

dōTERRA® SPRING / SUMMER 2020

LIVING

MAGAZINE

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Wellness is the complete integration
of body, mind, and spirit - the
realization that everything we do,
think, feel, and believe has an effect
on our state of well-being.



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Meet Your Pilōt

The new Pilōt™ Diffuser
was born to fly. It's ready to
diffuse your favorite essential
oils whenever, wherever.



Portable



Rechargeable



4 hours continuous
diffusion or 8 hours
intermittent



Responsibly
created using eco-
friendly materials



12-month warranty—if
anything goes wrong,
we can make it right



A dual-port USB 2A car
adapter and carrying
case included

In the Valley of the Roses

As the sun rises over the dew-covered fields surrounding Kazanlak, Bulgaria, it reveals rows upon rows of blossoming rose bushes. Between each row, harvesters carefully pick the blossoms. It's May 5, the first day of rose harvest, and the harvesters have been in the fields since 4:00 a.m., picking the flowers while their fragrance is most potent. Each person has a rose in their hair—a lasting tradition being to tuck the first rose of the day behind the ear.

Why Bulgaria?

The Valley of the Roses in central Bulgaria lies just south of the Balkan Mountains, an imposing range of peaks that has halted invading armies and protected the quiet valley for millennia. Today, because of its location, few automobiles pass through the valley, keeping the air and soil clean from contaminants.

Located near the Black Sea, the valley has a sunny climate coupled with well-drained, sandy soil that work together to create ideal conditions for growing roses. In addition, roses require significant amounts of rain. The geography of the area again provides just the right conditions, thanks to the sweeping Balkan mountain range.

As moisture evaporates from the Black Sea, gentle breezes push the moist air inland to the north. When the moist air reaches the mountains surrounding the Valley of the Roses, it's forced upward. As it moves higher, the water vapor cools and condenses, forming clouds. The clouds, trapped by the mountain peaks, grow larger until eventually, it begins to rain.

Mild winters, sandy soil, and heavy spring rains come together to make this valley one of the best places on the entire planet to grow roses. It's no wonder, then, that the rose is the national flower of Bulgaria. This is also the exact reason dōTERRA chose to source its **Rose** essential oil in the Valley of the Roses.

Harvesting Fields of Roses

More than 100 species of roses exist, but it's the Damask Rose, or *Rosa damascena*, that's grown and distilled in Bulgaria for dōTERRA® **Rose** essential oil. The Damask rose was first introduced to Bulgaria in the seventeenth century and is widely regarded as producing the highest quality rose oil.

Starting in early May, the rose harvest dominates the social and economic landscape of the Valley of the Roses for weeks. Family and friends come and help the rose farmers bring in their annual harvest. All together, more than 50,000 harvesters are hired to collect roses during the short window when the essential oil volume is at its highest. While agricultural technology has revolutionized how many crops are harvested, roses are harvested in much the same way today as hundreds of years ago—by hand, one loving blossom at a time.

The best time for picking is just as they begin opening their petals. Starting well before dawn, harvesters work through the morning to collect the delicate blossoms, taking care not to crush any in the process. The availability of oil is highest in the cool hours of the morning, decreasing as the sun rises. Because the rose petals are so delicate, they must be steam-distilled the same day they're harvested. Wait too long, and valuable essential oil is lost.

There are over 100 species of rose. dōTERRA Rose oil comes from *Rosa damascena*, commonly known as the Damask rose.

To collect the oil as efficiently as possible and ensure farmers are paid fairly and on-time, dōTERRA recently built a rose distillery in Kazanlak named Terra Roza, as part of the dōTERRA Esseterre Bulgaria operation (headquartered in Dobrich). This facility began operations in May, just in time for the 2020 rose harvest.

"Bulgaria has such a rich history of producing beautiful rose oil from the Damask rose. It's a great privilege to now have another dōTERRA-owned and operated Esseterre distillery working with small farmers and producing the crown jewel of Bulgarian essential oils," says Tim Valentiner, vice president of global strategic sourcing at dōTERRA. **Rose** is truly the queen of oils, and it's only fitting that this exquisite flower now has its own dōTERRA distillery in the heart of the world's rose capital.

The Rose Festival

Perhaps nothing expresses the region's deep love for roses more than the annual Rose Festival. Held since 1903, the festival begins the first Sunday in June. More than 150,000 visitors arrive to learn about the valley's rich history and traditions and join in on the all-important rose harvest.

Two of the most exciting events of the festival are the Rose Coronation and Rose Festival Parade. Each year, a Rose Queen is chosen from the community, who presides at many of the festivities.

The culmination of the entire rose harvest season is the parade held in Kazanlak. The parade is the largest in Bulgaria with 3,000 participants and features traditional dance, music, and arts. Swaths and garlands of roses cover the town, and young children pass flowers to the crowd as performers in traditional dress dance and sing.

When the last of the parade passes by and revelers turn toward home, they'll walk on streets carpeted in rose petals and blossoms.



The Next Harvest

As the sun sets over the rose fields in June, its last rays illuminate miles upon miles of tidy rose bushes. The bushes are now bare—all the blossoms have been distilled into pure rose oil. Working together, the farmers, harvesters, and distillers in the Valley of the Roses have created roughly two metric tons of pure **Rose** oil within just a matter of weeks.

Soon it'll be time to prune the rose bushes and begin cultivating another crop of the finest quality roses in the world. It has been this way for 340 years, and if the people living in the valley have anything to say about it, it will be this way for centuries to come.



Scan Me



Essential Oil Spotlight

Rose

Rosa Damascena



Distillation Method: Steam distillation
Aromatic Description: Floral, sweet, and earthy
Plant Part: Flower

She's known as the queen of oils and rules supreme when it comes to aroma, skincare, and emotional support. Rose is one of the most sought-after oils in the world due to her luxurious aroma, gentle nature, and obvious ties to love and romance.

Rose oil is derived from the Damask rose—a shrub that originally hailed from Damascus, the capital of Syria, though today dōTERRA sources **Rose** oil from Bulgaria. Delicate petals (tens of thousands of them) from *Rosa damascena* shrubs are distilled to create the precious **Rose** essential oil. This labor-intensive process is truly one of love—a mission to bring the queen of oils to all the world.

Fun Fact

It takes approximately 10,000 blossoms to produce a 5 mL bottle of **Rose** essential oil!*

**Varies by season, region, year, and other variables.*

How to Use Rose Essential Oil

Topical Use

- + Add two drops to a small dollop of moisturizer in your palm and apply gently to the face, neck, and décolletage to help beautify skin.
- + Help any skin imperfections by applying one drop directly to affected areas twice daily.
- + Enjoy an uplifting aroma throughout the day by applying **Rose** to pulse points (wrists, neck, or temples).

Aromatic Use

- + Start your day with **Rose**. Diffuse in the morning to help promote feelings of energy and vitality.
- + Use as a personal fragrance. Apply to your neck and wrists to carry this luxurious fragrance with you throughout the day.

Pursuing Peace: Adaptiv™ and the Importance of Mindfulness

Pursuing peace and adapting to make the most of any season is all about being proactive with your mental well-being, and it's easier and more scientifically validated than ever by focusing on mindfulness.



What Is Mindfulness?

Sounds simple—and it is in theory—but it's difficult in practice. Being mindful means being present at an elevated level, being acutely aware of your environment and what you're doing, while also being capable of responding to your surroundings. To some, this heightened level of awareness comes naturally, but in others it has to be developed. There are a number of best practices to cultivate your ability to be present.

1. Breathe: Being mindful begins with focusing your attention on the most fundamental activities of life. Breathing is innate, but doing so effectively isn't. One of the first steps in improving mindfulness is to identify when you inhale and purposefully exhale. Focusing all your attention on the most basic of all human functions, breathing, can heighten your awareness of the present.

2. Meditate: Many methods of meditation exist, each with the end goal of reaching a composed and balanced state of mind. The key is to put yourself in an environment and position where concentration, observation, and awareness are the focus. Find a calm and quiet place to sit, set a time limit, keep your mind focused on your breathing, and be attentive to when and where your mind wanders.

3. Move: Mindfulness also encompasses the connection between the mind and the body. Combining heightened awareness with physical activity is one of the most effective ways of developing a stronger sense of self and promoting overall well-being. Yoga is essentially the state of connection between the mind and body, and clinical research has shown that regular yoga practice may help increase emotional and psychosocial quality of life¹. Focus on your breathing and the connection between your mind and your body as you transition between movements. Observe your feelings, and where your mind wanders, rather than reacting, as you complete each pose.

Listening to music may help us shift into our neural default network and become more in tune with the present.

The Science behind Mindfulness

The scientific evaluation of the benefits stemming from mindfulness is one of the hottest areas of modern science. Depending on your research database, there were less than a dozen clinical trials evaluating mindfulness in 1997; according to PubMed, there are now nearly 500². The effects on psychological health are profound and currently widely researched. A 2019 review showed strong evidence of the benefits of mindfulness on markers of mental health and overall quality of life³.

Interestingly, the evidence of physical health benefits is just as strong. A recent clinical study conducted at Harvard found that mindful meditation may induce potent gene expression, possibly helping modulate a healthy inflammatory response, healthy glucose metabolism, and even circadian rhythms⁴. A 2016 review and meta-analysis of clinical trials regarding mindfulness as therapy for pain found evidence of positive benefits, with far lower risk for adverse events than alternative treatments⁵.

Mindfulness is an extremely individual pursuit, but there are several things that can help you along the way. Recent surveys suggest that as much as a third of US adults have used a guided meditation mobile app⁶. Clinical evidence shows that listening to music may help us shift into our neural default network and become more in tune with the present⁷. Other clinical evidence suggests that regular supplementation with the neurotransmitter GABA, as in **Adaptiv™ Capsules**, may improve biomarkers of calmness⁸. And, as recent clinical results have shown, the perfect complement to mindful meditation may be aromatic use of essential oils⁹.

How Can I Incorporate Adaptiv into My Mindfulness Routine?

Adaptiv Calming Blend was specifically formulated to be your aromatic companion to daily life stressors. This proprietary combination of essential oils known for their calming properties provides the perfect aromatic complement to mindful actions. But the **Adaptiv System** isn't limited to aromatic use of essential oils; **Adaptiv Touch** is ideal for topical application, **Adaptiv Capsules** provide dietary support, and the **Adaptiv app** makes developing your daily mindfulness routine easier than ever. The self-guided and intuitive app takes guessing out of your mindfulness journey by providing meditation exercises, guided sessions, biofeedback, and performance tracking. The app is designed to help you identify the stressors in your life and support you as you develop the right mindfulness skills to deal with them.

The **Adaptiv System** was designed specifically to assist you on your journey to heightened awareness. Breathe, meditate, and move toward lifelong mental and physical well-being.

3 best practices to cultivate your ability to be present:



Breathe



Meditate



Move

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The dōTERRA Adaptiv™ System

Introducing the New Adaptiv App

The brand-new **Adaptiv app** is a groundbreaking tool that brings together three elements to help you elevate your life: the power of essential oils, daily habits, and measurement. Together, these elements make up the **Adaptiv System**.



1

Unlocking the power of essential oils

The products in the **Adaptiv System**—**Adaptiv Calming Blend**, **Adaptiv Touch**, and the **Adaptiv Calming Blend Capsules**—are powerful on their own, but if you're ready to take your **Adaptiv** experience to the next level, then combining these products with other healthy habits can help you truly elevate your life. When essential oils are used alongside the new **Adaptiv app**, you can use daily habits like mindfully meditating and keeping a gratitude journal to transform a normal day into something better.

