



# LIVING

MAGAZINE

ALSO IN THIS ISSUE

16

dōTERRA Healing Hands Foundation®:  
Get Home Safely  
A Parent's Guide to Cyber Security

75

Product  
Guide

06

Behind the Bottle:  
Sacred Blue

dōTERRA® SPRING/SUMMER 2024



“You can’t reach for anything new if your hands are still full of yesterday’s junk.”

—  
Louise Smith

**16** **dōTERRA Healing Hands Foundation®:**  
Get Home Safely  
A Parent's Guide to Cyber Security

**46** **Home:**  
What Matters Most

**22** **Men's Feature:**  
Embracing New Fatherhood

**52** **Living Kitchen:**  
Beyond Breakfast

## Also in this issue

**06** **Behind the Bottle:**  
Sacred Blue

**28** **Voice of the Vet:**  
You, Your Pet, and Your Home

**32** **Kids:**  
Hey Baby!

**38** **Wellness Advocate Feature:**  
Dr Bellia Jackson

**42** **Diffuser Blends**  
Goodnight, My Someone

**58** **Health & Fitness:**  
The Exception or the Rule

**64** **Ask the Doctor:**  
Wisdom, Wellness, Womanhood—  
Your Guide to Empowered Health

**71** **Beauty:**  
Uniquely Human

**75** **dōTERRA**  
**Product Guide**

ō  
PROMO

**Essential Oil**  
*Spotlight*

# Jasmine Touch

*Jasminum grandiflorum*

**Aromatic Description:** Floral, warm,  
musky, exotic  
**Plant Part:** Flower

Royal by nature and known as the king of flowers, jasmine has been connected with joy, love, and splendor. Sweet and captivating, its dainty white blossoms are popular in bridal bouquets and religious ceremonies worldwide. Indulge in an exquisite aroma as you roll on **Jasmine Touch**, inspiring feelings of romance and happiness throughout the day, as well as a glowing complexion.

## Sourcing Spotlight

Jasmine flowers bloom before sunrise. Blossoms are carefully hand-harvested before dawn to prevent the sun from melting the flowers' wax and killing the blossoms.

Harvesters—mostly women—are assigned plants to pick each day. The harvest season starts in June and can last until November, and it serves as a primary source of income in certain parts of Egypt.

## Fun Fact

Jasmine is prized for its floral fragrance, especially in the perfume industry. To produce just one 10 mL bottle of Jasmine Touch requires about 1,200 freshly picked flower petals!<sup>†</sup>

## Uses

- + Apply to bottoms of feet and pulse points in the morning for a positive aroma
- + Can be used as a personal fragrance
- + Apply to skin imperfections twice daily



Scan the QR code to meet Hele, one of our reliable harvesters, and discover more about Jasmine Touch.

<sup>†</sup>Vares by region, season, year, and other variables



BEHIND THE BOTTLE

# Sacred Blue

Brilliant summer sunlight flows down, the golden light reflecting on lily pad-covered ponds. Standing tall amid thousands of flat green pads and early morning heat are water lilies. The strong, warm light causes their flowers to slowly open, revealing exquisite purple-blue petals and orange-yellow centers. A soft, floral fragrance sweetens the air. These blooming plants, *Nymphaea caerulea*, have a beautiful destiny: Blue Lotus Touch, now in your hands.



### Blue Lotus through History

The blue lotus flower closes at night and then reopens in the morning—a process called nyctinasty. It's symbolically reborn, like how we can start anew each day. This process and the plant's ability to resprout after long periods of drought may be why ancient Egyptians treated it as sacred, associating blue lotus with immortality.

Buddhism has historically seen blue lotus differently. The plant's amazing power to grow and blossom in muddy water suggests earthy hardiness and intriguing secrets. It has wisdom and enlightenment to share. And in China, blue lotus was an emblem of femininity.

Across time and cultures—Egypt, China, Rome, Greece, India—people have loved blue lotus, using it in art, perfume, wellness, and burial services. Its vibrant radiance spread from continent to continent, influencing and affecting communities wherever it has grown.

### From the Source to You

dōTERRA scoured the globe for years in search of a place to produce pure Blue Lotus, where we could embrace our mission of sourcing the best and helping the most. After numerous dead ends, our sourcing partner finally found two perfect locations.

The Hainan and Guangdong provinces of China offer the hot, humid conditions necessary for blue lotus to thrive. The plant grows wild, but careful, responsible planting in ponds ensures long-term sustainability.

New seedlings are nurtured alongside mature plants over several months, harvesting between March and November.

Dedicated harvesters work in harmony with nature, ensuring the process is as sustainable as it is respectful of the environment.

Wading through sunlit ponds, men and women collect the blossoming flowers by hand, placing them into floating baskets attached to their waists. They also personally remove harmful snails and check the fish living in the water to guarantee cleanliness. As the sun dips toward darkness, baskets can weigh up to 220 pounds!

Once collected, the flowers are either sold on the market or delivered to us for oil extraction. One ton of petals is required to produce a kilo of absolute, meaning each precious flower matters.

Harvesters are paid immediately and fairly by weight. The fresh flower market varies in stability, so the money our 22 partners earn from selling to dōTERRA is consistent, reliable, and welcome.

Growing ponds were designed from scratch through prepayments in Guangzhou, Guangdong, and expanded in Haikou, Hainan. The ponds in Guangzhou grow blue lotus plants specifically for dōTERRA, while Haikou splits the yield between the fresh flower market and us.





## Essential Oil *Spotlight*



# Blue Lotus *Touch*

*Nymphaea caerulea*

In one of the villages where blue lotus harvesters live, many couldn't provide for their families at home and were forced to travel to cities, returning once a year to their loved ones. But that's a thing of the past for 285 people with this new supplemental income.

Blue Lotus Touch, a cherished and long-sought gem in the dōTERRA portfolio, is here. Every time you gently rub it into your skin—feeling its soothing hydration and smelling its soft and flowery aroma—you're transported into waist-deep water. A serene pond, lush with life but quiet and still. The tinge of warm sunlight across your skin.

Breathe and take in the peaceful moment and marvel at the timelessness of nature and impact of nurturing people. From the hearts and hands of those who create pure Blue Lotus to yours.



Scan to learn more about Blue Lotus from Emily Wright

**Distillation Method:** Extraction  
**Aromatic Description:** Floral, sweet, soft  
**Plant Part:** Flower

The blue lotus is a captivating blue-purple flower with a bright yellow center. It grows best in small ponds with high humidity. Blue Lotus is sourced in China, where the rare blossoms are collected by local families early in the morning when the delicate petals are fully open.

**Fun Fact**  
Ancient Egyptian art depicts the blue lotus as sacred and even magical. Blue lotus flowers were even included in a garland placed in King Tut's tomb.

- How to Use**
- + Routinely apply to the face and hands for feelings of hydrated, soft skin.
  - + Roll on the back and feet as part of a relaxing massage.
  - + Combine with other floral oils like Jasmine or Magnolia Touch for a personalized, calming fragrance.

“We have to prepare  
the child for the path,  
not the path for the child.”

—  
Tim Elmore



# Get Home Safe

## A Parent's Guide to Cyber Safety

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"He used my **faith** and **religion** to manipulate me."—*survivor*

"He **always knew** exactly what to say."—*survivor*

"Will you still love me next year **when you are 16**?"—*predator*

"I never met the man, but he had so much **power over me**."—*survivor*

"I **gave him** everything he wanted."—*survivor*

"Why are all the **good ones** illegal and far away?"—*predator*

"I felt like I was destined for a **life of darkness**."—*survivor*

"I **remained** in that situation because of **fear** of violence."—*survivor*

"I was just a **normal kid**. . . . I met him at the age of 13."—*survivor*

"I'd be **whomever** they wanted me to be."—*predator*

Parents, before you jump into this article, we want to warn you about some of its content. We wrote this article for you, specifically, because we want to empower you to keep your kids safe. But we also need you to know that, like the real world, this article contains themes that some readers may find distressing, including violence, self-harm, and struggles with mental health. Please proceed cautiously.



Lydia, daughter of a US Wellness Advocate, grew up in a loving suburban home. Despite her stable family life, Lydia faced consuming challenges like many young people today, dragging her deep into depression.

Seeking relief from her emotional distress, the 14-year-old prayed to God, threatening suicide unless someone intervened. She reached out to several "kind-looking strangers" on Instagram, asking if they wanted to be her friend. She told herself if no one responded by the end of the day, she'd take her life.

"Someone replied," Lydia says. "So I latched onto him as though it were God texting me. Only, it wasn't God. It was a 21-year-old man claiming God sent him to be the hero I'd asked for."

### The Talk, Again and Again

You might be tempted to believe Lydia's story wouldn't happen to your kids, in your home. According to Jon Lines, dōTERRA Hope Action Plan chief operations director, the experience is all-too common for young people today. Children meet predators through phone apps all the time. Social media and online game chatrooms are the most common spots.

Predators target kids they believe are emotionally vulnerable and use those vulnerabilities to manipulate them into trusting them. It's called grooming, and Lydia's experience is a textbook example of it. "He always knew exactly what to say," Lydia says. "The more I doubted myself, the more I needed someone else to guide me."

Donna Hughes, president and CEO of nonprofit Enough Is Enough®, once asked a predator about grooming during an interview. "How did you get kids to trust you?" His reply? "I'd be whomever they wanted me to be."

### If you believe your child is being exploited:

- Don't engage the suspect.
- Don't send any evidence from the child's device to your own.
- Remove the child's device from his or her possession.
- Call your local law enforcement and report the suspect to the Internet Crimes against Children (ICAC) task force. To connect with your local ICAC office, visit <https://www.icactaskforce.org/TaskForceContacts>.

When you talk to your kids about the dangers of online strangers and explain what grooming is and how it works, you help protect them from becoming prey. "You don't want your children involved in a criminal investigation as a victim," says Jon. "Parents are the first line of defense for keeping kids safe. The best way to protect your children from falling prey to a predator online is begin a dialogue with them at home."

Once children trust a predator, they're asked to send suggestive, nude, or overtly sexual photos or videos, usually in an app with temporary content sharing like Snapchat (photo sharing), Instagram (vanishing messages), or Discord (disappearing messages). These features make children feel safe sending inappropriate content because they believe it's not permanent. They fail to realize a predator will save the content before it disappears.

Predators will sell or distribute sexual material to the child pornography industry. They also use the saved photos or videos to blackmail children into sending more content and concealing the arrangement from friends or adults who can help.

*"I was in so deep I'd given anything he asked for," Lydia says. "He exploited that in every way he could on the other end of a phone. I never met the man, but he had so much power over me."*

### Online exploitation signs:

- Your child becomes secretive about online activities.
- Your child receives phone calls, mail, gifts, or packages from people you don't know.
- Your child spends increasingly more time online and panics when he or she can't be online.
- Your child withdraws from family and friends.
- Your child hides or quickly turns off devices when others are in the room.



**Protective Bonds**

Lydia's relationship with the man online continued for two years. "He convinced me my own mind couldn't be trusted," says Lydia. "He convinced me I was lucky to have him to translate what God was really saying to me. He used my faith and religion to manipulate me, and I gave him everything he wanted."

Communication between parents and children is vital for protection from online sexual predators. "Don't have 'the talk.' Have many talks," suggests Brandon Poor, co-host of the podcast CatFish Cops. Parents rarely talk to their kids about other dangers just once, and online safety shouldn't be any different.

Parenting young children and teenagers is hard. Even when parents are loving and present, kids can grow withdrawn and distant, making them vulnerable to grooming. Still, parents who do their best to maintain a good relationship with their children significantly decrease the risk of exploitation.

Dr. Jim Tanner, PhD, GSLC, is president of KBSolutions Inc. and a psychologist who specializes in the digital behavior of sex offenders. He teaches, "If you have a good relationship with your child and you're meeting that child's emotional needs, the chances of him or her being groomed is almost zero. Because the first thing the offender looks for is someone who's vulnerable."

Jon echoes this reassurance for parents who feel overwhelmed by the weight of keeping their kids safe online. "If there's an open line of communication between children and parents, the children are rarely going to fall prey to someone seeking to victimize, exploit, or manipulate them online."

To learn more about how you can keep your kids safe from sexual exploitation, sign up for the dōTERRA Healing Hands Foundation® Hope action plan parent trainings here:



**Advice for protecting your kids from online sexual predators:**

- Learn about the technology and apps they regularly use.
- Randomly check the phones, tablets, and computers they can access.
- Know the passwords to their accounts.
- Expect them to have social media accounts you can see and others you can't.
- Get involved, be educated, and be intentional.



# Embracing New Fatherhood

The world has changed. In your arms is a delicate little life, blinking, yawning, cooing, crying, watching, and needing. You have an all-new calling and responsibility: dad.

Each day for new parents brings exciting discoveries, daunting challenges, and beautiful moments. There's so much to learn and do. What do you prioritize during these changing times? How do you support your spouse—and yourself—and build a real connection with your baby?

Know that you're not alone in feeling uncertain. Your circumstances are unique, but the situation isn't. Every parent is thrown into the deep end and figures out how to swim. You can do this.

## Serving Your Spouse

You can do it, and so can your spouse. However, you're both in different spaces—physically, mentally, and emotionally—on this journey. You can make the way smoother by lovingly, patiently serving her.

New mothers endure a rollercoaster of changes, for themselves and their schedules. Be there to listen and understand, providing a dependable presence. Diffuse essential oils like **Lavender** and **Frankincense** to create a calming atmosphere in your home, setting the tone to help ease tension and promote a sense of comfort. You might offer a quick massage with **AromaTouch®** or offer to apply **dōTERRA Serenity® Stick + Valerian** to her shoulders or feet before she lies down for some much-needed rest.

Shared burdens make lighter loads. You two can discuss dividing or reassigning chores and errands, even just temporarily. With a new baby around, you'll want to switch to green, toxin-free household cleaning products if you haven't. The **dōTERRA abōde®** line has you covered for everything from dishes and laundry to handwashing and surface cleansing. And it's always good for parents to be armed with **dōTERRA On Guard® Sanitizing Hand Wipes**, which are effective against 99% of the most common germs.†

## Serving Your Spouse

You can't neglect your health amid new responsibilities, hours, and dependents. Your spouse needs you at your best, as does your newborn. That's where the Wellness Pyramid can guide you, shoring up health foundations and rounding out well-being.

Take your daily **dōTERRA Lifelong Vitality Pack®** and **dōTERRA MetaPWR® System** products so you feel great and meet crucial nutritional needs.\* Regular exercise and as-regular-as-possible sleep will lower stress and help keep you going on tougher days. But don't sleep on **dōTERRA PB Restore™** and **PB Assist®**. These digestive complexes are reliable solutions for healthy digestive function, efficient nutrient absorption, and optimal microbiome balance.\*

\*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.

†Most common germs include Escherichia coli, Staphylococcus aureus, Salmonella typhimurium, Pseudomonas aeruginosa, Burkholderia cepacia, Enterobacter cloacae, Enterococcus faecalis, Streptococcus pyogenes, Candida albicans, and Aspergillus brasiliensis.



*Little ones require both mommy and daddy time. Your spouse carried the baby for nine months, and now you can do some carrying too.*



### Connecting with Your Newborn

Little ones require both mommy and daddy time. Your spouse carried the baby for nine months, and now you can do some carrying too. You may find you don't instantly bond with the baby. That's okay—common even. What's important is you put in the time interacting, playing, and caring.

For the first few weeks, strip off the shirt and enjoy skin-to-skin contact. Talk to your baby and don't just hand the little one off to mom if there's crying. Use products from the safe **dōTERRA baby Collection** to clean your

child, moisturizing and protecting that adorable yet sensitive skin. And, of course, take lots of pictures!

