

# LIVING

MAGAZINE

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dōTERRA® SPRING/SUMMER 2023



“A bend in the road is not the end of the road . . . unless you fail to make the turn.”

—  
Helen Keller



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Product Guide

# A Breath of Fresh Air

Send chills down your spine with the powerful scent of **dōTERRA SuperMint™ Mentha Blend**. When inhaled, diffused, or applied topically, this blend of Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils can create an uplifting environment that's ideal for mental focus and enhanced stamina.

Enjoy synergistic benefits with **dōTERRA SuperMint Beadlets** and experience the cooling sensation for yourself!



BEHIND THE BOTTLE

# Tea Tree

*(Melaleuca alternifolia)*

## Lunga Lunga, Kenya

Just four miles from the border of Tanzania in the lush agricultural haven of Lunga Lunga, Francis Nyachoka begins his morning routine. He tends to tea tree and other crops on his property, which thrive in sunny conditions and moist soil. These evergreen, shrublike trees are native to Australia but flourish in this part of Kenya, providing a powerful cash crop to small-scale farmers like Mr. Nyachoka.



### Southeastern Australia

Tea trees grow from spring to autumn in their native Australia. Conventional harvesting of tea tree involves cutting the branches and leaves almost to the stump. New branches and leaves quickly regrow, as tea trees are vibrant, naturally re-coppicing plants. They can be sustainably harvested every year because they begin regrowing just a few weeks after harvesting.

Coppicing is done with many tree species, extending a tree's health and life if done properly. The new growth is also good for the environment because young trees use

more carbon dioxide from the atmosphere than mature trees, which helps with rapid carbon sequestration.

dōTERRA partners with a family-owned tea tree plantation. These farmers continue increasing the health and productivity of their trees, some of which are over 25 years old.

### Lunga Lunga, Kenya

Mr. Nyachoka first grew tea trees in 2017. At first, he committed only a small portion of his land as part of a small-scale farming program. When he earned more

than three times as much on his tea trees as his corn, Mr. Nyachoka converted more of his land, expanding into the 7,000 trees he cares for today. Mr. Nyachoka now makes more than eight times his previous income, allowing him to build a new house on his land and buy a new tractor. His next project is installing a solar pump for irrigation.

Mr. Nyachoka's tea tree business has also enabled him to support his grandchildren. One grandson is pursuing a teaching degree through Nairobi University, and another is studying clinical medicine through the Kenya Medical Training College.

### Southeastern Australia

On the Australia tea tree plantation, kangaroos run wild, roaming freely among the millions of trees. Tea tree has been used for generations by indigenous Australians for a variety of wellness purposes. They crushed the leaves—releasing the essential oil—and inhaled the herbaceous scent or applied the leaves directly to their skin for a topical cleansing effect.

During WWII, members of the Australian Army were issued a small bottle of tea tree oil to carry with them into battle. The unique benefits of *Melaleuca alternifolia* are the reason dōTERRA shares this essential oil with people across the globe.



**ō**  
PROMO | Essential Oil  
Spotlight

# Tea Tree

Melaleuca alternifolia



### Nothing Wasted

Tea Tree essential oil is steam-distilled from the tree leaves. None of the tree is wasted in producing our Tea Tree. In both Australia and Kenya, the steamed tea tree biomass is tilled into the fields as mulch to conserve moisture, regenerate the soil, prevent weed growth, and deliver important nutrients to the soil.

From the trees Mr. Nyachoka carefully tends to in Lunga Lunga to the beautiful regrowth and rebirth of strong trees in eastern Australia, the only way to produce pure, powerful Tea Tree essential oil is by respecting and nurturing each tree and gently caring for the land it stands on. The pure intentions that go into producing Tea Tree ensure not a single leaf, branch, or drop is wasted along the way.

**Distillation Method:** Steam distillation  
**Aromatic Description:** Herbaceous, green, and leathery  
**Plant Part:** Leaves

Known for its topical cleansing and purifying properties, **Tea Tree** offers a unique and refreshing essential oil experience. It contains over 90 different chemical compounds, which provide a variety of natural benefits.

Our Tea Tree essential oil is sourced from Kenya and Australia. In fact, indigenous people in Australia have been using tea tree leaves to soothe the skin for centuries. You'll love having this cleansing powerhouse in your home.

**Fun Fact**

It takes approximately three pounds of tea tree leaves to produce 15 mL of Tea Tree essential oil.\*

### How to Use:

- Topical**
- + For occasional skin irritations, apply one to two drops to an affected area.
  - + Combine one to two drops with your facial cleanser for added cleansing properties or apply to the skin after shaving.
  - + Apply to the fingernails and toenails after showering to purify and keep the nails looking healthy.

- Aromatic**
- + Diffuse to refresh your living space.
  - + Apply to the pulse points to carry a clean fragrance with you throughout the day.

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

# Remember When . . .

Opening your dōTERRA® shipping box, you eagerly reach for the brown paper bundles nestled inside. Unwrapping each, you neatly organize the amber bottles in rows on the shelf. You pause with the Lavender essential oil, remove the cap, lift the bottle to your nose, and inhale deeply. It takes but a moment for you to be transported back to your childhood, walking with your grandfather through his garden and gathering a bouquet of fresh lavender sprigs.

## The Involuntary Memory

This memory, as real to you as the moment you snipped that first sprig of lavender, is known as an involuntary memory or Proustian moment—named after twentieth-century novelist Marcel Proust. A famous passage from his book *In Search of Lost Time* depicts such a moment for the main character: "No sooner had the warm liquid mixed with the crumbs touched my palate than a shudder ran through me, and I stopped, intent upon the extraordinary thing that was happening to me. An exquisite pleasure had

invaded my senses, something isolated, detached, with no suggestion of its origin."

Smells are strongly connected to forming and building memories and emotions. Dr. Osguthorpe explains, "Smells enter the brain through the olfactory bulb. The olfactory bulb takes in the smell and guides it on a direct route to the limbic system, pausing to share information with emotion and memory along its way. You can train your brain to release a rush of dopamine when you smell a certain aroma that's followed by an involuntary memory."

Join the dōTERRA Science team; Brittany Graf, essential oil developer; and Eva DeMarchi, perfumer, to learn more about creating your own natural perfume in the Beauty article on page 32.

### Put Your Sense of Smell to Work

"Your nose is like any muscle," coaches Dr. Riggs. "You need to exercise it. Pay attention to the aromas around you, exposing yourself to and storing new memories regularly to ensure your nose stays sharp. The more olfactory memories you create, the more in-tune you can become to the responses they trigger through involuntary memories." Practicing this could involve diffusing Frankincense essential oil as you focus on relaxing each night or when stressed.

The scent of **Copaiba** essential oil can be a companion as you reach a steady state of heightened awareness. For example, as you prepare for an important presentation at work or school, diffuse Copaiba. Then when you present, rub Copaiba on your neck and wrists. The aroma can serve as a reminder as you recall the information you reviewed, creating an olfactory memory.

### A Lifetime of Training and Practice

Science has shown the affinity or aversion you have to certain smells is developed at a young age. Childhood is the foundation for life experience and learning. "Much of what you're exposed to during childhood shapes you, and your sense of smell is no different," explains Dr. Osguthorpe. "In fact, scent is your only fully developed sense until the age of 10. Smell memories are stored without you even thinking about them."

If your childhood was replete with tales of boxcars, magical wardrobes, and barnyard billboards from the pages of an old library book, you may find the combination of **Madagascar Vanilla** and **Cedarwood** essential oil to be the perfect blend during a quiet afternoon in a comfy chair with your favorite novel.

You can use involuntary memory information to your advantage by training your brain to redirect emotions. Imagine you're at a perfume counter at a local department store. After the barrage of chemical-laden odors overwhelmed your olfactory system, it was easy to reach for the dish of coffee beans to reset.

Similarly, when you need to reset, reach for a bottle of **Turmeric** essential oil for your olfactory sensory cleanse. With an aroma similar to coffee beans, Turmeric clears your senses and opens you to the aroma of **dōTERRA Forgive** or **dōTERRA Console**. Allow yourself to reflect on your emotions and what they're communicating. Then use **dōTERRA Cheer** to create a bright, cheerful environment.

Because of your olfactory system, a whiff of fresh-cut grass paints an image of hot summer days; fresh-baked bread, a flood of memories in the kitchen with your grandma; or the draft smell of a hospital, the saddest moments and the loss of someone special. Embrace the involuntary memories relived by a simple scent.



“Sometimes when you’re in a dark place you think you’ve been buried, but you’ve actually been planted.”

Christine Caine

# The Fruits (and Vegetables) of Their Labor

Hey momma (you too, dad, and let's not forget grandpas, grandmas, aunts, uncles, and anyone else responsible for raising the next generation), you're doing great!

Amid chaotic schedules, growing pains, and tantrums—both your own and your kids'—you have a lot on your plate to manage and pass on. Sometimes it's nice to let story time teach a good life lesson.

Take *Sylvester and the Magic Pebble*. Though we aren't likely to find a magical rock, we can discover the things that make us happiest are close to home. Learning self-confidence and curiosity from *Oh, the Places You'll Go* and learning about responsibility and the environment in *The Lorax* opens doors of exploration and creativity. *The Little Red Hen* teaches what we put into life is what we'll get out of it. Experiencing the satisfaction and joy that comes from completing tasks is a crucial milestone that creates the momentum for a lifetime of self-sufficiency and hard work.

## Get Your Hands Dirty

Many kinds of food have appeared in books for ages, from a Christmas feast gifted in the classic *Little Women* to the ill-advised *How to Eat Fried Worms* (with ketchup, of course!). And where are you going to find those worms but in the soil? Numerous studies indicate the best thing you can do with soil and little hands is teach children to grow their own groceries. Children and adults need to get their hands dirty.

Soil, seeds, and dirty hands mean going outside soaking up some vitamin D. From day one of planting your garden, protect your family's skin with **dōTERRA® sun Body Mineral Sunscreen Spray**. Perfect for the family and broad-spectrum protective against harmful UV rays, **dōTERRA sun** mineral sunscreen products let everyone enjoy being outside with the growing garden, sunburn-free.





## Eat Your Vegetables

Beyond the benefits of literally playing in the dirt—which develops creativity, lessens stress, supports better sleep, and more—studies suggest children who grow their own produce have an improved attitude toward, preference for, and willingness to eat those fruits and vegetables. When children tend to a garden, their knowledge of nutrition increases, and the vegetables they grow have a higher intrinsic value.

Children are like sponges. They have an amazing ability to soak in the world around them—the soil, the worms, and the wind blowing through the trees. Giving them the freedom to tend to their own garden and plant what they want will help them learn to work and solve problems independently. Their efforts will boost self-confidence and help them discover interests and develop creativity. You can also encourage an environment that's supportive of memory and cognitive performance by diffusing **Spanish Sage** essential oil around the home while kids study and play.

Gardening also offers an opportunity for hands-on learning about essential oils and the plants they come from. The aromas of **Basil, Rosemary, Lavender, and Thyme** essential oils are all aromatic superstars for young noses to compare to the plants in their own garden. Take the education a step further and experiment with delicious herb oils in your favorite recipes.

## It's Harvest Time

Zucchini seeds that were planted just months ago have now become zoodles to use with your favorite pasta sauce or the main ingredient in a delicious sweet bread. Tomatoes, onions, and peppers harvested from your private produce section have become a colorful pico de gallo or spaghetti sauce. Or swap the onions and peppers for fresh basil and mozzarella and enjoy a delicious caprese salad. Incorporating **Ginger, Peppermint, or Cilantro** essential oils is an easy way to enhance the flavor in your favorite recipes, reinforce more learning in the kitchen, and build olfactory memories.

Harvesting the fruits and vegetables of summer labors is a rewarding experience for family members of *all* ages. Nothing feels as good as a job well done—just ask the little red hen.

# We've Got You Covered... Naturally



You've got family adventures planned—the last thing you should worry about is what's in your sunscreen. dōTERRA® sun uses only clean, safe, and effective ingredients.

None of these:

- Oxybenzone
- Chemical sunscreen filters
- Parabens or phthalates
- Harsh, synthetic ingredients

All of these:

- Non-nano zinc oxide—a safe, natural mineral sunscreen filter
- Vegan-friendly, cruelty-free, and reef-safe formulas
- Aloe vera, vitamin E, and other nourishing natural ingredients
- Broad-spectrum protection of SPF 30 and up



Made for every day, every age†, and every body, we've got you covered... *naturally.*

†Children under 6 months of age: ask a doctor



# The Quindecennial Legacy

15 Years

As daffodils peeked through the ground and melting snowcaps filled the rivers of the Wasatch Front, a small group gathered in a rented conference room. Excitement and pure essential oils filled the air that spring of 2008. It was the birth of dōTERRA.

The first amber bottles were labeled and packaged by hand. Since then, approximately 550,000,000 bottles of pure dōTERRA® essential oils have been produced. A company that started with just five employees now has over 4,000. Employees, Wellness Advocates, and customers are all part of the dōTERRA family—part of the dōTERRA legacy.



*Drew Wolfert, Melissa Morris, Robin Eide*



Betty Torres and daughters Alicia and Gabriela  
Image by Ocken Photography



Laura King and family  
Image by Atchison Photo

## Gathering and Growing

Wellness Advocate Laura King was first introduced to dōTERRA in spring of 2009. "dōTERRA is my home. The culture, the pursuit, the love—it means everything to me." Laura has built a connected, supportive community. It started small, with "a foundation of a few like-minded individuals."

Over the years, Laura and her team have made gathering a top priority. "We work hard to nurture relationships by gathering in person and online. Gathering like this invites deeper relationships and support. I think what makes us unique is the kindness and grace we give to one another. We must lead by example, showing others that gossip, complaining, and comparison have no place in our community."

"The dōTERRA launch event was held in a hotel ballroom with around 300 attendees," reflects Melissa Morris, one of

the first five employees. "I could feel the energy and excitement about the company's future. The first time we held a convention at the Salt Palace was a huge turning point. By then, dōTERRA was more than just a little start-up—we were a big company making a big impact in the world. And we still are."

"I agree," adds Robin Eide, an employee who's been with dōTERRA since its second year. She continues, "I'm invested in dōTERRA. Being part of a company that started with just a handful of employees—all pitching in to get things done—but has now built a worldwide presence, I feel like I've contributed to its success."

## Generations of Connection

As a Wellness Advocate, Betty Torres has created a unique intergenerational dōTERRA community. After 15 years of teaching, Betty left her tenured position in search of better work-life balance.

When Betty found dōTERRA, she dreamed of working with her daughters. It didn't happen right away, but now her dream is a reality. "We live in different parts of the country but connect every day. Life's too short to put work and family life in separate boxes, so we've found a beautiful way to blend them. We're on this great adventure together!"

Betty recalls, "When the girls were young, they hosted a pretend radio show in a makeshift tent. Now when I hear them teaching a class, I can't help but smile and remember how they've been practicing for this work their entire lives. It's so heartwarming to watch how kind, caring, and competent they are and how much they love working together."

One more familiar face, walking the halls of dōTERRA, is CFO Drew Wolfert. He says, "It's the physical growth—bigger buildings, more people, and more products—that's most noticeable for me. But what's more impressive than

what has changed is what hasn't: the heart of dōTERRA. It still has the same values and culture it started with."

At the heart of the values and culture of dōTERRA is community—communities like those Laura, Betty, and other Wellness Advocates have created, as well as communities of growers, harvesters, and employees, and friends.

## The Legacy

Memories of family, hard work, growth, joy, success, and your first opened bottle of dōTERRA® essential oil are the foundation for where you are today. We're driven by the memories and legacy of the past and a commitment to the future. That legacy is our stewardship over the gifts of the earth and our relationships. We share a responsibility to nurture, support, and build together.

May we all as part of the dōTERRA family foster belonging and purpose, continually building community as we pursue what's pure for generations to come.

# Whole Foods For A Wholesome Life

Meet Anna Penick, dōTERRA® Wellness Advocate and functional nutritional therapy practitioner. A lifestyle and professional background like Anna's can scare people away from extending a dinner invitation, but Anna's been where most of us are now: unaware of and uneducated about how food affects the body.



Imagine you're a young Anna—a sophomore in college with classes underway and your path to a physical therapy degree in sight. But then one weekend away, your entire trajectory changes. Kim, your best friend's mom, introduces you to the world of functional nutrition, and you'll never be the same again.

Over 15 years later, Anna's shifted from full-time practitioner to full-time mom, enjoying occasional visits from friends or family that warrant dusting off the diploma. Now it's homeschooling, tending gardens and goats, and nurturing seven-year-old West and four-year-old Avery.

Though she plans to one day practice functional nutrition again—working with her husband, Charles, in his integrative family medicine practice—Anna says, "Today my goal is to raise these pilgrims up and maximize my time shepherding them. I take opportunities to teach them why we do what we do, why we eat what we eat, and why we make the choices we make every day. My most important work is to raise my kids and empower them to care for their bodies and understand natural solutions to help them live their best lives."

Seeing her children make the best choices motivates Anna to continue in all her efforts. "Just last week, Avery asked for **Tamer® Digestive Blend** because she needed soothing." A proud momma moment, to be sure.



### From Consult to Kitchen

Anna recommends being open to new lifestyles—not just of health but also of growth and learning. She also suggests, "Continue educating yourself throughout your health journey. If you don't continue learning, you won't know how to change for the better. Education is what empowers people to stay consistent."

What kinds of food can be found in the Penick kitchen? Fermented sourdough bread, vegetables, healthy fats and proteins, fruits, nuts, seeds, and more delicious and nutritious options that encourage healthy choices.

Anna knows the road to better health is difficult and change takes time. "We're all bio-individual, so what needs to change is different for each person. We can't change our genetic makeup, but we can change how our genetics express! If you continue consuming the foods your family has for years, never changing your approach, then your genes will continue to express the health concerns that run in your family the same way they always have."



### Emotions and Environment

Creating a healthy lifestyle involves thinking beyond food. Emotional health needs to be a priority. "Most functional health issues begin with your heart! Make healthy emotions part of your lifestyle. I love using essential oils for calming aromas as I work to reset my mindset." Anna's favorite roll-on blend to create a calm environment brings together **Vetiver**, **Wild Orange**, **dōTERRA Serenity**®, and **Lavender**.

Once you've changed how you approach emotions and food, learn about your environment. "Consider that the products you're using may contain harmful chemicals." Anna uses **dōTERRA On Guard**® **Protective Blend** and **abōde**® household products in her home and her husband's practice.

Don't feel like you need to transform everything immediately. Take it one step at a time. Anna makes time to consistently educate herself and then incorporates better foods or products that fit her lifestyle.

### Never-Ending Education

Even after thousands of hours of education, Anna's focus doesn't wane. "It's getting harder to eat clean. I think the cleanest food is grown at home. Would I plant a garden if I didn't know anything about it? I can't say I'd do it and be so diligent about it if I weren't educated. Gardening is so healing and therapeutic, and a lot of work, but my kids and I love it."

Just like anyone else, Anna feels overwhelmed and intimidated by something new, but she doesn't let that stop her. "I read a book or two on it and find someone who's done it before and ask a ton of questions. You just have to start."

Embracing a healthier, whole-food lifestyle is ingrained in Anna, and she'll continue educating herself and others about living healthily. "Don't let yourself stay overwhelmed. You can't address everything at the same time, so pace yourself. Be open to making changes. And once you get there, it's easier to get your feet wet."

# Symphony of Scents

The perfect perfume is like a musical harmony. A symphony of scents creates a truly splendid aroma. Like with music, a fragrance must be thoughtfully composed with base, middle, and top notes. Whether a scent lingers or leaves—evaporating into the air—distinguishes the notes in each category.

Eva DeMarchi a perfumer on the dōTERRA® Product and Development team, explains this idea further: "Top notes are the most volatile. They generally flash off quickly, sometimes only lasting five or six minutes. Top notes include citrus, certain herbs, many mints, and eucalyptus." In the middle notes, you'll find your spices and florals. "Then you head down to the base notes, which include essential oils like **Guaiacwood**, **Cedarwood**, and **Vetiver**. . . . The base notes are the heaviest, deepest, and densest scents. Think of **Vanilla**, **Frankincense**, **Balsam Fir**, and **Sandalwood**. They anchor and hold the scent on your skin."

## The Chemistry

Brittany Graf, managing scientist of essential oil development, explains that you can smell certain essential oils longer than others because of their chemistry. The chemical constituents in top notes are lighter, consisting of small molecules with a lower weight, which is why they flash or fade off. In contrast, the chemical constituents in base notes are heavier—larger molecules with a higher weight—so they stay longer on the skin.

For example, two primary chemical constituents in Vetiver essential oil are khusimol and trans-isovalencenol. These sesquiterpenes have a molecular weight of 220 g/mol. Compare those with limonene, the primary chemical constituent in citrus oils like **Lemon** or **Wild Orange**. Limonene is a monoterpene with a molecular weight of 136 g/mol.

## The Heart

But just like how a lone chord—with its base, middle, and top notes—doesn't create a melody, a truly compelling fragrance is more than just a base, middle, and top. It's a full *mélange* of scents that together make you feel something. That's what Eva calls the heart. When she creates a new aroma, she looks for an idea the fragrance should evoke to guide how she chooses the notes or scents.

There's olfactory science behind scents. They're more than just pretty smells. As discussed in the "Ask the Doctors" article on page 12, aromas are connected to memory formation. You can recreate feelings associated with certain memories through scents, which can guide the development of your personal fragrances.

It does for Eva. While some perfumers start with the base notes, she prefers the heart—or middle—notes, choosing them based on a memory, experience, or place.

"As you smell each essential oil, ask yourself, 'What does this remind me of?' What memory does it evoke? You're trying to find the right middle note to build the entire fragrance around. Once you decide on a middle note, the rest is experimentation.

"From here, you'll choose which top, base, and other middle notes you want to include in your composition. Then you'll combine them and refine the fragrance by focusing on the percentages of each essential oil. Are you missing some notes? What's shining through? What isn't? Are you getting closer to creating the aroma from your memory? You keep working at it until it comes together and you achieve your desired outcome."

## The Benefits of Natural

Using dōTERRA CPTG Certified Pure Tested Grade® essential oils to create personal fragrances has several incredible benefits. Beyond having confidence in the purity of the product and its ethical sourcing, you'll be working with raw materials that most in the fragrance industry never get to touch. Most companies consider the price point for natural materials to be too high, so most fragrances are artificial.

While a commercial perfumer might put sixteen synthetic isolates or materials together to create a rose, dōTERRA offers beautiful, pure Rose essential oil and absolute that already have movement to them. The full, complete aroma profile will grow in your personal fragrance and blossom naturally.

## Consider the Delivery

A roller bottle provides easy, lasting topical application, while diffusion fills the room. Add your composition to lotion, bath bombs, and potpourri to paint your world with your personal perfume.



ō  
PROMO

## Essential Oil Spotlight

# Lemon

Citrus limon



**Distillation Method:** Cold-pressing/expression

**Aromatic Description:** Clean, fresh, and bright

**Plant Part:** Lemon rind (peel)

The lemon was once known in Asia as the fruit of health for its multiple uses and benefits. Many ancient cultures, including Egypt and Rome, used lemon oil as a staple in their wellness practices.

**Lemon** is a powerful cleansing agent that refreshes the air and cleanses surfaces, making it an ideal nontoxic household cleaner. It's little wonder **Lemon** essential oil is the best selling dōTERRA® essential oil.

### Fun Fact

Lemon essential oil is sourced from Italy because Italian lemons can grow to the size of softballs!

### How to Use

#### Topical

- + Add to a spray bottle with water to clean tables, countertops, and other surfaces.
- + Combine a few drops with olive oil to help clean, protect, and shine wood finishes.
- + Use a dry cloth with a couple drops to preserve and protect your leather furniture, surfaces, and garments.
- + Remedy the early stages of tarnishing silver and other metals with a few drops.

#### Internal

- + Add a few drops to a glass of water to uplift the senses with a citrusy zing.
- + Use a drop to enhance the flavor of any dessert or main dish.

#### Aromatic

- + Blend with the warm, comforting aromas of spice oils like Cinnamon Bark, Clove, and Ginger.



## The Magnitude of Community

Early in 2015, our Cō-Impact Sourcing® team was knee-deep securing operations in the Himalayan foothills of Nepal for Wintergreen essential oil. It was planned to announce this new product, as well as the hiring of Nepalese women harvesters, at convention later that year. However, on April 25, an 8.1 magnitude earthquake devastated Nepal, killing almost 9,000 people, injuring over 20,000, and leaving more than 3,000,000 homeless.

As news spread across the world, calls from Wellness Advocates flooded dōTERRA phone lines, tirelessly asking the same thing: "What can we do for Nepal?" Wheels were set in motion, and a fundraiser was organized. Between Wellness Advocates and the dōTERRA Healing Hands Foundation® matching funds, over \$600,000 was initially raised for immediate relief efforts.

Because of our preestablished work building ethical sourcing operations on the ground, dōTERRA, Cō-Impact Sourcing, and dōTERRA Healing Hands® were able to orchestrate relief efforts in Nepal without delay. The original \$600,000 donation funded emergency relief supplies, tarps and tents for temporary shelters, classrooms, construction of homes and the first earthquake-proof school in the area. Later, **Wintergreen** distillation units were rebuilt to stimulate the economy and provide jobs, while an eight-classroom high school, a 10-classroom secondary school, and latrines were constructed.

Beautiful unity and purpose were born out of the ashes of devastation. When you open your bottle of **Wintergreen**, remember where it comes from and how it reshaped dōTERRA humanitarian efforts.

*See solicitation disclosures on page 69.*

*Emily Wright and a Nepalese woman connecting*

# The Ideal Home

Just a few drops of pure essential oils is all it takes to transform your entire space. Create the ideal home environment with one of these diffuser blends.