2

Practicing daily habits

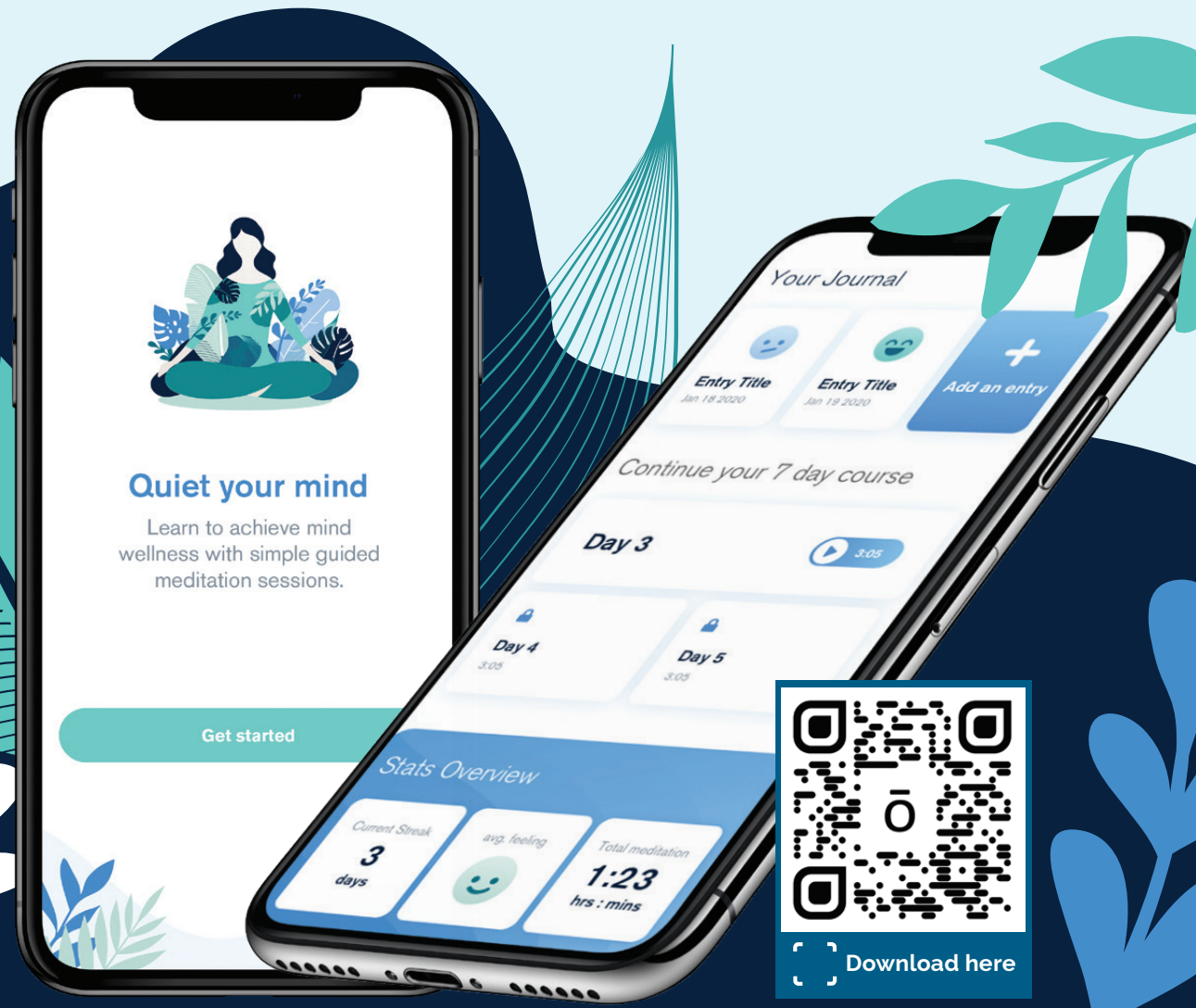
A major part of mind wellness is practicing daily habits that give you time to pause, breathe, and think about how you feel. The **Adaptiv app** provides simple guided meditation sessions that help quiet your mind, no matter how busy you are. The app also makes it easy to express gratitude and reflect on how you're feeling with digital journal entries. Over time, these daily habits can have a significant impact on your health.

3

Measuring to improve

How do you know you're building a healthy mind? The answer is measurement. As you take a little time each day to care for your mind and reflect on how you feel, you'll need an accurate assessment of how a given moment compares to how you felt yesterday, last week, or even last month. When it comes to achieving mind wellness, it's critical to increase your emotional self-awareness. What's consuming your attention each day? What makes you feel the way you do? By comparing your daily emotions to your baseline, you can accurately judge your mind wellness and determine why you might be feeling better or worse today than before.

Incorporating natural products, practicing daily mindfulness habits, and measuring your mental and emotional state across time are tools that contribute to an elevated life. When all these elements come together, the Adaptiv System can help you climb any mountain and gain greater confidence as you walk your path.



Download here



Nneka Ogwumike

Pursuing Balance on and off the Court

—

Meet Nneka, a first-generation Nigerian American and Texas native. After graduating from Stanford University with trophies and accolades, Nneka was chosen as the number-one overall pick in the 2012 WNBA draft. Since that time, Nneka continues to rise and succeed. She's won a WNBA Championship, earned the title of 2016 WNBA MVP, and become a six-time WNBA All-Star.

Personal Achievements

+ 2016 WNBA MVP

+ 2016 WNBA Champion

+ Six-time WNBA All-Star

+ The first overall pick in the 2012 WNBA draft

+ Graduate of Stanford University

But that's just Nneka's résumé. Amid the accomplishments and trophies, you'll find a sister, an advocate for equality, and a generous heart. She currently serves as the president of the WNBPA, and lead the group in its renegotiation of the organization's Collective Bargaining Agreement. Her mission is about more than just basketball—she wants to inspire others to discover the greatness within themselves.

Nneka first started playing basketball when she was 12 years old. Reflecting on her early days of basketball, Nneka says, "I guess I'm considered a late bloomer, because I always hear other people talk about how they have been playing since before they could walk." Despite a late start in the sport, Nneka played basketball through high school and would discover soon after that her journey was only beginning.

The next important step of Nneka's journey, both on and off the court, came when she attended Stanford University as a student athlete. Nneka considers her time at Stanford to be pivotal to her growth. She shares, "I was so grateful for the opportunity to have a full-ride scholarship to Stanford, to be able to finish with my diploma, and—on top of that—to be coached by a living legend like Tara VanDerveer." Nneka credits Coach VanDerveer for teaching her a lot about who she is, as a player and as a person.

“I believe you’re never really done learning, no matter how much of an expert you are in your field.”

—

As Nneka's time at Stanford concluded, her journey took an unexpected turn. She never considered playing professional basketball, in fact, medical school was next on Nneka's radar. She explains the unanticipated events of her senior year, saying, "We were having an awesome season, and there was all this buzz. People started asking if I was preparing for the draft, and I ended up graduating early, getting drafted, and, well, here I am now."

Nneka was selected as the number one pick of the 2012 WNBA draft and of her journey, she says, "It has been interesting. I've always felt like I was the underdog type of player, but there was no real drama to my story." Her relentless commitment to improvement has made Nneka's journey in the WNBA so successful. "On the court, my game has grown, and it's still growing. I believe you're never really done learning, no matter how much of an expert you are in your field."



Nneka shares, "As an athlete, especially a female one, it's tough to keep up with everything and always perform at the highest level. When it comes to taking care of my body and mind, I've had to figure out what works best for me." Nneka knows the importance of nutrition; by focusing on her diet, she's opened a world of possibilities that helps her keep her body in peak performance mode. In addition to proper nutrition and strength conditioning, Nneka also emphasizes the importance of mental health. "As athletes," she says, "we have to focus all the time, but we need to find ways of balancing that intense focus." Nneka finds balance in small but significant daily rituals, like drinking tea morning and night and diffusing **Eucalyptus** essential oil to create a calming environment before bed.

No matter where life took her—from basketball to Stanford and the WNBA—Nneka has learned to balance who she is and become the person and player she wants to be, on and off the court. Though many aspects of her journey have been unexpected, Nneka has embraced everything that's come her way, saying, "I think my career has created both a personal and a professional journey for me—I found myself in a way that I never expected I would."

Get by with a Little Help from Your Friends

There's a reason why you'll see this suggestion in nearly every exercise advice article: "Find a workout buddy." It's more than just a frequently repeated idea—it works! Research suggests that those who exercise in a group or with a friend are more likely to increase the intensity of their workouts, as compared to those who work out on their own.

While working out with a friend can help increase your motivation, and keep you accountable, have you ever thought of it as a way of building relationships? Exercising with others can be a powerful bonding experience. The group setting allows you to sweat, struggle, and succeed together. It gives you time to talk and get to know one another, plus the endorphins you get from exercising help create positive connections. Achieving goals together and cheering each other on is the perfect recipe for friendship.

Whether you choose the treadmill, or the park, friends make the workout experience enjoyable. Here are a few ideas:

Yoga in the park. When the weather is nice, grab your yoga mat and enjoy some time outside with your friends. Sign up for a class, or if there isn't one nearby, start your own.

Start a running group. Whether you love to run or could use a little extra motivation, starting a running group is a great way to push yourself. It may be challenging to get out the door, but knowing you've got a group of friends waiting for you at the starting point could give you the push you need.

Get back in nature. Regardless of where you live, it can be nice to enjoy a workout in the great outdoors. Enjoying the fresh air, beautiful scenery and the company of your friends will probably make you forget you're even exercising. For an extra boost, sign up for a guided hike so you can learn about the wildlife and terrain from an expert as you get your heart rate up.

Bring the kids along. There are plenty of activities to help get everyone out of the house, like nature walks, frisbee, scavenger hunts, or soccer games. These are just a few simple ideas to keep the entire family active. Invite your neighborhood families for a potluck dinner in the park. Forge friendships and skip the extra cost of a sitter.

How to Bring Friends and Fitness Together

Jennifer Pansa

Wellness Advocate and Yoga Instructor

From practicing Qigong on the beach with her husband to doing yoga in the moonlight with friends, dōTERRA® Wellness Advocate and exercise enthusiast Jennifer Pansa knows the impact of working out in a group. Jennifer says, "Group environments are incredibly effective for collective momentum and energy that inspires and uplifts you, especially when you feel tired or weak."

When living in Colorado, Jennifer would gather friends to hike one of their favorite mountains, participating in group meditation upon reaching the top. Jennifer's advice: "Keep it simple. It's less about what you're going to be doing and more about making it special for those who attend."

Now that she lives in South Florida, where it's hot and humid, Jennifer likes to mix **Peppermint** essential oil and water in a spray bottle so the group can have a refreshing, minty mist to cool off in post-workout. She also suggests bringing snacks for the group to enjoy when the workout is done. "I've recently started organizing full moon beach yoga with my friends, which is really fun. We'll bring snacks and hang out on the beach and listen to the waves after our practice."

As a dōTERRA Wellness Advocate, Jennifer loves using essential oils before and after her workouts and sharing her favorites with friends. She suggests bringing **dōTERRA Breathe®** to your next group workout, allowing people to apply the blend to their chest to help open airways before exercising. Jennifer also loves using **Deep Blue®** pre- and post-workout. She says, "I apply Deep Blue to my neck or any other areas where comfort is needed from my workout from the day before."

Jennifer loves bringing together her passions: fitness, community, and essential oils. Whether you're at the park, the gym, or the beach, Jennifer encourages everyone to improve their workouts with a little help from friends.



“Group environments are incredibly effective, especially when you feel tired or weak.”

Create Summertime Fun

It's that time of year your kids have been looking forward to...summer! A season of laid-back days, carefree nights, and (their favorite part) no homework. While being out of school is every kid's dream, it can leave parents wondering how to keep those little hands busy. Using some of your favorite essential oils, you don't have to look far to keep your children entertained with these simple DIYs.

Play is an incredibly important part of childhood...

Aromatherapy Play Dough

Play dough can encourage creativity and keep kids busy for hours. Let them help whip up their own from the basics in your kitchen. With the addition of essential oils, play dough becomes more engaging, and gives you an opportunity to begin teaching your kids about their benefits.

Ingredients:

- 2 cups flour
- 2 cups colored water
- 1 cup salt
- 1 tablespoon olive oil
- 1 teaspoon cream of tartar
- 5 drops essential oil of your choosing

Instructions:

1. Combine all ingredients, except for the essential oils, in a large saucepan and stir until combined.
2. Once combined, put over medium heat. Using a spatula, continue to stir the ingredients together until it forms a ball. Note: Do not overcook as it will lead to dry play dough.
3. Remove from heat and cool on parchment paper.
4. Once cool, add five drops of your favorite essential oil and knead until thoroughly combined.

You're done! Easy. Just store in an airtight container in the refrigerator for months of fun.

Toilet Bomb

This DIY turns chores into fun! While the kids are entertained by the blast of fizzing bubbles, you can be happy knowing that your toilet is also getting cleaned and deodorized.

Ingredients:

- ½ cup baking soda
- ½ cup citric acid
- ½ cup borax or cornstarch
- Spray bottle, filled with water
- 1 gallon-size Ziplock bag
- 25 drops essential oils
- A mold (a plastic measuring cup, or silicone muffin pan work well)

Instructions:

- Place dry ingredients into the gallon bag, seal and knead to combine ingredients.
- Open the bag, spray two to three times with water, and reseal the bag. Knead the ingredients in the bag until all the moisture is absorbed.
- Repeat Step 2 until you can squeeze ingredients in the bag, and the mixture stays clumped together when you let go. It should, roughly speaking, be the consistency of pie dough.

Note: If your bag expands and looks like it may burst, let the air out. This is natural, as the combined acid and alkali form carbon dioxide.

- Add 25 drops of essential oil of your choice and mix again.
- When it's the right consistency, pack into your selected molds.

Tips: If you're using a measuring cup, pack the mixture into the cup and turn the toilet bombs out onto a sheet of parchment paper to dry.

- Leave the toilet bombs to dry for one to two days, and then unmold. The toilet bomb will be fragile at first but will continue to harden.
- Store in a glass jar with a tight-fitting lid until ready to use.

To Use:

Drop one of the bombs into the toilet, the ingredients will be released into the bowl, both deodorizing and cleaning. Flush, and you're done! (Some nastier stains may require a little scrubbing.)



Bubbles

Bubbles are another kid classic—a great way of getting everyone outside and enjoying the warm weather. With a splash of **dōTERRA On Guard® Foaming Hand Wash**, these bubbles will keep your kids entertained, while also getting their hands squeaky clean.