Stepping up to be a father is a life-changing experience of love, laughter, and countless heartwarming moments. By being there for your spouse, mindfully addressing your health, and nurturing your newborn, you're building a space where your family can grow and thrive.

Remember, you can do this. It's a journey meant for you.

**Welcome to the club, dad.**

# You, Your Pet, and Your Home

Cat's out of the bag—you love your furry friends but don't love the mess and smell they bring to your home. Cleaning up after pets is vital but tricky. Breathe new life and fresh air into your living spaces with a few easy, pet-friendly cleaning tips.

## Conquer Smelly Carpets

Carpets are great at trapping odors, especially from pets. Along with regular vacuuming, using a carpet deodorizer weekly can help minimize lingering smells.

### Carpet Deodorizer

#### Materials Needed:

- 2 cups baking soda
- 30 drops **Lavender essential oil**
- Large jar with shaker top

#### Instructions:

1. Combine the baking soda and essential oil in the jar.
2. Cap and shake well to combine.

#### To refresh your carpets:

1. Apply the deodorizer generously to your carpets.
2. Wait 1–2 hours.  
*Tip: apply at night before you go to bed, then vacuum up in the morning.*
3. Vacuum thoroughly. (It may take a few passes with the vacuum to get everything.)

## Prioritize Grooming and Cleaning

Regular at-home brushing is a game changer for keeping pet hair at bay. Brushing lessens cleanup and is an important ritual for keeping animal coats healthy. Consult your veterinarian or groomer for help tailoring a brushing routine to your pet's specific needs.

Hair isn't all pets can leave behind. Accidents unfortunately happen, which can stain rugs, carpets, and more. Here's a simple way to handle those unpleasant cleaning jobs. First, cover the stain with baking soda. Then spray on a combination of:

- + 1 cup vinegar
- + 1 cup water
- + 20 drops **dōTERRA On Guard® Protective Blend**
- + ½ teaspoon **dōTERRA On Guard Cleaner Concentrate**

Let it sit for a few minutes before wiping away. It's that easy!

Your pet might have a favorite stuffed toy to play with, bed to rest in, or blanket to cuddle with. Stains and smells abound! A simple fix is a capful of **dōTERRA On Guard Laundry Detergent**.

### Get Rid of Grime

Any pet owner knows food and water bowls get dirty fast. No human wants to eat out of a nasty bowl, and neither does your pet. Neglecting to wash your pet's bowl after it's used can negatively affect your family and your pet.

For a green formula—free from phosphates, sulfates, phthalates, dyes, and chlorine—use **dōTERRA abōde® Liquid Dish Soap** regularly to prevent slimy food and water bowls.



Learn more about pets and essential oils on the dōTERRA Pet Blog

### Spray Away

#### Materials Needed:

- 1.5 ounces distilled water
- 1.5 ounces witch hazel
- 4-ounce spray bottle
- 15 drops **Roman Chamomile essential oil**
- 15 drops **Bergamot essential oil**

#### Instructions:

1. Pour the ingredients in the spray bottle and shake to combine.
2. Spray generously around areas that need refreshment.

“Reducing toxins in the home by switching to natural products helps both people and pets. Think about what you clean the floors with. Your pets walk on those floors, and whatever you use to clean them gets on their skin or gets ingested when they lick their paws. What you clean with matters!” —*Dr. Janet Roark*



## Essential Oil Spotlight

# Bergamot

*Citrus bergamia*



**Distillation Method:** Cold-pressed

**Aromatic Description:** Sweet, citrusy, fruity, floral

**Plant Part:** Peel

**Bergamot** is a citrus fruit native to the Mediterranean, where it's almost exclusively grown in the Reggio Calabria province of southern Italy. The fruit resembles a cross between a lime and a grapefruit and has a sour, bitter taste; however, its essential oil is incredibly sweet. Bergamot is unique thanks to its high concentration of the uplifting monoterpene limonene (common among citrus oils) and the calming monoterpene ester linalyl acetate, which gives relaxing aromas to Lavender, Clary Sage, and Petitgrain. Because of this duality, Bergamot is an ideal essential oil to help create a soothing, positive environment.

### Fun Fact

Bergamot oil was a primary ingredient in the classic Eau de Cologne, created in 1709. The cologne was a favorite scent of French Enlightenment writer and philosopher Voltaire, who declared it “a fragrance that inspires the spirit!”

### How to Use

#### Topical Use

- + Apply 1–2 drops to the desired area. Dilute with a carrier oil to minimize any skin sensitivity.
- + Apply to the skin while showering and inhale deeply.

#### Internal Use

- + Add to herbal tea to transform into Earl Grey.†
- + Dilute 1 drop in 4 fluid ounces of liquid to support a healthy nervous system.†

#### Aromatic Use

- + Diffuse to create a soothing and positive environment.

† 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.

† See individual labels for ingredients, cautions, and instruction for use.

# Hey Baby!

The stick has always been among the world's first toys. A knight's sword, a twirling baton, a magic wand, drumsticks, a baking spatula, or a fishing pole—twigs are ready-made for many things, but they have nothing on the world's first and best play date: you! No matter the toy, when children play, they cultivate creativity; explore feelings; develop cognitive, physical, social, and emotional well-being; and build their imagination.

## Born Ready

Children are ready to learn. What may look like playing to you and your baby, looks like learning in human development. Early learning and play are fundamental social activities that fuel language and thought development. A child's brain is at its most flexible during his or her first five years—a critical time for learning and growth. These years are especially crucial for physical, intellectual, and social-emotional development. Brains develop connections faster in the first five years than at any other time.

You may not run your own talk show, but your baby won't know the difference. If you struggle to think of creative ways to engage your baby, talk to him or her. Explain what you're doing as you fold the laundry or make dinner. Go for a walk, pointing out all the things you see. Connections in babies' brains grow as they hear more words, helping them strengthen their language skills and bond with you. As they engage in conversation, replying to your witty banter in their own language, stay connected. Listen to their very thought-out replies without interruption and prepare for a deep conversation full of laughter and baby talk.

## Music to Their Ears

Don't panic if you're not the next George Gershwin. Your imaginatively made-up play song about your daughter's favorite doll or your son's farmer overalls is exactly what they need to get their groove going. Listening to music at an early age drives connection and helps cultivate self-expression, movement, and even memorization.

A study examining music exposure in nine-month-old infants revealed those exposed to music exhibited improved pattern recognition abilities and a greater aptitude for predicting rhythmic patterns.

When children engage in imaginative play, they're not just having fun, but they're also using their creativity, talking, gesturing, and even taking on different roles. All these experiences spark connections in their brains. When kids bond and play with someone they care about, it gives them a super boost to blossom, learn, and thrive. Love is the secret ingredient to growing up happy and healthy!

*Calming a child before bed might be your biggest challenge of the day. Just as your nighttime routine benefits you, developing and sticking to a bedtime routine benefits your baby.*

### Goodnight, Sweetheart

After a day full of talking, singing, and imagining, your baby will be ready for a full night of resting. No one needs to tell you getting enough sleep impacts mood, but it can also affect alertness, attention, cognitive performance, resiliency, learning, memory, and more. The American Academy of Pediatrics reveals children under the age of 5 need between 10 and 16 hours of sleep. Create the ideal bedtime environment with your favorite diffuser and **dōTERRA Serenity® Restful Blend** as you prepare for bed.

Calming a child before bed might be your biggest challenge of the day. Just as your nighttime routine benefits you, developing and sticking to a bedtime routine benefits your baby. A calming bath with **dōTERRA baby Collection** is the perfect addition to his or her routine. Providing a calming aroma with Lavender, Roman Chamomile, and Madagascar Vanilla, **dōTERRA baby Hair & Body Wash** has a gentle, tear-free formula for sensitive skin, while **dōTERRA baby Lotion** maintains

moisture in your baby's skin with shea butter, jojoba, fruit extracts, and other naturally derived humectants. Preceding a clean diaper with **dōTERRA baby Diaper Rash Cream** will create a barrier to protect delicate baby skin from excess moisture both night and day. End the routine with a bedtime story while rubbing **Calmer® Restful Blend** on the bottom of your child's feet.

Once your babies have said their goodnights, you've tucked them peacefully into bed, and your home is quietly settling into night, begin your own evening ritual. Take a **dōTERRA Serenity Softgel** so L-Theanine can encourage relaxation and tart cherry may support your body's melatonin production.\* Outfitted in your favorite comfy pajamas, apply **dōTERRA Serenity Stick + Valerian** to your feet and pulse points, close your eyes, and drift off to sleep, dreaming of more opportunities for play with your babies during the day ahead.

\* 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® baby Naturally Nurturing

The dōTERRA baby Collection lets you cherish every precious moment with your child, feeling peace of mind that what you're using is safe and effective, filled with natural ingredients.

#### dōTERRA baby Hair & Body Wash

+ Enjoy bathtime bliss as you gently cleanse your baby all over.

#### dōTERRA baby Lotion

+ Keep your baby's sensitive skin soft and moisturized.

#### dōTERRA baby Lotion

+ Soothe and nourish to protect your baby from diaper rash.

Care for your sweet little one with confidence when you have the **dōTERRA baby** Collection.

# Ayudando a familias a proteger su futuro

Si alguna vez conoces a la doctora Bellia Jackson, rápidamente verás que está llena de vida y que da amor con todo su corazón. Su pasión está centrada en Dios, su familia y en que las personas vivan vidas más saludables.

Nacida en la vibrante Venezuela, la pasión pediátrica de Bellia fue alimentada por la pasión de su padre, un neuropatólogo. Dos semanas después de haber completado sus estudios médicos en la Universidad de Los Andes en Mérida, se mudó a los Estados Unidos, donde se reunió con su familia, la cual había inmigrado dos años antes. Bellia pulió su habilidad en el idioma inglés y se preparó diligentemente para sus exámenes de certificación, donde conoció a José, un compañero médico y su futuro esposo. Su familia de dos integrantes se convirtió en una de cuatro con el nacimiento de su hija Isabella y su hijo Joe.

Bellia recuerda: "afortunadamente ambos fuimos aceptados en la Universidad de Miami, donde completamos nuestra residencia juntos." Tras vivir brevemente en Pittsburgh para que José completara su subespecialidad quirúrgica, regresaron a Florida, lo que les permitió estar más cerca de sus familiares. "Siempre nos enfocamos en la familia primero. Es una bendición para mis hijos crecer rodeados de sus familiares."

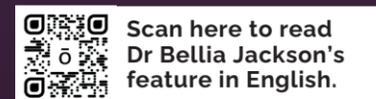
## Una sorpresa crítica

Ninguna cantidad de estudios, programas de residencia, o subespecialidades pudieron preparar a Bellia o a su familia para el importante desafío de salud que sufrió José a finales del 2016. Ante las noticias de un mal pronóstico, los Jacksons hicieron todo lo que pudieron para apoyar a José.

"El estaba asustado y me dijo, 'tomaré lo que sea que me ofrezcan y le oraré a Dios para que nos ayude.'" Bellia practica medicina tradicional y medicina funcional (esta última desde el 2011), de manera que estuvo en capacidad de apoyar a José en sus esfuerzos y también de proveer terapias suplementarias.

Durante este tiempo, Bellia aprendió sobre dōTERRA. "No estaba pensando en una oportunidad comercial. Sólo pensaba en mi esposo."

En julio del 2017, todos estaban asombrados de ver un resultado positivo. "Teníamos una gran fe y una comunidad que nos apoyaba. Todos estaban orando por José." Fue un milagroso punto de inflexión en su salud.



Cuando se le pregunta sobre sus productos favoritos de dōTERRA, contesta enfáticamente: “¡el Sistema de Sueño dōTERRA Serenity®! Al combinar ese sistema con buenos hábitos del sueño, podemos ayudar a tantas personas a dormir mejor.

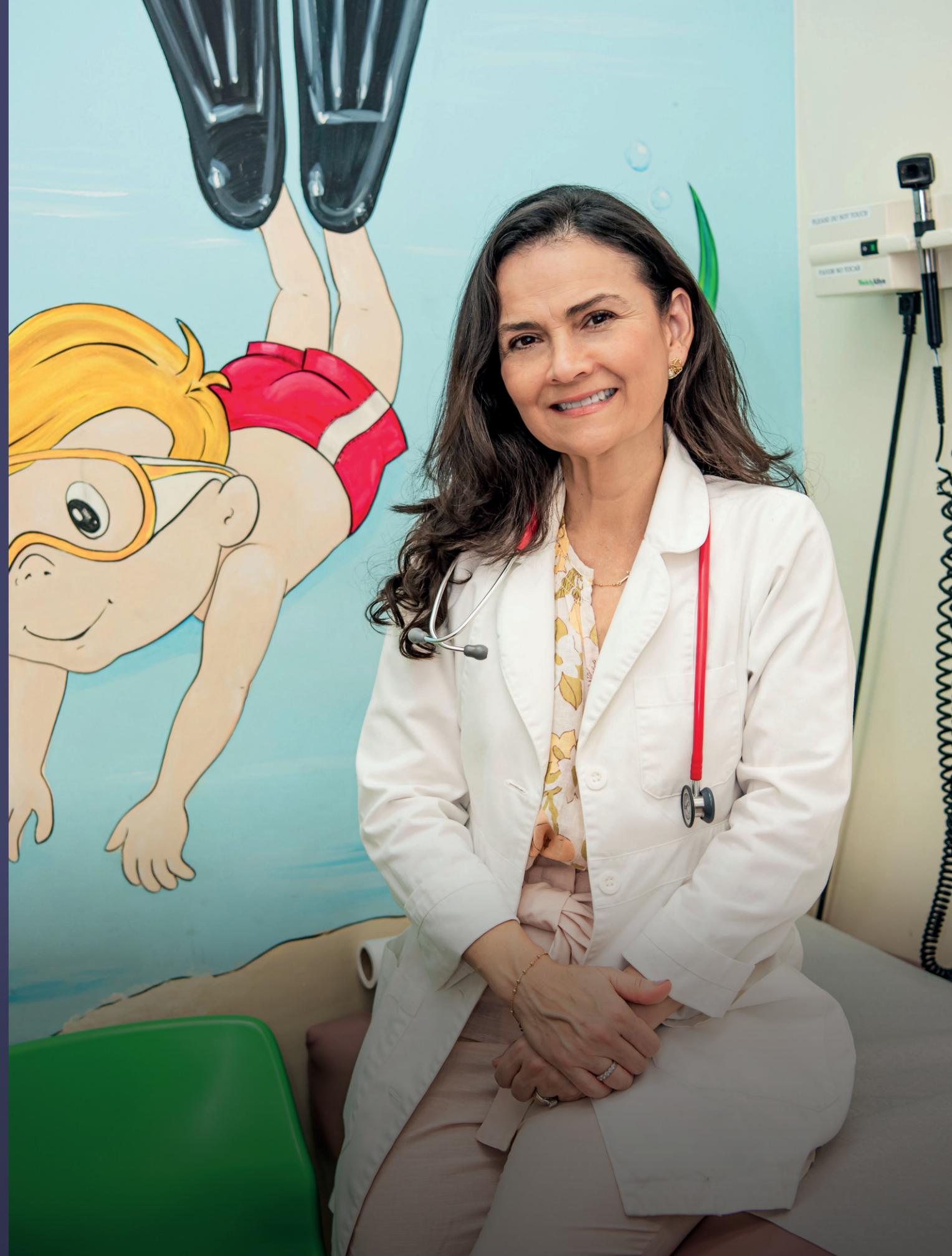
### Pregunta para la doctora

Al considerar las razones iniciales por las que Bellia se convirtió en pediatra, era de esperarse que ella y José quisieran practicar medicina cerca de aquellos que son más importantes. “Quería cuidar a otras personas. Esa fue mi razón para estudiar medicina, pero mi corazón siempre se ha inclinado hacia los niños. Yo ayudo a familias a proteger su futuro. Trato de hacer del mundo un lugar mejor, con una población más saludable.”