## Energized Day

- 3 drops Wild Orange
- 3 drops Lemongrass
- 2 drops Wintergreen



## Momentum

- 2 drops Lime
- 2 drops Black Pepper
- 2 drops Frankincense



## Set Intentions

- 3 drops Spanish Sage
- 3 drops Frankincense



## Refresh

- 3 drops Rosemary
- 3 drops Eucalyptus
- 3 drops Grapefruit



## Fond Memories

- 3 drops Lavender
- 3 drops Myrrh
- 2 drops Black Pepper
- 2 drops Patchouli



## Welcome Home

- 2 drops Lemon
- 2 drops Wild Orange
- 2 drops Grapefruit



## Voice of the Vet: Work Like a Dog

Dr. Mia Frezzo is a member of the dōTERRA International Veterinary Advisory Board, coauthor of *SpOil Your Pet: A Practical Guide to Using Essential Oils in Dogs and Cats*, and owner of the Animal Hospital of Hasbrouck Heights in Hasbrouck Heights, New Jersey.

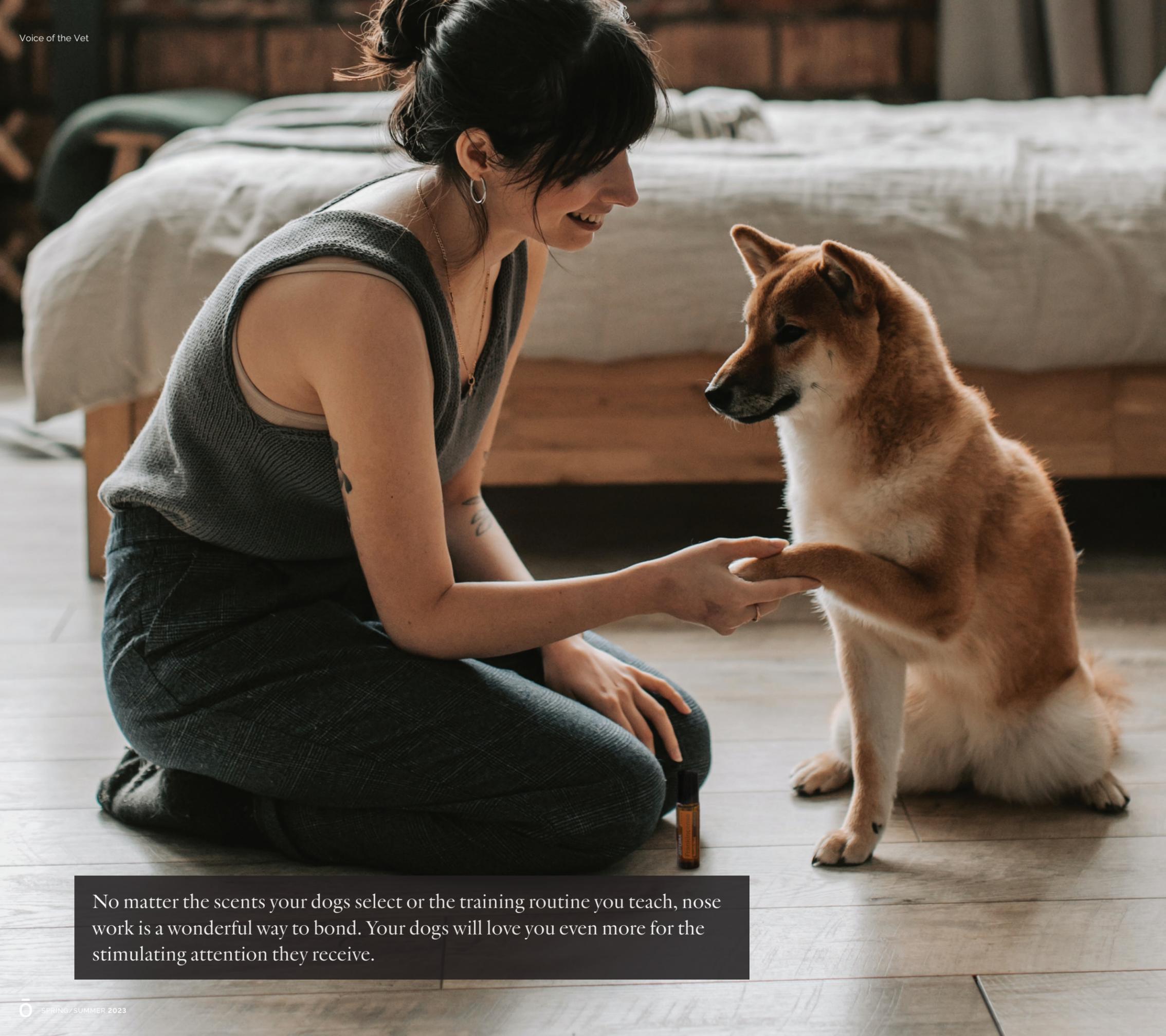
My dogs are a special part of my family. I want them to be happy and healthy, just like my own children. Dogs have a strong desire to please, either through work or emotional support, which inspires an innocent happiness in us humans. Our desire for their happiness and their desire to please us strengthens the human-animal bond.

One way to reinforce this bond is through nose work, which allows dogs to use their natural scent-based hunting skills. Smell is memory, and olfactory receptors are responsible for detecting it.

Humans have about 6,000,000 olfactory receptors, but dogs have 300,000,000! Because dogs have so many olfactory receptors, they love nose work, finding it to be stimulating, rewarding, and even relaxing.

Nose work is most effective for dogs that are already house-trained, because they already have a solid understanding of motivation and rewards.





No matter the scents your dogs select or the training routine you teach, nose work is a wonderful way to bond. Your dogs will love you even more for the stimulating attention they receive.

## Motivators and Rewards

I have three adorable standard poodles at home. One absolutely loves the smell of **Copaiba** essential oil but isn't a fan of **dōTERRA Breathe**®. This may not be the case for your dogs because dogs have individual personalities and are stimulated by many different smells, just like people.

Allowing your dogs to identify scents they like will give you the opportunity to incorporate those smells into nose work and subsequent rewards. But remember some essential oils are toxic for pets, so research an essential oil before introducing it to your dogs to ensure it's safe.

Over time, your dogs will identify their favorite essential oils. You can even teach your dogs the names of those essential oils. When my **Copaiba**-loving dog hears the word *copaiba*, she gets so excited and is ready to obey to receive it as a reward.

Smell can evoke a specific response. Isn't that amazing? Essential oils can act as both motivators and rewards because so much of a dog's world is identified through smell.

## Time to Train

To begin smell identification training with your dogs, start with a diluted version of an essential oil like **Frankincense Touch**. Hold the bottle in one hand—with the cap on—and treats or rewards in the other hand. Your dogs will obviously go for the hand with the treats first. Let your dogs lick that hand but don't hand over any treats yet.

Once your dogs are fully aware of the treats, let them smell the essential oil, but keep the treats right next to it. This approach teaches your dogs they'll get a treat if they can recognize that essential oil smell.

Your dogs will love this new game, but they may lose interest after a few minutes. Keep your dogs stimulated by working their noses in shorter spurts and be aware of attention levels. When your dogs give you cues that they're tired, stop training and pick up from there tomorrow.

The same process can be used to train your dogs as they wind down. Hold a diluted bottle of a calming essential oil aroma your dogs love, like **Lavender** or **Adaptiv**®, with the cap still on. Let your dogs identify the essential oil through smell while calming down. The diluted aroma will help remind and motivate your dogs to wind down because they'll want to smell the essential oil more.

As your dogs relax, give them nice belly rubs with the essential oil. Allow the natural smell memory to catch on so they each learn. Repeating this process will create a smell memory for your dogs, and they'll accept the soothing smell as both a motivator and a reward for being calm.



“The measure of intelligence  
is the ability to change.”

—  
Albert Einstein

# By Any Stretch of the Imagination

Picture a tree—strong, regal, and deeply rooted. Its large branches gently sway in the breeze, while its trunk stands unmoved and steady. The wind rocks the tree with little effort when it's young with shallow roots. But as the wind intensifies, the tree's roots adapt by growing deeper to manage the increasing resistance. As the roots grow, the tree becomes stronger, and together the tree and the roots create a balanced symbiotic relationship.

The presence of wind makes a tree stronger. The tree adapts, not only surviving the wind but thriving because of it. The tree becomes the best version of itself because of its adaptability.

Like with the tree, the winds of life rage against us. Our instinct may be to rid our lives of all stress and resistance, but it's actually in our adaptability to struggles where we can find our true strength. As we consciously adapt by deepening our roots, we're better equipped to handle the harshest winds that come our way.

## Sigh of Relief

It's early morning, and you've been at it for hours. Maybe you're a single parent, single with no children, or a parent of one or many. You could be retiring or just starting out on your own. One person's afternoon is interrupted by rushing to school pickup, serving snacks on the go, and swapping school uniforms and backpacks for cleats and tutus. Another person struggles with finances, a demanding job, and late hours. You can't even squeeze in grocery shopping, much less a movie, dinner with friends, or a walk.

The night ends with knots in your shoulder, laundry in the wash, and no time left in the day. Knowing **Deep Blue® Rub** provides a comforting cooling and warming sensation, you reach for it with one hand while instinctively massaging your shoulders muscles and neck with the other.

With gentle pressure you bend your head from side to side as you let out a sigh of relief. Pulling gently to lengthen the tight muscles, you feel the strain of your day release its grip as you catch the scent of Guaiacwood essential oil wafting from the diffuser on your shelf.

“If I'd known I was going to live this long, I'd have taken better care of myself.”

Eubie Blake



Stretching—the most instinctual basic exercise—provides benefits we rarely think twice about. Studies have found stretching the body is directly related to stretching the brain. One study showed exercise helps the hippocampus, which is a major player in learning and memory, stretch and grow. You can literally grow your ability to retain memories by physically stretching. Study after study reports benefits from stretching extend beyond simple comfort, from reducing muscle strain to improving blood flow.

### Remember the Tree

How you manage the storm directly affects your adaptability. Remember the tree. Consciously adapting by deepening your roots, like with stretching, better equips you to handle all that comes your way. By increasing blood flow, stretching becomes a vehicle for nutrients traveling to the muscles. It aids in metabolic disposal, removing metabolic waste like carbon dioxide, uric acid, and ammonia.

What's even better are the extra benefits received when you combine stretching with the **MetaPWR™ System**. **MetaPWR Assist** was created to support healthy lifestyle regimens focused on increased energy and vitality, metabolic health, and weight management to add health to your lifespan.\* **MetaPWR Advantage** was developed to help maintain healthy cell and organ function, keep

you mentally energized, and promote healthy weight and body composition.\*

Keep going. Stretch your arms, back, hips, and legs. Stretching from head to toe can protect against serious health concerns that are all linked to reduced blood flow. Stretching is especially helpful for low-mobility, high-risk individuals who can't exercise regularly.

If your body isn't functioning properly, it becomes increasingly difficult to care for yourself and others who depend on you. Think about the safety instructions on airplanes: "To start the flow of oxygen, pull the mask toward you. Place it firmly over your nose and mouth. . . . If you're traveling with a child or someone who requires assistance, secure your mask first and then assist the other person." Whether you're 36,000 feet in the air or firmly planted on the ground, how well you take care of yourself is directly related to your ability to care for those around you.

As you focus on deepening your roots to better adapt to the stresses of life, remember that some of the tallest, strongest trees are hundreds of years old. They didn't become the marvels they are today in just one night. They took advantage of each storm, heatwave, snowfall, and windstorm to become the giants they are today.

\* 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.



# Home to Home

Connection and community are the heart of dōTERRA and integral to our growers, harvesters, and distillers worldwide. While few get the special opportunity to visit a sourcing location, all of us enjoy the abundant benefits that pure essential oils offer. If we could, perhaps we'd all share a meal together—gathered and grateful in person. But despite geographical or cultural distances, we're still connected. The gifts of the earth link us as one beautiful, vast community.

While every dōTERRA® product supports and furthers our mission, some essential oils provide extra impact. These five high-impact essential oils are key in our combined efforts to triple our impact by 2030.

## **Copaiba**

### *From Their Home*

Copaiba is sourced along the Amazon River and its tributaries of Brazil. We partner with local harvesting families, supporting over 300 jobs and impacting more than 1,000 lives. Each family takes care of several copaiba trees—a tradition that's been fostered for generations. In 2019, the dōTERRA Healing Hands Foundation® funded a dental clinic for residents in seven remote harvesting communities to address urgent healthcare needs.

### *To Your Home*

Copaiba contains the highest levels of beta-Caryophyllene among currently known essential oils. You can take Copaiba internally to calm, soothe, and support the nervous system.\* It also provides antioxidant benefits when ingested.\* Add a drop or two to your facial moisturizer to help reduce the appearance of blemishes.

\* 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.

### Helichrysum

#### From Their Home

Sourced from Albania and Corsica, France, helichrysum thrives in the Mediterranean climate. We provide farmers with long-term contracts to absorb price fluctuations, so they receive consistent, fair, and transparent prices. This approach also offers more stability and security for farmers. Through the purchase of Helichrysum essential oil, we support more than 1,100 jobs, impacting more than 3,770 lives. The dōTERRA Healing Hands Foundation® recently renovated local Albanian schools to meet the standard of the European Union. In 2020 and 2021, the dōTERRA Healing Hands Foundation also supported anti-trafficking programs for youth and social workers in southern Albania.

#### To Your Home

Sometimes referred to as the everlasting or immortal flower, Helichrysum essential oil is famous for its rejuvenating, beautifying effects on the skin. Helichrysum can also be taken internally and used aromatically. Its floral aroma supports a soothing, uplifting atmosphere.

### Peppermint

#### From Their Home

Peppermint is sourced from the US Pacific Northwest and India. The Pacific Northwest has an ideal climate for growing peppermint because of the consistently heavy rainfall each year, which contributes to the high menthol content that gives our Peppermint essential oil its minty aroma and flavor. Several northern states in India have climates similarly suited to optimal mint cultivation. By also sourcing from India, we support over 15,000 small-scale farmers. Our sourcing efforts from both areas impact 349,520 lives.

#### To Your Home

The sweet, minty aroma and crisp, refreshing taste of Peppermint are immediately recognizable to most people. Add a drop of Peppermint for mint flavoring in recipes—or just put a drop in your mouth to freshen your breath and enjoy internal benefits like healthy digestion and respiratory function.\* Topically, the cooling effect of Peppermint on the skin can soothe and rejuvenate.



\* 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.



Turmeric offers a wide array of benefits: supporting a healthy metabolism, providing antioxidant benefits, supporting healthy nervous and cellular function, and supporting a healthy inflammatory response.\*

### Turmeric

#### From Their Home

In India and Nepal, turmeric is sometimes grown as an intercrop alongside corn, sugarcane, and other plants. Many farmers grow it after cultivating sugarcane for a few years. Indian farmers often say planting turmeric is like a natural pesticide and fungicide within the soil, growing turmeric is healthful and regenerative for the soil itself. Between India and Nepal, we empower more than 2,364 farmers with jobs, supporting approximately 10,452 people. In partnership with Days for Girls in Nepal, the dōTERRA Healing Hands Foundation has funded distribution for over 30,000 feminine hygiene kits and accompanying education to Nepalese adolescent girls.

#### To Your Home

When taken internally, Turmeric offers a wide array of benefits: supporting a healthy metabolism, providing antioxidant benefits, supporting healthy nervous and cellular function, and supporting a healthy inflammatory response.\* You can ingest Turmeric directly or add it to your cooking. Turmeric is a popular flavor in many dishes—a delicious way to maximize all this essential oil has to offer.

\* 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.



### Vetiver

#### From Their Home

A hearty grass that can survive both flooding and drought, vetiver grows well in Haiti's volatile weather. The root system of vetiver grass also prevents erosion and provides additional nutrients to the soil. Haiti exports about half of the world's vetiver oil, and dōTERRA Vetiver sourcing supports over 17,000 jobs and impacts approximately 74,424 lives. We encourage and help Haitian farmers to join cooperatives, which secure rights and bargaining power for farmers to ensure fair prices, access to prepayments, and long-term contracts.

#### To Your Home

Like the deep, extensive root system of vetiver grass, the aroma of Vetiver essential oil is steady, rich, and grounding. It creates a calming, stabilizing atmosphere. The woody, smoky scent is ideal for massages and relaxing bedtime routines.

See solicitation disclosures on page 69.



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PROMO

## Essential Oil Spotlight

# Turmeric

Curcuma longa



**Distillation Method:** Steam distillation

**Aromatic Description:** Warm, spicy, earthy, and woody

**Plant Part:** Rhizome

**Turmeric** is an aromatic plant in the ginger family that's been used for centuries in Chinese, Indian, and Sri Lankan health practices. The rhizomes and tubers of this plant have also been part of holistic Ayurveda health practices because of their powerful benefits for nearly 4,000 years. The root serves as a natural yellow dye.

**Turmeric** is a powerful essential oil. When taken internally, it supports antioxidant activity and a healthy nervous system, cellular function, and inflammatory response.\* It also helps with healthy glucose and lipid metabolism when ingested.\*

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

**Fun Fact**

Our Turmeric essential oil is a Cō-Impact Sourcing® product, provided by small-scale Indian and Nepalese farmers.

### How to Use

#### Aromatic

- + Diffuse or put a drop or two on your hand and inhale for a positive aroma.

#### Topical

- + Use on the skin as an all-over face mask for soothing.
- + After strenuous activity, incorporate into your recovery routine for a soothing experience.

#### Internal

- + Take internally for daily antioxidant support and to support a healthy inflammatory response.\*
- + Use as a metabolic support when trying to get back on track.\*

# It's Your Turn to Set the Table

The fondest memories are made when gathered around the kitchen table, and we're here for those memories. Reach for your loved ones, your garden gloves and turn your kitchen table into a memory maker. Normalize patios overgrown with container gardens, backyards you visit more than your local grocery store, and warm cherry tomatoes sneaked straight off the vine.

Now, it's your turn to set the table.



## Summer Harvest Salad

1 pound pasta of your choice  
 1½ cups cherry tomatoes, halved  
 1½ cups cucumber, sliced and cubed  
 ¼ cup red onion, thinly sliced

### Dressing:

½ cup olive oil	¼ teaspoon pepper
4 tablespoons red wine vinegar	2 drops Lemon essential oil
1 teaspoon garlic, minced	1 toothpick Basil essential oil
½ teaspoon salt	1 toothpick Oregano essential oil

### Instructions:

1. Cook the pasta according to the package instructions, drain and rinse with cold water, and set aside.
2. Vigorously whisk the olive oil, vinegar, garlic, salt, pepper, and essential oils in a large bowl.
3. Stir the pasta and vegetables into the dressing until coated. Taste and add additional salt and pepper if needed.
4. Refrigerate for 30 minutes.
5. Stir and top with parmesan cheese and fresh julienned basil before serving.

## Maple Vanilla Pecans

12 tablespoons pure maple syrup

10 drops **Madagascar Vanilla**

$\frac{1}{4}$  teaspoon salt

$1\frac{1}{2}$  teaspoons water

2 cup pecans, halved

### Instructions:

1. Combine the maple syrup, **Madagascar Vanilla**, salt, and water in a small bowl and set aside.
2. In a saucepan, toast the pecans over medium heat for three to four minutes until fragrant. Stir consistently to prevent burning.
3. Remove the pecans from the heat, drizzle with the maple syrup mixture, and stir until the pecans are thoroughly coated.
4. Line a baking sheet with parchment paper, spread the coated pecans in an even layer on the baking sheet, and place in the refrigerator to cool.
5. Add to your favorite summer salad and store excess in an airtight container.



# I'll Start Again on Monday

Let's have an honest conversation about nutrition and habits with expert health coaches from Prime Meridian Healthcare®: Shantel Chase and Jen Lambert. Instead of one more "I'll start again on Monday," give yourself permission to start your health journey today.

**You:** I've been bombarded by diet culture and fads my entire life. I just don't know where to start.

**Jen:** Everywhere we look, there's a new fad diet. No wonder we're all confused! Most of us don't realize what we're eating and how much until we write it down. My first recommendation is keep a food journal. It'll keep you accountable and reveal eating behaviors and patterns.

Second, start a daily vitamin routine. I use the **dōTERRA Lifelong Vitality Pack® (LLV)** and recommend it to everyone I know. It's full of essential nutrients, metabolic benefits, and powerful antioxidants designed to promote energy, health, and lifelong vitality.\*

**Shantel:** I want to validate everyone's experiences. I understand how it feels to go back and forth between "eat this" and "don't eat that." The world's health and wellness industry has a lot of opinions. I suggest finding an improvement that excites you!

**MetaPWR™ Advantage** may be the perfect product to channel that excitement! It includes nine types of collagen and helps maintain healthy cell and organ function, which may keep you mentally energized and promote healthy weight and body composition.\* MetaPWR Advantage helps you take ownership of your body. When you make changes and stick to them, you'll find yourself winning every day because simple choices turn into habits.

**Jen:** Yes, I couldn't agree more! It really is all about small changes. We make healthy living too hard, which is why we often don't stick with it. But I love the snowball effect of healthy habits. First, put on your walking shoes. Second, take a walk for five minutes. Small habits can feel meaningless, but good habits are like a savings account: they add up over time.

**Shantel:** That's right. You don't need to make a huge change and live a whole new lifestyle on day one.

**You:** That's good advice, but it's got me thinking. I feel like all I do is start again on Monday. There has to be a better way.

**Shantel:** Have we considered asking Monday how it feels holding all our expectations? I get how frustrating it is to feel like you're back at the starting line, hoping this time is the last first time. I agree that motivation can be a good driving force for progress. I love this quote by Mat Fraser, a multi-champion of the CrossFit Games®: "People often overestimate what they can do in a day and underestimate what they can do in a year." You can make one good decision today that'll ripple into more good decisions down the road.

**Jen:** That's so true! You've told yourself you'll wait for Monday so you can "gear up" and find the motivation. We all treat Monday like we'll go from couch to marathon. No wonder goals are put off for one more weekend! But when you realize a healthy lifestyle just requires the decision to go take a walk for five minutes, it allows you to start today right where you are. Running a marathon begins with running one mile and then another. Likewise, a healthy lifestyle is all about one healthy choice and then another.

**Shantel:** I don't want people to think motivation doesn't exist. Some days you wake up with more motivation and are productive. But it's a fleeting thing, so what do you do in its absence? Instead of waiting for motivation to take action and get results, you need to act as the first step. Then you'll see the results and build up your motivation bank. Let that be the cycle you work from rather than asking, "Motivation fairy, where are you today?"

**You:** I feel like I'm barely holding on. You both make it sound so easy!

**Jen:** There's enough negative pressure all around you—don't inflict it on yourself. Starting on the path toward a healthier you really is easier than you think. The truth is we spend a lot more time thinking about how we want to live instead of actually living. When you realize your choices just require one small action, you gain momentum. And before you know it, you're crossing the finish line of a marathon!

**Shantel:** I agree! If being hard on yourself worked, it would've delivered results by now. Sometimes we fail. Stop aiming for perfection. Try instead for more consistency and persistence. Start with that one small change.

Cheers to starting over on a random Thursday or 7:00 p.m. on a Friday night. Remember, you're worth it!



CrossFit Games® is a registered trademark of CrossFit, LLC.

\* 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.

# Defy Time

MetaPWR™ Advantage has been clinically developed to strengthen metabolic health by addressing healthy aging with yeast powder NMN and nine collagen types.\* Each collagen type plays a unique role in improving skin density, elasticity, and hydration; strengthening blood vessels; supporting connective tissue; and improving overall vitality.\*

Support your cells, skin, joints, sleep, mental performance, and more.\* Look and feel like a younger you with MetaPWR Advantage.

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





# dōTERRA®

Product Guide | *Spring/Summer 2023*

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# dōTERRA

Most people know dōTERRA simply as an essential oil company. But to truly understand who we are and what we do, look to our purpose:

- We intentionally source the gifts of the earth, enriching every life we touch.
- We empower people and communities in their pursuit of self-reliance.
- We break cycles of human suffering and poverty as our business expands.
- We advocate and educate to empower everyone with natural wellness solutions.
- We advance science for the innovative use of essential oils.

dōTERRA was founded with the bold commitment to sell only pure essential oils. As we rapidly expanded, traditional suppliers told us we couldn't maintain our growth without resorting to extended or adulterated oils. But we refused to compromise on quality.

Instead, we began sourcing essential oils directly. We set up long-term relationships with farmers and distillers, building our Global Botanical Network of sourcing partners. We created an award-winning sourcing model—Cō-Impact Sourcing®—to source the best and help the most.

Responsible sourcing blesses the lives of the growers and harvesters from whom we source dōTERRA essential oils. It also makes a difference for you. When we say our intention is to enrich every life we touch, we mean *every life*—from our planting and harvesting partners to the individuals and families who use our essential oils in their homes. It's why we pursue what's pure.



74 Enrollment Kits



90 dōTERRA On Guard®



94 Deep Blue®



100 dōTERRA Lifelong Vitality Pack®



121 dōTERRA Diffusers

# The dōTERRA Impact

At dōTERRA, we source the best and help the most. This is a commitment to produce the world's highest-quality essential oils in ways that truly empower the people we work with on the journey from source to you. We do so through our award-winning Co-Impact Sourcing® model.

Every dōTERRA® essential oil is intentionally sourced to create positive change for the people and communities we work with to produce it. Our 26 High Impact Oils have the biggest impact on the most people.

Scan the QR code found next to some of your favorite oils to see how these dōTERRA essential oils are helping to change the world.



### Frankincense Top Seller

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

Often called the "king of oils," topical and internal use of Frankincense provides modern wellness benefits.