Ingredients:

- 1 cup warm distilled water
- 1 tablespoon vegetable glycerin
- 2 teaspoons sugar
- 3 tablespoons **dōTERRA On Guard Foaming Hand Wash**

Instructions:

- Combine all the ingredients and stir.
- Make your own wand or reuse old bubble wands, then head outside and blow bubbles!

Store the bubble mixture in an airtight container for up to one month.



Support Experiences

While summer is a great time to pack in fun, it's also an ideal time to give children memorable learning experiences. And there are many simple and affordable options, like completing a summer workbook series or visiting a library, aquarium, zoo, or museum. Experiences like these can help learning be enjoyable and prepare kids for the upcoming school year.

And, not surprisingly, essential oils can help! Blends in the **Kids Oil Collection** like **Steady®** and **Thinker®** are designed especially for kids. They're great when applied to the back of your child's neck, supporting an environment for learning and helping them feel centered—perfect for when they curl up with a new book.

In addition to the incredible **Kids Oil Collection**, try diffusing one of these favorite blends:



Get Ready
4 drops Frankincense
3 drops Bergamot
3 drops Ylang Ylang



Press Pause
3 drops Peppermint
3 drops Wild Orange



Finding Brightness
5 drops Rosemary
6 drops Cypress
5 drops Basil

Make Natural Summer Snacks

Whether your kids are out riding their bikes or splashing through sprinklers in the backyard, every summer activity is better with a snack. These simple recipes use delicious essential oils that the entire family is sure to love.



dōTERRA On Guard® Popcorn

If you're looking for the perfect snack for an outdoor movie night or the next family hike, this popcorn recipe might be just what you want.

- Ingredients:**
- | | |
|-----------------------------|--|
| 1 cup popcorn kernels | 5–6 drops dōTERRA On Guard Protective Blend |
| ¼ cup unrefined coconut oil | 2–3 drops Cinnamon Bark oil |
| ¼ cup pure maple syrup | Sprinkle with ground cinnamon and salt to taste |

- Instructions:**
1. Air-pop popcorn and place in a large mixing bowl.
 2. Melt the coconut oil. Stir in the maple syrup and essential oils.
 3. Pour the mixture over popcorn, pausing to toss and mix.
 4. Sprinkle with ground cinnamon and salt.
 5. Mix thoroughly and enjoy.

Strawberry Citrus Slush

Slushes are a summer staple. With this recipe, you get to control just how much sugar your kids slurp up.

- Ingredients:**
- | | |
|---------------------------|--|
| 2 cups fresh lemonade | 4 drops Lime oil |
| 1 cup frozen strawberries | 3 cups ice |
| 1 lemon, juiced | 3 tablespoons white sugar (or ½ teaspoon stevia) |
| 4 drops Lemon oil | |

- Instructions:**
1. Combine all the ingredients in a blender.
 2. Blend until smooth or at desired consistency.

Note: For a more smoothie-like consistency, add 2 cups of strawberries and 2 cups of ice.

3. Pour into glasses and enjoy.

Tip: For a sweeter version of the smoothie, omit fresh lemon juice or add more sweetener.



Cinnamon Peanut Butter and Granola Sandwich

As a healthier alternative to the classic peanut butter and jelly sandwich, this little snack is sure to keep the kids full until dinner!

- Ingredients:**
- 1–2 apples
 - ½ cup natural peanut butter
 - ½ cup granola
 - 1 drop **Cinnamon Bark oil**

- Instructions:**
1. Core the apples and slice horizontally for sandwich pieces.
 2. In a bowl, mix the peanut butter, granola, and essential oil.
 3. Place the mixture between two apple slices or use as dip.

Tip: If you aren't going to serve the sandwich immediately, soak the apple slices in water, along with a few drops of Lemon oil, to help keep the apples looking fresh.

Make This Summer Unforgettable

When it comes to keeping kids busy this summer, don't sweat it. These ideas can help keep them entertained by using dōTERRA products you love and trust.

And with all the fantastic essential oils out there, these DIYs and recipes are just the start! A little creativity and the natural power of essential oils can make this summer unforgettable.

Pursuing Essential Oil Safety with Cats and Dogs

We love our cats and dogs. They're part of the family, and we want them to be healthy. We use essential oils as a natural way of supporting ourselves every day, so of course we want natural solutions for our fur babies as well!

Remember, dōTERRA® essential oils haven't been specifically formulated for animals. All recommendations for animals are based off personal experiences from our panel of licensed veterinarians and haven't been tested in a clinical setting. Please consult your veterinarian regarding your specific animal.

Safety

Safety is important, when using a new oil or blend with any of your pets, start slowly to gauge their reaction. Remember, most pets are smaller than humans, so dilute oils when used topically. If you have questions about dilution for your specific pets, reach out to your veterinarian.

Some oils don't interact well with pets. Here is a list of oils that our veterinary panel recommends you avoid with cats and dogs.



Oils to avoid for both cats and dogs:

- + Tea Tree
- + Birch
- + Wintergreen



Oils to avoid for cats:

- + Peppermint
- + Spearmint

Our veterinary panel has found that when these oils are in a blend (such as **dōTERRA Breathe®** or **DigestZen®**), they're safe to use on your pets when diluted with **dōTERRA Fractionated Coconut Oil** or diffused.

Diffusing Oils

When diffusing oils around the house, keep your diffuser out of reach from pets. Our veterinary panel recommends always using a water-based diffuser to avoid overwhelming your pets. The amount of oils appropriate for a diffuser will vary according to the sizes of your pets, your diffuser, and the room. Place the diffuser in an open area and keep the door ajar.

Animal Reactions

It's uncommon, but there may be instances where your pets don't react positively to an oil. Watch for these signs when diffusing a new oil:

- + Drooling
- + Panting
- + Eye squinting
- + Changes in respiratory patterns
- + Lethargy
- + Coughing

If your pets begin showing these signs, stop diffusing, open the windows, and take the pets out of the room and into fresh air. If you're applying a new oil topically, keep an eye out for:

- + Redness
- + Itching
- + Excessive licking or chewing at the area

If signs exhibit themselves, apply a carrier oil to the area to dilute the essential oil. Do not rinse with water or apply any other oil to the area.

Animal Aversion

Your pet may have an aversion which could include sneezing, turning their head away, or leaving the area. If you don't notice your cat or dog showing any aversions, monitor their reactions when you diffuse any new oils or blends.

Using Essential Oils with Your Cats and Dogs

From incorporating oils into your pets' daily care routine to using them for occasional health concerns, there are many essential oil benefits for animals. Keep in mind that every animal is different, and as you continue learning and using essential oils with your pets, you'll find what works best for them. Remember, if you have specific questions about your pets, consult your veterinarian.



Pursue Connection

At dusk, the setting sun paints the sky in radiant rays of orange. Nearby, crickets sing their evening chorus, while backyard lights twinkle to the rhythm of music playing over a patio full of friends and family.

The smell of barbecue and grilled veggies is a welcome guest mingling in the crowd, enticing everyone to gather around the table and graze on a savory summer spread. As vibrant group conversations are lulled into intimate chatter, you're reminded of the precious value of pursuing stronger connections with the ones you love.

Few things bring people together better than a summer barbecue. With long days, warm weather and good company, you're sure to make memories that last a lifetime. Try your hand at these simple, summer-ready recipes that everyone is bound to love. The best part? Each of them features some of your favorite essential oils!

Citrus Barbecue Sauce

This tangy barbecue sauce packs a punch and can be whipped up in just a few minutes! With **Lemon**, **Lime**, **Wild Orange**, **Cinnamon Bark**, **Cilantro**, and **Oregano** essential oils, it pairs perfectly with any meat you're throwing on the grill.

Ingredients:

- | | |
|--------------------------------|---|
| 3 cups ketchup | 1 drop Cinnamon Bark oil |
| 2 cups brown sugar | 3 drops Cilantro oil |
| 1 cup small diced yellow onion | 1 drop Oregano oil |
| 3 cloves garlic | 4 tablespoons Worcestershire sauce |
| 2 drops Lemon oil | 1 teaspoon liquid smoke |
| 2 drops Lime oil | ½ jalapeno, seeds and stem removed (optional) |
| 2 drops Wild Orange oil | |

Instructions:

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Spread on the meat or veggies of your choice.
4. Refrigerate extra sauce to enjoy later.
(This recipe makes about five cups.)



Grilled Corn

Nothing says summer quite like fresh corn on the cob. This recipe that uses Lime essential oil takes it to the next level.

Ingredients:

8 ears of corn, grilled	¼ teaspoon garlic powder
4 tablespoons butter, melted	⅛ teaspoon cayenne pepper
1½ teaspoons lemon pepper	½ bunch cilantro
8 drops Lime oil	½ cup Cotija cheese
¼ teaspoon salt	1 lime

Instructions:

1. Mix the butter, lemon pepper, **Lime** oil, salt, garlic powder, and cayenne pepper. Brush over the grilled corn.
2. Top with freshly chopped cilantro, Cotija cheese, and a squeeze of fresh lime.

French Cucumber Salad

This French cucumber salad has a dash of Marjoram essential oil, adding a flavorful twist that'll have everyone coming back for more.

Ingredients:

1 avocado, diced	1 teaspoon salt
1 tomato, diced	1 tablespoon
½ red onion, sliced	lemon juice
½ cucumber, diced	1 toothpick
1 tablespoon olive oil	Marjoram oil

Instructions:

1. Combine the avocado, tomato, red onion, and cucumber in a bowl. Set aside.
2. Pour olive oil into a small bowl and mix in the toothpick dipped in **Marjoram** essential oil.
3. Combine the olive oil mixture and vegetables.
4. Add lemon juice and stir.
5. Top off with salt and serve immediately.

Raspberry Limeade

The perfect drink for warm weather, this raspberry limeade will keep your guests feeling cool and refreshed.

Ingredients:

Raspberry puree
Limes
Sparkling water
1-2 drops **Lime** oil
Ice, if desired

Raspberry puree:

2 cups raspberries
½ cup sugar or honey
1 cup water

Instructions:

1. In a small saucepan, combine the puree ingredients.
2. Cook until sugar has dissolved.
3. Cool and strain.
4. To serve, add two tablespoons raspberry puree, ice, the juice of one lime, and one to two drops **Lime** essential oil to a glass. Top with sparkling water.
5. Garnish with limes and raspberries.

Wild Orange Vanilla Popsicle

To end the event on a sweet note, make some Wild Orange vanilla popsicles. With the sweet citrus flavor of Wild Orange essential oil, it'll be a treat that both the kids and the adults love!

Ingredients:

2 cups orange juice
2 cups full-fat coconut milk
2 drops **Wild Orange** oil
1 scoop Vanilla **Slim & Sassy®** TrimShake

Instructions:

1. Add all ingredients to a blender and blend until smooth.
2. Pour the mixture into popsicle molds or small cups with popsicle sticks.
3. Freeze for five to six hours.

Creating Connection

So, fire up the grill. Break out the blender.

When it comes to creating connections, it's the little moments that matter. An event doesn't have to be complicated or grand. With simple recipes like these, you can focus on spending time with those around you.

This summer, take time to pursue connection and enjoy some delicious food.

Beautifully Hydrated

Nothing feels better than warming your face on a sunny day as spring fully blooms and rising temperatures move the thermometer up—a welcome change after winter.

The warmer climate does have its downside. Your body tends to lose a lot of moisture during the summer months, and you'll probably notice some uninvited changes in your skin. This carefree season of days by the lake, long afternoon walks, and exciting adventures in the park can often feel like the season of dry, irritated skin.

Don't fear the summer skin slump—take action to keep yourself smooth, hydrated, and healthy. Hydration starts on the inside. For soft, glowing skin on the outside, you need to focus on hydration. The easiest way to do this is to drink more water! Yes, we hear this all the time, but it always seems easier said than done, doesn't it?

If you struggle with drinking enough water, start small. For example, consider swapping out soda or sugary drinks for water. If you can't cut them out completely, make a rule that you'll always drink a glass of water before turning to the sweet stuff. If you want a little extra flavor in your water, try adding a few drops of **Grapefruit**, **Lemon**, or **Lime** essential oil in a pitcher or bottle. Another easy idea is using a straw. If you're drinking through a straw, you're likely to drink faster and will end up drinking more water throughout the day. Help the environment and step up your hydration by investing in a stainless-steel straw.

Getting enough water will help your complexion during the hot summer months, but you may need some extra help. When your regular skincare routine isn't cutting it, try calling in some reinforcements. It's best to treat yourself to natural products that won't irritate your skin any further. Start your day by spritzing **dōTERRA® Spa Hydrating Mist with Beautiful Blend** on your skin before you get dressed. It'll help improve the overall appearance of your skin. Or, if you're spending the day at the beach or walking along a favorite hiking trail, don't forget to pack **dōTERRA Spa Lip Balm** to keep your lips hydrated and soft.



