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SPRING 2016

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STRONGER

Now, with **MORE**
dōTERRA On Guard®
Protective Blend
for a **STRONGER**
cleansing power.



Natural and safe
Ultra concentrated 6X
64 loads in each bottle

dōTERRA On Guard Laundry Detergent

38980001 | 32 fl oz

\$32.67 retail | \$24.50 wholesale | 20 PV

NEW FORMULA
COMING SOON!

ask Dr. Hill



DR. DAVID K. HILL, DC
Executive Vice President, Chief
Medical Officer/Chairman, Scientific
Advisory Committee

Q:

My son is an athlete. What are the best essential oils for him?

A:

Exercise and competitive sports are two areas in which dōTERRA has recently taken a great interest, partnering with several athletic facilities to bring the benefits of essential oils to athletes. Athletic activity can be very demanding on the body and the mind, and our new Athlete's Kit was developed to address these specific concerns. Deep Blue® Rub is perfect to massage into the lower back after a tough game, dōTERRA Breathe helps maintain feelings of clear airways, and the individual oils contained within the kit have a multitude of energizing, relaxing, and cleansing benefits. When used daily, these essential oil-based products can help athletes perform at their best.

What is internal use?

The term 'internal use' is often used to refer to any method of consumption that results in ingestion and absorption into the digestive tract. That is usually what is meant when dōTERRA refers to internal use of its products. To be more specific, though, internal application differs from oral use in that it involves consuming essential oils in a carrier such as a softgel or vegetable capsule. Once ingested and absorbed into the digestive tract, the essential compounds can be systematically circulated. It is generally considered the most powerful application method, but it is safe and can have remarkable benefits as long as proper usage guidelines are followed. For more information about proper usage models and the benefits of internal use, visit our recent series of articles on [doterrascienceblog.com](#).

Are there any essential oils that can be helpful with a cleanse?

Minimizing toxic load is one of the most overlooked aspects of overall well-being. While dōTERRA has a line of nutritional supplements specifically designed to address this issue, there are a number of essential oils that can make the process even more effective. Lemon essential oil, commonly used for internal cleansing, is already included in our Cleanse & Restore Kit; a drop in 4 ounces of liquid creates a refreshing drink that is perfect for any detox program.* There are several other essential oils that can similarly be added to water or your favorite beverage to aid internal cleansing. Peppermint, Juniper Berry, and Rosemary can also naturally support the body's cleansing systems, including the digestive and urinary tracts.*

How can a diffuser be used to help me sleep?

One of the best uses for a diffuser is to create a relaxing environment for a restful sleep. Essential oils can influence better sleep in a myriad of ways: helping you relax, encouraging feelings of calmness, and grounding your emotions so that you can use that time to fully rejuvenate. As we all have unique aromatic experiences, the key is to find the individual oils that work best for you. Lavender is the most commonly used oil at nighttime, but while most people put it on their pillow or on the collar of their pajamas, it is also great to diffuse. I also recommend diffusing Spearmint, Ylang Ylang, Coriander, Clary Sage, and other individual oils known for their relaxing aromas as you begin your bedtime routine.

The Doctor Recommends

For Athletes:

dōTERRA Athlete Kit
item# **20980001**



For supporting the body's cleansing systems:

Peppermint
item# **30190001**



Juniper Berry
item# **49290001**



Lemon
item# **30120001**



Zendocrine® Detoxification Blend
item# **314660001**



PATCHOULI

A lesser known oil, Patchouli is often overlooked because of its strong and unique scent. This, however, does not take away from its many positive benefits. A member of the mint family, Patchouli's musky-sweet and earthy aroma makes it a great base for floral blends. It is also a wonderful addition to woody and grounding blends, and can help bring balance to your favorite citrus blend. Scientifically known as *Pogostemon cablin*, the patchouli plant has been used most prevalently in the fragrance industry and in other scented products such as soaps, detergents, and air fresheners.



Distillation Method: Steam

Sourcing Origin: Indonesia

Plant Part: Leaf

HOW TO USE

Aromatically

- Use three to four drops in the diffuser of your choice.
- Diffuse alone or with woody aromas for a grounding blend to balance your emotions.

Internally

- Historically used to help reduce appetite,* support healthy circulation*, and to freshen breath. Consume one drop in 4 fl. oz. of liquid.

Topically

- Add to daily moisturizer to help reduce the appearance of wrinkles and blemishes.
- Apply to dry areas to help reduce the effects of dry skin.
- Dilute and use as a deodorant.
- Use with Peppermint and massage into neck after a long day of work.

KEY BENEFITS

- Promotes a smooth and glowing complexion
- Helps reduce the appearance of blemishes
- Strong grounding and balancing effect on emotions

Fun Fact

Patchouli's scent is most recognized from its prevalence in the 60s and 70s, when patchouli incense was often used to help mask other smells.

A guide to a clean and healthy mouth

Dr. David Steuer, DMD, MMSc



Throughout history, experts relied on windows into our health: the eyes to check on the soul, the mouth to gauge strength and longevity. Animals were bought and sold based on this window philosophy. Today, as in ancient times, the windows are more relevant than ever. There is mounting research to show that the overall health of your mouth does in fact mirror or represent the condition and health of your body. This research shows that maintaining a healthy oral cavity may be linked to overall long-term health and quality of life.

THE HEART AND MOUTH CONNECTION

According to the American Dental Association and the American Medical Association, there is a relationship between the condition of the gums and the condition of the cardiovascular system. Gum health is primarily a result of oral care, personal habits, and, to an extent, genetics. With appropriate effort and proper hygiene, threats to the health of our gums can be eliminated or controlled. However, failure to maintain gum health has other health consequences. Sub-optimal conditions of the heart can be traced to unhealthy gums, underscoring how important oral health care is.

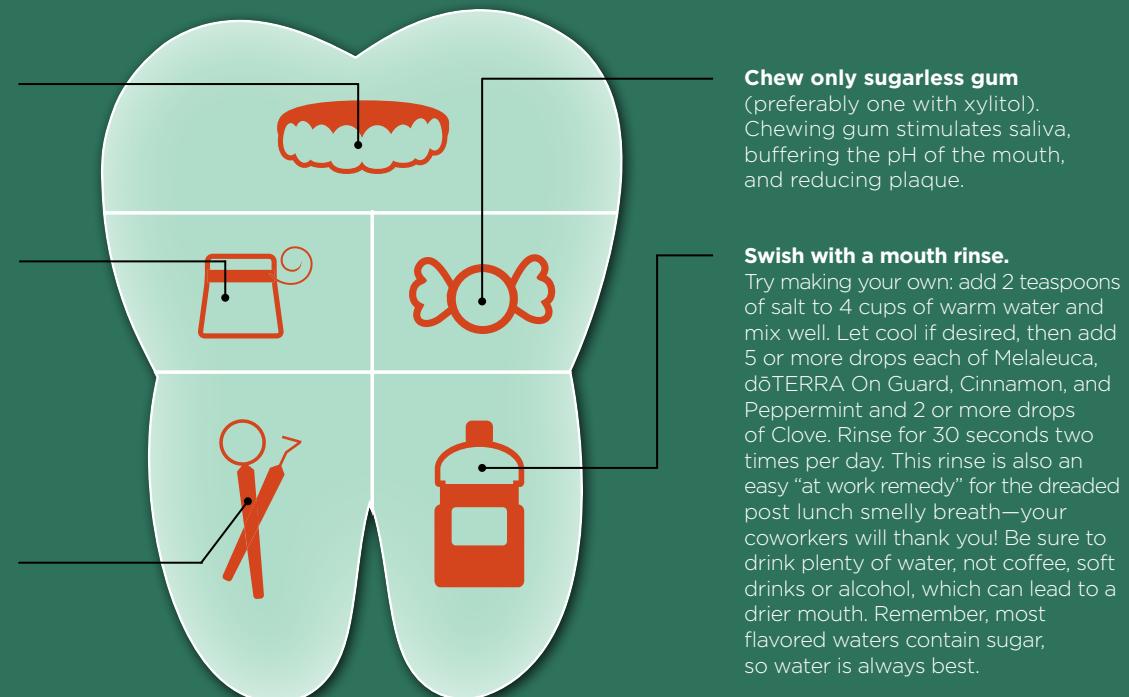
HABITS OF GOOD ORAL HEALTH

Knowing that the oral cavity both reflects our bodies' condition and impacts our physical health, it is imperative that we make a daily habit of a few simple, proactive maintenance measures.

So what do we do? First, let's assume that we have all made the decision to reduce or nearly eliminate processed sugar. When you eat food or drink beverages containing sugar or starch, your mouth becomes acidic for 20 minutes or more, creating a threat to gums and teeth. Second, we have made the decision to eat healthy balanced meals, incorporating healthy fats, lean proteins, complex carbohydrates, rough foliage, and low sugar fruits and vegetables, thus reducing food sources that compromise our oral health, creating a more healthy environment for the mouth.

IS THERE A TIME THAT'S BEST TO BRUSH YOUR TEETH?

The American Dental Association recommends brushing your teeth twice a day. One of those times should be at bedtime, because if certain foods and drinks sit in your mouth for an extended duration they will create a serious threat to gums and teeth. Keep a toothbrush at work to brush after eating. Place two drops of dōTERRA On Guard® on the bristles, and massage them into the teeth and gums. Brush your tongue while including dōTERRA On Guard, Cinnamon, or Peppermint to promote clean and crisp breath. Toothpaste that is designed to neutralize low pH and freshen breath is excellent. To promote cleanliness try adding 3-4 drops of Melaleuca (Tea Tree) essential oil, or dōTERRA On Guard and Spearmint on the toothbrush before adding your toothpaste.



Good personal health depends on our choices and our knowledge. Incorporating a few simple steps into our routines will promote a healthier mouth, a brighter smile, and cleaner breath.

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ESSENTIAL OILS RECOMMENDED FOR ORAL HEALTH

- Clove
- Melaleuca (Tea Tree)
- Myrrh
- dōTERRA On Guard® Protective Blend
- Peppermint
- Spearmint



SLIM, SASSY & STRONG DO ANYWHERE EXERCISE ROUTINE

You don't need a gym full of machines to get an amazing workout, the most effective exercises are those that use several muscle groups synergistically to mimic real world movements that you can do with nothing, but a fixed surface...such as the ground.

*All movement is initiated through your body's "core": your hips, glutes, and supporting abdominal musculature. Whether bending down to pick up your child's toy or lifting a heavy box above your head, those muscles are crucial. You are not going to build that **slim, sassy, and strong** core and lower body by sitting on a machine. For those of us itching to experience some sun and fresh air after a winter stuck inside, the world is your gym and the ground is your equipment.*



EXERCISE PLAN TO A STRONG LOWER BODY

Do each exercise for 30 seconds at high intensity. Complete each movement uninterrupted before moving on to the next, in a circuit fashion. **Rest for 30 seconds** (or as long as needed) after completing the entire circuit and **repeat two more times**. As you become stronger and the routine becomes less challenging, increase intensity by incorporating added resistance via a weight vest or dumbbells. **Do this twice a week** as part of your full-body exercise plan.



1. SQUAT JUMPS

WORKS QUADRICEPS, GLUTES, AND HAMSTRINGS

Stand with feet shoulder-width apart and place your hands behind your head as if you were in a crunch position on the ground. Keep the chest up and your arms in place, and squat down as low as you can (**remember form: sit back and keep the knees in line with your toes**). Explode up into a jump, getting your feet off the ground as much as possible. Land in a squat position and repeat.



YOUR SLIM, SASSY, & STRONG BODY NUTRITION PLAN



2. STEP UP

WORKS GLUTES AND MULTIPLANAR BALANCE

You'll need a platform of some kind, a park bench is perfect. Place one foot on the platform. Stand on the platform by extending the hip and knee of the first leg, and place second foot on the bench. Step down with the second leg. Return to the original standing position by placing the first foot on the floor. Repeat first step with opposite leg, alternating steps between legs.



3. LATERAL LUNGE

WORKS GLUTES, HAMSTRINGS, AND ADDUCTORS

Stand with your feet shoulder-width apart, place your hands on your hips. Step out to the right and shift your body weight over the lead (right) leg, making sure to squat at a 90 degree angle. Sit back, initiating the movement with your glutes, keeping your back as upright as possible. Push off and bring your right leg back to center, completing one rep. You can alternate legs or finish all reps on one side before repeating on the other side to complete one set.



4. GLUTE BRIDGE

WORKS GLUTES, HAMSTRINGS, AND ABDOMINAL STABILITY

Lie flat on the floor with hands by your side and knees bent. Keep your feet shoulder-width apart. Pushing your heels against the floor; lift your hips while keeping your back straight. Hold at the top.

Consult with a health-care provider before engaging in any fitness program.

As the adage goes: you can't out-train a bad diet. Building a lean and strong body begins in the kitchen. Losing body fat while maintaining lean muscle mass requires a diet focused on whole nutrient-dense foods, ensuring you meet your micro and macronutrient needs, while staying sated and maintaining energy levels.

