

# LIVING

## MAGAZINE



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I Need to Get  
My Body Back

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dōTERRA® SPRING/SUMMER 2021





“From the beginning, we focused on how to create high-quality essential oils. It wouldn’t be possible without growers, distillers, and countless others who are as committed and dedicated as we are.”

---

Dr. David Hill,  
Founding Executive, Science and Healthcare





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**Essential Oil**  
*Spotlight*

# Lime

*Citrus Aurantifolia*

**Distillation Method:** Cold-pressed/expressed

**Aromatic Description:** Citrus, tart, sweet

**Plant Part:** Lime rinds (peel)

When was the last time you tasted lime? Perhaps it was in a tasty treat during a summertime family reunion. Or it was in a smoothie you drank while walking down a sunny beach with friends. Whenever it was, **Lime** essential oil delivers that same sweet, refreshing taste and scent, often signaling warm summer days with people you love.

But **Lime** offers more than just a pleasant taste and smell. When taken internally, it can support a healthy immune system and provide a gentle cleanse.\* You can also use it topically for cleansing and soothing skin benefits. With all these wonderful uses and possibilities, **Lime** is the perfect essential oil for all your summer adventures.

### Fun Fact

Thought to be native to areas in Southeast Asia, the Key lime has gained popularity in the Florida Keys, where it's grown and used as a main ingredient in Key lime pie—hence the name.

### How to Use dōTERRA Lime

#### Topical

- + Add one drop to your facial cleanser or shampoo for added cleansing properties. (Remember, **Lime** essential oil is photosensitive, so if you apply it topically, be sure to avoid sunlight and UV rays for at least 12 hours.)
- + Combine one to two drops with equal amounts of **Tea Tree** essential oil for a soothing scalp massage.

#### Internal

- + Add a drop to your drinking water for enhanced flavor and to gently cleanse.\*
- + Take three to four drops in a **Veggie Cap** or in your water to support a healthy immune system.\*

#### Aromatic

- + Diffuse to cleanse and freshen the air.
- + Inhale for a refreshing, energizing aroma.

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



# When Life Gives You Lemons

The beauty of a lemon is in the eye of the beholder. To some, lemons are bright, refreshing, and sparkling. For others, lemons can be sour, acidic, or bitter. At some point, however, lemons got a bad rap. For example, a junky car that never works is often referred to as a lemon. Also, people frequently say, “When life gives you lemons” to describe the sour side of daily living.

But for anyone who has held this radiant, sunshiny fruit, smelled the refreshing aroma of a lemon peel, or tasted its invigorating flavor, you know that a lemon can be truly magical. Powerful and versatile, the magic of lemons is used in everything from cooking and baking to cosmetics and cleaning supplies. They can even add a fresh flavor twist to your glass of water.

In addition to the many benefits from the fruit, juice, and peel, lemons also produce **Lemon** essential oil, which is known to be cleansing, energizing, and refreshing. Those who have used **Lemon** know it's anything but a dud. With dozens of uses, this cheery and versatile essential oil is like liquid gold.

Co-Impact  
Sourcing®  
Lemon





Why Italy?

One location where dōTERRA sources lemons for **Lemon** essential oil is Italy's largest island, Sicily. In Italy, owning a lemon orchard isn't simply a way to make a living. It's a way of life. dōTERRA trusts lemon growers and oil producers who have been in the business for generations to carefully produce pure **Lemon** essential oil. These growers and oil producers were taught the lemon business by their fathers, who were taught by their fathers, and so on. To them, growing and processing lemons is a delicate art that requires great attention, love, and care. These families understand the magic of lemons.

Lemons have been a part of Sicily's history since the ninth century. And for hundreds of years, Sicily has remained one of the top producers and exporters of lemons in the world. Around the nineteenth century, doctors discovered that the fruit was very beneficial for sailors, creating a booming surge in Sicily's production. Throughout the centuries, Sicilian lemons have remained a head above the rest. This advantage is due to the hot, sunny days and cold nights in Sicily combined with volcanic soil, giving Sicilian lemons a unique taste that can't be found anywhere else.



The lemon tree can produce fruit year-round, typically up to 600 pounds every year. In Sicily, the ideal conditions lead to healthy lemons that can grow to the size of softballs.

The families who help produce **Lemon** essential oil honor the traditions and knowledge of the growers and oil producers who came before them, while also using new technology and methods to make the purest products possible. One oil producer said, "Back in the old days, it would take my father, plus 50 men, a whole season to do what we're now able to do in a single day. We can produce much more without losing any quality."

Because lemons have so many uses in other industries, when lemon producers process the fruit, nothing goes to waste. The essential oil is first extracted from the peel and then the fruit is juiced. The remaining peel and pulp are separated with the peel often being used for candy or producing pectin while the pulp is used in animal husbandry. **Lemon** essential oil is typically extracted by squeezing, pressing, or rasping methods—often referred to as cold-pressing—the rind of the fruit, releasing the oil from the tiny sacs that hold the essential oil in the peel. These extraction methods in the past were done by hand, but now machines have been developed to make the process much faster and more efficient. Today, the oil dōTERRA sources is extracted by rasping the fruit on what can be best described as industrial zesters. As the fruit rolls along these zesters, the oil is released into a water bath. The water and oil are then separated using large centrifuges that literally spin the two liquids apart, leaving the pure and natural essential oil.

In millions of homes throughout the world, bottles of **Lemon** essential oil assist with everyday tasks like cooking and cleaning, as well as internal health and personal care. By producing the highest quality lemons possible, growers in Sicily share the magic of this fruit with the world through dōTERRA **Lemon** essential oil.

Though some choose to view lemons as symbols of bitterness or sour feelings, many others know that the aroma, taste, and even sight of lemons can be bright, hopeful, energizing, and radiant. From the beautiful coasts of Sicily, every bottle of **Lemon** essential oil from dōTERRA displays a bright yellow label that acts as a marker for hope, representing years of tradition for those who truly understand the magic of lemons.



Essential Oil  
*Spotlight*

# Lemon

*Citrus limon*



**Distillation Method:** Cold-pressed/expressed  
**Aromatic Description:** Clean, fresh, citrus, bright  
**Plant Part:** Lemon rinds (peel)

Nothing says bright and fresh quite like **Lemon** essential oil. As soon as you open a bottle, you're enveloped by a sweet, citrus scent, and the atmosphere almost immediately feels more energizing and uplifting. Lemon's purifying properties make it a staple for household cleaning. Not to mention, the delicious taste of **Lemon** is often an effective addition to dressings, desserts, and baked goods. With such a wide variety of uses, it's no wonder **Lemon** is a top-selling dōTERRA® essential oil.

It all starts with sourcing. dōTERRA chooses to source **Lemon** from Italy and Brazil. These locations' climates offer ideal growing conditions to produce a powerful essential oil. For some of the farmers in these areas, harvesting high-quality lemons is a family business that goes back for generations. Their expertise, combined with an ideal environment for growing, make **Lemon** essential oil truly one of a kind.

*Fun Fact*

In just one year, a single lemon tree has the potential to produce between 500 to 600 pounds of lemons. It takes around 75 lemons to fill a 15 mL essential oil bottle.†

How to Use dōTERRA Lemon

Topical

- + Add a few drops to an oatmeal scrub to help exfoliate the skin. (Remember, **Lemon** essential oil is photosensitive, so if you apply it topically, be sure to avoid sunlight and UV rays for at least 12 hours.)

Internal

- + Place a drop or two in a glass of water for a natural cleanse and to aid in digestion.\*
- + Add a few drops to enhance flavor of sweet and savory dishes.

Aromatic

- + Diffuse to create an uplifting and energizing aroma.
- + Put one to two drops in your palm, cup hands together, and inhale directly for a motivating scent.

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

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



# Ask the Doctors

Citrus oils are some of our most popular essential oils—and for good reason. They come with a variety of internal, topical, and aromatic benefits. We took your most frequently asked citrus questions to our dōTERRA medical team, and we think you'll appreciate these incredible essential oils even more when you read their answers.

**Is there increased risk of photosensitivity with citrus oils and blends? What does photosensitivity feel like?**

A sunlight-triggered skin reaction is referred to as photosensitivity. This occurs when ultraviolet (UV) radiation comes into contact with certain substances that trigger biological and chemical changes. Some essential oils, especially citrus oils, contain small amounts of compounds known as furanocoumarins, which may cause a photosensitive reaction. This generally manifests itself through noticeable changes in the color and feeling of the skin, like temporary increases in dark or red pigmentation, and possible irritation.

Analytical testing has shown that many of our most popular CPTG® citrus oils contain few—and in some instances no—furanocoumarins. The purity of our essential oils, along with naturally occurring chemical variation, means furanocoumarin concentrations can vary slightly. For added protection from photosensitivity, dōTERRA® always recommends that people using citrus oils topically should avoid direct sunlight or UV rays for at least 12 hours.

**We're encouraged to consume citrus oils like Lemon every day, yet those same essential oils can also remove sticky labels or dried gum. With how strong and concentrated they are, how do you know these oils are safe to ingest?**

Yes, dōTERRA citrus oils (like all our essential oils) are extremely potent, but that doesn't mean they're unsafe for internal use when following recommended guidelines. In fact, multiple clinical trials involving the ingestion of **Lemon** (and other limonene-rich citrus oils) provide evidence for its internal use benefits, as well as its safety.

Our internal structures—like the mouth, stomach, and intestines—are lined with protective mucous membranes. The mucosa is amazingly resilient, and its glands are constantly producing mucous that creates a protective film that covers the tissues. Rapid absorption and constant dilution by the mucous allow many essential oils to have profound effects without posing any risk when used in recommended amounts.

In fact, the scientific evidence for the safe internal use of **Lemon** is so strong that the FDA says it—along with many other essential oils—is generally regarded as safe (GRAS) for use in food.







Numerous clinical trials have shown that citrus oils, especially Lemon and Wild Orange, may promote an uplifting environment of calm and happiness . . .



**If it's recommended to consume Lemon essential oil daily, why is Citrus Bliss® not intended for internal use?**

Indeed, we're encouraged to use **Lemon** essential oil daily for its wide-ranging benefits, and all the citrus oils included in **Citrus Bliss** are actually recommended for internal use, but dōTERRA does not recommend the oil blend for internal use.

The why actually has more to do with its intended purpose than as an actual safety concern. **Citrus Bliss** was developed specifically to take advantage of the amazing aromatic qualities of these limonene-rich essential oils, which pair amazingly with vanilla bean absolute. When you hear vanilla bean, you probably immediately think of ice cream, but vanilla bean absolute is commonly used in perfumes and other aromatic products because of its wonderful scent. Vanilla bean, when combined with the wide array of citrus oils, makes **Citrus Bliss** perfect for diffusing or other aromatic practices. It isn't intended for internal use because its most promising benefits are associated with its positive and invigorating aroma.

**Why do citrus oils create an uplifting environment? How do they work?**

Citrus oils are known for their uplifting and energizing aromas, which is why they're becoming increasingly popular in a variety of settings. Numerous clinical trials have shown that citrus oils, especially **Lemon** and **Wild Orange**, may promote an uplifting environment of calm and happiness, whether you're at the doctor's office or at home. In fact, many dōTERRA research partners have medical facilities that use citrus oils aromatically.

While we don't have a full understanding of why essential oils are so effective in this manner, we do know it's predicated on the connection between the olfactory and limbic systems. It's biology 101: if you want to influence or uplift your environment, the most direct path to doing so is through your nose. Once inhaled, essential oil molecules travel through your nose to the olfactory epithelium, where the aroma stimulates receptors. When activated, these receptors transmit a signal to the olfactory bulb, which in turn passes on this information to the necessary components that comprise the limbic system. Citrus essential oil aromas— in fact, essential oil aromas in general—can have positive influences when this pathway is used.



**How does an oil blend of Lavender, Peppermint, and Lemon help with seasonal discomfort? Are there other essential oils that help with seasonal discomfort?**

You may celebrate the arrival of warmer weather, but the change from winter to spring can bring all kinds of environmental threats. To help ease these seasonal discomforts, consider using **Lavender**, **Peppermint**, and **Lemon** in your home or workspace. Clinical research has shown that aromatic use of **Lavender** may be soothing, with **Lemon** showing similar properties in experimental research. And **Peppermint** has been shown to have repellent properties when used aromatically or topically. These essential oils can be used individually by preference or may be combined in a helpful blend.

**TriEase® Seasonal Blend Softgels**—a combination of **Lemon**, **Lavender**, and **Peppermint**—were developed to provide protection against seasonal elements and change.\* For more specific concerns, such as supporting feelings of clear breathing, consider aromatically using **dōTERRA Breathe® Respiratory Blend** or **Eucalyptus** essential oil.

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# Triathlon: The Family Adventure of a Lifetime

## The Lifestyle of Adventure

Part swimming, cycling, and running, the triathlon is an incredibly demanding sport. Professional triathletes dedicate years of their lives to intense training in order to compete in triathlons around the world. But for Tim O'Donnell and Rinny Carfrae, triathlons are also what brought them together.