Also, don't underestimate the importance of a wide-brimmed hat and sunscreen to save your skin during the summertime. Just like your mom used to tell you, it's not worth it! If you're looking for a natural alternative to store-bought sunscreen that'll keep your skin smooth and moisturized, try this simple recipe for DIY natural sunscreen.

Up your water game this summer! Here are some ideas that can help you drink more water:



Skip the soda



Add flavor to your water with essential oils



Invest in reusable straws

DIY Natural Sunscreen

- ¼ cup coconut oil
- ¼ cup shea butter
- 1 teaspoon carrot seed oil
- 2 tablespoons zinc oxide
- 2–3 drops **Sandalwood (Hawaiian)** oil

Instructions:

1. Melt the coconut oil and shea butter in a bowl over warm water.
2. Add carrot seed oil and zinc oxide and combine.
3. Add in the drops of **Sandalwood** essential oil and stir.
4. Place in a jar for storage. Allow to cool for 30 minutes in fridge.



Mist

dōTERRA® Spa Hydrating
Body Mist with Beautiful Blend



A Head-to-Toe Approach to Hydration

The eyes are the windows to the soul, and the skin is the gatekeeper of the body. Our biggest organ, the skin is the ultimate barrier that protects our bodies from harm, regulates temperature, and acts as a filter for everything we encounter. The **dōTERRA Spa Hydrating Body Mist** offers the pampering your skin has been craving.

Ingredients

Sunflower, avocado, and passion fruit oils serve to gently soften the skin when you want a healthy glow that looks good and feels even better.

Pure **dōTERRA essential oils** like **Frankincense** help rejuvenate and fortify the skin. **Bergamot** and **Lime** essential oils soothe the skin, while also leaving behind an elegant, lovely, and uplifting aroma that will stay with you long into your busy day.

Like **Rose** oil, the unique aroma of **osmanthus** essential oil adds a sweet, fruity element to this formula.

Fractionated Coconut oil is rich in fatty acids, which help condition and protect the skin's natural barrier so you can enjoy long-lasting hydration and radiant skin.

Fun Fact

The Hydrating Body Mist formula includes osmanthus oil, derived from the osmanthus flower that's native to China. The sweet scent of the osmanthus flower is reminiscent of lilac blossoms or fresh apricots.

How to Use

- + After a bath or shower, lock in moisture by spritzing your back, arms, legs, and shoulders with the Hydrating Body Mist.
- + Don't shy away from skirts and shorts, simply spritz Hydrating Body Mist over your legs and enjoy smooth, silky skin.
- + Need a refresher after a long flight? Didn't have enough time to get ready for a fancy dinner or wedding reception? Freshen up anywhere with a few pumps of **Hydrating Body Mist**.
- + Treat yourself to a luxurious spa night with an essential oil-infused bath. Put a few drops of your favorite oil(s) into a warm bath and enjoy a soak. Once you've dried off, soothe your skin by applying the **Hydrating Body Mist** over yourself, enjoying the captivating aroma of the **Beautiful** essential oil blend.

The Evolution of Fatherhood

Just as a boy evolves into a man, so too can a man evolve into a father, and the transformation may happen more than once. Fatherhood—with its responsibilities, challenges, heartaches, and joys—changes as your child grows into an adult. Embracing and being actively involved as a father at all stages of your child's life, from diapers and training wheels to college and grandparenting, makes the journey and evolution amazing.



As a father, you support your child’s efforts to be independent and discover their individuality.

Early Childhood

Infancy and toddling all the way to school and bike riding—this is the foundational stage of a child’s development. Specialists classify it as skill development. Here, you help your child learn vocabulary, reading, proper scissors etiquette, and baseball catching. You’re the role model, the superhero, passing down your knowledge and capabilities. It’s a magical time as you see so clearly what your child is learning from you.

Something to be aware of—at this first stage especially—is that children are like sponges, taking in everything you say and do. Be careful and consistently show them the best of you, as they often echo what they’re exposed to. Do what you must to maintain an aura of calmness and clarity. You might hit the gym, diffuse **Clary Sage** or **Bergamot**, or arrange a date night—whatever is needed to ensure you’re a positive father figure in those big eyes, looking up at you.

Middle Childhood

This stage, from ages eight to twelve, builds on what was laid before as the child grows into a more aware and social being. Sometimes referred to as the “golden age” of childhood, this stage focuses on integration. Children become more involved in games and social activities. Growth is more subtle, physically and mentally.

As fathers, you become coaches, cheerleaders, and helpers for children. Your goal is to guide your child into learning to play and interact with others well. A child at this stage requires concrete, hands-on learning. So be present at, say, sport events, but don’t focus on the competition over enjoyment of the game, as much as you want to see your child succeed. Cheer your child on—applying **dōTERRA Cheer®** for a positive aroma—and demonstrate with your actions and attitude that winning or losing with grace is what’s important.

Adolescence

The dreaded word: puberty. A time of unpredictability, wrecked cars, and crazy-fast changes and developments, all of it in service of identity formation. In this stage of life, your child begins to think about problems and ideas more independently and abstractly—sometimes in ways you might disagree with. It’s a time of changes, contradictory and numerous.

As a father, you support your child’s efforts to be independent and discover their individuality. Parental success is particularly reliant on communication and connection here. Patience is your friend through the difficult changes, but you’re rewarded as you teach your child to drive, make meals, and prepare for life, becoming more and more their own person—all the way to that high school diploma and adulthood.

Adulthood

Your child is out of the house—you’re done, right? Oh no, definitely not. Your child is off to college and work, but you as a father still play an important role as a counselor and supporter through these early days of independence and budding maturity. Your voice is one of reassurance and familiarity in a wide world of busyness, decisions (good and bad), and tension.

When asked, give advice about college majors, taxes, dating, marriage, and even grandchildren with as much transparency and honesty as possible. Don’t think your child can make the transition from your home to building their own without your support. Try to refrain from being so overbearing that you stunt your child’s growth into self-reliance. This is the time to be a peer with your child and a spoiling grandpa to an adoring new generation—just be sure to massage on some **Deep Blue® Rub** after the latest game of tag or tumble!

\$34.50

Veni,
Vidi,
Amavi

“I came, I saw, *I loved*”



Show your love this Father’s Day with our
Amavi™ Collection

Release date May 22, 2020



“The truth is found when
men are free to pursue it.”

Franklin D. Roosevelt

Man Cave Diffuser Blends

Make your man cave the freshest in town with a handful of essential oils. Doesn't matter if you're having the guys over to watch the game, or enjoying a quiet night in, here are some of our favorite diffuser blends that will instantly transform your space.



Victory!

- 3 drops Cedarwood
- 3 drops Frankincense
- 1 drop Peppermint



Tough Guy

- 3 drops Cedarwood
- 3 drops Cypress
- 1 drop Siberian Fir



Game Day

- 4 drops Wild Orange
- 2 drops dōTERRA Breathe®
- 1 drop Arborvitae



Stallion

- 2 drops Vetiver
- 2 drops Lime
- 2 drops Cypress
- 2 drops Wintergreen
- 1 drop Frankincense



Gentleman

- 4 drops Citrus Bliss®
- 2 drops Cedarwood
- 3 drops Siberian Fir
- 1 drop Lemon
- 1 drop Wild Orange

Fighting for Something

Evan Esguerra has fought 40 amateur Muay Thai kickboxing matches, 10 amateur boxing fights, and 15 professional mixed martial arts matches, as well as participated in a lot of jiu-jitsu competitions. “I kind of lost count around 40 or 50,” he says.

Why does he do it? “I fight to defend myself and the people I love,” he explains. Before beginning his professional MMA career, Evan was a Marine. So, when he says he fights to defend the people he loves, he’s not being at all hypothetical.

“Whatever your passion is, do it for yourself. Don’t do it for money, for validation from your parents, or for your friends on Instagram. Do what makes you happy because you love it.”

One Fight Early

At the height of his professional MMA career, Evan reached a tipping point. He was right on the edge of fighting in the big shows. If he kept going, it would change the trajectory of his life forever. The risk was it would potentially change his life in a catastrophic way. “I started getting slower, and my competitors kept getting faster. I decided that it was smarter to stop one fight early than one fight late, and retired in 2014.” But that hasn’t stop him from pursuing his passions.

Pursuing Passion

Evan refocused all that fighting energy and passion into Brazilian jiu-jitsu. Now, he has a black belt in the discipline and loves it because it’s an ever-changing challenge. “I’ve done kickboxing and boxing for years, but most times kicking or punching someone just starts a fight,” he says. “The benefit of jiu-jitsu is that, in a real fight, it ends the fight.” Evan loves a good competition. Right now, his focus is on training for the Pan-American Championship.



Filipino Proud

Evan was born in San Francisco, California, but both of his parents were born in the Philippines. His connection to his Filipino heritage is strong. “When I die, if I’m only remembered for one thing, I hope it is for bringing essential oils to the Filipino people,” he states.

Evan and his wife, Dr. Melissa Esguerra, stood at the front of a large room in Manila, telling an audience of 300 people about essential oils. Being on that stage, feeling connected to each other and to their audience, was one of the most beautiful moments of Evan’s life.

“I’ve won big fights that made me proud. I was proud the day I received my black belt in Brazilian jiu-jitsu after 11 years of training. But I’m most proud of my work with dōTERRA in the Philippines.”

A Little Help from dōTERRA

Evan was first introduced to dōTERRA products when he was training for a professional MMA fight. “My friend did a flying scissor takedown on me,” he recalls. “My wife sent me to work the next morning with **Deep Blue**®

Rub and told me to apply it every 30 minutes. Two hours later, I could bend my knee. Eight hours later, I could run sprints. I would never have believed it if it didn’t happen to me.”

Running Forward

“I’m passionate about learning new things,” Evan says. That’s why he recently took up trail running. As he tells it, he was pressured into training for a trail running relay by his wife’s “ultra-competitive uncle.” Once he started, he was hooked.

Not one to do things halfway, Evan already has about five trail running events under his belt, with plenty more planned for the future. “Trail running is new for me,” he explains almost apologetically. Evan travels to the Philippines every month to share dōTERRA essential oils, so it’s hard to imagine when he has time for this new sport. When he’s home, though, you can find him running in the hills of Coachella Valley. If you can catch up to him, that is.



Essential Oils for Jiu-jitsu

Before his competitions, Evan takes two drops of **Frankincense** under his tongue to support his nervous system. He uses **dōTERRA Breathe**® for the feeling of open airways and applies **Lemongrass** topically on his joints. **Deep Blue Rub** is another favorite, of course. And then he uses **Tea Tree** whenever he needs something for his skin.

An important aspect of competing is energy. For Evan, the foundational product that helps with this is the **dōTERRA Lifelong Vitality Pack**®. When he needs extra energy, he keeps **Mito2Max**® on hand. And then, he makes sure to get a good night’s sleep. **dōTERRA Serenity**® **Softgels**, **Copaiba**, and **dōTERRA On Guard**®+ **Softgels** all help him get ready for bed at night so he can rest up for the next day.

“I work hard.
Every day.”

Jiu-jitsu requires a high level of alertness, so each morning, Evan takes a trio of oils in a **Veggie Cap** to help his mental stamina. His secret recipe? **Frankincense**, **Turmeric**, and **Copaiba**.

Depending on the time of the day, Evan uses different essential oils to help himself feel invigorated or calm. He diffuses **Elevation** and **Citrus Bliss**® for their vibrant aromas. He also takes **Wild Orange**, **Lemon**, or **Grapefruit** internally with his water during workouts. At night, Evan ingests **Lavender** or **Petitgrain** with a glass of hot water and diffuses **dōTERRA Balance**®, **Adaptiv**™, or **dōTERRA Serenity**.



Operation Black Mamba



On Sundays in a neighborhood outside of Nairobi, Kenya, trafficked girls are lined up and sold to the highest bidder. As horrible as that is, you might think such illicit transactions take place in secret. But these scenes have unfolded week after week in the middle of a public park, in broad daylight—for all to see. The problem is, no one has wanted to acknowledge that it was happening. No one has been willing to act.

That all changed on Sunday, January 12, 2020, when a combined force of nearly 100 police officers from two countries surrounded the park and moved in to rescue the girls.

Eight Months Earlier

Eight months before the operation, the anti-trafficking organization Freedom Now Africa (FNA) identified this trafficking ring when they were investigating suspects wanted in connection with child trafficking across the Uganda border. In May 2019, with funding support from the dōTERRA Healing Hands Foundation, their investigation led to the rescue of 14 girls and the arrests of six traffickers.

When FNA looked closer, they began to suspect this was just the tip of the iceberg. All 14 girls were from the Karamojong tribe in Uganda. When questioned, many of them shared details that painted a disturbing picture. It seemed that girls from a specific community were being deliberately targeted and systematically exploited by a large criminal network. FNA had discovered a much bigger, more complex human trafficking operation than they previously thought.

They decided to follow the leads and see what they could find. If they really were dealing with a highly organized trafficking network, FNA needed solid evidence to get government and law enforcement involved.

A careful, long-term investigation into this trafficking network needed to happen, and that required support. So FNA reached out to the dōTERRA Healing Hands Foundation.