- Ingest to support healthy cellular function.\*
- Supports healthy immune and nervous system function when taken internally.\*

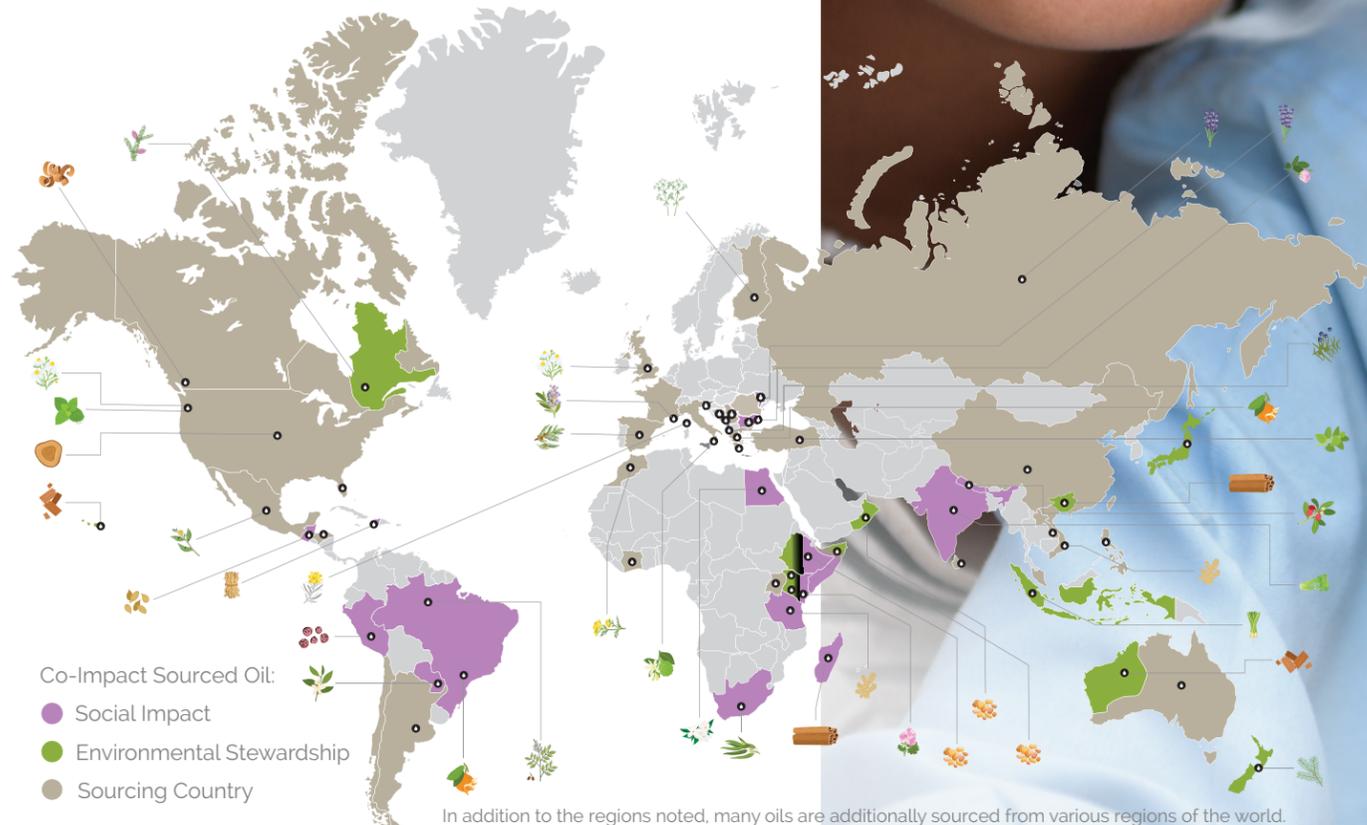
**A T I N**

**A T N**



**30070001**  
15 mL | 73 PV  
\$104.00 rtl  
\$78.00 whl

**60200224**  
10 mL roll-on | 50 PV  
\$66.67 rtl  
\$50.00 whl



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



## Changing the world is a big task, but we're committed to doing it right.

As dōTERRA works tirelessly to sustainably and responsibly source the best essential oils in the world, dōTERRA Healing Hands® is forging ahead to help the most. #EngageInGood with us to help empower individuals worldwide to be healthy, safe and self-reliant. Join us.



### Rose Hand Lotion

dōTERRA Spa Rose Hand Lotion is a light, alluring lotion with CPTG® Rose essential oil that promotes smooth, beautiful skin. This silky formula contains natural moisturizers and humectants that leave hands soft, supple, and nourished. Known for its skin-beneficial properties, Rose essential oil enhances this lotion with the authentic and uplifting aroma of rose petals.

- Bulgarian Rose essential oil is known for its ability to promote smooth, glowing skin
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and their ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

**37520001**  
3.3 fl oz/100 mL | 0 PV  
\$26.67 rtl  
\$20.00 whl



### dōTERRA Hope® Touch Uplifting Blend

Now including exclusive Jasmine essential oil, this transformative blend symbolizes life, tenacity, and most importantly, hope that we can achieve our best selves and a better world. A portion of each purchase is donated to support those who have experienced trauma.

- Apply to pulse points as you focus on being centered and grounded
- Roll on wrists and temples as you aim to incorporate a hopeful mindset throughout the day
- Apply to hands, rub together, and inhale deeply as needed
- Use to massage base of skull

**A T N**

**60222109**  
10 mL roll-on | 25 PV  
\$33.33 rtl  
\$25.00 whl

Tax-Deductible Cash Donation	2001	2002	2003	2004	2005
	\$1.00	\$5.00	\$10.00	\$25.00	\$100.00

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

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

Michigan: Registration # 55179

NEW JERSEY: INFORMATION FILED WITH THE ATTORNEY GENERAL CONCERNING THIS CHARITABLE SOLICITATION AND THE

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

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](http://www.sos.wa.gov/charities).

## What Are Essential Oils?

### The Power of the Entire Earth in One Bottle

On the 196,900,000 square miles of the earth's surface, scientists estimate there are 390,000 plants—with new species being discovered regularly. Unseen by the naked eye, essential oils hide in the seeds, stems, roots, barks, flowers, needles, and fruits of plants.

Essential oils are typically found in microscopic, specialized glands within certain plants. Scientifically speaking, essential oils are small organic molecules that quickly change from a liquid to a gas at room temperature. That's what makes bottled essential oils so powerful. Your bottle contains tiny molecules in a liquid state. When you unscrew the cap and open it, the molecules change swiftly from a liquid to a gas, which is why you can smell the essential oil immediately—even from a distance.

### Natural Solutions for Modern Problems

Essential oils have become increasingly popular and commonplace recently. However, their use dates back to ancient Egypt, Greece, and Rome, among other places. Essential oils aren't just a fad or new trend. They're powerful plant extracts that can be used to promote well-being—just as they have for centuries. Today, millions of people have made essential oils part of their homes because these gifts of the earth provide a natural way to make everyday life easier.

## CPTG®

### CPTG Certified Pure Tested Grade®

Previously in the world of essential oils, no set standard of quality existed, allowing many companies to cut corners on purity. So we made our own standard: CPTG Certified Pure Tested Grade.

We diligently work with a worldwide network of essential oil chemists, growers, and distillers to select botanicals of the correct species that are grown in ideal environments and harvested at the right times. Once an essential oil is distilled, it must pass a series of rigorous lab tests, layered one on top of the other for a more complete picture—including gas chromatography-mass spectrometry (GCMS). These steps and processes make dōTERRA® essential oils the purest on the market.

### Why It Matters

Many oils contain fillers, artificial ingredients, contaminants, or chemical residues. These adulterating elements can cause an oil to lose its efficacy and can even be harmful in some cases.

When you choose to purchase essential oils, you're looking for natural solutions to support your home and family. The CPTG® standard ensures when you order from dōTERRA, you receive pure, unadulterated essential oils that are safe to use on yourself and your loved ones. You should never have to settle for anything less.



# Essential Oil Uses

Anyone can benefit from essential oils. Millions of people across the world are passionate about using natural products to support their families and live a healthy lifestyle. When you adhere to product labels, instructions, and warnings, you can confidently bring essential oils into your home.

Essential oils have a long history of safe, effective usage. When you apply a proper amount of pure essential oils, they're absolutely safe for you, your family, and your home. Like anything else you'd bring into your space, essential oils are safe when you adhere to recommended doses and employ them as intended.

**There are three basic essential oil application methods:** aromatic, topical, and internal. Essential oils can also be used for home care.

Using an essential oil aromatically means experiencing its properties through the air. Aromatic usage typically includes breathing in or inhaling an essential oil, allowing the scent to interact with your senses.

Applying an essential oil topically is a safe, effective way to enjoy the benefits it offers the skin.

Taking an essential oil internally can be done by directly applying it to the tongue or mouth, filling a Veggie Cap, or adding it to food and beverages.

Certain essential oils can be extremely beneficial in the home for daily chores and cleaning. If cleaning and caring for your home with natural, nontoxic ingredients is important to you, then dōTERRA® essential oils can provide a simple, powerful way to keep your home in order.

Look for the following symbols in this guide to help you determine how an essential oil can be used. You'll also notice sensitive skin symbols to help you safely dilute products before applying them topically.

## Application Methods

- A** Can be used aromatically
- T** Can be used topically
- I** Can be used internally
- H** Can be used for home care

## Sensitive Skin

- N** Can be used with no dilution (neat)
- S** Dilute for young or sensitive skin (sensitive)
- D** Dilute before using topically (dilute)

## Guidelines for safe usage:

- **Labels:** Pay attention to any warnings included on essential oil packaging.
- **Areas to avoid:** Avoid putting essential oils in the nose, inner ears, and eyes or on broken skin or other sensitive areas.
- **Dilution:** To minimize skin sensitivity, dilute essential oils with a carrier oil. The suggested dilution ratio is one drop of essential oil to five drops of carrier oil.
- **Strong essential oils:** Always dilute essential oils with a particularly strong chemistry (like Cassia, Cinnamon Bark, Clove, Oregano, and Thyme) before topical application.
- **Sun sensitivity:** Avoid direct sunlight or UV rays for at least 12 hours after using certain essential oils on the skin that may pose a risk for skin sensitivity (such as citrus oils).
- **Safe storage:** Store essential oils out of reach of children. Keep them away from excessive light or heat.
- **Young children supervision:** Always supervise essential oil application with children. Dilute essential oils before applying them to a child's skin.

# Where to Begin

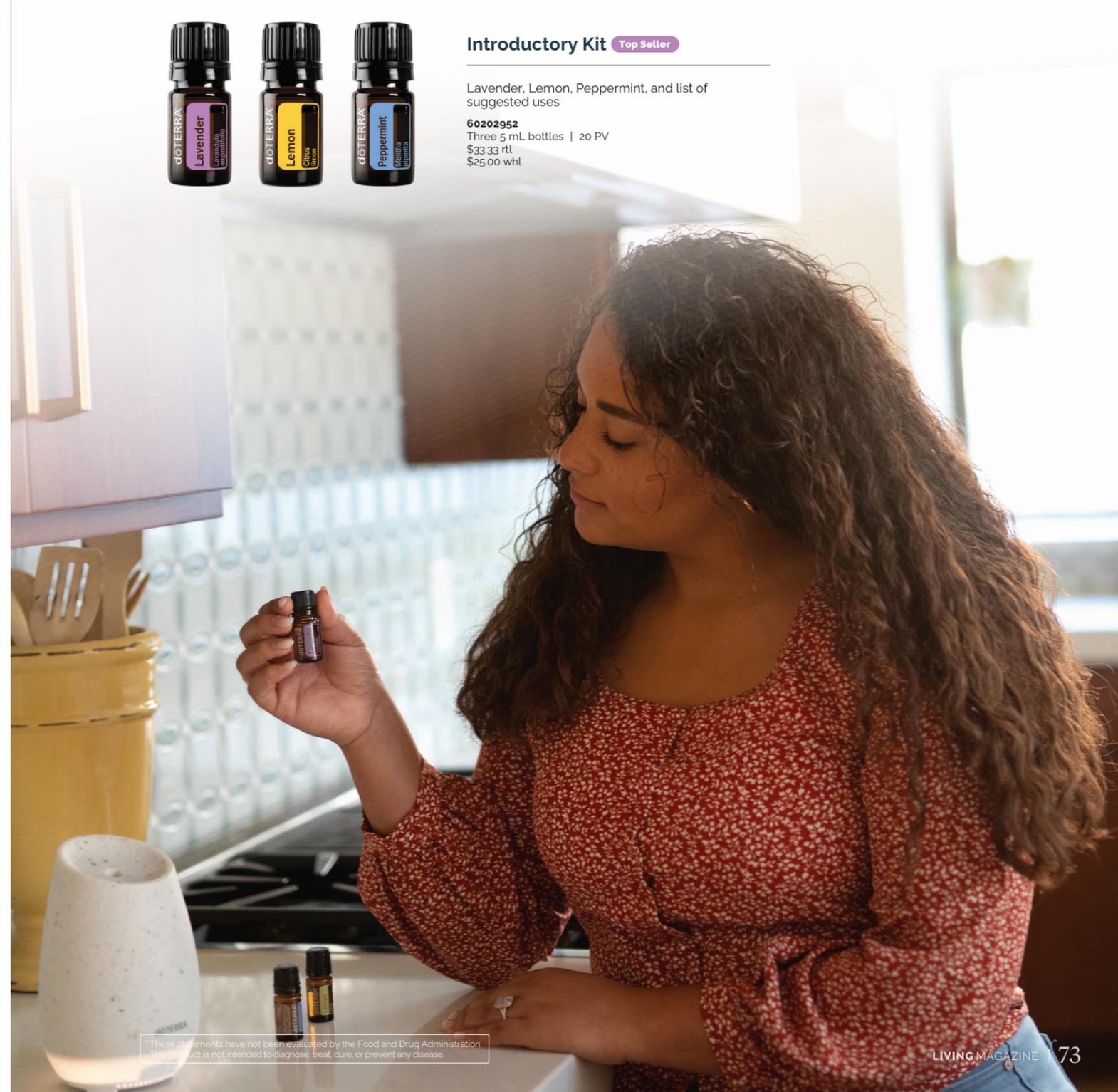
Using essential oils is intuitively simple and highly satisfying. However, the many oils available, with their numberless combinations and wellness applications, can be a bit overwhelming to beginners. As a simple first step on your journey with essential oils, we recommend a trio of Lavender, Lemon, and Peppermint. Three of our most popular oils, they will provide you and your family a compelling experience with the life-enhancing properties of essential oils.



## Introductory Kit Top Seller

Lavender, Lemon, Peppermint, and list of suggested uses

**60202952**  
Three 5 mL bottles | 20 PV  
\$33.33 rtl  
\$25.00 whl



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

# Enrollment Kits

dōTERRA enrollment kits are thoughtfully designed to empower you with nature's most potent and beneficial solutions. Expertly curated to offer the perfect introduction to essential oils, while saving money.



## Healthy Habits Kit

**5 mL bottles:** Lavender, Frankincense, dōTERRA Balance®, dōTERRA On Guard®, Tangerine

**Other Products:** DigestZen TerraZyme®, dōTERRA Lifelong Vitality Pack®, Deep Blue® Rub, PB Assist+®

**60217321**  
125 PV  
\$260.00 rtl  
\$195.00 whl



## MetaPWR™ System Kit

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

**60223395**  
150 PV  
\$238.67 rtl  
\$179.00 whl



## Healthy Start Kit

**5 mL bottles:** dōTERRA Breathe®, Deep Blue®, DigestZen®, Frankincense, Lavender, Lemon, dōTERRA On Guard®, Oregano, Peppermint, Tea Tree

**Other Products:** Pebble™ Diffuser

**60211452**  
100 PV  
\$213.33 rtl  
\$160.00 whl



## Home Essentials Kit

**5 mL bottle:** Deep Blue®

**15 mL bottles:** dōTERRA Breathe®, DigestZen®, Frankincense, Lavender, Lemon, dōTERRA On Guard®, Oregano, Peppermint, Tea Tree

**Other Products:** Laluz Diffuser

**60221657**  
235 PV  
\$360.00 rtl  
\$270.00 whl

## AromaTouch® Training Kit

**15 mL bottles:** dōTERRA Balance®, Lavender, Peppermint, Tea Tree, Wild Orange, AromaTouch®, Deep Blue®, dōTERRA On Guard®

**Other Products:** Fractionated Coconut Oil 115 mL, Fractionated Coconut Oil Pump, AromaTouch Training Information Card

**60221309**  
250 PV | \$333.33 rtl | \$250.00 whl



## Aroma Essentials Collection

**5 mL bottles:** Adaptiv®, dōTERRA Balance®, dōTERRA Breathe®, dōTERRA Cheer®, Citrus Bloom®, Northern Escape®, dōTERRA On Guard®, Peppermint, dōTERRA Serenity®, Wild Orange

**Other Product:** Laluz® Diffuser, storage box

**60221665**  
115 PV | \$206.67 rtl | \$155.00 whl



## Natural Solutions Kit

**5 mL bottles:** dōTERRA Serenity®, Adaptiv®, Deep Blue®

**15 mL bottles:** Lavender, Lemon, Peppermint, Frankincense, Tea Tree, Oregano, dōTERRA On Guard®, DigestZen®, dōTERRA Breathe®

**Other Products:** dōTERRA Lifelong Vitality Pack®, Fractionated Coconut Oil, PB Assist+®, dōTERRA On Guard® Toothpaste, dōTERRA On Guard+™ Softgels, dōTERRA On Guard® Sanitizing Mist, dōTERRA® Breathe Vapor Stick, Deep Blue® Stick, DigestZen TerraZyme®, Correct-X®, Wooden Box, Laluz® Diffuser

**60221656**  
345 PV  
\$600.00 rtl  
\$450.00 whl

# Essential Oil Singles

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



## Arborvitae Essential Oil *Thuja plicata*

Known as the "tree of life," Arborvitae is majestic in size and abundant in benefits.

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

A T N

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



## Basil Essential Oil *Ocimum basilicum*

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

- May soothe tired muscles when used as part of a massage
- Aromatic use helps create a calm and relaxed environment
- When taken internally, supports cardiovascular system health\*

A T I N



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



## Birch Essential Oil *Betula lenta*

Birch essential oil comes from the bark of Beta lenta (italic) tree, known as black birch, cherry birch, or sweet birch.

- Delivers a stimulating, refreshing aroma similar to Wintergreen
- Provides a soothing massage

A T S

60222580  
5 mL | 45 PV  
\$73.33 rtl  
\$55.00 whl



## Bergamot Essential Oil *Citrus bergamia*

Cold pressed from the rind of the bergamot fruit, Bergamot is unique among citrus oils.

- Frequently used in massage therapy for its calming aroma
- Apply to the skin while showering and inhale deeply to experience its calming aroma while enjoying its purifying skin benefits

A T I S

30790001  
15 mL | 40 PV  
\$53.33 rtl  
\$40.00 whl



## Black Pepper Essential Oil *Piper nigrum*

Best known as a cooking spice that enhances the flavor of foods, but its internal and topical benefits are equally noteworthy. This essential oil is known for powerful antioxidant and digestive support when used internally.\*

- Aids digestion when used internally\*
- Soothing and satisfying aroma

A T I S

41040001  
5 mL | 23 PV  
\$30.67 rtl  
\$23.00 whl



## Black Spruce Essential Oil *Picea mariana*

A powerful wood essential oil distilled from the needle and branches of the *Picea mariana* tree, Black Spruce essential oil has a relaxing, calming aroma.

- Incorporate Black Spruce into a comforting massage experience to soothe the skin after strenuous exercise
- Promotes feelings of easy breathing

A T S

60206220  
5 mL | 21 PV  
\$28.00 rtl  
\$21.00 whl



## Blue Tansy Essential Oil *Tanacetum annuum*

Sourced from the annual yellow-flowered Mediterranean plant, Blue Tansy is high in chamazulene and sabinene. An important oil in the dōTERRA Deep Blue® blend.

- Anecdotal evidence suggests it may enhance the appearance of dry or damaged skin
- Preclinical studies suggest it may provide a soothing sensation when applied to skin

A T N

60203383  
5 mL | 81 PV  
\$114.67 rtl  
\$86.00 whl



## Cardamom Essential Oil *Elettaria cardamomum*

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

- Helps ease indigestion and maintain overall gastrointestinal health when ingested\*
- Promotes clear breathing and maintains respiratory health when used internally\*

A T I N



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



## Cassia Essential Oil *Cinnamomum cassia*

Closely related to cinnamon, Cassia has a wonderful fragrance and thousands of years of historical use.

- May promote healthy cardiovascular system function when consumed\*
- Promotes healthy digestion when taken internally\*
- May help support healthy immune system function when ingested\*

A T I D

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



## Cedarwood Essential Oil *Juniperus virginiana*

Cedarwood has a warm, woody, balsamic fragrance that creates a comforting and relaxing environment.

- During your facial routine, add one to two drops of Cedarwood to your facial toner or moisturizer for added clarifying properties
- Blends well with floral or citrus oils

A T S

49300001  
15 mL | 15 PV  
\$20.00 rtl  
\$15.00 whl



## Celery Seed Essential Oil *Apium graveolens*

Sourced from the celery plant, Celery Seed essential oil has a warm, sweet aroma, and preclinical studies suggest may improve digestion when used internally.\*

- Supports a healthy digestive system when consumed\*
- Add a few drops to your drink or shake for powerful cleansing benefits\*

A T I S

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



## Cilantro Essential Oil *Coriandrum sativum*

Distilled from the leaves of the coriander plant, Cilantro essential oil is commonly used for its fresh and tasty flavor.

- Used in soaps for cleansing purposes
- Place one to two drops in a dōTERRA Veggie Cap for internal support\*

A T I N

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



## Cinnamon Bark Essential Oil *Cinnamomum zeylanicum*

Well known for its use as a spice, Cinnamon also has many health-promoting benefits.

- Internal use supports healthy metabolic function\*
- Naturally repels insects

A T I D



30030001  
5 mL | 32 PV  
\$42.67 rtl  
\$32.00 whl



## Citronella Essential Oil *Cymbopogon winterianus*

Citronella is a tall grass grown in Asia with a crisp, fresh aroma. Often used as a natural insect repellent.

- Natural pest repellent
- Cleans surfaces
- Skin and scalp soother

A T S

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



## Clary Sage Essential Oil *Salvia sclarea*

Clary Sage is known for its soothing and calming properties.

- Apply to abdomen for a soothing massage
- Combine with Roman Chamomile and add to bath water for an enjoyable bath
- Promotes healthy-looking hair and scalp

A T I N

30420001  
15 mL | 42 PV  
\$56.00 rtl  
\$42.00 whl



## Clove Essential Oil *Eugenia caryophyllata*

Known as a popular cooking spice, Clove has many beneficial uses.

- Promotes healthy teeth and gums
- Internal use has powerful antioxidant benefits\*
- Soothing, warm aroma

A T I D



30040001  
15 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



## Copaiba Top Seller Essential Oil *Copaifera reticulata, officinalis, coriacea, and langsdorffii*

When taken internally, supports a healthy digestive and cardiovascular system.\*

- Provides antioxidant support when ingested\*
- Helps soothe and support the nervous system when consumed\*

A T I S

60202178  
15 mL | 38 PV  
\$50.67 rtl  
\$38.00 whl

A T N

60219176  
10 mL roll-on | 25 PV  
\$33.33 rtl  
\$25.00 whl



## Coriander Essential Oil *Coriandrum sativum*

Popular across many cultures for various uses, Coriander essential oil provides a myriad of health benefits.

- Similar chemical composition to Lavender
- Add to oily skin to maintain a clear complexion
- After a short workout, apply Coriander to legs for a soothing massage

A T I N

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



## Cypress Essential Oil *Cupressus sempervirens and lusitanica*

Distilled from the twigs and foliage of the cypress tree, Cypress essential oil is popular for its energizing aroma and use in spas.

- Helps improve the appearance of oily skin
- Commonly diffused with citrus oils for an uplifting aroma

A T N



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



## Douglas Fir Essential Oil *Pseudotsuga menziesii*

Sustainably sourced from young, pre-coning trees, giving it a chemical composition that's particularly rich in β-pinene and esters.

- Add to facial cleanser, bar soap, or body wash for added cleansing benefits and an invigorating aroma
- Creates positive and inspiring surroundings
- Refreshing, airy aroma

A T N

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



## Eucalyptus Essential Oil *Eucalyptus spp.*

Created with *radiata, polybractea, kochii, loxophleba, and globulus*. A primary component of many of these species is Eucalyptol which is where this blend gets many of its benefits.

- Creates a calm atmosphere during stressful circumstances
- May have cleansing properties due to its main constituent 1,8 cineole

A T D

60218408  
15 mL | 21 PV  
\$28.00 rtl  
\$21.00 whl



**Fennel (Sweet)**

Essential Oil  
*Foeniculum vulgare*

Used for centuries, Fennel provides many health benefits\* and has a distinct licorice aroma.

- Take internally to promote healthy digestive system\*
- May help promote healthy circulation when taken internally\*
- Provides an invigorating and calming aromatic atmosphere

A T I S



**41290001**  
15 mL | 18 PV  
\$24.00 rtl  
\$18.00 whl



**Ginger**

Essential Oil  
*Zingiber officinale*

Ginger is most noted for its sweet flavoring and positive effect on the digestive system when consumed.\*

- May help support healthy digestion when taken internally\*
- May help reduce occasional indigestion when ingested\*
- Stimulating aroma ranging from fruity to earthy

A T I S



**60215119**  
15 mL | 50 PV  
\$66.67 rtl  
\$50.00 whl



**Guaiacwood**

Essential Oil  
*Bulnesia sarmientoi*

The same botanical family as frankincense and myrrh: *Burseraceae*. It's often used in perfumery and skincare products.

- Provides a grounding, calming, and tranquil aroma
- Promotes an atmosphere that's helpful during meditation
- Soothes minor skin irritations

A T N

**60217711**  
15 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



**Jasmine**

Essential Oil  
*Jasminum grandifolium*

First of its kind essential oil from the pure white jasmine flower. Visually beautiful, the flower is associated with love and romance.

- Provides a sweet, exotic aroma
- Creates an elevating and inspiring environment

A T N



**60217357**  
2.5 mL | 100 PV  
\$200.00 rtl  
\$150.00 whl



**Frankincense** Top Seller

Essential Oil  
*Boswellia carterii, sacra, papyrifera, and freana*

Often called the "king of oils," topical and internal use of Frankincense provides modern wellness benefits.\*

- Ingest to support healthy cellular function.\*
- Supports healthy immune response when taken internally.\*

A T I N

A T N



**30070001**  
15 mL | 73 PV  
\$104.00 rtl  
\$78.00 whl

**60200224**  
10 mL roll-on | 50 PV  
\$66.67 rtl  
\$50.00 whl



**Geranium**

Essential Oil  
*Pelargonium graveolens*

Known for its floral aroma, Geranium is also a common ingredient in skin care products.