BREAKFAST



- 1 cup (cooked) rolled oats with a dash of cinnamon
- 1 large hard-boiled egg
- 1 medium banana

SNACK



- Slim & Sassy® TrimShake in water with 2 drops of Slim & Sassy Metabolic Blend

LUNCH



- Large green salad – 2 cups mixed greens, 1 cup mixed raw vegetables
- 4 oz. grilled chicken breast

SNACK



- Slim & Sassy® TrimShake in water with 2 drops of Slim & Sassy Metabolic Blend

DINNER



- 1 cup (cooked) brown rice
- 4 oz. stir fry vegetables
- 4 oz. grilled salmon

DESSERT



- 1 cup plain Greek yogurt
- 1 cup mixed berries
- Handful of almonds

HEALING HANDS FOUNDATION:

Wellness Advocates Serve

Carry the Future

Motivated to Do

As a mom of two, Cristal Munoz-Logothetis couldn't get out of her head the image of the Syrian toddler who washed up on a Turkish beach after his family attempted to flee their home to seek asylum in Greece. Cristal decided she had to do something about it. Her husband's family lives in Greece, so Cristal set up an online campaign to raise \$2,500 and 100 baby carriers to send there. Her plan was to have her family give them out to the refugees that had to carry their young children with them on their miles-long journey. In 72 hours, her campaign had gone viral. Today, her campaign, called Carry the Future, has had more than 6,000 carriers donated and raised more than \$100,000.

dōTERRA Wellness Advocate Tasha Oakley from Lubbock, Texas, was invited by a friend to get involved with Carry the Future. A mother herself, Tasha was eager to support the cause. After attending the dōTERRA convention in 2012, Tasha learned about the dōTERRA Healing Hands Foundation™ and the company's mission to help those in need. She decided to enlist support from dōTERRA for Carry the Future. dōTERRA agreed to match up to \$1,000 raised for baby carriers and to donate \$500 of the dōTERRA product of their choice to benefit the Syrian refugees in Greece.

Restoring Hope in Athens

Last November, Tasha was able to go with a group of nine people to Athens to deliver baby carriers to the refugees. Each volunteer brought four 50-pound suitcases filled with vacuum-sealed carriers. Tasha says, "We met the refugees at a port in Athens, and a lot of their faces looked like they had lost all hope." The volunteers had learned a few phrases in Arabic to tell the refugees that they were giving them a free carrier from the United States and then showed them how to use it. A lot of people were skeptical at first that they were going to be ripped off, but once a few carriers were passed out and the refugees saw that they really were free, they became more receptive. Tasha says, "After we fit them with a carrier, they would walk off with a little glimmer of hope in their eyes."

Once in Athens, Tasha and her group hardly slept. She says, "We always knew that there was another ferry coming in that could have up to 1,500 refugees on it and 30 percent of those were going to be children under the age of five. We knew they could all get a carrier and how much better their life would be once they had it." They were able to hand out about 200 carriers a day. Several more trips are scheduled throughout the year, and a group is forming in Greece that can receive carriers that are mailed over as well.

The volunteers also try to bring some toys and stuffed animals that they can hand

out to the children, since these families have lost everything. In order to get into the rubber rafts on the Turkish border, the families are charged \$1,000 a person and are told they have to dump all of their belongings into the ocean in order make room for more people on the rafts. One eight-year-old girl told Tasha she had come home from school one day to find her entire street reduced to rubble. Her dad told her they would have to leave, so the little girl walked over to where her bedroom had been and found one toy, and that was all she took with her.

Other families told stories of losing loved ones when their rafts capsized on their way across. Tasha also saw an eight-day-old baby with vernix caseosa still on her skin because she hadn't ever had her first bath. Her mother had delivered her on the side of the road and continued to walk for miles postpartum. Tasha says, "They're humans; we're humans. They're just people trying to start their lives over, and we just need to help."

Want to donate?

If you would like to support Carry the Future and other Healing Hands Wellness Advocate partner projects, go to doterrahealinghands.com, click on "Donate Now," and use the convenient PayPal tool to make your charitable donation. You will automatically receive a 510(c)(3) donation receipt and 100 percent of your donation will be used to support humanitarian relief efforts of the dōTERRA Healing Hands Foundation.







MADE IN THE U.S.A.

PEPPERMINT OIL

FROM THE PACIFIC NORTHWEST

Though dōTERRA isn't digging any wells or building any schools for peppermint farmers in the Pacific Northwest, our Peppermint sourcing is still making an important impact through facilitating family legacies to continue for future generations.

Finding Peppermint

Peppermint was one of the first five essential oils that dōTERRA offered, along with Lavender, Lemon, Melaleuca, and Frankincense. But, the journey to find the right Peppermint oil was a little more complicated. Dozens of samples of Peppermint essential oil came in, but each was rejected because they didn't meet dōTERRA's high quality standard. Eventually, Emily Wright called an old colleague—Dr. Robert Pappas—and asked for his help. He put Emily in contact with growers that he knew were producing superior quality oil and who also cared that their product would be doing good in the world. Emily says, "When we contacted those growers, they got really excited that they could provide us

peppermint in the way it's supposed to be grown, in its natural state, and for a good price. Beyond that, they were excited that it was also going into the hands of people who will use it for a variety of health benefits."



A Beneficial Partnership

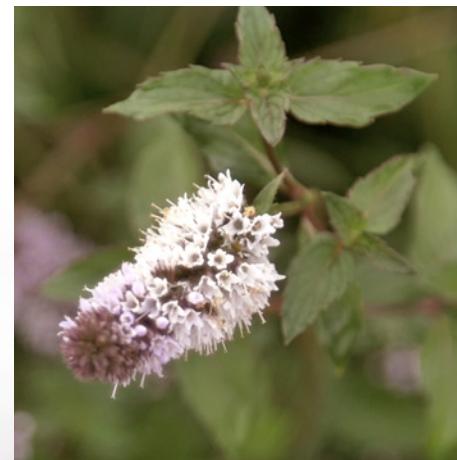
This partnership has now spread to other farmers in the Pacific Northwest and other parts of the world as dōTERRA, and the demand for Peppermint oil, have grown. One of the original partners has been in the industry for four generations. His ancestors emigrated from Germany and started growing mint to support their family. They still grow that same mint on the same farms today. But, before their partnership with dōTERRA, the fourth generation had actually left the farm to find work elsewhere. The income on the farm was not enough to support their families. Now, thanks to dōTERRA, that fourth generation has been able to come back.

Emily says, "Guaranteeing purchase of the Peppermint oil that they could produce each year, and giving them a good price, made it beneficial to bring their sons back and carry the family legacy forward."

The Ideal Region

The Pacific Northwest is ideal for peppermint because of the high amounts of rainfall they have each year. This gives the peppermint a high menthol content, which gives it its sweet, minty aroma and flavor. Emily says, "All the natural elements in this region are conducive to producing a high quality Peppermint oil."

The area is also highly conducive to growing roman chamomile, a plant that can be difficult to cultivate given its sensitivity to fluctuations in weather conditions. dōTERRA is now working with peppermint growers to introduce roman chamomile to their fields with great success. This step is vital to making Roman Chamomile essential oil more available in the future.



"From the soil to the distillery, each farmer takes the time and effort to ensure that their Peppermint oil meets quality standards so they can feel confident as it goes from their hands to yours."





DON'T LET THE BUGS BUG YOU THIS SPRING

By: Jeff Dorsett, MSHS

GAME ON. As we leave winter behind us and approach spring, many of us are yearning to get outdoors, to breathe fresh air, and to once again feel the warmth of the sun. For the more sports-minded, spring is a perfect time for getting back to shooting some hoops, working on your pass, or hitting the green. Yes, spring has something to offer all of us. Spring is also a time when mosquitoes and other insects begin to feed. As the swarms descend, we scurry to our cabinets or first aid kits to find the long forgotten, often synthetic, chemical-based repellents, in hopes of warding off the feeding frenzy. However, there are several safety concerns related to both environmental and human health, with the use of synthetic chemicals to control

insects and other pests.¹ Therefore, now is a good time to brush up on the benefits of essential oils and their repelling properties. Just like preparing for a sport or other outdoor activity, protecting oneself from pests requires knowledge and planning.

The Best Offense Is a Good Defense

Arguably, no defense is better than Mother Nature's offerings. Nature has granted every living organism unique abilities and mechanisms to fight for its continued survival.¹ For example, to ensure our continued survival, humans have the ability to run, hide, or fight when presented with an immediate threat. Had we lacked these basic abilities throughout history,

our species would have ceased to exist. The same is true for other mobile creatures. But what about nature's less mobile inhabitants (e.g. plants) that lack such defensive mobility? How have they survived for millennia without these abilities?

Survival of the Fittest

Because they are stationary, all plants have developed some sort of physical and/or chemical adaptation that offer protection from environmental threats. Many plants have thorns, barbs, or spines (think rose stems, cactus, stinging nettle, etc.) that physically deter larger animals from consuming or damaging them. Although these physical adaptations offer a barrier of protection against larger animals, such defensive physical features

have little effect in deterring smaller threats, like insects. For the smaller defense, many plants naturally produce chemical repellents and feeding deterrents. Among these are essential oils, which help prevent attacks^{2,3} in several ways, one of which is providing a vapor barrier that deters insects from contacting the plants' surface in the first place.³ In short, plants produce essential oils not to please our palate or delight our nose with a pleasant fragrance (although they do a great job with that), but to protect themselves from would-be attackers.

Hang Time

For centuries, these same essential oils have been traditionally used by native human populations throughout the world to ward off mosquitos and other insects.¹ In fact, the hanging of repellent plants throughout the home, after bruising them to release the essential oils, is still a common practice in developing countries.² Modern scientific research has validated the traditional use of essential oils as natural repellents. Many essential oils extracted from various plants have been shown to have excellent repellency properties.³ Generally, the unique combination of monoterpenes and sesquiterpenes found in these oils may contribute to their repellent properties.¹

Alpha-pinene, cineole, eugenol, limonene, terpinolene, citronellol, citronellal, camphor, thymol, and beta-caryophyllene are commonly found in essential oils that have the ability to repel mosquitoes.³⁻⁷

Working as a Team

The term "synergy," in the context of essential oils, means that often increased activity is found in the use of the whole oil rather than just one of its constituent parts. The same can be said of blends of essential oils having greater activity than that of any one of the single essential oils that make up the blend. It is easy to attribute repellency activity of an essential oil to one or two compounds; however, there is scientific support for a potential synergistic repellent effect among the various components.^{3,7,8} In fact, several studies have demonstrated that pure isolated compounds are less effective repellents than that of the essential oil in which they are found.¹⁻³ It is believed the minor constituents found in essential oils act synergistically with the major constituents, improving the overall efficacy.³ This concept of synergy is key when developing natural, essential-oil-based repellents; a product based on a mixture of whole essential oils is often more powerful than one based only on one oil or component.

Mother Nature's Playbook

Drawing upon Mother Nature's blueprint, scientists have developed insect repellent formulations (e.g. sprays, creams, gels, and lotions) based on the unique protection afforded by plant-based essential oils. Many essential oils (including Arborvitae, Cedar, Cinnamon, Citronella, Clove, Geranium, Lemongrass, Spearmint, Peppermint, Rosemary and Thyme) have known repellency properties, and are considered safe for repelling insects, when used appropriately.⁹ In choosing an essential-oil-based repellent, look for one that contains one or more of these essential oils or that share similar chemistry. Also, essential-oil-based repellents tend to lose efficacy relatively quickly—they are volatile, aromatic compounds after all. So it is important that the formula should contain a fixative ingredient, like Fractionated Coconut Oil¹⁰ to help keep the essential oil on the skin longer and thus help increase repellent efficiency. Vanilla absolute, which contains vanillin, is also a great addition to any essential-oil-based repellent, because it can also prolong efficacy.¹⁻³

This year, as you go outside and enjoy all that Mother Nature has to offer, don't let the bugs bug you. With a little pre-game planning, you can ensure that you have a great outdoor experience.

THE GAME PLAN

- 1 Common "scents" defense.** Use a good essential-oil-based repellent that contains a blend of two or more essential oils with known repellency properties (see list above). Blends containing Cedar essential oil are particularly useful and provide an aroma profile that is reminiscent of nature. Additionally, the product should contain a fixative like Fractionated Coconut Oil and/or vanilla absolute, to help ensure long-lasting efficacy.
- 2 Dress for the occasion.** Weather permitting, wear long sleeve shirts, pants, and socks to provide a first-line physical barrier.
- 3 Keep your eye on the clock.** Mosquitoes are generally most active between the hours of dusk and dawn, so plan your day accordingly.

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- *Tumanu*
- *Nootka*
- *Cedarwood*
- *Catnip*
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- *Eucalyptus*
- *Arborvitae*
- *Vanilla Bean Absolute*



TerraShield® Outdoor Blend

31600001	30 mL Spray
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TerraShield® Outdoor Blend

31190001	15 mL
\$12.67 retail	\$9.50 wholesale 9.5 PV

LIVING

the dōTERRA® Lifestyle

Marty Harger, dōTERRA Diamond, caught the travel bug at an early age as her parents encouraged her and her siblings to be independent and explore the world. After college, she moved to Utah to ski and found herself working in the ski industry, and eventually running the country's largest ski vacation travel company. Shortly after, she married Jim, who shared her passion for world travel. She says, "Through our adventures and experiences we've seen differences and similarities in people from all over the world. We have developed an increased awareness and compassion for mankind. This attitude prepared us for what we are doing today in dōTERRA."

