic.com
- seedsofchange.com
- highmowingseeds.com



GARDENER'S HAND SOAP

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

Rick Lattin

Generational organic farmer, owner of Lattin Farms, and Founder and Managing Partner of Nevada Great Basin Basket CSA (Community Supported Agriculture) LLC.



THE POWER OF

A woman with dark hair tied back, wearing a white top, is shown in profile from the chest up. She is holding her right wrist up to her nose and inhaling, with her eyes closed and a slight smile. The background is plain white.

Dr. David K. Hill, CMO, Chairman of the Scientific Advisory Board

Our sense of smell is the frontline modality by which we experience the world around us; however, many people may underestimate its significance. By comparison, humans have a weaker sense of smell than many animals, which must use smell for sustaining basic life functions (tracking food, identifying a mate, etc.). Although your nose may not be as acute as that of a bloodhound, you can still detect thousands of varieties of odors in infinitesimal quantities. Only in recent years have researchers begun to unlock the complexities that make up the sense of smell and, in turn, have reported that smell sensitivity is actually much more significant than previously predicted. In fact, our sense of smell is directly linked to our physical and mental health profiles.

The Aroma of Essential Oils

When it comes to essential oils, their powerfully fragrant aromas are the first thing we notice as we unscrew the bottle cap. By definition, essential oils are a rich mixture of volatile aromatic compounds. Because of their volatility, aroma is actually an intrinsic feature to essential oils, or in other words, essential oils are their aroma. Aroma in a “chemical” sense means that individual compounds (in this case, essential oil constituents) are able to interact with olfactory (smell) receptors in the nose. Not every type of compound elicits an aroma, because the compounds have to be very small and readily evaporate into the air. Essential oil compounds meet both of these criteria and are able to quickly and easily bind to smell receptors in the nose. The chemistry of essential oils varies widely from oil to oil, which explains why essential oils possess such widely different aromas, and thus, affect us in different ways.

aroma

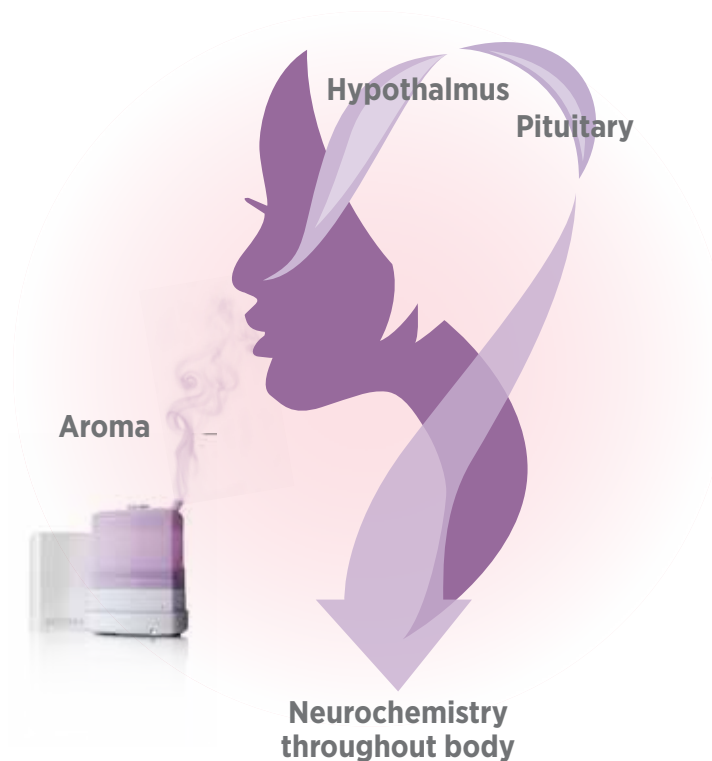
How Scent Affects Us

One of the most well-studied areas of aroma research is the effect of smell on emotions and mood. For example, there is convincing evidence demonstrating that simply inhaling the aroma of an essential oil is effective for calming nervous or anxious feelings in a variety of settings. The smell receptors located on the upper surface of the nasal cavity make direct links with the limbic system of the brain, an area that governs the body's emotional responses. This close connection between aroma and emotion becomes obvious in our everyday life as certain odors trigger memories or specific feelings. Some aromas directly impact mood (for example calming, balancing, or invigorating), while others trigger memories of a specific experience, often one tied to a strong emotion.

Intriguing new research has also helped us recognize that the benefits of aroma extend far beyond just emotional regulation. In addition to influencing the limbic region of the brain, olfactory centers are also intricately linked with the hypothalamus, an area of the brain more familiarly nicknamed the “visceral control center” because it controls physiologic functions throughout the body. The hypothalamus exerts its powerful influence by interacting directly with the pituitary gland, or “master gland,” a small gland located in the brain. The pituitary gland secretes hormones involved in the regulation of blood pressure, hunger and thirst signals, thyroid function, sleep cycles, production of sexual hormones, and memory, among other things. Because of the direct link of the olfactory system to this area of the brain, aroma is capable of interacting directly with the hypothalamus, influencing neurochemistry throughout the body, and, in turn, potentiating powerful health outcomes.

There are many acceptable ways to use essential oils for their aromatic properties. One method is to diffuse the oil into the air. Not only does diffusion make the oil accessible to the body, but research indicates that there are also air purification benefits when diffusing oils. When diffusing oils, use of cold air or hydrodiffusion is best because burning or heating essential oils can alter their delicate chemistry. If a diffuser is not available, simply dropping essential oils into the palm of the hand and then cupping around the nose and breathing deeply is a convenient method for using essential oils at any time, in any situation. Although there are many ways that essential oils can be applied, throughout my experience as a physician, I have found that repeated daily exposure to the aroma of essential oils provides unique and significant support to healthy function of the body and mind.

Hypothalamic Pituitary Axis Cycle



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Topical Use of ESSENTIAL OILS

Topical application is one of the ways you can experience the benefits of dōTERRA® essential oils. This form of application is unique because it allows for localized effects in the area of the application in addition to providing whole body support. Additionally, you can use essential oils topically when you want an easy way to target specific areas on your body.

DILUTION BASICS

Dilution is a process in which essential oils are mixed with a carrier oil—a pure vegetable oil that helps “carry” the essential oil onto the skin. There are many benefits to dilution, including increasing the surface area of absorption, enhancing absorption through dry skin, and preventing sensitivity responses.

dōTERRA's carrier oil of choice is Fractionated Coconut Oil due to its long shelf life and lightweight texture.

CLASSIFICATIONS OF OILS FOR TOPICAL USE

Neat: Oils categorized as “neat” can be applied topically without dilution because of their exceptionally mild chemistry. Frankincense, Lavender, Melaleuca, Melissa, and Sandalwood are good examples of “neat” essential oils.

Dilute: Oils in this category have potent chemistry and should be diluted with a carrier oil before topical application in every case. “Dilute” oils include Cassia, Cinnamon, Clove, Oregano, and Thyme.

Sensitive: “Sensitive” oils are those that should be diluted before use on young or sensitive skin. Bergamot, Black Pepper, Eucalyptus, Ginger, and Peppermint are examples of “sensitive” oils.

APPLICATION SAFETY

Although unusual, occasionally it is possible to have a sensitivity response to an essential oil. This occurs when there is heightened reactivity of an essential oil that may result in an unwanted response in the body or on the skin. Awareness of your body and how it reacts to different essential oils, amounts applied, and location applications can help minimize risk and ensure safe usage.

Essential Safety Tips:

- Citrus oils contain a unique category of photosensitive compounds called furocoumarins, so it is important to avoid exposure to sunlight, sunlamps, or other sources of UV light for up to 12 hours after topical application of these oils.
- More is not always better! Essential oils are very potent, so a little goes a long way. Start with 1–2 drops and then increase the dosage as necessary.
- Dilute, dilute, dilute! Dilution in no way diminishes the efficacy of essential oils and offers many benefits that can enhance your application experience.
- Conduct a simple sensitivity test when trying a new oil by applying a small amount of essential oil to an inconspicuous area. Check the spot each hour for several hours to ensure no sensitivity has occurred.

Other Effective Methods of Topical Application:

- Add a few drops of oil to a warm bath
- Make a hot or cold compress by soaking a towel or cloth in water, adding essential oils, and then applying to the desired area
- Add oil to a lotion or moisturizer and then apply to the skin
- Mix with water and use as a mouth and throat rinse



FACE

Use essential oil as part of your regular skin care regimen to beautify the skin and promote a clear, healthy looking complexion.



ROOF OF THE MOUTH (SOFT PALETTE)/BASE OF THE SKULL

Applying oils to these areas is an excellent way to help transform your mood and balance your emotions.



NECK/FOREHEAD/TEMPLES

These areas are good to target if you have tension in the head or neck.



CHEST

Rubbing oils onto the chest promotes a healthy respiratory tract and helps maintain clear breathing.



ABDOMEN

Application of essential oils, especially over major digestive organs, supports healthy function and can help alleviate occasional digestive discomforts.



LIVER

Apply essential oils over the liver in conjunction with a cleanse protocol or to support healthy function of the body's cleansing organs.