- Add to your favorite facial moisturizer to soothe and beautify skin
- Apply diluted to skin with a carrier oil
- Add a few drops to your shampoo or conditioner for a healthy, vibrant glow

A T I D



**30090001**  
15 mL | 47 PV  
\$62.67 rtl  
\$47.00 whl



**Green Mandarin**

Essential Oil  
*Citrus nobilis*

Pressed from the unripe fruit of the mandarin tree, Green Mandarin essential oil is known for supporting healthy digestive and immune systems when taken internally.\*

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

A T I N



**60205794**  
15 mL | 30 PV  
\$40.00 rtl  
\$30.00 whl



**Lavender** Top Seller

Essential Oil  
*Lavandula angustifolia*

Lavender has been cherished for its unmistakable aroma and health properties for thousands of years.

- Take internally to soothe and relax the mind\*
- Soothes occasional skin irritations
- Take internally for a peaceful sleep\*

A T I N

A T N



**30110001**  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl

**60200225**  
10 mL roll-on | 20 PV  
\$26.67 rtl  
\$20.00 whl



**Lemongrass**

Essential Oil  
*Cymbopogon flexuosus*

Long used in Asian and Caribbean cooking for its subtle lemony flavor and aroma, Lemongrass boasts many health-promoting benefits.

- Use to flavor entrées and meat dishes
- Combine with a carrier oil for a soothing massage
- Promotes a healthy digestive system when ingested\*

A T I S



**30130001**  
15 mL | 14 PV  
\$18.67 rtl  
\$14.00 whl



**Magnolia**

Touch Blend

Used in Chinese traditional practices for hundreds of years, Magnolia is known for its fresh and compellingly sweet aroma.

- Creates a calm atmosphere
- May help keep skin clean and healthy-looking
- Soothing to the skin

A T N



**60205420**  
10 mL roll-on | 30 PV  
\$40.00 rtl  
\$30.00 whl



**Lemon** Top Seller

Essential Oil  
*Citrus limon*

This top-selling oil has multiple uses and benefits and is cold pressed from lemon rinds to preserve its delicate nature and potent properties.

- Refreshes the air and cleanses surfaces
- Internal use naturally aids in digestion\*
- Uplifting, positive aroma

A T I N



**30120001**  
15 mL | 15 PV  
\$20.00 rtl  
\$15.00 whl



**Lime**

Essential Oil  
*Citrus aurantifolia*

The sharp, citrus smell of Lime makes it a must-have in any essential oils collection.

- Supports healthy immune function when ingested\*
- Refreshing aroma
- The aroma encourages a balanced and energizing atmosphere

A T I S



**30870001**  
15 mL | 16 PV  
\$21.33 rtl  
\$16.00 whl



**Marjoram**

Essential Oil  
*Origanum majorana*

Also known as "wintersweet" or "joy of the mountains," it has both culinary uses and healthful benefits.

- Adds to a soothing, calming massage
- May promote healthy cardiovascular system function when ingested\*
- Apply to muscles before and after exercise

A T I N



**30140001**  
15 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl



**Neroli**

Touch Blend

Soothing to the skin, dōTERRA Neroli Touch is specifically formulated with Fractionated Coconut Oil to create an uplifting atmosphere.

- Creates a calm, uplifting atmosphere
- Soothes skin

A T N



**60201817**  
10 mL roll-on | 54 PV  
\$72.00 rtl  
\$54.00 whl



**Lemon Eucalyptus**

Essential Oil  
*Eucalyptus citriodora*

Derived from a lemon-scented blue gum eucalypti plant, a tall tree with smooth bark native to northern Australia.

- Refreshing and cleansing to the air
- Uplifting and invigorating aroma
- Cleansing to surfaces and skin

A T S



**60209674**  
15 mL | 15 PV  
\$20.00 rtl  
\$15.00 whl



**Madagascar Vanilla**

Absolute  
*Vanilla planifolia*

Prized since the time of the ancient Aztecs, and often used in perfumes, vanilla is one of the most popular aromas in the world, and one of the most expensive to produce.

- Madagascar Vanilla Absolute in a base of Fractionated Coconut Oil
- Uniquely extracted using a clean CO<sub>2</sub> extraction method

A T I N



**60218012**  
5 mL | 38 PV  
\$50.67 rtl  
\$38.00 whl



**Melissa**

Essential Oil  
*Melissa officinalis*

Our rarest oil, Melissa has a sweet, fresh, citrus-like fragrance and a wide range of beneficial properties.

- Preclinical studies show it may support a healthy inflammatory response\*
- Encourages a relaxing atmosphere

A T I N



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



**Oregano** Top Seller

Essential Oil  
*Origanum vulgare*

Derived from the leaves of the oregano plant, Oregano essential oil has many traditional and modern uses.

- Supports healthy digestion when ingested\*
- Offers an earthy, spicy aroma
- Used as a powerful cleansing and purifying agent

A T I D

A T N



**30180001**  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl

**60200227**  
10 mL roll-on | 19 PV  
\$25.33 rtl  
\$19.00 whl

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**Patchouli**

Essential Oil  
*Pogostemon cablin*

Patchouli is easily recognizable for its rich, musky-sweet fragrance.

- The earthy aroma contributes to a grounded, balanced atmosphere
- Promotes a smooth, glowing complexion when applied to skin

A T I N

30890001  
15 mL | 32 PV  
\$42.67 rtl  
\$32.00 whl



**Peppermint**

Essential Oil  
*Mentha piperita*

A top-selling favorite, Peppermint provides myriad health benefits.\*

- Promotes digestive health when taken internally\*
- Helps alleviate occasional stomach upset when consumed\*
- Promotes healthy respiratory function and clear breathing when ingested\*
- Repels bugs naturally

A T I S

30190001  
15 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl

A T N

60200228  
10 mL roll-on | 20 PV  
\$26.67 rtl  
\$20.00 whl



**Peppermint Beadlets**

Experience a refreshing, invigorating burst of Peppermint in the convenience of a dissolving beadlet.

- Promotes oral and respiratory health when consumed\*
- Alleviates occasional stomach upset when ingested\*
- Provides all the benefits of Peppermint essential oil when taken internally\*
- Carrageenan free

I

60208147  
125 beadlets | 15 PV  
\$20.00 rtl  
\$15.00 whl



**Petitgrain**

Essential Oil  
*Citrus aurantium*

Petitgrain essential oil is derived from the bitter orange tree, which has a long history of use in traditional wellness practices.

- May be cleansing
- Is commonly used in cosmetics for its pleasant fragrance

A T I S

49520001  
15 mL | 27 PV  
\$36.00 rtl  
\$27.00 whl



**Pink Pepper**

Essential Oil  
*Schinus molle*

A sacred tree to the Incans, distilled from the fruit of the pink peppercorn tree, which was used by indigenous people as an herbal solution to health needs.\*

- Massage into the skin to help calm and soothe after strenuous exercise
- Take internally to support a healthy immune response\*

A T I N

60207016  
5 mL | 23 PV  
\$30.67 rtl  
\$23.00 whl



**Roman Chamomile**

Essential Oil  
*Anthemis nobilis*

The most versatile of the chamomiles, Roman Chamomile is extracted from the daisy-like flower of the Roman chamomile plant.

- Soothing to the skin when applied topically
- Diffuse or apply to bottoms of feet at bedtime for a comforting aroma

A T I N

30800001  
5 mL | 50 PV  
\$66.67 rtl  
\$50.00 whl



**Spikenard**

Essential Oil  
*Nardostachys jatamansi*

Spikenard essential oil has a woody, spicy aroma to create a relaxing atmosphere.

- Known to create a grounding environment
- Tranquil aroma
- Add one or two drops to your favorite cleanser to promote healthy, glowing skin

A T N

49510001  
5 mL | 52 PV  
\$72.00 rtl  
\$54.00 whl



**Tangerine**

Essential Oil  
*Citrus reticulata*

A sweet, tangy aroma, similar to other citrus oils, that is uplifting. Known for its cleansing properties and for supporting a healthy immune system when consumed.\*

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

A T I N

49440001  
15 mL | 16 PV  
\$21.33 rtl  
\$16.00 whl



**Tea Tree**

Essential Oil  
*Melaleuca alternifolia*

Tea Tree oil is composed of 90 different compounds and has limitless applications.

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

A T N

60208340  
15 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl



A T N

60208343  
10 mL roll-on | 17 PV  
\$22.67 rtl  
\$17.00 whl



**Rose**

Essential Oil  
*Rosa damascena*

Known as the "Queen of Oils," Rose essential oil is highly sought after for its aroma and powerful topical benefits.

- Helps balance moisture levels in the skin and reduce the appearance of skin imperfections
- Promotes an even skin tone and healthy-looking complexion

A T S

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

A T N

60201813  
10 mL roll-on | 66 PV  
\$94.67 rtl  
\$71.00 whl



**Rosemary**

Essential Oil  
*Rosmarinus officinalis*

Considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures, Rosemary has a myriad of uses.

- Provides an energizing aroma
- May help support healthy digestion when consumed\*
- When taken internally, may support the nervous system\*

A T I N

30200001  
15 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



**Sandalwood**

Essential Oil  
*Santalum album*

With documented history of use over several thousand years, Sandalwood has a wide variety of applications.

- Promotes healthy-looking, smooth skin
- Reduces the appearance of skin imperfections
- Frequently used in meditation for its grounding aroma

A T I N

30210001  
5 mL | 65 PV  
\$113.33 rtl  
\$85.00 whl



**Vetiver**

Essential Oil  
*Vetiveria zizanioides*

Vetiver is loved for its rich, exotic, complex aroma and is used extensively in perfumes.

- Calming, grounding aroma
- Use as part of a soothing, aromatic massage
- Use as an earthy base note in your favorite diffuser blend

A T I N

30430001  
15 mL | 60 PV  
\$86.67 rtl  
\$65.00 whl

A T N

60221438  
10 mL roll-on | 40 PV  
\$53.33 rtl  
\$40.00 whl



**Wild Orange**

Essential Oil  
*Citrus sinensis*

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

- Powerful cleanser and purifying agent
- Place one drop Wild Orange, Peppermint, and Frankincense in your hand. Rub hands together and inhale deeply for an energizing aroma

A T I N

30170001  
15 mL | 12 PV  
\$16.00 rtl  
\$12.00 whl



**Wintergreen**

Essential Oil  
*Gaultheria fragrantissima*

Wintergreen essential oil is derived from the leaves of a creeping shrub found in coniferous areas.

- Commonly used in oral hygiene products
- Massage into hands, back, and legs for a soothing and warming sensation after exercise

A T S

31620001  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl



**Siberian Fir**

Essential Oil  
*Abies sibirica*

With a fresh, wood scent, Siberian Fir is known for its calming and relaxing aroma.

- Provides a soothing effect when used in massage
- Apply topically to help soothe minor skin irritations

A T I N

60203125  
15 mL | 21 PV  
\$28.00 rtl  
\$21.00 whl



**Spanish Sage**

Essential Oil  
*Salvia lavandulifolia*

A beautiful, refreshing, and uplifting, yet also soothing aroma. This small evergreen shrub, also known as lavender sage, has grown in Spain and France for centuries.

- Promotes a positive atmosphere that may be conducive to focus and concentration
- Supports a calm mind and sense of alertness when taken internally\*

A T I S

60222270  
15 mL | 29 PV  
\$38.67 rtl  
\$29.00 whl



**Spearmint**

Essential Oil  
*Mentha spicata*

Spearmint is widely used for its digestive benefits\* and as a flavoring for a variety of dishes and drinks.

- Promotes digestion and helps reduce occasional stomach upset when used internally\*
- Incorporate into effective work and study habits
- Add a drop or two to any dessert, drink, salad, or entrée for flavoring

A T I S

31610001  
15 mL | 31 PV  
\$41.33 rtl  
\$31.00 whl



**Yarrow|Pom**

Active Botanical Nutritive Duo

Yarrow|Pom Active Botanical Nutritive Duo, may promote cellular, immune, and nervous system health when taken internally\* while revitalizing the skin for a youthful-looking radiance.

- Provides antioxidant support when taken internally\*
- Supports healthy metabolic function when consumed

T I N

60207652  
30 mL bottle with dropper | 100 PV  
\$141.33 rtl  
\$106.00 whl



**Ylang Ylang**

Essential Oil  
*Cananga odorata*

Ylang Ylang, while famed for its exquisite fragrance, has myriad benefits

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

A T I N

30240001  
15 mL | 44 PV  
\$58.67 rtl  
\$44.00 whl



**Fractionated Coconut Oil**

Combine with your favorite dōTERRA essential oils for your own readily absorbable blend.

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

T N

31640001  
3.89 fl oz/115 mL  
10 PV  
\$16.67 rtl  
\$12.50 whl

60210770  
1 fl oz/30 mL  
0 PV  
\$6.00 rtl  
\$4.50 whl

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# Proprietary Essential Oil Blends

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



**abode®**  
Refreshing Blend

Contains powerful essential oils with a pleasant aroma that leaves your home smelling fresh and feeling refreshed naturally, without harsh chemicals or synthetic fragrance.

- Formula contains CPTG® essential oils high in cleansing constituents including limonene, geraniol, neral, and 1,8-cineole

A H S

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



**Adaptiv®**  
Calming Blend

When feelings of fatigue, restlessness, indecisiveness, or irritability appear, Adaptiv Calming Blend is part of the toolbox that will help create a balanced atmosphere.

- Creates an uplifting environment
- Complements effective work and study
- Relaxing aroma

A T N A T N

**60209364**      **60209357**  
15 mL | 43 PV      10 mL roll-on | 24 PV  
\$57.33 rtl      \$32.00 rtl  
\$43.00 whl      \$24.00 whl



**Air-X®**  
Air Blend

With an intense citrusy, woody, and faintly herbal aroma, Air-X helps freshen the air when diffused. The Air-X blend has a calming, energizing aroma.

- Has a fresh and uplifting aroma
- Refreshes your home or office throughout the day

A T I S

**60215527**  
15 mL | 32 PV  
\$42.67 rtl  
\$32.00 whl



**dōTERRA Align®**  
Centering Blend

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

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

A T N

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



**dōTERRA Anchor®**  
Steadying Blend

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

- Complements an effective yoga practice
- Promotes an atmosphere full of calmness and courage
- Diffuse while setting intentions about moving forward with a steady foundation

A T N

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



**dōTERRA Arise®**  
Enlightening Blend

Enjoy inspiration and courageously rise to your goals with Arise Enlightening Blend.

- Complements an effective yoga practice
- Use to set intentions of happiness, clarity, and courage
- Promotes an uplifting environment for intentions of high-reaching goals and self-improvement

A T N

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



**AromaTouch®**  
Massage Blend

This proprietary massage blend combines the benefits of oils well known for their soothing and relaxing aromas.

- Features Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender
- Adds an aromatic experience to a soothing massage
- Add to Epsom salts and enjoy soaking in a hot bath

T N

**31200001**  
15 mL | 33 PV  
\$44.00 rtl  
\$33.00 whl



**dōTERRA Balance®**  
Grounding Blend

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

- Features Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Osmanthus in a base of Fractionated Coconut Oil
- Adds to a relaxing massage
- Creates a calming atmosphere

A T N

**31010001**  
15 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl



**Brave®**  
Courage Blend

Before new or different situations, or just to start your day, roll Brave onto the back of neck, tummy, or bottoms of feet.

- Invigorating aroma
- Beneficial with positive affirmations in stressful situations
- Creates a confident, courageous atmosphere

A T N

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



**dōTERRA Breathe®**  
Respiratory Blend

A powerful essential oil blend that maintains feelings of clear airways and easy breathing.

- Maintains feelings of clear airways and easy breathing
- Promotes a restful nights sleep
- Helps minimize the effects of seasonal threats

A T S A T N

**60200190**      **60200192**  
15 mL | 28 PV      10 mL roll-on | 19 PV  
\$37.33 rtl      \$25.33 rtl  
\$28.00 whl      \$19.00 whl



**Calmer®**  
Restful Blend

When it's bedtime, roll Calmer onto the bottoms of your feet and onto your wrists. Climb into bed and take a deep breath of the relaxing aroma.

- Creates a restful atmosphere at bedtime
- Relaxing and positive aroma
- Soothing environment

A T N

**60206632**  
10 mL roll-on | 21 PV  
\$28.00 rtl  
\$21.00 whl



**dōTERRA Cheer®**  
Uplifting Blend

dōTERRA Cheer Uplifting Blend of citrus and spice essential oils provides a sunshiny aroma to brighten your day.

- Aroma inspires an optimistic, cheerful, and happy atmosphere
- Creates an energizing and positive environment

A T S A T N

**31720001**      **60218864**  
5 mL | 26 PV      10 mL roll-on | 22 PV  
\$34.67 rtl      \$29.33 rtl  
\$26.00 whl      \$22.00 whl



**Citrus Bliss®**  
Invigorating Blend

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

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

A T N

**60219370**  
15 mL | 23 PV  
\$30.67 rtl  
\$23.00 whl



**Citrus Bloom®**  
Springtime Blend

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

- Supports an energized and healthy frame of mind
- Promotes a positive outlook while creating feelings of tranquility
- Helps reduce feelings of anxiousness and tension

A T N

**60208812**  
15 mL | 26.5 PV  
\$35.33 rtl  
\$26.50 whl



**ClaryCalm®**  
Monthly Blend For Women

ClaryCalm is a unique blend of essential oils developed especially for women.

- Floral, feminine aroma
- Contributes to a nurturing massage as part of a self-care ritual
- Cooling and soothing on skin

A T N

**49480001**  
10 mL roll-on | 34 PV  
\$45.33 rtl  
\$34.00 whl



**dōTERRA Console®**  
Comforting Blend

This blend of floral and tree essential oils will help provide a comforting aroma as you close the door on sadness and take your first steps toward emotional healing.

- Aroma is comforting
- Serves as a companion while you work toward hopefulness
- Creates an uplifting, positive atmosphere

A T N A T N

**31730001**      **60200147**  
5 mL | 43 PV      10 mL roll-on | 28 PV  
\$57.33 rtl      \$37.33 rtl  
\$43.00 whl      \$28.00 whl



**DDR Prime®**  
Cellular Complex

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

- Supports healthy cellular integrity\*
- Protects body and cells from oxidative stress\*
- Promotes overall cellular health\*

T I S

**60207092**  
15 mL | 38 PV  
\$50.67 rtl  
\$38.00 whl



**Deep Blue®**  
Soothing Blend

Deep Blue provides soothing and cooling effects on the skin.

- Rub Deep Blue on lower back muscles after a day of heavy lifting
- Apply on feet and knees before and after exercise
- Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime

T S

**60200143**  
5 mL | 37 PV  
\$49.33 rtl  
\$37.00 whl



**DigestZen®**  
Digestive Blend

The well-recognized essential oils in DigestZen are known for providing digestive benefits when ingested.\*

- Supports healthy digestion when used internally\*
- When consumed, soothes the occasional upset stomach\*
- Taken orally, helps reduce gas and occasional indigestion\*

A T I N A T N

**60214361**      **60214815**  
15 mL | 36 PV      10 mL roll-on | 24 PV  
\$48.00 rtl      \$32.00 rtl  
\$36.00 whl      \$24.00 whl



**dōTERRA Forgive®**  
Renewing Blend

The fresh, woody aroma of dōTERRA Forgive Renewing Blend inspires a grounded atmosphere and complements affirmations of contentment, relief, and patience.

- Inspires a grounded atmosphere
- Aroma complements affirmations of contentment, relief, and patience

A T S A T N

**31750001**      **60200148**  
5 mL | 25 PV      10 mL roll-on | 17 PV  
\$33.33 rtl      \$22.67 rtl  
\$25.00 whl      \$17.00 whl



**HD Clear®**  
Topical Blend

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

- Promote a clear complexion
- Helps reduce breakouts
- Helps keep skin clean, clear, and hydrated

T N

**49400001**  
10 mL roll-on | 23 PV  
\$30.67 rtl  
\$23.00 whl

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**Immortelle®**  
Anti-Aging Blend

Powerfully renewing, this proprietary blend combines rare essential oils that have been used throughout history for their beautifying benefits.

- Helps reduce the appearance of fine lines and wrinkles
- Helps reduce contributing factors to the appearance of aging skin
- Promotes smoother, more radiant, and youthful-looking skin

**A T N**

**60220469**  
10 mL roll-on | 75 PV  
\$106.67 rtl  
\$80.00 whl



**MetaPWR™**  
**Beadlets**  
Metabolic Blend

Formulated to help curb hunger cravings and support mindful eating and appetite control.\*

- Supports metabolic health and function\*
- Curbs hunger cravings\*
- Promotes mindful eating and appetite control\*

**I**

**60217376**  
125 beadlets | 16 PV  
\$21.33 rtl  
\$16.00 whl



**dōTERRA On Guard®**  
Protective Blend

Offers a fragrant, natural, and effective alternative to synthetic options for immune support.\*

- Supports healthy immune function when used internally\*
- Ingest to support the body's natural antioxidant defenses\*
- Powerful surface cleaner

**A T I S**      **A T N**

**31100001**      **60200142**  
15 mL | 38 PV      10 mL roll-on | 24 PV  
\$50.67 rtl      \$32.00 rtl  
\$38.00 whl      \$24.00 whl



**PastTense®**  
Tension Blend

PastTense is a distinctive blend of essential oils known to create a calming and soothing atmosphere.

- Features Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, and Rosemary
- Comforting and soothing aroma

**A T N**

**60215812**  
15 mL | 33 PV  
\$44.00 rtl  
\$33.00 whl



**InTune®**  
Focus Blend

InTune is a proprietary blend of carefully selected essential oils, ideal for use while at school or work.

- Features Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, 'Iliahi (Hawaiian Sandalwood), and Roman Chamomile
- Delightful scent for working or studying

**A T N**

**60220468**  
10 mL roll-on | 40 PV  
\$53.33 rtl  
\$40.00 whl



**dōTERRA Motivate®**  
Encouraging Blend

We all have setbacks in our lives, causing us to doubt ourselves or feel pessimistic. The aroma of dōTERRA Motivate complements affirmations of confidence and courage.

- Aroma complements affirmations of confidence, courage, and belief in oneself
- Helps set a positive environment

**A T S**      **A T N**

**60218764**      **60218765**  
5 mL | 24 PV      10 mL roll-on | 19 PV  
\$32.00 rtl      \$25.33 rtl  
\$24.00 whl      \$19.00 whl



**dōTERRA On Guard+™**  
**Beadlets**

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

- Supports healthy immune function\*
- Provides a convenient consumption method for dōTERRA On Guard® Protective Blend
- Freshens breath
- Carrageenan free

**I**

**60208146**  
125 beadlets | 16 PV  
\$21.33 rtl  
\$16.00 whl



**dōTERRA Peace®**  
Reassuring Blend

Use the dōTERRA Peace Reassuring Blend to fill the room with a calm, peaceful aroma.

- Combines Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, and Spearmint
- Apply one drop to hands, rub together, and inhale deeply during moments of pause

**A T N**      **A T N**

**31710001**      **60200151**  
5 mL | 35 PV      10 mL roll-on | 23 PV  
\$46.67 rtl      \$30.67 rtl  
\$35.00 whl      \$23.00 whl



**MetaPWR™**  
Metabolic Blend

MetaPWR Metabolic Blend can be an important part of a healthy metabolic regimen every day when used internally.\*

- May support healthy metabolic function\*
- Helps curb hunger cravings and promote mindful eating\*

**A T I N**

**60217575**  
15 mL | 29 PV  
\$38.67 rtl  
\$29.00 whl



**Northern Escape®**  
Woodland Blend

Leave your hectic life behind. Take a breath of fresh, green, fragrant forest air.

- Has a grounding, yet inspiring aroma
- Refreshes your home or office throughout the day
- Creates a tranquil, positive space

**A T N**

**60221667**  
15 mL | 30 PV  
\$40.00 rtl  
\$30.00 whl



**dōTERRA Passion®**  
Inspiring Blend

The dōTERRA Passion blend combines spice and herbal essential oils such as Cinnamon Bark, Ginger, Cardamom, and Damiana. This mixture of oils creates a chemical profile with a high concentration of phenols and ethers.

- Creates a joyful, inspiring atmosphere
- Transcends the trivial

**A T S**      **A T N**

**60218767**      **60218768**  
5 mL | 43 PV      10 mL roll-on | 32 PV  
\$57.33 rtl      \$42.67 rtl  
\$43.00 whl      \$32.00 whl



**Purify**  
Cleansing Blend

Purify is designed to eliminate odors naturally without harsh additives.

- Combines Lemon, Siberian Fir, Citronella, Lime, Tea Tree, and Cilantro
- Refreshing aroma eradicates unpleasant odors and clears the air

**A T N**

**31060001**  
15 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl



**Rescuer™**  
Soothing Blend

After running, jumping, and playing, rub Rescuer onto your legs, feet, or back for its soothing experience.

- Features Copaiba, Lavender, Spearmint, and Zanthoxylum in a base of Fractionated Coconut Oil
- Massage onto growing or tired legs
- Creates a cooling experience

**A T N**

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



**Stronger®**  
Protective Blend

Use Stronger on the back of your neck or bottoms of your feet for an added boost as a reminder to be resilient and strong.

- Features Cedarwood, Litsea, Frankincense, and Rose Extract in a base of Fractionated Coconut Oil
- Rejuvenating to the skin
- Promotes an atmosphere of wellness and vitality

**A T N**

**60206654**  
10 mL roll-on | 18 PV  
\$24.00 rtl  
\$18.00 whl



**Tamer®**  
Digestive Blend

Before or after meals, roll Tamer on your tummy for a soothing sensation and calming aroma.

- Roll on to the tummy for a calm, soothing experience
- An essential for road trips

**A T N**

**60209356**  
10 mL roll-on | 18 PV  
\$24.00 rtl  
\$18.00 whl



**Whisper® Touch**  
Blend for Women

Combines with an individual's chemistry to create a distinct scent that intrigues the senses of the wearer and those passing by.

- Combines with each individual's chemistry to create a beautiful, unique, and personal fragrance
- Provides a warming, musky aroma
- Entices and intrigues the senses

**A T N**

**60214274**  
10 mL roll-on | 30 PV  
\$40.00 rtl  
\$30.00 whl



**dōTERRA Serenity®**  
Restful Blend

dōTERRA Serenity has a calming and relaxing aroma.