Inspired by past dōTERRA essential oil sourcing and service trips, Marty developed a deep desire to encourage her team to join her in exploring essential oils. She says, "I wanted to recreate the interpersonal connection and lifelong friendships I made while traveling with small groups during early dōTERRA incentive trips. I also wanted to recreate the effects of the life-changing Guatemala Healing Hands Expedition last year."

During her most recent Essential Earth Explorations trip to Costa Rica, Marty's goal was to immerse her team in all things dōTERRA. Although dōTERRA currently doesn't source any essential oils from Costa Rica, Marty chose to take her team there because of its rich nature, serene lifestyle, beautiful people, and variety of unique plants. While they were there, they focused on providing education about essential oils, conducting personal development training, and giving back to the local communities through service.

She says, "Each morning we began the day with yoga and essential oils to get centered emotionally and physically. We practiced various workshops from *The Essential Yoga Program*, a book I co-created, in different locations, such as a beautiful cloud forest studio and overlooking the ocean with the sounds of crashing waves and howler

monkeys waking up. It was such a fantastic way to start the day in a calm and peaceful manner. We often ate meals together at a long table, family style, which was wonderful for interaction and conversation among the group."

One of their most moving experiences was the day they spent visiting the Musade Center, a job training and support center for victims of domestic violence. "We listened as translators described what these women had escaped. It was deeply touching to see how their stories mirrored those of people we knew back home, and it was inspiring to see how these women had chosen something better." After listening to these touching stories, Marty and her team were able to lead a gentle chair yoga class for the women, and to offer the AromaTouch® Hand Technique. "It was so beautiful to see how this form of safe touch and connection was enhanced by the essential oils, and even though we couldn't communicate with words, we were still able to express our support, concern, and love." For them, this trip was exploring the world together while connecting with others, and truly experiencing what dōTERRA is all about.

"If I could wave a magic wand and spend a day with each dōTERRA Wellness Advocate, I'd transport each person to the rainforests of Guatemala, the mountains of Nepal, the deserts of Somalia, and the fruit groves of Italy—and let them see for themselves the hundreds of lives who create our beautiful oils that they are connected to in these faraway lands."

Marty discovered through her experience that as you connect with the source of essential oils, you gain a deeper appreciation and understanding for them. "It's about witnessing where they come from. It's also the hands-on experience of meeting the people in the communities where essential oils originate. It's honestly so moving; it creates such deep appreciation for the gift we have with our dōTERRA oils."



Our days began with yoga and essential oils



View of Costa Rica rain forest



Providing the AromaTouch Hand Technique

Melaleuca (Tea Tree)

From spring cleaning to cosmetic care, Melaleuca (*Melaleuca alternifolia*) is one of the most versatile essential oils. Hailing from Australia, the melaleuca plant was a daily necessity for the early natives. The Aborigines would crush the leaves and inhale the scent of the oil to promote feelings of clear breathing or apply the leaves directly to the skin for a cooling effect. As time progressed, the knowledge of melaleuca's numerous benefits spread worldwide. Also known as "tea tree" oil, Melaleuca is renowned for its cleansing and rejuvenating effect on the skin. Few people know, however, that it promotes healthy immune function* and protects against environmental and seasonal threats as well.

INTERESTING FACT

Bungawalbin Creek in Australia is surrounded by Australian tea trees and is held sacred by the Aborigines. As the sticky tea tree oil leaves fell into the creek, they created waters that natives still consider "magical healing waters" today.



Distillation Method: Steam

Sourcing Origin: Australia

Plant Part: Leaf

HOW TO USE

• Aromatically

- Diffuse to help cleanse the air in your home.

• Topically

- For occasional skin irritations, apply 1-2 drops onto affected area.
- Combine with facial cleanser or moisturizer for added cleansing property.
- Apply to fingernails and toenails after showering to purify and keep nails looking healthy.
- Add a drop to your shampoo each wash to help keep your hair strong and healthy.

• Internally

- Add 1-2 drops to water, citrus drinks, or veggie caps to support healthy immune system function.*

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

Idea Notebook

Jewelry Cleaner

You will need

- 1 drop Purify essential oil
- 1 drop dōTERRA On Guard® Cleaner Concentrate

Directions

Gently scrub your jewelry using a small toothbrush or a disposable mascara applicator, then rinse with clean water.



Lavender-Spearmint Linen Spray

What You Need

- 4 tablespoons witch hazel or vodka
- 12 drops Lavender essential oil
- 8 drops Spearmint essential oil
- 11-12 tablespoons water
- 8-ounce glass spray bottle

Directions

1. Combine the witch hazel or vodka and essential oils in the spray bottle.
2. Place the lid on tightly and shake well for 15 seconds.
3. Add water to mixture and shake again for 15 seconds.
4. Spray on your pillow, sheets, and towels.

DIY Clay Beads

For homemade aromatherapy jewelry

You will need

- Air dry terra cotta or white clay
- Toothpicks or wooden skewer
- Small alphabet letter stamps (optional)

To Make

1. Take a pinch of clay and roll it into a ball about the same size as your other beads.
2. Using a toothpick or wooden skewer, poke a hole through the center of the bead. If desired, press gently with stamps to add design.
3. Stamp initials into the beads.
4. Allow beads to dry for 24-48 hours.
5. Use finished beads to make custom aromatherapy jewelry.
6. Add your favorite essential oils to beads.



Get Energized

If you're working out after a hard day at work like I used to, then try rubbing a few drops of dōTERRA Peppermint essential oil into your temples at the hairline. It's very invigorating! Now that I do my workouts in the morning, I have found I have the same results. I feel much more refreshed, and the energizing, crisp Peppermint smell helps me stay on target and makes my workout more enjoyable. When I smell Peppermint, I think, "Get active!"

-Karen Lee Bundy

share your tip!

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

The dōTERRA® Quality Assurance Process



What is Quality Assurance?

Quality assurance (QA) is often referred to as the “police” of the manufacturing world, because some of our duties in QA make us seem like police officers. We enforce dōTERRA standards, such as CPTG Certified Pure Therapeutic Grade®. However, there are also legal requirements that we enforce throughout each stage of sourcing and bottling our oils. All of our products, whether they are

Part of our responsibility in QA is to enforce standards and government regulations.

foods, cosmetics, or dietary supplements, have regulatory requirements in each country where they are sold. These requirements influence and sometimes dictate the labeling, sourcing, and manufacturing processes that result in the end product. For example, the United States 21 CFR 111 (the section of the Code of Federal Regulations that governs dietary supplements), lists duties for quality. In brief, QA has the responsibility to review and approve items such as ingredient, component, and finished good specifications; procedures; manufacturing records; and equipment. This applies to dōTERRA because our internal use oils are labeled as dietary supplements.



There are three branches of QA at dōTERRA: QA Inspectors, QA Engineers, and Document Control Specialists.

QA Inspectors

Since nothing enters or leaves the building without QA approval, you will find a QA Inspector in every process. QA Inspectors inspect every component of every batch. Before an incoming shipment can be moved into our warehouse, our QA Inspectors examine each batch of oil, labels, caps, bottles, boxes, etc. The QA Inspector then labels a raw material or component that passes as approved. QA Inspectors inspect the filling line at the start of every run, perform inspections at set intervals during the run, keep samples of every batch, verify production records, and inspect each lot of finished goods. The samples collected ensure that we have a history of the oil's appearance, odor, and taste for future reference.

QA Engineers

This highly technical group has a scientific education and extensive QA experience.

QA Engineers carefully review inspection records created by QA Inspectors to confirm that a product is ready to be released.

They sign that each product meets our standards and they serve as a second set of eyes to verify our QA Inspectors have checked each detailed step in the process. They review and approve testing and changes to our equipment with our manufacturing engineers. If a Wellness Advocate reports a quality issue with one of our products, a QA Engineer investigates the complaint to continuously improve our products and processes, developing new procedures as needed. The QA Engineers also conduct internal and supplier audits, and help us maintain our third party NSF cGMP (Good Manufacturing Practices) certification. This certification requires a third party to audit our manufacturing facility every six months. As a QA team, we chose to pursue this certification because audit by a third party creates a culture of accountability. It is designed to keep us focused on meeting and exceeding our own quality standards.

Document Control

Document Control manages the processes needed to ensure that we have "laws" that govern the definition of our standards.

We create several hundred document files, totaling thousands of individual documents per week that must be

housed and updated in an organized, easily retrievable fashion. Sample document types include: specifications, formulas, Standard Operating Procedures (SOPs), batch records, label approvals, master manufacturing records, audits, investigations, maintenance and cleaning records, and equipment and room use logs. Just as it would not be possible for electricians, framers, and plumbers to build a house without a blueprint, all of the departments from sourcing to the chemists who come together to create, manufacture, and approve a finished oil need a set of "blueprints." These specifications provide order and predictability to help ensure the desired outcome. Document control gathers all of the required information in one place, obtains approvals, and then releases the specification to all affected departments. Everyone has the same standard when producing, inspecting, and testing the oils.

What is QA's role in CPTG®?

Early in the process, Research and Development, Quality Control, and Strategic Sourcing work with QA to carefully develop and define the testing criteria for each oil and blend. The result of this definition is documented in a specification created and routed for review by Document Control. This document is used by our QC laboratories to determine which tests are needed and to evaluate if the oil passes or fails. This specification is also used by the QA Inspectors to evaluate the raw and the finished good oils. Finally, the specification is used by the QA Engineers when they review the entire file that includes the production, QC testing, and QA inspection records to determine if the product meets our standards and can be released for sale.

What does this mean to you?

Great quality lives in the details. Our constant checks, documentation, and reviews mean that we care about the details that make our oils world class. This passionate commitment means that you can use the oils and all of our products to benefit your family with confidence. Know that we are working tirelessly to check every detail, bringing you only the very best products. You can confidently share the products with people you love, knowing that we are constantly striving to improve our products and processes. Commitment to continuous improvement means longevity. Our Quality Assurance group works to ensure that the fabulous products you enjoy will continue to be the best for years to come.

aromatouch® TECHNIQUE

Simple way to experience the power of essential oils

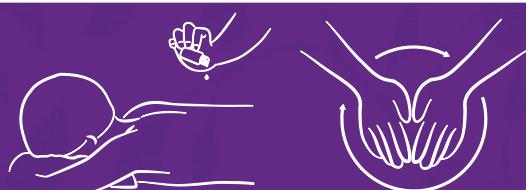
When it comes to essential oils, everyone wants to have a method of application that is simple and effective in many situations. The AromaTouch Technique is the answer! The AromaTouch Technique was created by Dr. Hill to give new essential oil consumers a way to provide a wonderful essential oil experience to their loved ones.*

Here is the basic step-by-step of the AromaTouch Technique that you can use as a guide within your home. Follow along with the step-by-step videos available to you on aromatouch.com under the **aromatouch technique step-by-step** tab.

Step 1: dōTERRA® Balance



Open your dōTERRA Balance essential oil blend.



Apply 3-5 drops of oil to the back. Evenly spread the oil with your finger tips from the base of the spine to the crown of the head until you have a nice even layer.

Perform the three clockwise palm circles and then slide both hands out, one to the crown of the head and one to the base of the spine.

Step 2: Lavender

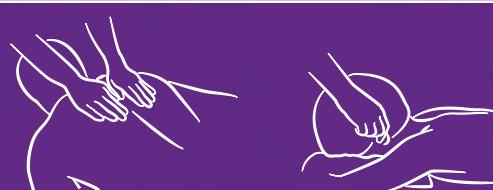


Open your Lavender essential oil.



Apply 3-5 drops of oil to the back. Evenly spread the oil with your finger tips from the base of the spine to the crown of the head until you have a nice even layer.

Perform the Alternating Palm Slide three times on one side, then three times on the other.



Perform the Five Zone Activation. Zones 2-5: remember to encompass the shoulder and then back through the neck and head.



Perform the Auricular Stress Reduction three times from the bottom of the ear lobe to the top.

Step 3: Melaleuca



Open your Melaleuca essential oil.



Apply 3-5 drops of oil to the back. Evenly spread the oil with your finger tips from the base of the spine to the crown of the head until you have a nice even layer.

Perform the Alternating Palm Slide three times on one side, then three times on the other.



Perform the Five Zone Activation. Zones 2-5: remember to encompass the shoulder and then back through the neck and head.

Step 4: dōTERRA® On Guard®



Open your On Guard essential oil blend.



Apply 3-5 drops of oil to the back. Evenly spread the oil with your finger tips from the base of the spine to the crown of the head until you have a nice even layer.

Perform the Alternating Palm Slide three times on one side, then three times on the other.



Perform the Five Zone Activation. Zones 2-5: remember to encompass the shoulder and then back through the neck and head.



Perform the Thumb Walk Tissue Pull from the base of the spine to the top of the spine three times.

Step 5: AromaTouch®



Open your AromaTouch essential oil blend.



Apply 3-5 drops of oil to the back. Evenly spread the oil with your finger tips from the base of the spine to the crown of the head until you have a nice even layer.



Perform the Alternating Palm Slide three times on one side, then three times on the other.



Perform the Five Zone Activation. Zones 2-5: remember to encompass the shoulder and then back through the neck and head.

Step 6: Deep Blue



Open your Deep Blue essential oil blend



Apply 3-5 drops of oil to the back. Evenly spread the oil with your finger tips from the base of the spine to the crown of the head until you have a nice even layer.