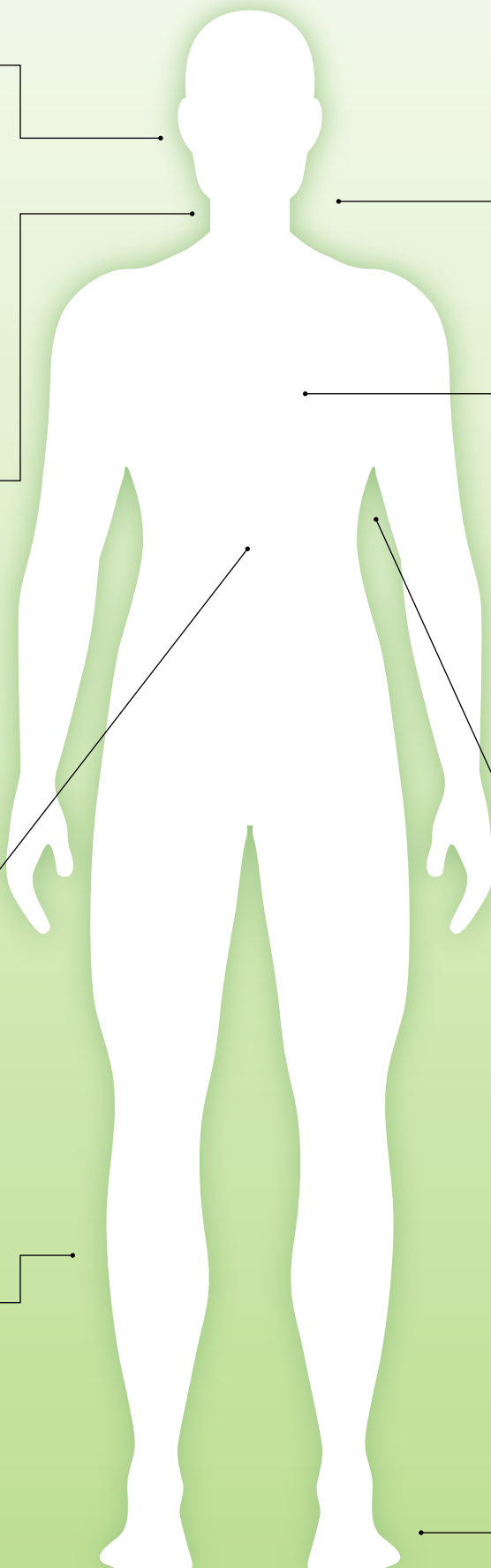
ARMS/LEGS/BACK

Massage onto the arms, wrists, legs, feet, or back to soothe tired, achy muscles and joints and to promote healthy circulation.



BOTTOMS OF FEET

The feet have large pores that rapidly absorb essential oils, making this an ideal application site for generalized effect. Apply and massage in 2-4 drops of essential oil.



Make Over Your Mood

Maintaining a positive mood and attitude can be very challenging at times. Life can get pretty stressful, especially when trying to multitask. Chances are you are familiar with managing several tasks at once. In today's fast-paced environment, we often experience negative moods such as stress, discouragement, and fatigue. Just as being in a good mood gives you a sense of happiness and well-being, bad moods can also lead to negative feelings over time. When it comes to managing your mood, essential oils can help restore your emotional balance and improve your overall attitude in any situation.



Calm and Balance

Chill Out, It Will Be OK



WORRIED

Cedarwood: Diffuse after a stressful day to relax the mind and body.

Geranium: Diffuse aromatically to calm nerves.

Serenity™ Calming Blend: Diffuse to help promote relaxation and peace.

ANGRY

Arborvitae: Diffuse at night or rub on forehead, shoulders, or chest to lessen stress and tension.

Patchouli: Rub on temples or apply to the bottoms of feet to calm emotions.

Ylang Ylang: Put a few drops into Epsom salt bath for relaxation.

10 WAYS TO BOOST YOUR MOOD NATURALLY

1. Get a good night's sleep
2. Make sunshine a part of your day
3. Exercise regularly
4. Introduce healthier food options
5. Do something nice for someone
6. Use essential oils daily
7. Try positive thinking
8. Find a quiet place and meditate
9. Achieve a goal, big or small
10. Express gratitude daily

STRESSED

AromaTouch® Massage Blend: Add to bath or use with carrier oil for massage.

Frankincense: Apply to the bottoms of feet to relax and balance mood swings.

Roman Chamomile: Add 1-2 drops to herbal teas to soothe the body and mind.

Vetiver: Diffuse aromatically or use topically with other calming essential oils, such as Lavender, Serenity, or Balance, to better help calm stress.

RESTLESS/LACK OF CONCENTRATION

Rosemary: Diffuse aromatically or apply topically to help reduce tension, stress, and fatigue.

Lavender: Add to bath water to soak away stress or apply to the temples and the back of the neck to ease muscle tension.

Balance™ Grounding Blend: Apply to wrists or neck to help calm nerves.

InTune® Focus Blend: Apply to temples and back of neck to enhance concentration when feeling tired mid-afternoon.

NERVOUS

Clary Sage: Apply to feet or pulse points to balance hormones.

Bergamot: Diffuse in the classroom or at work during high stress levels.

Elevate and Energize

Lighten Up



TIRED/UNMOTIVATED

Grapefruit/Lemon/Lime: Rub underneath your nose to sharpen focus while studying or reading.

Citrus Bliss®: Diffuse aromatically or put one drop on your wrists and rub them together for an uplifting everyday perfume.

Peppermint: Apply to the palms of hands and deeply inhale for a quick pick-me-up.

Wild Orange: Energize the mind and body by placing two drops each of Wild Orange, Peppermint, and Frankincense in the palm of your hand. Rub palms together and inhale deeply.

SAD/DISCOURAGED

Sandalwood: Apply to the neck at bedtime for a restful sleep, or use during meditation.

Elevation: Diffuse in the mornings to start the day with a positive, uplifted mood.

Mood Boosting Diffuser Blend

Relaxing Blend

3 drops Vetiver
3 drops Lavender
3 drops Sandalwood
2 drops Ylang Ylang

Harmonizing Blend

3 drops Patchouli
2 drops White Fir
2 drops Lavender

Vitalizing Blend

5 drops Frankincense
5 drops Peppermint
5 drops Wild Orange
5 drops Lemon

Tip: You can make topical blends by adding essential oils diluted with Fractionated Coconut Oil to a small roller bottle.

DIY: Soak Your Stress Away

Visit doterrablog.com to learn how to make your own Serenity Moisturizing Bath Salt

FEELING BLUE

Myrrh: Use aromatically to help promote awareness and uplift your mood.



ESSENTIAL *Juices & Smoothies*

Tips and Recipes for Juicing and Blending with Essential Oils

If you crave inspiration for new creations in the kitchen, keep reading for recipes, tips, and tools to simplify juicing and blending with essential oils. Incorporating juices and smoothies into your diet can have health benefits like more stable energy, boosted immunity, stronger workouts, better sleep, and clearer skin. You can create health through your kitchen using nature's ingredients and potent plant extracts—essential oils.

Juices vs. Smoothies:

Which is better?

Deciding between juice or smoothies comes down to which is best for you and your health goals. Here's a comparison with some simple tips to help guide your choices.

Juice:

Pulp and liquid are separated so you are left with a concentrated fruit and vegetable blended drink that provides instant vitamins, minerals, and phytonutrients.

Juice contains virtually no fiber since it is separated from the pulp and other nutrients in the fruits and vegetables. The digestive system doesn't work as hard because there is no fiber to break down. As a result, the body is able to focus on rest and repair as nutrients are quickly assimilated. By removing the fiber, you can also include and consume more nutrients through the vegetables and fruits you juice.

Freshly pressed juices are made using a juicer, and are ideal for hydration, cleansing, and cellular repair. Drink them daily as part of a prevention lifestyle, during a detoxification program, or if you have a chronic illness and need a nutrient-rich drink to nourish the body.

Smoothie:

All ingredients (liquid base, fruit, vegetables, and spices) are blended—fiber included.

Smoothies include fiber since the entire fruit and vegetable are blended. Fiber supports blood sugar balance and digestive health, including regular elimination. Fiber is broken apart when the fruits and vegetables are blended, which makes it easier to digest with an even release of nutrients for the body.

Smoothies are made using a blender. A high-speed blender is ideal for smoother and more palatable drinks. You may enjoy smoothies as a meal on their own, as a nutritious snack, before or after a workout, or to end a detox or fast.

Benefits of Using Essential Oils

Are your juices and smoothies missing an essential ingredient?

Flavoring juices and smoothies with essential oils is tasty, but using essential oils internally is also an important daily health habit.

Essential oils support the mouth, throat, digestive system, and immune system.

Can you imagine drinking a chocolate-mint

smoothie that is not only delicious, but part of a healthy lifestyle too?

Here are some of the most common essential oils to use in juices and smoothies, along with their benefits:

Cinnamon: Helps warm the body as well as invigorates and uplifts mood; supports digestion and immunity.

Cilantro: Provides antioxidants, aids in digestion, soothes the skin, and promotes detoxification.

Fennel: Soothes digestive discomfort.

Ginger: Aids with indigestion and occasional nausea, also eases congestion.

Grapefruit: Supports weight loss, boosts the metabolism, and helps reduce food cravings.

Lemon: Stimulates cleansing and promotes lymphatic flow; provides respiratory support and uplifts mood.