Los padres de sus pacientes frecuentemente le hacen a Bellia alguna variación de la pregunta: “¿Cómo pueden nuestros hijos aprender a vivir una vida más saludable?” A lo que ella responde: “Los niños vivirán de acuerdo al ejemplo que se les dé. Es importante que en el hogar se les dé aquello que necesitan: no sólo educación, sino también buenos y saludables hábitos.”

Bellia recurre a la Pirámide de Bienestar de dōTERRA para ayudar a sus pacientes a aprender y vivir hábitos saludables. Ella hace hincapié en que un creciente número de niños sufren de sueño de pobre calidad y de estrés ocasional. “Niños sufren de estrés ocasional desde una edad increíblemente temprana por la presión escolar, las preocupaciones sobre su imagen corporal y las expectativas sociales en general. Es importante que ellos reciban amor de sus padres, para así sentirse seguros y optimistas.”

Bellia dice que tales problemas son la oportunidad perfecta para introducir la aromaterapia a la conversación, ya que esta crea dichos vínculos.



Ella les pregunta a sus pacientes: “¿Cómo podemos crear y fortalecer vínculos? Yo aconsejo que practiquen aromaterapia juntos como familia. Es una herramienta muy poderosa que pueden usar de manera segura cuando les enseñe cómo. Muchos de mis pacientes adolescentes llevan sus aceites tópicos a la escuela para proveerse de un aroma tranquilizador.” Los padres también usan aromaterapia en casa para ayudar a sus hijos pequeños.

“Antes del problema de salud de mi esposo, no creo que yo entendiera completamente lo que es el estrés.” Fue únicamente a través de este problema que Bellia comprendió la importancia de regular el estrés.

Padres le han expresado a Bellia su preocupación sobre un descanso apropiado para sus familias. El sueño es un factor muy grande en un estilo de vida saludable. Cuando se le pregunta sobre sus productos favoritos de dōTERRA, contesta enfáticamente: “¡El Sistema de Sueño dōTERRA Serenity®! Al combinar ese sistema con buenos hábitos del sueño, podemos ayudar a tantas personas a dormir mejor. Es una bendición tener productos naturales que pueden ayudar a todos.”

### De doctora a esposa y madre

Bellia dice que ha intentado inculcar en la vida de sus propios hijos la cultura y los principios personales. “Es la base de nuestra sociedad. Dios es lo primero en mi familia, luego amor y apoyo familiar incondicionales. Mi esposo y yo intentamos pasar la mayor cantidad de tiempo posible juntos y espero que mis hijos puedan sentir que nuestro amor es real.”

Bellia continúa, “Necesitamos crear momentos sagrados en nuestros hogares. Cuando mis hijos llegan a casa, comemos juntos. Ese es nuestro tiempo para platicar y averiguar cómo les está yendo. Es el momento en el que todos podemos estar juntos.”

Para Bellia, estar ahí para sus seres queridos cuando ellos más la necesitan es lo que importa más que cualquier otra cosa.

# Goodnight, My Someone

A cry pierces the night's stillness as you sleepily walk to the nursery in search of the plea. The ease of undisturbed slumber is lost—at least for a time. From bottles and diapers through graduations and weddings, find solace in the comforting aromas of your cherished nighttime diffuser blends, always bringing a scent of sweetness.



**Sweet Sunset**  
3 drops Bergamot  
2 drops Cedarwood  
1 drop Marjoram



**Midnight Moon**  
4 drops Lemon  
3 drops Lavender  
2 drops Frankincense



**Lullaby, Lullaby**  
4 drops Lavender  
2 drops Bergamot  
1 drop Ylang Ylang



**Morning Glory**  
3 drops Peppermint  
3 drops Lemon  
2 drops Frankincense



**Good Morning,  
Sleepyhead**  
4 drops Peppermint  
4 drops Wild Orange



**Up and at 'Em**  
4 drops Lime  
2 drops Spearmint  
1 drop Lemongrass



“Of all the judgments we pass in life, none is more important than the judgment we pass on ourselves.”

---

Nathaniel Branden

# What Matters Most

*Home is where your story begins. A place of comfort, unity, and safety for all who enter. Creating the perfect home atmosphere is beneficial for a peaceful soul.*

Open your bottle of **Adaptiv® Calming Blend** and inhale for a tranquil environment as you continue reading. To extend the benefits, diffuse it in your favorite **Volo® Diffuser**.

## Chaos or Calm

Clutter can make you feel stressed, anxious, sad, and chaotic. Cluttered environments lead to higher cortisol levels, difficulty falling asleep, increased nighttime disruptions, and even health issues.

As if those aren't reasons enough, a study from the American Association for Nurse Anesthetists showed people with messy homes are 77 percent more likely to become overweight. Toxins in your home can also

create a chaotic environment that upsets a sense of balance and peace.

Neuroscientists have proven clearing clutter from your home and work environment results in better focus and information retention, as well as increased productivity—exactly what you need to make the most of your time and effort. Decluttering also reduces stress, helps improve mental health states, and encourages healthier eating habits. Removing dust-collecting items from your space can improve air quality as well.

A clean, toxin-free, and organized home should be a sanctuary. It should be a place where there's room for what's most important.

### I'll Need It Later

Many theories delve into why it can be difficult to part with old items tucked in your guest room, hall closet, or junk drawer. "I'll need it later," "I have lots of memories with it," and so on.

Let's consider something most people have hanging around: clothes that don't fit. Regardless of lost or gained weight you're probably like most, rotating through seven to nine comfortable outfits between loads of laundry.

Create an uplifting, soothing aroma in your room by diffusing **Spanish Sage** essential oil where you're working. We all could use some help promoting a positive atmosphere that's conducive to focus and concentration when we're tackling difficult tasks. Try one of these approaches for decluttering your closet.

### The Assessment | Pick a piece of clothing and ask yourself these questions about it:



### Reverse Hanger System



**1** At the start of the season, turn all your hangers so their hooks face the door.

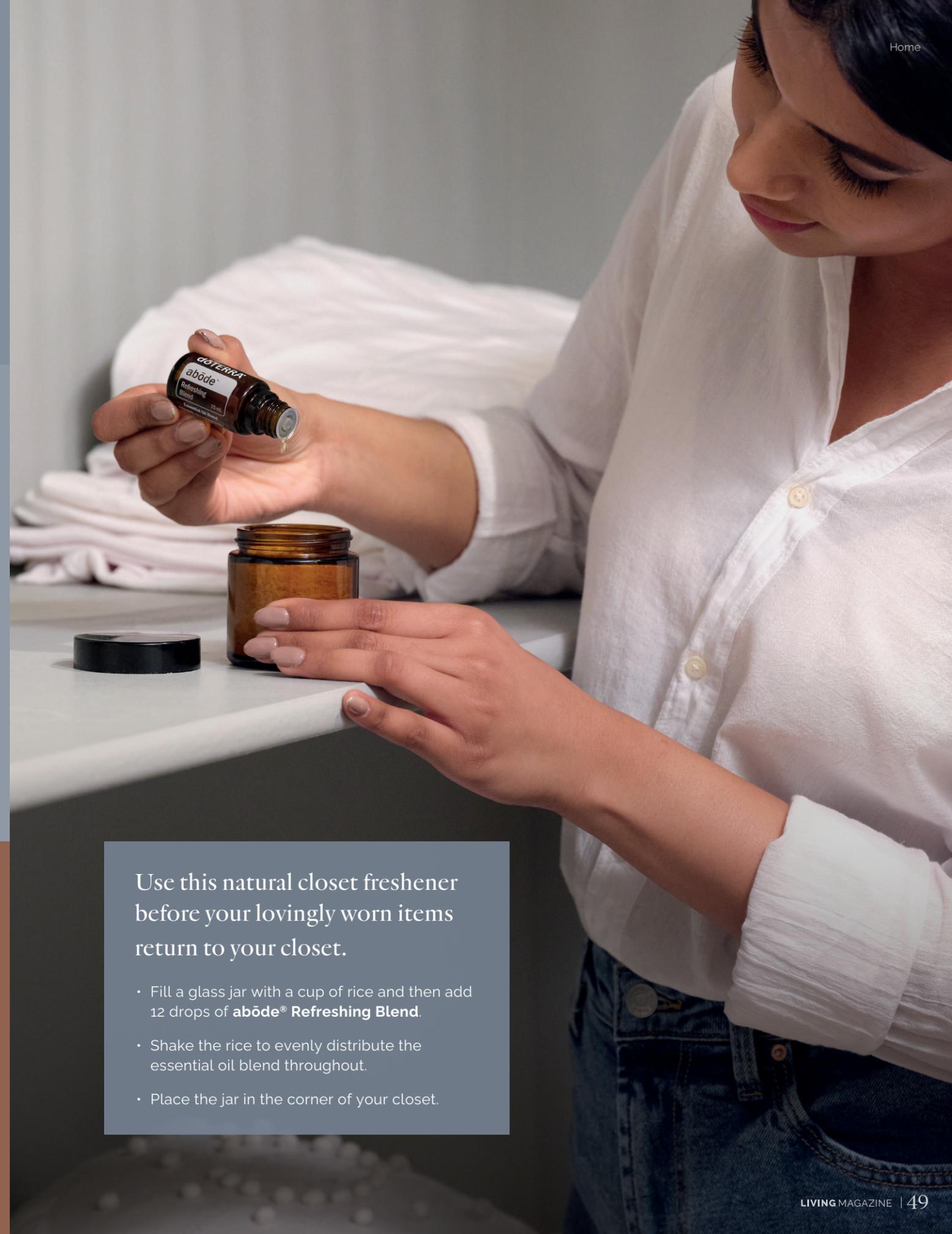


**2** After you wear a piece of clothing, wash it and then place it back in your closet, turning the hanger in the opposite direction, with the hook facing the wall.



**3** At the end of the season, remove the clothes with hangers facing the door, as you didn't wear them.

**Voilà! You have donations for your favorite charity and more space in your closet to see your wardrobe—and even room to add a new piece or two.**



Use this natural closet freshener before your lovingly worn items return to your closet.

- Fill a glass jar with a cup of rice and then add 12 drops of **abode® Refreshing Blend**.
- Shake the rice to evenly distribute the essential oil blend throughout.
- Place the jar in the corner of your closet.

## Tackle Your Junk Drawer or Closet Similarly



- 1 Mark four empty boxes: keep, donate, unsure, and trash.
- 2 Remove everything from the drawer into one large pile.
- 3 Sort through the pile, assessing each item and placing it in one of the boxes.

### Ask yourself these questions:

- + Have I used this item in the last year?
- + Is it broken or damaged?
- + If it weren't in my home, would I buy it again?
- + Could something else I own take its place?
- + Why am I holding onto it?
- + If I were to keep it, is the drawer (closet or room) the best place for it?

*Clutter or toxins disturb you and your space in their own ways. Now's the time to determine what's preventing you from achieving the home and lifestyle you want, all while making space for what matters most.*



### Inhale and Exhale

- 2 drops Juniper Berry
- 2 drops Grapefruit
- 1 drop Douglas Fir



### Ground and Center Your Space

- 2 drops Patchouli
- 1 drop Cedarwood
- 2 drops Frankincense



### Reset

- 3 drops dōTERRA Balance®
- 2 drops Tangerine
- 1 drop Frankincense



Before whatever you're keeping gets tucked neatly back in, use abōde® Multi-Purpose Surface Cleaner to wipe down your nonporous surfaces, keeping your home toxin-free.

# Beyond Breakfast

Summer sunlight started illuminating the morning sky as bright-eyed little ones shuffle through your sleepy home, making beds, brushing teeth, and getting dressed. Soon they slip into the kitchen—a haven where love transforms into hearty meals that fortify your family for the day's conquests and challenges.

Amid hectic morning responsibilities, those precious minutes in the kitchen create connection, fueling bodies and souls and building family unity. With a foundation of love and sustenance, you send your children off to face the day with full bellies and happy hearts.



## PB&J Cinnamon Bark Baked Oatmeal Bars

### Ingredients:

2 soft bananas  
2 cups steel-cut oats  
2 scoops **doTERRA Vanilla Protein**  
2 cups milk

2 drops **Cinnamon Bark** essential oil\*  
1 teaspoon baking powder  
 $\frac{3}{4}$  cup frozen strawberries,  
roughly chopped  
Almond butter  
Sugar-free strawberry jam

### Instructions:

1. Preheat the oven to 350°F.
2. Mash the bananas in a large bowl with a fork.
3. Add the oats, **doTERRA Vanilla Protein**, milk, **Cinnamon Bark** essential oil, and baking powder. Stir to combine.\*
4. Add the frozen strawberries and gently stir until just combined. Don't over-mix.
5. Transfer the batter to an oven-safe dish. Warm and stir almond butter and place tablespoon-sized drops on top of batter, a few inches apart. Repeat drops with strawberry jam between almond butter. Use a knife to swirl almond butter and jam.
6. Bake for 40-45 minutes or until bars are set.

*An 8" x 8" dish will equal 2" thick bars*

\*See individual labels for ingredients, cautions, and instruction for use.

## Italian Breakfast Biscuits

### Ingredients:

Avocado or olive oil  
 2 precooked chicken apple sausage links, sliced and cubed  
 1 onion, diced  
 1 teaspoon garlic, minced  
 4 eggs  
 1½ cups almond flour

1 heaping cup Pepper Jack or traditional mozzarella cheese, shredded

**Rosemary** essential oil

**Thyme** essential oil

**Oregano** essential oil

1 teaspoon salt

1 teaspoon pepper

### Instructions:

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Drizzle about two tablespoons of avocado or olive oil in a heated skillet. Add the onion, sausage, and garlic. Sauté until onions are translucent—about five minutes. Set aside.
3. Whisk the eggs in a mixing bowl. Dip toothpicks in the **Rosemary**, **Thyme**, and **Oregano** essential oils, swirling each toothpick through the whisked eggs.\*
4. Stir in the almond flour, shredded cheese, salt, and pepper.
5. Add the cooled sausage mixture and swirl one more toothpick dipped in Thyme essential oil through the batter. Stir gently to combine.
6. Refrigerate the dough for 30 minutes (optional).
7. Form dough balls using an ice cream scoop and place on the lined baking sheet. Bake for 10–12 minutes or until golden brown.



As the sun slowly sets, your home transforms into a sanctuary. The dinner table becomes the focal point, adorned with the aroma of a lovingly crafted meal.

Laughter and conversation weave a tight bond. Retellings of the day's adventures unfold as connections grow. And with the last morsel savored—hearts and bellies full—the final scurry of night begins, and the sun's last rays turn pink the horizon.

## Creamy Spinach Cauliflower Rice Risotto

### Ingredients:

½ cup cream cheese, cubed  
1 cup vegetable stock  
1–2 drops **Lime** essential oil  
12 ounces cauliflower rice, cooked  
1 16-ounce can cannellini beans, drained  
2 cups fresh spinach  
Salt and pepper

### Instructions:

1. Melt the cream cheese with half the stock in a saucepan over low heat, stirring constantly.
2. Add one drop of the **Lime** essential oil, as well as the rice, beans, and remaining stock, stirring after each addition.\*
3. Add the spinach, cover, and warm for 10 minutes, stirring occasionally.
4. Uncover, stir, and continue warming uncovered for an additional five minutes or until the mixture reaches the desired thickness.
5. Add salt and pepper to taste.

**Tip:** For a stronger lime flavor, add one additional drop of Lime essential oil and stir to combine.



\*See individual labels for ingredients, cautions, and instruction for use.