Perform the Alternating Palm Slide three times on one side, then three times on the other.



Perform the Five Zone Activation. Zones 2-5: remember to encompass the shoulder and then back through the neck and head.



Perform the Thumb Walk Tissue Pull from the base of the spine to the top of the spine three times.

Step 7: Wild Orange and Peppermint (Foot Portion)



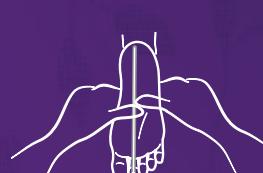
Open your Wild Orange and Peppermint essential oils.



Apply 1-2 drops of essential oil in your hand of Wild Orange and then spread the oil across the bottom of the foot. Repeat with Peppermint to the same foot.



Perform the Regional Tissue Pull starting with Region 1 (Heel) through Region 3 (Ball of the Foot).



Perform the Pinpoint Zone Activation once through each zone beginning with Zone 1 (big toe) through Zone 5 (pinky toe).



Perform the Five Zone Tissue Pull three times through each zone before moving on to the next zone starting with Zone 1 (big toe) through Zone 5 (pinky toe). Repeat all steps on next foot.

Step 8: Wild Orange and Peppermint (Back Portion)



Open your Wild Orange and Peppermint essential oils.



Apply 3-5 drops of oil to the back. Evenly spread the oil with your finger tips from the base of the spine to the crown of the head until you have a nice even layer.

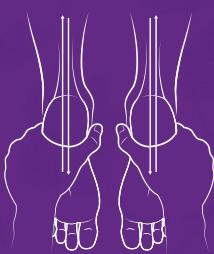


Perform the Alternating Palm Slide three times on one side, then three times on the other.



Perform three clockwise palm circles and then slide both hands out, one to the crown of the head and one to the base of the spine.

Step 9: Lymphatic Movement



Finish by performing the Lymphatic Movement two to three times 15-30 seconds each time it is performed.

Tips for the Giver

1

Make sure you have a comfortable and private place to perform the technique.

2

Make sure you have a water bottle or glass of water ready for the recipient after the technique is performed.

3

Make sure you have a robe or a zip hoodie that can be worn backwards to keep the recipient modest during the technique.

4

Create a playlist of relaxing, rhythmic music to play from the start to finish of the Aroma Touch Technique.

15 uses for dōTERRA Fractionated Coconut Oil



What is Fractionated Coconut Oil?

Fractionated coconut oil is, as the name suggests, Coconut oil with specific components removed. In the non-chemical fractionating process, the components of whole coconut oil that cause it to be solid at room temperature and be susceptible to oxidation are removed.

The resulting substance is liquid at room temperature and very stable.

Fractionated Coconut Oil provides a number of advantages over whole coconut oil, primarily increased shelf-life. Unlike whole coconut oil, Fractionated Coconut Oil can withstand light and high heat without going rancid. It is also lighter, non-greasy, and has a greater cleansing effect on the skin, making it popular as a carrier for essential oils and as a base for a variety of skin care products.

Benefits

- ◆ Longer shelf life
- ◆ Less greasy and has a lightweight texture
- ◆ Enhances absorption through dry skin
- ◆ Helps prevent sensitivity responses

Beauty & Personal Care

1

Hair Conditioner

Apply to damp hair, then massage into your scalp and hair. Comb your hair to distribute the oil evenly. Put a shower cap on, tuck your hair inside, and leave the coconut oil on for at least 30 minutes. Shampoo your hair and rinse with warm water.

2

Hair Shine

Put a few drops on the palm of your hand and apply it lightly throughout your hair.

3

Makeup Remover

Apply a few drops on a cotton ball, Q-tip, or facial pad.

4

Foot Care

Mix with Lavender essential oil and massage into your heels and feet.

5

Skin Softener

Add to a warm bath alone or with essential oil, or use as an after-shower moisturizer.

6

Nail Care

Apply to dry cuticles or before a manicure.

7

Massage Therapy

Use it in aromatherapy massages and the AromaTouch® Technique.

8

Essential Oil Uses

Dilute essential oil in topical application on young or sensitive skin.

9

Leather Conditioner

Apply on a clean cloth and rub it onto leather furniture for a new and clean look.

10

Wood Furniture Polish

- 20-25 drops Lemon essential oil
 - ½ cup dōTERRA Fractionated Coconut Oil
 - ½ cup distilled water
 - 8-ounce glass container
- Combine all ingredients in container and apply small amount on microfiber cloth to dust or polish wood surface.

11

Paint Brush Cleaner

Combine with Lemon essential oil and soak your paint brush to remove oil-based paint.

12

Makeup Brush Cleaner

Combine with Melaleuca or Lemon essential oils to clean makeup brushes.

13

Plant Revitalizer

Use to add shine to your artificial or real plant leaves.

14

Car Dashboard Cleaner

Use a rag to give your car's dashboard an instant shine.

15

Crayon Remover

Rub it on the crayon marks, let it soak for 10 minutes, then clean with a cloth.

Other

How do you use dōTERRA Fractionated Coconut Oil?

Email living@doterra.com with your experiences

ō Baby

AN ESSENTIAL OIL
INSPIRED BABY
SHOWER



invitations

Invitations infused with elegance and personality will be sure to stir up excitement amongst the invitees. For an extra special touch, try asking guests to dress in coordinating colors for memorable photos.

food

Forgo the standard chicken salad sandwiches for farmer's market fare and local ingredients paired with essential oils. See next page for recipes.



gifts

FOR THE GUESTS:

Give a favorite essential oil and let them take a potted herb home to remind them of the plants these oils are derived from and the hard work it takes to make a baby grow!



FOR THE MAMA-TO-BE:

Give a gift basket with DIY baby powder, baby wipes, diaper cream, a keychain with Lavender, DigestZen, Peppermint, Frankincense, Fractionated Coconut Oil, and other baby and mama friendly oils; DIY Cuticle Cream; DIY bath bombs, DIY Bubble Bath. For these recipes, visit doterrablog.com

Essential SHOWER RECIPES

LAVENDER CUPCAKES WITH LAVENDER CREAM CHEESE FROSTING

INGREDIENTS

2½ cups cake flour
1¾ cups granulated sugar
1 tablespoon baking powder
¼ teaspoon sea salt
½ cup butter, softened
4 large egg whites, plus 1 whole large egg
1 cup whole milk
2 teaspoons vanilla extract
1–2 drops Lavender essential oil
Lavender Cream Cheese Icing
1 cup (2 sticks) butter, room temperature
16 oz (2 packages) cream cheese, room temperature
5 cups powdered sugar
1 pod's worth of vanilla beans
1 toothpick Lavender essential oil

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Put cupcake liners into muffin tins.
3. Mix dry ingredients on slow speed for 2 minutes to blend. Add the soft butter and mix until evenly crumbly.
4. Add egg whites one at a time, then add the whole egg, beating well after each addition to begin building the structure of the cake. Scrape down the sides of the bowl with each egg addition.
5. In a small bowl, whisk milk with vanilla and Lavender essential oil. Add to the batter cup at a time. Beat 1 to 2 minutes after each addition, until fluffy. Scrape down the sides and bottom of the bowl.
6. Pour batter into prepared pans and bake for 25 to 30 minutes or until a toothpick inserted into the center comes out clean. Remove from oven and cool completely on a wire rack.

FOR THE LAVENDER CREAM CHEESE ICING:

7. With an electric mixer, and using the paddle attachment not the whisk, mix the butter and cream cheese together, about 3 minutes on medium speed until very smooth. Scrape down the sides and bottom of the bowl to ensure even mixing.
8. Add vanilla extract and toothpick of Lavender essential oil and mix. Slowly add powdered sugar. Keep adding until you get desired sweetness and thickness. Taste for flavor and add more Lavender essential oil a toothpick full at a time to get the desired taste.
9. Spread icing on the cooled cupcakes and refrigerate until serving.



RAW SALAD WITH TOMATO-BASIL DRESSING



INGREDIENTS

2 plum tomatoes
2 large cloves garlic, minced
2 tbs. champagne vinegar
½ cup extra-virgin olive oil
1–3 drops Basil essential oil
Salt and freshly ground pepper, to taste
Pinch of sugar (*optional, to cut acidity of tomatoes*)
4 zucchini
4 summer squash
8 radishes, very thinly sliced
4 shallots, very thinly sliced
2 cups cherry tomatoes, halved
1½ cups shaved parmesan
1 cup sunflower seeds



DIRECTIONS

1. Using a mini food processor, puree the tomato; you should have about 1/2 cup. In a small bowl, whisk together tomato puree, minced garlic, champagne vinegar, olive oil, and Basil essential oil. Season to taste with salt and pepper. Add sugar to taste if desired.
2. Trim ends from zucchini and summer squashes. Using a spiralizer fitted

with the small shredder blade, cut the zucchini and squash into spaghetti-like spiral strands, using kitchen shears to cut the curls every 3 or 4 rotations.

3. Transfer zucchini and squashes to a large bowl. Add radishes, shallots, and cherry tomatoes. Add vinaigrette to taste and toss to evenly distribute. Top with parmesan shavings and sunflower seeds and serve immediately. Serves 8.

ITALIAN SUMMER SKEWERS WITH A ROSEMARY BALSAMIC REDUCTION



INGREDIENTS

- 1 cup balsamic vinegar
- 1/4 cup brown sugar
- 1–3 drops of Rosemary essential oil
- 1 large cantaloupe, cut into 1-inch cubes
- 1 lb. thinly sliced good-quality salami (we used Tartufo Creminelli brand)
- 40 small mozzarella balls

DIRECTIONS

1. Mix balsamic vinegar with brown sugar in a saucepan over medium heat, stirring constantly until sugar has dissolved. Bring to a boil, reduce heat to low, and simmer until glaze is reduced by half; about 20 minutes. Let cool and add desired amount of Rosemary essential oil.
2. Onto small cocktail skewers, thread prosciutto, mozzarella, and melon cubes. Place on a serving platter. Drizzle with balsamic reduction and serve immediately.

CUCUMBER AVOCADO OPEN-FACED SANDWICHES



INGREDIENTS

- 1 loaf thinly sliced artisan multigrain bread
- 1–2 avocados
- 1 wedge semi-soft cheese with herbs (we used Fromage d'Affinois), room temperature
- 1 British cucumber
- 1 small package microgreens
- Salt and pepper, to taste

DIRECTIONS

1. Slice cucumber, pat to dry. Set aside. Lay out bread slices. Mash avocados, adding 1 drop of Thyme essential oil plus salt and pepper to taste.
2. Spread bread slices with cheese then avocado mixture. Place cucumber slices on top and sprinkle with more salt and pepper. Add a flourish of microgreens and serve immediately.

For more recipes visit doterrablog.com

Make Over Your Cleaning Routine

Safe, natural, and just in time for your annual spring cleaning.

WHY GREEN CLEAN?

- Safe for you and your family
- Easy on the pocket
- Highly effective
- Environmentally friendly

FACTS

- Many household cleaners contain toxic chemicals. These chemicals may cause short-term and long-term health problems when you use them.¹
- Children are often more vulnerable to chemical exposure during developmental stages, and certain chemicals may interfere with the development of their neurological, endocrine, and immune systems.²

Main route of exposure:

- Eating —Breathing
- Drinking —Touching

- Younger children have higher respiratory rates than adults, therefore they absorb more air contaminants per unit of weight, meaning they experience a higher inhaled dose.²
- According to the United States Environmental Protection Agency, the air inside a typical home is 200–500 percent more polluted than the air outside mainly due to toxic household cleaning products.

No need to compromise your health, for a clean house!



MUST HAVE BASICS

BAKING SODA

Absorbs and eliminates odor. Use to clean countertops, sinks, and tubs. Sprinkle some baking soda on your carpet and vacuum after 15 minutes for a fresher look and feel.

WHITE VINEGAR

Contains natural antifungal and antibacterial properties. Cuts grease and dissolves mineral deposits.

CASTILE SOAP

Lifts dirt, cuts grease, and eliminates tough stains. Pour a small amount over baking sheets and pans then scrub for a few minutes, and you'll have clean, shiny results.

SALT

Salt is an effective scouring agent. Pour salt mixed with hot water down the kitchen sink regularly to deodorize and keep grease from building up. Mix salt with Lemon essential oil and use to remove stubborn coffee and tea cup stains.

dōTERRA FRACTIONATED COCONUT OIL

-or- OLIVE OIL

Great natural cleaner and polisher. Rub it into leather or polish wood surfaces. Flip to page 24 for more details.

BEST ESSENTIAL OILS FOR CLEANING

- Lemon
- Lime
- Wild Orange
- Douglas Fir
- Eucalyptus
- Melaleuca (Tea Tree)
- Purify Cleansing Blend
- Thyme
- Peppermint
- dōTERRA On Guard® Protective Blend
- dōTERRA On Guard Cleaner Concentrate

TIP: Replace toxic air fresheners with a diffuser



BASE INGREDIENTS + ESSENTIAL OILS

Make your own non-toxic cleaning products using these simple ingredients and dōTERRA essential oils.