Lime: Provides antioxidants for healthy immune function; stimulates and uplifts mood.

Peppermint: Soothes digestive issues, has a cooling sensation for fresh breath, and helps open airways.

Wild Orange: Stimulates the lymphatic system, energizes and uplifts, and soothes nerves and digestive issues.

Tropical Green Smoothie

- 1 cup coconut milk
- 1 stalk collard greens
- 1 banana
- 1 tablespoon hemp seeds
- 1-2 drops Lime essential oil

Combine ingredients, except essential oil, in a blender. Blend until smooth and creamy. Add essential oil last to taste.



Jenni Hulburt is a health and fitness coach, and author of *Essential Juices and Smoothies*. She received her Master's degree in Kinesiology, and created the Nature Fed Wellness movement to inspire people to revolutionize their health through nature. Jenni offers fitness and lifestyle coaching, and wellness resources for people who want results in their body and their life.

Chocolate Mint Maca Smoothie

- 1 cup almond milk
- 1 cup kale
- 1/4 avocado
- 3 dates, pitted
- 1 tablespoon cacao powder
- 1 teaspoon maca powder
- 1-2 drops Peppermint essential oil

Combine ingredients, except essential oil, in a blender. Blend until smooth and creamy. Add essential oil to taste.

Spring Detox Juice

- 3 stalks kale
- 2 stalks celery
- 1 lime
- 1 apple
- 1 cucumber
- 1 drop Cilantro essential oil

Combine ingredients, except essential oil, in a juicer. Juice and add essential oil last to taste.

5 Tips for Juicing and Blending

1. To Peel Or Not To Peel?

It's best to peel conventionally grown fruits and vegetables to reduce exposure to chemicals and pesticides. You should also peel citrus fruits for blending; however, there's no need to remove the white inner peel which is rich in nutrients. Other fruits that have thicker skins, like mangoes and bananas, should be peeled before blending.

2. Save Time

Wash and prepare your fruits and vegetables before you store them in the refrigerator. You can cut them into pieces that will fit into the juicer. Cleaning a juicer can be quicker and easier with a natural scrubbing paste made with 1 cup baking soda, 1 tablespoon castile soap, 1 tablespoon white vinegar, and 10 drops of Lemon essential oil. Add water to form the mixture into a paste and use it regularly to ease your scrubbing woes.

3. Avoid Chunky Smoothies

Greens are an important part of smoothies because they contain fiber and other nutrients, making them a simple way to add more vegetables to your diet. Leafy greens also help balance blood sugar in a smoothie

that contains high sugar fruits, like bananas and mangoes. However, some people add greens and end up with chunky smoothies! To make your drink more palatable, use a high-speed blender or blend your liquid base and greens first. Then, add the remaining ingredients for a chunk-free smoothie.

4. Less Is More

How many drops of essential oil should you use? When using essential oils in juices and smoothies for their flavor and health benefits, one drop or less may be the most palatable. Start with one drop and add more to taste. If you're making a single serving, you might even start by dipping a toothpick into the bottle, mix throughout the drink, and taste the juice or smoothie before adding more.

5 Avoid plastic bottles

Pour and store your juice or smoothie in a glass, ceramic, or steel bottle as essential oils break down synthetics in plastic bottles and containers.

GUARDING A FAMILY'S HEALTH

with Essential Oils

Lane Taylor graduated from Oklahoma State in 2012. He grew up in Arlington, Texas, where he started playing football in the fifth grade. He was an offensive lineman in high school. At OSU, he was an offensive guard and started all four years. He was an undrafted free agent in 2013 when the Green Bay Packers scooped him up as an offensive guard.

Kasey Taylor also attended Oklahoma State. She enjoys cooking, crafting, hanging out with friends, watching football, and making DIY projects with dōTERRA® essential oils. Most importantly, she loves spending time with her daughter Bryleigh, her husband Lane, and other Packer wives. Kasey is excited to be actively growing her dōTERRA business. She enjoys teaching others how to use dōTERRA essential oils, and especially loves sharing her love for DIYs with essential oils. She is exploring healthy options for her family and ways to incorporate essential oils in her daily life.

How has dōTERRA helped you as a mom?

Kasey: I don't have to worry about my child being exposed to harmful chemicals. dōTERRA gives me peace of mind as a mom. I know that my house is clean when I diffuse On Guard even when we have company over for the holidays. I love knowing that I can prevent or take care of issues at home by myself at the first sign. The oils are my "go to" in my family. Even our dog Ellie benefits from the oils. I use DigestZen® for her stomach issues — works like a charm!

How did you hear about dōTERRA and why did you decide to join?

Kasey: I met Ann McCotter at a neighborhood cook-out in Green Bay during Labor Day weekend. I later learned that Ann was a co-founder of One Essential Community, and had built a large team of Wellness Advocates. I asked Ann if she would teach me about the oils and she invited me to her home for some DIY projects. The next time I decided to bring my mom. Now we are both dōTERRA Wellness Advocates and avid DIYers.

How can dōTERRA products benefit athletes in general?

Lane: Health in general is important for athletes, and dōTERRA is all about helping increase your overall health and wellness. Less chemicals and more natural products makes a difference. When you're an athlete, everything you put into your body matters. And, of course, the products I love help me be at my best and boost my performance.

What dōTERRA products do you use the most?

On Guard®: On Guard is my go to all the time. It works so well. We use it in the diffuser, as a roll-on for our feet, in the beadlets, and in a DIY hand cleanser. I keep it in my purse and use it multiple times throughout the day. I even use it to spray the table off at a restaurant. I dilute it with Fractionated Coconut Oil and apply it to Bryleigh's feet and down her back.

Lavender: I diffuse Lavender in Bryleigh's room at night to help her fall asleep and have a restful sleep. The first time we diffused Lavender, Bryleigh fell asleep in less than 10 minutes and slept a good 12 hours. Before the Lavender, she had a hard time falling asleep. Every mother's dream is a little one who sleeps a solid 12 hours.

Peppermint Beadlets: Lane and I both like to take them after a meal, or when we need an extra energy boost.

Citrus Bliss®: I use Citrus Bliss in homemade cleaning solutions. It does the job and smells amazing.

Deep Blue® Rub: Lane uses Deep Blue for muscle recovery, especially after practices and games.

Breathe: This blend helps Lane and Bryleigh breathe better while they sleep.

These statements have not been evaluated by the Federal Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

KASEY TAYLOR IS A MOM, DÖTERRA WELLNESS ADVOCATE™, ESSENTIAL OIL DIY MASTER, AND A GREEN BAY PACKERS WIFE. HER HUSBAND, LANE TAYLOR, IS AN OFFENSIVE LINEMAN FOR THE GREEN BAY PACKERS AND ENJOYS USING DÖTERRA® ESSENTIAL OILS IN HIS DAILY LIFE.

Inside Kasey's Purse

- DÖTERRA LIP BALM
- DIY HAND CLEANSER WITH ON GUARD
- PEPPERMINT BEADLETS
- PAST TENSE TENSION BLEND
- HOMEMADE BABY WIPES WITH MELALEUCA AND LAVENDER.



WHEN I'M SORE AFTER A GAME, I USE DEEP BLUE® RUB. IT HELPS ME RECOVER FASTER.



WHAT MAKES ESSENTIAL Oils UNIQUE?

Imagine you had a magnifying glass strong enough to see down to the molecular level.

Take that magnifying glass and peek into a drop of essential oil.

What you'd find is an astonishing array of natural plant chemicals carefully honed by millennia of evolution, meticulously sourced and harvested to preserve the unique bouquet, and painstakingly extracted to capture the true ratios of physiologically active components. What you'd see in that drop of essential oil is one of nature's finest creations.

What are essential oils?

Like humans, plants need to communicate with their neighbors. They need to ward off pests, fight off invaders, attract the right helpers, and heal after injury. Many of the chemicals they use in these processes are what we know as essential oils.

The variety of essential oil compounds is staggering: monoterpenes, diterpenes, sesquiterpenes, esters, alcohols, and terpenoids, to name a few. It's likely that some essential oils will contain compounds we've never seen before—only a fraction of plant species have been evaluated for their health benefits.

Essential oils are useful in many ways, but their true distinctiveness lies in several characteristics: volatility, synergy, and adaptability.

Volatility

Essential oils are unique and elegantly functional, because they contain a mixture of highly volatile components. This is one of the stationary plant's best tools. How could a peppermint plant communicate with its neighbors? Can't pull up roots, so send over a volatile molecule. How could the peppermint plant tell a hungry bug to stay away from its leaves or roots? Secrete volatile molecules and allow them to surround the plant like an invisible shield.

Historically, humans have harnessed this chemical volatility for wellness purposes. Science is just now beginning to understand the physiological processes at work when an essential oil is inhaled.

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Take Lavender, for example. Multiple studies show that Lavender essential oil offers far more than just a pleasant smell. Inhaled Lavender oil has been shown to directly affect the brain's serotonin system,¹ upregulate antioxidant enzymes,² and maintain open airways.³ All those volatile chemicals can enter our nasal passages and begin to interact with our physiology almost instantaneously. It's one of the ways essential oils are so powerful.