In 2009, Tim and Rinny were both competing in a race at St. Croix, where Tim jokes, he had to win the race to get Rinny's attention. Since then, they have both competed and placed in triathlons across the globe. Rinny has won the Ironman World Championship three times, and Tim currently holds the record for the fastest American in the World Championship. They also created the Tim & Rinny Show, a YouTube channel chronicling their training and daily life, and have two beautiful children: Izzy and Finnian.

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## Every Day Is an Adventure

Their lives have been full of adventure. As they look back over their careers, Rinny and Tim are amazed at where the triathlon has taken them. Over the past 20 years, they have raced on every continent except Antarctica! Competing has exposed them to a variety of cultures and people, which they've loved being able to experience as a family. Sometimes getting to the destination has been the biggest adventure. "We call it the travelling circus," Tim remarked as he recounted the numerous pieces of luggage and gear they've had to pack to be ready for their races and take care of their toddler.

In fact, parenthood has been an adventure all its own. Tim and Rinny have enjoyed sharing their love of being active with their daughter. Izzy loves to do anything mom and dad do, including running, swimming, and riding the new bike she received from Santa last Christmas. Rinny and Tim feel that their children have given them a new sense of purpose in their training and racing: "What we've found with this adventure is a renewed motivation, excitement, and joy for what we do. It's rejuvenated our careers." They look forward to all the coming adventures they will have together with Finnian, their new addition to the family.



“We love to challenge ourselves on so many different levels and try to find that best version of ourselves.”



### Building Healthy Routines

Having healthy routines has helped Tim and Rinny find success on the world stage as triathletes. It's taken years of consistent effort to get where they are today, and they've found joy in self-improvement: "We love to challenge ourselves on so many different levels and try to find that best version of ourselves."



For those wanting to add more physical activity to their health and wellness routines—whether on a personal or competitive level—Rinny and Tim offer this advice:

- + **Find joy, peace, calm, or happiness from training.** You'll love it and will want to keep doing it.
- + **Find a coach or group that you click with.** Involving other people in your exercise routine can help you stay motivated.
- + **Pace yourself.** Set realistic goals you can continue to build upon.
- + **Understand your motivation.** Think about why you want to be more active and fall back on that when things get hard.
- + **Don't compare yourself to others.** Everyone has different circumstances. What's important is that you find happiness in your own personal progress.
- + **Be accountable to someone you trust.** Share your goals with someone that loves you, but won't judge you. They can encourage you to keep moving forward.

Overall, Tim and Rinny feel that when it comes to creating a healthy exercise routine, it's important to find balance. They believe physical activity should be a positive part of your life, not something that consumes it. Tim credits their ability to continue their racing careers to their pursuit of balance. For them, balance means prioritizing their family and taking time to relax during the off season. Rinny says, "Everyone finds their routine as they go along. Find what works for you. That's the key."

Tim and Rinny also enjoy using dōTERRA products in their health and wellness routines. Like many athletes, they were first introduced to dōTERRA with **Deep Blue® Rub**. However, they soon found a variety of products they love to use for natural support. Rinny's favorite product is **dōTERRA Breathe®**, and Tim's favorites include **Lavender**, **Tea Tree**, and **Oregano**. Additionally, they both love using the **dōTERRA On Guard®** line throughout their home.

Rinny and Tim are looking forward to the next big race and lots of family experiences. When you are professional triathletes with two children, the adventures never end. If you'd like to follow Tim and Rinny on their journey, check out their YouTube channel (The Tim and Rinny Show) or follow them on Instagram: [@mirindacarfrae](#) and [@tointri](#).





# The Lifelong Adventure of Creating a Healthy, Sustainable Routine

## The Power of Routine

The power of a purposeful routine can't be understated. While at first glance it may seem schedules and routines limit your flexibility and freedom, quite the opposite is true. Establishing routines can create a level of efficiency that frees up more of your time! Intentional routines also maximize and increase your energy. When it comes to routines that support your health and wellness, the rewards you'll reap are endless.

## Finding a Sustainable Routine

Along with being purposeful and intentional, routines should also be sustainable. Finding optimal health and wellness routines for your family takes time and practice.

But what does a sustainable routine look like? The answer is, of course, different for everyone. In fact, the answer will likely also depend on your stage and season of life. While it does take time and perseverance to establish a routine, at the end of the day if a routine isn't working, then it's not a sustainable routine. The same can be true of a routine that functioned seamlessly in the past but is no longer working for you in your current situation. This is part of what makes creating healthy, sustainable routines a lifelong adventure.

When this inevitably happens, try to see it as an exciting opportunity to rework, refresh, and recreate that piece of your lifestyle. Try not to compare yourself to others and their seemingly perfect health and wellness habits. Let your routines be as unique as you are!





Laying the Foundation for Your Routine

Many categories of health and wellness exist, with countless possible routines, but the two arguably most important are to develop strong routines in eating right and exercise. These two categories are the foundation of the Wellness Pyramid, and you can make maintaining healthy diet and exercise routines easier and more enjoyable.

While they can't take the place of whole, nutritious foods, supplements can be essential to making sure you don't leave gaps in your nutrition. Make sure the **dōTERRA Lifelong Vitality Pack®** is part of your daily routine. You might like to take it first thing in the morning, at lunch, or even split when you take it, taking half at breakfast and half at dinner. Do whatever works best for your lifestyle and routine—just get those supplements daily!

Finding the time and energy to prepare all the fruits and vegetables you need can be overwhelming. For those days when getting it all in just isn't going to happen, the new **dōTERRA® Nutrition** line makes up the difference.

**dōTERRA Greens** includes vital nutrients provided by green foods, superfoods, and essential oils. It makes getting your fruits and veggies in nearly effortless, regardless of day or routine.





Natural apple fiber and flax seed help support healthy digestive function and maintain heart and immune health.\*



Protein and fiber are essential parts of a healthy diet. You need both for everything from energy to weight management and metabolism.\* It's especially important to start your day with this powerful duo. **dōTERRA Protein** and **dōTERRA Fiber** make it convenient and delicious. **dōTERRA Protein**—available in Chocolate, Vanilla, and Vegan—has 21 grams of protein per serving, with a clean label of ingredients. **dōTERRA Fiber** is a proprietary, lemon-flavored powdered drink, with five grams of soluble fiber. It also contains a variety of prebiotics, as well as the refreshing flavor of **Lemon** essential oil.\* Natural apple fiber and flax seed help support healthy digestive function and maintain heart and immune health.\*

Fiber is also necessary for gut health. A strong, flourishing gut microbiome supports nearly everything else in your body: the immune system, mood regulation, and so on.\* In addition to incorporating foods into your diet that are good for your gut, make **PB Assist®+ Probiotic Defense Formula** a part of your daily routine.\*

Design your surroundings to support your routines.

-  Lay out your workout clothes and running shoes for the morning before you go to bed the night before.
-  Put the essential oils you want to use more often in a visible and accessible place.
-  Pair up or layer routines. If you're trying to establish a new routine but are struggling to remember to do it, try pairing it with something you're already consistent with. This helps create a built-in support and reminder of the new routine you're attempting to implement.
-  Make it easier to grab a healthy snack than an unhealthy one.

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# A New Way to Get Natural Nutrition

## dōTERRA Protein

dōTERRA® knows protein is vital for a healthy diet. It's what gives your body stamina and helps it do everything from building cells and muscles to keeping the immune system healthy.\* There are three **dōTERRA Protein** options: two flavors of whey (Chocolate and Vanilla) and a plant-based variety (Vegan). **dōTERRA Protein** contains 21 grams of protein per serving and is completely free of gluten, soy, GMOs, and rBST hormone. It's even sugar free, giving you a much cleaner, more natural and effective product.



## dōTERRA Fiber

Fiber is incredibly important for overall health, but it's also one of those nutrients that can be hard to get enough of—until now.\* **dōTERRA Fiber** is an easy way of adding six grams of soluble and insoluble fiber to your diet every day. It's made from whole-food sources, including apple, tapioca, and flax seeds. Plus, it includes **Lemon** essential oil, which contributes to its sweet, tangy taste. And to top it all off, **dōTERRA Fiber** also contains a prebiotic blend, which helps support your gut health.\* With just a scoop, you're one step closer to getting your daily dose of natural fiber.



## dōTERRA Greens

Getting plenty of fruits and vegetables is an essential part of a healthy, balanced, and nutritious diet. Rich, dark leafy greens are especially powerful for our general health.\* Often though, there just isn't sufficient time to prepare the fruits and vegetables your body needs. **dōTERRA Greens** makes getting greens into your diet super simple. This amazing supplement is a unique blend of fruits and vegetables naturally sweetened with monk fruit. And of course, it's vegan friendly and contains no GMOs or gluten. **dōTERRA Greens** also has a special superfood blend, as well as Lemon and Ginger essential oils. Adding fruits and vegetables to your diet has never been easier.

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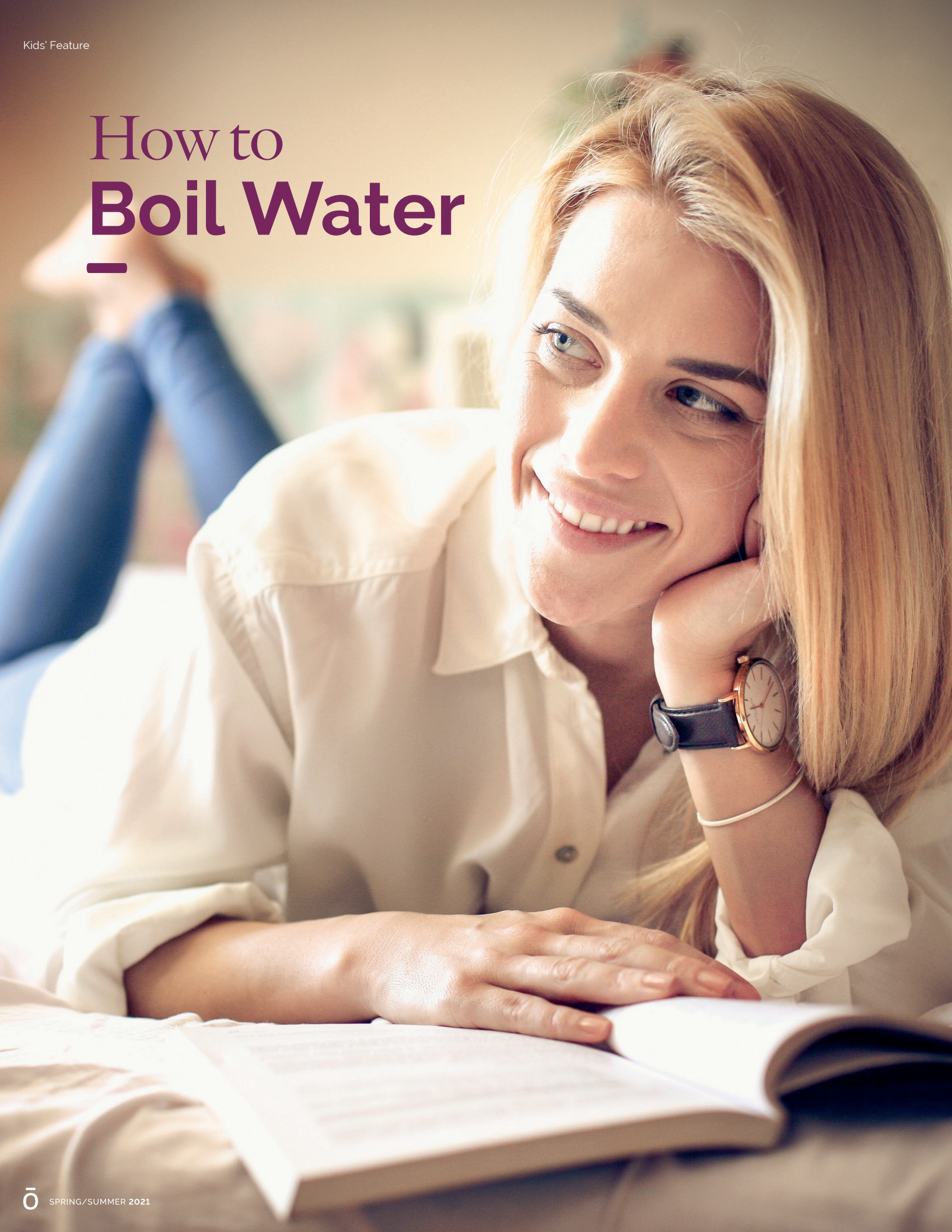
“Some of the best experiences in my life have happened because I was willing to take a chance. It may seem scary, but sometimes the biggest risks you take end up being your greatest adventures.”

Mark Wolfert, Founding Executive





# How to Boil Water



Do you remember what it felt like to be on your own for the first time? The rush of excitement, anticipation, and—just maybe—fear as you embarked on a new adventure? Emotions like this often come flooding back when you find yourself helping your grad prepare to move out.

You may wonder if you've taught your child everything you can. Does he know how to boil water for that macaroni and cheese or those prepackaged noodles you know he'll eat? Does she know how to write a check and change a tire? Budgeting, cleaning, taxes, the difference between dish soap and dishwasher soap—the list goes on. While you may never feel completely ready for this next step, we have some tips, products, and recipes to help give your grad wings with which to fly from the nest.