DIY:

Pine Floor Cleaner

Ingredients

- 1 gallon warm water
- 2 tablespoon liquid castile
- 5 drops Douglas Fir essential oil
- 5 drops White Fir essential oil
- 5 drops Cypress essential oil
- 10 drops Lemon essential oil

Instructions

1. Add soap and essential oils to bucket of warm water.
2. Use mop or rag to clean floors.
3. Pour into a spray bottle for cleaning countertops.

Note: This solution does not need to be rinsed off.

DIY:

"Lime" Scale Remover

Ingredients

- ½ Baking Soda
- 3 tablespoons water
- 10 drops Lemon essential oil
- 10 drops Lime essential oil

Instructions

1. Add water and essential oils to baking soda.
2. Mix into a paste.
3. Rub a small amount onto surface.
4. Let sit for 20 minutes.
5. Wipe off with wet cloth.

References

1. Household Cleaning Products: What Every Woman Should Know. womensvoices.org/safe-cleaning-products/basic/
2. ATSDR Case Studies in Environmental Medicine Principles of Pediatric Environmental Health. The Child as Susceptible Host: A Developmental Approach to Pediatric Environmental Medicine. atsdr.cdc.gov/csem/ped_env_health/docs/ped_env_health.pdf

DIY:

All Purpose Cleaning Spray

Ingredients

- 1 cup warm water
- 1 cup white vinegar
- 25 drops Wild Orange essential oil or other essential oils of choice

Instructions

1. In a spray bottle, combine water and vinegar.
2. Add essential oil(s) of choice. Shake well.
3. Use on counters, wood, glass, stainless steel, and porcelain.
4. Wipe with a microfiber cloth or paper towel.



UPCYCLE AND REUSE

1.



2.



3.



CREATE CUSTOM BLENDS:

Reuse empty 10 mL bottles to store your own personalized essential oil blends or a carrier oil.

STORAGE SOLUTION:

Use decorated TrimShake or Terra Greens container to store kitchen utensils, grains, flour, or sugar. Other plastic dōTERRA supplement bottles can be used to store seeds, pens, coins, craft supplies, paper clips, nails, and other small items.

5.



4.



1.

DECORATIVE BOTTLE DISPLAY

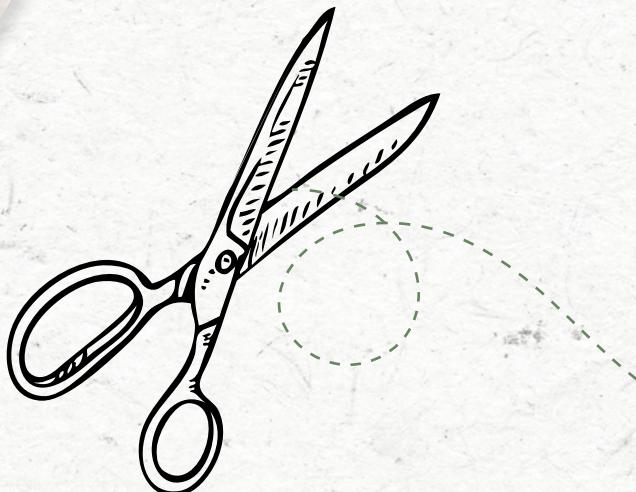


WHAT YOU NEED:

- Twine
- Glue gun
- Empty essential oil bottles with removed labels
- Small air plants or other plants of choice

INSTRUCTIONS:

1. Wrap twine around essential oil bottles, using hot glue to secure twine in place.
2. Place plant inside the bottles.



2. AMBER BOTTLE WALL ART



WHAT YOU NEED:

- 6X6 wood plank stained or unstained
- Green acrylic paint
- Foam brush
- 3 empty 15 mL essential oil bottles, labels removed
- Ribbon
- Scissors
- Dry lavender twigs, or any other plants
- Sandpaper
- Glue gun

INSTRUCTIONS:

1. Apply a thin layer of green paint on the front of the wood plank. Let it dry.
2. Sand the surface to create an antique look.
3. Cut 3 ribbon pieces long enough to go around the bottle, then glue two ends of the ribbon together.
4. Evenly glue the bottles to the wood plank.
5. Place dried or real plants in the bottles.

3. BIRD FEEDER

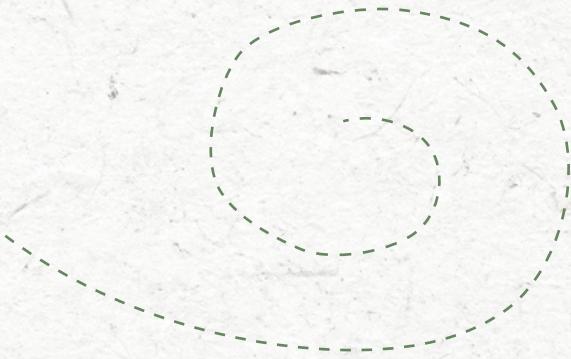


WHAT YOU NEED:

- Empty dōTERRA® supplement bottle (we used the Veggie Cap bottle)
- Slim & Sassy® TrimShake lid
- Drill
- Paint of choice (optional)
- Twine or rope
- Wire (optional)
- Glue gun
- Bird seeds

INSTRUCTIONS:

1. Drill four equally spread apart holes in the bottom of the bottle.
NOTE Make sure the hole is big enough for a variety of seeds to pass through.
2. Drill one hole in the center of the smaller lid.
3. **OPTIONAL STEP** Paint the Slim & Sassy lid and the entire bottle in desired color.
4. Make a loop of twine; pull both ends through the hole in the lid and tie a knot at the bottom so it doesn't pull through.
5. Glue the Slim & Sassy lid to the bottom of the bottle.
6. **OPTIONAL STEP** Wrap wire around the bottom of the twine for decoration.
7. Open the lid and fill up the bottle with seeds, then hang it in your favorite spot.



4. PIGGY BANK



WHAT YOU NEED:

- Empty dōTERRA supplement container with removed label
- 2 peel and stick wiggle eyes or buttons
- 4 essential oil bottle lids
- Pink paint of choice
- Paint brush or spray paint
- Felt sheet for ears
- Exacto knife or craft knife
- Glue gun
- Scissors
- 1 pink pipe cleaner for the tail
- Sharpie

INSTRUCTIONS:

1. Using an Exacto knife, carefully make a coin slot big enough to fit two quarters side-by-side.
2. Remove the lid and paint the bottle first, then paint the lids separately.
TIP Apply multiple thin layers of paint to achieve a brighter and more even look.
3. For the legs, glue painted essential oil bottle lids to the "belly" side of the bottle.
4. Cut out the ears from the felt sheet. Pinch the bottom of the ear piece to create a crease, then glue the crease to create an ear-like shape. Glue both ears onto the "head" as shown in the picture.
NOTE We used a darker colored felt for the interior of the ear. The interior ear piece cut-out is slightly smaller than the outside piece.
5. For the tail, cut a 4-inch piece of pipe cleaner, bend it to a spiral shape, then glue it to the back of the bottle.
6. Glue both eyes along the neck of the bottle.
7. For nostrils, draw two dots on the lid with a Sharpie.

5. GARDEN HERB POT



WHAT YOU NEED:

- Empty TrimShake containers
- Paint of choice*
- Potting soil mix
- Herb plant of choice

INSTRUCTIONS:

1. Using Lemon essential oil and a scrub sponge, remove the container label.
2. Spray paint the outside of the clean container.
TIP Apply multiple thin coats of paint, allowing each coat to dry between each application. If using spray paint, make sure to follow instructions on the bottle.
3. Once your pot is completely dry, fill it about half way with soil. With your hands, make a hole approximately 2 inches in diameter. Remove the plant out of its nursery container, gently spread its roots, and place it in the hole. Add additional soil on the edges to cover the roots.
4. Water the plant, then gently press down the soil to eliminate air pockets, add more soil if necessary, and then water again.
TIP dōTERRA On Guard® Laundry detergent containers work great for watering.
5. Punch holes in bottom of pot for water drainage.

*We used stone textured and sunrise matte colored spray paint

Get Your Skin Summer Ready

With these expert tips and head-to-toe skin care DIY recipes featuring essential oils

Essential oils for different skin types

NORMAL:

Lavender
Geranium
Ylang-Ylang
Geranium
Immortelle Anti-Aging Blend

DRY:

Sandalwood
Geranium
Cedarwood
Lavender

MATURE:

Myrrh
Frankincense
Ylang-Ylang
Geranium
Helichrysum

OILY:

Lemon
Lavender
Cypress
Frankincense

Geranium
Lemongrass
Wild Orange
Melaleuca

SENSITIVE:

Roman Chamomile
Lavender
Geranium

BLEMISHED:

Melaleuca
Frankincense
Cedarwood
Helichrysum

Lavender
Lemongrass
Patchouli
Immortelle Anti-Aging Blend



ERICA RILEY | Master Esthetician at the dōTERRA® Spa

How do you use essential oils in your practice or daily skin care routine? What is your favorite dōTERRA skin care product, and why?

I use oils at home every day. I use the Verāge™ cleanser, toner, and moisturizer in the morning, and I use the Essential Skin Care Tightening Serum and Hydrating Cream at night. My favorite oil to use is Sandalwood. I use it for everything! I especially like to mix a few drops of Sandalwood into my Hydrating Cream at night, partly for the relaxing and grounding smell, and partly because I love how rejuvenated and healthy my skin looks when I use it. When my skin needs an extra pick-me-up, I use Juniper Berry. It works as a natural toner.

What recommendations do you have for maintaining healthy skin?

Use Sunscreen

How much time you spend in the sun with no skin protection directly correlates with how quickly your skin ages. Sunscreen is a must!

Exfoliate

Exfoliation twice a week with a good scrub is great to help maintain a smooth texture on the skin surface and creates a youthful glow from within. The Reveal System is my favorite dōTERRA Skin Care Product! I like using the Reveal Facial system on weekends and Wednesdays (a good reminder for those of us with a busy schedule!) to remove any dead skin cells from the surface of the skin to create a smooth surface for make-up application. Make sure to follow up with a good moisturizer, or a body lotion.

De-Stress

Take care of your skin by eating healthy, drinking plenty of water, getting sleep, and taking time to de-stress! It can sometimes be difficult in our busy lives, but it's very important to give yourself a "time out" and relax. Whether it's something simple, like pausing your day for five minutes to practice meditation, or having a night in and taking a warm bath, or even taking a well-earned trip to the spa, do something to de-stress your life and your skin will thank you for it.

If you are visiting dōTERRA corporate campus, don't forget to stop by the Spa to get a relaxing massage, a facial, or an AromaTouch® Technique! For more information follow **dōTERRA Spa** on Facebook.

Ideal for teenagers and young adults

Great for your everyday skin care routine



Rejuvenating Coffee Scrub

INGREDIENTS

1 cup ground coffee
½ brown sugar
¾ dōTERRA Fractionated
Coconut Oil
¼ vitamin E oil

INSTRUCTIONS

1. Combine ingredients in a small bowl.
2. Apply on wet skin and gently rub in circles to help remove dry skin.
3. Store in airtight container.

Melaleuca Foot Balm

INGREDIENTS

4 ounce jar
½ cup shea butter
2 tablespoons coconut oil
2 tablespoons olive oil
½ ounce piece of beeswax, grated
25 drops Melaleuca essential oil

INSTRUCTIONS

1. Combine all ingredients in a saucepan over very low heat, stir until melted.
2. Remove from heat and stir to combine, then add essential oils.
3. Pour mixture into a clean jar.
4. Massage a small amount into your feet at bedtime to moisturize.



Green Tea Peppermint Sugar Scrub

INGREDIENTS

½ cup brown sugar
2 tablespoon Matcha Green Tea powder
1 tablespoon green tea leaves
½ cup coconut oil
Few drops of Peppermint essential oil

INSTRUCTIONS

1. In a large bowl, combine the sugar, matcha, and green tea leaves.
2. Add coconut oil and Peppermint; mix well. Add more oil if you like your scrub to be more moisturizing.
3. Store in an air-tight container for up to 1 month (2 months if refrigerated).