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

**A T N**

**60217983**  
15 mL | 40 PV  
\$53.33 rtl  
\$40.00 whl



**dōTERRA SuperMint™**  
Mentha Blend

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

- Creates an atmosphere that may support mental clarity and enhance stamina
- Soothes and comforts when incorporated into a massage
- Provides a cooling sensation, which may contribute to feelings of open airways

**A T I D**      **A T N**

**60221859**      **60221940**  
15 mL | 32 PV      10 mL roll-on | 20 PV  
\$42.67 rtl      \$26.67 rtl  
\$32.00 whl      \$20.00 whl



**TerraShield®**  
Repellent Blend

Whatever the activity, you will want to have TerraShield on hand to keep those pesky mosquitoes away.

- Proven to naturally repel mosquitoes
- Delivers an invigorating aroma
- Provides skin-soothing benefits

**A T N**      **A T N**

**60214386**      **60214387**  
15 mL | 15 PV      30 mL spray bottle | 19 PV  
\$20.00 rtl      \$28.00 rtl  
\$15.00 whl      \$21.00 whl



**Zendocrine®**  
Detoxification Blend

Supports the body's natural ability to rid itself of unwanted substances when used internally.\*

- Internal use supports the body's natural ability to rid itself of unwanted substances\*
- Supports healthy liver function when taken internally\*
- Purifying and detoxifying to the body's systems when consumed\*

**A T I N**

**31460001**  
15 mL | 29 PV  
\$40.00 rtl  
\$38.67 rtl  
\$29.00 whl



**Steady®**  
Grounding Blend

For daily centering, or for times when you feel nervous or experience anxious feelings, rub Steady on your neck and wrists as a reminder to calm emotions and balance mood.

- Features Amyris, Balsam Fir, Coriander, and Magnolia in a base of Fractionated Coconut Oil
- Relaxing and balancing aroma
- Instills a tranquil atmosphere

**A T N**

**60206617**  
10 mL roll-on | 18 PV  
\$24.00 rtl  
\$18.00 whl



**dōTERRA SuperMint**  
**Beadlets**

dōTERRA has captured the potent benefits of dōTERRA SuperMint in a tiny, soft, convenient vegetarian beadlet.

- Freshen the breath and support a clean, healthy mouth
- Promote oral and respiratory health\*
- May contribute to feelings of easier breathing

**I**

**60222094**  
125 beadlets | 16 PV  
\$21.33 rtl  
\$16.00 whl



**Thinker®**  
Focus Blend

Herbal and slightly sweet, the unique aroma of Thinker helps create a supportive and positive environment.

- Fresh, invigorating aroma
- Perfect as a part of your study-time routine

**A T N**

**60206633**  
10 mL roll-on | 19 PV  
\$25.33 rtl  
\$19.00 whl

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## dōTERRA AromaTouch Technique®

When you purchase the AromaTouch Technique Training Kit, you'll have the products you need to perform the AromaTouch Technique—a life-changing practice that creates a powerful essential oil experience you can share with others.

### AromaTouch Technique® Training Kit

dōTERRA Balance® Grounding Blend, Lavender, Tea Tree, dōTERRA On Guard® Protective Blend, AromaTouch® Massage Blend, Deep Blue® Soothing Blend, Wild Orange, Peppermint

Fractionated Coconut Oil (3.89 fl oz/115 mL) and pump  
Access to online training course and exclusive eBook

**60221903**  
Eight 15 mL bottles and one 115 mL bottle | 250 PV  
\$333.33 rtl  
\$250.00 whl

### AromaTouch Technique® Refill Kit

**60221902**  
Eight 15 mL bottles | 230 PV  
\$306.67 rtl  
\$230.00 whl



## dōTERRA Family Essentials Kit

The dōTERRA Family Essentials Kit contains 10 essential oils and blends—the "feel better" essentials that parents need on a daily basis to care for their families.



### Family Essentials Kit Top Seller

Lavender, Lemon, Peppermint, Tea Tree, Oregano, Frankincense, Deep Blue®, dōTERRA Breathe®, DigestZen®, and dōTERRA On Guard®

**60202951**  
Ten 5 mL bottles | 115 PV  
\$166.67 rtl  
\$125.00 whl

## dōTERRA® Kids Collection

Formulated specifically for littles ones, these essential oil blends feature unique combinations balanced to provide powerful benefits while being gentle on delicate skin.



### dōTERRA Kids Collection

Thinker®, Calmer®, Stronger®, Tamer®, Rescuer™, Steady®, Brave®, instructional flashcards, silicone toppers with and carrying case with carabiners

**60211246**  
Seven 10 mL roll-on bottles | 110 PV  
\$165.33 rtl  
\$124.00 whl

## dōTERRA Emotional AromaTherapy® System

The dōTERRA Emotional Aromatherapy System contains six unique essential oil blends that have been carefully formulated for use with a variety of situations. Each delicate blend contains pure essential oils that can be used aromatically or topically throughout your wellness journey. These naturally complex, fragrant blends can accompany you as you let go of burdens, find comfort and encouragement, or dream with passion again.



### dōTERRA Emotional Aromatherapy® System

dōTERRA Motivate®, dōTERRA Cheer®, dōTERRA Peace®, dōTERRA Forgive®, dōTERRA Console®, dōTERRA Passion®

**60220509**  
Six 5 mL bottles | 160 PV  
\$226.67 rtl  
\$170.00 whl



### dōTERRA Emotional Aromatherapy Touch Kit

dōTERRA Motivate® Touch, dōTERRA Cheer® Touch, dōTERRA Passion® Touch, dōTERRA Forgive® Touch, dōTERRA Console® Touch, dōTERRA Peace® Touch

**60220510**  
Six 10 mL roll-on bottles | 100 PV  
\$133.33 rtl  
\$100.00 whl

## dōTERRA Yoga Collection

The Yoga collection blends provide aromas to use as you steady, center, and enlighten your spirit through every breath.



### dōTERRA Yoga Collection

dōTERRA Anchor, dōTERRA Align, and dōTERRA Arise

**60203244**  
Three 5 mL bottles | 56 PV  
\$80.00 rtl  
\$60.00 whl

# Product Lines



# dōTERRA On Guard®

One of the most popular and versatile dōTERRA® CPTG Certified Pure Tested Grade® essential oil blends. The proprietary combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils is an active component in a first line of defense for immune support when used internally.\*



## dōTERRA On Guard® Top Seller Protective Blend

Offers a fragrant, natural, and effective alternative to synthetic options for immune support.\*

- Supports healthy immune function when used internally\*
- Ingest to support the body's natural antioxidant defenses\*
- Powerful surface cleaner

**A T I S**      **A T N**

**31100001**  
15 mL | 38 PV  
\$50.67 rtl  
\$38.00 whl

**60200142**  
10 mL roll-on | 24 PV  
\$32.00 rtl  
\$24.00 whl

## dōTERRA On Guard+™ Chewable Tablets

Formulated with micronutrients, vitamin C and D, Zinc, Beta-glucan, and the proprietary dōTERRA On Guard® Protective Blend, that contains CPTG® essential oils from Wild Orange, Clove, Cinnamon Leaf and Bark, Eucalyptus, and Rosemary.

- Convenient, tasty, chewable, and easy to consume
- Sugar free, gluten free, and vegan friendly
- Supports a healthy immune system\*

**60216736**  
60 count | 11 PV  
\$22.67 rtl  
\$17.00 whl

## dōTERRA On Guard® Sanitizing Gel

Perfect for purse, pocket, or backpack, this 70% plant-derived ethyl alcohol-based sanitizer kills 99.9% of most common germs† and is safe to use for the whole family.

- Kills 99.9% of most common germs†
- 70% plant-derived ethyl alcohol base
- Non-sticky, moisturizing formula with apple extract and glycerin

**60217274**  
1.6 fl oz/50 mL | 5 PV  
\$10.00 rtl  
\$7.50 whl

## dōTERRA On Guard® Protecting Throat Drops

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

- Helps calm and soothe occasional dry, scratchy throats
- Features the unique properties of dōTERRA On Guard Protective Blend
- Formulated with organic cane sugar and brown rice syrup

**34050001**  
30 drops | 11 PV  
\$18.33 rtl  
\$13.75 whl

## dōTERRA On Guard+™ Beadlets

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

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

**60208146**  
125 beadlets | 16 PV  
\$21.33 rtl  
\$16.00 whl

## dōTERRA On Guard+™ Softgels

Protective Blend

dōTERRA On Guard+ Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa for additional immune support.\*

- Helps support and maintain a healthy immune system\*
- Use for support during times of seasonal threats\*

**35420001**  
60 vegetarian softgels | 25 PV  
\$38.67 rtl  
\$29.00 whl

Made with vegetarian softgels

## dōTERRA On Guard® Natural Whitening Toothpaste

Clean teeth gently with the added benefit of dōTERRA On Guard® essential oil blend.

- Fluoride-free with hydroxyapatite
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath
- Boasts the protective benefits of dōTERRA On Guard essential oil blend
- Whitens teeth with gentle polishing agents

**60205476**  
4.2 oz/125 g | 6 PV  
\$14.67 rtl  
\$11.00 whl

**60213724**  
10 samples, 2 g | 0 PV  
\$5.33 rtl  
\$4.00 whl

## dōTERRA On Guard® Mouthwash

dōTERRA On Guard Mouthwash is formulated to clean teeth and gums, reduce plaque, and promote a healthy-looking mouth when used as part of a hygiene routine that includes brushing and flossing.

- Natural, alcohol-free formula
- Use after brushing and flossing to help reduce plaque and brighten smile
- Supports long-lasting fresh breath

**60203185**  
16 fl oz/473 mL | 10 PV  
\$21.33 rtl  
\$16.00 whl

## dōTERRA On Guard® Cleaner Concentrate

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

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

**38140001**  
12 fl oz/355 mL | 12 PV  
\$22.67 rtl  
\$17.00 whl

## dōTERRA On Guard® Foaming Hand Wash

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

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

**60216838**  
16 fl oz/473 mL Hand Wash with 2 dispensers | 15 PV  
\$28.67 rtl  
\$21.50 whl

## Twin Pack Refill

**38020001**  
Two 16 fl oz/473 mL Hand Wash | 25 PV  
\$40.00 rtl  
\$30.00 whl

## dōTERRA On Guard® Laundry Detergent

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

- Unique formulation maximizes essential oil aroma and efficacy to keep your clothes fresh and clean
- 64 loads in each bottle; 1 tablespoon = 1 load (using a high-efficiency washer)
- Great as a pre-treatment for stains

**39020001**  
32 fl oz/947 mL | 21 PV  
\$40.00 rtl  
\$30.00 whl

## dōTERRA® On Guard® Sanitizing Mist

dōTERRA On Guard Sanitizing Mist kills 99.9% effective against most common germs† through an extremely fine, quick-drying mist.

- Infused with moisturizing apple extract to leave hands feeling soft
- Uplifting citrus, spice aroma of dōTERRA On Guard essential oil in a convenient mist
- Perfect size for travel, work, and school

**60214044**      **60219991**  
0.9 fl oz/27 mL | 5 PV      Five 0.9 fl oz/27 mL | 20 PV  
\$9.33 rtl      \$33.33 rtl  
\$7.00 whl      \$25.00 whl

## dōTERRA® On Guard® Sanitizing Wipes

Made for your busy life on the go, infused with the cleansing power of the proprietary dōTERRA On Guard essential oil blend, the wipes will thoroughly clean hands while still being gentle on your skin.

- 99.9% effective against most common germs†
- Cleanses hands when soap and water are unavailable
- Convenient size for portability
- Use to clean hands after touching screens, door handles, and shopping carts

**60201266**  
50 count | 11 PV  
\$18.00 rtl  
\$13.50 whl



† Escherichia coli, Staphylococcus aureus, Salmonella typhimurium, Pseudomonas aeruginosa, Burkholderia cepacia, Enterobacter cloacae, Enterococcus faecalis, Streptococcus pyogenes, Candida albicans, Aspergillus brasiliensis

\* 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.

† Escherichia coli, Staphylococcus aureus, Salmonella typhimurium, Pseudomonas aeruginosa, Burkholderia cepacia, Enterobacter cloacae, Enterococcus faecalis, Streptococcus pyogenes, Candida albicans, Aspergillus brasiliensis

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

# dōTERRA® abode®

Your home is an ecosystem. Feeling good about the products you bring into it doesn't have to come with compromises. The dōTERRA abode line features natural ingredients, reusable packaging, and a signature style. Each product has a powerful, plant-based formula free from phosphates, phthalates, dyes, chlorine, and synthetic fragrances. By introducing beautiful refillable bottles and recyclable refill packaging, the line helps you reduce waste while simultaneously elevating the aesthetic of your home. Made for the conscious consumer, abode delivers efficacy, sustainability, and aesthetic value . . . *naturally*.



## abode Multi-Purpose Surface Cleaner Concentrate

- Tough on grease and grime in the kitchen, bathroom, and other non-porous surfaces
- Formulated to provide a naturally fresh, citrus aroma using abode Refreshing Blend
- Able to replace many other cleaners in your home
- Packaged in a recyclable glass bottle

**60216476**  
1 fl oz/30 mL | 7 PV  
\$11.67 rtl  
\$8.75 whl

**60219968**  
Four 1 fl oz/30 mL | 19 PV  
\$35.00 rtl  
\$26.25 whl

## abode Liquid Dish Soap Refill

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

**60217386**  
16 fl oz/473 mL | 8 PV  
\$16.67 rtl  
\$12.50 whl

## abode Dishwasher Pods

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

**60216473**  
24 count | 11 PV  
\$21.33 rtl  
\$16.00 whl

## abode Laundry Pods

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

**60216474**  
45 count | 14 PV  
\$28.00 rtl  
\$21.00 whl

## abode Hand Lotion Refill Infused with Citrus Bloom®

- Provides optimal moisture in a lightweight, silky formula, for healthy-looking and soft-feeling hands
- Features a plant-based formula infused with Citrus Bloom Springtime Blend and free from parabens, phthalates, phosphates, dyes, and synthetic fragrances
- Packaged in a pouch made with PCR (post-consumer recycled) materials

**60216475**  
10 fl oz/296 mL | 15 PV  
\$24.67 rtl  
\$18.50 whl

## abode Foaming Hand Wash Concentrate Infused with Citrus Bloom

- Provides a sweet, citrus, floral aroma, leaving hands clean and smelling fresh
- Features a plant-based cleansing formula infused with Citrus Bloom Springtime Blend
- Packaged in a recyclable aluminum container

**60216472**  
8 fl oz/237 mL | 15 PV  
\$27.33 rtl  
\$20.50 whl

## abode

### Refreshing Blend

Contains powerful essential oils with a pleasant aroma that leaves your home smelling fresh and feeling refreshed naturally, without harsh chemicals or synthetic fragrance.

- Formula contains CPTC® essential oils high in cleansing constituents including limonene, geraniol, nerol, and 1,8-cineole

A H S

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

## abode™ Refillable Glass Dispensers

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

## abode™ Multi-Purpose Surface Cleaner Dispenser

**60217546**  
10 fl oz/296 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl

## abode™ Foaming Hand Wash Dispenser

**60217522**  
16 fl oz/473 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl

## abode™ Hand Lotion Dispenser

**60217569**  
10 fl oz/296 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl

## abode™ Liquid Dish Soap Dispenser

**60219505**  
16 fl oz/473 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl



Explore the entire dōTERRA abode product family.



# Deep Blue® Top Seller

The soothing combination of CPTG Certified Pure Tested Grade® essential oils of Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, German Chamomile, and Osmanthus create the dōTERRA® Deep Blue proprietary blend. A complementary supplement to help support muscle and joint comfort and function.\* Use Deep Blue Polyphenol Complex in combination with Deep Blue essential oil blend and Deep Blue Rub for soothing effects and targeted benefits.



## Deep Blue Polyphenol Complex®

Deep Blue has a nutritional supplement that contains powerful polyphenols clinically tested to help with occasional soreness and discomfort.\*

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

**34360001**  
60 vegetable capsules | 41 PV  
\$62.00 rtl  
\$46.50 whl

 Made with SLS-free vegetable capsules

## Deep Blue® Rub Soothing Cream

Infused with Deep Blue Soothing Blend, Deep Blue Rub provides a soothing and cooling effect.

- Perfect for the athlete in your life, Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin soft and non-greasy
- Provides a cooling and soothing sensation to targeted areas

**38900001**  
4 fl oz/120 mL | 33 PV  
\$46.67 rtl  
\$35.00 whl

## Deep Blue® Rub Samples

**38950001**  
10 samples, .068 fl oz/2 mL | 0 PV  
\$7.33 rtl  
\$5.50 whl

## 32-Ounce Bottle

**60216795**  
32 fl oz/946 mL | 165 PV  
\$265.33 rtl  
\$199.00 whl

## Deep Blue® Soothing Blend

Deep Blue provides soothing and cooling effects on the skin.

- Rub Deep Blue on lower back muscles after a day of heavy lifting
- Apply on feet and knees before and after exercise
- Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime

**60200143**  
5 mL | 37 PV  
\$49.33 rtl  
\$37.00 whl

## Deep Blue® Stick+ Copaiba

Infused with dōTERRA Deep Blue Soothing Blend containing CPTG Certified Pure Tested Grade® essential oils, plus the beneficial properties of Copaiba, the Deep Blue Stick is powerful, targeted relief in a fast-acting solid.

- Provides maximum OTC strength plant-based menthol, methyl salicylate, and camphor to deliver temporary relief of minor aches and pains of muscles and joints associated with simple backache, arthritis, sprains, strains, and bruises
- Convenient, easy-to-use stick
- Blended in a base of moisturizing emollients that leaves your skin soft and non-greasy
- Provides a cooling and soothing sensation to targeted areas

**60213108**  
1.69 oz/48 g | 21 PV  
\$35.33 rtl  
\$26.50 whl

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CPTG Certified Pure Tested Grade®



## dōTERRA Adaptiv® System

Adaptiv products provide reliable, targeted, and effective support that is natural and safe. Diffuse Adaptiv Calming Blend for a soft and uplifting aroma to help create a relaxing atmosphere. Include Adaptiv Touch as part of a comforting massage or use the Adaptiv Calming Blend Capsules to help you adapt to every situation.



### Adaptiv®

#### Calming Blend

- Calming, relaxing aroma
- Complements effective work and study
- Promotes a tranquil, soothing environment



**60209364**  
15 mL | 43 PV  
\$57.33 rtl  
\$43.00 whl

**60209357**  
10 mL roll-on | 24 PV  
\$32.00 rtl  
\$24.00 whl

### Adaptiv® Calming Blend Capsules

- Calms and promotes positive feelings\*
- Supports mood and helps improve state of mind\*
- Helps in stressful situations and when acclimating to new surroundings\*

**60205956**  
30 capsules | 30 PV  
\$53.27 rtl  
\$39.95 whl

### Adaptiv® System

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

**60211472**  
70 PV  
\$109.33 rtl  
\$82.00 whl

## dōTERRA Serenity®

dōTERRA Serenity Softgels and dōTERRA Serenity Restful Blend together provide a natural and safe solution for individuals who have occasional difficulty falling and staying asleep. Formulated with essential oils known for their calming aromas, this powerful duo works to promote a restful and satisfying night.



### dōTERRA Serenity®

#### Restful Blend

- Creates a perfect escape with its calming, renewing fragrance
- Creates a restful environment at bedtime



**60217983**  
15 mL | 40 PV  
\$53.33 rtl  
\$40.00 whl

### dōTERRA Serenity® Softgels

#### Restful Complex

- Relieves occasional sleeplessness\*
- Promotes healthy relaxation and sleep\*
- Helps make a difference in the quality of and the ease of going to sleep\*
- Encourages restful sleep\*

**34390001**  
60 vegetarian softgels | 20 PV  
\$34.67 rtl  
\$26.00 whl

### dōTERRA Serenity® Combo Pack

dōTERRA Serenity Restful Blend 15 mL, dōTERRA Serenity Softgels

**60200524**  
40 PV  
\$60.00 rtl  
\$45.00 whl

Made with SLS-free vegetable capsules

Made with vegetarian softgels

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## dōTERRA Breathe®

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



### dōTERRA® Breathe

#### Vapor Stick

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

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

**60212479**  
0.54 oz/15.5 g | 6 PV  
\$12.67 rtl  
\$9.50 whl

### dōTERRA Breathe® Respiratory Drops

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

- Maintains clear airways and breathing
- Supports overall respiratory health

**35460001**  
30 drops | 11 PV  
\$18.33 rtl  
\$13.75 whl

### dōTERRA Breathe® Respiratory Blend

A powerful essential oil blend that maintains feelings of clear airways and easy breathing.

- Maintains feelings of clear airways and easy breathing
- Creates a restful environment
- Helps minimize the effects of seasonal threats



**60200190**  
15 mL | 28 PV  
\$37.33 rtl  
\$28.00 whl



**60200192**  
10 mL roll-on | 19 PV  
\$25.33 rtl  
\$19.00 whl

### dōTERRA Breathe Easy Combo

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

**60217860**  
35 PV  
\$63.00 rtl  
\$47.25 whl

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# Supplements & Nutrition

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# dōTERRA Lifelong Vitality Pack® Top Seller

dōTERRA Lifelong Vitality Pack® supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.\* Coupled with dōTERRA CPTG Certified Pure Tested Grade® essential oils and a lifelong commitment to the dōTERRA wellness lifestyle, they naturally support a lifetime of looking, feeling, and living younger, longer.



## Alpha CRS+® Cellular Vitality Complex

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

- Supports healthy cell function by reducing oxidative stress to DNA and other critical cell structures\*
- Supports healthy response to oxidative stress in cells\*
- Supports cellular energy by supporting healthy mitochondria and by supplying metabolic factors of energy production\*

**35370001**  
120 vegetable capsules | 70 PV  
\$93.33 rtl  
\$70.00 whl

## xEO Mega® Essential Oil Omega Complex

xEO Mega is a revolutionary formula that blends CPTG Certified Pure Tested Grade® essential oils with natural marine- and plant-sourced omega-3 oils and carotenoids.

- Promotes heart and circulatory health\*
- Supports healthy joint function and comfort\*
- Provides immune-supporting nutrients\*
- Protects against lipid oxidation and supports healthy function of the brain, eyes and nervous system\*

**60219195**  
120 vegetarian softgels | 55 PV  
\$73.33 rtl  
\$55.00 whl

## Microplex VMz® Food Nutrient Complex

dōTERRA® Microplex VMz is a proprietary formula of bioavailable vitamins and minerals often deficient in modern diets.

- Provides 22 essential vitamins and minerals to support normal growth, function, and maintenance of cells\*
- Fights free radicals with the antioxidant vitamins A, C, and E\*
- Supports healthy metabolism and cellular energy\*

**60213169**  
120 vegetable capsules | 40 PV  
\$53.33 rtl  
\$40.00 whl



## dōTERRA Lifelong Vitality Daily Packs

Dietary Supplements including Alpha CRS+®, Microplex VMz®, and xEO Mega®

**60217066**  
60 daily packs or a 30-day supply | 62 PV  
\$118.67 rtl  
\$89.00 whl



## dōTERRA Lifelong Vitality Pack®

Dietary Supplements including Alpha CRS+®, Microplex VMz®, and xEO Mega®

**60213529**  
30-day supply | 62 PV  
\$125.33 rtl  
\$85.00 whl



## Vegan dōTERRA Lifelong Vitality Pack®

Dietary Supplements including Alpha CRS+®, Vegan Microplex VMz®, and vEO Mega®

**60213860**  
30-day supply | 62 PV  
\$125.33 rtl  
\$94.00 whl

# dōTERRA® Specialized Supplements

Biological, environmental, and physiological factors all contribute to each individual's nutritional health needs being unique. This means that some require an additional nutritional boost in different areas. Through cutting-edge scientific development, dōTERRA has provided a way to give that extra boost with specialized supplements. These supplements can be used in addition to the dōTERRA LifeLong Vitality Pack® to enhance certain functions.\*



## vEO Mega® Essential Oil Omega Complex

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

- Promotes heart and circulatory health\*
- Supports healthy joint function and comfort\*
- Provides important modulating nutrients for healthy immune function\*

**34480001**  
120 liquidcaps | 55 PV  
\$78.67 rtl  
\$59.00 whl



## Vegan Microplex VMz® Food Nutrient Complex

dōTERRA® Vegan Microplex VMz is a vegan food nutrient formula of bioavailable vitamins and minerals often deficient in modern diets.

- Provides 22 essential vitamins and minerals to support normal growth, function, and maintenance of cells\*
- Supplies dietary antioxidants, vitamins A, C, E, and Se, that mitigate oxidative stress\*
- Supports healthy metabolism and cellular energy\*

**60213210**  
120 vegetable capsules | 40 PV  
\$66.67 rtl  
\$50.00 whl



## Turmeric Dual Chamber Capsules

Combines the complementary benefits of both turmeric essential oil with the joint support of the curcuminoids of turmeric extract in a unique and convenient delivery system\*

- Helps support a healthy inflammatory response\*
- May help the body fight free radicals and protect the body from oxidative damage\*

**60209307**  
60 capsules | 29 PV  
\$53.27 rtl  
\$39.95 whl



## Mito2Max® Energy & Stamina Complex

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

- Promotes efficient production of ATP in the mitochondria of cells\*
- Enhances stamina and efficient use of oxygen\*
- Supports metabolic adaptation for diverse activities\*
- Free of stimulants; non-habit-forming

**34350001**  
60 vegetable capsules | 36 PV  
\$56.00 rtl  
\$42.00 whl



## Copaiba Softgels

Copaiba Softgels provide a daily dose of Copaiba essential oil in a convenient, easy-to-swallow softgel. When taken internally, Copaiba essential oil helps support the nervous, cardiovascular, and digestive systems.