## Create a Health and Wellness Routine

For many, being on their own means they're experiencing grocery shopping and preparing meals for (quite possibly) the first time. Prioritizing health and wellness can be a struggle, no matter the stage of life. Encouraging your kid to make eating right and exercising a part of his daily routine will continue to benefit him well past his first year of college. Teach him basic recipes pre-moving day and help him build the confidence needed to prepare healthy meals on his own. This basic balsamic vinaigrette recipe (*see page 30*) is a simple dressing that's delicious on any mix of lettuce and veggies. With this recipe in his kitchen toolbelt, you'll feel better knowing he has one more way to get his greens.





If cookies are more her nutrition style, then she'll love these easy oatmeal breakfast cookies. They're effortlessly tailorable to her liking by swapping ingredients and trying new combinations.

## Easy Oatmeal Breakfast Cookies

**Ingredients:**

3 large bananas, overripe

3 drops **Tangerine** oil

2 cups rolled oats

½ cup nut butter

½ cup chocolate chips, raisins, or blueberries

**Instructions:**

1. Preheat oven to 350°F.
2. Line a large baking sheet with parchment paper.
3. Place bananas in a large mixing bowl and partially mash with a fork.
4. Add **Tangerine** oil and continue until fully mashed.
5. Add in rolled oats, nut butter, and chocolate chips or raisins and mix well. (If using blueberries, wait until the mixture is fully combined, then stir in with a spatula.)
6. Depending on how large you like your cookies, roll two to three tablespoons of dough into balls and place them, evenly spaced, on your lined cookie sheets. (A small cookie scoop works great too!)
7. Using the back of a spoon or measuring cup, slightly flatten each cookie. (These cookies will not spread in the oven.)
8. Bake for 10–12 minutes or until slightly golden. Cool on the cookie sheet for approximately 10 minutes before transferring to a wire rack to cool completely.
9. Store in the refrigerator for up to a week or freeze for up to two months.

These easy oatmeal breakfast cookies are perfect for when your grad is rushing off to class, wanting a snack, or even when she's heading out on a hike. On that note, don't forget to encourage her to exercise; moving 30 minutes a day will help her develop her personal healthy lifestyle.





## Basic Balsamic Vinaigrette

**Ingredients:**

- ¼ cup balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 small red onion, peeled and cut into large chunks
- 1 teaspoon minced garlic
- 1 teaspoon honey or brown sugar
- 2 drops **Wild Orange** oil
- ¾ cup extra virgin olive oil
- Salt and pepper

**Instructions:**

1. Place the vinegar, mustard, onion, garlic, honey, and **Wild Orange** oil in the blender, blending until combined and the onion is finely chopped.
2. Slowly blend in the olive oil.
3. Add salt and pepper to taste and transfer to an airtight container. Store in the refrigerator until ready to enjoy over your favorite salad.



## Simple Smoothie

**Ingredients:**

- 1 cup frozen fruit, cubed
- 1 cup liquid (juice, almond or coconut milk, or water)
- 1 scoop **dōTERRA Greens** (or **dōTERRA Fiber** or **dōTERRA Protein**)
- 1 cup fresh greens (spinach, kale, or your choice of other greens)

**Additional Ingredients:**

- 1 teaspoon honey or your choice of sweetener
- ½ cup yogurt
- 1 tablespoon nut butter

1. Place desired ingredients into blender.
2. Blend on high until smooth.



Now is the perfect time to reiterate the benefits of using natural products to support his health and wellness routine. To make this effective and convenient, spend time together selecting the best **dōTERRA® Wellness Program** for his needs. Your grad can pick from **Immunity, Relief, Mind & Mood, Sleep, or Respiratory**, and then have consistent natural products delivered right to his (new!) door.

### Build Healthy Hygiene Habits

You've taught the need for good personal hygiene her entire life. Encourage your grad to continue maintaining this habit after she moves out. Help her understand that setting aside time each day to take care of herself will help her feel her best and make a good impression on all the new people she'll meet. Build the perfect gift box with **dōTERRA On Guard® Natural Whitening Toothpaste** and **Mouthwash, dōTERRA Salon Essentials® Protecting Shampoo** and **Smoothing Conditioner**, and **dōTERRA Natural Deodorant**.

Set your college student up for success with a few more items in that housewarming package, starting with the **Pilōt™ Diffuser**, which is the perfect size for any apartment or dorm room.

Don't forget the essentials: **dōTERRA Balance®, Adaptiv®, and dōTERRA On Guard**. These are must-have for your grad to begin building habits with powerful natural products.

When your grad is ready to leave, you'll wonder if you've done everything you can. These tips, products, and recipes are here to help your grad start life's journey off on the right foot. And remember, it's not necessarily about teaching how to boil water, but rather about the principles you've instilled as your child has grown and matured. The most important thing your grad will need during this big step is your love and support. Do your best, hug tightly, and send your child off on this new adventure with a smile!

Now is the perfect time to reiterate the benefits of using natural products to support his health and wellness routine.



# Targeted Wellness Delivered

If you're looking for an easy way to power up your health routines, look no further. We've removed the hassle of figuring out which essential oils and products to use with the dōTERRA® Wellness Programs.

Here's how they work in three easy steps:

- Step 1: Choose your program
- Step 2: Use your products
- Step 3: Own your health



### Respiratory

Sit back, relax, and breathe easy, because the **Respiratory Wellness Program** has all the products you need to naturally support the health of your respiratory system.\* Invest in your immediate and long-term respiratory wellness by creating meaningful routines around the products in this **Wellness Program**.\*

A collection of dōTERRA Respiratory Wellness Program products, including a box labeled "dōTERRA breathe", a box labeled "dōTERRA Respiratory Kit | 1", and several small bottles of essential oils, all arranged on a light-colored surface.

### Mind & Mood

We believe that you shouldn't be held back by the daily ups and downs of life and that you don't need to suffer in silence. That's why we put together the **Mind & Mood Wellness Program**, just for you. You'll receive countless benefits from using these products consistently. As you become accustomed to the routines and self-care offered by these products, the results and effectiveness become even better.



### Relief

If you find you lack sufficient motivation to stick to your exercise routines due to discomfort, then the **Relief Wellness Program** is perfect for you. Each month, you'll receive a special kit filled with all the dōTERRA products you need to soothe and support you. Every product has been carefully selected by doctors, scientists, and researchers—who have decades of experience working with essential oils—to provide natural relief to bodily discomfort.\*



### Immunity

We live in a world where threats to health are everywhere. Creating routines that proactively support your health and the health of your family is not only empowering, but it's also incredibly practical. With the **Immunity Wellness Program**, you receive natural, immune-supporting products each month, delivered straight to your door and ready for you to incorporate into powerful, protective routines.\*



### Sleep

Create the ultimate restful environment every night with the **Sleep Wellness Program**. We all know sleep is immensely important to health, which is why the products you receive with this Wellness Program can be so life-changing.\* Get your new sleep routine in place and get your life back!

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





## Voice of the Vet: More Responsibility. More Love.

Dr. Jeanette Yamamoto is the owner/veterinarian of Peaceful Pets In-home Euthanasia Services, dedicated to keeping pets comfortable at home during the euthanasia process and improving the families' healing process that follows. She is certified in Animal Hospice and Palliative care through International Association for Animal Hospice and Palliative Care (IAAHPC) and is a member of the American Veterinary Medical Association (AVMA) and IAAHPC. She has been a dōTERRA Wellness Advocate since December 2014 and is a member of the dōTERRA Veterinary Panel.

Many people are trying their best to find the silver lining in the face of unexpected changes and new life demands. For some, one of those potential silver linings comes in the form of a new four-legged friend, like a dog or a cat, through adoption (my preferred method) or purchase. But before you jump into that big decision, you'll want to consider some important points.

A new pet is a long-term commitment. You may, for example, be working from home right now, but what will your future work schedule look like? Will you be gone for a third or even half a day? If your situation changes, are there doggie day camps, pet sitters, or dog walkers you can employ if you go back to an office to work? Also, under normal conditions, do you vacation often? Are your vacations pet friendly?

What type of pet is right for you? Dog? Cat? Bird? Lizard? Young? Old? Doing your research prior to making the decision is truly important, and it's especially important to use reputable information sources.

If possible, head to a shelter or rescue and spend some time getting a sense of which pet would work best for you and your family.

Pets cost money! The financial aspects of pet ownership go well beyond initial adoption or purchase fees. The annual cost of owning a pet can be thousands of dollars when you account for veterinary care, food, supplements, toys, pet sitters or walkers, training, and boarding.

Do you already have other animals in the home? Are they tolerant of new arrivals? This is an especially important factor to consider. In some cases, bringing in a new pet can cause feelings of stress to current animals. You need to anticipate an adjustment period, which can last days to months, depending on your new pet's history and past experiences.

If you've evaluated your situation and decided on adopting a pet, then congratulations! A lot of fun and excitement awaits you.





As a dōTERRA® customer, you know the power of essential oils and love using them on yourself and in your household, but what about with your new furry family member? The amazing purity of dōTERRA essential oils allows us to safely use them with our pets, but we always want to make sure they're comfortable with the oils.

Here's what you need to know to ensure your new pet is comfortable in its new environment.

- + Start slowly to gauge your pet's reaction.
- + With topical application, remember that less is more.
- + Always use carrier oils to dilute essential oils.
- + Be aware of any pre-existing medical conditions your pet may have, as this can limit specific essential oils that are safe for use.
- + Avoid "hot" oils.
- + With diffusing, start with one to two drops of each essential oil in a water-based diffuser on an intermittent setting. Whenever diffusing around animals, ensure that the diffuser is in an open area and that your pet can easily leave the room if desired.
- + With internal usage, be aware of which essential oils are safe for animals. These can be administered in capsules, food or treats, or water (for dogs). They can also be rubbed onto the gums. With cats, remember that topical application on the fur typically results in oral ingestion through self-grooming.
- + Each animal—just like each person—is different when it comes to sensitivity with essential oils, so monitor for any adverse reactions, including vomiting, lethargy, and breathing issues.

If you decide now is the time to bring home a new pet, I know that dōTERRA essential oils can help create a positive experience and welcoming environment for your new friend.

Personally, my family and I have adopted six dogs and four cats over the past 20 years. We currently have four pets: two cats (both over 14 years old), a five-year-old pit bull mix, and a three-year-old Yorkshire terrier mix. We have six diffusers in the house, with at least two going throughout the day. Over the past six years, I've used many dōTERRA essential oils in a diffuser with no adverse reactions from any of my pets. The diffusers run on an intermittent setting, and my pets are free to roam from room to room. I've also safely used essential oils topically for my pit bull's skin issues, my Yorkie's occasional anxious feelings, and one of my cat's joint discomfort. Essential oils have become an integral part of my life with my pets.



Oils to avoid for both cats and dogs:

- + Tea Tree
- + Birch
- + Wintergreen



Oils to avoid for cats:

- + Peppermint
- + Spearmint

The last thing I'll say when bringing a new pet home is one of the biggest concerns you might run into is feelings of nervousness from the pet. Thankfully, dōTERRA has many natural options to help create a soothing and calming environment for your new friend. Some of the calming essential aromas I'd recommend as you introduce a new pet into the household are **Lavender**, **dōTERRA Serenity®** (not for internal usage), **dōTERRA Balance®** (not for internal usage), **Copaiba**, and **Frankincense**. One or two of these essential oils can be applied to new bedding or a carrier for transportation. You can also apply a drop or two to your hands, rub them together, and pet your newly adopted furry friend prior to transportation. Again, don't forget your cat self-grooms, so any topical application on the fur typically results in oral ingestion.

If you decide now is the time to bring home a new pet, I know that dōTERRA essential oils can help create a positive experience and welcoming environment for your new friend. I've seen their power in my own life and practice, and I can't wait for you to experience it as well!

*dōTERRA essential oils have not been specifically formulated for animals. All recommendations are based off the personal experiences of a licensed veterinarian and have not been tested in a clinical setting. Please consult your veterinarian regarding your specific animal.*





“And into the forest I go, to lose  
my mind and find my soul.”

John Muir





# Everyday Charcuterie

You’ve seen them in your favorite magazines, on the social media channels of the most popular lifestyle influencers, or maybe even at the last party you attended. Unlike bellbottoms and bouffant hairdos, the charcuterie board is a hot trend that won’t soon lose its favor in kitchens around the world.

A French custom, charcuterie is—simply put—the art of preparing meats and cheeses. Born from the need to preserve meats before refrigeration, charcuterie has morphed into an artform like no other. You can stick to the basics of meats, cheeses, breads, olives, fruit, and nuts, but venturing out and getting creative is highly encouraged!

### Have you jumped on board yet?

Mealtimes don’t need to be problematic or complicated. Whether you’re bored of the same old food, looking for ways to help your family eat healthy, or wanting to entertain your family or a crowd, the charcuterie board is right for you.