Synergy

Another key to essential oil chemistry lies in the delicate balance of components. A drop of essential oil is like a snapshot of the plant's unique makeup and environment. All of the chemicals in the essential oil (hundreds of chemicals, in some cases) play some role in the plant's physiology. And all of those components make a complete oil that's unique, like a fingerprint—and that's far more than the sum of its parts.

We don't fully understand the synergy of essential oils. We know that in many cases, an oil contains a handful of main active components—players like pinene, eugenol, limonene, linalool, and carvacrol—and a whole host of “trace” components. Sometimes these are precursors or reaction products of the main players. Sometimes these are just individual chemicals thrown into the mix—a little of this, a dash of that, all contributing to an amazing final product.

The interesting thing is that multiple studies have illustrated the synergy of essential oil components. One recent study, for example, took seven essential oils and tested their antioxidant properties, comparing those results against the same tests run with the single most abundant component in each oil. The study found that an oil's antioxidant capability can't always be traced to one main component. Often, it's the supporting “trace” chemicals that modulate and interact with each other in ways we don't yet realize.

Adaptability

Humans evolved with plants. Our physical makeup is based on the same organic molecules. We're subject to similar environmental stressors and threats. It's therefore no surprise that the chemicals developed by plants for protection and

environmental adaptation are powerful agents within the human body, too.

Unlike chemicals manufactured in a lab, essential oils change. They adapt. They morph into whatever chemical cocktail will best support the plant's survival. It is this adaptability that has caught the interest of scientists and medical professionals. Could natural, plant-based options be better for our wellness than static chemicals that have lost their effectiveness? Ongoing research will answer that question. A plant fights hard for survival; we benefit from that ever-changing fight.

A single drop. That's the unit by which we measure essential oils and talk about their chemical components. It's also the current extent of our scientific knowledge—a single drop in a vast ocean of possibilities waiting to be explored. We'll glean that information about just how unique and powerful essential oils are one research study after another. One drop at a time.



Nicole Stevens, MSc

Nicole Stevens is an essential oil enthusiast with a professional desire to increase the credibility and scientific understanding behind natural products. She has been researching the various properties of essential oils for much of her career. Nicole earned her undergraduate and Master's degrees at Brigham Young University. She also worked at the UNLV Cancer Research Center and completed a project looking at the possibility of using essential oils in a process called photodynamic therapy.

1. Chioca LR, Ferro MM, Baretta IP, Oliveira SM, Silva CR, Ferreira J, Losso EM, Andreatini R. 2013. Anxiolytic-like effect of lavender essential oil inhalation in mice: participation of serotonergic but not GABAA/benzodiazepine neurotransmission. *J Ethnopharmacol.* 147(2):412-8.

2. Hancianu M, Cioanca O, Mihasan M, Hritcu L. 2013. Neuroprotective effects of inhaled lavender oil on scopolamine-induced dementia via anti-oxidative activities in rats. *Phytomedicine.* 20(5):446-52.

3. Ueno-Iio T, Shibakura M, Yokota KI, Aoe M, Hyoda T, Shinohata R, Kanehiro A, Tanimoto M, Kataoka M. 2014. Lavender essential oil inhalation suppresses allergic airway inflammation and mucous cell hyperplasia in a murine model of asthma. *Life Sci.* 108(2):109-15.

4. Dawidowicz AL, Olszowy M. 2014. Does antioxidant properties of the main component of essential oil reflect its antioxidant properties? The comparison of antioxidant properties of essential oils and their main components. *Nat Prod Res.* 28(22):1952-63.

GUY'S GUIDE TO BETTER NUTRITION

Dr. Tory Parker, Ph.D. in Nutritional Science

One of the challenges men face is getting the right balance between meats and other healthy foods. Meat is a good source of many nutrients (protein and iron, for example), but a poor source of other equally important nutrients (like fiber, antioxidants, and phytonutrients).

A good rule of thumb is to make sure the amount of vegetables on your plate is at least the same as the meat on your plate.

Another tip is to consider meat as a flavoring ingredient, rather than a main ingredient. Some chopped meat can significantly improve the flavor of other foods, making them more palatable.

What about Protein?

While it's true that you need more protein when you are exercising or building muscle, you don't need that much more. Most men eat enough protein when inactive to satisfy the needs of the body even if you were gaining muscle. Thus you don't need to increase your protein that much. I have spoken with

trainers who recommended 200 grams of protein a day to everyone. This is an expensive way to get carbs. All the excess protein that your body can't use just gets converted into carbohydrate (which you also need, but can get from other sources)!

A good rule of thumb for effective body building is 0.7 grams of protein per pound of body weight, or just 125 grams per day for a 180 pound man. You wouldn't need 200 grams of protein until you weighed 285 pounds with low body fat. This applies only to the very top percentage of competitive body builders, which is probably why it is the amount people imitate.

In contrast, the average sedentary male needs only 56 grams of protein a day, or 0.4 grams per pound. A 3 ounce deck-of-card-sized hamburger will provide 22 grams. A cup of milk provides 8 grams. If you had a meatless burrito for lunch, it would provide 21 grams in a half cup of black beans; more from the cheese and meat if they are included.



Healthy eating habits that are easy to follow



Two fruit sources a day—fresh or dried fruit with or on your hot or cold breakfast, and an apple in the afternoon.



Two vegetable sources a day—something with lunch and something with dinner

Substitute whole grains whenever you get the chance. A majority of antioxidants are bound up in the fiber of foods. Fiber is good for all of your body, not just for your intestines! (See whole wheat pancake recipe to the right).



Give the Lifelong Vitality pack a try. Men benefit from quality supplements regardless of their diet.

Good supplements provide not only potentially missing nutrients, but also many beneficial ingredients that are not normally obtainable from food.



Consider taking PB Assist®. It is important to get healthy bacteria to combat exposure to unhealthy bacteria in your daily life.

Whole Wheat Pancakes



Ingredients:

- 1 egg
- ¼ teaspoon salt
- 1 cup almond milk
- 2 teaspoons sugar
- 1 cup whole wheat flour
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- 2 tablespoons melted butter
- 1 tablespoon apple cider vinegar*

Directions:

1. Combine milk and vinegar in a measuring cup and let the mixture curdle while mixing together other ingredients.
2. In big bowl, whisk to combine flour, sugar, baking powder, baking soda, and salt. Set aside.
3. In smaller bowl, whisk together the egg and melted butter, mix well. Add curdled milk until it looks homogenous and smooth. Combine mixture with dry ingredients and stir together.
4. Preheat a nonstick griddle to 375 degrees Fahrenheit. Cook pancakes of your preferred size on both sides until golden brown. Serve with butter and syrup of choice.

Idea Notebook



BATHROOM TIP

Clean Toilet, Fresh Smell

Add 4 drops of any citrus essential oil to the toilet bowl and water tank to help maintain cleanliness and improve smell.



HEALTHY SKIN TIP

Bath/Shower Oil *with* Essential Oils

1. Combine 4–6 drops of Lavender or Citrus Bliss essential oil with dōTERRA® Fractionated Coconut Oil in a 4-ounce bottle.
2. Mix well.
3. Add to bath water or apply after shower.



Message in a Bottle

Write a special message on a piece of paper, roll it up and place it inside an empty essential oil bottle. Use a mini cork to seal your message. You can add sand, gold flakes, or mini sea shells. Be creative and have fun!



HEALTHY SNACK TIP

Raw Apple Pie Snack

-Submitted by Carol Vawter, Kansas

"It is like eating raw apple pie but without the food hangover! You have a nice power snack with real food, real oils, healthy fat, and protein."

Ingredients

- 1 tablespoon local raw honey
- 1 tablespoon TrimShake vanilla powder
- 1 tablespoon favorite nut butter
- 2–3 drops Cinnamon essential oil

Directions

1. Mix together in a bowl.
2. Slice your favorite crisp apple.
3. Dip and eat!
























→ share your tip!

email living@doterra.com with your favorite essential oil recipe, idea, or time saver.