- Soothes and supports the nervous system\*
- Supports the health of cardiovascular system\*

**60205764**  
60 vegetarian softgels | 33 PV  
\$47.33 rtl  
\$35.50 whl



## DDR Prime® Softgels Essential Oil Cellular Complex

DDR Prime is a proprietary blend that helps protect the body against oxidative stress to cellular DNA.\*

- Provides antioxidant protection against oxidative stress\*
- Promotes a healthy response to free-radicals.\*
- Promotes healthy cellular response and function when taken internally\*

**34410001**  
60 vegetarian softgels | 41 PV  
\$62.67 rtl  
\$47.00 whl



## TriEase® Softgels Seasonal Blend

TriEase Softgels were developed to protect against seasonal elements and to support a healthy respiratory system when needed most.\*

- Promotes clear breathing and respiratory function\*
- Supports healthy immune system function\*

**60209019**  
60 vegetarian softgels | 23 PV  
\$36.00 rtl  
\$27.00 whl



## Veggie Caps

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

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

**34100001**  
160 HPMC capsules | 0 PV  
\$6.00 rtl  
\$4.50 whl

Made with SLS-free vegetable capsules  
 Made with vegetarian softgels

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# MetaPWR™ System

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



## MetaPWR™ Metabolic Blend

MetaPWR Metabolic Blend can be an important part of a healthy metabolic regimen every day when used internally.\*

- May support healthy metabolic function when ingested\*
- Helps curb hunger cravings and promote mindful eating\*



**60217575**  
15 mL | 29 PV  
\$38.67 rtl  
\$29.00 whl

## MetaPWR™ Beadlets

Formulated to help curb hunger cravings and support mindful eating and appetite control.\*

- Supports metabolic health and function\*
- Curbs hunger cravings\*
- Promotes mindful eating and appetite control\*



**60217376**  
125 beadlets | 16 PV  
\$21.33 rtl  
\$16.00 whl

## MetaPWR™ Satiety Gum

Designed with one drop of optimized ratios of our CPTG® metabolic blend essential oils in every chew. To help curb hunger cravings and support mindful eating and satiety.\*

- Supports metabolic health and function when chewing\*
- Curb hunger cravings\*
- Promotes mindful eating and appetite control\*

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

## MetaPWR™ Softgel

Developed by dōTERRA clinical and medical scientists with optimized levels of CPTG essential oils, to help strengthen your metabolic health.\*

- Supports metabolic health and function\*
- Curbs hunger cravings\*
- Promotes mindful eating and appetite control\*

**60209482**  
90 vegetarian softgels | 30 PV  
\$46.00 rtl  
\$34.50 whl



## MetaPWR™ Assist

Metabolic Assist

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

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

**60213525**  
30 vegetable capsules | 25 PV  
\$39.33 rtl  
\$29.50 whl



## MetaPWR™ Advantage with Collagen + NMN

Clinically developed to support metabolic health by naturally supporting NAD+ and NADH production in the body.\*

- Supports a healthy metabolic age\*
- Tones lean muscle and strengthens connective tissue\*
- Nine unique types of collagen tripeptide

**60222772**  
30 sachets, 6 g each | 70 PV  
\$112.67 rtl  
\$84.50 whl

## MetaPWR™ System Enrollment Kit

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

**60223395**  
150 PV  
\$238.67 rtl  
\$179.00 whl



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## dōTERRA® Nutrition

Pure. Practical. Powerful. dōTERRA Nutrition provides quality protein, fiber, and greens for optimal energy and wellbeing.\* With science-based and well-researched formulas, dōTERRA Protein, dōTERRA Fiber, and dōTERRA Greens are designed to support an active lifestyle and healthy attitude. Delivering nutrient-dense ingredients from nature, dōTERRA Nutrition products are an effective and easy way to support vitality and wellness every day.\*



### Vanilla & Chocolate Protein

dōTERRA Whey Protein provides 21 grams (Vanilla) and 22 grams (Chocolate) of a premium protein blend with 7 grams of fiber per serving to satisfy hunger, increase your protein intake, and help you reach your goals.\*

- Whey from pasture-fed cows
- Free from GMO, gluten, soy, RBST hormone, and synthetic ingredients
- Energizing and satisfying protein supplement\*

**60207069**  
Vanilla | 20 Servings | 25 PV  
\$60.00 rtl  
\$45.00 whl

**60207068**  
Chocolate | 20 Servings | 25 PV  
\$60.00 rtl  
\$45.00 whl

### Vegan Protein

dōTERRA Vegan Protein provides 21 grams of a premium vegan protein blend with 7 grams of fiber per serving to satisfy hunger, increase your protein intake, and help you reach your goals.\*

- Premium blend of pea, brown rice, sacha inchi, and pumpkin seed protein
- Free from GMO, gluten, soy, and synthetic ingredients
- Energizing and satisfying vegan protein supplement\*

**60207067**  
20 Servings | 25 PV  
\$60.00 rtl  
\$45.00 whl



### Fiber

dōTERRA Fiber provides 6 grams of soluble and insoluble fiber from whole food sources like apple, chicory root, Jerusalem artichoke, and flax seed to supplement your daily fiber intake.

- Promotes optimal digestive health\*
- Aids in healthy gut and digestive regulation\*
- Infused with CPTG® Lemon essential oil

**60207065**  
30 Servings | 15 PV  
\$28.00 rtl  
\$21.00 whl



### Greens

dōTERRA Greens is a unique blend of fruits, vegetables, superfoods, and Ginger root and Lemon peel CPTG® essential oils. The many benefits include supporting immune health, digestive health, and weight management.\*

- Provides an easy and convenient daily boost of fruits and vegetables
- Natural, GMO- and gluten-free, and vegan friendly
- Supports immune health\*
- Neutral, mixed berry flavor

**60213600**  
30 Servings | 23 PV  
\$46.67 rtl  
\$35.00 whl

## Digestive Health

Lifelong health is very much dependent on digestive health. A properly functioning digestive system is not only essential for food-nutrient absorption, but also performs critical immune and detoxification functions in the body. Compromised digestive function can result in energy deficiencies, weakened immunities, weight gain, and gastrointestinal discomfort. The DigestZen® line of digestive health products provides targeted solutions for optimal digestive function and comfort.\*



### PB Assist+®

Probiotic Defense Formula

This proprietary formula of pre-biotic fiber and six strains of probiotic organisms is designed to support gastrointestinal and immune health.\*

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

**35160001**  
30 vegetable capsules | 36 PV  
\$55.33 rtl  
\$41.50 whl



### DigestZen®

Softgels

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

- Soothes occasional indigestion and eases stomach upset\*
- Supports healthy gastrointestinal function\*
- Promotes healthy digestion\*

**60209021**  
60 vegetarian softgels | 20 PV  
\$32.67 rtl  
\$24.50 whl



### DigestTab®

Chewable Tablets

DigestTab is a calcium carbonate tablet that is infused with DigestZen Digestive Blend to deliver the benefits of the essential oil blend as well as the acid-neutralizing benefits of calcium carbonate.\*

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

**60214446**  
100 chewable tablets | 11 PV  
\$21.33 rtl  
\$16.00 whl



### dōTERRA® Peppermint Softgels

dōTERRA Peppermint Softgels help support the digestive system, alleviate occasional intestinal discomfort, and reduce gas and bloating.\*

- Peppermint essential oil, which is high in menthol, supports gastrointestinal comfort\*
- Helps alleviate occasional stomach discomfort\*

**60209244**  
60 softgels | 16 PV  
\$26.00 rtl  
\$19.50 whl



### DigestZen TerraZyme®

Digestive Enzyme Complex

New Look Coming Soon

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

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

**35110001**  
90 vegetable capsules | 31 PV  
\$47.33 rtl  
\$35.50 whl



### GX Assist®

GI Cleansing Formula

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

- Features Oregano, Tea Tree, Lemon, Peppermint, Lemongrass, and Thyme, as well as caprylic acid
- Helps support a healthy digestive tract by creating an unfriendly environment for potential threats\*
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist+ Probiotic Defense Formula\*

**35040001**  
60 softgels | 23 PV  
\$36.67 rtl  
\$27.50 whl

- Made with SLS-free vegetable capsules
- Made with vegetarian softgels
- Made with enteric softgels
- Chewable tablets

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CPTG Certified Pure Tested Grade®

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### Zendocrin®

#### Detoxification Blend

Supports the body's natural ability to rid itself of unwanted substances when used internally.\*

- Internal use supports the body's natural ability to rid itself of unwanted substances\*
- Supports healthy liver function when taken internally\*
- Purifying and detoxifying to the body's systems when consumed\*

**A T L N**

**31460001**  
15 mL | 29 PV  
\$38.67 rtl  
\$29.00 whl

### Zendocrin®

#### Detoxification Complex

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

- Supports healthy cleansing and filtering functions of the liver, kidneys, and colon.\*
- Supports normal self-detoxification functions of the cleansing organs\*.

**35120001**  
60 vegetable capsules | 21 PV  
\$30.67 rtl  
\$23.00 whl



### dōTERRA® Ginger Drops

dōTERRA Ginger Drops are a convenient way to support digestion and ease occasional stomach discomfort.

- Supports healthy digestion
- Helps ease occasional stomach discomfort and indigestion
- Sweet, spicy ginger-lemon flavor

**60203181**  
30 drops | 11 PV  
\$18.33 rtl  
\$13.75 whl

### Zendocrin® Softgels

#### Detoxification Blend

Zendocrin Softgels help cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling.\*

- Supports the body's natural ability to rid itself of unwanted substances\*
- Supports normal function of healthy liver and kidney.\*

**60209480**  
60 vegetarian softgels | 24 PV  
\$36.00 rtl  
\$27.00 whl

## dōTERRA® Children's Supplements

Inspired by the dōTERRA Lifelong Vitality Pack®, these products make it easy to enjoy taking omega-3s, whole-food nutrients, vitamins, and minerals in convenient liquid and chewable forms. Kids love them because they taste great; adults love them because they are easy to swallow.



### dōTERRA a2z Chewable™

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

**34500001**  
60 tablets | 18 PV  
\$32.00 rtl  
\$24.00 whl



### IQ Mega®

- Provides over 1,500 mg of omega-3s per serving
- Supports healthy brain, cardiovascular, immune, and joint function\*
- Formulated to be used with dōTERRA a2z Chewable tablets

**34490001**  
150 mL | 31 PV  
\$47.33 rtl  
\$35.50 whl



### PB Assist® Jr

- 5 billion live cells of 6 different probiotic strains
- Strains selected for their benefits among children
- Microencapsulated to help probiotics survive until they reach the intestines
- Supports healthy functioning of the digestive and immune systems\*
- Strawberry melon flavored & sugar free

**34420001**  
30 sachets | 24 PV  
\$38.67 rtl  
\$29.00 whl

### Kid's Kit

dōTERRA a2z Chewable, IQ Mega

**P007601**  
25 PV  
\$53.33 rtl  
\$40.00 whl

- Made with SLS-free vegetable capsules
- Made with vegetarian softgels
- Made with enteric softgels
- Chewable tablets

## LOYALTY REWARDS PROGRAM

**1 Purchase 1 dōTERRA Lifelong Vitality Pack®, dōTERRA Daily Nutrient Pack®, or MetaPWR™ Advantage**



dōTERRA Lifelong Vitality Pack  
**60213529 | 62 PV**  
\$85.00



dōTERRA Vegan Lifelong Vitality Pack  
**60213860 | 62 PV**  
\$94.00



MetaPWR™ Advantage  
**6022772 | 70 PV**  
\$84.50



dōTERRA Lifelong Vitality Daily Packs  
**60217066 | 62 PV**  
\$89.00



dōTERRA Daily Nutrient Pack  
**21490001 | 50 PV**  
\$59.50

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



MetaPWR Advantage  
45 PV  
\$65.00



MetaPWR Assist & Beadlets  
15 PV  
\$25.00



Microplex VMz®  
15 PV  
\$26.50



Mito2Max®  
15 PV  
\$26.50



xEO Mega®  
15 PV  
\$26.50



Kids Kit (IQ Mega® & dōTERRA a2z Chewable™)  
15 PV  
\$32.50



Deep Blue Polyphenol Complex®  
15 PV  
\$26.50



DigestZen TerraZyme®  
15 PV  
\$26.50



PB Assist+®  
15 PV  
\$26.50

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# Personal Care



# dōTERRA® Essential Skin Care

dōTERRA Essential Skin Care is a family of skin care products designed to keep your skin feeling and looking young, healthy, and gorgeous by maximizing the natural power of carefully selected CPTG Certified Pure Tested Grade® essential oils combined with cutting-edge ingredient technologies and natural extracts in each product. Target the visible signs of aging with dōTERRA Essential Skin Care.



## Facial Cleanser

Enriched with essential oils and natural cleansers, dōTERRA Facial Cleanser helps your skin feel fresh, smooth, and clean.

- Yucca Root Extract and Soapbark Extract are rich in saponins, natural cleansers that clarify and soothe skin
- Macadamia seed oil conditions the skin
- Vitamin E supports healthy-looking skin

**60201753**  
4 fl oz/118 mL | 13 PV  
\$21.33 rtl  
\$16.00 whl

## Invigorating Scrub

dōTERRA Invigorating Scrub gently exfoliates lifting away impurities, leaving your skin feeling soft, smooth, and renewed.

- Gentle exfoliating action comes from biodegradable jojoba esters, known for their moisturizing properties to the skin
- Greater Burdock Extract helps purify and tone skin
- Botanical and fruit extracts enhance the aromatic experience

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

## Pore Reducing Toner

dōTERRA Pore Reducing Toner tones and balances skin, visibly reducing the appearance of pores and calming sensitive skin.

- Aloe, watermelon, and apple extracts tone and balance the skin
- Rich in oligosaccharides, lentil extracts increase skin hydration, reduce the appearance of oily skin, tone the skin, and visibly reduce the appearance of pores
- Witch hazel is a natural astringent that helps remove excess oil from the skin and reduces the appearance of pores

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

## Brightening Gel

dōTERRA Brightening Gel combines natural extracts and vitamins with innovative ingredient technologies and CPTG® essential oils to brighten and even skin tone.

- Daisy extract is a natural skin-brightening agent that helps promote even skin pigmentation
- Ginger root extract promotes even skin tone and radiant-looking skin
- Microencapsulated vitamin C helps keep the skin looking youthful while promoting anti-pigmentation properties

**60210008**  
1 fl oz/30 mL | 31 PV  
\$44.00 rtl  
\$33.00 whl

## Tightening Serum

dōTERRA Tightening Serum uses natural extracts and gums to reduce the appearance of fine lines and wrinkles while leaving skin hydrated and feeling smooth.

- Contains rhizobian and acacia gum, which provide "lifting" benefits
- Beech tree bud extract tightens and smooths the appearance of skin

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

## Anti-Aging Moisturizer

dōTERRA Anti-Aging Moisturizer combines powerful essential oils with peptides and botanicals to target the visible signs of aging while moisturizing and softening skin.

- Contains ingredients that nourish the skin, helping to reduce the appearance of wrinkles
- Olive fruit extract is specifically designed for moisturizing and overall skin care
- Peptides help firm and smooth skin, improving skin tone and texture and helping to reduce the appearance of fine lines and wrinkles

**60201750**  
1.7 fl oz/50 mL | 31 PV  
\$48.00 rtl  
\$36.00 whl

## Hydrating Cream

dōTERRA Hydrating Cream is packed with emollient-rich ingredients and probiotics to provide intense hydration and nourishment to the skin, helping reduce the appearance of fine lines and wrinkles. Probiotics reinforce the skin's natural barrier, helping improve skin's health and beauty and encouraging suppler, younger-looking skin.

- Lactococcus Ferment Lysate helps reinforce the skin's natural barrier, helping promote overall skin health and a youthful appearance
- *Laminaria digitata* (Oarweed) extract comes from an algae rich in amino acids and polypeptides and is combined with mugwort extract to soothe and calm the skin

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

## Anti-Aging Eye Cream

Clinically tested dōTERRA® Anti-Aging Eye Cream combines clinically proven ingredients with CPTG® essential oils of Frankincense, Ylang Ylang, and Blue Tansy to target the signs of aging around the delicate eye area, helping reduce the appearance of fine lines and wrinkles over time. This innovative formula moisturizes, decreases the appearance of dark circles, and improves skin firmness and tone.

- Meadowfoam seed oil provides deep moisture
- Biopolymers made from Pullulan and Red Algae Extract provide a noticeable tightening and lifting effect from the first use
- Bakuchiol helps tone and tighten the skin, which helps improve the appearance of fine lines and wrinkles

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

## Reveal Facial System

Reveal Facial System is a two-step process that will give your face a spa-like treatment, bringing the glow of your skin's radiance and beauty to the surface.

- Features dōTERRA citrus essential oils of Lime and Wild Orange to purify the skin
- Bamboo silk beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Nutrient-rich formula helps maintain a radiant complexion

**37340001**  
Two 1.7 oz/50 mL tubes | 60 PV  
\$80.00 rtl  
\$60.00 whl

## 1 Purchase the customizable Essential Skin Care Kit . . .



Includes Facial Cleanser, Invigorating Scrub, Pore Reducing Toner, Tightening Serum.

**60203183**  
85 PV  
\$120.00 rtl  
\$90.00 whl

## 2 . . . and add up to two products per kit order at an additional savings.



Anti-Aging Eye Cream  
20 PV  
\$25.00



Anti-Aging Moisturizer  
20 PV  
\$25.00



Brightening Gel  
20 PV  
\$25.00



Hydrating Cream  
20 PV  
\$25.00



## HD Clear®

HD Clear is a line of natural and highly effective products that address problem skin at its core. This three-step system works synergistically to purge skin of impurities, promote a smooth, clear complexion, and help reduce the appearance of blemishes. Included in each formula are CPTG® essential oils along with specialized plant extracts proven to improve skin texture and appearance.

### HD Clear® Topical Blend

Promotes a clean complexion with essential oils renowned for their skin-benefiting properties.

- Features a unique blend of black cumin seed oil as well as CPTG® essential oils of Ho Leaf, Tea Tree, Litsea, Eucalyptus, and Geranium
- Promotes a clear complexion
- Helps reduce breakouts

T N

**49400001**  
10 mL roll-on | 23 PV  
\$30.67 rtl  
\$23.00 whl

### HD Clear® Facial Lotion

dōTERRA HD Clear Facial Lotion is a light, non-greasy moisturizer that promotes blemish-free skin, provides hydration, and improves skin texture.

- Features a unique blend of Black Cumin seed oil as well as CPTG essential oils of Ho Wood, Tea Tree, Litsea, Eucalyptus, and Geranium
- Promotes a clear complexion
- May promote smooth complexion

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

### HD Clear® Foaming Face Wash

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

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

**49420001**  
17 fl oz/50 mL | 19 PV  
\$28.00 rtl  
\$21.00 whl

### HD Clear® Kit

HD Clear Foaming Face Wash, Topical Blend, Facial Lotion

**42700001**  
45 PV  
\$68.00 rtl  
\$51.00 whl



## Yarrow | Pom Collection

Yarrow essential oil and Pomegranate seed oil are the foundation of the dōTERRA Yarrow|Pom collection: delivering a powerful three-layered botanical approach to overall wellness. This scientifically developed product line is revolutionary; a fresh approach to beauty inside and out.



### Yarrow|Pom

Active Botanical Nutritive Duo

- Provides antioxidant support when taken internally\*
- Supports healthy metabolic function when consumed\*

T L N

**60207652**  
30 mL bottle with dropper | 100 PV  
\$141.33 rtl  
\$106.00 whl

### Yarrow|Pom

Body Renewal Serum

- Promotes the look of young and healthy skin
- Enhances skin brightness and luminosity
- Supports the skin's natural barrier and improves the appearance of firm, smooth skin

**60209352**  
3.4 fl oz/100 mL | 61 PV  
\$88.67 rtl  
\$66.50 whl

### Yarrow|Pom

Cellular Beauty Complex

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

**60209413**  
60 capsules | 43 PV  
\$70.67 rtl  
\$53.00 whl

CD Made with SLS-free vegetable capsules

### Yarrow|Pom Collection

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

**60210469**  
150 PV  
\$233.33 rtl  
\$175.00 whl

## dōTERRA® Verâge®

dōTERRA Verâge is an exclusive collection of natural skin care products that nourish your skin, helping to reduce the visible signs of aging while also promoting smooth, supple skin. The advanced plant technology used in Verâge promotes an optimal lipid balance—the same balance found in healthy, youthful-looking skin.



### Verâge® Cleanser

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

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

**37380001**  
2 fl oz/60 mL | 21 PV  
\$31.33 rtl  
\$23.50 whl

### Verâge® Toner

This hydrating toner fortifies and refreshes the skin while invigorating the senses for an energizing boost and a glowing complexion.

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

**37390001**  
17 fl oz/50 mL | 17 PV  
\$28.00 rtl  
\$21.00 whl

### Verâge® Immortelle Hydrating Serum

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

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin
- Provides optimal lipid balance for smoother, more youthful-looking skin

**37400001**  
.5 fl oz/15 mL | 52 PV  
\$80.00 rtl  
\$60.00 whl

### Verâge® Moisturizer

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

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

**37410001**  
1 fl oz/30 mL | 26 PV  
\$38.00 rtl  
\$28.50 whl

### Verâge® Skin Care Collection

Verâge Cleanser, Toner, Immortelle Hydrating Serum, Moisturizer

**42690001**  
70 PV  
\$122.67 rtl  
\$92.00 whl

# dōTERRA® Spa

dōTERRA Spa is a line of CPTG® essential oil-infused products that provide an aromatic and pampering at-home spa experience. Each product has been carefully formulated with natural ingredients that leave your skin feeling soft, smooth, and fresh all day long.



## Refreshing Body Wash

dōTERRA Spa Refreshing Body Wash is a natural, oil-infused body wash that provides a rich cleansing and aromatic spa experience.

- Bergamot essential oil purifies and soothes skin, providing an uplifting, yet grounding aroma
- Grapefruit is cleansing to the skin and has an energizing scent
- Sodium Methyl Oleoyl Taurate is a sulfate-free mild surfactant derived from nature and is readily biodegradable

**37460001**  
8.45 fl oz/250 mL | 10 PV  
\$17.33 rtl  
\$13.00 whl

## Detoxifying Mud Mask

dōTERRA Spa Detoxifying Mud Mask is a natural clay mask that provides purifying and detoxifying benefits while reducing the appearance of pores.

- Infused with Myrrh, Juniper Berry, and Grapefruit—known for their cleansing benefits
- Shea butter provides moisturization for the skin
- Malachite extract is rich in copper and may provide detoxifying benefits

**37490001**  
4 oz/113.4 g | 13 PV  
\$20.67 rtl  
\$15.50 whl

## Replenishing Body Butter

Pamper your skin with the rich hydration and luxurious feel of dōTERRA Spa Replenishing Body Butter. The base of this natural formula combines shea and cocoa seed butters, known for their deep moisturization and ability to promote skin suppleness.

- Wild Orange essential oil is known for its purifying benefits
- Douglas Fir essential oil provides an uplifting aroma
- Frankincense essential oil adds a warm, spicy aroma

**37470001**  
7 oz/198 g | 15 PV  
\$25.33 rtl  
\$19.00 whl

## Exfoliating Body Scrub

dōTERRA Spa Exfoliating Body Scrub is a natural, indulgent body scrub that gently exfoliates and polishes skin with sugar cane, leaving a healthy, natural glow.

- Wild Orange and Grapefruit may add a cleansing boost to the skin
- Ginger essential oil adds a earthy, soothing aroma
- Natural sugar cane gently exfoliates skin

**37480001**  
8 oz/226 g | 16 PV  
\$27.33 rtl  
\$20.50 whl

## Hydrating Body Mist

Experience the uplifting and energizing aroma of the Beautiful Captivating Blend while quenching your skin's thirst for moisture.

- Provides the uplifting and energizing aroma of CPTG® Beautiful Captivating essential oil blend
- The oils of Sunflower, Avocado, and Passion Fruit help soothe, soften, and hydrate skin for an overall healthy glow
- Caprylic/Capric Triglyceride (coconut derived) conditions and maintains the skin's natural barrier

**60205662**  
4.2 fl oz/125 mL | 22 PV  
\$34.67 rtl  
\$26.00 whl

## Citrus Bliss Hand Lotion

A light and silky lotion infused with hydrating seed oils and nourishing botanicals. This non-greasy formula absorbs quickly yet provides optimal moisture for healthy-looking hands.

- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Convenient size—perfect for travel or for use while at home or work

**37500001**  
2.5 fl oz/75 mL | 6 PV  
\$10.67 rtl  
\$8.00 whl

## Hand & Body Lotion

Indulge your skin in dōTERRA Spa Hand & Body Lotion—a light, non-greasy formula that contains jojoba and macadamia seed oils, murumuru and theobroma seed butters, and nourishing plant extracts.

- Easily blend with your favorite essential oil for a customized aromatic experience
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly, leaving skin looking healthy, soft, and smooth

**37510001**  
6.7 fl oz/200 mL | 13 PV  
\$21.33 rtl  
\$16.00 whl

## 3-Pack Hand & Body Lotion

**60200498**  
Three 6.7 fl oz/200 mL tubes | 30 PV  
\$50.67 rtl  
\$38.00 whl

## Moisturizing Bath Bar

dōTERRA Spa Moisturizing Bath Bar is a one-of-a-kind bar that provides a unique feel, lather, aroma, and cleansing experience.

- Bergamot essential oil purifies and soothes skin
- Grapefruit is cleansing to the skin and has an energizing scent
- Jojoba seed oil deeply moisturizes

**60218217**  
4 oz/113 g | 6 PV  
\$10.67 rtl  
\$8.00 whl

**60220701**  
3-Pack | 10 PV  
\$19.33 rtl  
\$14.50 whl

## dōTERRA® Spa Basics Kit

Hand & Body Lotion, Refreshing Body Wash

**60200499**  
17 PV  
\$30.67 rtl  
\$23.00 whl

## Lip Balms

dōTERRA Spa Lip Balm is a natural formula containing plant oils, botanicals, and essential oils to hydrate and soothe lips while delivering the unique scent and taste of essential oils.

- Each lip balm contains a select blend of essential oils that provides a unique sensory experience
- Moringa oil is an emollient that helps improve how the lips look and feel
- Avocado oil provides hydration and essential fatty acids, and softens lips to keep them looking healthy

## Original

**60207651**  
0.16 oz/4.5 g | 6 PV  
\$10.00 rtl  
\$7.50 whl

## Herbal

**60207653**  
0.16 oz/4.5 g | 6 PV  
\$10.00 rtl  
\$7.50 whl

## Tropical

**60207649**  
0.16 oz/4.5 g | 6 PV  
\$10.00 rtl  
\$7.50 whl

## Variety 3-Pack

**37570001**  
10 PV  
\$20.00 rtl  
\$15.00 whl

## Citrus Bliss Bath Bar

Formulated with Citrus Bliss® Invigorating Blend to provide an uplifting, refreshing aroma.