Preparing a charcuterie board isn’t difficult and doesn’t need to be time consuming. The everyday charcuterie board is an adventure of flavors and textures, and it’s an easy way to use up what’s left in the fridge. Let your kids be part of the action as you throw together a charcuterie board for breakfast, lunch, or dinner. Not to mention, it’s a great way to have healthy snacks readily available throughout the day.



Need help getting ideas flowing?  
Just open your fridge!

Slice an apple and grab those grapes, carrots, or celery. Don't forget deli meats, cheese, pickles, and your favorite crackers and jam, then you're set. Upgrade your favorite store-bought pepper jelly by adding a drop of **Lime** essential oil—it really takes things up a notch. Drizzle the jelly over a serving of cream cheese and enjoy with crackers and the rest of your everyday charcuterie setup.

Maybe a special day is coming up soon, when you'll celebrate with a traditional birthday breakfast. Use a large wooden cutting board to display bacon, pancakes, fresh fruit, pats of butter, and this delicious **Wild Orange** syrup. Keep your pancakes warm until you're ready to assemble your board by placing them on a baking sheet inside a 200°F oven.



Wild Orange Syrup

Ingredients:

- 1 cube butter
- 1 cup sugar
- 1 cup buttermilk
- 1 drop **Wild Orange** oil
- 1 tablespoon corn syrup
- ½ teaspoon baking soda

Instructions:

1. Melt the butter in a large pot on medium heat.
2. Once melted, mix in the sugar.
3. Add the buttermilk, **Wild Orange**, and corn syrup. Whisk until combined.
4. While mixing, slowly add the baking soda.
5. Remove from heat and serve with Ginger pancakes.

Tips:

The syrup will start foaming quickly. Keep stirring until foaming stops.



Let's get inspired by taking spaghetti night to the next level! Try these fun recipes on a family-favorite charcuterie board that will have everyone reaching for seconds.

The Italian Board

- Ingredients:**
- Piles of spaghetti, cooked
  - Jazzed up marina sauce (see recipe)
  - Meatballs
  - Sliced baguette
  - Italian bread dip (see recipe)
  - Black and green olives
  - Mini mozzarella balls, sprinkled with Italian seasoning
  - Cherry tomatoes

Italian Bread Dip

- Ingredients:**
- ¼ cup olive oil
  - 1–3 tablespoons balsamic vinegar (to taste)
  - ½ teaspoon Italian seasoning
  - 1 tablespoon Parmesan cheese (optional)
  - 1–3 drops **Oregano** oil (start with a just a toothpick and progress to drops for desired flavor)

**Instructions:**

Gently mix all the ingredients in a bowl that's large enough to dip into. Dip your favorite Italian-style bread into the bowl and enjoy.

Jazzed Up Marinara Sauce

Every family has a favorite red sauce, but if you don't have the hours it takes to make grandma's recipe, then here's a simple yet delicious recipe that will jazz up a few store-bought cans of tomatoes.

- Ingredients:**
- 2–3 tablespoons extra virgin olive oil
  - 1 medium yellow onion, diced
  - ½ medium green pepper, diced
  - 4–5 white mushrooms, diced
  - Salt and pepper
  - 2 teaspoons minced garlic
  - 1 can tomatoes, diced
  - 1 can tomato sauce
  - 1 drop **Oregano**, **Basil**, and **Thyme** oil
  - 1 tablespoon sugar

- Instructions:**
- Heat three to four tablespoons of extra virgin olive oil in a large saucepan over medium heat.
  - Add diced onions and green peppers and cook for two to three minutes, stirring occasionally.
  - Add diced mushrooms, one teaspoon of salt, 1 teaspoon of pepper, and minced garlic, reducing the heat to medium-low, cooking for six to seven minutes, and continuing to stir occasionally.
  - Add canned tomatoes and tomato sauce and return heat to medium, simmering for approximately 15 minutes and stirring frequently.
  - Remove the sauce from heat and mix in one drop each of **Oregano**, **Basil**, and **Thyme** oil and one tablespoon of sugar.

These are just a few ideas for taking your basic meal and making it anything but! It's time to get creative and have fun. Dig through your fridge and cabinets, grab a cutting board, cookie sheet, fancy serving tray, or anything else you have around the house to create your own everyday charcuterie!

Whether you're bored of the same old food, looking for ways to help your family eat healthy, or wanting to entertain your family or a crowd, the charcuterie board is right for you.



# I Need to Get My Body Back

Every day, your body is there for you. Your legs climb mountains at work, at the gym, at home, or on literal hikes. Your arms and hands pull loved ones close in an embrace, bandage a scraped knee, and create nutritious meals for you and your family. Your body shakes when you laugh, sways when you dance, and turns the food you eat into energy that fuels the pursuit of your dreams. It's the beautifully imperfect vehicle through which you experience life.

Though your body is ultimately how you experience all the good this world has to offer, it can also be a source of shame, frustration, and deflation—if you let it be. How you view your body is entirely up to you. Choosing to feel gratitude for who you are leads to higher self-compassion and self-esteem. Alongside mindset, small but consistent efforts to take care of your body in each area of the Wellness Lifestyle Pyramid combine into powerful results for your long-term health and wellness.

## Eat Right

The foundation of the Wellness Lifestyle Pyramid is eating right. All other levels of the pyramid stand on the groundwork of good nutrition. Give your body what it needs, and it'll thrive.

## Exercise

Regular exercise strengthens the muscles and supports the cardiovascular, circulatory, and lymphatic systems, among other crucial benefits. Try to move purposefully for at least 30 minutes every day. Keep a bottle of **Deep Blue® Rub** handy to soothe muscles.



## Getting plenty of deep, restful sleep is vital to achieving wellness and vitality.

## Rest and Manage Stress

Sleep improves general mood and gives your body the opportunity to repair and renew. Getting plenty of deep, restful sleep is vital to achieving wellness and vitality. Managing stress is another crucial element of optimal function and health. **Yarrow|Pom** can benefit you here in several ways. When used internally, it is calming to the mind and body.\* **Yarrow|Pom** also offers powerful antioxidant support when taken internally.\* Antioxidants fight off free radicals, minimizing the effects of oxidative stress and helping your cells function healthily and happily.\*

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



Reduce Toxic Load

Your body is designed to filter and eliminate toxins, and it's incredibly effective at it. However, your body can be burdened with a toxic load that's too large to manage. Every effort you make to reduce the toxins that enter your body lightens its load and makes it easier for your organs to do what they do best.

One of the best ways to start reducing your toxic load is with self-care products, replacing any questionable items with natural versions that have a clean label of ingredients. Doing so can make a huge difference in how you feel. dōTERRA® has a new, reformulated hair care line that's safer and more natural and effective than ever.



“You’ve got to get up every morning with a smile on your face and show the world all the love in your heart. . . . You’re gonna find, yes you will, that you’re beautiful as you feel.”

Carole King

Informed Self-Care and Proactive Medical Care

The last two levels of the Wellness Pyramid are informed self-care and proactive medical care. Informed self-care includes those things you do to support your health when you aren't feeling your best. It's also the simple daily actions to proactively care for your future health and that of your family.

Proactive medical care refers to the healthcare provided by your physician. But the proactive part is critical. Stay up to date with regular preventative care visits and build a relationship with your physician.

Show the World All the Love in Your Heart

Taking care of your health can do wonders for your confidence, but it's only part of the equation. Your most important and impactful beauty comes from within. In her classic song "Beautiful," Carole King sings, "You've got to get up every morning with a smile on your face and show the world all the love in your heart. . . . You're gonna find, yes you will, that you're beautiful as you feel."

Focus on sharing your inner beauty, and the outer you will shine.



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Pure, Simple, Natural

With new and updated formulas—not to mention sleek, more sustainable packaging—the dōTERRA® Hair Care line is back and better than ever.

Protecting Shampoo

- + Color-safe and gentle enough for all hair types

Daily Conditioner

- + Nourishing, protective, and lightweight for daily use

Leave-In Conditioner

- + Three-in-one spray: conditions, detangles, and provides heat protection

Coming Soon

None of these:

- + Parabens
- + PEGs
- + Phthalates
- + Synthetic fragrances
- + Formaldehyde or formaldehyde donors
- + Silicones
- + Petroleum, mineral oils, or petroleum-derived ingredients
- + Propylene glycol

Lots of these:

- + CPTG Certified Pure Tested Grade™ essential oils
- + Hydrating oils like avocado oil, shea butter, and coconut oil
- + Simple and clean products from Mother Nature







**̄**  
PROMO | **Essential Oil**  
*Spotlight*

# Wild Orange

*Citrus sinensis*

**Distillation Method:** Cold-pressed/expressed  
**Aromatic Description:** Sweet, fresh, citrus  
**Plant Part:** Orange rinds (peel)

Do you feel sluggish in the morning and need an energizing aroma before heading off to work? Need a refresh to help you start on your next project? Want your kitchen to smell like an enlivening orange grove instead of stale refrigerator leftovers? The solution to these problems is **Wild Orange** essential oil! We could all use a pick-me-up now and again, and this powerful citrus oil can help clear away the clouds, no matter what the day holds. With a bright, cheery aroma and cleansing properties when used topically, **Wild Orange** could be the energizing aromatic boost you need today.

**Wild Orange** helps support digestion and a healthy inflammatory response when ingested.\* Plus, the refreshing citrus aroma lends itself to transforming any dreary atmosphere into one of energy, happiness, and hope. Whether you love the extra citrusy sweetness, feel like your environment is lacking enthusiasm, or just want to add some brightness to your day, **Wild Orange** essential oil is here for you.

**Fun Fact** —  
Since ancient times and across many cultures, orange trees have been a symbol of love and marriage.

## How to Use dōTERRA Wild Orange

### Topical

- + Place two drops on your palms, rub them together, and inhale deeply for an energizing boost.
- + Add a few drops to a spray bottle with water, spritz over countertops, and wipe down for a clean surface.

### Internal

- + Add a drop to your water every day for a burst of flavor and to promote overall health.\*
- + Place a drop in a **Veggie Cap** and swallow to help support digestion.\*

### Aromatic

- + Diffuse for a sweet aroma as you're getting ready in the morning.
- + Before company arrives, diffuse to create a fresh and inviting environment in your home.

*Citrus oils can cause photosensitivity, so we don't recommend using them if you plan to be in direct sunlight or UV rays within 12 hours after topical application.*

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

# The Call to Adventure

The frigid, homebody-inducing weather has finally faded, revealing the glorious outdoors once again. It's that wonderful time when adventure beckons: hiking and camping, road trips and picnics, the lake and beach, and many more memorable destinations await you.

Whatever you do for fun and family bonding can be even more enjoyable when you properly plan and bring the perfect essential oils.





Hit the Road

Little is more synonymous with this time of year than road trips—except maybe watermelon. It's a thrilling experience for all ages, visiting new places and creating lasting memories. Even if your adventure requires more seatbelt time than your kids might like, there are plenty of ways to combat the complaining.

You already know a simple yet effective way to influence the environment at home: diffuse an oil blend. Now you can take that remarkable power along for the ride with the new **Pilōt™** and **Roam™** diffusers!

These portable and rechargeable tools make diffusing all your favorite essential oils incredibly easy, ensuring the journey is just as enjoyable as the destination. So be sure to grab your handy transportable diffuser as you head out.

Diffuse the blends you love in order to calm and soothe or excite and uplift the atmosphere around you. We also recommend trying out these on-the-road diffuser blends:



New Car Smell

- 3 drops Wild Orange
- 3 drops Wintergreen

Commotion of the Motion

- 2 drops Peppermint
- 2 drops Lavender
- 2 drops Ginger

Pack the Best Supplies

Good food and appropriate supplies go a long way when you're headed outside. Don't forget the tin foil dinners and fire starter for camping in the woods, snacks and walking sticks for treks in the mountains, and watermelon and folding chairs for the beach.

Consider trying out this trail mix—the perfect treat when you're on the move—giving your traveling troop a simple but tasty snack that anyone can enjoy.



Tag Along Trail Mix

Ingredients:

- 3½ cups rolled oats
- 2 cups nuts (slivered almonds, cashews, and/or pecans)
- 1 cup sweet coconut, shredded
- ⅓ cup dark brown sugar
- ⅓ cup maple syrup
- 2 drops **doTERRA On Guard®** oil blend
- ¼ cup coconut oil, melted
- 1 teaspoon salt (omit if using salted nuts)
- 1 cup raisins (or other dried and chopped fruit like apricots or cherries)
- 1 cup chocolate chips or candy

Instructions:

1. Preheat oven to 250°F.
2. Combine oats, nuts, coconut, and brown sugar in a large bowl.
3. In a separate bowl, whisk together maple syrup, **doTERRA On Guard®** oil blend, coconut oil, and salt.
4. Pour liquid mixture over the dry ingredients and stir to combine.
5. Divide on two large sheet pans and bake for 1 hour, turning over the mixture every 20 minutes to ensure even baking.
6. Remove from the oven and leave on a sheet pan to cool. (If you want clumps of granola, press down the granola before it cools to help it stick together.)
7. Cool completely before adding any dried fruit.
8. Transfer to an airtight container for storage.