ESSENTIAL OIL SINGLES

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

 <p>ARBORVITAE ESSENTIAL OIL <i>Thuja plicata</i></p> <p>A T N</p> <p>49360001 5 mL \$26.67 retail</p>	 <p>BASIL ESSENTIAL OIL <i>Ocimum basilicum</i></p> <p>A T I N</p> <p>30010001 15 mL \$26.67 retail</p>	 <p>BERGAMOT ESSENTIAL OIL <i>Citrus bergamia</i></p> <p>A T I S</p> <p>30790001 15 mL \$36.67 retail</p>	 <p>BLACK PEPPER ESSENTIAL OIL <i>Piper nigrum</i></p> <p>A T I S</p> <p>41040001 5 mL \$29.33 retail</p>	 <p>CARDAMOM ESSENTIAL OIL <i>Elettaria cardamomum</i></p> <p>A T I N</p> <p>49330001 5 mL \$29.33 retail</p>
 <p>CASSIA ESSENTIAL OIL <i>Cinnamomum cassia</i></p> <p>A T I D</p> <p>30020001 15 mL \$25.33 retail</p>	 <p>CEDARWOOD ESSENTIAL OIL <i>Juniperus virginiana</i></p> <p>A T S</p> <p>49300001 15 mL \$17.33 retail</p>	 <p>CILANTRO ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>41850001 15 mL \$34.67 retail</p>	 <p>CINNAMON ESSENTIAL OIL <i>Cinnamomum zeylanicum</i></p> <p>A T I D</p> <p>30030001 5 mL \$28.00 retail</p>	 <p>CLARY SAGE ESSENTIAL OIL <i>Salvia sclarea</i></p> <p>A T I N</p> <p>30420001 15 mL \$48.67 retail</p>
 <p>CLOVE ESSENTIAL OIL <i>Eugenia caryophyllata</i></p> <p>A T I D</p> <p>30040001 15 mL \$18.67 retail</p>	 <p>CORIANDER ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>30780001 15 mL \$34.67 retail</p>	 <p>CYPRESS ESSENTIAL OIL <i>Cupressus sempervirens</i></p> <p>A T N</p> <p>30050001 15 mL \$20.67 retail</p>	 <p>EUCALYPTUS ESSENTIAL OIL <i>Eucalyptus radiata</i></p> <p>A T S</p> <p>30060001 15 mL \$18.67 retail</p>	 <p>FENNEL, SWEET ESSENTIAL OIL <i>Foeniculum vulgare</i></p> <p>A T I S</p> <p>41290001 15 mL \$20.00 retail</p>
 <p>FRANKINCENSE ESSENTIAL OIL <i>Boswellia carterii, frereana, sacra</i></p> <p>A T I N</p> <p>30070001 15 mL \$93.00 retail</p>	 <p>GERANIUM ESSENTIAL OIL <i>Pelargonium graveolens</i></p> <p>A T I S</p> <p>30090001 15 mL \$36.00 retail</p>	 <p>GINGER ESSENTIAL OIL <i>Zingiber officinale</i></p> <p>A T I S</p> <p>30080001 15 mL \$38.67 retail</p>	 <p>GRAPEFRUIT ESSENTIAL OIL <i>Citrus X paradisi</i></p> <p>A T I N</p> <p>30100001 15 mL \$21.33 retail</p>	 <p>HELICHRYSUM ESSENTIAL OIL <i>Helichrysum italicum</i></p> <p>A T I N</p> <p>30410001 5 mL \$100.00 retail</p>
 <p>JUNIPER BERRY ESSENTIAL OIL <i>Juniperus communis</i></p> <p>A T I N</p> <p>49290001 5 mL \$25.33 retail</p>	 <p>LAVENDER ESSENTIAL OIL <i>Lavandula angustifolia</i></p> <p>A T I N</p> <p>30110001 15 mL \$28.00 retail</p>	 <p>LEMON ESSENTIAL OIL <i>Citrus limon</i></p> <p>A T I N</p> <p>30120001 15 mL \$13.33 retail</p>	 <p>LEMONGRASS ESSENTIAL OIL <i>Cymbopogon flexuosus</i></p> <p>A T I S</p> <p>30130001 15 mL \$13.33 retail</p>	 <p>LIME ESSENTIAL OIL <i>Citrus aurantifolia</i></p> <p>A T I S</p> <p>30870001 15 mL \$17.33 retail</p>
 <p>MARJORAM ESSENTIAL OIL <i>Origanum majorana</i></p> <p>A T I N</p> <p>30140001 15 mL \$25.33 retail</p>	 <p>MELALEUCA ESSENTIAL OIL <i>Melaleuca alternifolia</i></p> <p>A T I N</p> <p>30150001 15 mL \$25.33 retail</p>	 <p>MELISSA ESSENTIAL OIL <i>Melissa officinalis</i></p> <p>A T I N</p> <p>30850001 5 mL \$153.33 retail</p>	 <p>MYRRH ESSENTIAL OIL <i>Commiphora myrrha</i></p> <p>A T I N</p> <p>30160001 15 mL \$69.33 retail</p>	 <p>OREGANO ESSENTIAL OIL <i>Origanum vulgare</i></p> <p>A T I D</p> <p>30180001 15 mL \$32.00 retail</p>
 <p>PATCHOULI ESSENTIAL OIL <i>Pogostemon cablin</i></p> <p>A T I N</p> <p>30890001 15 mL \$39.33 retail</p>	 <p>PEPPERMINT ESSENTIAL OIL <i>Mentha piperita</i></p> <p>A T I S</p> <p>30190001 15 mL \$27.33 retail</p>	 <p>ROMAN CHAMOMILE ESSENTIAL OIL <i>Anthemis nobilis</i></p> <p>A T I N</p> <p>30800001 5 mL \$44.00 retail</p>	 <p>ROSEMARY ESSENTIAL OIL <i>Rosmarinus officinalis</i></p> <p>A T I N</p> <p>30200001 15 mL \$18.67 retail</p>	 <p>HAWAIIAN SANDALWOOD ESSENTIAL OIL <i>Santalum paniculatum</i></p> <p>A T I N</p> <p>41860001 5 mL \$82.33 retail</p>



SANDALWOOD
ESSENTIAL OIL
Santalum album

A T I N

30210001 | 5 mL
\$82.33 retail



THYME
ESSENTIAL OIL
Thymus vulgaris

A T I D

30220001 | 15 mL
\$36.67 retail



VETIVER
ESSENTIAL OIL
Vetiveria zizanioides

A T I N

30430001 | 15 mL
\$46.00 retail



WHITE FIR
ESSENTIAL OIL
Abies alba

A T N

30250001 | 15 mL
\$26.67 retail



WILD ORANGE
ESSENTIAL OIL
Citrus sinensis

A T I N

30170001 | 15 mL
\$14.00 retail



WINTERGREEN
ESSENTIAL OIL
Gaultheria procumbens

A T S

30230001 | 15 mL
\$21.33 retail



YLANG YLANG
ESSENTIAL OIL
Cananga odorata

A T I N

30240001 | 15 mL
\$47.00 retail



PEPPERMINT
BEADLET

38150001 | 125 ct.
\$15.33 retail

PROPRIETARY ESSENTIAL OIL BLENDS

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



AROMATOUCH®
MASSAGE BLEND

T N

31200001 | 15 mL
\$34.67 retail



BALANCE
GROUNDING BLEND

A T N

31010001 | 15 mL
\$26.67 retail



BREATHE
RESPIRATORY BLEND

A T S

31070001 | 15 mL
\$26.67 retail



CITRUS BLISS
INVIGORATING BLEND

A T N

31020001 | 15 mL
\$20.00 retail



CLEAR SKIN
TOPICAL BLEND

T N

37170001 | 15 mL
\$28.00 retail



DEEP BLUE®
SOOTHING BLEND

T S

31380001 | 10 mL
\$85.33 retail



DIGESTZEN®
DIGESTIVE BLEND

A T I N

31030001 | 15 mL
\$41.33 retail



ELEVATION™
JOYFUL BLEND

A T N

31040001 | 15 mL
\$49.33 retail



IMMORTELE
ANTI-AGING BLEND

T N

37140001 | 10 mL
\$92.67 retail



INTUNE™
FOCUS BLEND

A T N

41840001 | 15 mL
\$46.00 retail



ON GUARD®
PROTECTIVE BLEND

A T I S

31100001 | 15 mL
\$42.67 retail



PASTTENSE®
TENSION BLEND

A T N

31350001 | 10 mL
\$24.67 retail



PURIFY
CLEANSING BLEND

A T N

31060001 | 15 mL
\$24.00 retail



SERENITY
CALMING BLEND

A T N

31090001 | 15 mL
\$40.00 retail



SLIM & SASSY®
METABOLIC BLEND

A T I S

31370001 | 15 mL
\$32.67 retail



CLARYCALM™
MONTHLY BLEND
FOR WOMEN

A T N

35270001 | 10 mL
\$32.67 retail



TERRASHIELD®
OUTDOOR BLEND

A T N

31190001 | 15 mL
\$12.67 retail



WHISPER™
BLEND FOR WOMEN

A T N

31080001 | 5 mL
\$32.00 retail



ZENDOCRINE®
DETOXIFICATION BLEND

A T I S

31460001 | 15 mL
\$32.67 retail

APPLICATION METHODS A Can be used aromatically T Can be use topically I Can be used internally

SKIN SENSITIVITY N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)

ESSENTIAL USAGE



TOPICAL USE

HAND AND BODY LOTION

Enjoy the benefits of adding your favorite essential oils as you discover silky, smooth skin with this hydrating lotion.

- Fragrance-free, light-weight lotion—perfect for hydrating the skin
- Combine with your favorite essential oils for added benefits

36100001	6.7 oz tube
\$19.33 retail	

3-PACK

36110001	Three 6.7 oz tubes
\$39.93 retail	

FRACTIONATED COCONUT OIL



Ideal for combining with essential oils for topical therapies.

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

30260001	4 oz
\$16.00 retail	

INTERNAL USE

VEGGIE CAPS

Customize your essential oil supplement regimen with vegetarian capsules that absorb quickly and easily.

- Free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products
- Made of inert vegetable ingredients that do not interfere with digestion

34100001	160 HPMC capsules
\$5.33 retail	



AROMATIC USE

PETAL DIFFUSER

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers health-promoting benefits to your family and home. It has a relaxing mist and soft white ambient light, making it ideal for nighttime diffusion, and can cover up to 100 square feet. The Petal Diffuser has three timed settings—1, 2, and 4 hours—allowing you to customize the release of essential oils into the air. This convenient diffuser is stable, light, and easy to use—perfect for home or office use.