PRODUCT GUIDE

ESSENTIAL OIL SINGLES

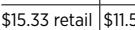
The dōTERRA® collection of single essential oils represents the finest aromatic extracts available in the world today. Each oil provides the living essence of its botanical source, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil is natural and passes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

	ARBORVITAE ESSENTIAL OIL <i>Thuja plicata</i>		BASIL ESSENTIAL OIL <i>Ocimum basilicum</i>		BERGAMOT ESSENTIAL OIL <i>Citrus bergamia</i>		BLACK PEPPER ESSENTIAL OIL <i>Piper nigrum</i>		CARDAMOM ESSENTIAL OIL <i>Elettaria cardamomum</i>
	CASSIA ESSENTIAL OIL <i>Cinnamomum cassia</i>		CEDARWOOD ESSENTIAL OIL <i>Juniperus virginiana</i>		CILANTRO ESSENTIAL OIL <i>Coriandrum sativum</i>		CINNAMON ESSENTIAL OIL <i>Cinnamomum zeylanicum</i>		CLARY SAGE ESSENTIAL OIL <i>Salvia sclarea</i>
	CLOVE ESSENTIAL OIL <i>Eugenia caryophyllata</i>		CORIANDER ESSENTIAL OIL <i>Coriandrum sativum</i>		CYPRESS ESSENTIAL OIL <i>Cupressus sempervirens</i>		DOUGLAS FIR ESSENTIAL OIL <i>Pseudotsuga menziesii</i>		EUCALYPTUS ESSENTIAL OIL <i>Eucalyptus radiata</i>
	FENNEL, SWEET ESSENTIAL OIL <i>Foeniculum vulgare</i>		FRANKINCENSE ESSENTIAL OIL <i>Boswellia carterii, frereana, and sacra</i>		GERANIUM ESSENTIAL OIL <i>Pelargonium graveolens</i>		GINGER ESSENTIAL OIL <i>Zingiber officinale</i>		GRAPEFRUIT ESSENTIAL OIL <i>Citrus X paradisi</i>
	HELICHRYSUM ESSENTIAL OIL <i>Helichrysum italicum</i>		JUNIPER BERRY ESSENTIAL OIL <i>Juniperus communis</i>		LAVENDER ESSENTIAL OIL <i>Lavandula angustifolia</i>		LEMON ESSENTIAL OIL <i>Citrus limon</i>		LEMONGRASS ESSENTIAL OIL <i>Cymbopogon flexuosus</i>
	LIME ESSENTIAL OIL <i>Citrus aurantifolia</i>		MARJORAM ESSENTIAL OIL <i>Origanum majorana</i>		MELALEUCA (TEA TREE) ESSENTIAL OIL <i>Melaleuca alternifolia</i>		MELISSA ESSENTIAL OIL <i>Melissa officinalis</i>		MYRRH ESSENTIAL OIL <i>Commiphora myrrha</i>
	OREGANO ESSENTIAL OIL <i>Origanum vulgare</i>		PATCHOULI ESSENTIAL OIL <i>Pogostemon cablin</i>		PEPPERMINT ESSENTIAL OIL <i>Mentha piperita</i>		ROMAN CHAMOMILE ESSENTIAL OIL <i>Anthemis nobilis</i>		ROSEMARY ESSENTIAL OIL <i>Rosmarinus officinalis</i>

APPLICATION METHODS  Can be used aromatically  Can be used topically  Can be used internally

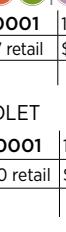
SKIN SENSITIVITY  Can be used topically with no dilution (NEAT)  Dilute for young or sensitive skin (SENSITIVE)  Dilute before using topically (DILUTE)



	SANDALWOOD ESSENTIAL OIL <i>Santalum album</i>		SANDALWOOD HAWAIIAN ESSENTIAL OIL <i>Santalum paniculatum</i>		SPEARMINT ESSENTIAL OIL <i>Mentha spicata</i>		THYME ESSENTIAL OIL <i>Thymus vulgaris</i>		VETIVER ESSENTIAL OIL <i>Vetiveria zizanoides</i>
 30210001 5 mL \$82.33 retail \$61.75 whl 61.75 PV	 41860001 5 mL \$82.33 retail \$61.75 whl 61.75 PV	 31610001 15 mL \$38.67 retail \$29.00 whl 29 PV	 30220001 15 mL \$36.67 retail \$27.50 whl 27.5 PV	 30430001 15 mL \$46.00 retail \$34.50 whl 34.5 PV					
	WHITE FIR ESSENTIAL OIL <i>Abies alba</i>		WILD ORANGE ESSENTIAL OIL <i>Citrus sinensis</i>		WINTERGREEN ESSENTIAL OIL <i>Gaultheria fragrantissima</i>		YLANG YLANG ESSENTIAL OIL <i>Cananga odorata</i>		PEPPERMINT BEADLET
 30250001 15 mL \$26.67 retail \$20.00 whl 20 PV	 30170001 15 mL \$14.00 retail \$10.50 whl 10.5 PV	 31620001 15 mL \$25.33 retail \$19.00 whl 19 PV	 30240001 15 mL \$47.00 retail \$35.25 whl 35.25 PV	 31570001 125 ct. \$15.33 retail \$11.50 whl 11.5 PV					

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 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 <i>T N</i> 31200001 15 mL \$34.67 retail \$26.00 whl 26 PV		dōTERRA BALANCE® GROUNDING BLEND <i>A T N</i> 31010001 15 mL \$26.67 retail \$20.00 whl 20 PV		dōTERRA BREATHE® RESPIRATORY BLEND <i>A T S</i> 49370001 15 mL \$26.66 retail \$20.00 whl 20 PV		CITRUS BLISS® INVIGORATING BLEND <i>A T N</i> 31020001 15 mL \$20.00 retail \$15.00 whl 15 PV		CLARYCALM® MONTHLY BLEND FOR WOMEN <i>A T N</i> 35270001 10 mL \$32.67 retail \$24.50 whl 24.5 PV
	DEEP BLUE® SOOTHING BLEND <i>T S</i> 31380001 10 mL \$85.33 retail \$64.00 whl 64 PV		DIGESTZEN® DIGESTIVE BLEND <i>A T N</i> 31030001 15 mL \$41.33 retail \$31.00 whl 31 PV		ELEVATION JOYFUL BLEND <i>A T N</i> 31040001 15 mL \$49.33 retail \$37.00 whl 37 PV		HD CLEAR® TOPICAL BLEND <i>T N</i> 49400001 10 mL \$28.00 retail \$21.00 whl 21 PV		IMMORETELLE ANTI-AGING BLEND <i>T N</i> 37140001 10 mL \$92.67 retail \$69.50 whl 69.5 PV
	INTUNE® FOCUS BLEND <i>A T N</i> 41840001 15 mL \$46.00 retail \$34.50 whl 34.5 PV		PASTTENSE® TENSION BLEND <i>A T N</i> 31350001 10 mL \$24.67 retail \$18.50 whl 18.5 PV		PURIFY CLEANSING BLEND <i>A T N</i> 31060001 15 mL \$24.00 retail \$18.00 whl 18 PV		dōTERRA SERENITY® CALMING BLEND <i>A T N</i> 31090001 15 mL \$40.00 retail \$30.00 whl 30 PV		SLIM & SASSY® METABOLIC BLEND <i>A T I S</i> 31370001 15 mL \$32.67 retail \$24.50 whl 24.5 PV
	WHISPER™ BLEND FOR WOMEN <i>A T N</i> 31080001 5 mL \$32.00 retail \$24.00 whl 24 PV		ZENDOCRINE® DETOXIFICATION BLEND <i>A T I S</i> 31460001 15 mL \$32.67 retail \$24.50 whl 24.5 PV		dōTERRA ON GUARD® PROTECTIVE BLEND <i>A T I S</i> 31100001 15 mL \$42.67 retail \$32.00 whl 32 PV		BEADLET <i>31580001 125 ct. \$20.00 retail \$15 whl 15 PV</i>		TERRASHIELD® OUTDOOR BLEND <i>A T N</i> 31700001 15 mL \$12.67 retail \$9.50 whl 9.5 PV

	SPRAY BOTTLE NEW!
	31600001 30 mL \$26.00 retail \$19.50 whl 17 PV

PRODUCT GUIDE

dōTERRA TOUCH™ KIT

Striking the proper balance between protecting sensitive skin while still maximizing the absorption of beneficial essential oils is not just a matter of science, but also of art. dōTERRA Touch has achieved that balance.

Featuring eight of our most popular oils in a base of Fractionated Coconut Oil, Touch Kit makes application simple with 9mL roll-ons. dōTERRA Touch is ideal for children and adults with sensitive skin and they're ready to use so that you can immediately start to benefit from essential oils.

dōTERRA TOUCH™ KIT

T | N or S

- dōTERRA Breathe®
- Deep Blue®
- DigestZen®
- Frankincense
- Lavender
- Melaleuca
- dōTERRA On Guard®
- Oregano
- Peppermint

21190001	160 PV
\$225.33 retail	\$169.00 wholesale



dōTERRA BREATHE® TOUCH BLEND	T N	31820001	9 mL roll-on	\$17.33 retail	\$13.00 whl	13 PV
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DEEP BLUE® TOUCH BLEND	T N	31810001	9 mL roll-on	\$55.67 retail	\$41.75 whl	41.75 PV
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DIGESTZEN® TOUCH BLEND	A T N	31780001	9 mL roll-on	\$27.00 retail	\$20.25 whl	20.25 PV
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FRANKINCENSE TOUCH BLEND	A T N	31800001	9 mL roll-on	\$60.67 retail	\$45.50 whl	45.5 PV
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LAVENDER TOUCH BLEND	A T N	31660001	9 mL roll-on	\$18.33 retail	\$13.75 whl	13.75 PV
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MELALEUCA TOUCH BLEND	A T N	31680001	9 mL roll-on	\$16.67 retail	\$12.50 whl	12.5 PV
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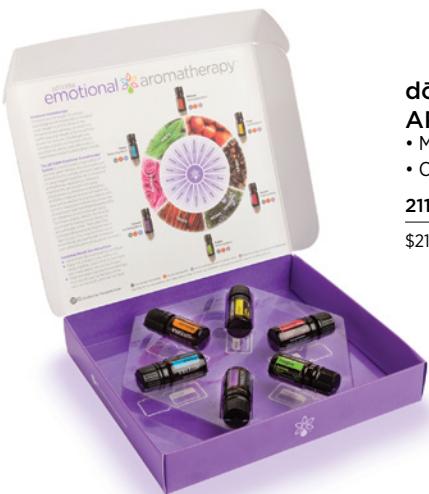
OREGANO TOUCH BLEND	A T N	31770001	9 mL roll-on	\$21.00 retail	\$15.75 whl	15.75 PV
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dōTERRA ON GUARD® TOUCH BLEND	A T N	31790001	9 mL roll-on	\$28.00 retail	\$21.00 whl	21 PV
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PEPPERMINT TOUCH BLEND	A T N	31670001	9 mL roll-on	\$18.00 retail	\$13.50 whl	13.5 PV
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dōTERRA EMOTIONAL AROMATHERAPY™ KIT

The dōTERRA Emotional Aromatherapy System contains six unique essential oil blends that have been carefully formulated to provide targeted emotional health benefits. Each delicate blend contains pure essential oils that can be used aromatically or topically to help balance and brighten your changing moods. Just a few drops of these naturally complex, fragrant blends can elicit profound emotional responses to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again.



dōTERRA EMOTIONAL AROMATHERAPY™ KIT

- Motivate • Passion • Console
- Cheer • Forgive • Peace

21140001	150 PV
\$212.00 retail	\$159.00 wholesale

dōTERRA MOTIVATE™ ENCOURAGING BLEND	A T S	31740001	5 mL bottle	\$30.67 retail	\$23.00 whl	23 PV
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dōTERRA CHEER™ UPLIFTING BLEND	A T S	31720001	5 mL bottle	\$33.33 retail	\$25.00 whl	25 PV
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dōTERRA PASSION™ INSPIRING BLEND	A T S	31760001	5 mL bottle	\$56.00 retail	\$42.00 whl	42 PV
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dōTERRA FORGIVE™ RENEWING BLEND	A T S	31750001	5 mL bottle	\$26.67 retail	\$20.00 whl	20 PV
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dōTERRA CONSOLE™ COMFORTING BLEND	A T N	31730001	5 mL bottle	\$49.33 retail	\$37.00 whl	37 PV
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dōTERRA PEACE™ REASSURING BLEND	A T N	31710001	5 mL bottle	\$37.33 retail	\$28.00 whl	28 PV
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ESSENTIAL USAGE

TOPICAL USE



FRACTIONATED COCONUT OIL

T | N

Ideal for combining with essential oils for topical use.

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

30260001 3.8 oz

\$16.00 retail	\$12.00 wholesale	12 PV
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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

36100001 6.7 oz tube

\$19.33 retail	\$14.50 wholesale	14.5 PV
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CORRECT-X®

ESSENTIAL OIL OINTMENT

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

- Petroleum free
- Includes plant-based ingredients that protect skin from water and dirt
- Safe and easy to use
- Utilizes CPTG essential oils of Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender

60110001 15 mL/.5 oz

\$16.00 retail	\$12.00 wholesale	10 PV
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AROMATIC USE

LOTUS DIFFUSER

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

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

33160001 40 PV

\$119.93 retail	\$89.95 wholesale
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dōTERRA CLOUD™ DIFFUSER

dōTERRA Cloud™ is a waterless diffuser that contains state-of-the-art, patent-pending technology that provides substantial mist diffusion with minimal noise output.

- Optional LED white light
- Three customized settings for mist output, run time, and pause time
- Covers 600 sq. ft.

33300001 40 PV

\$119.93 retail	\$89.95 wholesale
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PETAL DIFFUSER

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers a variety of benefits. It has a relaxing mist and soft white ambient light, and can cover up to 100 square feet. This convenient diffuser is stable, light, and easy to use.