A Family Affair

What's an adventure without loved ones to share in it? Trips out the door are more memorable when others are involved—in the going and in the planning. As the warm seasons set in, sit down with your family to create the ultimate bucket list of activities you want to do together. (State and national parks are excellent starting points.)

Then, as a particular adventure approaches, divvy out assignments to get everyone involved and invested. Preparation also makes for fantastic learning experiences, teaching children how to plan ahead and have the essentials on hand, like extra water, nutritious food,

the newly reformulated **TerraShield® Outdoor Blend**, a first aid kit, and anything else appropriate to where you're heading and for what you're doing.

We've all been hibernating inside throughout winter, so now is the time to get out and explore the great outdoors. Take advantage of the weather, answering the call to adventure with those you love and with whom you want to make the best memories. Pack up your essentials, hit the gas and the road, and enjoy the wonders of the season!

For the Man Who's on the Go

One of our most popular diffusers is back—this time, in the exclusive Midnight edition! Give the important men in your life the gift of diffusing their favorite essential oils wherever they go, starting with the brand-new Midnight Forest Nature Blend.

This tranquil oil blend is a combination of **Siberian Fir, Cypress, Juniper Berry, Black Spruce, Wild Orange, Frankincense**, Pimento Leaf, Pimento Berry, **Cistus**, Caraway, and Labdanum. Its woody, grounding aroma encourages a calming atmosphere, making it an oil blend that'll surely be reached for again and again. This amazing scent can also be found in the **Midnight Forest Aftershave Lotion**.

All these incredible products are available for a limited time, so don't wait to snag your man the perfect gift.

Midnight Pilot™ Diffuser with Midnight Forest Nature Blend 15 mL

+ SKU: 60215542

+ Retail: \$79.33

+ Wholesale: \$59.50

+ PV: 25

Midnight Forest Body Wash 250 mL

+ SKU: 60215490

+ Retail: \$17.00

+ Wholesale: \$12.75

+ PV: 10

Midnight Forest Nature Blend 15 mL

+ SKU: 60215541

+ Retail: \$45.33

+ Wholesale: \$34.00

+ PV: 34

Midnight Forest Aftershave Lotion

+ SKU: 60215935

+ Retail: \$23.33

+ Wholesale: \$17.50

+ PV: 15



Coming Spring 2021



# Scents of Summer

When it comes to diffusing, citrus oils like Lemon, Wild Orange, Bergamot, and Lime often steal the show. Whether they’re diffused on their own or in a blend, citrus oils provide bright, uplifting aromas that make it hard not to smile. But don’t just take our word for it! See for yourself with some of our favorite citrus diffuser blends.



**Brand New Day**

- 3 drops Lime
- 3 drops Wild Orange
- 1 drop Lemon
- 1 drop Peppermint



**Citrus Spice**

- 5 drops Wild Orange
- 4 drops Lemon
- 3 drops Grapefruit
- 2 drops Clove



**Citrus Sunset**

- 5 drops dōTERRA Serenity®
- 2 drops Wild Orange
- 2 drops Citrus Bliss®



**Adventure Awaits**

- 3 drops Lime
- 3 drops Wild Orange
- 2 drops Tangerine
- 2 drops Lemon



**Fresh Start**

- 3 drops Spearmint
- 2 drops Grapefruit
- 2 drops Tangerine
- 1 drop Bergamot



**Citrus Haven**

- 5 drops Grapefruit
- 3 drops Roman Chamomile
- 2 drops Lime
- 2 drops Lemon
- 2 drops Wild Orange





“ See your life as a giant adventure. Keep pushing the envelope—and remember that every dream starts off small. ”

Robin Sharma, Leadership Expert



# Wind-Blown Fragrance

In Hawaiian, mapuana means “wind-blown fragrance”—a beautifully fitting name for Mapuana Mergel, who loves the wind in her hair and essential oils. Mapuana was born and raised in California by Hawaiian parents, who made family adventures a priority.

Some of Mapuana's favorite childhood memories are of camping trips on the beach with her family—a tradition she's continued with her own family. Mapuana and her husband, Sean, have two sons, Kekoa (whose name means “the brave one”) and Kalino (whose name means “the bright one”). She says about her sons, “They are both beyond adventurous.”

As a family, the Mergels love competitive rock climbing, snow sports, and traveling as much as possible. Despite the obstacles that come with a worldwide shutdown, Mapuana and her family still managed to enjoy a week-long boating trip along the California Delta last summer.

As both a clinical massage therapist and certified labor doula, Mapuana satisfies her drive to care for others while also cultivating adventure in her work life.

## Day to Day

As is true for many of us, Mapuana's greatest adventures are in her daily life. Biggest of all has been raising and homeschooling her two boys. As the second-oldest child in her family, Mapuana has always had a natural inclination toward nurturing and helping others. Years ago, the Mergels were foster parents, and their current day-to-day life involves caring for Mapuana's elderly mother, an experience and privilege that's been especially meaningful for both her sons.

Mapuana's remarkable aptitude when it comes to caring for others extends far beyond her immediate family. As both a clinical massage therapist and certified labor doula, Mapuana satisfies her drive to care for others while also cultivating adventure in her work life. As a massage therapist, Mapuana has been to Sturgis, South Dakota, for the big motorcycle rally, run a chair massage booth at her local farmers market, and even worked on movie sets in Hollywood!

Far more important, perhaps, are the experiences she's had working with recovering patients, performing compassionate pediatric body work in hospitals. Mapuana is pursuing her Heart Touch Facilitator Certification, which will allow her to teach others how to gently, compassionately work with medically fragile and terminally ill patients.



New Life

Another passion for Mapuana is helping mothers bring life into the world, as well as supporting and empowering them as they embark on one of the greatest journeys that life has to offer. As a certified labor doula, Mapuana provides much-needed services like education, massage, and constant emotional support and assistance for a birthing mother.

Mapuana's work as a doula has grown rapidly. Despite the challenges of 2020, Mapuana took her first out-of-state client last year—an experience that filled Mapuana with confidence and excitement for the future. A recent client broke Mapuana's record for the longest birth she's been part of with a 50-hour labor and delivery!

“I know I can’t be as big or adventurous if I don’t take care of myself.”

Which essential oils are always in Mapuana’s handbag?



The Importance of Self-Care Routines

For Mapuana, self-care is essential to an adventurous life. She says, “I know I can’t be as big or adventurous if I don’t take care of myself.” For her, that self-care includes daily meditation, exercise, proper nutrition, and all her favorite dōTERRA® products.

Each morning, Mapuana uses **dōTERRA Lifelong Vitality Pack®**, **Melissa**, **DigestZen Terrazyme®**, **PB Assist® Jr**, and **Frankincense**, as well as rubs **dōTERRA Breathe®** on her chest and **Blue Tansy** on her big toe! “It’s an activator that helps my creative energy flow.” When you’re too busy trying to clean up and manage the various messes of life that you stop taking care of yourself, Mapuana believes you don’t have the space or ability to truly embrace opportunities that come your way.

Along with preparing for a restful night’s sleep in the evening, Mapuana uses **Vetiver** on her feet, takes **Adaptiv® Capsules** and **dōTERRA Serenity® Restful Complex Softgels**, applies **Rose** on her neck and **Eucalyptus** on her chest, and—after her shower—sprays **dōTERRA Spa Hydrating Body Mist with Beautiful Blend** all over. When you have simple daily routines and structures that ensure you’re cared for, you’ll see the quality of your life rise.

An Adventurer’s Mindset

Your adventures may be big or small. They might be abroad or close to home. The key is always your mindset. Whether you’re at the park or visiting Paris, there’s beauty and opportunity all around you. The word adventure is on Mapuana’s vision board—a shining reminder to seek new experiences, as well as recognize the adventure in the life you’re already creating.



Which Essential Oils does Mapuana use as a birth doula?

Some of Mapuana’s favorite essential oils to use with mothers during labor include:



**Black Pepper** that’s diluted with a carrier oil to help with discomfort.



**dōTERRA Balance®** or **Elevation** to create a grounded, revitalized atmosphere.



**Lavender** or **dōTERRA Serenity®** for those who like a more relaxed, calm space.



**Wild Orange**, **Lemon**, or **Peppermint** for those who want a more positive, energized environment.



# Someone like You



When it comes to changing the world, we often wait for others to take the reins. We think, others are more fit to make a difference. Or, I don't know where to start. Or, I couldn't possibly make any real difference in the world. The truth is, as Dr. Seuss knew, that all it takes for things to get better is for someone to care. We're here to tell you that someone is you.

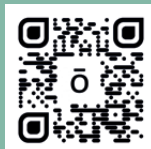
Helping others can be a grand adventure. You meet new people, visit new places, and maybe even learn new skills. But if you want to change the world, you'll likely need a little help. We already know you can make a difference. How do we know this? Because we've worked with hundreds of people just like you, partnering to bring impactful projects to life that change the lives of individuals, communities, and the world.

These partnerships are made possible through the dōTERRA Healing Hands® Match Program—a program in which dōTERRA® supports causes that are close to your heart. The goal of the Match Program is to empower our dōTERRA family to create positive and sustainable change in what matters most to them.

We don't simply donate time or money. We use our resources to lift the efforts that Wellness Advocates are already making to increase their impact. When a Wellness Advocate has a cause or project that needs help getting off the ground, dōTERRA Healing Hands matches raised funds up to \$15,000. This match gives projects the boost they need to really make a difference and change people's lives.

If you want to change the world but aren't sure where to start, see how these Wellness Advocates took on the grand adventure with help from the Match Program.

dōTERRA Healing Hands  
Match Program



“Unless someone like you cares a whole awful lot,  
nothing is going to get better. It's not.”

Dr. Seuss, *The Lorax*

## Mommy Matters

Did you know black women are two to three times more likely to experience a pregnancy-related death in the United States compared to white women? Nakeya Fields is a Wellness Advocate and the founder of the Therapeutic Play Foundation (TPF), an organization that works to address harmful trends surrounding the health outcomes of black families in the United States. TPF focuses on building a healthier, more resilient world through empowerment, education, art, and play. As part of TPF's mission to support families of color, they started the Mommy Matters initiative, a program designed to support pregnant women in low-income areas.

Mommy Matters takes a three-pronged approach to supporting expecting black mothers: mental health, physical health, and access to resources. This approach is accomplished by Support Squads, who help expecting mothers navigate their health before, during, and after pregnancy. A Support Squad includes a case manager, a mental health professional, and a licensed doula.

Did you know black women are two to three times more likely to experience a pregnancy-related death in the United States compared to white women?

Knowing that dōTERRA Healing Hands could magnify her efforts, Nakeya set up a matching campaign to help Mommy Matters establish a Maternal Health Outreach Support Squad for California communities like Pasadena, San Bernadino, and the Bay Area. Having seen these struggling mothers with her own eyes, Nakeya knows how terrifying it can be to worry about making it through pregnancy, labor, delivery, and beyond. With a support team behind them, these women will have the resources they require to focus on their health, while also enjoying the blessing of a new baby.







**Michelle's Love**

When you're a parent, it's your job to take care of your children, providing for and protecting them. For parents with cancer, it can feel nearly impossible to care for yourself, let alone your children. Michelle's Love is an organization that eases the daily burdens of single parents with cancer by providing financial relief, cleaning services, meals, and more so they can spend less time worrying and more time healing.

One of the main initiatives of Michelle's Love is providing meals to families who have a parent with cancer. After all, when the body is depleted after a long, long day of fighting cancer, getting dinner on the table can seem like an impossible task.

By partnering with Dream Dinners—an organization in Beaverton, Oregon—Michelle's Love is able to bring wholesome meals to families in need.

Wellness Advocate Karen Evans and her family have always been committed to supporting families that have been impacted by cancer. When Karen discovered Michelle's Love, she knew dōTERRA could help them make a difference. With a dōTERRA Healing Hands® matching campaign, Michelle's Love increased the number of meals they were able to offer to families each month. Not only did this help ensure that the children in these families were well fed, but it also eased the burdens on the parents doing their best to fight cancer for another day.

**Reining Warriors**

According to statistics, 22 veterans commit suicide every day in the United States. Issues with anxiety, depression, and PTSD make it difficult for service men and women to lead normal lives, and many don't have the resources to deal with such issues. Reining Warriors is a nonprofit organization with a mission to "heal with horses" through an eight-week equine program designed to help people who are hurting. The program allows participants to train in equine care, management, groundwork, and horseback riding, while also going through therapeutic experiences to help them heal. Though Reining Warriors also assists first responders, children, and others in need, they focus greatly on the needs of veterans, knowing just how difficult life after service can be.

Wellness Advocate Sonya Fullen joined forces with Reining Warriors, hoping to help the organization improve some of their facilities as they do their best to bring physical, emotional, and developmental healing to so many. Sonya reached out to dōTERRA Healing Hands, setting up a matching campaign to secure the funds to make the improvements. With this help from dōTERRA, Reining Warriors turned an old building on the property into an office and tack room, complete with a lean-to that will allow for some of the horse care to be done under cover when inclement weather arises. For the veterans who have given so much for their country, Reining Warriors is now better equipped to provide a healing and therapeutic experience to help them carry on.