Support from the dōTERRA Healing Hands Foundation

Every time dōTERRA sources an essential oil, the health and vitality of the partner community is of utmost importance. Because several oils are sourced in Kenya, dōTERRA wanted to partner with an organization to actively prevent and fight trafficking in that area. Working with FNA was an ideal fit, as both organizations aligned in a commitment to protect vulnerable populations from the horrors of human trafficking.

"The dōTERRA Healing Hands Foundation is happy to partner with Freedom Now Africa because it helps protect children," explained Mark Wolfert, dōTERRA Founding Executive. "When families are stabilized, children are less vulnerable. The dōTERRA Healing Hands Foundation has requested that FNA focus on Kenya, where we have concerns around the extreme poverty in Kwale County and where we source oils, as well as Nairobi, where traffickers transport victims out of Africa and into the Middle East."

With funding from the dōTERRA Healing Hands Foundation, FNA was able to get a close look at the trafficking network's organization from top to bottom over the course of eight months. To find out as much as possible, FNA collaborated with someone on the inside. Working carefully, they made contact with eight of the victims. These women provided detailed information about the organization, helping investigators understand the dynamics and key players within the network. With help from these brave women, investigators gathered concrete evidence on a multinational criminal network.

What they discovered was truly appalling.

Invisible and Vulnerable

These trafficked girls and women from Karamojong were raised believing that women are less important than men. They were denied education and job opportunities. Because of a lack of economic opportunities in the region, they couldn't create a better life for themselves if they stayed. But if they left, they risked their own safety.

Outside of the community, their ethnic group was highly discriminated against by the rest of the country. To many, these women were practically invisible. This made them vulnerable and open to exploitation. Nobody, it seemed, noticed or cared that Karamojong girls were disappearing by the dozens.

The Inner Workings

Fully aware of these vulnerabilities, traffickers targeted these women specifically. Their strategy was to approach future victims with the promise of a job outside the country, arranging to meet at a certain time and place. At that point, the victims were transported across the border and into Kenya, an ideal place for international trafficking due to its busy airports. This human trafficking network was sophisticated, thorough, and organized, as evidenced by their payments to corrupt officials, ensuring easy access into Kenya.

A neighborhood outside Nairobi was their base of operations. Illegal activities flourished in the area because its violent reputation kept police out. The trafficked girls were locked in houses until they were sold and were even occasionally left to sleep in the streets.

No immigration paperwork was filed when the girls entered the country, which meant that, technically, they were in Kenya illegally. Even if they talked to the police about their situation, they could be treated as criminals themselves. Because they had no place to go and were afraid to talk to the authorities, it was easy for the traffickers to control their victims. Most importantly, perhaps, they still clung to the hope that started all of it—the promise of a good job, a better life.

But there was no job. After being sold, most victims became domestic slaves or sex workers in Kenya and the Middle East. Some of the girls were sent to Somalia, where they were recruited into terrorist groups.

Presenting the Evidence

Armed with this important information, having done the necessary groundwork, FNA arranged a meeting with government and police agencies. "This was a critical moment for the operation," says Chris Gay, president of Freedom Now Africa. "They didn't think this sort of thing happened in their town. But not only was it happening, it was actually going on practically in their backyard. This was a seriously eye-opening situation. We brought them the evidence, and they got to see it all with their own eyes."

It was impossible for anyone to ignore the situation now. The 14 girls rescued in the first operation were only a fraction of the victims of this criminal organization. More had to be done.

When it came time to plan the rescue operation, FNA needed vehicles, fuel, manpower, security, food, supplies, and more. Once again, donations from dōTERRA Healing Hands Foundation® were put to good use. "The funding made it possible for everything to come together," reports Chris. "It took a lot of collaboration and preparation because the operation was so large in scale, including multiple countries and populations. Plus, it involved vulnerable people we needed to take extra care with."

Operation Black Mamba

Finally, after months of work and collaboration, everything was ready. The only serious challenge at this stage was that the operational budget was for 50 victims, even though there ended up being far more. However, time was running out—they couldn't safely try to obtain additional funding. New intelligence had been uncovered, and the team needed to act quickly.

So, on January 12, 2020, the FNA Liberation Team—together with police from two countries, INTERPOL, law enforcement units, security agencies, and anti-human trafficking and child protection units—launched Operation Black Mamba. They made the decision, at great risk and sacrifice, to rescue as many victims as possible, no matter the number.

Teams were stationed out of sight, surrounding the park. Once the police moved in, they needed to be fast. The signal was given, and the police and liberation team rushed into the park. The traffickers scattered, fleeing in every direction while part of the rescue team surrounded the girls, making sure the eight who'd helped with the investigation were safe.

From their investigation, FNA knew that a ringleader of the trafficking network would be present. Arresting her was vitally important, and police successfully apprehended her before she could escape.

When the dust settled, the police and liberation team were astounded. They knew this was a large-scale rescue operation, but they were astounded to find that they'd just rescued 96 people from human trafficking, nearly half of them children.

“We’re still following leads from this operation. It has caused a massive disruption in the human trafficking network. The criminals weren’t expecting it. They didn’t think anybody could shut them down.”

Chris Gay | President of Freedom Now Africa

Aftermath of the Rescue

Operation Black Mamba is the largest and most successful anti-trafficking rescue operation ever conducted by FNA and its partners in East Africa. The success of the rescue surpassed everyone's expectations.

Anne Wairepo, executive director of the dōTERRA Healing Hands Foundation, expresses her gratitude for the success of the operation: "Our partnership with Freedom Now Africa in anti-trafficking efforts has returned well beyond our expectations. We're incredibly grateful to the full team, who have put aside their comforts to do grueling and disturbing on-the-ground work to free over a hundred girls from slavery."

"In my wildest dreams, I didn't think this would go from 14 girls rescued in Kenya to an additional 96,"

says Chris. "Support from dōTERRA allowed us to uncover this criminal trafficking network that was happening without anybody knowing. Now, we can do things to protect vulnerable people, hold others accountable, and create justice in the courts."

Caring for the Survivors

Incredibly, every single survivor of the operation received aftercare following the rescue—an integral part of the healing process. The dōTERRA Healing Hands Foundation helped fund comprehensive aftercare for the rescued survivors. "We used that donation to its fullest all along the way," Chris states. "We wouldn't have been able to do this without the support of dōTERRA. Obviously, we're ecstatic about this."



Aftercare is often difficult to find for trafficking survivors. Without it, survivors remain vulnerable to exploitation again. This is a problem with children especially. Most shelters—in all of Kenya, there are only four—are at maximum capacity. The fact that all 96 rescued individuals from this operation received care is almost unheard of.

With the help of effective aftercare, the rescued children are recovering. “When I visited them, I didn’t recognize them,” says Chris. “They’re happy. They’re smiling again. These strong, resilient children are going to have wonderful lives.”

Moving Forward

One of the most important aspects of Operation Black Mamba isn’t the operation itself—it’s everything happening as a result of the success. Now, no one can ignore what’s happening. The traffickers’ strategy is known. That means critical work can be done to establish prevention programs to help keep girls from becoming victims in the first place. FNA is currently working to establish an anti-human trafficking committee that will work with the Karamojong people to educate communities in vulnerable regions and prevent cross-border trafficking.

Following the rescue operation, FNA has been assisting the police with investigating, locating, and arresting traffickers connected to the 96 victims. Prosecuting criminals can be difficult, but with the information they gathered, FNA can assist government prosecutors in all the cases against these traffickers.

With the trafficking network’s connection to terrorist groups proven, the evidence collected by FNA will be used to support anti-terrorism agencies in East Africa.

With so many people and agencies working together, the fight against trafficking is strong—and it continues to grow stronger. Relationships have been established, along with a certain level of trust between government, law enforcement, and agencies like FNA. Now, anti-trafficking programs and operations can move more quickly. Those in the fight against human trafficking are feeling empowered and supported in ways that they haven’t before.

Preventing the Tragedy of Human Trafficking

According to Chris, the future of the fight against human trafficking lies in prevention. The priority needs to be on addressing the things driving people out of their communities and into slavery in the first place.

One of the most powerful ways of fighting trafficking is by creating economic opportunities in vulnerable communities. And that’s exactly where dōTERRA has put much of their effort.

“When dōTERRA pays fair and on-time wages, or when the dōTERRA Healing Hands Foundation brings in economic partners such as Mentors International®, it means that there are more economic ways for a disadvantaged family to thrive. Reducing such desperation really helps communities increase the safety of their most vulnerable populations,” explains Missy Larsen, vice president of philanthropy and community impact at dōTERRA.

“We fight to eradicate human trafficking through daily business operations, practices, and philanthropic initiatives,” says Missy Larsen. This is particularly important because too often corporations inadvertently allow human trafficking to occur along their supply chains. By paying attention and taking responsibility for what happens on a daily basis, companies can truly make a difference in the fight against trafficking.

dōTERRA goes further. Through the Cō-Impact Sourcing® initiative, dōTERRA invests in the social, economic, and environmental well-being of the communities where essential oils are sourced. By creating and sustaining jobs in rural and underdeveloped areas, dōTERRA supports marginalized workers and small-scale producers in developing countries, enabling them to move from poverty toward self-sufficiency.

This long-term approach might not be the flashiest tool in the fight against human trafficking, but the reality is that healthy communities, with education and economic opportunities, are less vulnerable to trafficking and unfair treatment. By generating jobs in underdeveloped areas, dōTERRA gives workers an option for survival and growth, an opportunity to generate a fair income without being forced into labor.

“dōTERRA has an interest in not just business, but also in empowering the people who live in these communities,” says Chris. “A business that does this is powerful. They put resources into fighting trafficking. In Africa, I can tell you, that sort of support is precious and rare.”

Mentors International is a registered trademark of Mentors International.



THERE IS STILL HOPE



Your purchase of dōTERRA Hope® Touch continues to make a difference:



\$4.3 million
donated to the dōTERRA
Healing Hands Foundation®

4 partner
organizations
supported

7,033 bottles
given to Operation
Underground Railroad



“Our objective is to make everyone a better human being. With that, they start to dream again. They go out in the world; they do great things. Pretty soon, the impact is happening with millions of lives.”

David Stirling

dōTERRA® Founding Executive, CEO



Essential Oil
Spotlight

dōTERRA Breathe®

Respiratory Blend

Essential oils in this blend: Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Ravintsara, Ravensara, Cardamom

Thanks to its powerful benefits and variety of uses, **dōTERRA Breathe** is one of the most popular essential oil blends. With its combination of cooling and invigorating essential oils, **dōTERRA Breathe** is renowned for its ability to maintain feelings of clear airways. This fresh and minty blend can be used both aromatically and topically to help minimize the effects of seasonal threats.

dōTERRA Breathe includes **Ravintsara** essential oil. Made from a tree that's native to Madagascar, the name **Ravintsara** translates to "the tree with good leaves." These good leaves have long been used in the central highlands of Madagascar as a folk remedy. The leaves can be rubbed on the chest, steamed to create a soothing vapor, or made into a tea.

dōTERRA Breathe owes its cooling sensation to the chemical constituent **menthol**, found in **Peppermint** essential oil.

How to Use dōTERRA Breathe Respiratory Blend

Topical Use

- + Feel the direct effects of **dōTERRA Breathe** by rubbing it on your chest and inhaling deeply, experiencing a cooling and invigorating vapor. This application will also help you maintain feelings of clear airways.
- + Enjoy the change of seasons more than ever with **dōTERRA Breathe**. If you're a hiker, camper, backpacker, or general outdoor enthusiast, don't let seasonal changes diminish your time out in nature; instead, apply this effective blend topically before venturing out.

Aromatic Use

- + **dōTERRA Breathe** provides a natural solution to help minimize the effects of seasonal threats. Diffuse it in your home or workspace to lessen unwanted effects from the changing seasons.
- + Diffuse **dōTERRA Breathe** for a calming environment. Enjoy the night as your room is filled with a fresh and minty aroma.

dōTERRA® Product Guide

Changing the world
One drop, One person,
One community at a time.

Enrollment Kits

At dōTERRA we want it to be easy to get all the essentials for a healthy home and lifestyle. That’s why we created these product collections. Whether you are starting out, or want to refresh your collection, these carefully crafted enrollment kits will bring nature’s powerful solutions to you.