- Exfoliating sunflower wax beads and orange peel powder naturally soften, smooth, and stimulate skin rejuvenation
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds

**60218240**  
4 oz/113 g | 6 PV  
\$10.67 rtl  
\$8.00 whl

**60220704**  
3-Pack | 10 PV  
\$19.33 rtl  
\$14.50 whl

## dōTERRA® Spa Luxury Kit

Exfoliating Body Scrub, Detoxifying Mud Mask, Replenishing Body Butter

**60200502**  
32 PV  
\$56.00 rtl  
\$42.00 whl

## dōTERRA Balance® Bath Bar

The dōTERRA Spa dōTERRA Balance Bath Bar has the warm, woody aroma of dōTERRA Balance® Grounding Blend creating a calming and balancing atmosphere. Using a proprietary combination of CPTG® essential oils including Black Spruce, Ho Wood, Frankincense, Blue Tansy, and German Chamomile, the bath bar provides a distinctive cleansing experience. The African black soap and sunflower oil in the bar leaves skin feeling soft and hydrated.

**60218218**  
4 oz/113 g | 6 PV  
\$10.67 rtl  
\$8.00 whl

**60220702**  
3-Pack | 10 PV  
\$19.33 rtl  
\$14.50 whl

## dōTERRA Serenity® Bath Bar

Enjoy a rich, cleansing, aromatic spa experience, infused with dōTERRA Serenity® Restful Blend.

- Jojoba seed oil is highly regarded in the cosmetic industry and known for its quick absorption and ability to deeply moisturize
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds

**60218219**  
4 oz/113 g | 6 PV  
\$10.67 rtl  
\$8.00 whl

**60220703**  
3-Pack | 10 PV  
\$19.33 rtl  
\$14.50 whl

## 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), Hydrating Body Mist

**60217288**  
85 PV  
\$160.00 rtl  
\$120.00 whl

# dōTERRA® Hair Care

Experience shinier, healthier-looking, and more manageable hair every day with dōTERRA Hair Care. Combining mindfully selected CPTG® essential oils and formulas free of sulfates, parabens, dyes, silicones, and phthalates. Strengthen and nourish while protecting every strand, leaving hair revitalized and full of life.



## dōTERRA Protecting Shampoo

Infused with CPTG® essential oils, this shampoo is naturally refreshing and free from harsh chemicals. It contains quinoa protein to help strengthen and protect hair while removing impurities, dirt, and build up.

- Gently removes hard water minerals, pollutants, and styling product residue
- Free from sulfates, silicones, phthalates, and parabens
- Safe for color-treated hair

**60208440**  
16.9 fl oz/500 mL | 21 PV  
\$36.67 rtl  
\$27.50 whl

## dōTERRA Daily Conditioner

A lightweight, color-safe conditioner that helps smooth and detangle hair while restoring softness, volume and natural shine. Infused with refreshing CPTG® essential oils.

- Strengthens and smooths hair, leaving it soft, shiny, and frizz-free
- Pure formula preserves color vibrancy
- Free from sulfates, silicones, phthalates, and parabens

**60208441**  
16.9 fl oz/500 mL | 21 PV  
\$36.67 rtl  
\$27.50 whl

## Hair Care Refillable Mini Travel Kit (Empty)

TSA approved 100 mL bottles, created expressly for dōTERRA Hair Care products, are designed to be filled again and again with no waste and less plastic headed for the landfill.

**60216554**  
Three 3.4 fl oz/100 mL bottles | 0 PV  
\$11.33 rtl  
\$8.50 whl

## dōTERRA Leave-in Conditioner

A clean, easy-to-use spray infused with CPTG® essential oils that provide a citrusy, inviting aroma as it prepares and protects hair before styling.

- Locks in moisture, detangles, and softens
- Helps protect hair from damage caused by heat styling
- Free from harsh chemicals, no silicones or phenoxyethanol

**60208398**  
8 fl oz/237 mL | 16 PV  
\$26.67 rtl  
\$20.00 whl

## dōTERRA Hair Strengthening Shampoo and Conditioner Bars

The dōTERRA® Hair Strengthening Shampoo and Conditioner Bars are specifically designed to cleanse the scalp and strengthen and smooth the hair.

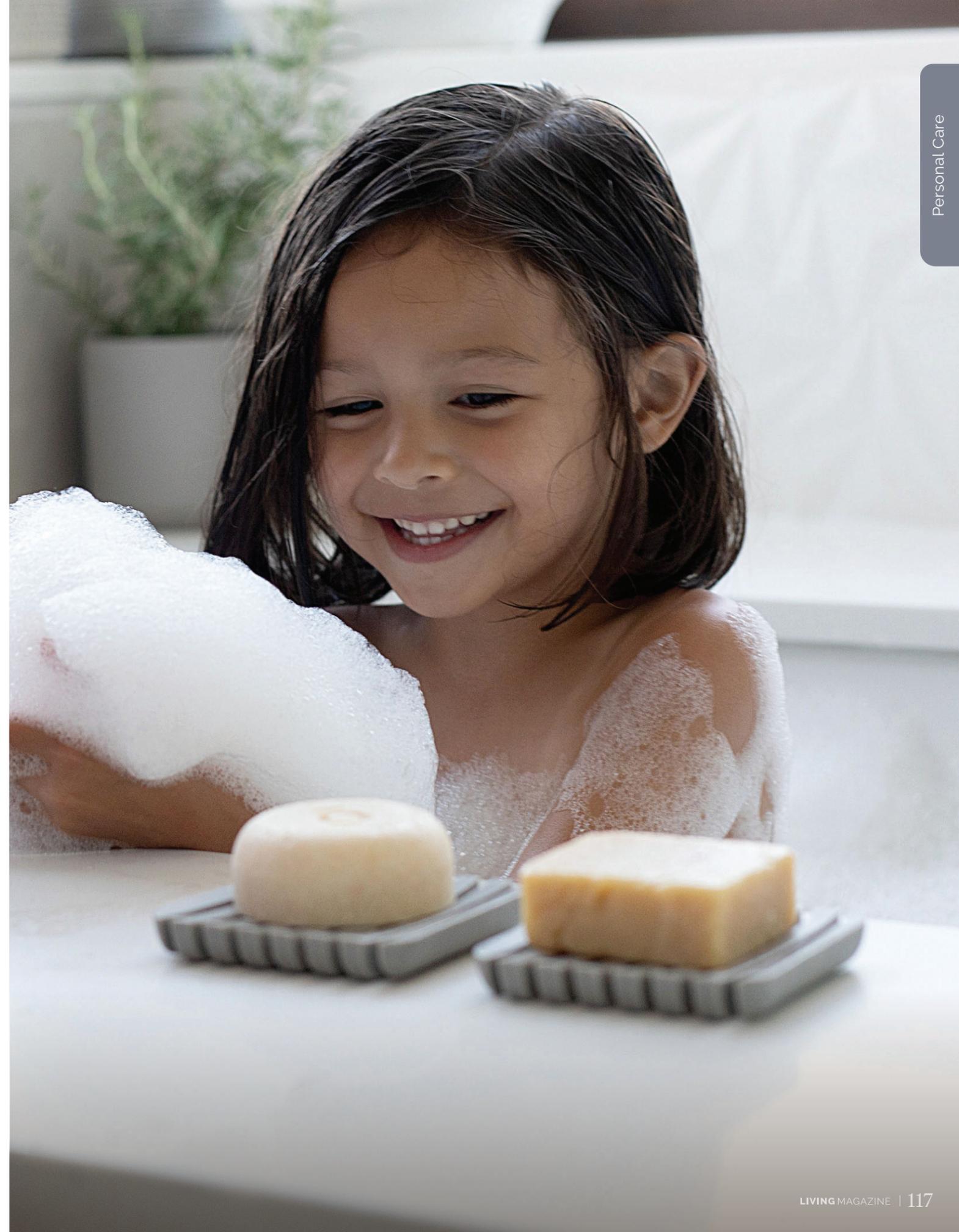
- Sustainable and ethically sourced
- Leverages powerful benefits of fermented rice water and CPTG® essential oils
- Free from: sulfates, parabens, phthalates, silicones, synthetic fragrances, and dyes
- Locks in moisture, detangles, and softens

**60223161**      **60223162**  
100 g/3.5 oz | 12 PV      80 g/2.8 oz | 12 PV  
\$23.00 rtl      \$23.00 rtl  
\$17.25 whl      \$17.25 whl

## dōTERRA Hair Care Trio

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

**60219271**  
55 PV  
\$96.00 rtl  
\$72.00 whl



## dōTERRA® Women

dōTERRA Women is a line of products formulated to address the unique and changing health needs of women. Normal hormone levels influence a woman's good health and well-being from her early teens to her transition through menopause.



### ClaryCalm®

Monthly Blend For Women

ClaryCalm is a unique blend of essential oils developed especially for women.

- Floral, feminine aroma
- Contributes to a nurturing massage as part of a self-care ritual
- Cooling and soothing on skin



**49480001**  
10 mL roll-on | 34 PV  
\$45.33 rtl  
\$34.00 whl

### Phytoestrogen

Essential Complex

A blend of natural plant extracts that support hormone balance throughout the different phases of a woman's life.\*

- Includes a standardized soy extract with genistein, a natural phytoestrogen
- Supports a woman's transition to menopause with a concentrated extract of flax seed lignans\*
- Supports healthy bones, heart, breast tissue, and other body structures\*

**35260001**  
60 capsules | 36 PV  
\$53.27 rtl  
\$39.95 whl

### Bone Nutrient

Essential Complex

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

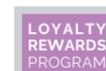
- A blend of vitamins C and D, calcium, magnesium, and other trace minerals
- Combats declining bone density by providing bone nutrients often deficient in modern diets\*

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

### Women's Health Kit

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

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



## Natural Deodorant

dōTERRA has specially created safe and effective natural deodorants that help you beat the heat and stay fresh throughout the day. The dōTERRA Natural Deodorant is formulated without aluminum, parabens, phthalates, or talc. Playing with the kids, running to catch a bus, or training for that half marathon just got a bit easier.



### Natural Deodorant Infused with dōTERRA Balance® Essential Oil

Features dōTERRA Balance® essential oil blend, baking soda, and tapioca for long-lasting freshness and all-day confidence.

- Aluminum, paraben, phthalate, and talc free
- Tapioca starch aids in absorbing underarm moisture, leaving you feeling fresh and dry throughout the day
- Baking soda helps neutralize and prevent odors

**60207421**  
2.65 oz/75 g | 8 PV  
\$16.00 rtl  
\$12.00 whl



### Natural Sensitive Deodorant Infused with dōTERRA Douglas Fir and Greek Orange Essential Oils

Features dōTERRA® CPTG® essential oils of Douglas Fir and Greek Orange, magnesium, and tapioca for long-lasting freshness and all-day confidence.

- Baking soda, aluminum, paraben, phthalate, and talc free
- Tapioca starch aids in absorbing underarm moisture, leaving you feeling fresh and dry throughout the day
- Magnesium helps neutralize odors

**60208231**  
2.65 oz/75 g | 8 PV  
\$16.00 rtl  
\$12.00 whl

CD Made with SLS-free vegetable capsules

## Correct-X®

CPTG® essential oils Frankincense, Helichrysum, Tea Tree, Cedarwood, and Lavender form the base of dōTERRA Correct-X. A natural ointment helps soothe skin and keep it clean while recovering from distress. This petroleum-free and preservative-free ointment is ideal for sensitive skin due to its quick absorption and non-irritating nature.



### Correct-X®

Essential Oil Ointment

Correct-X is a natural topical ointment using powerful CPTG essential oils that assist in soothing skin.

- Helps soothe while simultaneously hydrating
- Absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin
- Keeps skin clean while recovering from distress

**60110001**  
0.5 fl oz/15 mL | 11 PV  
\$17.33 rtl  
\$13.00 whl

## dōTERRA® baby

dōTERRA baby products are a safe, effective, and natural way to care for your baby from piggy tails to tiny, wiggly toes. Our products have been clinically tested and formulated with your baby in mind.



### dōTERRA baby Diaper Rash Cream

Safe, effective, and spreads easily on delicate baby skin to help treat, soothe, and prevent diaper rash. Infused with CPTG® essential oils, this unique blend helps balance and soothe the skin while rich Muiyao Shea Butter works to moisturize, leaving skin soft and smooth.

- Non-Nano Zinc creates a barrier to protect delicate skin from excess moisture
- Raw East African Muiyao Shea Butter has a unique fatty acid profile supporting baby's soft skin
- Clinically tested and approved for sensitive skin

**60201362**  
2.1 oz/60 g | 5 PV  
\$12.67 rtl  
\$9.50 whl

### dōTERRA baby Lotion

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

- Raw East African Muiyao Shea Butter has a unique fatty acid profile supporting baby's soft skin
- Helps maintain natural moisture
- Clinically tested and approved for sensitive skin

**60220058**  
8 fl oz/236 mL | 10 PV  
\$24.00 rtl  
\$18.00 whl

### dōTERRA baby Hair & Body Wash

This foaming, tear-free wash combines simple, gentle, natural ingredients that nourish and moisturize even after rinsing off. A calming blend of vanilla extract with CPTG® Lavender and Roman Chamomile essential oils leaves babies, toddlers, and even big kids with that light, newborn scent.

- Raw East African Muiyao Shea Butter has a unique fatty acid profile supporting soft skin
- Simple, natural ingredients cleanse without disrupting the skin's natural balance
- Clinically tested tear-free

**60201361**  
10 fl oz/295 mL | 10 PV  
\$20.00 rtl  
\$15.00 whl

### dōTERRA baby Collection

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

**60206023**  
20 PV  
\$52.67 rtl  
\$39.50 whl

# dōTERRA® sun

Mineral-based sun protection that delivers incredible benefits, so your skin looks and acts as young as you feel.



## Face + Body Mineral Sunscreen Lotion

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

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

**60220529**  
5 oz/142 g | 20 PV  
\$38.67 rtl  
\$29.00 whl



## Face + Body Mineral Sunscreen Stick

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

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

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



## Body Mineral Sunscreen Spray

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

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

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



## After Sun Restorative Body Spray

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

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

**60220573**  
6 oz/170 g | 20 PV  
\$33.33 rtl  
\$25.00 whl



## Face Mineral Sunscreen Daily Moisturizer Coming Soon

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

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

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

# dōTERRA® Diffusers

Transform your world with a dōTERRA diffuser just right for any situation and décor.



## Dawn® Aroma Humidifier

Designed to create the ultimate level of comfort in any room. Its smart sleep mode maintains ideal humidity levels throughout the night, helping create the perfect environment for sleep.

- Water Capacity: 1.8 L/0.48 gal
- Coverage: Up to 270 sq ft/25 sq m
- Continuous operation and sleep modes
- Easily disassembles for cleaning
- Add water and essential oils without having to remove any lids or covers

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



## Volo® Diffuser

Powerful and uniquely refined with two stylistic options, Volo Marble and Volo Onyx complement any home or office decor.

- Water Capacity: 250 mL/8.5 fl oz
- Coverage: Up to 300 sq ft/27 sq m
- Continuous operation modes
- Soft ambient light settings or completely dark
- Handcrafted polyresin stone top

**60210546** Volo® Marble | 0 PV  
\$78.67 rtl  
\$59.00 whl

**60210545** Volo® Onyx | 0 PV  
\$78.67 rtl  
\$59.00 whl



## Laluz® Diffuser

Turn any space into a luxurious retreat with Laluz. With a runtime of up to eight hours, you can diffuse your favorite essential oils throughout the day or night.

- Water Capacity: 120 mL/4.06 fl oz
- Coverage: Up to 330 sq ft/30 sq m
- Continuous operation
- Dim warm, bright warm, lavender light options

**60213023**  
0 PV  
\$56.00 rtl  
\$42.00 whl



## Pebble™ Diffuser

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

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

**60213978**  
0 PV  
\$33.33 rtl  
\$25.00 whl



## Roam® Diffuser

Made with natural, colorful, polished, ground stone. With its powerful, built-in, rechargeable battery and charging dock, the dōTERRA Roam Diffuser brings you an unprecedented wireless and portable aromatic experience.

- Water Capacity: 100 mL/3.4 fl oz
- Coverage: Up to 270 sq ft/25 sq m
- Continuous and intermittent operation modes
- Cordless and rechargeable battery-powered
- Responsibly created with eco-friendly, postconsumer recycled resin

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

Product Guide Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
<b>Enrollment Kits</b>												
<b>Aroma Essentials Collection</b>												
Healthy Start Kit							60211452	\$213.33	\$160.00	100	Kit	
MetaPWR™ System Kit							60223395	\$238.67	\$179.00	150	Kit	
Healthy Habits Kit							60217321	\$260.00	\$195.00	125	Kit	
AromaTouch® Training Kit							60221903	\$333.33	\$250.00	250	Kit	
Home Essentials Kit							60221657	\$360.00	\$270.00	235	Kit	
Natural Solutions Kit							60221656	\$600.00	\$450.00	345	Kit	
Oil Collectors Kit							60221984	\$2665.33	\$1999.00	1750	Kit	

Essential Oil Singles

	A	T	I	H	N	S	D	SKU	Rtl	Whl	PV	Unit
Arborvitae <i>Thuja plicata</i>	A	T			N			49360001	\$32.00	\$24.00	24	5 mL
Basil <i>Ocimum basilicum</i>	A	T	I		N			30010001	\$44.00	\$33.00	33	15 mL
Birch <i>Betula lenta</i>	A	T				S		60222580	\$73.33	\$55.00	45	5 mL
Bergamot <i>Citrus bergamia</i>	A	T	I			S		30790001	\$53.33	\$40.00	40	15 mL
Black Pepper <i>Piper nigrum</i>	A	T	I			S		41040001	\$30.67	\$23.00	23	5 mL
Black Spruce <i>Picea mariana</i>	A	T				S		60206220	\$28.00	\$21.00	21	5 mL
Blue Tansy <i>Tanacetum annuum</i>	A	T			N			60203383	\$114.67	\$86.00	81	5 mL
Cardamom <i>Elettaria cardamomum</i>	A	T	I		N			49350001	\$41.33	\$31.00	31	5 mL
Cassia <i>Cinnamomum cassia</i>	A	T	I				D	60213537	\$30.67	\$23.00	23	15 mL
Cedarwood <i>Juniperus virginiana</i>	A	T				S		49300001	\$20.00	\$15.00	15	15 mL
Celery Seed <i>Apium graveolens</i>	A	T	I			S		60209677	\$50.67	\$38.00	38	15 mL
Cilantro <i>Coriandrum sativum</i>	A	T	I		N			41850001	\$36.00	\$27.00	27	15 mL
Cinnamon Bark <i>Cinnamomum zeylanicum</i>	A	T	I				D	30030001	\$42.67	\$32.00	32	5 mL
Citronella <i>Cymbopogon winterianus</i>	A	T				S		60209676	\$28.00	\$21.00	21	15 mL
Clary Sage <i>Salvia sclarea</i>	A	T	I		N			30420001	\$56.00	\$42.00	42	15 mL
Clove <i>Eugenia caryophyllata</i>	A	T	I				D	30040001	\$26.67	\$20.00	20	15 mL
Copaiba <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i> <b>Top Seller</b>	A	T	I			S		60202178	\$50.67	\$38.00	38	15 mL
Copaiba Touch <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i>	A	T			N			60219176	\$33.33	\$25.00	25	10 mL roll-on
Coriander <i>Coriandrum sativum</i>	A	T	I		N			30780001	\$34.67	\$26.00	26	15 mL
Cypress <i>Cupressus sempervirens and lusitanica</i>	A	T			N			60206972	\$25.33	\$19.00	19	15 mL
Douglas Fir <i>Pseudotsuga menziesii</i>	A	T			N			31590001	\$32.00	\$24.00	24	5 mL
Eucalyptus <i>Eucalyptus spp.</i>	A	T					D	60218408	\$28.00	\$21.00	21	15 mL
Fennel (Sweet) <i>Foeniculum vulgare</i>	A	T	I			S		41290001	\$24.00	\$18.00	18	15 mL
Frankincense <i>Boswellia carterii, sacra, papyrifera, and frereana</i> <b>Top Seller</b>	A	T	I		N			30070001	\$104.00	\$78.00	73	15 mL
Frankincense Touch <i>Boswellia carterii, sacra, papyrifera, and frereana</i>	A	T			N			60200224	\$66.67	\$50.00	50	10 mL roll-on
Geranium <i>Pelargonium graveolens</i>	A	T	I				D	30090001	\$62.67	\$47.00	47	15 mL
Ginger <i>Zingiber officinale</i>	A	T	I			S		60215119	\$66.67	\$50.00	50	15 mL
Grapefruit <i>Citrus x paradisi</i>	A	T	I		N			30100001	\$26.67	\$20.00	20	15 mL
Green Mandarin <i>Citrus nobilis</i>	A	T	I		N			60205794	\$40.00	\$30.00	30	15 mL
Guaiacwood <i>Bulnesia sarmientoi</i>	A	T			N			60217711	\$26.67	\$20.00	20	15 mL
Helichrysum <i>Helichrysum italicum</i>	A	T	I		N			30410001	\$105.33	\$79.00	70	5 mL
Helichrysum Touch <i>Helichrysum italicum</i>	A	T			N			60207012	\$76.00	\$57.00	52	10 mL roll-on
'Iliahi (Hawaiian Sandalwood) <i>Santalum paniculatum</i>	A	T	I		N			41860001	\$100.00	\$75.00	65	5 mL

Product Guide Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
Jasmine <i>Jasminum grandiflorum</i>	A	T				S		60217357	\$200.00	\$150.00	100	2.5 mL
Jasmine Touch <i>Jasminum grandiflorum</i>	A	T			N			60201812	\$62.67	\$47.00	47	10 mL roll-on
Juniper Berry <i>Juniperus communis</i>	A	T	I		N			49290001	\$30.67	\$23.00	23	5 mL
Lavender <i>Lavandula angustifolia</i> <b>Top Seller</b>	A	T	I		N			30110001	\$37.33	\$28.00	28	15 mL
Lavender Touch <i>Lavandula angustifolia</i>	A	T			N			60200225	\$26.67	\$20.00	20	10 mL roll-on
Lemon <i>Citrus limon</i> <b>Top Seller</b>	A	T	I		N			30120001	\$20.00	\$15.00	15	15 mL
Lemon Eucalyptus <i>Eucalyptus citriodora</i>	A	T				S		60209674	\$20.00	\$15.00	15	15 mL
Lemongrass <i>Cymbopogon flexuosus</i>	A	T	I			S		30130001	\$18.67	\$14.00	14	15 mL
Lime <i>Citrus aurantifolia</i>	A	T	I			S		30870001	\$21.33	\$16.00	16	15 mL
Madagascar Vanilla <i>Vanilla planifolia</i>	A	T	I		N			60218012	\$50.67	\$38.00	38	5 mL
Magnolia Touch <i>Michelia alba</i>	A	T			N			60205420	\$40.00	\$30.00	30	10 mL roll-on
Marjoram <i>Origanum majorana</i>	A	T	I		N			30140001	\$32.00	\$24.00	24	15 mL
Melissa <i>Melissa officinalis</i>	A	T	I		N			30850001	\$128.00	\$96.00	86	5 mL
Myrrh <i>Commiphora myrrha</i>	A	T	I		N			30160001	\$96.00	\$72.00	60	15 mL
Myrrh Touch <i>Commiphora myrrha</i>	A	T			N			60221439	\$54.67	\$41.00	41	10 mL roll-on
Neroli Touch <i>Citrus x aurantium</i>	A	T			N			60201817	\$72.00	\$54.00	54	10 mL roll-on
Oregano <i>Origanum vulgare</i> <b>Top Seller</b>	A	T	I				D	30180001	\$37.33	\$28.00	28	15 mL
Oregano Touch <i>Origanum vulgare</i>	A	T			N			60200227	\$25.33	\$19.00	19	10 mL roll-on
Patchouli <i>Pogostemon cablin</i>	A	T	I		N			30890001	\$42.67	\$32.00	32	15 mL
Peppermint <i>Mentha piperita</i>	A	T	I			S		30190001	\$33.33	\$25.00	25	15 mL
Peppermint Touch <i>Mentha piperita</i>	A	T			N			60200228	\$26.67	\$20.00	20	10 mL roll-on
Petitgrain <i>Citrus aurantium</i>	A	T	I			S		49520001	\$36.00	\$27.00	27	15 mL
Pink Pepper <i>Schinus molle</i>	A	T	I		N			60207016	\$30.67	\$23.00	23	5 mL
Roman Chamomile <i>Anthemis nobilis</i>	A	T	I		N			30800001	\$66.67	\$50.00	50	5 mL
Rose <i>Rosa damascena</i>	A	T				S		31000001	\$366.67	\$275.00	200	5 mL
Rose Touch <i>Rosa damascena</i>	A	T			N			60201813	\$94.67	\$71.00	66	10 mL roll-on
Rosemary <i>Rosmarinus officinalis</i>	A	T	I		N			30200001	\$26.67	\$20.00	20	15 mL
Sandalwood <i>Santalum album</i>	A	T	I		N			30210001	\$113.33	\$85.00	65	5 mL
Siberian Fir <i>Abies sibirica</i>	A	T	I		N			60203125	\$28.00	\$21.00	21	15 mL
Spanish Sage <i>Salvia lavandulifolia</i>	A	T	I			S		60222270	\$38.67	\$29.00	29	15 mL
Spearmint <i>Mentha spicata</i>	A	T	I			S		31610001	\$41.33	\$31.00	31	15 mL
Spikenard <i>Nardostachys jatamansi</i>	A	T			N			49510001	\$72.00	\$54.00	52	5 mL
Tangerine <i>Citrus reticulata</i>	A	T	I		N			49440001	\$21.33	\$16.00	16	15 mL
Tea Tree <i>Melaleuca alternifolia</i>	A	T			N			60208340	\$33.33	\$25.00	25	15 mL
Tea Tree Touch <i>Melaleuca alternifolia</i>	A	T			N			60208343	\$22.67	\$17.00	17	10 mL roll-on
Thyme <i>Thymus vulgaris</i>	A	T	I				D	30220001	\$45.33	\$34.00	34	15 mL
Tulsi (Holy Basil) <i>Ocimum sanctum</i>	A	T				S		60213450	\$38.67	\$29.00	29	5 mL
Turmeric <i>Curcuma longa</i>	A	T	I		N			60206973	\$44.00	\$33.00	33	15 mL
Vetiver <i>Vetiveria zizanioides</i>	A	T	I		N			30430001	\$86.67	\$65.00	60	15 mL
Vetiver Touch <i>Vetiveria zizanioides</i>	A	T			N			60221438	\$53.33	\$40.00	40	10 mL roll-on
Wild Orange <i>Citrus sinensis</i>	A	T	I		N			30170001	\$16.00	\$12.00	12	15 mL
Wintergreen <i>Gaultheria fragrantissima</i>	A	T				S		31620001	\$37.33	\$28.00	28	15 mL
Yarrow Pom <i>Active Botanical Nutritive Duo</i>		T	I		N			60207652	\$141.33	\$106.00	100	30 mL
Ylang Ylang <i>Cananga odorata</i>	A	T	I		N			30240001	\$58.67	\$44.00	44	15 mL