# The Exception or the Rule

A 10-hour workday, two-hour commute, soccer practice, dinner, date night. . . . Life comes at you fast, sometimes making you feel as overloaded as a one-handed clown who's juggling six flaming swords while riding a unicycle. If your life feels like a circus, it might be time to simplify.

**The 8-8-8 rule is a time-management strategy** that prescribes eight hours of challenging work, eight hours of meaningful personal time, and eight hours of restful sleep. Building stability with the 8-8-8 rule can better your work-life balance, improve your physical health, and increase your self-esteem.

### **Eight Hours of Challenging Work**

The human body is designed for challenging work. Putting in a day of meaningful effort is good for the soul, bringing a sense of accomplishment that seldom comes from anything else, whether you find fulfillment

in a garden, warehouse, or office. Of course, no matter how much you like your job, compartmentalizing your time and establishing lines between work and leisure is key to avoiding burnout. Curate a dedicated, grounded working environment by diffusing or applying **dōTERRA Balance® Grounding Blend**. Clear your workspace of distractions and apply **Thinker® Focus Blend** or **Spanish Sage** to foster a nurturing and optimistic atmosphere for work and learning. After your eight hours of work are over, help yourself transition back home by diffusing **Frankincense** or **Vetiver**.



## Eight Hours of Meaningful Personal Time

Let's set one thing straight: eight hours of meaningful personal time doesn't mean eight hours of television, movies, games, or doom scrolling. While screen-related recreation does have a place, edifying personal time is best dedicated to the three Fs, three Hs, and three Ss: family, friends, and faith; health, hygiene, and hobbies; and soul, service, and smiles.

Personal time will look different for everyone, but developing healthy habits always sets you up for success. Fuel your body with a balanced whole-food diet and drink plenty of water—adding a drop of **Lemon** or **Wild Orange** essential oil to water is a great way to motivate yourself to stay hydrated. You can count on the **MetaPWR® system** and **dōTERRA Lifelong Vitality Pack®** to give you energy and support a healthy metabolism so you have the vivacity to pursue your passions.\* **dōTERRA On Guard+™ Softgels** support your immune system, helping you stay healthy for your hobbies.\*

Making time for the things you love is a process, so start by thinking about how you use extra time in your day. Simply listening to podcasts like Essential Oil Solutions with dōTERRA® or audiobooks during your commute can provide a little extra leisure during otherwise wild moments. Find essential oils to pair with different personal pursuits so diffusing them while you dive in is a reminder as you focus and dedicate your entire attention to the task or recreation at hand. As you

become more effective in allocating your time, you may notice an increase in confidence and self-esteem.

## Eight Hours of Restful Sleep

Health professionals recommend getting seven to nine hours of restful sleep each night. However, hustle culture and bad sleep hygiene make getting any sleep a challenge.

Prioritize getting enough sleep. In the long run, many of the activities stealing hours from your shuteye aren't worth the exhaustion you feel the next day. Maintain good sleep hygiene by eating dinner at least four hours before bed, avoiding caffeinated beverages six hours before sleeping, turning off screens one hour before bedtime, and not using your bed for anything other than its intended purpose: sleep.

The **dōTERRA Serenity® Sleep System** was developed to give your sleep habits extra support. It'll help you cultivate an ideal bedtime environment and make restful sleep a reality.

Allocating your time to fit your lifestyle and obligations takes careful planning and discipline. Prevent burnout by intentionally balancing your life and establishing your priorities. Take the necessary time to establish a system that works for you and invest in your well-being by implementing the 8-8-8 rule.

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

The dōTERRA Serenity® Sleep System was developed to give your sleep habits extra support. It'll help you cultivate an ideal bedtime environment and make restful sleep a reality.

# Be Pro Biome

Your body's microbiome is like an invisible organ. You're made up of over 70 trillion cells, but less than half of those cells are human! The rest are what's known as your microbiome—a vast ecosystem of microbes all throughout you that are essential for your health and wellness.

What can you do to support a healthy microbiome (and in doing so support yourself)? You can't avoid everything that might negatively impact your microbiome. Not even the healthiest of lifestyles can manage that.

So, the best defense is a good offense! Taking a probiotic can help you maintain a healthy microbiome. But you want to take the right supplements to ensure you're doing your part to support your microbiome—to be pro biome. Did you know the PB in **dōTERRA PB Restore™** and **PB Assist+®** stands for "ProBiome"?

**dōTERRA PB Restore** was designed with the whole-body microbiome in mind. It's formulated as a foundational, holistic supplement to benefit your systemic health in many ways, including:\*

- Digestive health
- Gut barrier integrity
- Gut immune function
- Micronutrient synthesis
- Healthy metabolism
- Respiratory health
- Oral health
- Dermatological health
- Cardiovascular health, urological health, as well as brain and DNA function†

**PB Assist+** provides targeted strains to specifically support gut and digestive health, with clinical and experimental research on its 13 bioactive components suggesting this supplement:\*

- Benefits overall digestive health and may provide digestive comfort.
- Promotes healthy gut microflora.
- Promotes a healthy inflammatory response.
- Promotes a healthy mouth in children.
- May promote healthy-looking skin in toddlers and children.
- Supports a healthy immune system.
- Supports childhood health and healthy nervous system development.

A diverse microbiome is a healthy microbiome. Adults may combine both ProBiome supplements daily for a superior diversity of over 40 unique bioactive pre-, pro-, and postbiotics, along with bacteriophages. Young children can take **PB Assist+** every day. And when you care for your microbiome, it cares for you.

\* 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.

† More confirming clinical research is needed.



Scan to access our free ProBiome course and uncover the keys to supporting a healthy microbiome!



# Wisdom, Wellness, Womanhood

Your Guide to Empowered Health

Dr. Brannick Riggs, dōTERRA vice president of education, and Dr. Ashley Anderson, a member of the Science Medical Education Committee, have worked in women's health for some time. They shared insights about embracing womanhood and preserving your health.



Googling the topic of women's health would produce millions of results. Modern technology has allowed countless voices to share innumerable opinions with limited filters. You're an intelligent, health-conscious woman who's focused on a healthy future for you and your family.

Whose voice do you listen to? Your own.

You've been given an amazing body. Dr. Brannick Riggs says, "It can be hard to be a woman, but it's an incredible blessing to be who you are. There's so much to being a woman, and you should recognize what an incredible creature you are."

### Be a Consumer

It's important to get to know your body and learn how to best care for it, which includes regular exams and checkups.

At the root of a successful health exam is a trusting relationship with your doctor. Dr. Anderson says to be selective. "Start with a list of values you'd like your provider to have. It should be someone who'll spend time with you, who's thorough, and who will review your history with you. It's about what you want, and I think a lot of people forget you're a consumer and have a choice."

You know your body better than anyone else, even the nurse who takes your vitals or the doctor who provides the exam. Dr. Riggs comforts his patients before exams by giving them control. "This isn't my exam. You're in charge here. It's your body. I'm just here to help you with it."

Speak up about what feels wrong or right and be open and honest about your history with your provider. The more you use your voice, the better your doctor can help.

Help your children to do the same, encouraging them to learn about and understand their bodies and ask questions to the doctor. Assisting them with comfortably and respectfully speaking their minds in professional settings, becoming familiar with how their bodies should function, and recognizing when something's not right will set them up for success managing their health as adults.

## Grow Old Gracefully

Western culture has this prevailing notion and expectation that you should age without showing visible signs of aging. People engage in the hype behind the newest beauty trend with the hope they'll still look 31 on their 51 birthday.

Beauty doesn't cap at a certain age. You can be beautiful with gray hair and wrinkles. If someone says otherwise, stop listening.

Before you blow out the candles and start worrying over wrinkles, appreciate the gift that is aging. "Those years have taught you wisdom and turned you into the intelligent, amazing woman you are," Dr. Riggs affirms. "Stand up and own it."

Yes, sunblock helps protect your skin from the negative effects of sun exposure and creates a comfortable aging process for your skin. Adopting simple daily habits and maintaining a positive relationship with your body can keep you feeling and looking strong. Proper hydration, nutrition, movement, adequate sleep, and smart supplementation can take you from aging to aging gracefully.

If you want the full support of your bones, Dr. Riggs emphasizes getting adequate amounts of calcium and vitamin D daily from sources like the **Bone Nutrient Essential Complex** and a diet of whole foods. Your bones also require protein and focused and careful weight-bearing exercises. **dōTERRA® Protein** is a simple yet effective way to support your efforts.

When your hormones are properly balanced, they become more supportive than interruptive, which means a smoother monthly cycle. "From an early age, we associate menstrual cycles with pain. But pain during your menstrual cycle is typically a sign of hormonal imbalance," Dr. Anderson says.

To encourage hormonal balance, Dr. Anderson recommends starting with the **dōTERRA Lifelong Vitality Pack®** or **dōTERRA kids A2Z Chewable™ Tablets** and **IQ Mega®** for younger girls.\* "You need good nutrient support in your body to experience optimal hormone balance." Taking the **Phytoestrogen Essential Complex** with daily supplements can create a strong support system.\* Dr. Anderson also suggests using **ClaryCalm® Monthly Blend for Women** and **Cypress** essential oil on the lower abdomen for a cooling, soothing effect and to help comfort your body.



### Dr. Anderson's Preventative Checkup Guide

#### Before 21

- + Visit a gynecologist to discuss healthy menstruation and become familiar with your body.
- + Have a clinical breast exam once a year to learn how it works and become familiar with breast tissue.
- + Learn your family's medical history.

#### After 21

- + Have a Pap smear every three years.
- + Attend a yearly clinical breast exam.

#### Around 30

- + Add a blood exam every year (unless your family has a history of chronic health conditions, and in that case start younger).

#### Around 40

- + Add mammograms.

#### Around 45

- + Add colonoscopies.

#### Around 50

- + Add bone density scans.

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*As you strive to live a healthy lifestyle, validate your efforts and appreciate the way you feel. Celebrate little and big wins. The more positive self-talk you give yourself, the stronger your health will be—for you and your children. “Shift the conversation from weight and help your children understand and appreciate their amazing bodies, no matter what. You’ve been given strengths and abilities that men haven’t. Stand in those strengths.”—Dr. Riggs.*



Your cells make up your body—your bones, organs, tissues, and blood—and they’re constantly writing your story and legacy. They’re what make you human.

When you turn 25, cells start to age. Dr. Riggs suggests, “That’s an ideal time to start taking **MetaPWR® Advantage** to support aging cells and work on SIRT longevity genes.” As you protect that aging process, use **DDR Prime®** to encourage daily cellular regrowth.\*

Supplements are wonderful contributors to healthy aging. However, Dr. Anderson points out, “When you don’t pair supplements with good habits, their effectiveness is lessened.” Daily exercise and proper nutrition tie everything together.

If you’re pressed for time, Dr. Riggs recommends NEAT (Non-Exercise Activity Thermogenesis)—exercises that stem from doing everyday tasks. NEAT exercises could be taking the stairs instead

of the elevator, mowing the lawn, or parking farther away from the grocery store entrance so you enjoy a short walk.

It’s not all about being thin or looking younger. “It’s time we separate vanity from health and wellness,” Dr. Anderson says. Instead of asking yourself how much you weigh, focus on feeling good from the inside out.

### **Be Your Best Cheerleader**

“The voice women listen to the most is the one in their head,” Dr. Riggs says. “Those messages need to be positive.” In a world where media is filled with constant negativity and relentless criticism, we must refrain from adding our voices to the chorus of blame.

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## Essential Oil Blend Spotlight

**Essential Oils:** Clary Sage, Lavender, Bergamot, Roman Chamomile, Ylang Ylang, Cedarwood, Geranium, Fennel, Carrot Seed, Palmarosa, Vitex

**Aromatic Description:** Floral, herbal, coniferous

**ClaryCalm** is every woman's reliable, effective monthly companion. Its blend of essential oils was specifically created with women in mind, offering a relaxing aroma and soothing sensations. Whether you need cooling effects for the skin or calming, floral aroma, **ClaryCalm** is the perfect companion for times of extra need. Simply roll it on for easy application.

### Uses

- + Apply to abdomen during a soothing and calming massage.
- + Rub on the back of your neck, on your temples, or the bottom of your feet for a relaxing aroma.
- + Roll on lower abdomen and use with a heating pad as part of a self care ritual.

### Fun Fact

While designed to provide a cooling, soothing effect on the skin, ClaryCalm can also be used as a floral, feminine aroma.

# ClaryCalm®

Monthly Blend for Women



# Uniquely Human

Imagine you had the chance to go back to any year of your life. What time would you choose? Think about what your life would look like if you returned to change your decision at a critical time. A prom date, college major, career, job, spouse, residence, retirement.

Did every time-traveling movie you've ever watched pop into your memory, reminding you when you change your past, you change the future? Pause this game of make-believe to reflect on all you've accomplished. Put time travel where it belongs—in the past—and resolve to accept where you are today and continue forging ahead to where you want to be.

The act of accepting yourself, and others, as you are can be profound and transformative. It's a testament to your human capacity for empathy, compassion, and personal growth.



### Jasmine Touch

- Reduces the appearance of skin imperfections.
- Promotes healthy-looking skin.

## Cutting Criticism

Your journey to self-acceptance begins with acknowledging no one's perfect. Flaws, insecurities, and shortcomings live in everyone. They're part of what make you uniquely human. Embracing them allows you to lead a life filled with authenticity and self-love. They also offer valuable insight that catalyze greater perspective and personal growth.

When you allow self-criticism to rule your thoughts and actions, the resulting relentless internal battle will undermine your self-esteem. By accepting your imperfections, you free yourself from the chains of self-doubt and negative self-talk. No one achieves greatness without making mistakes along the way.

Scratch that.

No one achieves *anything* without making mistakes along the way. Remember, you just read it: you're a unique human being. There's no one else like you. Your strengths are another's uncertainties, just as your weaknesses are another's fortitude.

Acceptance isn't just about recognizing flaws but also showing yourself the same kindness and understanding you extend to others. Self-compassion helps you navigate life's challenges with resilience and grace.

### Ylang Ylang essential oil

- Provides antioxidant support when used internally.\*
- Promotes a calming, positive atmosphere.

## Reciprocal Empathy

Just as self-acceptance opens the door to personal growth, accepting others opens the door to better understanding and community. Without judgment or prejudice, you grow feelings of empathy that bring people together, regardless of differences. To walk a mile in another man's moccasins—as Mary Lathrap's original 1895 poem suggests—you understand and share the feelings and experiences of others and connect with their emotions and perspectives.

To step into another's shoes, listening with an open heart and connecting emotionally allows you to grow beyond sympathetic feelings and extends your human nature to a deeper level. Empathy fosters compassion, kindness, and a sense of unity among family, friends, and even strangers, bonding the gaps of misunderstanding. It's a powerful force that strengthens your shared human experience, reminding you of your capacity to connect and care for one another.

As you experience emotions, your empathy doesn't need to be limited to what you automatically feel toward others any more than a lemon is defined by its bitter outer rind.