Application Methods

- A** Can be used aromatically
 - T** Can be used topically
 - I** Can be used internally
- ### Sensitive Skin
- N** Can be used with no dilution (neat)
 - S** Dilute for young or sensitive skin (sensitive)
 - D** Dilute before using topically (dilute)



Natural Solutions Kit
15mL bottles: Lavender, Lemon, Peppermint, Frankincense, Tea Tree, Wild Orange, dōTERRA On Guard®, DigestZen® Digestive Blend, dōTERRA Serenity® Calming Blend, dōTERRA Breathe® Respiratory Blend, dōTERRA Balance® Grounding Blend, AromaTouch® Massage Blend
10mL roll-on bottle: PastTense® Tension Blend
Other Products: dōTERRA Lifelong Vitality Pack®, Fractionated Coconut Oil, PB Assist®, dōTERRA On Guard® Collection: Beadlets, Toothpaste, Hand Wash w/ 2 Dispensers, Softgels, Mouthwash, Sanitizer Spray, Wooden Box, Lumo® Diffuser, dōTERRA Breathe® Vapor Stick, Deep Blue® Rub, DigestZen TerraZyme®, Correct-X®, dōTERRA Salon Essentials® Protecting Shampoo, dōTERRA Salon Essentials® Smoothing Conditioner, Hand and Body Lotion

60206865
400 PV | \$760.00 rtl | \$570.00 whl



Adaptiv™ Enrollment Kit
Annual Premium App Subscription, Adaptiv Trio: dōTERRA Adaptiv (10mL touch), dōTERRA Adaptiv (Capsules), dōTERRA Adaptiv (15mL), dōTERRA Membership

60213454
120 PV | \$200.00 rtl | \$150.00 whl

Healthy Home Kit
dōTERRA On Guard Products: Sanitizing Mist, Cleaner Concentrate, Foaming Hand Wash with dispenser, Natural Whitening Toothpaste
15mL bottles: Frankincense, Lavender, Lemon, Tea Tree, Oregano, Peppermint, dōTERRA Breathe, DigestZen, dōTERRA On Guard
5mL bottle: Deep Blue
Other products: Brevi Stone Diffuser, dōTERRA Salon Essentials® Protecting Shampoo and Smoothing Conditioner



60202827
250 PV | \$466.67 rtl | \$350.00 whl

For additional enrollment kit options visit doterterra.com

Essential Oil Singles

Healthy Start Kit
5mL bottles: dōTERRA DigestZen, Oregano, dōTERRA On Guard, dōTERRA Breathe, Deep Blue, Peppermint, Lemon, Lavender, Frankincense, Tea Tree
Other Products: Brevi® Stone Diffuser

60211452
100 PV
\$213.33 rtl
\$160.00 whl

Healthy Habits Kit
dōTERRA On Guard (5mL), dōTERRA Balance (5mL), Frankincense (5mL), Lemon (5mL), La vender (5mL), Deep Blue Rub, dōTERRA Lifelong Vitality Pack, DigestZen®
Supplements: DigestZen TerraZyme®, PB Assist®

60209837
125 PV
\$260.00 rtl
\$195.00 whl




Healthy Essentials Kit
15mL bottles: Adaptiv™, dōTERRA On Guard, DigestZen, dōTERRA Breathe, dōTERRA Balance, Copaiba, Peppermint, Lavender, Lemon.
5mL bottle: Deep Blue
Petal® 2.0: Small, user-friendly and can cover 330 square feet

60213144
200 PV
\$332.00 rtl
\$249.00 whl


Simple Solutions Kit
Lemon (15mL), dōTERRA On Guard (15mL), dōTERRA Serenity (15mL), dōTERRA Deep Blue Rub

60211288
70 PV
\$140.00 rtl
\$105.00 whl



 <p>Arborvitae Essential Oil Thuja Plicata A T N 49360001 5mL 22 PV \$29.33 rtl \$22.00 whl</p>	 <p>Basil Essential Oil Ocimum basilicum A T I N 30010001 15mL 24 PV \$32.00 rtl \$24.00 whl</p>	 <p>Bergamot Essential Oil Citrus bergamia A T I S 30790001 15mL 30 PV \$40.00 rtl \$30.00 whl</p>	 <p>Black Pepper Essential Oil Piper nigrum A T I S 41040001 5mL 22 PV \$29.33 rtl \$22.00 whl</p>	 <p>Black Spruce Essential Oil Picea mariana A T S 60206220 5mL 18 PV \$24.00 rtl \$18.00 whl</p>
 <p>Blue Tansy Essential Oil Tanacetum annuum A T N 60203383 5mL 80 PV \$113.33 rtl \$85.00 whl</p>	 <p>Cardamom Essential Oil Elettaria cardamomum A T I N 49350001 5mL 26 PV \$34.67 rtl \$26.00 whl</p>	 <p>Cassia Essential Oil Cinnamomum cassia A T I D 30020001 15mL 19 PV \$25.33 rtl \$19.00 whl</p>	 <p>Cedarwood Essential Oil Salvia sclarea A T S 49300001 15mL 13 PV \$17.33 rtl \$13.00 whl</p>	 <p>Celery Seed Essential Oil Apium graveolens A T I S 60209677 15mL 16 PV \$48.00 rtl \$36.00 whl</p>
 <p>Cilantro Essential Oil Coriandrum sativum A T I N 41850001 15mL 26 PV \$34.67 rtl \$26.00 whl</p>	 <p>Cinnamon Bark Essential Oil Cinnamomum zeylanicum A T I D 30030001 5mL 24 PV \$32.00 rtl \$24.00 whl</p>	 <p>Citronella Essential Oil Cymbopogon winterianus A T S 60209676 15mL 18 PV \$24.00 rtl \$18.00 whl</p>	 <p>Clary Sage Essential Oil Juniperus virginiana A T I N 30420001 15mL 13 PV \$48.67 rtl \$36.50 whl</p>	 <p>Clove Essential Oil Eugenia caryophyllata A T I D 30040001 15mL 16 PV \$21.33 rtl \$16.00 whl</p>


Essential Oil Singles



Copaiba
Essential Oil
Copaifera spp

A T I S


60202178
15ml | 35 PV
\$46.67 rtl
\$35.00 whl



Coriander
Essential Oil
Coriandrum sativum

A T I N


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



Cypress
Essential Oil
Cupressus sempervirens

A T N


30050001
15ml | 15.5 PV
\$20.67 rtl
\$15.50 whl



Douglas Fir
Essential Oil
Pseudotsuga menziesii

A T N


31590001
5ml | 19.5 PV
\$26.00 rtl
\$19.50 whl



Eucalyptus
Essential Oil
Eucalyptus radiata

A T S


30060001
15ml | 17 PV
\$22.67 rtl
\$17.00 whl



Fennel, Sweet
Essential Oil
Foeniculum vulgare

A T I S


41290001
15ml | 15 PV
\$20.00 rtl
\$15.00 whl



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

A T I N


30070001
15ml | 63 PV
\$90.67 rtl
\$68.00 whl



Geranium
Essential Oil
Pelargonium graveolens

A T I S


30090001
15ml | 31 PV
\$41.33 rtl
\$31.00 whl



Ginger
Essential Oil
Zingiber officinale

A T I S


31630001
15ml | 41 PV
\$24.00 rtl
\$41.00 whl



Grapefruit
Essential Oil
Citrus X paradisi

A T I N


30100001
15ml | 18 PV
\$14.67 rtl
\$18.00 whl



Green Mandarin
Essential Oil
Citrus nobilis

A T I N


60205794
15ml | 28 PV
\$37.33 rtl
\$28.00 whl



Helichrysum
Essential Oil
Helichrysum italicum

A T I N


30410001
15ml | 60 PV
\$93.33 rtl
\$70.00 whl



Juniper Berry
Essential Oil
Juniperus communis

A T I N


49290001
5ml | 19 PV
\$25.33 rtl
\$19.00 whl



Lavender
Essential Oil
Juniperus communis

A T I N


30110001
5ml | 23 PV
\$30.67 rtl
\$23.00 whl



Lemon
Essential Oil
Citrus limon

A T I N


30120001
15ml | 11 PV
\$14.67 rtl
\$11.00 whl



Lemon Eucalyptus
Essential Oil
Eucalyptus citriodora

A T S


60209674
15ml | 12 PV
\$16.00 rtl
\$12.00 whl



Lemongrass
Essential Oil
Cymbopogon flexuosus

A T I S


30130001
15ml | 10 PV
\$13.33 rtl
\$10.00 whl



Lime
Essential Oil
Citrus aurantifolia

A T I S


30870001
15ml | 13 PV
\$17.33 rtl
\$13.00 whl



Marjoram
Essential Oil
Origanum majorana

A T I N


30140001
15ml | 19 PV
\$25.33 rtl
\$19.00 whl



Melissa
Essential Oil
Melissa officinalis

A T I N


30850001
5ml | 100 PV
\$153.33 rtl
\$115.00 whl



Myrrh
Essential Oil
Commiphora myrrha

A T I N


30160001
15ml | 50 PV
\$78.67 rtl
\$59.00 whl



Oregano
Essential Oil
Origanum vulgare

A T I D


30180001
15ml | 22 PV
\$29.33 rtl
\$22.00 whl



Patchouli
Essential Oil
Pogostemon cablin

A T I N


30890001
15ml | 31.5 PV
\$29.33 rtl
\$28.00 whl



Peppermint
Essential Oil
Mentha piperita

A T I S


30190001
15ml | 22 PV
\$29.33 rtl
\$22.00 whl



Peppermint Beadlet

I


31570001
125 ct. | 12.5 PV
\$16.67 rtl
\$12.50 whl



Petitgrain
Essential Oil
Citrus aurantium

A T I S


49520001
15ml | 25 PV
\$33.33 rtl
\$25.00 whl



Pink Pepper
Essential Oil
Schinus molle

A T I N


60207016
5ml | 22 PV
\$29.33 rtl
\$22.00 whl



Roman Chamomile
Essential Oil
Anthemis nobilis

A T I N


30800001
5ml | 45 PV
\$60.00 rtl
\$45.00 whl



Rose
Essential Oil
Rosa damascena

A T S


31000001
5ml | 200 PV
\$366.67 rtl
\$275.00 whl



Rosemary
Essential Oil
Rosmarinus officinalis

A T I N


30200001
15ml | 16 PV
\$21.33 rtl
\$16.00 whl



Sandalwood
Essential Oil
Santalum album

A T I N


30210001
5ml | 60 PV
\$93.33 rtl
\$70.00 whl



Sandalwood, Hawaiian
Essential Oil
Santalum paniculatum

A T I N


41860001
5ml | 60 PV
\$93.33 rtl
\$70.00 whl



Siberian Fir
Essential Oil
Abies sibirica

A T I N


60203125
15ml | 20 PV
\$26.67 rtl
\$20.00 whl



Spearmint
Essential Oil
Mentha spicata

A T I S


31610001
15ml | 28 PV
\$37.33 rtl
\$28.00 whl



Spikenard
Essential Oil
Nardostachys jatamansi

A T N


49510001
5ml | 49.5 PV
\$66.00 rtl
\$49.50 whl



Tangerine
Essential Oil
Citrus reticulata

A T I N


49440001
15ml | 15 PV
\$20.00 rtl
\$15.00 whl



Tea Tree
Essential Oil
Melaleuca alternifolia

A T N


60208340
15ml | 15 PV
\$28.00 rtl
\$21.00 whl



Thyme
Essential Oil
Thymus vulgaris

A T I D


30220001
15ml | 29.5 PV
\$39.33 rtl
\$29.50 whl



Turmeric
Essential Oil
Curcuma longa

A T I N

60206973
15ml | 28 PV
\$37.33 rtl
\$28.00 whl



Vetiver
Essential Oil
Vetiveria zizanioides

A T I N

30430001
15ml | 41 PV
\$54.67 rtl
\$41.00 whl

Essential Oil Singles ctd.