Reining Warriors is a nonprofit organization with a mission to "heal with horses" through an eight-week equine program designed to help people who are hurting.





## Wellspring Living

Of the many challenges that survivors of human trafficking endure, integrating back into the world and finding education and job opportunities tend to top the list. Many survivors are years behind in school or at risk for not completing high school, which prolongs their vulnerability to sex traffickers and criminal activities. Wellspring Living is a nonprofit organization in Atlanta, Georgia, that provides sex trafficking victims—and those who are at risk for becoming victims—with specialized recovery services to make the transition easier.

Wellspring Living offers high-quality, individualized education, enrichment, and life-skill learning opportunities to help survivors overcome trauma, earn credits toward a high school diploma, and learn skills to empower them toward thriving once they're out on their own again.

When Wellness Advocates Amy Killingsworth and Joy Tarpley learned that the Girls' Residential Program at Wellspring Living needed several major upgrades to their onsite school and kitchen to maintain a safe learning environment, they reached out to dōTERRA Healing Hands® about a matching campaign and began their own fundraising right away.

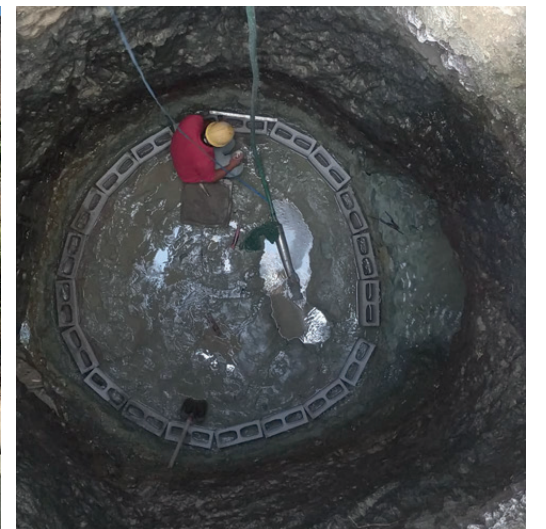
The campaign provided funds to update furniture, facility equipment, and kitchen appliances to give the girls in this recovery program a safe space where they can continue learning, developing, and healing. With a safe environment and new learning opportunities, these survivors have the building blocks to foster self-esteem that will give them educational success and eventually—despite all that's been taken from them—life success.



## SOW Ministries

In many countries, it's common for abandoned children to live in an orphanage, not knowing what will happen to them or where they'll end up. In Mexico, many orphanages refuse to take in infants and toddlers, as they cost substantially more when it comes to care. One orphanage, the Blessing Children's Home and Orphanage in La Salina, Mexico, greatly needed extra help to care for the more vulnerable infants and children they took in. Knowing they could help, Wellness Advocates Jeri Grimes and Lindsey Gunsauls partnered with an organization named Serving Orphans and Widows (SOW) Ministries to aid the children, staff, and volunteers of the Blessing Children's Home, as well as the surrounding community in La Salina.

In 2020, Jeri and Lindsey reached out to dōTERRA Healing Hands to start a matching project for the fundraising efforts of SOW Ministries, planning to help the infants and young children in one Blessing Children's Home. The matching campaign resulted in a septic system, water well, paved road, and even electricity being provided for the home. With updated facilities, the staff and volunteers of the home can better care for these children who so desperately need love, support, and attention. Like dōTERRA Healing Hands, SOW Ministries believes that connection is empowering, and the connections the children in the Blessing Children's Home are making have the potential to change their world.



You want to change the world for the better. We want to help.

**How does the dōTERRA Healing Hands Matching Program work? It only takes four simple steps to make a real difference.**

1. Collaborate: Align your project with a non-profit organization and connect with a project sponsor.
2. Apply for funding: Submit your project proposal with requested matching funds.
3. Fundraise: Hold a fundraiser, we'll match any donations you receive!
4. Make a difference: Carry out your project and make a positive difference in the lives of others.

**Visit [doterrahealinghands.org](https://doterrahealinghands.org) to learn more.**



# The Bloom Is Back

Let your love bloom with a beautiful collection for your mother, sister, wife, or best friend (and don't forget yourself—you deserve it!).

The **Citrus Bloom® Springtime Blend** we all know and love is back and infused into an entire personal care line! Welcome **Citrus Bloom™ Body Wash, Foaming Hand Wash, Body Lotion, and Deodorant** into your daily care routine.

Uplifting and decadent, this product line gives you everything you need to feel fresh and clean and carry the lovely scent of **Citrus Bloom** with you throughout the day.

These products are available only for a limited time while supplies last.

**Citrus Bloom™ Collection**

*Body Wash, Foaming Hand Wash, Body Lotion, and Deodorant*

- + **SKU:** 60216767
- + **Retail:** \$63.33
- + **Wholesale:** \$47.50
- + **PV:** 30

Coming  
Spring  
2021



Free Citrus Bloom Touch  
10 mL with purchase of  
Citrus Bloom Collection!

# Product Guide


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




**Clove**  
Essential Oil  
*Eugenia caryophyllata*  
A T I D  
30040001  
15 mL | 16 PV  
\$21.33 rtl  
\$16.00 whl




Essential Oil Singles ctd.




**Copaiba**  
Essential Oil  
*Copaifera spp.*  
A T I S  
60202178  
15 mL | 35 PV  
\$46.67 rtl  
\$35.00 whl




**Coriander**  
Essential Oil  
*Coriandrum sativum*  
A T I N  
30780001  
15 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl




**Cypress**  
Essential Oil  
*Cypripedium spp.*  
A T N  
60206972  
15 mL | 15.5 PV  
\$20.67 rtl  
\$15.50 whl




**Douglas Fir**  
Essential Oil  
*Pseudotsuga menziesii*  
A T N  
31590001  
5 mL | 19.5 PV  
\$26.00 rtl  
\$19.50 whl




**Eucalyptus**  
Essential Oil  
*Eucalyptus radiata*  
A T S  
30060001  
15 mL | 17 PV  
\$22.67 rtl  
\$17.00 whl




**Fennel, Sweet**  
Essential Oil  
*Foeniculum vulgare*  
A T I S  
41290001  
15 mL | 15 PV  
\$20.00 rtl  
\$15.00 whl




**Frankincense**  
Essential Oil  
*Boswellia spp.*  
A T I N  
30070001  
15 mL | 63 PV  
\$90.67 rtl  
\$68.00 whl




**Geranium**  
Essential Oil  
*Pelargonium graveolens*  
A T I S  
30090001  
15 mL | 38 PV  
\$50.67 rtl  
\$38.00 whl




**Ginger**  
Essential Oil  
*Zingiber officinale*  
A T I S  
31630001  
15 mL | 44 PV  
\$58.67 rtl  
\$44.00 whl




**Grapefruit**  
Essential Oil  
*Citrus X paradisi*  
A T I N  
30100001  
15 mL | 18 PV  
\$24.00 rtl  
\$18.00 whl




**Green Mandarin**  
Essential Oil  
*Citrus nobilis*  
A T I N  
60205794  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl




**Helichrysum**  
Essential Oil  
*Helichrysum italicum*  
A T I N  
30410001  
5 mL | 65 PV  
\$100.00 rtl  
\$75.00 whl




**Juniper Berry**  
Essential Oil  
*Juniperus communis*  
A T I N  
49290001  
5 mL | 19 PV  
\$25.33 rtl  
\$19.00 whl




**Lavender**  
Essential Oil  
*Lavandula angustifolia*  
A T I N  
30110001  
15 mL | 23 PV  
\$30.67 rtl  
\$23.00 whl




**Lemon**  
Essential Oil  
*Citrus limon*  
A T I N  
30120001  
15 mL | 12 PV  
\$16.00 rtl  
\$12.00 whl




**Lemon Eucalyptus**  
Essential Oil  
*Eucalyptus citiodora*  
A T I S  
60209674  
15 mL | 12 PV  
\$16.00 rtl  
\$12.00 whl




**Lemongrass**  
Essential Oil  
*Cymbopogon flexuosus*  
A T I S  
30130001  
15 mL | 10 PV  
\$13.33 rtl  
\$10.00 whl




**Lime**  
Essential Oil  
*Citrus aurantifolia*  
A T I S  
30870001  
15 mL | 13 PV  
\$17.33 rtl  
\$13.00 whl




**Marjoram**  
Essential Oil  
*Origanum majorana*  
A T I N  
30140001  
15 mL | 19 PV  
\$25.33 rtl  
\$19.00 whl




**Melissa**  
Essential Oil  
*Melissa officinalis*  
A T I N  
30850001  
5 mL | 100 PV  
\$153.33 rtl  
\$115.00 whl




**Myrrh**  
Essential Oil  
*Commiphora myrrha*  
A T I N  
30160001  
15 mL | 50 PV  
\$82.67 rtl  
\$62.00 whl




**Oregano**  
Essential Oil  
*Origanum vulgare*  
A T I D  
30180001  
15 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl




**Patchouli**  
Essential Oil  
*Pogostemon cablin*  
A T I N  
30890001  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl




**Peppermint**  
Essential Oil  
*Mentha piperita*  
A T I S  
30190001  
15 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl




**Petitgrain**  
Essential Oil  
*Citrus aurantium*  
A T I S  
49520001  
15 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl




**Pink Pepper**  
Essential Oil  
*Schinus molle*  
A T I N  
60207016  
5 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl




**Roman Chamomile**  
Essential Oil  
*Anthemis nobilis*  
A T I N  
30800001  
5 mL | 45 PV  
\$60.00 rtl  
\$45.00 whl




**Rose**  
Essential Oil  
*Rosa damascena*  
A T I S  
31000001  
5 mL | 200 PV  
\$366.67 rtl  
\$275.00 whl




**Rosemary**  
Essential Oil  
*Rosmarinus officinalis*  
A T I N  
30200001  
15 mL | 16 PV  
\$21.33 rtl  
\$16.00 whl




**Sandalwood**  
Essential Oil  
*Santalum album*  
A T I N  
30210001  
5 mL | 60 PV  
\$100.00 rtl  
\$75.00 whl




**Sandalwood, Hawaiian**  
Essential Oil  
*Santalum paniculatum*  
A T I N  
41860001  
5 mL | 60 PV  
\$93.33 rtl  
\$70.00 whl




**Siberian Fir**  
Essential Oil  
*Abies sibirica*  
A T I N  
60203125  
15 mL | 20 PV  
\$20.00 rtl  
\$20.00 whl




**Spearmint**  
Essential Oil  
*Mentha spicata*  
A T I S  
31610001  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl




**Spikenard**  
Essential Oil  
*Nardostachys jatamansi*  
A T N  
49510001  
5 mL | 49.5 PV  
\$66.00 rtl  
\$49.50 whl




**Tangerine**  
Essential Oil  
*Citrus reticulata*  
A T I N  
49440001  
15 mL | 15 PV  
\$20.00 rtl  
\$15.00 whl




**Tea Tree**  
Essential Oil  
*Metaleuca alternifolia*  
A T N  
60208340  
15 mL | 21 PV  
\$28.00 rtl  
\$21.00 whl




**Thyme**  
Essential Oil  
*Thymus vulgaris*  
A T I D  
30220001  
15 mL | 29.5 PV  
\$39.33 rtl  
\$29.50 whl



**Turmeric**  
Essential Oil  
*Curcuma longa*  
A T I N  
60206973  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl



**Vetiver**  
Essential Oil  
*Vetiveria zizanioides*  
A T I N  
30430001  
15 mL | 50 PV  
\$73.33 rtl  
\$55.00 whl



**Wild Orange**  
Essential Oil  
*Citrus sinensis*  
A T I N  
30170001  
15 mL | 10 PV  
\$13.33 rtl  
\$10.00 whl

Essential Oil Singles ctd.