### Lemon essential oil

- Naturally freshens the air and cleanses household surfaces.
- Naturally cleanses the body and supports digestion when taken internally.\*

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



# dōTERRA®

Product Guide | *Spring/Summer 2024*

# Contents

78	The dōTERRA Impact	113	dōTERRA® Specialized Supplements
80	What Are Essential Oils?	115	ProBiome Support
81	CPTG®	116	MetaPWR® System
82	Essential Oil Uses	118	dōTERRA® Nutrition
83	Where to Begin	119	Digestive Health
84	Enrollment Kits	120	Zendocrine®
86	Essential Oil Singles	120	dōTERRA® Ginger Drops
92	Proprietary Essential Oil Blends	120	dōTERRA® Children's Supplements
96	Accessories	124	dōTERRA® Essential Skin Care
98	dōTERRA® AromaTouch Technique®	126	HD Clear®
98	dōTERRA Emotional AromaTherapy® System	126	Yarrow   Pom Collection
99	dōTERRA Family Essentials Kit	127	dōTERRA® Veràge®
99	dōTERRA® Kids Collection	128	dōTERRA® Spa
99	dōTERRA® Yoga Collection	130	dōTERRA® Hair Care
102	dōTERRA On Guard®	132	dōTERRA® Women
104	dōTERRA® abōde®	132	Natural Deodorant
106	Deep Blue®	133	Correct-X®
108	dōTERRA® Adaptiv® System	133	dōTERRA® Baby
108	dōTERRA Serenity®	134	dōTERRA® sun
109	dōTERRA Breathe®	137	dōTERRA® Diffusers
109	dōTERRA SuperMint™	138	Product Guide Quick Reference
112	dōTERRA Lifelong Vitality Pack®		

# 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:

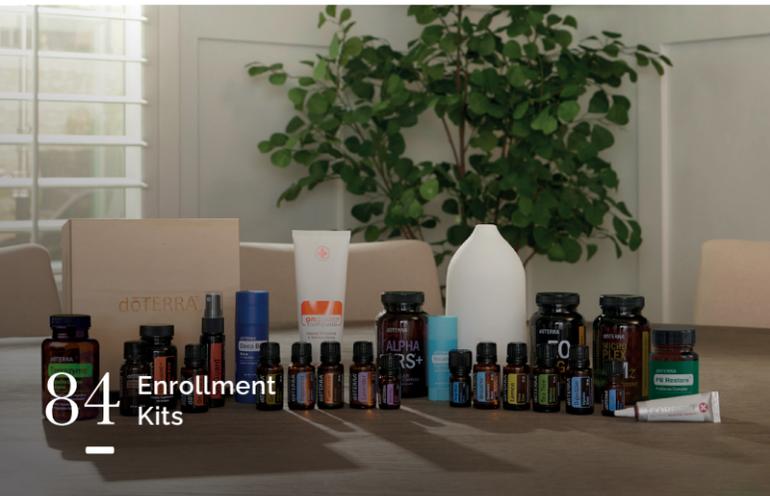
- We intentionally source the gifts of the earth, enriching every life we touch.
- We empower people and communities in their pursuit of self-reliance.
- We break cycles of human suffering and poverty as our business expands.
- We advocate and educate to empower everyone with natural wellness solutions.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

## Shinrin-Yoku® Forest Bathing Blend

95



84 Enrollment Kits



102 dōTERRA On Guard®



106 Deep Blue®



112 dōTERRA Lifelong Vitality Pack®



116 MetaPWR System

## 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 Cō-Impact Sourcing® model.

dōTERRA® essential oils are intentionally sourced to create positive change for the people and communities we work with to produce it.

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*

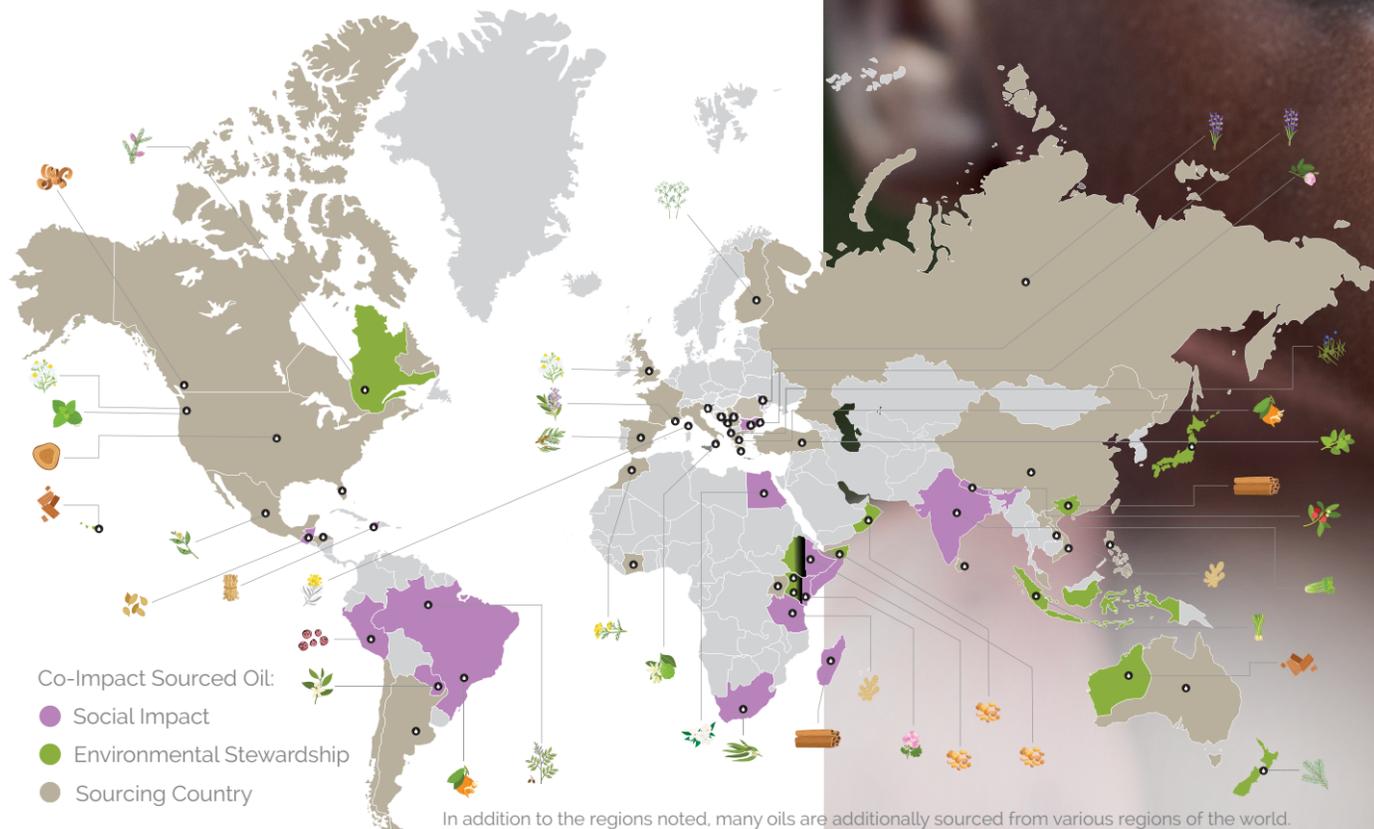
Often called the "king of oils," topical and internal use of Frankincense provides modern wellness benefits.\*

- Ingest to support healthy cellular function.\*
- Helps maintain healthy skin when applied topically.



**30070001**  
15 mL | 74 PV  
\$105.33 rtl  
\$79.00 whl

**60200224**  
10 mL roll-on | 52 PV  
\$69.33 rtl  
\$52.00 whl



Co-Impact Sourced Oil:

- Social Impact
- Environmental Stewardship
- Sourcing Country

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

**60214220**  
3.3 fl oz/100 mL | 0 PV  
\$20.00 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. \$10 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



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

### Tax-Deductible Cash Donation

2001	\$1.00	2004	\$25.00
2002	\$5.00	2005	\$100.00
2003	\$10.00		

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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).

Power of One 100% of donations to the dōTERRA Healing Hands Foundation® are always given to aid because dōTERRA International covers the operating costs of the foundation. Of the donations used to support a Power of One project, 100% is used to empower the individuals in Cō-Impact Sourcing® supply chain areas for the current project. Once the fundraising goal for a Power of One project has been met, dōTERRA Healing Hands® will distribute additional donations raised among other projects in need of funding until the following quarter when next Power of One fundraiser launches and fundraising for that project begins.

# 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. See individual labels for ingredients, cautions, and instruction for use.



## Introductory Kit Top Seller

**5 mL bottles:** Lavender, Lemon, Peppermints  
**60202952**  
 26 PV  
 \$41.33 rtl  
 \$26.00 whl

## Beginner's Trio Kit

**15 mL bottles:** Lavender, Lemon, Peppermint  
**3214**  
 50 PV  
 \$72.00 rtl  
 \$54.00 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:** dōTERRA TerraZyme™, dōTERRA Lifelong Vitality Pack®, Deep Blue® Rub, dōTERRA PB Restore™

**60226944**  
150 PV  
\$300.00 rtl  
\$225.00 whl



## MetaPWR® System Kit

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

**60223395**  
165 PV  
\$260.00 rtl  
\$195.00 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**  
105 PV  
\$220.00 rtl  
\$165.00 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**  
245 PV  
\$373.33 rtl  
\$280.00 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**  
125 PV | \$220.00 rtl | \$165.00 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, dōTERRA PB Restore™, dōTERRA On Guard® Toothpaste, dōTERRA On Guard+™ Softgels, dōTERRA On Guard® Sanitizing Mist, dōTERRA® Breathe Vapor Stick, Deep Blue® Stick, dōTERRA TerraZyme™, Correct-X®, Wooden Box, Laluz® Diffuser

**60221656**  
370 PV  
\$640.00 rtl  
\$480.00 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

## Birch

Essential Oil  
*Betula lenta*

Birch essential oil comes from the bark of the *Betula lenta* tree, known as black birch, cherry birch, or sweet birch.

- Delivers a stimulating, refreshing aroma
- Provides a soothing massage

A T S

60222580  
5 mL | 45 PV  
\$78.67 rtl  
\$59.00 whl

## Blue Lotus

Touch Blend

A precious extract that's been widely celebrated throughout history in Egyptian culture, art, and ceremonies.

- Provides a relaxing, floral aroma
- Serves as a natural skin moisturizer
- Promotes a healthy-looking, radiant complexion

A T N

60219175  
10 mL roll-on | 60 PV  
\$88.00 rtl  
\$66.00 whl

## Basil

Essential Oil  
*Ocimum basilicum*

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

- May provide soothing comfort 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

## Black Pepper

Essential Oil  
*Piper nigrum*

Best known as a cooking spice that enhances the flavor of foods, 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

## 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

## 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 | 43 PV  
\$57.33 rtl  
\$43.00 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

## Cardamom

Essential Oil  
*Elettaria cardamomum*

With a long history as a cooking spice, Cardamom is 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

## 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

## 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 | 39 PV  
\$52.00 rtl  
\$39.00 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

## 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 | 16 PV  
\$21.33 rtl  
\$16.00 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 | 35 PV  
\$46.67 rtl  
\$35.00 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 | 22 PV  
\$29.33 rtl  
\$22.00 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

## 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

## 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

## 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 A T N

60202178  
15 mL | 39 PV  
\$39.00 rtl  
\$39.00 whl

60219176  
10 mL roll-on | 27 PV  
\$36.00 rtl  
\$27.00 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  
*Radiata, polybractea, kochii, loxophleba, and globulus*

Combines unique species of Eucalyptus in one powerful blend. 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 | 23 PV  
\$30.67 rtl  
\$23.00 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 S**  
**30090001**  
15 mL | 50 PV  
\$66.67 rtl  
\$50.00 whl



**Green Mandarin**

Essential Oil  
*Citrus nobilis*

Pressed from the unripe fruit of the mandarin tree, known for supporting healthy digestive and immune systems when taken internally, based on preclinical research and due to its primary constituent limonene.\*

- 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



**Iliahi (Hawaiian Sandalwood)**

Essential Oil  
*Santalum paniculatum*

From a renewable source in Hawaii, dōTERRA® Iliahi delivers a variety of benefits.

- Helps promote the appearance of healthy-looking skin
- Creates an uplifting, positive environment

**A T I N**  
**41860001**  
5 mL | 65 PV  
\$100.00 rtl  
\$75.00 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 | 52 PV  
\$69.33 rtl  
\$52.00 whl



**Guaiacwood**

Essential Oil  
*Bunnesia 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 S**  
**60217357**  
25 mL | 100 PV  
\$200.00 rtl  
\$150.00 whl



**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.\*
- Helps maintain healthy skin when applied topically.

**A T I N** **A T N**  
**30070001** **60200224**  
15 mL | 74 PV 10 mL roll-on | 52 PV  
\$105.33 rtl \$69.33 rtl  
\$79.00 whl \$52.00 whl



**Grapefruit**

Essential Oil  
*Citrus x paradisi*

Creating an uplifting environment, Grapefruit is renowned for its cleansing effects.

- Soothing to the skin
- Internal use may support healthy metabolism due to high level of limonene, based on preclinical research\*
- Creates an uplifting environment

**A T I N**  
**30100001**  
15 mL | 20 PV  
\$26.67 rtl  
\$20.00 whl



**Helichrysum**

Essential Oil  
*Helichrysum italicum*

Distilled from the flower cluster of an evergreen herb, one of the most precious and sought-after essential oils.

- Apply to the face to reduce the appearance of wrinkles and to promote a glowing, youthful complexion
- Massage into the temples and back of neck for a soothing sensation

**A T I N** **A T N**  
**30410001** **60207012**  
5 mL | 73 PV 10 mL roll-on | 52 PV  
\$109.33 rtl \$76.00 rtl  
\$82.00 whl \$57.00 whl



**Jasmine**

Touch Blend

Regarded as the "King of Flowers," jasmine is prized for its highly fragrant aroma.

- Reduces the appearance of skin imperfections
- Promotes a glowing complexion

**A T N**  
**60201812**  
10 mL roll-on | 47 PV  
\$62.67 rtl  
\$47.00 whl



**Juniper Berry**

Essential Oil  
*Juniperus communis*

The woody, spicy, yet fresh aroma of Juniper Berry reveals its rich history of traditional use and health benefits.\*

- Calming, grounding aroma
- May benefit and soothe the skin
- May have antioxidant properties when ingested, according to preclinical research\*

**A T I N**  
**49290001**  
5 mL | 23 PV  
\$30.67 rtl  
\$23.00 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 to the air
- Uplifting and invigorating aroma
- Cleansing to surfaces and skin

**A T S**  
**60209674**  
15 mL | 16 PV  
\$21.33 rtl  
\$16.00 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 | 40 PV  
\$53.33 rtl  
\$40.00 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 when ingested\*
- Encourages a relaxing atmosphere

**A T I N**  
**30850001**  
5 mL | 86 PV  
\$128.00 rtl  
\$96.00 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** **60200225**  
15 mL | 29 PV 10 mL roll-on | 21 PV  
\$38.67 rtl \$28.00 rtl  
\$29.00 whl \$21.00 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 | 15 PV  
\$20.00 rtl  
\$15.00 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



**Myrrh**

Essential Oil  
*Commiphora myrrha*

Used historically in many ways—from meditation to embalming—Myrrh is still frequently recommended today.

- Beneficial for oral hygiene
- Soothing to the skin; promotes a smooth, youthful-looking complexion
- Creates an inspiring atmosphere

**A T I N** **A T N**  
**30160001** **60221439**  
15 mL | 62 PV 10 mL roll-on | 50 PV  
\$98.67 rtl \$66.67 rtl  
\$74.00 whl \$50.00 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 | 15.5 PV  
\$20.67 rtl  
\$15.50 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 | 17 PV  
\$22.67 rtl  
\$17.00 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 | 46 PV  
\$61.33 rtl  
\$46.00 whl

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**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

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

**60200227** 10 mL roll-on | 19.5 PV \$26.00 rtl \$19.50 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

**60208147** 125 beadlets | 17 PV \$22.67 rtl \$17.00 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

**30800001** 5 mL | 52 PV \$69.33 rtl \$52.00 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

**30210001** 5 mL | 65 PV \$120.00 rtl \$90.00 whl

**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

**30890001** 15 mL | 33 PV \$44.00 rtl \$33.00 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

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

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

**60201813** 10 mL roll-on | 67 PV \$96.00 rtl \$72.00 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

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

**30190001** 15 mL | 26 PV \$34.67 rtl \$26.00 whl

**60200228** 10 mL roll-on | 21 PV \$28.00 rtl \$21.00 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.\*

- Apply topically to support healthy-looking skin
- Take internally to support a healthy immune response\*

**60207016** 5 mL | 23 PV \$30.67 rtl \$23.00 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 according to preclinical research\*
- Helpful addition to hair products

**30200001** 15 mL | 22 PV \$29.33 rtl \$22.00 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\*

**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

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

**Tea Tree**  
Essential Oil  
*Melaleuca alternifolia*  
Tea Tree oil is composed of 90 different compounds and has limitless applications.