- 1, 2, and 4 hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 330 square feet

33150001 20 PV

\$62.66 retail	\$47.00 wholesale
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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 40 PV

\$119.93 retail	\$89.95 wholesale
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AROMA-ACE DIFFUSER

Output volume control allows you to choose the intensity of your aromatherapy experience

- Preserves the natural essence and complete benefits of essential oils by not using heat or water
- Comes with a 15 mL bottle of dōTERRA On Guard® Protective Blend

33030001 40 PV

\$173.27 retail	\$129.95 wholesale
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OIL HOLDER NOZZLE 2-PACK

33330000 0 PV

\$12.67 retail	\$9.50 wholesale
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PRODUCT GUIDE

dōTERRA ON GUARD® PRODUCTS

dōTERRA ON GUARD® FOAMING HAND WASH

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

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

ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

38070001	\$30.00 retail	\$22.50 wholesale	18.5 PV
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SINGLE REFILL

38010001	\$24.67 retail	\$18.50 wholesale	18.5 PV
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TWIN PACK REFILL

38020001	\$44.67 retail	\$33.50 wholesale	33.5 PV
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dōTERRA ON GUARD® top seller PROTECTIVE BLEND

A T I S

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

31100001	15 mL bottle	
\$42.67 retail	\$32.00 wholesale	32 PV

dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE

Clean teeth with the added benefit of dōTERRA 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 benefits of dōTERRA On Guard essential oil blend

38910001	4.2 oz	
\$11.33 retail	\$8.50 wholesale	5 PV

dōTERRA ON GUARD® PROTECTING THROAT DROPS

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

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

34050001	30 drops	
\$19.33 retail	\$14.50 wholesale	14.5 PV



dōTERRA ON GUARD® LAUNDRY DETERGENT

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

- Contains 10 mL of dōTERRA 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

38980001	32 fl oz	
\$32.67 retail	\$24.50 wholesale	20 PV

dōTERRA ON GUARD® BEADLETS

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

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

31580001	125 beadlets	
\$20.00 retail	\$15.00 wholesale	15 PV

dōTERRA ON GUARD® CLEANER CONCENTRATE

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

- Features a non-toxic, biodegradable formula safe for the entire family
- Combines plant-based derivatives with the powerful dōTERRA On Guard Protective Blend

38140001	12 fl oz	
\$19.33 retail	\$14.50 wholesale	10 PV

dōTERRA ON GUARD®+ SOFTGELS

dōTERRA 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.* dōTERRA 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 support 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	\$24.50 wholesale	21 PV



dōTERRA ON GUARD® WHITENING TOOTHPASTE SAMPLES

The amazing benefits of dōTERRA On Guard Whitenig Toothpaste need to be shared and this 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	
\$4.66 retail	\$3.50 wholesale	0 PV

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



SKIN CARE



HD CLEAR® TOPICAL BLEND

T | N

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 complexion
- Promotes clear-looking skin by targeting the site of blemishes

49400001	10 mL roll on	
\$28.00 retail	\$21.00 wholesale	21 PV

HD CLEAR® KIT

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

42700001	40 PV	
\$61.33 retail	\$46.00 wholesale	

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 fl oz	
\$45.33 retail	\$34.00 wholesale	34 PV

HD CLEAR® FOAMING FACE WASH

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

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

49420001	50 mL/1.7 fl oz	
\$28.00 retail	\$21.00 wholesale	21 PV

VERÁGE™ SKIN CARE COLLECTION

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

42690001	70 PV	
\$112.66 retail	\$84.50 wholesale	

VERÁGE™ TONER

Veráge Toner combines CPTG essential oils with nourishing plant extracts to create a tightened, toned appearance of 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	\$22.00 wholesale	22 PV

VERÁGE™ CLEANSER

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 g / 2 fl oz	
\$33.33 retail	\$25.00 wholesale	25 PV

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 hydration

37400001	15 mL/.5 fl oz	
\$86.66 retail	\$65.00 wholesale	65 PV

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 reduce the appearance of fine lines and wrinkles

37410001	30 g /1 fl oz	
\$37.33 retail	\$28.00 wholesale	28 PV



PRODUCT GUIDE

FACIAL CLEANSER

With the CPTG Certified Pure Therapeutic Grade® essential oils of Melaleuca and Peppermint, dōTERRA® Facial Cleanser gently washes away impurities and leaves your skin feeling clean, fresh, and smooth. Cruciferous vegetable extracts also work to soothe skin irritation and protect skin from environmental elements.

37010001	4 oz	
\$22.00 retail	\$16.50 wholesale	16.5 PV



PORE REDUCING TONER

Formulated to visibly reduce the appearance of pores, dōTERRA Pore Reducing Toner contains CPTG Certified Pure Therapeutic Grade essential oils of Lavender, Ylang Ylang, and German Chamomile to calm sensitive skin.

37020001	4 fl oz	
\$23.33 retail	\$17.50 wholesale	17.5 PV

HYDRATING CREAM

Packed with emollient-rich ingredients to provide intense moisture without leaving an oily residue, dōTERRA Hydrating Cream is designed to assist in the rejuvenation of mature skin, restore balance to the skin, and help reduce the visible signs of aging to reveal a more youthful and glowing appearance.

37160001	1.7 oz	
\$46.00 retail	\$34.50 wholesale	34.5 PV

TIGHTENING SERUM

Featuring CPTG essential oils of Frankincense, Hawaiian Sandalwood, and myrrh in generous proportion, dōTERRA Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration.

37040001	1 oz	
\$66.00 retail	\$49.50 wholesale	49.5 PV

ANTI-AGING MOISTURIZER

Cutting-edge ingredients combine with the CPTG essential oils of Lavender, Jasmine, Geranium and Frankincense to provide an anti-aging moisturizer that does more than moisturize and soften skin. Anti-Aging Moisturizer targets the visible signs of aging, improving skin tone, reducing the appearance of wrinkles as well as helping to keep skin looking young and vibrant.

37030001	1.7 oz	
\$46.00 retail	\$34.50 wholesale	34.5 PV

INVIGORATING SCRUB

Invigorate and energize skin while exfoliating and polishing using this aromatic scrub. CPTG essential oils of Grapefruit and Peppermint make the exfoliating step of your beauty regimen a refreshing, aromatic experience. Jojoba and cruciferous vegetable extracts leave skin protected and smooth, while other cutting-edge ingredients work to prevent blemishes and the proliferation of skin discoloration.

37050001	2.5 oz	
\$24.00 retail	\$18.00 wholesale	18 PV

IMMORTELLE ANTI-AGING BLEND

A proprietary blend of powerfully renewing, rare essential oils used throughout history for their beautifying benefits, Immortelle Anti-Aging Blend is formulated to protect and nourish skin. This essential oil blend of Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum, and Rose, helps sustain smoother, more radiant and youthful skin.

37140001	10 mL roll on	
\$92.67 retail	\$69.50 wholesale	69.5 PV



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

37340001	2 tubes—1.7 oz each	
\$80.00 retail	\$60.00 wholesale	60 PV

dōTERRA BREATHE® PRODUCTS



dōTERRA BREATHE® RESPIRATORY BLEND



Enhanced with the powerful respiratory benefits of Cardamom, dōTERRA Breathe is a remarkable blend of essential oils that promotes feelings of clear airways and easy breathing.

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Ravensara, and Cardamom essential oils
- Promotes feelings of easy breathing
- Helps minimize the effects of seasonal threats

49370001	15 mL bottle	
\$26.66 retail	\$20.00 wholesale	20 PV



dōTERRA BREATHE® RESPIRATORY DROPS

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

- 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	\$14.50 wholesale	14.5 PV



dōTERRA BREATHE® VAPOR STICK

Enjoy the convenience, quick absorption, and smooth application of dōTERRA Breathe Vapor Stick. This unique delivery method of the dōTERRA Breathe essential oil blend can be used anytime, anywhere to promote feelings of clear airways.

- Maintains feelings of clear airways and breathing
- Quick, convenient delivery system
- Provides a cooling, soothing effect

34290001	.4 oz	
\$11.33 retail	\$8.50 wholesale	5 PV



DEEP BLUE® PRODUCTS

DEEP BLUE® SOOTHING BLEND

T | S

A synergistic blend of CPTG® essential oils, Deep Blue provides a warm, tingly sensation when applied to the skin.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysm, and Osmanthus essential oils
- Apply as part of a soothing massage

31050001	5 mL bottle	
\$42.67 retail	\$32.00 wholesale	32 PV
31380001	10 mL roll on	
\$85.33 retail	\$64.00 wholesale	64 PV

DEEP BLUE® RUB SAMPLES

Receive the targeted benefits 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	\$5.00 wholesale	0 PV

DEEP BLUE® RUB SOOTHING LOTION

Infused with Deep Blue Soothing Blend, Deep Blue Rub is a favorite of athletes.

- 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 fl oz	
\$39.00 retail	\$29.25 wholesale	29.25 PV

LITER BOTTLE New!

50210001	1 liter	
\$252.00 retail	\$189.00 wholesale	160 PV



DEEP BLUE POLYPHENOL COMPLEX™

Now Deep Blue has a nutritional supplement that contains powerful polyphenols clinically tested to help with occasional 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 occasional aches and discomfort*

34360001	60 vegetable capsules	
\$79.33 retail	\$59.50 wholesale	59.5 PV

HAIR CARE

dōTERRA 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 Root to Tip Serum in the Salon Essentials Hair Care System, Healthy Hold Glaze comes FREE!

36280001	70 PV
\$103.33 retail	\$77.50 wholesale



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 fl oz	
\$30.67 retail	\$23.00 wholesale	23 PV



SHAMPOO/CONDITIONER SAMPLES 10 COMPANION SETS New!

36390001	\$11.33 retail	\$8.50 wholesale	0 PV
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PROTECTING SHAMPOO 2-PACK

36240001	\$32.67 retail	\$24.50 wholesale	19.5 PV
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SMOOTHING CONDITIONER 2-PACK

36250001	\$38.67 retail	\$28.00 wholesale	23 PV
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SHAMPOO AND CONDITIONER

36260001	\$37.33 retail	\$28.00 wholesale	23 PV
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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

36220001	8.34 fl oz	
\$26.00 retail	\$19.50 wholesale	19.5 PV

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	\$35.00 wholesale	35 PV

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	\$18.00 wholesale	15 PV

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

PRODUCT GUIDE

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 nutrients, botanicals, and humectants
- Features cruciferous vegetable extracts to promote the appearance of healthy skin

36100001 | 6.7 fl oz tube

\$19.33 retail | \$14.50 wholesale | 14.5 PV

3-PACK

36110001 | Three 6.7 oz tubes

\$39.93 retail | \$29.95 wholesale | 25 PV



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

\$9.32 retail | \$6.99 wholesale | 5 PV

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 to lips
- Invigorates and enhances mood with a blend of Peppermint and Wild Orange

36190001 | .15 oz

\$6.33 retail | \$4.75 wholesale | 4 PV

dōTERRA SERENITY® CALMING BATH BAR

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

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

36140001 | 4 fl oz tube

\$9.32 retail | \$6.99 wholesale | 5 PV

ROSE HAND LOTION

Become part of furthering the cause of the dōTERRA Healing Hands Foundation™ by purchasing the lovely scented Rose Hand 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

\$20.00 retail | \$20.00 wholesale | 0 PV

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 nutrients, botanicals, and humectants

36200001 | 2.5 fl oz tube

\$8.67 retail | \$6.50 wholesale | 5 PV



NATURAL DEODORANT

dōTERRA Natural Deodorant is a safe, natural option for preventing odor throughout the day.

- Cypress, Melaleuca, Cedarwood, and Bergamot essential oils provide purifying benefits, helping to reduce underarm odor
- Beeswax provides a protective barrier while allowing skin to breathe, and contributes to the product's smooth application
- Coconut oil contains fatty-acids, known for their nourishing properties and ability to keep skin looking smooth and healthy
- Shea butter hydrates skin without leaving a greasy after-feel
- Free of alcohol, aluminum, parabens, and artificial colors and fragrances

37420001 | 1.7 oz

\$11.33 retail | \$8.50 wholesale | 5 PV



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 stress to cellular DNA.*

- Provides antioxidant protection against oxidative stress*
- Supports a healthy response to free radicals*

DDR PRIME ESSENTIAL OIL CELLULAR COMPLEX

41510001	30 mL bottle
\$73.33 retail	\$55.00 wholesale 55 PV

DDR PRIME SOFTGELS™

41740001	60 capsules
\$73.33 retail	\$55.00 wholesale 55 PV

MADE WITH VEGETARIAN SOFTGELS

MITO2MAX® ENERGY & STAMINA COMPLEX

Mito2Max is a healthier, long-term alternative to caffeine for increased energy and vitality.