**Wintergreen**  
Essential Oil  
*Gaultheria fragrantissima*  
A T S  
31620001  
15 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl



**Yarrow | Pom**  
Essential Oil  
Active Botanical Nutritive Duo  
T I N  
60207652  
30 mL | 95 PV  
\$126.67 rtl  
\$95.00 whl



**Ylang Ylang**  
Essential Oil  
*Cananga odorata*  
A T I N  
30240001  
15 mL | 37 PV  
\$49.33 rtl  
\$37.00 whl



**dōTERRA On Guard® Beadlets**  
I  
31580001  
125 ct. | 16 PV  
\$21.33 rtl  
\$16.00 whl



**Peppermint Beadlets**  
I  
31570001  
125 ct. | 12.5 PV  
\$16.67 rtl  
\$12.50 whl

dōTERRA Touch® Florals



**Helichrysum Touch**  
Touch Blend  
A T N  
60207012  
10 mL roll-on | 50 PV  
\$73.33 rtl  
\$55.00 whl



**Jasmine**  
Touch Blend  
A T N  
60201812  
10 mL roll-on | 42 PV  
\$56.00 rtl  
\$42.00 whl



**Magnolia**  
Touch Blend  
A T N  
60205420  
10 mL roll-on | 28 PV  
\$37.33 rtl  
\$28.00 whl




**Neroli**  
Touch Blend  
A T N  
60201817  
10 mL roll-on | 47 PV  
\$62.67 rtl  
\$47.00 whl



**Rose**  
Touch Blend  
A T N  
60201813  
10 mL roll-on | 65 PV  
\$93.33 rtl  
\$70.00 whl

Proprietary Essential Oil Blends




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



**Air-X™**  
Air Blend  
A T I S  
60215527  
15 mL bottle | 29.5 PV  
\$39.33 rtl  
\$29.50 whl




**AromaTouch®**  
Massage Blend  
T N  
31200001  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl




**dōTERRA Balance®**  
Grounding Blend  
A T N  
31010001  
15 mL | 21 PV  
\$28.00 rtl  
\$21.00 whl



**dōTERRA Breathe®**  
Respiratory Blend  
A T S  
60200190  
15 mL | 22 PV  
\$29.33 rtl  
\$22.00 whl




**Citrus Bliss®**  
Invigorating Blend  
A T N  
31020001  
15 mL | 18 PV  
\$24.00 rtl  
\$18.00 whl




**Deep Blue®**  
Soothing Blend  
T S  
60200143  
5 mL | 33 PV  
\$44.00 rtl  
\$33.00 whl



**DigestZen®**  
Digestive Blend  
A T I N  
60214361  
15 mL | 33 PV  
\$44.00 rtl  
\$33.00 whl




**Elevation**  
Joyful Blend  
A T N  
31040001  
15 mL | 48 PV  
\$64.00 rtl  
\$48.00 whl




**dōTERRA On Guard®**  
Protective Blend  
A T I S  
31100001  
15 mL | 34 PV  
\$45.33 rtl  
\$34.00 whl




**PastTense®**  
Tension Blend  
A T N  
60215812  
15 mL bottle | 28PV  
\$37.33 rtl  
\$28.00 whl



**Purify**  
Cleansing Blend  
A T N  
31060001  
15 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



**dōTERRA Serenity®**  
Restful Blend  
A T N  
49530001  
15 mL | 32 PV  
\$42.67 rtl  
\$32.00 whl




**Slim & Sassy®**  
Metabolic Blend  
A T I S  
31370001  
15 mL | 26 PV  
\$34.67 rtl  
\$26.00 whl



**TerraShield®**  
Outdoor Blend  
A T S  
31700001  
15 mL | 10.5 PV  
\$14.00 rtl  
\$10.50 whl



**TerraShield®**  
Outdoor Blend  
A T S  
31600001  
30 mL | 17 PV  
\$26.00 rtl  
\$19.50 whl



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



**Fractionated Coconut Oil**  
T N  
31640001  
3.8 fl oz | 10 PV  
\$16.00 rtl  
\$12.00 whl



# Essential Oil Kits



### dōTERRA Emotional Aromatherapy® Touch

21850001  
\$20.67 Savings Retail  
Six 10 mL roll-on bottles  
100 PV | \$133.33 rtl | \$100.00 whl

**dōTERRA Motivate® Touch**  
Encouraging Blend  
A T N  
60200149  
10 mL roll-on  
15 PV  
\$20.00 rtl | \$15.00 whl

**dōTERRA Cheer® Touch**  
Uplifting Blend  
A T N  
60200146  
10 mL roll-on  
16.25 PV  
\$21.67 rtl | \$16.25 whl

**dōTERRA Passion® Touch**  
Inspiring Blend  
A T N  
60200150  
10 mL roll-on  
27.25 PV  
\$36.33 rtl | \$27.25 whl

**dōTERRA Forgive® Touch**  
Renewing Blend  
A T N  
60200148  
10 mL roll-on  
13 PV  
\$17.33 rtl | \$13.00 whl

**dōTERRA Console® Touch**  
Comforting Blend  
A T N  
60200147  
10 mL roll-on  
24 PV  
\$32.00 rtl | \$24.00 whl

**dōTERRA Peace® Touch**  
Reassuring Blend  
A T N  
60200151  
10 mL roll-on  
20 PV  
\$26.67 rtl | \$20.00 whl



### dōTERRA Emotional Aromatherapy® Kit

60202944  
\$24.00 Savings Retail  
Six 5 mL bottles  
150 PV | \$212.00 rtl | \$159.00 whl

**dōTERRA Motivate®**  
Encouraging Blend  
A T S  
31740001  
5 mL | 23 PV  
\$30.67 rtl  
\$23.00 whl

**dōTERRA Cheer®**  
Uplifting Blend  
A T S  
31720001  
5 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl

**dōTERRA Passion®**  
Inspiring Blend  
A T S  
31760001  
5 mL | 42 PV  
\$56.00 rtl  
\$42.00 whl

**dōTERRA Forgive®**  
Renewing Blend  
A T S  
31750001  
5 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl

**dōTERRA Console®**  
Comforting Blend  
A T N  
31730001  
5 mL | 37 PV  
\$49.33 rtl  
\$37.00 whl

**dōTERRA Peace®**  
Reassuring Blend  
A T N  
31710001  
5 mL | 30 PV  
\$40.00 rtl  
\$30.00 whl

# Essential Oil Roll-On

**dōTERRA Breathe®**  
Touch Blend  
A T N  
60200192  
10 mL roll-on  
14 PV  
\$18.67 rtl  
\$14.00 whl

**DigestZen®**  
Touch Blend  
A T N  
60214815  
10 mL roll-on  
22 PV  
\$29.33 rtl  
\$22.00 whl

**Frankincense**  
Touch Blend  
A T N  
60200224  
10 mL roll-on  
45.5 PV  
\$60.67 rtl  
\$45.50 whl

**Lavender**  
Touch Blend  
A T N  
60200225  
10 mL roll-on  
15 PV  
\$20.00 rtl  
\$15.00 whl

**Oregano**  
Touch Blend  
A T N  
60200227  
10 mL roll-on  
14.5 PV  
\$19.33 rtl  
\$14.50 whl

**Peppermint**  
Touch Blend  
A T N  
60200228  
10 mL roll-on  
14.5 PV  
\$19.33 rtl  
\$14.50 whl

**Tea Tree**  
Touch Blend  
A T N  
60208343  
10 mL roll-on  
12.5 PV  
\$16.67 rtl  
\$12.50 whl

**Whisper® Touch**  
Blend for Women  
A T N  
60214274  
10 mL roll-on  
26 PV  
\$34.67 rtl  
\$26.00 whl

**dōTERRA On Guard®**  
Touch Blend  
A T N  
60200142  
10 mL roll-on  
22 PV  
\$29.33 rtl  
\$22.00 whl

**ClaryCalm®**  
Monthly Blend for Women  
A T N  
49480001  
10 mL roll-on  
27 PV  
\$36.00 rtl  
\$27.00 whl

**HD Clear®**  
Topical Blend  
T N  
49400001  
10 mL roll-on  
21 PV  
\$28.00 rtl  
\$21.00 whl

**Immortelle**  
Anti-Aging Blend  
T N  
60202652  
10 mL roll-on  
65 PV  
\$92.00 rtl  
\$69.00 whl

**Intune®**  
Focus Blend  
A T N  
41840001  
10 mL roll-on  
34.5 PV  
\$46.00 rtl  
\$34.50 whl

# Essential Oil Kits ctd.



### dōTERRA Yoga Collection

60203244  
\$5.34 Savings Retail  
Three 5 mL bottles  
50 PV | \$69.33 rtl | \$52.00 whl



### dōTERRA Kids Collection

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



**dōTERRA Anchor**  
Steadying Blend  
A T N  
60203245  
5 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



**dōTERRA Align**  
Centering Blend  
A T N  
60203246  
5 mL | 17 PV  
\$22.67 rtl  
\$17.00 whl



**dōTERRA Arise**  
Enlightening Blend  
A T N  
60203247  
5 mL | 19 PV  
\$25.33 rtl  
\$19.00 whl



**Thinker®**  
Focus Blend  
A T N  
60206633  
10 mL roll-on | 16 PV  
\$21.33 rtl  
\$16.00 whl



**Calmer®**  
Restful Blend  
A T N  
60206632  
10 mL roll-on | 19 PV  
\$25.33 rtl  
\$19.00 whl



**Tamer®**  
Digestive Blend  
A T N  
60209356  
10 mL roll-on | 15 PV  
\$20.00 rtl  
\$15.00 whl



**Brave®**  
Courage Blend  
A T N  
60206618  
10 mL roll-on | 21 PV  
\$28.00 rtl  
\$21.00 whl



**Rescuer™**  
Soothing Blend  
A T N  
60206635  
10 mL roll-on | 15 PV  
\$20.00 rtl  
\$15.00 whl



**Stronger®**  
Protective Blend  
A T N  
60206654  
10 mL roll-on | 14 PV  
\$18.67 rtl  
\$14.00 whl



**Steady®**  
Grounding Blend  
A T N  
60206617  
10 mL roll-on | 15 PV  
\$20.00 rtl  
\$15.00 whl



### Introductory Kit

60202952  
\$3.00 Savings Retail  
Three 5 mL bottles: Lavender, Lemon, Peppermint  
15 PV | \$26.67 rtl | \$20.00 whl



### Family Essentials Kit

60202951  
\$9.74 Savings Retail  
Ten 5 mL bottles: 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 5 mL bottles: dōTERRA Balance®, Lavender, Tea Tree, dōTERRA On Guard, AromaTouch®, Deep Blue, Wild Orange, Peppermint  
One 4 oz bottle: Fractionated Coconut Oil  
100 PV | \$146.67 rtl | \$110.00 whl



# dōTERRA On Guard® Products



Top Seller

**dōTERRA On Guard**  
Protective Blend  
A | T | I | S  
31100001  
15 mL roll-on | 34 PV  
\$45.33 rtl  
\$34.00 whl

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

**dōTERRA On Guard**  
Foaming Hand Wash  
With 2 dispensers  
60216838  
16 fl oz/473 mL | 15 PV  
\$28.67 rtl  
\$21.50 whl

**dōTERRA On Guard**  
Touch Blend  
A | T | N  
60200142  
10 mL roll-on | 22 PV  
\$29.33 rtl  
\$22.00 whl

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

**dōTERRA On Guard**  
Foaming Hand Wash  
Single Refill  
38010001  
16 fl oz/473 mL | 15 PV  
\$23.33 rtl  
\$17.50 whl

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

**dōTERRA On Guard**  
Natural Whitening Toothpaste  
60205476  
4.2 oz/125g | 5 PV  
\$11.33 rtl  
\$8.50 whl

**dōTERRA On Guard**  
Foaming Hand Wash  
Twin Pack Refill  
38020001  
2 x 16 fl oz/473 mL | 25 PV  
\$40.00 rtl  
\$30.00 whl

**dōTERRA On Guard™**  
Sanitizing Wipes  
60214043  
20 count | 5 PV  
\$14.33 rtl  
\$10.75 whl

**dōTERRA On Guard**  
Natural Whitening Toothpaste  
Samples  
60213724  
10 samples | 2 g each | 0 PV  
\$4.66 rtl  
\$3.50 whl

**dōTERRA On Guard**  
Laundry Detergent  
39020001  
32 fl oz/947 mL | 20 PV  
\$36.67 rtl  
\$27.50 whl

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

# dōTERRA Yarrow | Pom Collection

## Yarrow | Pom Collection

60210469  
\$45.34 Savings Retail | 150 PV | \$233.33 rtl | \$175.00 whl

**Yarrow | Pom**  
Active Botanical Nutritive Duo  
T | I | N  
60207652  
30 mL 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  
3.4 fl oz/100 mL | 60 PV  
\$86.67 rtl  
\$65.00 whl



# dōTERRA® Adaptiv® System

## Adaptiv System

60211472  
\$19.34 Savings Retail | 70 PV | \$109.33 rtl | \$82.00 whl

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

Made with SLS-free capsules

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

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



# dōTERRA Baby

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

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



**dōTERRA® SPA Rose**  
Hand Lotion  
37520001  
3.3 fl oz/100 mL  
0 PV | \$20.00



**dōTERRA Hope®**  
Touch  
60200879  
10 mL roll-on  
0 PV | \$20.00

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# Deep Blue® Products

Top Seller

**Deep Blue**  
Soothing Blend  
T | S  
60200143  
5 mL bottle | 33 PV  
\$44.00 rtl  
\$33.00 whl

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

**Deep Blue Rub**  
Samples  
38950001  
Ten 2 mL samples | 0 PV  
\$6.67 rtl  
\$5.00 whl

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

**Deep Blue Polyphenol**  
Complex®  
34360001  
60 vegetable capsules | 40 PV  
\$60.00 rtl  
\$45.00 whl

Made with SLS-free capsules





Hair Care



Coming Soon

New

**dōTERRA Protecting Shampoo**  
60208440  
16.9 fl oz/500 mL | 20 PV  
\$32.67 rtl  
\$24.50 whl

New

**dōTERRA Daily Conditioner**  
60208441  
16.9 fl oz/500 mL | 20 PV  
\$32.67 rtl  
\$24.50 whl

New

**dōTERRA Leave-in Conditioner**  
60208398  
8 fl oz/237 mL | 15 PV  
\$24.67 rtl  
\$18.50 whl

New

**dōTERRA Hair Care Travel Trio**  
60210084  
3.4 fl oz/100 mL | 20 PV  
\$39.33 rtl  
\$29.50 whl

dōTERRA Breathe® Products

**dōTERRA Breathe**  
Respiratory Blend  
A | T | S  
60200190  
15 mL 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