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

**60208340** 15 mL | 26 PV \$34.67 rtl \$26.00 whl

**60208343** 10 mL roll-on | 18.5 PV \$24.67 rtl \$18.50 whl

**Turmeric**  
Essential Oil  
*Curcuma longa*  
Commonly known for its Ayurvedic health uses, Turmeric is a staple for your daily health routine.

- May support healthy nervous and cellular function when ingested\*
- May promote a healthy inflammatory response when consumed\*
- As a part of your daily routine, take internally for antioxidant support\*

**60206973** 15 mL | 35 PV \$46.67 rtl \$35.00 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

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

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

**Thyme**  
Essential Oil  
*Thymus zygis, and vulgaris*  
Thyme, familiar to most as a common seasoning, produces a potent essential oil.

- Supports a healthy immune response when used internally\*
- Provides cleansing and purifying effects for the skin

**60222622** 15 mL | 34 PV \$45.33 rtl \$34.00 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

**30430001** 15 mL | 60 PV \$88.00 rtl \$66.00 whl

**60221438** 10 mL roll-on | 42 PV \$56.00 rtl \$42.00 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\*

**60207652** 30 mL bottle with dropper | 104 PV \$146.67 rtl \$110.00 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

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

**Tulsi (Holy Basil)**  
Essential Oil  
*Ocimum sanctum*  
Traditionally used around the world as part of rituals and protection in many cultures.

- Unlike its cousin sweet basil, Tulsi has a rich, spicy aroma, reminiscent of freshly cut basil
- Blend Tulsi with calming Bergamot and Clary Sage to add to a soothing atmosphere

**60213450** 5 mL | 31 PV \$41.33 rtl \$31.00 whl

**Wild Orange**  
Essential Oil  
*Citrus sinensis*  
Cold pressed from the peel, Wild Orange releases an energizing, citrusy aroma.

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

**30170001** 15 mL | 13 PV \$17.33 rtl \$13.00 whl

**Ylang Ylang**  
Essential Oil  
*Cananga odorata*  
Ylang Ylang, while famed for its exquisite fragrance, has a myriad of benefits.

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

**30240001** 15 mL | 44 PV \$58.67 rtl \$44.00 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, geranial, neral, and 1,8-cineole

**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

**60209364**    **60209357**  
15 mL | 44 PV    10 mL roll-on | 27 PV  
\$58.67 rtl    \$36.00 rtl  
\$44.00 whl    \$27.00 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

**60215527**  
15 mL | 34 PV  
\$45.33 rtl  
\$34.00 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

**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

**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

**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

**31200001**  
15 mL | 35 PV  
\$46.67 rtl  
\$35.00 whl



**dōTERRA Balance®**  
Grounding Blend

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

- 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

**31010001**  
15 mL | 26 PV  
\$34.67 rtl  
\$26.00 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

**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

**60200190**    **60200192**  
15 mL | 29 PV    10 mL roll-on | 20.5 PV  
\$38.67 rtl    \$27.33 rtl  
\$29.00 whl    \$20.50 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

**60206632**  
10 mL roll-on | 23 PV  
\$30.67 rtl  
\$23.00 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

**60218863**    **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

**60219370**  
15 mL | 25 PV  
\$33.33 rtl  
\$25.00 whl



**Citrus Bloom®**  
Springtime Blend

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

- Provides a bright, spring-like environment
- Sweet, sparkling aroma enhances personal and work surroundings

**60208812**  
15 mL | 28.5 PV  
\$38.00 rtl  
\$28.50 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

**49480001**  
10 mL roll-on | 36 PV  
\$48.00 rtl  
\$36.00 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

**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\*

**60207092**  
15 mL | 40 PV  
\$53.33 rtl  
\$40.00 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 kids' legs before bedtime

**60200143**  
5 mL | 38 PV  
\$50.67 rtl  
\$38.00 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\*

**60214361**    **60214815**  
15 mL | 38 PV    10 mL roll-on | 26.5 PV  
\$50.67 rtl    \$35.33 rtl  
\$38.00 whl    \$26.50 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

**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
- Targets breakouts
- Helps keep skin clean, clear, and hydrated

**49400001**  
10 mL roll-on | 24 PV  
\$32.00 rtl  
\$24.00 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



**60220469**  
10 mL roll-on | 76 PV  
\$109.33 rtl  
\$82.00 whl



**InTune**<sup>®</sup>  
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



**60220468**  
10 mL roll-on | 42 PV  
\$56.00 rtl  
\$42.00 whl



**MetaPWR**<sup>®</sup>  
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 promotes mindful eating\*



**60217575**  
15 mL | 30 PV  
\$40.00 rtl  
\$30.00 whl



**Rescuer**<sup>™</sup>  
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 tired legs
- Creates a cooling experience



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



**dōTERRA Serenity**<sup>®</sup>  
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



**60217983**  
15 mL | 42 PV  
\$56.00 rtl  
\$42.00 whl



**Shinrin-Yoku**<sup>®</sup>  
Forest Bathing Blend

Formulated with CPTG<sup>®</sup> essential oils rich in terpenes associated with forest bathing.

- Contributes to an energizing, rejuvenating experience when combined with the creation of a green space in the home.
- Inspired by the health-promoting practice of forest bathing.



**60225771**  
15 mL | 34 PV  
\$45.33 rtl  
\$34.00 whl



**60225706**  
10 mL roll-on | 22 PV  
\$29.33 rtl  
\$22.00 whl



**MetaPWR**<sup>®</sup>  
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\*



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



**dōTERRA Motivate**<sup>®</sup>  
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



**60218764**  
5 mL | 24 PV  
\$32.00 rtl  
\$24.00 whl



**60218765**  
10 mL roll-on | 19 PV  
\$25.33 rtl  
\$19.00 whl



**Northern Escape**<sup>®</sup>  
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



**60221667**  
15 mL | 32.5 PV  
\$43.33 rtl  
\$32.50 whl



**Steady**<sup>®</sup>  
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



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



**Stronger**<sup>®</sup>  
Protective Blend

Use Stronger on the back of your neck or bottoms of your feet 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



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



**dōTERRA SuperMint**<sup>™</sup>  
Mentha Blend

Brings together CPTG<sup>®</sup> Peppermint, Japanese Mint, 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



**60221859**  
15 mL | 32 PV  
\$42.67 rtl  
\$32.00 whl



**60221940**  
10 mL roll-on | 22.5 PV  
\$30.00 rtl  
\$22.50 whl



**dōTERRA On Guard**<sup>®</sup>  
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



**31100001**  
15 mL | 39 PV  
\$52.00 rtl  
\$39.00 whl



**60200142**  
10 mL roll-on | 27 PV  
\$36.00 rtl  
\$27.00 whl



**dōTERRA On Guard**<sup>®</sup>  
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<sup>®</sup> Protective Blend
- Freshens breath
- Carrageenan free



**60208146**  
125 beadlets | 17 PV  
\$22.67 rtl  
\$17.00 whl



**dōTERRA Passion**<sup>®</sup>  
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



**60218767**  
5 mL | 43 PV  
\$57.33 rtl  
\$43.00 whl



**60218768**  
10 mL roll-on | 32 PV  
\$42.67 rtl  
\$32.00 whl



**dōTERRA SuperMint**<sup>™</sup>  
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 clear breathing



**60222094**  
125 beadlets | 17 PV  
\$22.67 rtl  
\$17.00 whl



**Tamer**<sup>®</sup>  
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



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



**TerraShield**<sup>®</sup>  
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



**60214386**  
15 mL | 15 PV  
\$20.00 rtl  
\$15.00 whl



**60214387**  
30 mL spray bottle | 20 PV  
\$29.33 rtl  
\$22.00 whl



**PastTense**<sup>®</sup>  
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



**60215812**  
15 mL | 35 PV  
\$46.67 rtl  
\$35.00 whl



**dōTERRA Peace**<sup>®</sup>  
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



**31710001**  
5 mL | 35 PV  
\$46.67 rtl  
\$35.00 whl



**60200151**  
10 mL roll-on | 23 PV  
\$30.67 rtl  
\$23.00 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



**31060001**  
15 mL | 26 PV  
\$34.67 rtl  
\$26.00 whl



**Thinker**<sup>®</sup>  
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



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



**Whisper**<sup>®</sup> 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



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



**Zendocrine**<sup>®</sup>  
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\*



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

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# Accessories



**Empty 5/8 mL Dram Bottles**  
 32090000  
 12-pack | 0 PV  
 \$6.00 rtl  
 \$4.50 whl



**Empty 5 mL Bottles**  
 60205271  
 6-pack | 0 PV  
 \$5.00 rtl  
 \$3.75 whl



**Fractionated Coconut Oil Bottle Pump**  
 60205197  
 Single | 0 PV  
 \$3.33 rtl  
 \$2.50 whl



**Empty 10 mL Roll-On Bottles**  
 60205272  
 6-pack | 0 PV  
 \$7.33 rtl  
 \$5.50 whl



**Orifice Remover**  
 60205273  
 Single | 0 PV  
 \$5.33 rtl  
 \$4.00 whl



**Wooden Box**  
 32120000  
 Single | 0 PV  
 \$13.33 rtl  
 \$10.00 whl



**Empty 30 mL Sprayer Bottles**  
 60205270  
 3-pack | 0 PV  
 \$5.00 rtl  
 \$3.75 whl



**Ultra Fine Continuous Mist Sprayer**  
 60205589  
 2-pack | 0 PV  
 \$16.00 rtl  
 \$12.00 whl



**Pipettes**  
 60205199  
 50-pack | 0 PV  
 \$3.67 rtl  
 \$2.75 whl



**Child Resistant Caps**  
 60201153  
 10-pack | 0 PV  
 \$7.33 rtl  
 \$5.50 whl



**Essential Oil Cap Stickers**

<b>Singles</b>	<b>Blends</b>
60226846	60226847
0 PV	0 PV
\$2.67 rtl	\$2.67 rtl
\$2.00 whl	\$2.00 whl



## 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 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 | 170 PV  
\$240.00 rtl  
\$180.00 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 | 120 PV  
\$160.00 rtl  
\$120.00 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 | 125 PV  
\$180.00 rtl  
\$135.00 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 | 115 PV  
\$173.33 rtl  
\$130.00 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 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 | 17 PV  
\$22.67 rtl  
\$17.00 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 | 12 PV  
\$24.00 rtl  
\$18.00 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 according to preclinical data.\*

- Helps support and maintain a healthy immune system\*
- Use to help protect against immune system threats\*

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

Made with vegetarian softgels

## 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  
\$19.33 rtl  
\$14.50 whl

## 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**

**31100001**  
15 mL | 39 PV  
\$52.00 rtl  
\$39.00 whl

**A T N**

**60200142**  
10 mL roll-on | 27 PV  
\$36.00 rtl  
\$27.00 whl

## 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 | 7 PV  
\$16.00 rtl  
\$12.00 whl

**60213724**  
10 samples, 2 g | 0 PV  
\$6.67 rtl  
\$5.00 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 | 11 PV  
\$22.67 rtl  
\$17.00 whl

Coming Soon

## dōTERRA On Guard® Foaming Hand Wash Concentrate

dōTERRA Hand Wash Concentrate cleans and softens hand without harmful ingredients or harsh chemicals. The gentle lather cleans the hands of the entire family with dōTERRA On Guard Protective Blend using the power of CPTG® essential oils and other plant-derived ingredients.

- Creates a gentle, foaming wash, leaving hands clean, fresh, and soft
- Free from parabens, phthalates, phosphates, dyes, and synthetic fragrances
- Packaged in a recyclable aluminum container
- Conveniently packaged in an 8-ounce bottle to easily refill your dōTERRA On Guard Foaming Hand Wash Dispenser four times.

**60213803**  
8 fl oz/237 mL | 15 PV  
\$28.67 rtl  
\$21.50 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 to easily refill your dōTERRA On Guard Foaming Hand Wash Dispenser twice.
- Formulated with the unique dōTERRA On Guard Protective Blend
- Non-toxic and environmentally safe

**38010001**  
16 fl oz/473 mL | 16 PV  
\$26.67 rtl  
\$20.00 whl

## Twin Pack Refill

**3820001**  
2-pack 16 fl oz/473 mL | 30 PV  
\$50.67 rtl  
\$38.00 whl



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

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## dōTERRA On Guard Hand Sanitizing Gel

Perfect for purse, pocket, or backpack, this sanitizer is safe to use for the whole family.

- Kills 99.9% of most common germs†
- Plant-derived 70% ethyl alcohol-based
- 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 Hand 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**  
0.9 fl oz/27 mL | 7 PV  
\$12.00 rtl  
\$9.00 whl

**60219991**  
5-pack 0.9 fl oz/27 mL | 32 PV  
\$53.33 rtl  
\$40.00 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 | 13 PV  
\$24.00 rtl  
\$18.00 whl

## dōTERRA On Guard Sanitizing Hand 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  
\$18.67 rtl  
\$14.00 whl

## dōTERRA On Guard Foaming Hand Wash Dispenser

**60217694**  
Single | 0 PV  
\$6.67 rtl  
\$5.00 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.

- Reformulated with increased enzymes for superior stain removal and overall efficacy
- Unique formulation maximizes efficacy and essential oil aroma to keep your clothes fresh and clean
- 64 loads in each bottle: 1 tablespoon = 1 load (using a high-efficiency washer)

**60225531**  
32 fl oz/947 mL | 25 PV  
\$48.00 rtl  
\$36.00 whl

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# 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 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



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

## 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  
\$12.33 rtl  
\$9.25 whl

**60219968**  
Four 1 fl oz/30 mL | 22 PV  
\$39.33 rtl  
\$29.50 whl

## abode Liquid Dish Soap

- 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  
\$17.33 rtl  
\$13.00 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  
\$21.67 rtl  
\$16.25 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 | 15 PV  
\$30.00 rtl  
\$22.50 whl

## abode Hand Lotion 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 | 16 PV  
\$26.00 rtl  
\$19.50 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 | 16 PV  
\$29.33 rtl  
\$22.00 whl



## dōTERRA abode™ Refillable Glass Dispensers & Accessories

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 and accessories.