- 1, 2, and 4 hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 330 square feet
- Simple, 3 piece diffuser is easy and convenient to use

33150001	
\$62.67 retail	



Petal Diffuser

AROMA-ACE DIFFUSER

- Easy-to-use timing provides flexibility and convenience
- Output volume control allows you to choose the intensity of your aromatherapy experience
- Preserves the natural essence and complete therapeutic benefits of essential oils by not using heat or water
- Comes with a 15 mL bottle of On Guard® Protective Blend

33030001	
\$173.27 retail	



Aroma-Ace™ Diffuser

LOTUS DIFFUSER NEW DESIGN!

Modern and elegant, the Lotus Diffuser quickly releases the therapeutic benefits of dōTERRA essential oils into the air.

- Features three settings—1, 2, and 3 hours, along with an optional night light
- Covers up to 330 square feet
- Provides a decorative piece to any home or office

33160001	
\$119.93 retail	



Lotus Diffuser

AROMA LITE DIFFUSER

- Features four LED mist settings and an optional night light
- Designed to be small and compact—perfect for traveling and hotel use

33130001	
\$119.93 retail	



Aroma Lite Diffuser

ON GUARD® PRODUCTS

ON GUARD® FOAMING HAND WASH

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

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

ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

38070001 | \$30.00 retail

SINGLE REFILL

38010001 | \$24.67 retail

TWIN PACK REFILL

38020001 | \$44.67 retail

ON GUARD TOP SELLER PROTECTIVE BLEND



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

31100001 | 15 mL bottle

\$42.67 retail

ON GUARD

NATURAL WHITENING TOOTHPASTE

Clean and protect teeth with the added benefit of On Guard Protective Blend.

- Fluoride-free formulation helps reduce plaque while whitening teeth
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath and toothbrush
- Boasts the protective benefits of On Guard essential oil blend

38910001 | 4.2 oz

\$11.33 retail

ON GUARD

PROTECTING THROAT DROPS

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

- Helps calm and soothe occasional dry, scratchy throats
- Features the immune-supporting properties of On Guard Protective Blend
- Formulated with all-natural organic cane juice and brown rice syrup

34050001 | 30 drops

\$19.33 retail

ON GUARD

CLEANER CONCENTRATE

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

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

38140001 | 12 fl oz

\$19.33 retail



ON GUARD

LAUNDRY DETERGENT

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

- Each naturally sourced enzyme targets and gently removes specific types of stains
- Contains 10 mL of On Guard Protective Blend (over \$28 retail value) for an added cleaning boost
- Safe for the environment and the whole family
- 64 loads in each bottle; 1 tablespoon = 1 load (using a high efficiency washer)
- Great as a pre-treatment for stains

38980001 | 32 fl oz

\$32.67 retail

ON GUARD BEADLET NEW DESIGN!

On Guard Beadlets provide an easy and convenient way to obtain the unique benefits of On Guard Protective Blend.

- Supports healthy immune function
- Provides a convenient consumption method for On Guard Protective Blend

31580001 | 125 beadlets

\$20.00 retail



ON GUARD+ SOFTGELS

On Guard + Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa essential oils for additional immune support. On Guard+ is a great way to strengthen and maintain healthy immune function when seasonal threats are high or to protect against elements that can weaken the immune system.

- Helps build and maintain a healthy immune system
- Protects the body against seasonal threats
- Supports healthy circulation and respiratory function

35420001 | 60 vegetarian softgels

\$32.67 retail

ON GUARD WHITENING TOOTHPASTE SAMPLES

The amazing benefits of On Guard Whitening Toothpaste need to be shared and this new convenient packaging provides the opportunity to share it with 10 of your closest friends.

- Pack of 10 in a convenient envelope
- Same formula as the full-sized tube
- Easy to share and convenient to take on-the-go

39000001 | 10 samples, 2 g each

\$4.67 retail

PRODUCT GUIDE

SKIN CARE

VERÁGE™ CLEANSER

Healthy, smooth skin begins with Veráge Cleanser. This all natural gel cleanser purifies skin for a fresh, youthful-looking complexion.

- Infused with CPTG® essential oils of Wild Orange, Melaleuca, and Basil to gently cleanse and lift away impurities
- Invigorates and cleanses skin while natural emollients nourish and hydrate

37380001	60 mL/ 2 fl oz
\$33.33 retail	

VERÁGE™ TONER

Veráge Toner combines CPTG® essential oils with nourishing plant extracts to tighten, tone, and smooth skin—anytime, anywhere. This hydrating toner fortifies and refreshes the skin while invigorating the senses for an energizing boost and a glowing complexion.

- CPTG essential oils of Ylang Ylang, Palmarosa, Cypress, and Coriander tone and balance skin
- Nourishing plant extracts provide targeted moisture and toning to help skin look its best
- Easy mist application

37390001	50 mL/1.7 fl oz
\$29.33 retail	

VERÁGE™ IMMORTELLE HYDRATING SERUM

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

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin
- Specialized plant technology promotes optimal lipid balance

37400001	15 mL/.5 fl oz
\$86.67 retail	



VERÁGE™ MOISTURIZER

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

- Formulated with CPTG essential oils of Juniper Berry, Jasmine, Sea Buckthorn Berry, and Geranium—all known to revitalize the skin
- Uses natural ingredients to hydrate skin, helping to reduce the appearance of fine lines and wrinkles

37410001	30 mL/1 fl oz
\$37.33 retail	

VERÁGE™ SKIN CARE COLLECTION

A collection that brings together Veráge Cleanser, Toner, Immortelle Hydrating Serum, and Moisturizer for beautiful, healthy skin.

42690001	
\$112.67 retail	

FACIAL CLEANSER

37010001	4 oz
\$22.00 retail	

ANTI-AGING MOISTURIZER

37030001	1.7 oz
\$46.00 retail	

PORE REDUCING TONER

37020001	4 oz
\$23.33 retail	

IMMORTELLE ANTI-AGING BLEND New Look!

37140001	10 mL roll on
\$92.67 retail	

INVIGORATING SCRUB

37050001	2.5 oz
\$24.00 retail	

TIGHTENING SERUM

37040001	1 oz
\$66.00 retail	

HYDRATING CREAM

37160001	1.7 oz
\$46.00 retail	



HD CLEAR™

FOAMING FACE WASH UPGRADED!

Discover the perfect solution for problem skin of all ages with the dōTERRA® HD Clear Foaming Face Wash.

- Designed to thoroughly cleanse without stripping away natural moisture
- Contains CPTG® essential oils and plant extracts that will leave your skin extra clean and soft

49420001	50 mL 1.7 oz
\$28.00 retail	

HD CLEAR™

TOPICAL BLEND



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

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- Helps balance overactive sebaceous glands
- Promotes clear, smooth skin by targeting the site of blemishes

49400001	10 mL roll on
\$28.00 retail	

HD CLEAR™

FACIAL LOTION

Enjoy a beautiful, smooth complexion with HD Clear Facial Lotion. This lotion contains natural emollients to promote healthy levels of moisture in the skin for a balanced complexion as well as CPTG essential oils combined with botanical extracts known to assist in achieving blemish-free skin.

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- All natural ingredients help target blemishes for clear and clean skin
- Absorbs quickly leaving skin feeling soft and smooth

49410001	50 mL 1.7 oz
\$45.33 retail	



HD CLEAR™ KIT

This kit contains HD Clear Foaming Face Wash, Topical Blend, and Facial Lotion for a beautifully balanced complexion.

42700001	
\$61.33 retail	



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
- Tiny polishing beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Protein-building peptides support healthy and youthful-looking skin
- Nutrient-rich formula helps maintain a radiant complexion

37340001	2 tubes—1.7 oz each
\$80.00 retail	

HAIR CARE

SALON ESSENTIALS® HAIR CARE SYSTEM

Salon Essentials Hair Care System is the perfect way to experience the amazing benefits of all four dōTERRA® hair care products and provide a great savings. By purchasing the Protecting Shampoo, Smoothing Conditioner, and the Root to Tip Serum in the Salon Essentials Hair Care System, Healthy Hold Glaze comes FREE!

36280001

\$103.33 retail

PROTECTING SHAMPOO 2-PACK	36240001	\$32.67 retail
SMOOTHING CONDITIONER 2-PACK	36250001	\$38.67 retail
SHAMPOO AND CONDITIONER	36260001	\$37.33 retail

LOYALTY
REWARDS
PROGRAM



SALON ESSENTIALS PROTECTING SHAMPOO

Enjoy the professional formulation of CPTG® essential oils, gentle cleansers, and botanical extracts in dōTERRA Salon Essentials Protecting Shampoo.

- Features a gentle lathering and cleansing boost from Wild Orange and Lime essential oils and plant extracts
- Gently removes impurities collected on the hair and scalp
- Lightly moisturizes hair, leaving it salon soft and touchable
- Provides antioxidant protection against UV damage, which can cause fading in color-treated hair

36220001

8.34 oz

\$26.00 retail

SALON ESSENTIALS SMOOTHING CONDITIONER

Give hair a smooth, finished look and protect it with the professional formula of Salon Essentials Smoothing Conditioner.