Wild Orange
Essential Oil
Citrus sinensis

A T I N

30170001
15ml | 10 PV
\$13.33 rtl
\$10.00 whl



Wintergreen
Essential Oil
Gaultheria fragrantissima

A T S

31620001
15ml | 22 PV
\$29.33 rtl
\$22.00 whl



Yarrow | Pom
Essential Oil
Active Botanical Nutritive Duo

T I N

60207652
30ml | 95 PV
\$126.67 rtl
\$95.00 whl




Ylang Ylang
Essential Oil
Cananga odorata

A T I N

30240001
15ml | 37 PV
\$49.33 rtl
\$37.00 whl

dōTERRA Touch® Florals



Jasmine
Touch Blend

A T N


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



Magnolia
Touch Blend

A T N


60205420
10mL roll-on | 28 PV
\$37.33 rtl
\$42.00 whl



Neroli
Touch Blend

A T N

60201817
10mL roll-on | 47 PV
\$62.67 rtl
\$47.00 whl




Rose
Touch Blend

A T N

60201813
10mL roll-on | 65 PV
\$100.00 rtl
\$75.00 whl


Proprietary Essential Oil Blends



Adaptiv™
Calming Blend

A T N


60209364
15ml | 37.5 PV
\$50.00 rtl
\$37.50 whl



AromaTouch®
Massage Blend

T N


49520001
15ml | 25 PV
\$33.33 rtl
\$25.00 whl



dōTERRA Balance®
Grounding Blend

A T N


31010001
15ml | 21 PV
\$28.00 rtl
\$21.00 whl



dōTERRA Breathe®
Respiratory Blend

A T N


60200190
15ml | 22 PV
\$29.33 rtl
\$22.00 whl



Citrus Bliss®
Invigorating Blend

A T N


31020001
15ml | 18 PV
\$24.00 rtl
\$18.00 whl



ClaryCalm®
Monthly Blend
For Women

A T N


49480001
10mL oill-on | 27 PV
\$36.00 rtl
\$27.00 whl



Deep Blue®
Soothing Blend

T S


60200143
5ml | 33 PV
\$44.00 rtl
\$33.00 whl



Deep Blue®
Soothing Blend

T S


60200144
10mL roll-on | 55 PV
\$78.67 rtl
\$59.00 whl



DigestZen®
Digestive Blend

A T I N


31030001
15ml | 33 PV
\$44.00 rtl
\$33.00 whl



Elevation
Joyful Blend

A T N


31040001
15ml | 43 PV
\$57.33 rtl
\$43.00 whl



HD Clear®
Topical Blend

T N


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



Immortelle
Anti-Aging Blend

T N


60202652
10mL roll-on | 65 PV
\$92.00 rtl
\$69.00 whl



Intune®
focus Blend

A T N


41840001
10mL roll-on | 34.5 PV
\$46.00 rtl
\$34.50 whl



dōTERRA On Guard®
Protective Blend

A T I S


31100001
15ml | 34 PV
\$45.33 rtl
\$34.00 whl



dōTERRA On Guard® Beadlet

I


31580001
125 ct. | 16 PV
\$21.33 rtl
\$16.00 whl



PastTense®
Tension Blend

A T N


31350001
10mL roll-on | 19.5 PV
\$26.00 rtl
\$19.50 whl



Purify
Cleansing Blend

A T N


31060001
15ml | 20 PV
\$26.67 rtl
\$20.00 whl



dōTERRA Serenity®
Restful Blend

A T N


49530001
15ml | 32 PV
\$42.67 rtl
\$32.00 whl



Slim & Sassy®
Metabolic Blend

A T I S


31370001
15ml | 26 PV
\$34.67 rtl
\$26.00 whl



TerraShield®
Outdoor Blend

A T I S


31700001
15ml | 10.5 PV
\$14.00 rtl
\$10.50 whl



TerraShield® Spray
Outdoor Blend

A T I S


31600001
30mL | 17 PV
\$26.00 rtl
\$19.50 whl



Whisper®
Blend for Women

A T N


31080001
5ml | 24 PV
\$32.00 rtl
\$24.00 whl



Zendocrine®
Detoxification Blend

A T I N

31460001
15ml | 24 PV
\$32.00 rtl
\$24.00 whl



Fractionated Coconut Oil

T N

31640001
3.8 fl oz | 12 PV
\$16.00 rtl
\$12.00 whl

Essential Oil Kits



dōTERRA Touch® Kit

60200333
160 PV | \$225.33 rtl | \$169.00 whl



dōTERRA Emotional Aromatherapy® Touch

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



dōTERRA Emotional Aromatherapy® Kit

60202944
Six 5mL bottles
150 PV | \$122.00 rtl | \$159.00 whl



dōTERRA Breathe® Touch Blend

A T N

60200192
10mL roll-on | 19.5 PV
\$18.67 rtl
\$14.00 whl



Frankincense Touch Blend

A T N

60200224
10mL roll-on | 45.5 PV
\$60.67 rtl
\$45.50 whl



Oregano Touch Blend

A T N

60200227
10mL roll-on | 14.5 PV
\$19.33 rtl
\$14.50 whl



Deep Blue® Touch Blend

A T N

60200145
10mL roll-on | 43 PV
\$57.33 rtl
\$43.00 whl



Lavender Touch Blend

A T N

60200225
10mL roll-on | 15 PV
\$20.00 rtl
\$15.00 whl



Peppermint Touch Blend

A T N

60200228
10mL roll-on | 14.5 PV
\$19.33 rtl
\$14.50 whl



DigestZen® Touch Blend

A T N

60200223
10mL roll-on | 22 PV
\$29.33 rtl
\$22.00 whl



dōTERRA On Guard® Touch Blend

A T N

60200142
10mL roll-on | 22 PV
\$29.33 rtl
\$22.00 whl



Tea Tree Touch Blend

A T N

60200226
10mL roll-on | 12.5 PV
\$16.67 rtl
\$12.50 whl



dōTERRA Cheer® Touch Uplifting Blend

A T N

60200146
10mL roll-on | 16.25 PV
\$21.67 rtl
\$16.25 whl



dōTERRA Motivate® Touch Encouraging Blend

A T N

60200149
10mL roll-on | 15 PV
\$20.00 rtl
\$15.00 whl



dōTERRA Console® Touch Comforting Blend

A T N

60200147
10mL roll-on | 24 PV
\$32.00 rtl
\$24.00 whl



dōTERRA Passion® Touch Inspiring Blend

A T N

60200150
10mL roll-on | 27.25 PV
\$36.33 rtl
\$27.25 whl



dōTERRA Forgive® Touch Renewing Blend

A T N

60200148
10mL roll-on | 13 PV
\$17.33 rtl
\$13.00 whl



dōTERRA Peace® Touch Reassuring Blend

A T N

60200151
10mL roll-on | 20.00 PV
\$26.67 rtl
\$20.00 whl



dōTERRA Motivate® Encouraging Blend

A T S

31740001
5mL | 23 PV
\$30.67 rtl
\$23.00 whl



dōTERRA Forgive® Renewing Blend

A T S

31750001
5mL | 20 PV
\$26.67 rtl
\$20.00 whl



dōTERRA Cheer® Touch Uplifting Blend

A T S

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



dōTERRA Console® Comforting Blend

A T N

31730001
5mL | 37 PV
\$49.33 rtl
\$37.00 whl



dōTERRA Passion® Inspiring Blend

A T S

31760001
5mL | 42 PV
\$58.00 rtl
\$42.00 whl



dōTERRA Peace® Reassuring Blend

A T N

31710001
5mL | 30 PV
\$40.00 rtl
\$30.00 whl

Essential Oil Kits Ctd.



dōTERRA Yoga Collection

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



dōTERRA Kids Collection

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



Introduction to Essential Oils Kit

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



dōTERRA Anchor Steadying Blend

A T N

60203245
5mL | 20 PV
\$25.67 rtl
\$20.00 whl



dōTERRA Align Centering Blend

A T N

60203246
5mL | 17 PV
\$22.67 rtl
\$17.00 whl



dōTERRA Arise Enlightening Blend

A T N

60203247
5mL | 19 PV
\$25.33 rtl
\$19.00 whl



Thinker® Focus Blend

A T N

60206633
10mL roll-on
16 PV
\$21.33 rtl
\$16.00 whl



Calmer® Restful Blend

A T N

60206632
10mL roll-on
19 PV
\$25.33 rtl
\$19.00 whl



Tamer™ Digestive Blend

A T N

60209356
10mL roll-on
15 PV
\$20.00 rtl
\$15.00 whl



Brave® Courage Blend

A T N

60206618
10mL roll-on
21 PV
\$28.00 rtl
\$21.00 whl



Rescuer™ Southing Blend

A T N

60206635
10mL roll-on
15 PV
\$20.00 rtl
\$15.00 whl



Stronger® Protective Blend

A T N

60206654
10mL roll-on
14 PV
\$18.67 rtl
\$14.00 whl



Steady® Grounding Blend

A T N

60206617
10mL roll-on
15 PV
\$20.00 rtl
\$15.00 whl



Family Essentials Kit

60202951
Ten 5mL bottles of essential oils and blends
Lavender, Lemon, Peppermint, Tea Tree, Oregano,
Frankincense, Deep Blue®, dōTERRA Breathe®,
DigestZen®, dōTERRA On Guard®
115 PV | \$166.67 rtl | \$125.00 whl



AromaTouch Technique® Kit

60202945
Eight 5mL bottles, one 4 oz bottle
Bottles of CPTG® oils and dōTERRA Fractionated, Coconut Oil.
dōTERRA Balance®, Lavender, Tea Tree, dōTERRA On Guard®,
AromaTouch, Deep Blue, Wild Orange, Peppermint
100 PV | \$146.67 rtl | \$110.00 whl

dōTERRA On Guard® Products



dōTERRA On Guard Foaming Hand Wash with 2 dispensers

38070001
16 fl oz | 473mL | 18.5 PV | \$30.00 rtl | \$22.50 whl

Hand Wash Single Refill

38010001
16 fl oz | 473mL | 18.5 PV | \$24.67 rtl | \$18.50 whl

Hand Wash Twin Pack Refill

38020001
2 x 16 fl oz each | 473mL | 33.5 PV | \$44.67 rtl | \$33.50 whl

Top Seller

dōTERRA On Guard Protective Blend
A | T | I | S
60200146
10mL roll-on | 16.25 PV
\$21.67 rtl
\$16.25 whl

dōTERRA On Guard Natural Whitening Toothpaste Samples
39000001
10 samples | 2 g each | 0 PV
\$4.66 rtl
\$3.50 whl

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

dōTERRA On Guard Natural Whitening Toothpaste
38910001
4.2 oz | 5 PV
\$11.33 rtl
\$8.50 whl

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

dōTERRA On Guard Beadlets
31580001
125 beadlets | 16 PV
\$21.33 rtl
\$16.00 whl

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

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

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

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

dōTERRA Yarrow | Pom Collection

Yarrow | Pom Collection

60210469
Save \$34.00 rtl | 150 PV | \$233.33 rtl | \$175.00 whl

Yarrow | Pom Active Botanical Nutritive Duo
T | L | N
60207652
30mL bottle with dropper | 95 PV
\$126.67 rtl
\$95.00 whl

Yarrow | Pom Cellular Beauty Complex
60209413
60 capsules | 40 PV
\$65.33 rtl
\$49.00 whl

Made with sls-free vegetable capsules

Yarrow | Pom Body Renewal Serum
60209352
100mL | 3.4 fl oz | 60 PV
\$86.67 rtl
\$65.00 whl



dōTERRA Adaptiv™ System

Adaptiv System

60211472
Save \$14.50 rtl | 70 PV | \$109.33 rtl | \$82.00 whl

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

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

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



dōTERRA Baby

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

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

dōTERRA Baby Lotion
Available Summer 2020

Deep Blue® Products

Top Seller

Deep Blue Soothing Blend
T | S
60200143
5mL bottle | 33 PV
\$44.00 rtl
\$33.00 whl
60200144
10mL roll-on | 59 PV
\$78.67 rtl
\$59.00 whl

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

Deep Blue Rub Samples
38950001
10 samples | 2 g each | 0 PV
\$6.67 rtl
\$5.00 whl

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

Deep Blue Polyphenol Complex®
34360001
60 vegetable capsules | 59.5 PV
\$79.33 rtl
\$59.50 whl



Hair Care



LOYALTY
REWARDS
PROGRAM

dōTERRA Salon Essentials® Hair Care System

36280001
70 PV | \$103.33 rtl | \$77.50 whl

dōTERRA Salon Essentials Root to Tip Serum

49050001
1 fl oz | 30mL | 35 PV | \$46.67 rtl | \$35.00 whl

dōTERRA Salon Essentials Healthy Hold Glaze

36270001
4 fl oz/120mL | 15 PV | \$24.00 rtl | \$18.00 whl

dōTERRA Salon Essentials
Protecting Shampoo

36220001
8.46 fl oz / 250mL
19.5 PV
\$26.00 rtl
\$19.50 whl

60201185
32 fl oz / 946mL
35 PV
\$60.00 rtl
\$45.00 whl

dōTERRA Salon Essentials
Smoothing Conditioner

36230001
8.46 fl oz / 250mL
23 PV
\$30.67 rtl
\$23.00 whl

60201225
32 fl oz / 946mL
40 PV
\$66.67 rtl
\$50.00 whl

Protecting Shampoo
2-Pack

36240001
19.5 PV
\$32.67 rtl
\$24.50 whl

Smoothing
Conditioner 2-Pack

36250001
23 PV
\$38.67 rtl
\$28.00 whl

Shampoo and
Conditioner

36260001
23PV
\$37.33 rtl
\$28.00 whl

Shampoo/Conditioner Samples
10 companion sets

36390001
0 PV
\$11.33 rtl
\$8.50 whl

dōTERRA Breathe® Products

dōTERRA Breathe
Respiratory Blend

A T S
60200190
15mL bottle | 22 PV
\$29.33 rtl
\$22.00 whl

dōTERRA Breathe
Vapor Stick

60200878
4 oz / 12.5g | 5 PV
\$11.33 rtl
\$8.50 whl

dōTERRA Breathe
Respiratory Drops

35460001
30 drops | 10 PV
\$16.00 rtl
\$12.00 whl



Children's Health



dōTERRA a2z
Chewable™

34500001
60 tablets | 15 PV
\$27.33 rtl
\$20.50 whl

PB Assist® Jr

34420001
30 sachets | 20 PV
\$32.67 rtl
\$24.50 whl

IQ Mega®

34490001
150mL | 30 PV
\$46.00 rtl
\$34.50 whl

dōTERRA Serenity® Products



dōTERRA Serenity
Softgels Restful Complex

34390001
60 vegetarian softgels
17 PV
\$26.00 rtl
\$19.50 whl



Made with vegetable softgels

dōTERRA Serenity
Restful Blend

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

dōTERRA Serenity
Combo Pack

60200524
60 vegetarian softgels | 15mL bottle
40 PV
\$60.00 rtl
\$45.00 whl

dōTERRA® Spa



Total dōTERRA Spa Kit

Moisturizing Bath Bar, dōTERRA Serenity Bath Bar, Citrus Bliss® Bath Bar, Refreshing Body Wash, Exfoliating Body Scrub, Detoxifying Mud Mask, Replenishing Body Butter, Hand & Body Lotion, Citrus Bliss Hand Lotion, Lip Balm (Original, Tropical, Herbal) and Hydrating Body Mist