### dōTERRA abode™ Surface Spray Dispenser

**60217546**  
10 fl oz/296 mL | 0 PV  
\$12.67 rtl  
\$9.50 whl

### dōTERRA abode™ Liquid Dish Soap Dispenser

**60219507**  
16 fl oz/473 mL | 0 PV  
\$11.33 rtl  
\$8.50 whl

### dōTERRA abode™ Dryer Balls

**60218811**  
4-pack | 0 PV  
\$13.33 rtl  
\$10.00 whl

### dōTERRA abode™ Hand Wash Dispenser

**60217522**  
16 fl oz/473 mL | 0 PV  
\$12.67 rtl  
\$9.50 whl

### dōTERRA abode™ Modular Trays

**60218576**  
One set | 0 PV  
\$21.33 rtl  
\$16.00 whl

### dōTERRA abode™ Microfiber Cloths

**60218574**  
3-pack | 0 PV  
\$13.33 rtl  
\$10.00 whl

### dōTERRA abode™ Hand Lotion Dispenser

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

### dōTERRA abode™ Bubble Up

**60218634**  
Single | 0 PV  
\$16.00 rtl  
\$12.00 whl



# 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 helps 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 to help with occasional soreness and discomfort.\*

- 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 | 42 PV  
\$64.00 rtl  
\$48.00 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 | 36 PV  
\$51.33 rtl  
\$38.50 whl

## Deep Blue Rub Samples

**60219833**  
10 samples, .068 fl oz/2 mL | 0 PV  
\$7.33 rtl  
\$5.50 whl

## 32-Ounce Bottle

**60216795**  
32 fl oz/946 mL | 180 PV  
\$313.33 rtl  
\$235.00 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 kids' legs before bedtime

**T S**

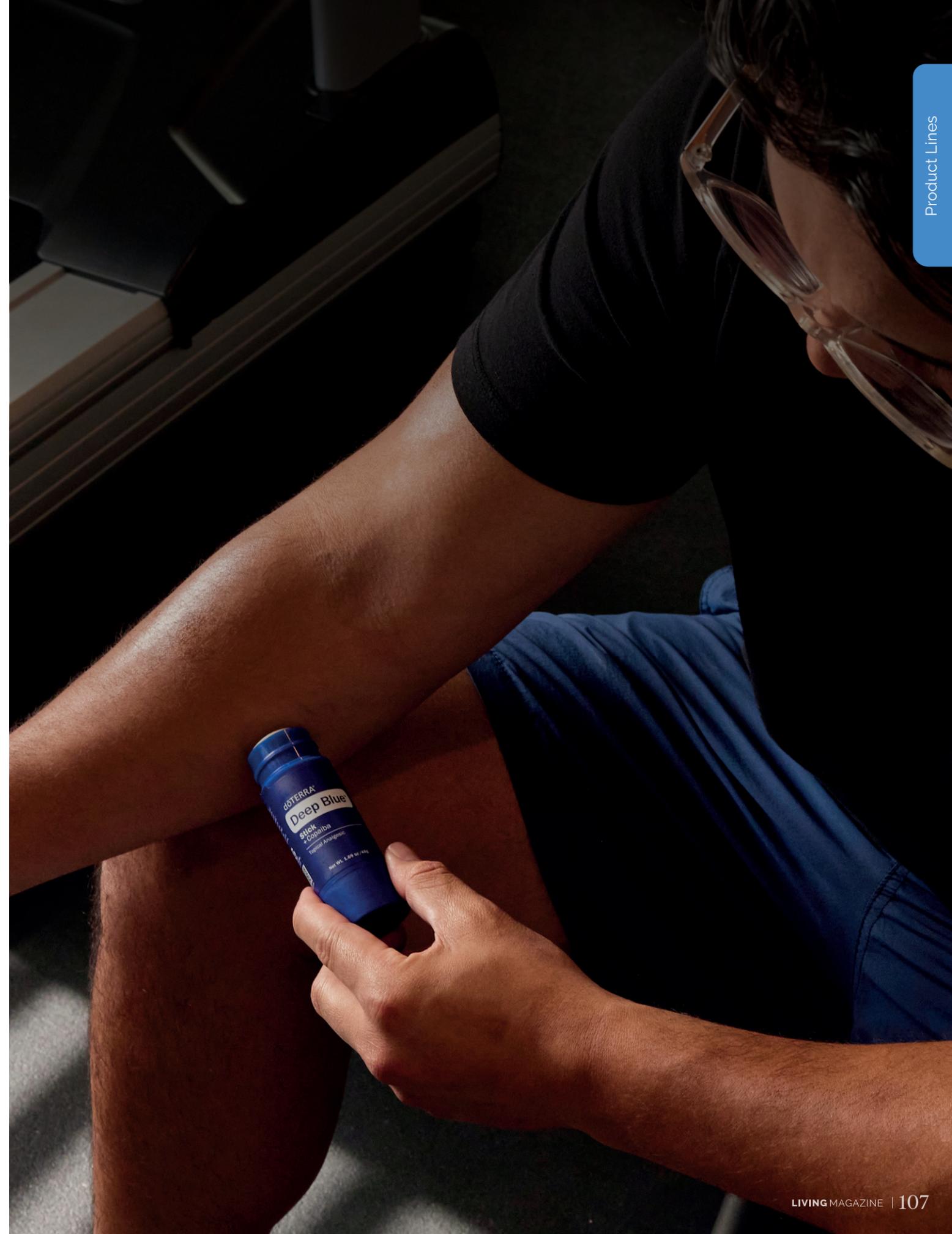
**60200143**  
5 mL | 38 PV  
\$50.67 rtl  
\$38.00 whl

## 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 topical analgesic is powerful, targeted relief in a fast-acting solid.

- Provides maximum OTC strength plant-based menthol (an active ingredient at 10%), 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 | 23 PV  
\$38.00 rtl  
\$28.50 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.

## 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 | 44 PV  
\$58.67 rtl  
\$44.00 whl



**60209357**  
10 mL roll-on | 27 PV  
\$36.00 rtl  
\$27.00 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 | 32 PV  
\$56.00 rtl  
\$42.00 whl

### Adaptiv System

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

**660211472**  
80 PV  
\$124.00 rtl  
\$93.00 whl

## dōTERRA Serenity®

dōTERRA Serenity Softgels, dōTERRA Serenity Restful Blend, and dōTERRA Serenity Stick + Valerian together provide a natural and safe solution for individuals who need to improve their bedtime routine. Formulated with essential oils known for their calming aromas, combined with smart sleep hygiene habits, this powerful trio works to promote a restful and satisfying night.



Made with SLS-free vegetable capsules  
 Made with vegetarian softgels

### dōTERRA Serenity

#### Restful Blend

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



**60217983**  
15 mL | 42 PV  
\$56.00 rtl  
\$42.00 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\*

**60216219**  
60 vegetarian softgels | 22 PV  
\$37.33 rtl  
\$28.00 whl

### dōTERRA Serenity Stick + Valerian

- Delivers dōTERRA Serenity Restful Blend and Valerian for a comforting, soothing aroma in a portable stick format.



**60225458**  
1.06 oz/30 g | 12 PV  
\$24.67 rtl  
\$18.50 whl

### dōTERRA Serenity Sleep System

dōTERRA Serenity Restful Blend 15 mL, dōTERRA Serenity Softgels, dōTERRA Serenity Stick + Valerian

**60226817**  
50 PV  
\$88.00 rtl  
\$66.00 whl

## dōTERRA Breathe®

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



### 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 | 8 PV  
\$17.33 rtl  
\$13.00 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
- Provides a soothing, cooling feeling in your mouth

**35460001**  
30 drops | 11 PV  
\$19.33 rtl  
\$14.50 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 | 29 PV  
\$38.67 rtl  
\$29.00 whl



**60200192**  
10 mL roll-on | 20.5 PV  
\$27.33 rtl  
\$20.50 whl

### dōTERRA Breathe Easy Combo

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

**60217860**  
45 PV  
\$77.33 rtl  
\$58.00 whl

## dōTERRA SuperMint™

The synergistic combination of CPTG® Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils create the powerfully supportive dōTERRA SuperMint product family.



### dōTERRA SuperMint

#### Mentha Blend

- 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



**60221859**  
15 mL | 32 PV  
\$42.67 rtl  
\$32.00 whl



**60221940**  
10 mL roll-on | 22.5 PV  
\$30.00 rtl  
\$22.50 whl

### dōTERRA SuperMint Toothpaste

- Provides hydroxyapatite to help preserve and rebuild tooth enamel
- Includes hydrated silica and calcium carbonate which are natural polishing agents

**60221617**  
4.2 oz/125 g | 7 PV  
\$16.00 rtl  
\$12.00 whl

### dōTERRA SuperMint Beadlets

- Freshen the breath
- May contribute to feelings of open airways
- Ease occasional stomach upset\*

**60222094**  
125 beadlets | 17 PV  
\$22.67 rtl  
\$17.00 whl

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# Supplements & Nutrition



# 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 | 76 PV  
\$101.33 rtl  
\$76.00 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 | 60 PV  
\$82.67 rtl  
\$62.00 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\*
- Supplies dietary antioxidants, vitamins A, C, E, and Se, that mitigate oxidative stress\*
- Supports healthy metabolism and cellular energy\*

**60213169**  
120 vegetable capsules | 49 PV  
\$65.33 rtl  
\$49.00 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 | 65 PV  
\$130.67 rtl  
\$98.00 whl



## dōTERRA Lifelong Vitality Pack

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

**60213529**  
30-day supply | 65 PV  
\$117.33 rtl  
\$88.00 whl



## Vegan dōTERRA Lifelong Vitality Pack

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

**60213860**  
30-day supply | 65 PV  
\$129.33 rtl  
\$97.00 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 | 60 PV  
\$96.00 rtl  
\$72.00 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 | 30 PV  
\$56.00 rtl  
\$42.00 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 | 44 PV  
\$66.67 rtl  
\$50.00 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



## 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 | 49 PV  
\$78.67 rtl  
\$59.00 whl

New Look Coming Soon



## 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 | 34 PV  
\$49.33 rtl  
\$37.00 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 | 24 PV  
\$37.33 rtl  
\$28.00 whl

Made with SLS-free vegetable capsules  
 Made with vegetarian softgels

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## ProBiome Support

Your body's microbiome is like an invisible organ. You're made up of about 70 trillion cells, but less than half of those cells are human! The rest are what's known as your microbiome—a vast, diverse ecosystem of microbes all throughout your body that are essential for your health and wellness. A diverse microbiome is a healthy microbiome. Adults may combine both ProBiome supplements daily for a superior diversity of 43 unique bioactive pre-, pro-, and postbiotics, along with bacteriophages.



### dōTERRA PB Restore™

ProBiome Complex  
30 bioactive strains | 18 billion CFU  
A daily full body microbiome formula to support:  

- Digestive health
- Gut barrier integrity
- Gut immune function
- Micronutrient synthesis
- Healthy metabolism
- Respiratory health
- Cardiovascular health
- Dermatological health
- Urological health
- Brain and DNA Function<sup>1</sup>

**60225766**  
30 capsules | 40 PV  
\$63.33 rtl  
\$47.50 whl



### dōTERRA® PB Assist+®

ProBiome Gut Complex  
13 bioactive strains | 7 billion AFU live cells  
A daily gut microbiome stick pack, formulated for the whole family, to support:  

- Digestive health
- Gut barrier integrity
- Gut immune function
- Micronutrient synthesis
- Gluten-free

**60225556**  
30 sachets | 25 PV  
\$44.67 rtl  
\$33.50 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

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<sup>1</sup> Based on preclinical research. More research is needed.

# 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\*

**A T I N**

**60217575**  
15 mL | 30 PV  
\$40.00 rtl  
\$30.00 whl

## MetaPWR Softgels

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

Made with vegetarian softgels

## MetaPWR Mito2Max®

**Energy & Stamina Complex**  
A proprietary formula of standardized plant extracts and metabolic cofactors that support healthy cellular energy production.\*

- Promotes energy through healthy mitochondrial function and metabolism\*
- Reduces fatigue and improves physical energy and performance\*
- Supports cognitive abilities, including memory\*

**60226045**  
60 vegetable capsules | 36 PV  
\$58.67 rtl  
\$44.00 whl

Made with SLS-free vegetable capsules

## 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 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 | 27 PV  
\$42.67 rtl  
\$32.00 whl

Made with SLS-free vegetable capsules

## MetaPWR Recharge™

Provides an exclusive blend of electrolytes involved in cellular hydration.

- Improves cellular hydration\*
- Facilitates water transport between cells\*
- Provides balanced ratios of 6 electrolytes\*

**Wild Strawberry**  
**60225877**  
30 sachets, 10 mL each | 30 PV  
\$52.67 rtl  
\$39.50 whl

**Lemon Lime**  
**60225876**  
30 sachets, 10 mL each | 30 PV  
\$52.67 rtl  
\$39.50 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 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**  
165 PV  
\$260.00 rtl  
\$195.00 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.\*

New Look  
Coming Soon



### 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 | 25.5 PV  
\$50.00 rtl  
\$37.50 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.\*



### 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 | 22 PV  
\$35.33 rtl  
\$26.50 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 | 13 PV  
\$24.00 rtl  
\$18.00 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 | 17 PV  
\$27.33 rtl  
\$20.50 whl



### dōTERRA TerraZyme™

Digestive Enzyme Complex

dōTERRA 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 | 32 PV  
\$48.67 rtl  
\$36.50 whl



### GX Assist®

GI Cleansing Formula

Cleanse your GI tract before starting with dōTERRA PB Restore™ ProBiome Complex and dōTERRA PB Assist+® ProBiome Gut Complex 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 dōTERRA PB Restore ProBiome Complex and dōTERRA PB Assist+ ProBiome Gut Complex

**35040001**  
60 softgels | 24 PV  
\$38.00 rtl  
\$28.50 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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**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\*

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

**Zendocrine Softgels**  
Detoxification Blend  
Zendocrine 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 | 26 PV  
\$38.67 rtl  
\$29.00 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  
\$19.33 rtl  
\$14.50 whl



**Zendocrine**  
Detoxification Complex

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

- Supports healthy cleansing and filtering functions of the liver, kidneys, and colon.\*
- Supports normal self-detoxification functions of the cleansing organs.\*

**60225416**  
60 vegetable capsules | 23 PV  
\$33.33 rtl  
\$25.00 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 kids 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!

**60225124**  
60 tablets | 20 PV  
\$36.00 rtl  
\$27.00 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 kids A2Z Chewable tablets

**34490001**  
150 mL | 31 PV  
\$46.67 rtl  
\$35.00 whl



**Kid's Kit**

dōTERRA kids A2Z Chewable, IQ Mega  
**P007601**  
25 PV  
\$52.67 rtl  
\$39.50 whl

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

## Purchase one of the following products



dōTERRA Lifelong Vitality Pack  
**60213529** | 65 PV  
\$88.00

dōTERRA Vegan Lifelong Vitality Pack  
**60213860** | 65 PV  
\$97.00

dōTERRA Lifelong Vitality Daily Packs  
**60217066** | 65 PV  
\$98.00



MetaPWR Advantage  
**60222772** | 70 PV  
\$84.50



dōTERRA Daily Nutrient Pack  
**60219880** | 55 PV  
\$65.00

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



MetaPWR Advantage  
50 PV  
\$70.00



MetaPWR Assist & Beadlets  
20 PV  
\$36.00



Microplex VMz®  
17 PV  
\$29.50



MetaPWR Mito2Max®  
17 PV  
\$29.50



xEO Mega®  
17 PV  
\$29.50



Deep Blue Polyphenol Complex®  
17 PV  
\$29.50



dōTERRA TerraZyme™  
17 PV  
\$29.50



dōTERRA PB Restore™ & PB Assist®  
30 PV  
\$59.00



dōTERRA PB Restore  
15 PV  
\$29.00



Kid's Kit  
15 PV  
\$32.50



Birch  
15 PV  
\$33.00



Explore the full range of cart-within-a-cart discounts when filling your cart on [doterra.com](https://doterra.com).

\* 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.

CPG Certified Pure Tested Grade®

\* 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.

# 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.



## 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 | 68 PV  
\$90.67 rtl  
\$68.00 whl

## 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 the 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

## 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 | 35 PV  
\$53.33 rtl  
\$40.00 whl

## Customizable Essential Skin Care Kit

Facial Cleanser, Invigorating Scrub, Pore Reducing Toner, Tightening Serum.

**60203183**  
90 PV  
\$126.67 rtl  
\$95.00 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 | 33 PV  
\$46.67 rtl  
\$35.00 whl

## Hydrating Cream

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.