- Features conditioning emollients, botanical extracts, and natural proteins
- Includes a proprietary blend of CPTG® essential oils for the hair and scalp
- Smoothes hair and provides an anti-static effect with nanotechnology

36230001

8.34 oz

\$30.67 retail

SALON ESSENTIALS HEALTHY HOLD GLAZE

Get the all-in-one benefits of a flexible hold, health, and shine for your hair with Salon Essentials Healthy Hold Glaze.

- Protects, nourishes, and fortifies hair for optimal health and shine
- Protein-rich nanoparticles work to promote improved moisture and softness
- Offers perfect support for beautifully styled hair

36270001

4 oz

\$24.00 retail

SALON ESSENTIALS ROOT TO TIP SERUM

The Root to Tip Serum provides a healthy environment for your scalp and maximizes the strength and shine of your hair.

- Infused with Lavender, Peppermint, Marjoram, Cedarwood, Lavandin, Rosemary, Niaouli, and Eucalyptus essential oils
- Provides extended protection and hydration to your scalp and hair

36210001

30 mL

\$46.67 retail

SPA

HAND AND BODY LOTION

Enjoy the benefits of adding your favorite essential oils as you discover silky, smooth skin with this hydrating lotion.

- Fragrance-free, light-weight lotion—perfect for hydrating the skin
- Combine with your favorite essential oils for added benefits
- Provides your skin with important antioxidants, botanicals, and humectants
- Features cruciferous vegetable extracts to help build the skin's natural defenses

36100001	6.7 oz tube
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\$19.33 retail	
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3-PACK

36110001	Three 6.7 oz tubes
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\$39.93 retail	
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CITRUS BLISS®

INVIGORATING BATH BAR

Enter a state of bliss as you clean your body with the Citrus Bliss Invigorating Bath Bar.

- Contains dōTERRA® Citrus Bliss Invigorating Blend
- Perfect for every member of the family
- Gently exfoliates with natural oatmeal

36130001	4 oz
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\$9.32 retail	
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LIP BALM

WITH PEPPERMINT & WILD ORANGE

Nourish and hydrate your lips with dōTERRA. Refresh your lips with the protecting power of Peppermint and Wild Orange essential oils.

- Non-waxy formula features moisturizing agents like shea and mango seed butters
- Restores moisture and elasticity to lips
- Invigorates and enhances mood with a blend of Peppermint and Wild Orange

36190001	.15 oz
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\$6.33 retail	
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SERENITY™

CALMING BATH BAR

Luxuriate as you enjoy the serene, calming influence of the Serenity Calming Bath Bar.

- Provides the benefits of Serenity Calming Blend
- Cleans and conditions your skin naturally with coconut and safflower oils and shea butter

36140001	4 oz
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\$9.32 retail	
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HEALING HANDS

LOTION

Become part of furthering the cause of the dōTERRA Healing Hands Foundation™ by purchasing the lovely scented Healing Hands lotion infused with Bulgarian Rose CPTG® essential oil that will not only soften the skin and emit a beautiful aroma, but will also benefit the life of someone in need. The full purchase price of \$20 will be donated to the dōTERRA Healing Hands Foundation to assist those in need throughout the world. Your heart and your skin will be softened.

36170001	3.3 oz
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\$20.00 retail	
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CITRUS BLISS

HAND LOTION

Conveniently packaged for an on-the-go aromatic experience, this lotion softens hands and enlivens the senses with the delightful aroma of Citrus Bliss Invigorating Blend.

- Light, uplifting scent with a kiss of vanilla and a bouquet of citrus essential oils
- Perfect size to tote in the car, take to the office, or put in a purse or bag
- Provides hands with important antioxidants, botanicals, and humectants

36200001	2.5 fl oz tube
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\$8.67 retail	
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PRODUCT GUIDE

DAILY VITALITY

LOYALTY
REWARDS
PROGRAM



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

34210001 | \$93.13 retail



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

34250001 | \$106.00 retail



MICROPLEX MVp™

NEW FORMULA!

FOOD NUTRIENT COMPLEX

An all-new formula with more bioavailable ingredients designed to provide just the right amounts of vitamins, minerals, and polyphenols that your body needs each and every day

- Naturally balanced, comprehensive array of vitamins and minerals to give you just what you need. Nothing more and nothing less
- Highly bioavailable chelated minerals
- Potent, antioxidant polyphenol extract blend
- All-new whole foods blend
- Also features the dōTERRA Tummy Tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach

34200001 | 120 Vegetable Capsules
\$46.00 retail



xEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

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

- Features Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Delivers EPA and DHA essential fatty acids from flax, borage, cranberry, and pomegranate seed oils and marine lipids
- Supports healthy cardiovascular, immune, joint, and brain health
- Includes a unique form of the carotenoid astaxanthin for antioxidant protection

34190001 | 120 Softgels

\$52.67 retail



vEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

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

- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Includes essential fatty acids from flax, algae, incha inchi seed, borage, cranberry, pomegranate, pumpkin, and grape seed oils
- Supports healthy cardiovascular, immune, joint, and brain health
- Includes a unique form of the carotenoid astaxanthin for antioxidant support

34260001 | 120 Softgels

\$66.00 retail



ALPHA CRS+® CELLULAR VITALITY COMPLEX

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

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

34180001 | 120 Vegetable Capsules

\$92.67 retail



DIETARY SUPPLEMENTS



DDR PRIME®

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

- Provides antioxidant protection against oxidative damage
- Supports a healthy response to cellular stressors
- Promotes healthy cellular response, repair, and regeneration

DDR PRIME ESSENTIAL OIL CELLULAR COMPLEX

41510001	30 mL bottle
\$73.33 retail	

DDR PRIME SOFTGELS™

41740001	60 capsules
\$73.33 retail	



MADE WITH VEGETARIAN SOFTGELS



MITO2MAX® ENERGY & STAMINA COMPLEX

Mito2Max is a healthy, long-term alternative to caffeinated drinks and supplements for increased energy and vitality.

- Formulated with standardized plant extracts and metabolic cofactors of cellular energy
- Supports healthy mitochondrial function and aerobic capacity
- Improves stamina naturally without the use of harmful stimulants

35310001	120 capsules
\$39.33 retail	



MADE WITH SLS-FREE
VEGETABLE CAPSULES



DAILY NUTRIENT PACK MICROPLEX MVp™ and xEO MEGA®

20650001	
\$79.33 retail	



DEEP BLUE NEW! POLYPHENOL COMPLEX™

Now Deep Blue has a nutritional supplement, which contains powerful polyphenols clinically tested to help with soreness and discomfort.

- Patent-pending, fast-acting boswellia extract shown to help support joint comfort and function
- Includes proprietary, standardized extracts of ginger, curcumin, resveratrol and other polyphenols to soothe aches and discomfort
- Can be used in tandem with Deep Blue Rub or Deep Blue Soothing Blend

34360001	60 Vegetable capsules
\$79.33 retail	



MADE WITH SLS-FREE
VEGETABLE CAPSULES



TRIEASE® SEASONAL BLEND SOFTGELS

TriEase Softgels were developed to protect against seasonal and environmental elements and to promote a healthy respiratory system when needed most. Each softgel contains equal parts of Lemon, Lavender and Peppermint essential oils, known for their ability to maintain clear breathing and a healthy inflammatory response when combined together.

- Promotes clear breathing and healthy respiratory function
- Cleanses the body's systems
- Provides calming and balancing effects, both internally and externally

49310001	60 Softgels
\$30.00 retail	



MADE WITH VEGETARIAN SOFTGELS

PRODUCT GUIDE

CHILDREN'S SUPPLEMENTS

a2z CHEWABLE®

Designed for children and adults who have difficulty swallowing capsules, a2z provides the nutrients your body needs for optimal health.

- Combines a blend of B vitamins with vitamins A, C, and E
- Features botanical extracts and is formulated to be used with IQ Mega
- Supports healthy immunity and provides antioxidant protection
- Promotes healthy cell development and longevity when taken daily

35330001	60 tablets
\$26.00 retail	

IQ MEGA®

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

- Provides 1,000 mg of concentrated, pure fish oil per serving
- Supports healthy brain, cardiovascular, immune, and joint function
- Formulated to be used with a2z chewable

35320001	150 mL
\$46.00 retail	



DIGESTIVE HEALTH



DIGESTZEN® TOP SELLER DIGESTIVE BLEND



The well-recognized essential oils in DigestZen are known for providing soothing digestive relief.

- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Aids in the digestion of foods
- Maintains a healthy gastro-intestinal tract
- Soothes occasional stomach upset

31030001	15 mL bottle
\$41.33 retail	

DIGESTZEN® SOFTGELS

doTERRA® DigestZen® Softgels are a convenient and easy way to obtain the benefits of the proprietary DigestZen essential oil blend. Each vegetarian softgel contains 120 mg of DigestZen, the oil blend you know and trust for overall digestive health.

35430001	60 vegetarian softgels
\$26.00 retail	



MADE WITH VEGETARIAN SOFTGELS

ZENDOCRINE® DETOXIFICATION BLEND



Support your body's natural detoxification systems with Zendocrin.

- Features a proprietary blend of Tangerine Peel, Rosemary, Geranium, Juniper Berry and Cilantro essential oils
- Supports healthy liver function
- Can be used individually or in combination with Zendocrin Detoxification Complex

31460001	15 mL bottle
\$32.67 retail	

ZENDOCRINE® SOFTGELS

doTERRA DigestZen® Softgels are a convenient and easy way to obtain the benefits of the proprietary Zendocrin essential oil blend.