Product Guide Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
Fractionated Coconut Oil	A	T						31640001	\$16.67	\$12.50	10	3.89 fl oz/115 mL
Fractionated Coconut Oil	A	T						60210770	\$6.00	\$4.50	0	1 fl oz/30 mL

Essential Oil Blends

abode™ Refreshing Blend	A			H		S		60217576	\$34.67	\$26.00	26	15 mL
Adaptiv® Calming Blend	A	T			N			60209364	\$57.33	\$43.00	43	15 mL
Adaptiv® Touch Calming Blend	A	T			N			60209357	\$32.00	\$24.00	24	10 mL roll-on
Air-X® Air Blend	A	T	I			S		60215527	\$42.67	\$32.00	32	15 mL
dōTERRA Align Centering Blend	A	T			N			60203246	\$29.33	\$22.00	22	5 mL
dōTERRA Anchor Steadying Blend	A	T			N			60203245	\$29.33	\$22.00	22	5 mL
dōTERRA Arise Enlightening Blend	A	T			N			60203247	\$29.33	\$22.00	22	5 mL
AromaTouch® Massage Blend		T			N			31200001	\$44.00	\$33.33	33	15 mL
dōTERRA Balance® Grounding Blend	A	T			N			31010001	\$32.00	\$24.00	24	15 mL
Brave® Courage Blend	A	T			N			60206618	\$30.67	\$23.00	23	10 mL roll-on
dōTERRA Breathe® Respiratory Blend	A	T				S		60200190	\$37.33	\$28.00	28	15 mL
dōTERRA Breathe® Touch Respiratory Blend	A	T			N			60200192	\$25.33	\$19.00	19	10 mL roll-on
Calmer® Restful Blend	A	T			N			60206632	\$28.00	\$21.00	21	10 mL roll-on
dōTERRA Cheer® Uplifting Blend	A	T				S		31720001	\$34.67	\$26.00	26	5 mL
dōTERRA Cheer® Touch Uplifting Blend	A	T			N			60218864	\$29.33	\$22.00	22	10 mL roll-on
Citrus Bliss® Invigorating Blend	A	T			N			60219370	\$30.67	\$23.00	23	15 mL
Citrus Bloom® Springtime Blend	A	T			N			60208812	\$35.33	\$26.50	26.5	15 mL
ClaryCalm® Monthly Blend for Women	A	T			N			49480001	\$45.33	\$34.00	34	10 mL roll-on
dōTERRA Console® Comforting Blend	A	T			N			31730001	\$57.33	\$43.00	43	5 mL
dōTERRA Console® Touch Comforting Blend	A	T			N			60200147	\$37.33	\$28.00	28	10 mL roll-on
DDR Prime® Cellular Complex		T	I			S		60207092	\$50.67	\$38.00	38	15 mL
Deep Blue® Soothing Blend		T				S		60200143	\$49.33	\$37.00	37	5 mL
DigestZen® Digestive Blend	A	T	I		N			60214361	\$48.00	\$36.00	36	15 mL
DigestZen® Touch Digestive Blend	A	T			N			60214815	\$32.00	\$24.00	24	10 mL roll-on
dōTERRA Forgive® Renewing Blend	A	T				S		31750001	\$33.33	\$25.00	25	5 mL
dōTERRA Forgive® Touch Renewing Blend	A	T			N			60200148	\$22.67	\$17.00	17	10 mL roll-on
HD Clear® Topical Blend		T			N			49400001	\$30.67	\$23.00	23	10 mL roll-on
dōTERRA Hope® Touch Uplifting Blend	A	T			N			60222109	\$33.33	\$25.00	25	10 mL roll-on
Immortelle Anti-Aging Blend	A	T			N			60220469	\$106.67	\$80.00	75	10 mL roll-on
Intune® Focus Blend	A	T			N			60220468	\$53.33	\$40.00	40	10 mL roll-on
MetaPWR™ Metabolic Blend	A	T	I		N			60217575	\$38.67	\$29.00	29	15 mL
dōTERRA Motivate® Encouraging Blend	A	T				S		60218764	\$32.00	\$24.00	24	5 mL
dōTERRA Motivate® Touch Encouraging Blend	A	T			N			60218765	\$25.33	\$19.00	19	10 mL roll-on
Northern Escape® Woodland Blend	A	T			N			60221667	\$40.00	\$30.00	30	15 mL
dōTERRA On Guard® Protective Blend	A	T	I			S		31100001	\$50.67	\$38.00	38	15 mL
dōTERRA On Guard® Touch Protective Blend	A	T			N			60200142	\$32.00	\$24.00	24	10 mL roll-on
dōTERRA Passion® Inspiring Blend	A	T				S		60218767	\$57.33	\$43.00	43	5 mL
dōTERRA Passion® Touch Inspiring Blend	A	T			N			60218768	\$42.67	\$32.00	32	10 mL roll-on
PastTense® Tension Blend	A	T			N			60215812	\$44.00	\$33.00	33	15 mL
dōTERRA Peace® Reassuring Blend	A	T			N			31710001	\$46.67	\$35.00	35	5 mL
dōTERRA Peace® Touch Reassuring Blend	A	T			N			60200151	\$30.67	\$23.00	23	10 mL roll-on

Product Guide Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
Purify Cleansing Blend	A	T			N			31060001	\$32.00	\$24.00	24	15 mL
Rescuer™ Soothing Blend	A	T			N			60206635	\$24.00	\$18.00	18	10 mL roll-on
dōTERRA Serenity® Restful Blend	A	T			N			60217983	\$53.33	\$40.00	40	15 mL
Steady® Grounding Blend	A	T			N			60206617	\$24.00	\$18.00	18	10 mL roll-on
Stronger® Protective Blend	A	T			N			60206654	\$24.00	\$18.00	18	10 mL roll-on
dōTERRA SuperMint™ Mentha Blend	A	T	I			D		60221859	\$42.67	\$32.00	32	15 mL
dōTERRA SuperMint™ Touch Mentha Blend	A	T			N			60221940	\$26.67	\$20.00	20	10 mL roll-on
Tamer® Digestive Blend	A	T			N			60209356	\$24.00	\$18.00	18	10 mL roll-on
TerraShield® Repellent Blend	A	T			N			60214386	\$20.00	\$15.00	15	15 mL
TerraShield® Spray Repellent Blend	A	T			N			60214387	\$28.00	\$21.00	19	30 mL
Thinker® Focus Blend	A	T			N			60206633	\$25.33	\$19.00	19	10 mL roll-on
Whisper® Touch Blend for Women	A	T			N			60214274	\$40.00	\$30.00	30	10 mL roll-on
Zendocrine® Detoxification Blend	A	T	I		N			31460001	\$38.67	\$29.00	29	15 mL

Kits & Collections

AromaTouch Technique® Training Kit								60221903	\$333.33	\$250.00	250	Kit
AromaTouch Technique® Refill Kit								60221902	\$306.67	\$230.00	230	Kit
dōTERRA Emotional Aromatherapy® System								60220509	\$226.67	\$170.00	160	Kit
dōTERRA Emotional Aromatherapy® Touch Kit								60220510	\$133.00	\$100.00	100	Kit
Family Essentials Kit								60202951	\$166.67	\$125.00	115	Kit
Introductory Kit								60202952	\$33.33	\$25.00	20	Kit
dōTERRA Kids Collection								60211246	\$165.33	\$124.00	110	Kit
dōTERRA Yoga Collection								60203244	\$80.00	\$60.00	56	Kit

Product Lines

dōTERRA On Guard® Products

dōTERRA On Guard®	A	T	I			S		31100001	\$50.67	\$38.00	38	15 mL
dōTERRA On Guard® Touch	A	T			N			60200142	\$32.00	\$24.00	24	10 mL roll-on
dōTERRA On Guard® Sanitizing Gel								60217274	\$10.00	\$7.50	5	1.6 fl oz/50 mL
dōTERRA On Guard+™ Beadlets			I					60208146	\$21.33	\$16.00	16	125 beadlets
dōTERRA On Guard+™ Chewable Tablets								60216736	\$22.67	\$17.00	11	60 ct
dōTERRA On Guard® Protecting Throat Drops								34050001	\$18.33	\$13.75	11	30 ct
dōTERRA On Guard+™ Softgels								35420001	\$38.67	\$29.00	25	60 ct
dōTERRA On Guard® Natural Whitening Toothpaste								60205476	\$14.67	\$11.00	6	4.2 oz/125 g
dōTERRA On Guard® Natural Whitening Toothpaste Samples								60213724	\$5.33	\$4.00	0	10 pack
dōTERRA On Guard® Mouthwash								60203185	\$21.33	\$16.00	10	16 fl oz/473 mL
dōTERRA On Guard® Laundry Detergent								39020001	\$40.00	\$30.00	21	32 fl oz/947 mL
dōTERRA On Guard® Cleaner Concentrate								38140001	\$22.67	\$17.00	12	12 fl oz/355 mL
dōTERRA On Guard® Foaming Hand Wash								60216838	\$28.67	\$21.50	15	16 fl oz/473 mL
dōTERRA On Guard® Foaming Hand Wash Single Refill								38010001	\$25.33	\$19.00	15	16 fl oz/473 mL
dōTERRA On Guard® Foaming Hand Wash Twin Pack Refill								38020001	\$40.00	\$30.00	25	16 fl oz/473 mL
dōTERRA® On Guard® Sanitizing Mist								60214044	\$9.33	\$7.00	5	0.9 fl oz/27 mL
dōTERRA® On Guard® Sanitizing Mist Five Pack								60219991	\$33.33	\$25.00	20	0.9 fl oz/27 mL
dōTERRA® On Guard® Sanitizing Wipes								60201266	\$18.00	\$13.50	11	50 ct

Product Guide Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
<b>dōTERRA abōde® Products</b>												
abōde	A			H		S		60217576	\$34.67	\$26.00	26	15 mL
abōde® Multi-Purpose Surface Cleaner Concentrate								60216476	\$11.67	\$8.75	7	1 fl oz/30 mL
abōde™ Multi-Purpose Cleaner Dispenser								60217546	\$11.33	\$8.50	0	10 fl oz/296 mL
abōde Laundry Pods								60216474	\$28.00	\$21.00	14	45 ct
abōde Dishwasher Pods								60216473	\$21.33	\$16.00	11	24 ct
abōde Liquid Dish Soap Refill								60217386	\$16.67	\$12.50	8	16 fl oz/473 mL
abōde™ Liquid Dish Soap Dispenser								60219505	\$11.33	\$8.50	0	16 fl oz/473 mL
abōde Hand Lotion Refill Infused with Citrus Bloom®								60216475	\$24.67	\$18.50	15	10 fl oz/296 mL
abōde™ Hand Lotion Dispenser								60217569	\$11.33	\$8.50	0	10 fl oz/296 mL
abōde Foaming Hand Wash Concentrate Infused with Citrus Bloom®								60216472	\$27.33	\$20.50	15	8 fl oz/237 mL
abōde™ Foaming Hand Wash Dispenser								60217522	\$11.33	\$8.50	0	16 fl oz/473 mL

Deep Blue® Products

Deep Blue®		T				S		60200143	\$49.33	\$37.00	37	5 mL
Deep Blue Polyphenol Complex®								34360001	\$62.00	\$46.50	41	60 capsules
Deep Blue® Rub								38900001	\$46.67	\$35.00	33	4 fl oz/120 mL
Deep Blue® Rub								60216795	\$265.33	\$199.00	165	32 fl oz/946 mL
Deep Blue® Rub Samples								38950001	\$7.33	\$5.50	0	10 ct
Deep Blue® Stick+ Copaiba								60213108	\$35.33	\$26.50	21	1.69 oz/48 g

dōTERRA Adaptiv® Products

Adaptiv®	A	T				N		60209364	\$57.33	\$43.00	43	15 mL
Adaptiv® Touch	A	T				N		60209357	\$32.00	\$24.00	24	10 mL
Adaptiv® Calming Blend Capsules								60205956	\$53.27	\$39.95	30	30 capsules
Adaptiv® System								60211472	\$109.33	\$82.00	70	Kit

dōTERRA Serenity® Products

dōTERRA Serenity®	A	T				N		60217983	\$48.00	\$36.00	36	15 mL
dōTERRA Serenity® Softgels								34390001	\$34.67	\$26.00	20	60 capsules
dōTERRA Serenity® Combo Pack								60200524	\$60.00	\$45.00	40	Kit

dōTERRA Breathe® Products

dōTERRA Breathe®	A	T				S		60200190	\$37.33	\$28.00	28	15 mL
dōTERRA Breathe® Touch	A	T				N		60200192	\$25.33	\$19.00	19	10 mL roll-on
dōTERRA® Breathe Vapor Stick								60212479	\$12.67	\$9.50	6	0.54 oz/15.5 g
dōTERRA Breathe® Respiratory Drops								35460001	\$18.33	\$13.75	11	30 drops
dōTERRA Breathe Easy Combo								60217860	\$63.00	\$47.25	35	Kit

Supplements & Nutrition

dōTERRA Lifelong Vitality Pack

Alpha CRS®								35370001	\$93.33	\$70.00	70	120 capsules
xEO Mega®								60219195	\$73.33	\$55.00	55	120 capsules
Microplex VMz®								60213169	\$53.33	\$40.00	40	120 capsules

Product Guide Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
dōTERRA Lifelong Vitality Daily Packs								60217066	\$118.67	\$89.00	62	30-day supply
dōTERRA Lifelong Vitality Pack®								60213529	\$113.33	\$85.00	62	30-day supply
Vegan dōTERRA Lifelong Vitality Pack®								60213860	\$125.33	\$94.00	62	30-day supply

dōTERRA Specialized Supplements

vEO Mega®								34480001	\$78.67	\$59.00	55	120 capsules
Vegan Microplex VMz®								60213210	\$66.67	\$50.00	40	120 capsules
Turmeric Dual Chamber Capsules								60209307	\$53.27	\$39.95	29	60 capsules
MitozMax®								34350001	\$56.00	\$42.00	36	60 capsules
Copaiba Softgels								60205764	\$47.33	\$35.50	33	60 capsules
DDR Prime® Softgels								34410001	\$62.67	\$47.00	41	60 capsules
TriEase® Softgels								60209019	\$36.00	\$27.00	23	60 capsules
Veggie Caps								34100001	\$6.00	\$4.50	0	160 capsules

MetaPWR™ Products

MetaPWR™		A	T	I		N		60217575	\$38.67	\$29.00	29	15 mL
MetaPWR™ Beadlets				I				60217376	\$21.33	\$16.00	16	125 beadlets
MetaPWR™ Satiety Gum								60217378	\$11.67	\$8.75	5	30 ct
MetaPWR™ Softgel								60209482	\$46.00	\$34.50	30	90 capsules
MetaPWR™ Assist								60213525	\$39.33	\$29.50	25	30 capsules
MetaPWR™ Advantage								60222772	\$112.67	\$84.50	70	30 sachets
MetaPWR™ System Kit								60223395	\$238.67	\$179.00	150	Kit

dōTERRA Nutrition

Vanilla Protein								60207069	\$60.00	\$45.00	25	20 Servings
Chocolate Protein								60207068	\$60.00	\$45.00	25	20 Servings
Vegan Protein								60207067	\$60.00	\$45.00	25	20 Servings
Fiber								60207065	\$28.00	\$21.00	15	30 Servings
Greens								60213600	\$46.67	\$35.00	23	30 Servings

Digestive Health

PB Assist® Probiotic Defense Formula								35160001	\$55.33	\$41.50	36	30 capsules
DigestZen® Softgels								60209021	\$32.67	\$24.50	20	60 capsules
DigestTab® Chewable Tablets								60214446	\$21.33	\$16.00	11	100 tablets
dōTERRA® Peppermint Softgels								60209244	\$26.00	\$19.50	16	60 softgels
DigestZen Terrazyme® Digestive Enzyme Complex								35110001	\$47.33	\$35.50	31	90 capsules
GX Assist® GI Cleansing Formula								35040001	\$36.67	\$27.50	23	60 softgels
Zendocrine®		A	T	I		N		31460001	\$38.67	\$29.00	29	15 mL
Zendocrine® Detoxification Complex								35120001	\$30.67	\$23.00	21	60 capsules
Zendocrine® Softgels								60209480	\$36.00	\$27.00	24	60 capsules
dōTERRA® Ginger Drops								60203181	\$18.33	\$13.75	11	30 drops

dōTERRA Children's Supplements

dōTERRA a2z Chewable™								34500001	\$32.00	\$24.00	18	60 tablets
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**Product Guide** Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
PB Assist® Jr								34420001	\$38.67	\$29.00	24	30 sachets
IQ Mega®								34490001	\$47.33	\$35.50	31	150 mL

**Personal Care**

**dōTERRA Essential Skin Care**

Facial Cleanser								60201753	\$21.33	\$16.00	13	4 fl oz/118 mL
Invigorating Scrub								60201773	\$23.33	\$17.50	15	2.5 oz/70 g
Pore Reducing Toner								60201772	\$26.00	\$19.50	17	4 fl oz/118 mL
Brightening Gel								60210008	\$44.00	\$33.00	31	1 fl oz/30 mL
Tightening Serum								60201752	\$60.00	\$45.00	41	1 fl oz/30 mL
Anti-Aging Moisturizer								60201750	\$48.00	\$36.00	31	1.7 fl oz/50 mL
Hydrating Cream								60201774	\$45.33	\$34.00	30	1.7 oz/48 g
Anti-Aging Eye Cream								60201776	\$56.00	\$42.00	40	0.5 fl oz/15 mL
Reveal Facial System								37340001	\$80.00	\$60.00	60	Kit

**HD Clear®**

HD Clear® Touch		T				N		49400001	\$30.67	\$23.00	23	10 mL
HD Clear® Facial Lotion								49410001	\$44.00	\$33.00	29	1.7 fl oz/50 mL
HD Clear® Foaming Face Wash								49420001	\$28.00	\$21.00	19	1.7 fl oz/50 mL
HD Clear® Kit								42700001	\$68.00	\$51.00	45	Kit

**Yarrow|Pom Collection**

Yarrow Pom Active Botanical Nutritive Duo		T	I			N		60207652	\$141.33	\$106.00	100	30 mL
Yarrow Pom Cellular Beauty Complex								60209413	\$70.67	\$53.00	43	60 capsules
Yarrow Pom Body Renewal Serum								60209352	\$88.67	\$66.50	61	3.4 fl oz/100 mL
Yarrow Pom Collection								60210469	\$233.33	\$175.00	150	Kit

**dōTERRA® Verage®**

Verage® Cleanser								37380001	\$31.33	\$23.50	21	2 fl oz/60 mL
Verage® Toner								37390001	\$28.00	\$21.00	17	1.7 fl oz/50 mL
Verage® Immortelle Hydrating Serum								37400001	\$80.00	\$60.00	52	.5 fl oz/15 mL
Verage® Moisturizer								37410001	\$38.00	\$28.50	26	1 fl oz/30 mL
Verage® Skin Care Collection								42690001	\$122.67	\$92.00	70	Kit

**dōTERRA® Spa**

Refreshing Body Wash								37460001	\$17.33	\$13.00	10	8.45 fl oz/250 mL
Replenishing Body Butter								37470001	\$25.33	\$19.00	15	7 oz/198 g
Hydrating Body Mist								60205662	\$34.67	\$26.00	22	4.2 fl oz/125 mL
Detoxifying Mud Mask								37490001	\$20.67	\$15.50	13	4 oz/113.4 g
Exfoliating Body Scrub								37480001	\$27.33	\$20.50	16	8 oz/226 g
Citrus Bliss Hand Lotion								37500001	\$10.67	\$8.00	6	2.5 fl oz/75 mL
Hand & Body Lotion								37510001	\$21.33	\$16.00	13	6.7 fl oz/200 mL
3-Pack Hand & Body Lotion								60200498	\$50.67	\$38.00	30	6.7 fl oz/200 mL
Lip Balm - Original								60207651	\$10.00	\$7.50	6	0.16 oz/4.5 g
Lip Balm - Herbal								60207653	\$10.00	\$7.50	6	0.16 oz/4.5 g

**Product Guide** Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
Lip Balm - Tropical								60207649	\$10.00	\$7.50	6	0.16 oz/4.5 g
Lip Balms - Variety								37570001	\$20.00	\$15.00	10	3-Pack
dōTERRA Balance® Bath Bar								60218218	\$10.67	\$8.00	6	4 oz/113 g
dōTERRA Balance® Bath Bar								60220702	\$19.33	\$14.50	10	3-Pack
Moisturizing Bath Bar								60218217	\$10.67	\$8.00	6	4 oz/113 g
Moisturizing Bath Bar								60220701	\$19.33	\$14.50	10	3-Pack
Citrus Bliss Bath Bar								60218240	\$10.67	\$8.00	6	4 oz/113 g
Citrus Bliss Bath Bar								60220704	\$19.33	\$14.50	10	3-Pack
dōTERRA Serenity® Bath Bar								60218219	\$10.67	\$8.00	6	4 oz/113 g
dōTERRA Serenity® Bath Bar								60220703	\$19.33	\$14.50	10	3-Pack
dōTERRA® Spa Basics Kit								60200499	\$30.67	\$23.00	17	Kit
dōTERRA® Spa Luxury Kit								60200502	\$56.00	\$42.00	32	Kit
Total dōTERRA® Spa Kit								60217288	\$160.00	\$120.00	85	Kit

**dōTERRA® Hair Care**

dōTERRA Protecting Shampoo								60208440	\$36.67	\$27.50	21	16.9 fl oz/500 mL
Hair Care Refillable Mini Travel Kit (Empty)								60216554	\$11.33	\$8.50	0	Kit
dōTERRA Hair Strengthening Shampoo Bar								60223161	\$23.00	\$17.25	12	100 g/3.5 oz
dōTERRA Hair Strengthening Conditioner Bar								60223162	\$23.00	\$17.25	12	80 g/2.8 oz
dōTERRA Daily Conditioner								60208441	\$36.67	\$27.50	21	16.9 fl oz/500 mL
dōTERRA Leave-in Conditioner								60208398	\$26.67	\$20.00	16	8 fl oz/237 mL
dōTERRA Hair Care Trio								60219271	\$96.00	\$72.00	55	Kit

**dōTERRA® Women**

ClaryCalm® Touch		A	T			N		49480001	\$45.33	\$34.00	34	10 mL
Bone Nutrient Essential Complex								35240001	\$23.33	\$17.50	12	120 capsules
Phytoestrogen Essential Complex								35260001	\$53.27	\$39.95	36	60 capsules
Women's Health Kit								3525	\$92.67	\$69.50	60	Kit

**Natural Deodorant**

Natural Deodorant Infused with dōTERRA Balance® Essential Oil								60207421	\$16.00	\$12.00	8	2.65 oz/75 g
Natural Sensitive Deodorant Infused with dōTERRA Douglas Fir and Greek Orange Essential Oils								60208231	\$16.00	\$12.00	8	2.65 oz/75 g

**Correct-X®**

Correct-X® Essential Oil Ointment								60110001	\$17.33	\$13.00	11	0.5 fl oz/15 mL
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**dōTERRA® Baby**

dōTERRA baby Diaper Rash Cream								60201362	\$12.67	\$9.50	5	2.1 oz/60 g
dōTERRA baby Hair & Body Wash								60201361	\$20.00	\$15.00	10	10 fl oz/295 mL
dōTERRA baby Lotion								60220058	\$24.00	\$18.00	10	8 fl oz/236 mL
dōTERRA baby Collection								60206023	\$52.67	\$39.50	20	Kit

**Product Guide** Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
<b>dōTERRA® sun</b>												
dōTERRA Face + Body Mineral Sunscreen Lotion								60220529	\$38.67	\$29.00	20	5 oz/142 g
dōTERRA Face + Body Mineral Sunscreen Stick								60220571	\$33.33	\$25.00	20	1.75 oz/50 g
dōTERRA Body Mineral Sunscreen Spray								60220572	\$37.33	\$28.00	20	6 oz/170 g
dōTERRA After Sun Restorative Body Spray								60220573	\$33.33	\$25.00	20	6 oz/170 g
dōTERRA Face Moisturizer								60220570	\$46.67	\$35.00	30	1.7 fl oz/50 mL
<b>dōTERRA® Diffusers</b>												
Dawn® Aroma Humidifier								60213449	\$72.00	\$54.00	0	Single
Volo® Diffuser - Onyx								60210545	\$78.67	\$59.00	0	Single
Volo® Diffuser - Marble								60210546	\$78.67	\$59.00	0	Single
Laluz® Diffuser								60213023	\$56.00	\$42.00	0	Single
Roam® Diffuser								60213424	\$69.33	\$52.00	0	Single
<b>Beadlets</b>												
MetaPWR™ Beadlets								60217376	\$21.33	\$16.00	16	125 beadlets
dōTERRA On Guard+™ Beadlets								60208146	\$21.33	\$16.00	16	125 beadlets
Peppermint Beadlets								60208147	\$20.00	\$15.00	15	125 beadlets
<b>dōTERRA Healing Hands</b>												
dōTERRA Hope®	A	T				N		60222109	\$33.33	\$25.00	25	10 mL roll-on
Rose Hand Lotion								37520001	\$26.67	\$20.00	0	3.3 fl oz/100 mL



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