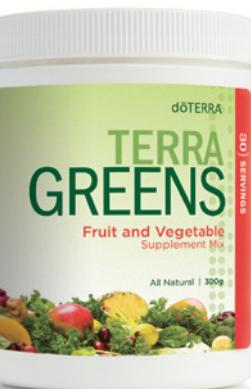
- Promotes better microcirculation with Oligonol® lychee fruit extract, quercetin, and other standardized plant extracts
- Potent, full spectrum of mitochondrial energy cofactors supporting cellular aerobic capacity and energy production*
- Free of stimulants; not habit forming

34350001	60 vegetable capsules
\$52.67 retail	\$39.50 wholesale 39.5 PV

MADE WITH SLS-FREE VEGETABLE CAPSULES

Oligonal is a registered trademark or Amino Up Chemical Co., Ltd

DEEP BLUE POLYPHENOL COMPLEX™



DEEP BLUE POLYPHENOL COMPLEX™

Now Deep Blue® has a nutritional supplement that contains powerful polyphenols clinically tested to help with occasional 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 the occasional aches and discomfort*
- Can be used in tandem with Deep Blue Rub or Deep Blue Soothing Blend

34360001	60 vegetable capsules
\$79.33 retail	\$59.50 wholesale 59.5 PV

MADE WITH SLS-FREE VEGETABLE CAPSULES

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
- Includes naturally occurring vitamins, minerals, and antioxidants
- Flavored with Lemon and Ginger essential oils

60120001	300 g
\$37.33 retail	\$28.00 wholesale 20 PV

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 immune response when combined together.*

- Promotes clear breathing and healthy respiratory function*
- Cleanses the body's systems*
- Supports healthy immune system function*

49310001	60 Softgels
\$30.00 retail	\$22.50 wholesale 20 PV

MADE WITH VEGETARIAN SOFTGELS

CHILDREN'S SUPPLEMENTS

dōTERRA a2z CHEWABLE™

Designed for children and adults who have difficulty swallowing capsules, dōTERRA a2z Chewable tablets provide 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	\$19.50 wholesale 15 PV

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 Omega 3 oils per serving
- Supports healthy brain, cardiovascular, immune, and joint function*
- Formulated to be used with dōTERRA a2z Chewable tablets

35320001	150 mL
\$46.00 retail	\$34.50 wholesale 30 PV



PRODUCT GUIDE

DAILY VITALITY



LOYALTY
REWARDS
PROGRAM

dōTERRA LIFELONG VITALITY PACK® DIETARY SUPPLEMENTS INCLUDING ALPHA CRS®+ MICROPLEX MVp™ AND xEO MEGA®

20640001 | \$106.00 retail | \$79.50 wholesale | 60 PV



MICROPLEX MVp™ 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*

34320001 | 120 vegetable capsules
\$52.67 retail | \$39.50 wholesale | 39.5 PV

MADE WITH SLS-FREE
VEGETABLE CAPSULES



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*

34310001 | 120 softgels
\$66.00 retail | \$49.50 wholesale | 49.5 PV

MADE WITH VEGETARIAN
SOFTGELS



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 | \$49.50 wholesale | 49.5 PV

MADE WITH SLS-FREE
VEGETABLE CAPSULES



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 immune function*
- Features botanical extracts, carotenoids, and polyphenols as well as a cellular energy blend*

34180001 | 120 Vegetable Capsules
\$92.67 retail | \$69.50 wholesale | 69.5 PV

MADE WITH SLS-FREE
VEGETABLE CAPSULES

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



LOYALTY
REWARDS
PROGRAM

**dōTERRA DAILY NUTRIENT PACK®
MICROPLEX MVP™ AND XEO MEGA®**
20650001 | 50 PV
\$79.33 retail | \$59.50 wholesale

PERSONALIZED WELLNESS PROGRAM

LOYALTY
REWARDS
PROGRAM

Customize and Save

With the purchase of one dōTERRA Lifelong Vitality Pack or one dōTERRA Daily Nutrient Pack via the Loyalty Rewards Program, choose up to 3 additional targeted supplements at a significant savings.

BUY 1 LIFELONG VITALITY OR DAILY NUTRIENT PACK



\$59.50
wholesale
50 PV
OR



\$79.50
wholesale
60 PV

AND CHOOSE UP TO 3 ADDITIONAL SUPPLEMENTS AT REDUCED PRICES



**Microplex
MVp™**
\$20.00
10 PV



**xEO
Mega***
\$20.00
10 PV



**Mito2
Max®**
\$20.00
10 PV



**Deep Blue
Polyphenol
Complex™**
\$20.00
10 PV



TerraZyme®
\$20.00
10 PV



PB Assist®+
\$20.00
10 PV



**Kids Kit
(IQ Mega® & A2Z)**
\$25.00
10 PV

PRODUCT GUIDE

DIGESTIVE HEALTH



DIGESTZEN® DIGESTIVE BLEND

A T I N

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
- Eases feelings of queasiness*
- Helps reduce bloating, gas, and occasional indigestion*

31030001	15 mL bottle
\$41.33 retail	\$31.00 wholesale 31 PV



DIGESTZEN® SOFTGELS

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

35430001	60 vegetarian softgels
\$26.00 retail	\$19.50 wholesale 15 PV

MADE WITH VEGETARIAN SOFTGELS



DIGEST TAB™ CHEWABLE TABLETS

DigestTab™ Chewable Tablets are calcium carbonate tablets that are infused with DigestZen Digestive Blend to deliver the benefits of DigestZen essential oil blend as well as the acid-neutralizing benefits of calcium carbonate.

- Helps provide relief from occasional heartburn and indigestion, while promoting the overall health of the gastrointestinal tract*
- Use with or between meals as needed, for relief from occasional stomach upset, indigestion, and heartburn
- Helps relieve occasional sour stomach*
- Provides 200 mg of calcium per tablet

34380001	100 chewable tablets
\$18.67 retail	\$14.00 wholesale 10 PV



DIGESTZEN TERRAZYME® DIGESTIVE ENZYME COMPLEX

top seller

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

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

35110001	90 vegetable capsules
\$50.00 retail	\$37.50 wholesale 37.5 PV

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 and microfloral balance*
- 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	\$26.00 wholesale 26 PV

MADE WITH ENTERIC SOFTGELS



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 6 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourage culture adhesion and growth*
- Time-release double capsule designed to protect sensitive probiotic cultures from stomach acid
- Supports healthy digestive function and immunity*

35160001	30 vegetable capsules
\$46.00 retail	\$34.50 wholesale 34.5 PV

MADE WITH SLS-FREE
VEGETABLE CAPSULES

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



ZENDOCRINE® DETOXIFICATION BLEND



Support your body's natural detoxification systems with Zendocrine.

- Features a proprietary blend of Tangerine Peel, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils
- Supports the body's natural ability to rid itself of unwanted substances*
- Can be used individually or in combination with Zendocrine Detoxification Complex

31460001	15 mL bottle
\$32.67 retail	\$24.50 wholesale 24.5 PV



ZENDOCRINE® SOFTGELS

dōTERRA® Zendocrine Softgels are a convenient and easy way to obtain the benefits of the proprietary Zendocrine essential oil blend.

34280001	60 vegetarian softgels
\$32.67 retail	\$24.50 wholesale 21.5 PV

MADE WITH VEGETARIAN SOFTGELS



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	\$24.50 wholesale 24.5 PV

MADE WITH SLS-FREE
VEGETABLE CAPSULES

WOMEN'S HEALTH



LOYALTY REWARDS PROGRAM

WOMEN'S HEALTH KIT

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

35250001	\$92.67 retail	\$69.50 wholesale	60 PV
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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*
- Supports healthy hormonal balance*
- Supports healthy bones, heart, breast tissue, and other body structures*

35260001	60 capsules
\$52.67 retail	\$39.50 wholesale 39.5 PV

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	\$17.50 wholesale 12 PV

MADE WITH SLS-FREE
VEGETABLE CAPSULES

CLARYCALM® MONTHLY BLEND FOR WOMEN



dōTERRA ClaryCalm helps women manage the emotional mood swings 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
- Apply to skin for a cooling, soothing effect
- Calming aroma

35270001	10 mL roll on
\$32.67 retail	\$24.50 wholesale 24.5 PV

PRODUCT GUIDE

SLIM & SASSY®

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, and soy milk or water.

35180001	vanilla	
\$52.67 retail	\$39.50 wholesale	25 PV
35200001	chocolate	
\$52.67 retail	\$39.50 wholesale	25 PV

SLIM & SASSY® TRIM KIT

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

40770001	1 Chocolate, 1 Vanilla	
\$200 retail	\$150 wholesale	125 PV
35280001	2 Chocolate	
\$200 retail	\$150 wholesale	125 PV
35290001	2 Vanilla	
\$200 retail	\$150 wholesale	125 PV
60130001	2 V Shake	
\$200 retail	\$150 wholesale	125 PV

SLIM & SASSY® 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	\$39.50 wholesale	25 PV



SLIM & SASSY® SOFTGELS

Slim & Sassy Softgels contain the proprietary Slim & Sassy essential oil blend in convenient softgels to promote weight management in a healthy, natural way.* The flavorful blend of Slim & Sassy contains essential oils known to help manage hunger throughout the day while boosting metabolism and promoting a positive mood.*

- Enhances metabolism*
- Helps manage hunger cravings*
- Promotes healthy digestion*

34270001	60 vegetarian softgels	
\$46.00 retail	\$34.50 wholesale	30 PV

MADE WITH VEGETARIAN SOFTGELS

SLIM & SASSY® top seller METABOLIC BLEND

A T I S

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	\$24.50 wholesale	24.5 PV



SLIM & SASSY CONTRŌL™ INSTANT MIX

Slim & Sassy Contrōl is available in a powdered mix that you can take at any time during the day to help control your appetite.* Slim & Sassy Contrōl contains a revolutionary ingredient made from spinach extract called Appethyl®, which has been clinically shown to significantly reduce appetite for up to 6 hours.*

- Helps promote appetite control and manage portion sizes*
- Helps maintain healthy food intake*
- Along with a sensible program of diet and exercise, may help promote and maintain healthy weight loss over time*

34150001	30 sachets	
\$79.33 retail	\$59.50 wholesale	50 PV

SLIM & SASSY CONTRŌL™ BARS

Contrōl is also available in a tasty bar. Convenient for people who are always on the go, Contrōl delivers the appetite-controlling power of Appethyl® to help you in your quest to manage your weight and your overall well-being.

- Helps promote appetite control and manage portion sizes
- Helps maintain healthy food intake
- Along with a sensible program of diet and exercise, may help promote and maintain healthy weight loss over time

34330001	10 apple cinnamon bars	
\$36.67 retail	\$27.50 wholesale	20 PV
34340001	10 lemon bars	
\$36.67 retail	\$27.50 wholesale	20 PV

CONTRŌL BAR 3-PACK

20900001	10 bars of each flavor	
\$99.33 retail	\$74.50 wholesale	50 PV

EssentraTrim is a registered trademark of NutraGenesis, LLC. Solathin is a registered trademark of Cyvex Nutrition. Appethyl is a trademark of Greenleaf Medical AB.

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



ENROLLMENT KITS



CLEANSE & RESTORE

- Lifelong Vitality
- PB Assist®+
- GX Assist®
- Zendocrine® Softgels
- DigestZen TerraZyme®
- Lemon (15 mL)
- Wellness Advocate Introductory Packet

32950001 | \$259.93 retail | \$195.00 wholesale | 125 PV



ATHLETE +

- Athlete's Kit: Canvas bag, Deep Blue® Rub, and 5 mL bottles of dōTERRA Breathe®, dōTERRA On Guard®, Lavender, Melaleuca, Peppermint
- Deep Blue Polyphenol Complex™
- Mito2Max®
- Daily Nutrient Pack
- Wellness Advocate Introductory Packet

21320001 | \$259.93 retail | \$195.00 wholesale | 125 PV



HOME ESSENTIALS

- Frankincense
- Lavender
- Lemon
- Melaleuca
- Oregano
- Peppermint
- dōTERRA Breathe®
- DigestZen®
- dōTERRA On Guard®
- Deep Blue® (5 mL)
- Petal Diffuser
- Wellness Advocate Introductory Packet

41180001 | \$366.57 retail | \$275.00 wholesale | 225 PV



EMOTIONAL AROMATHERAPY

- dōTERRA Emotional Aromatherapy™: 5 mL bottles of dōTERRA Motivate™, dōTERRA Cheer™, dōTERRA Passion™, dōTERRA Forgive™, dōTERRA Console™, dōTERRA Peace™
- Petal Diffuser
- Wellness Advocate Introductory Packet

21310001 | \$259.93 retail | \$195.00 wholesale | 145 PV



NATURAL SOLUTIONS

ESSENTIAL OILS:

- **5 mL bottles:** DigestZen®, Purify, Melaleuca, Oregano, AromaTouch®, Frankincense, dōTERRA Serenity®, dōTERRA Breathe®, dōTERRA Balance®
- **15 mL bottles:** Citrus Bliss®, Lavender, Lemon, Peppermint, Slim & Sassy®, Lemongrass, dōTERRA On Guard
- **10 mL bottles:** PastTense®, ClaryCalm®

OTHER PRODUCTS:

- Lifelong Vitality
- DigestZen TerraZyme®
- HD Clear® Foaming Face Wash
- Deep Blue® Rub
- Fractionated Coconut Oil (4 oz)
- Aroma Lite Diffuser
- Wooden Box
- dōTERRA Breathe™ Vapor Stick
- Correct-X®

dōTERRA On Guard® Collection:

- Beadlets
- Toothpaste
- Hand Wash w/2 Dispensers



FAMILY PHYSICIAN® AND BEADLETS

- Family Physician Kit: 5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, dōTERRA Breathe®, DigestZen®, and dōTERRA On Guard®
- Peppermint Beadlets
- dōTERRA On Guard® Beadlets
- Wellness Advocate Introductory Packet

21310001 | \$199.95 retail | \$150.00 wholesale | 110 PV

21290001 | \$733.15 retail | \$550.00 wholesale | 400 PV

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SEASONAL BLEND SOFTGELS



For days like these,
take **TriEase**



TriEase Seasonal Blend

To Order: **49310001** | 60 Softgels
\$30.00 retail | \$22.50 wholesale | 20 PV



dōTERRA®

CPTG Certified Pure Therapeutic Grade®