34280001	60 vegetarian softgels
\$32.67 retail	



MADE WITH VEGETARIAN SOFTGELS

TERRAZYME® TOP SELLER DIGESTIVE ENZYME COMPLEX

TerraZyme provides your body with the whole-food enzymes and supporting mineral cofactors needed for healthy digestion.

- Supports the body's constant production of enzymes critical for healthy biochemical functions
- Promotes healthy digestion of food nutrients and cellular metabolism of nutrients into energy
- Includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars, and fiber

35110001	90 vegetable capsules
\$50.00 retail	



MADE WITH SLS-FREE VEGETABLE CAPSULES



ZENDOCRINE® DETOXIFICATION COMPLEX

Support your body's filtering and waste management system with the proprietary Zendocrine Detoxification Complex.

- Features a proprietary blend of 14 active, whole-food extracts in a patented enzyme delivery system
- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin

35120001 | 60 vegetable capsules

\$32.67 retail



MADE WITH SLS-FREE
VEGETABLE CAPSULES

PB ASSIST+® PROBIOTIC DEFENSE FORMULA

This proprietary formula of pre-biotic fiber and six strains of probiotic organisms is safe for the entire family.

- Delivers 5 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourage culture adhesion and growth
- Time-release double capsule delivery protects sensitive probiotic cultures from stomach acid
- Supports healthy digestive function and immunity

35160001 | 30 vegetable capsules

\$46.00 retail



MADE WITH SLS-FREE
VEGETABLE CAPSULES

GX ASSIST® GI CLEANSING FORMULA

Cleanse your GI tract before starting with PB Assist with this combination of CPTG Certified Pure Therapeutic Grade® essential oils.

- Features Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme essential oils as well as caprylic acid
- Helps support a healthy digestive tract by creating an unfriendly environment for potentially harmful pathogens
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist Probiotic Defense Formula

35040001 | 60 softgels

\$34.67 retail



MADE WITH ENTERIC SOFTGELS

WOMEN'S HEALTH



LOYALTY
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WOMEN'S HEALTH KIT

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

35250001 | \$92.67 retail

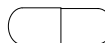
PHYTOESTROGEN LIFETIME COMPLEX™

dōTERRA® Women Phytoestrogen Lifetime Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a woman's life.

- Includes a standardized soy extract with genistein, a powerful phytoestrogen
- Helps manage potentially harmful metabolites produced by estrogen metabolism with a concentrated extract of flax seed lignans
- Supports healthy bones, heart, breast tissue, and other body structures

35260001 | 60 capsules

\$52.67 retail



MADE WITH SLS-FREE
VEGETABLE CAPSULES

BONE NUTRIENT LIFETIME COMPLEX™

This convenient dietary supplement increases the consumption of nutrients needed for healthy bones.

- Perfect for men and women of all ages
- Features a blend of vitamins C and D, calcium, magnesium, and other trace minerals
- Combats declining bone density by providing bone nutrients often deficient in modern diets

35240001 | 120 capsules

\$23.33 retail



MADE WITH SLS-FREE
VEGETABLE CAPSULES

CLARYCALM® MONTHLY BLEND FOR WOMEN



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

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, and Vitex essential oils
- Helps balance hormones
- Provides temporary respite from cramps, nausea, hot flashes, and emotional swings

35270001 | 10 mL roll on

\$32.67 retail

PRODUCT GUIDE

SLIM & SASSY®

NEW SLIM & SASSY
PRODUCTS COMING SOON!

SLIM & SASSY TRIM KIT

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

40770001	1 Chocolate, 1 Vanilla
\$200 retail	
35280001	2 Chocolate
\$200 retail	
35290001	2 Vanilla
\$200 retail	
60130001	2 V Shake
\$200 retail	

SLIM & SASSY TOP SELLER METABOLIC BLEND



Support your weight maintenance goals with the proprietary essential oil blend of Slim & Sassy.

- Formulated with Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon essential oils
- Promotes healthy metabolism
- Helps manage hunger cravings
- Calms your stomach and lifts your mood
- Diuretic, stimulant, and calorie free

31370001	15 mL bottle
\$32.67 retail	

SLIM & SASSY® SOFTGELS

34270001	120 vegetarian softgels
\$46.00 retail	

SLIM & SASSY TRIMSHAKE™

Slim & Sassy TrimShake is a convenient, delicious shake mix that provides essential nutrients.

- TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise
- Includes the patented weight-management ingredient EssentraTrim® to help reduce food cravings and overeating
- Includes Solathin®, a special protein extract that supports increased feelings of satiety
- Blends well with nonfat dairy, almond, rice, or soy milk or water

35180001	Vanilla
\$52.67 retail	
35200001	Chocolate
\$52.67 retail	

V SHAKE

Introducing a vegetarian alternative to weight management shakes. Slim & Sassy V Shake provides the same benefits as TrimShake with the exception of all the ingredients being 100 percent plant-sourced and vegetarian-friendly.

- Includes Solathin® and EssentraTrim®
- 7 grams of plant-sourced protein
- Protein sourced from pea, quinoa, and amaranth
- Versatile flavor, mixes easily with favorite fruits, milks, or juices
- No artificial sweeteners, flavors, colors, or preservatives

35440001	
\$52.67 retail	



EssentraTrim is a registered trademark of NutraGenesis, LLC.
Solathin is a registered trademark of Cyvex Nutrition.

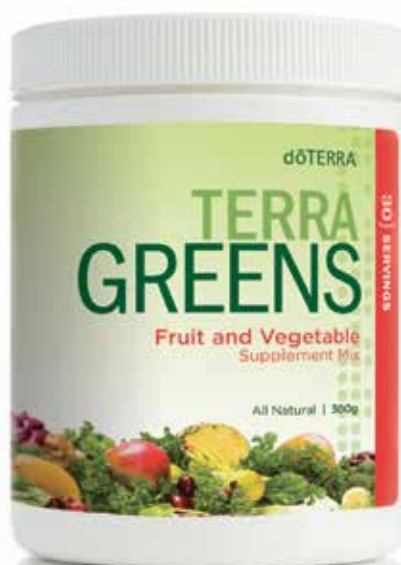
TERRA GREENS

TERRAGREENS™

Give your daily intake of fruits and vegetables a boost with this powdered drink mix designed to be taken with water, TrimShakes, or your favorite beverage.

- Blend of leafy greens and superfruits
- Chock full of vitamins, minerals, and antioxidants
- Flavored with Lemon and Ginger essential oils

60120001	300 g
\$37.33 retail	



All other words with trademark or registered trademark symbols are trademarks or registered trademarks of dōTERRA Holdings, LLC.

DEEP BLUE® PRODUCTS



DEEP BLUE® TOP SELLER SOOTHING BLEND



A synergistic blend of CPTG® essential oils, Deep Blue provides instant relief for the occasional discomfort of tired, sore, and worn-down muscles.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysm, and Osmanthus essential oils
- Apply directly to area to relieve occasional joint and muscle pain

31050001	5 mL bottle
\$42.67 retail	
31380001	10 mL roll on
\$85.33 retail	

DEEP BLUE® RUB SAMPLES

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

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

38950001	Ten 2 mL samples
\$6.67 retail	

DEEP BLUE® RUB SOOTHING LOTION

Infused with Deep Blue Soothing Blend, Deep Blue Rub provides targeted comfort to the occasional pain associated with tired and sore joints and muscles.

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Cools and warms problem areas
- Blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy

38900001	4 oz
\$39.00 retail	

DEEP BLUE NEW! POLYPHENOL COMPLEX™

Now Deep Blue has a nutritional supplement, which contains powerful polyphenols clinically tested to help with soreness and discomfort.*

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

34360001	60 Vegetable capsules
\$79.33 retail	

BREATHE DROPS

BREATHE RESPIRATORY DROPS

The respiratory benefits of selected CPTG® essential oils from the Breathe blend can be found in this convenient and great tasting lozenge.

- Proprietary blend includes: Lemon, Peppermint, Eucalyptus, Thyme, Melissa, and Cardamom
- Maintains clear airways and breathing
- Supports overall respiratory health

35460001	30 drops
\$19.33 retail	



CORRECT-X

CORRECT-X® ESSENTIAL OIL OINTMENT

Correct-X is an all-natural topical ointment using powerful CPTG essential oils that assists in soothing various skin conditions.

- Petroleum free
- Includes plant-based ingredients that are valuable in promoting skin health
- Safe and easy to use
- Utilizes CPTG essential oils of Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender

60110001	15 mL/.5 oz
\$16.00 retail	



dōTERRA®

389 South 1300 West
Pleasant Grove, Ut 84062
1 800 411 8151
doterra.com

PRESRT. STD
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SALT LAKE CITY,
UTAH

hdclear™

Facial Kit

Clear Skin Sheer Confidence



Foaming Face Wash
Topical Blend
Facial Lotion

- Improves skin texture
- Provides optimal hydration
- Promotes a clear complexion
- Controls overactive oils glands
- Soothes irritated skin
- Assists in cell renewal

HD Clear™
Facial Kit

To Order: 42700001
\$61.33 retail



dōTERRA®

CPTG Certified Pure Therapeutic Grade®