60210071
\$27.60 Savings Retail | 80 PV | \$153.33 rtl | \$115.00 whl

Lip Balm

Original
2.5 oz | 75mL
37530001
5 PV
\$8.67 rtl
\$6.50 whl

Herbal
0.16 oz | 45 g
37550001
5 PV
\$8.67 rtl
\$6.50 whl

Tropical
0.16 oz | 45 g

37540001
5 PV
\$8.67 rtl
\$6.50 whl

Lip Balm Variety
3-Pack

37570001
10 PV
\$20.00 rtl
\$15.00 whl

dōTERRA Spa Basics Kit
Hand & Body Lotion, Body Wash

60200499
\$6.33 Savings Retail
17 PV
\$30.67 rtl
\$23.00 whl

Detoxifying Mud Mask

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

Citrus Bliss® Hand Lotion

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

dōTERRA SPA Bath
Bar 3-Pack

37560001
10 PV
\$19.33 rtl
\$14.50 whl

Body Scrub

8 fl oz | 226 g
37400001
15 PV
\$26.00 rtl
\$19.50 whl

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

60210071
\$12.66 Savings Retail
32 PV
\$56.00 rtl
\$42.00 whl

Refreshing Body Wash

8.45 fl oz | 250mL
37460001
10 PV
\$17.00 rtl
\$12.75 whl

Hand and Body
Lotion 3-Pack

60200498
30 PV
\$50.67 rtl
\$138.00 whl

dōTERRA Serenity®
Bath Bar

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

Citrus Bliss® Bath Bar

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

New
Formula

Replenishing Body Butter

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

Hand and Body Lotion

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

Moisturizing Bath Bar

4 oz | 45 g
37450001
5 PV
\$9.00 rtl
\$6.75 whl

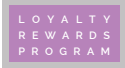
Hydrating Body Mist

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

Citrus Bliss® Bath
Bar 3-Pack

60208924
10 PV
\$19.33 rtl
\$14.50 whl

Women's Health



Women's Health Kit \$16.00 Savings Retail

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

ClaryCalm® Monthly Blend for Women



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

Phytoestrogen Essential Complex

35280001
60 capsules | 39.5PV | \$52.67 rtl | \$39.50 whl



Made with sls-free vegetable capsules

Bone Nutrient Essential Complex

35240001
120 capsules | 12PV | \$23.33 rtl | \$17.50 whl



Made with sls-free vegetable capsules

Personal Care



Natural Deodorant infused with dōTERRA Balance® Essential Oil

2.65 oz | 75g
60207421
5 PV
\$11.67 rtl
\$8.75 whl



Natural Sensitive Deodorant infused with dōTERRA Douglas Fir and Greek Orange

2.65 oz | 75g
60208231
5 PV
\$11.67 rtl
\$8.75 whl



Correct-X® Essential Oil Ointment

60110001
15mL / .5 fl oz
10PV
\$16.00 rtl
\$12.00 whl

Skin Care



HD Clear® Topical Blend



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

HD Clear Kit

\$40.00 Savings Retail

42700001
40 PV
\$61.33 rtl
\$46.00 whl

HD Clear Facial Lotion

49410001
50mL / 1.7 fl oz | 34 PV
\$45.33 rtl
\$34.00 whl

HD Clear Foaming Face Wash

49420001
50mL / 1.7 fl oz | 22 PV
\$29.33 rtl
\$22.00 whl



Verage® Collection

\$74.00 Savings Retail

42690001
70 PV
\$112.66 rtl
\$84.50 whl

Verage Immortelle Hydrating Serum

37400001
15mL / .5 fl oz | 65PV
\$86.66 rtl
\$65.00 whl

Verage Moisturizer

37410001
30mL / 1 fl oz | 28 PV
\$37.33 rtl
\$28.00 whl

Verage Toner

37390001
50mL / 1.7 fl oz | 22 PV
\$29.33 rtl
\$22.00 whl

Verage Cleanser

37380001
60mL / 2 fl oz | 25 PV
\$33.33 rtl
\$25.00 whl

Skin Care Ctd.



Essential Skin Care Facial Cleanser

60201753
4 fl oz / 118mL | 16.5 PV
\$22.00 rtl
\$16.50 whl

Essential Skin Care Invigorating Scrub

60201773
2.5 fl oz / 70g | 18 PV
\$24.00 rtl
\$18.00 whl

Essential Skin Care Pore Reducing Toner

60201772
4 fl oz / 118mL | 21 PV
\$28.00 rtl
\$21.00 whl

Essential Skin Care Brightening Gel

60201777
1 fl oz / 30mL | 34.5 PV
\$46.00 rtl
\$34.50 whl

Essential Skin Care Tightening Serum

60201752
1 fl oz / 30mL | 49.5 PV
\$66.00 rtl
\$49.50 whl

Essential Skin Care Hydrating Cream

60201774
1.7 fl oz / 48g | 36 PV
\$48.00 rtl
\$36.00 whl

Essential Skin Care Anti-Aging Eye Cream

60201776
0.5 fl. oz./15mL | 45 PV
\$60.00 rtl
\$45.00 whl

Immortelle Anti-Aging Blend

60202652
10mL roll on / 65 PV
\$92.00 rtl
\$69.00 whl



Reveal Facial System

37340001
Two 1.7 oz tubes | 60 PV | \$80.00 rtl | \$60.00 whl



Cleanse + Restore Kit

dōTERRA Lifelong Vitality Pack®, Zendocrine® Softgels, Zendocrine Complex, DigestZen TerraZyme®, GX Assist®, PB Assist®, DDR Prime® Softgels, Lemon essential oil Wellness Advocate Introductory Packet

60200883
60 PV | \$326.67 rtl | \$245.00 whl

Vitamins and supplements

LOYALTY
REWARDS
PROGRAM



dōTERRA Lifelong Vitality Pack®
Dietary Supplements Including Alpha CRS+,
Microplex VMz, and xEO Mega
21480001
30-day supply | 60 PV | \$106.00 rtl | \$79.50 whl

LOYALTY
REWARDS
PROGRAM



Vegan dōTERRA Lifelong Vitality Pack
Dietary Supplements Including Alpha CRS+,
Vegan Microplex VMz, and vEO Mega
60201121
30-day supply | 60 PV | \$119.33 rtl | \$89.50 whl

LOYALTY
REWARDS
PROGRAM



dōTERRA Lifelong Vitality Pack
Dietary Supplements Including Alpha CRS+,
Microplex VMz, and xEO Mega
60203181
60 PV | \$115.33 rtl | \$86.50 whl



Microplex VMz®
Food Nutrient Complex
35360001 | 120 vegetable capsules
39.5 PV | \$52.67 rtl | \$39.50 whl
Made with sls-free vegetable capsules



xEO Mega®
Essential Oil Omega Complex
35360001 | 120 softgels
49.5 PV | \$66.00 rtl | \$49.50 whl
Made with vegetarian softgels



vEO Mega®
Essential Oil Omega Complex
34470001 | 120 liquicaps
49.5 PV | \$66.00 rtl | \$49.50 whl
Made with sls-free vegetable capsules



Alpha CRS+®
Cellular Vitality Complex
35370001 | 120 vegetable capsules
69.5 PV | \$92.67 rtl | \$69.50 whl
Made with sls-free vegetable capsules



TerraGreens®
60120001 | 300g
20 PV | \$37.33 rtl | \$28.00 whl



Turmeric Dual Chamber Capsules
60209307 | 60 capsules
25 PV | \$46.67 rtl | \$35.00 whl
Made with sls-free vegetable capsules



Mito2Max® Energy & Stamina Complex
34350001 | 60 vegetable capsules
39.5 PV | \$52.67 rtl | \$39.50 whl
Made with sls-free vegetable capsules



Vegan Microplex VMz®
Food Nutrient Complex
60201122 | 120 vegetable capsules
39.5 PV | \$66.00 rtl | \$49.50 whl
Made with sls-free vegetable capsules

Personalized Wellness Program

LOYALTY
REWARDS
PROGRAM

1 Purchase 1 dōTERRA Lifelong Vitality Pack®



dōTERRA Lifelong Vitality Pack
21480001
60 PV | \$79.50



Vegan Lifelong Vitality Pack
60201121
60 PV | \$89.50



dōTERRA Lifelong Vitality Daily Packs
60205416
60 PV | \$86.50
Daily Nutrient Pack®
21490001
50 PV | \$59.50

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



Microplex VMz®
10 PV | \$20.00



xEO Mega®
10 PV | \$20.00



Mito2Max®
10 PV | \$20.00



Deep Blue Polyphenol Complex®
10 PV | \$20.00



DigestZen TerraZyme®
10 PV | \$20.00



PB Assist+®
10 PV | \$20.00



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

Slim & Sassy®



Slim & Sassy Metabolic Blend
31370001 | 15mL bottle
26 PV | \$34.67 rtl | \$26.00 whl



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



Slim & Sassy Trim Shake
Vanilla
35180001
25 PV
\$52.67 rtl
\$39.50 whl



Slim & Sassy Trim Kit
1 Chocolate, 1 Vanilla
40770001
125 PV
\$200 rtl
\$150 whl
2 Chocolate
35200001
125 PV
\$52.67 rtl
\$39.50 whl
2 V Shake
60130001
125 PV
\$200 rtl
\$150 whl



Slim & Sassy V Shake
35440001
25 PV
\$52.67 rtl
\$39.50 whl



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

Digestive health



Top
Seller

DigestZen Terrazyme®
Digestive Enzyme Complex
90 vegetable capsules
35110001
7.5 PV
\$50.00 rtl
\$37.50 whl



Made with sls-free
vegetable capsules

PB Assist®+
Probiotic Defense Formula
30 vegetable capsules
35160001
34.5 PV
\$46.00 rtl
\$34.50 whl



Made with sls-free
vegetable capsules

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



Made with
enteric softgels



DigestZen®
Digestive Blend
A T I N
15mL bottle
31030001
33 PV
\$44.00 rtl
\$33.00 whl

DigestTab®
Chewable Tablets
100 chewable tablets
34380001
10 PV
\$18.67 rtl
\$14.00 whl

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



Made with
enteric softgels



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

Zendocrine
Detoxification Blend
60 vegetarian softgels
34280001
21 PV
\$32.00 rtl
\$24.00 whl



Made with vegetarian
softgels

Zendocrine
Detoxification Complex
30 vegetable capsules
35120001
24.5 PV
\$32.67 rtl
\$24.50 whl



Made with sls-free
vegetable capsules



DigestZen Softgels
60 vegetarian softgels
35430001
15 PV
\$26.00 rtl
\$19.50 whl



Made with vegetarian
softgels

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

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



Made with sls-free
vegetable capsules

Specialized Supplements



DDR Prime®
60207092
15mL bottle
28 PV
\$37.33 rtl
\$28.00 whl

**DDR Prime
Softgels**
34410001
60 capsules
55 PV
\$73.33 rtl
\$55.00 whl



Made with
vegetarian softgels

TriEase® Softgels
Seasonal Blend
49310001
60 softgels
20 PV
\$30.67 rtl
\$23.00 whl



Made with
vegetarian softgels

Deep Blue
Polyphenol Complex®
34360001
60 vegetable
capsules
59.5 PV
\$79.33 rtl
\$59.50 whl



Made with sls-free
vegetable capsules

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



Made with
vegetarian softgels



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A \$20.00 donation is made to the dōTERRA Healing Hands Foundation® with every purchase of dōTERRA Hope Touch or dōTERRA Spa Rose Hand Lotion.

dōTERRA diffusers



Lumo® Sleep Collection

Lumo® Diffuser, dōTERRA Serenity® (15mL)
60211590
40 PV | \$93.33 rtl | \$70.00 whl



Petal Essential Collection

Petal Diffuser, Wild Orange (5mL), Lavender (5mL)
60211559
20 PV | \$62.67 rtl | \$47.00 whl



Pilot™ Diffuser

60212263
0 PV | \$50.00 rtl | \$37.50 whl



Volo™ Diffuser

Volo™ Marble 60210546 0 PV \$78.67 rtl \$59.00 whl	Volo™ Onyx 60210545 0 PV \$78.67 rtl \$59.00 whl
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ILLINOIS: CONTRACTS AND REPORTS REGARDING THE CHARITY ARE ON FILE WITH THE ILLINOIS ATTORNEY GENERAL.

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

Michigan: Registration # 55179

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

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

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

dōTERRA®
pursue what's **pure**



v1 US-EN

60213342

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