**dōTERRA Breathe**  
Touch Blend  
A | T | N  
60200192  
10 mL roll-on | 14 PV  
\$18.67 rtl  
\$14.00 whl



Children’s Health



**dōTERRA a2z**  
Chewable™  
34500001  
60 tablets | 15 PV  
\$27.33 rtl  
\$20.50 whl

Chewable tablets

**PB Assist® Jr**  
34420001  
30 sachets | 20 PV  
\$32.67 rtl  
\$24.50 whl

**IQ Mega®**  
34490001  
150 mL | 30 PV  
\$46.00 rtl  
\$34.50 whl

dōTERRA Serenity® Products



**dōTERRA Serenity Softgels**  
Restful Complex  
34390001  
60 vegetarian softgels | 17 PV  
\$28.67 rtl  
\$21.50 whl

Made with vegetarian softgels

**dōTERRA Serenity**  
Restful Blend  
A | T | N  
49530001  
15 mL bottle | 32 PV  
\$42.67 rtl  
\$32.00 whl

**dōTERRA Serenity**  
Combo Pack  
60200524  
15 mL bottle and 1 bottle softgels | 40 PV  
\$60.00 rtl  
\$45.00 whl

Specialized Supplements



**DDR Prime®**  
60207092  
15 mL bottle  
32 PV  
\$42.67 rtl  
\$32.00 whl

**Deep Blue Polyphenol Complex®**  
34360001  
60 vegetable capsules | 40 PV  
\$60.00 rtl  
\$45.00 whl

Made with sls-free vegetable capsules

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

Made with vegetarian softgels

**DDR Prime Softgels**  
34410001  
60 softgels | 40 PV  
\$60.00 rtl  
\$45.00 whl

Made with vegetarian softgels

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

Made with vegetarian softgels

dōTERRA Spa



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

60217288  
\$84.94 Savings Retail | 85 PV | \$160.00 rtl | \$120.00 whl

**dōTERRA Spa Basics Kit**  
Hand & Body Lotion, and Body Wash  
60200499  
\$6.33 Savings Retail  
17 PV  
\$30.67 rtl | \$23.00 whl

**dōTERRA Spa Luxury Kit**  
Body Scrub, Mud Mask, Body Butter  
60200502  
\$12.66 Savings Retail  
32 PV  
\$56.00 rtl | \$42.00 whl

**Detoxifying Mud Mask**  
37490001  
4 oz/113.4 g  
12 PV  
\$19.33 rtl | \$14.50 whl

**Exfoliating Body Scrub**  
37480001  
8 fl oz/226 g  
15 PV  
\$26.00 rtl | \$19.50 whl

**Refreshing Body Wash**  
37460001  
8.45 fl oz/250 mL  
10 PV  
\$17.00 rtl | \$12.75 whl

**Replenishing Body Butter**  
37470001  
7 oz/198 g  
15 PV  
\$23.33 rtl | \$17.50 whl

**Hydrating Body Mist**  
60205662  
4.2 fl oz/125 mL  
22 PV  
\$33.33 rtl | \$25.00 whl

**Citrus Bliss® Hand Lotion**  
37500001  
2.5 fl oz/75 mL  
5 PV  
\$9.27 rtl | \$6.95 whl

**Hand & Body Lotion**  
37510001  
6.7 fl oz/200 mL  
13 PV  
\$20.00 rtl | \$15.00 whl

**Hand & Body Lotion**  
3-Pack  
60200498  
Three 6.7 fl oz/200 mL  
30 PV  
\$50.67 rtl | \$38.00 whl

**Lip Balm Original**  
60207651  
0.16 oz/45 g  
5 PV  
\$8.67 rtl | \$6.50 whl

**Lip Balm Herbal**  
60207653  
0.16 oz/45 g  
5 PV  
\$8.67 rtl | \$6.50 whl

**Lip Balm Tropical**  
60207649  
0.16 oz/45 g  
5 PV  
\$8.67 rtl | \$6.50 whl

**Lip Balm Variety**  
3-Pack  
37570001  
Three 0.16 oz/45 g  
10 PV  
\$20.00 rtl | \$15.00 whl

**Moisturizing Bath Bar**  
37450001  
4 oz/113 g  
5 PV  
\$9.00 rtl | \$6.75 whl

3-Pack  
37560001  
Three 4 oz/113 g  
10 PV  
\$19.33 rtl | \$14.50 whl

**Citrus Bliss® Bath Bar**  
60202779  
4 oz/113 g  
5 PV  
\$9.00 rtl | \$6.75 whl

3-Pack  
60208924  
Three 4 oz/113 g  
10 PV  
\$19.33 rtl | \$14.50 whl

**dōTERRA Balance™ Bath Bar**  
60207873  
4 oz/113 g  
5 PV  
\$9.00 rtl | \$6.75 whl

3-Pack  
60213577  
Three 4 oz/113 g  
10 PV  
\$19.33 rtl | \$14.50 whl

**dōTERRA Serenity™ Bath Bar**  
60201092  
4 oz/113 g  
5 PV  
\$9.00 rtl | \$6.75 whl

3-Pack  
60201595  
Three 4 oz/113 g  
10 PV  
\$19.33 rtl | \$14.50 whl



Women’s Health



LOYALTY  
REWARDS  
PROGRAM

Women’s Health Kit **\$19.33 Savings Retail**

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

ClaryCalm® Monthly Blend for Women

A T N

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

Phytoestrogen Essential Complex

**35260001**  
60 capsules | 34 PV | \$50.00 rtl | \$37.50 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

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



Balancing  
sodium  
free

Natural Sensitive  
Deodorant infused with  
dōTERRA Douglas Fir and  
Greek Orange

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



Correct-X®  
Essential Oil Ointment

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

Skin Care



HD Clear®  
Topical Blend

T N

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

HD Clear Kit  
**\$41.33 Savings Retail**

**42700001**  
40 PV  
\$61.33 rtl  
\$46.00 whl

HD Clear Facial  
Lotion

**49410001**  
1.7 fl oz/50 mL | 28 PV  
\$42.67 rtl  
\$32.00 whl

HD Clear Foaming  
Face Wash

**49420001**  
1.7 fl oz /50 mL | 18 PV  
\$26.67 rtl  
\$20.00 whl



Verage® Collection  
**\$73.89 Savings Retail**

**42690001**  
70 PV  
\$112.66 rtl  
\$84.50

Verage Immortelle  
Hydrating Serum

**37400001**  
.5 fl oz/15 mL | 50 PV  
\$77.33 rtl  
\$58.00

Verage Moisturizer

**37410001**  
1 fl oz/30 mL | 22 PV  
\$34.67 rtl  
\$26.00 whl

Verage Toner

**37390001**  
1.7 fl oz /50 mL | 16 PV  
\$26.67 rtl  
\$20.00 whl

Verage Cleanser

**37380001**  
2 fl oz /60 mL | 20 PV  
\$29.33 rtl  
\$22.00 whl

Skin Care ctd.



Essential Skin Care  
Facial Cleanser

**60201753**  
4 fl oz/118 mL | 12 PV  
\$20.00 rtl  
\$15.00 whl

Essential Skin Care  
Invigorating Scrub

**60201773**  
2.5 oz/70g | 15 PV  
\$23.33 rtl  
\$17.50 whl

Essential Skin Care  
Tightening Serum

**60201752**  
1 fl oz/30 mL | 40 PV  
\$58.67 rtl  
\$44.00 whl

Essential Skin Care  
Anti-Aging Eye Cream

**60201776**  
0.5 fl oz/15 mL | 40 PV  
\$56.00 rtl  
\$42.00 whl

Essential Skin Care  
Brightening Gel

**60201777**  
1 fl oz/30 mL | 30 PV  
\$42.67 rtl  
\$32.00 whl

Essential Skin Care  
Hydrating Cream

**60201774**  
1.7 oz/48g | 30 PV  
\$45.33 rtl  
\$34.00 whl

Essential Skin Care Pore  
Reducing Toner

**60201772**  
4 fl oz/118 mL | 17 PV  
\$26.00 rtl  
\$19.50 whl

Anti-Aging  
Moisturizer

**60201750**  
1.7 fl oz/50 mL | 30 PV  
\$45.33 rtl  
\$34.00 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

**60209897**  
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®

**60205416**  
60 daily packs or a 30-day supply | 60 PV  
\$115.33 rtl | \$86.50 whl



**Microplex VMz®**  
Food Nutrient Complex

**35350001**  
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 vEO softgels



**vEO Mega®**  
Essential Oil Omega Complex

**34480001**  
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



**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  
34.5 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

LOYALTY  
REWARDS  
PROGRAM

# Personalized Wellness Program

**1 Purchase 1 dōTERRA Lifelong Vitality Pack®**



**dōTERRA Lifelong Vitality Pack**  
**21480001**  
60 PV  
\$79.50



**Vegan dōTERRA 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 | \$22.50



**xEO Mega®**  
10 PV | \$22.50



**Mito2Max®**  
10 PV | \$22.50



**Deep Blue Polyphenol Complex®**  
10 PV | \$22.50



**DigestZen TerraZyme®**  
10 PV | \$22.50



**PB Assist®+**  
10 PV | \$22.50



**Kids Kit (IQ Mega® & dōTERRA azz Chewable™)**  
10 PV | \$25.00

# Slim & Sassy®



**Slim & Sassy Metabolic Blend**  
**31370001**  
15 mL 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 Softgels**  
**34270001**  
90 vegetarian softgels | 31.5 PV  
\$48.00 rtl  
\$36.00 whl

Made with vegetarian softgels




dōTERRA® Nutrition



New


**Vanilla & Chocolate Protein**  
60207069  
Vanilla | 20 Servings | 25 PV  
\$52.67 rtl  
\$39.50 whl

60207068  
Chocolate | 20 Servings | 25 PV  
\$52.67 rtl  
\$39.50 whl



New

**Vegan Protein**  
60207067  
20 Servings | 25 PV  
\$52.67 rtl  
\$39.50 whl



New

**Greens**  
60213600  
30 Servings | 20 PV  
\$38.00 rtl  
\$28.50 whl

**Fiber**  
60207065  
30 Servings | 14 PV  
\$26.00 rtl  
\$19.50 whl

Digestive Health



Top Seller

**DigestZen TerraZyme®**  
Digestive Enzyme Complex  
35110001  
90 vegetable capsules | 30 PV  
\$45.33 rtl  
\$34.00 whl

Made with sls-free vegetable capsules

**DigestZen PB Assist®+**  
Probiotic Defense Formula  
35160001  
30 vegetable capsules | 34.5 PV  
\$52.67 rtl  
\$39.50 whl

Made with sls-free vegetable capsules

**DigestZen GX Assist®**  
GI Cleansing Formula  
35040001  
60 softgels | 22 PV  
\$34.67 rtl  
\$26.00 whl

Made with enteric softgels



New Formula

**DigestZen® Digestive Blend**  
A T I N  
60214361  
15 mL bottle | 33 PV  
\$44.00 rtl  
\$33.00 whl

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

Chewable tablets

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

Made with enteric softgels



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

**Zendocrine® Softgels**  
Detoxification Blend  
34280001  
60 vegetarian softgels | 21 PV  
\$32.00 rtl  
\$24.00 whl

Made with vegetarian softgels

**Zendocrine®**  
Detoxification Complex  
35120001  
60 vegetable capsules | 20 PV  
\$29.33 rtl  
\$22.00 whl

Made with sls-free vegetable capsules



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


Made with vegetarian softgels

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

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


Made with sls-free vegetable capsules

dōTERRA Diffusers




**Laluz™ with Peppermint & Wild Orange**

60217554  
22 PV  
\$78.67 rtl | \$59.00 whl




**Roam™ Diffuser**

60213424  
0 PV  
\$69.33 rtl | \$52.00 whl



**Dawn™ Aroma Humidifier**


60213449  
0 PV  
\$72.00 rtl | \$54.00 whl



While Supplies Last


**Petal Essentials Kit**

60211559  
\$17.00 Savings Retail  
20 PV  
\$62.67 rtl | \$47.00 whl



**Pilot™ Portable Diffuser**

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



**Volo™ Diffuser**

<b>Volo™ Marble</b> 60210546 0 PV \$78.67 rtl   \$59.00 whl	<b>Volo™ Onyx</b> 60210545 0 PV \$78.67 rtl   \$59.00 whl
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Florida: A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE [of Florida]. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. Registration #: CH48280.

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

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

Michigan: Registration # 55179

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

For the state of North Carolina, financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-807-2214. The license is not an endorsement by the State.

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

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

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dōTERRA®  
pursue what's **pure**™

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