- *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 | 32 PV  
\$48.00 rtl  
\$36.00 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 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  
\$66.00 rtl  
\$42.00 whl



## HD Clear®

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
- Helps reduce breakouts

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**49400001**  
10 mL roll-on | 24 PV  
\$32.00 rtl  
\$24.00 whl

### HD Clear Foaming Face Wash

The perfect solution for problem skin of all ages.

- 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 | 20 PV  
\$30.00 rtl  
\$22.50 whl

### HD Clear Facial Lotion

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

**49410001**  
1.7 fl oz/50 mL | 29 PV  
\$44.00 rtl  
\$33.00 whl

### HD Clear Kit

HD Clear Foaming Face Wash, Topical Blend, Facial Lotion

**42700001**  
50 PV  
\$79.33 rtl  
\$59.50 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 I N

**60207652**  
30 mL bottle with dropper | 104 PV  
\$146.67 rtl  
\$110.00 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 | 62 PV  
\$90.67 rtl  
\$68.00 whl

### Yarrow|Pom

Cellular Beauty Complex

- Soothes and protects tissue throughout the body\*
- Illuminates and brightens complexion\*

**60209413**  
60 capsules | 45 PV  
\$73.33 rtl  
\$55.00 whl

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**  
180 PV  
\$280.00 rtl  
\$210.00 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

Smooth, healthy-looking 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  
\$32.67 rtl  
\$24.50 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  
\$82.67 rtl  
\$62.00 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 | 27 PV  
\$40.00 rtl  
\$30.00 whl

### Verâge Skin Care Collection

Verâge Cleanser, Toner, Immortelle Hydrating Serum, Moisturizer

**42690001**  
80 PV  
\$140.00 rtl  
\$105.00 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  
\$18.67 rtl  
\$14.00 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

## 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

## 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

**60214189**  
2.5 fl oz/75 mL | 7.5 PV  
\$13.33 rtl  
\$10.00 whl

## Hydrating Body Mist

Experience the uplifting and energizing aroma of the CPTG® 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 | 23 PV  
\$36.67 rtl  
\$27.50 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

**60214188**  
6.7 fl oz/200 mL | 13 PV  
\$22.67 rtl  
\$17.00 whl

**60200498**  
Three 6.7 fl oz/200 mL tubes | 30 PV  
\$56.00 rtl  
\$42.00 whl

## dōTERRA Balance® Bath Bar

The 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  
\$12.00 rtl  
\$9.00 whl

**60220702**  
Three 4 oz/113 g | 12 PV  
\$29.33 rtl  
\$22.00 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

**60222131**  
4 oz/113 g | 6 PV  
\$12.00 rtl  
\$9.00 whl

**60220703**  
3-Pack | 12 PV  
\$29.33 rtl  
\$22.00 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  
\$12.00 rtl  
\$9.00 whl

**60220701**  
3-Pack | 12 PV  
\$29.33 rtl  
\$22.00 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

**60222130**  
4 oz/113 g | 6 PV  
\$12.00 rtl  
\$9.00 whl

**60220704**  
3-Pack | 12 PV  
\$29.33 rtl  
\$22.00 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  
\$10.67 rtl  
\$8.00 whl

### Herbal

**60207653**  
0.16 oz/4.5 g | 6 PV  
\$10.67 rtl  
\$8.00 whl

### Tropical

**60207649**  
0.16 oz/4.5 g | 6 PV  
\$10.67 rtl  
\$8.00 whl

### Variety Pack

**37570001**  
Three 0.16 oz/4.5 g | 11 PV  
\$26.00 rtl  
\$19.50 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



**31640001**  
3.89 fl oz/115 mL  
11 PV  
\$18.00 rtl  
\$13.50 whl

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

## 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 Care Trio

dōTERRA Protecting Shampoo, dōTERRA Daily Conditioner, dōTERRA Leave-in Conditioner

**60219271**  
55 PV  
\$100.00 rtl  
\$75.00 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**  
100 g / 3.5 oz | 13 PV  
\$25.00 rtl  
\$18.75 whl

**60223162**  
80 g / 2.8 oz | 13 PV  
\$25.00 rtl  
\$18.75 whl

## Root to Tip Serum

Uses carefully chosen CPTG essential oils to promote smooth, shiny hair and a healthy scalp, without weighing hair down.

- Provides immediate conditioning, smoothing, and shine
- Contains protective lipids to nourish and moisturize hair and scalp
- Helps improve the appearance of healthy hair, resulting in fewer visible split ends

**49050001**  
30 mL / 1 fl oz | 32 PV  
\$45.33 rtl  
\$34.00 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 | 36 PV  
\$48.00 rtl  
\$36.00 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 | 38 PV  
\$56.00 rtl  
\$42.00 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 | 14 PV  
\$26.67 rtl  
\$20.00 whl

### Women's Health Kit

Phytoestrogen Essential Complex, Bone Nutrient Essential Complex, ClaryCalm Monthly Blend

**3525**  
75 PV  
\$113.33 rtl  
\$85.00 whl

Made with SLS-free vegetable capsules

## 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  
\$16.67 rtl  
\$12.50 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  
\$16.67 rtl  
\$12.50 whl

## Correct-X®

CPTG® essential oils Frankincense, Helichrysum, Tea Tree, Cedarwood, and Lavender form the base of dōTERRA Correct-X. A natural ointment, it 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 | 12 PV  
\$18.67 rtl  
\$14.00 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 of vanilla extract with CPTG Lavender and Roman Chamomile essential oils leaves babies, toddlers, and even big kids with that light, newborn scent.

- Non-Nano Zinc creates a barrier to protect delicate skin from excess moisture
- Raw East African Muyaos 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 | 6 PV  
\$13.33 rtl  
\$10.00 whl

### dōTERRA baby Lotion

dōTERRA baby Lotion blends rich Muyaos Shea Butter with natural humectants to calm, soothe, and moisturize your baby's delicate skin.

- Raw East African Muyaos 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 Muyaos 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**  
25 PV  
\$60.00 rtl  
\$45.00 whl

# dōTERRA® sun

Mineral-based sun protection that delivers incredible benefits, so your skin can look and act 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 oil, and vitamin E
- Dermatologist tested, noncomedogenic formula
- Provides water-resistant sun protection for up to 80 minutes

**60223795**  
5 oz/142 g | 20 PV  
\$40.00 rtl  
\$30.00 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, and synthetic fragrances

**60220573**  
6 oz/170 g | 22 PV  
\$36.67 rtl  
\$27.50 whl



## Face Mineral Sunscreen Daily Moisturizer

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



## Mineral Sunscreen Lip Balm

Formulated with non-nano zinc oxide, this lip balm delivers SPF 20 UVA/UVB broad-spectrum protection. Oxybenzone-, paraben-, and phthalate-free as well as vegan-friendly, reef-safe, and cruelty-free.

- Delivers SPF 20 broad-spectrum (UVA/UVB) protection
- Nourishes, moisturizes, and soothes the lips
- Helps protect from environmental threats such as weather and sun exposure
- Contains non-nano zinc oxide, shea butter, Manuka oil, and mongongo oil
- Dermatologist tested and safe for sensitive skin

**60227380**  
.13 oz / 3.5 g | 10 PV  
\$17.00 rtl  
\$12.50 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  
 \$73.33 rtl  
 \$55.00 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 \$80.00 rtl \$60.00 whl  
**60210545** Volo® Onyx | 0 PV \$80.00 rtl \$60.00 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  
 \$60.00 rtl  
 \$45.00 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  
 \$73.33 rtl  
 \$55.00 whl

Product Guide Price List/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	\$220.00	\$165.00	105	Kit
MetaPWR® System Kit								60223395	\$260.00	\$195.00	165	Kit
Healthy Habits Kit								60226944	\$300.00	\$225.00	150	Kit
AromaTouch® Training Kit								60221309	\$333.33	\$250.00	250	Kit
Home Essentials Kit								60221657	\$373.33	\$280.00	245	Kit
Natural Solutions Kit								60221656	\$640.00	\$480.00	370	Kit
Oil Collectors Kit								60221984	\$3,000.00	\$2,250.00	2000	Kit

Essential Oil Singles

	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute	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
Bergamot <i>Citrus bergamia</i>	A	T	I			S		30790001	\$57.33	\$43.00	43	15 mL
Birch <i>Betula lenta</i>	A	T				S		60222580	\$78.67	\$59.00	45	5 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 Lotus Touch <i>Nymphaea caerulea</i>	A	T			N			60219175	\$88.00	\$66.00	60	10 mL roll-on
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	\$21.33	\$16.00	16	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	\$46.67	\$35.00	35	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	\$52.00	\$39.00	39	15 mL
Clove <i>Eugenia caryophyllata</i>	A	T	I				D	30040001	\$29.33	\$22.00	22	15 mL
Copaiba <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i> <b>Top Seller</b>	A	T	I			S		60202178	\$52.00	\$39.00	39	15 mL
Copaiba Touch <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i>	A	T			N			60219176	\$36.00	\$27.00	27	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>Radiata, polybractea, kochii, loxophleba, and globulus</i>	A	T					D	60218408	\$30.67	\$23.00	23	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	\$105.33	\$79.00	74	15 mL
Frankincense Touch <i>Boswellia carterii, sacra, papyrifera, and frereana</i>	A	T			N			60200224	\$69.33	\$52.00	52	10 mL roll-on
Geranium <i>Pelargonium graveolens</i>	A	T	I			S		30090001	\$66.67	\$50.00	50	15 mL
Ginger <i>Zingiber officinale</i>	A	T	I			S		60215119	\$69.33	\$52.00	52	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	\$109.33	\$82.00	73	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
Jasmine <i>Jasminum grandiflorum</i>	A	T				S		60217357	\$200.00	\$150.00	100	2.5 mL

Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
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	\$38.67	\$29.00	29	15 mL
Lavender Touch <i>Lavandula angustifolia</i>	A	T			N			60200225	\$28.00	\$21.00	21	10 mL roll-on
Lemon <i>Citrus limon</i> <b>Top Seller</b>	A	T	I		N			30120001	\$20.67	\$15.50	15.5	15 mL
Lemon Eucalyptus <i>Eucalyptus citriodora</i>	A	T				S		60209674	\$21.33	\$16.00	16	15 mL
Lemongrass <i>Cymbopogon flexuosus</i>	A	T	I			S		30130001	\$20.00	\$15.00	15	15 mL
Lime <i>Citrus aurantifolia</i>	A	T	I			S		30870001	\$22.67	\$17.00	17	15 mL
Madagascar Vanilla <i>Vanilla planifolia</i>	A	T	I		N			60218012	\$53.33	\$40.00	40	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	\$98.67	\$74.00	62	15 mL
Myrrh Touch <i>Commiphora myrrha</i>	A	T			N			60221439	\$66.67	\$50.00	50	10 mL roll-on
Neroli Touch <i>Citrus x aurantium</i>	A	T			N			60201817	\$61.33	\$46.00	46	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	\$26.00	\$19.50	19.5	10 mL roll-on
Patchouli <i>Pogostemon cablin</i>	A	T	I		N			30890001	\$44.00	\$33.00	33	15 mL
Peppermint <i>Mentha piperita</i>	A	T	I			S		30190001	\$34.67	\$26.00	26	15 mL
Peppermint Touch <i>Mentha piperita</i>	A	T			N			60200228	\$28.00	\$21.00	21	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	\$69.33	\$52.00	52	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	\$96.00	\$72.00	67	10 mL roll-on
Rosemary <i>Rosmarinus officinalis</i>	A	T	I		N			30200001	\$29.33	\$22.00	22	15 mL
Sandalwood <i>Santalum album</i>	A	T	I		N			30210001	\$120.00	\$90.00	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	\$34.67	\$26.00	26	15 mL
Tea Tree Touch <i>Melaleuca alternifolia</i>	A	T			N			60208343	\$24.67	\$18.50	18.5	10 mL roll-on
Thyme <i>Thymus zygis, and vulgaris</i>	A	T	I				D	60222622	\$45.33	\$34.00	34	15 mL
Tulsi (Holy Basil) <i>Ocimum sanctum</i>	A	T				S		60213450	\$41.33	\$31.00	31	5 mL
Turmeric <i>Curcuma longa</i>	A	T	I		N			60206973	\$46.67	\$35.00	35	15 mL
Vetiver <i>Vetiveria zizanioides</i>	A	T	I		N			30430001	\$88.00	\$66.00	60	15 mL
Vetiver Touch <i>Vetiveria zizanioides</i>	A	T			N			60221438	\$56.00	\$42.00	42	10 mL roll-on
Wild Orange <i>Citrus sinensis</i>	A	T	I		N			30170001	\$17.33	\$13.00	13	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	\$146.67	\$110.00	104	30 mL
Ylang Ylang <i>Cananga odorata</i>	A	T	I		N			30240001	\$58.67	\$44.00	44	15 mL
Fractionated Coconut Oil		T			N			31640001	\$18.00	\$13.50	11	3.89 fl oz/115 mL
Fractionated Coconut Oil		T			N			60210770	\$6.00	\$4.50	0	1 fl oz/30 mL

Product Guide Price List/Quick Reference

Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					

Essential Oil Blends

abōde® Refreshing Blend	A			H		S	60217576	\$34.67	\$26.00	26	15 mL
Adaptiv® Calming Blend	A	T				N	60209364	\$58.67	\$44.00	44	15 mL
Adaptiv® Touch Calming Blend	A	T				N	60209357	\$36.00	\$27.00	27	10 mL roll-on
Air-X® Air Blend	A	T	I			S	60215527	\$45.33	\$34.00	34	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	\$46.67	\$35.00	35	15 mL
dōTERRA Balance® Grounding Blend	A	T				N	31010001	\$34.67	\$26.00	26	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	\$38.67	\$29.00	29	15 mL
dōTERRA Breathe® Touch Respiratory Blend	A	T				N	60200192	\$27.33	\$20.50	20.5	10 mL roll-on
Calmer® Restful Blend	A	T				N	60206632	\$30.67	\$23.00	23	10 mL roll-on
dōTERRA Cheer® Uplifting Blend	A	T				S	60218863	\$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	\$33.33	\$25.00	25	15 mL
Citrus Bloom® Springtime Blend	A	T				N	60208812	\$38.00	\$28.50	28.5	15 mL
ClaryCalm® Monthly Blend for Women	A	T				N	49480001	\$48.00	\$36.00	36	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	\$53.33	\$40.00	40	15 mL
Deep Blue® Soothing Blend		T				S	60200143	\$50.67	\$38.00	38	5 mL
DigestZen® Digestive Blend	A	T	I			N	60214361	\$50.67	\$38.00	38	15 mL
DigestZen® Touch Digestive Blend	A	T				N	60214815	\$35.33	\$26.50	26.5	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	\$32.00	\$24.00	24	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	\$109.33	\$82.00	76	10 mL roll-on
InTune® Focus Blend	A	T				N	60220468	\$56.00	\$42.00	42	10 mL roll-on
MetaPWR® Metabolic Blend	A	T	I			N	60217575	\$40.00	\$30.00	30	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	\$43.33	\$32.50	32.5	15 mL
dōTERRA On Guard® Protective Blend	A	T	I			S	31100001	\$52.00	\$39.00	39	15 mL
dōTERRA On Guard® Touch Protective Blend	A	T				N	60200142	\$36.00	\$27.00	27	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	\$46.67	\$35.00	35	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
Purify Cleansing Blend	A	T				N	31060001	\$34.67	\$26.00	26	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	\$56.00	\$42.00	42	15 mL

Product Guide Price List/Quick Reference

Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					

Shinrin-Yoku® Forest Bathing Blend	A	T				D	60225771	\$45.33	\$34.00	34	15 mL
Shinrin-Yoku® Touch Forest Bathing Blend	A	T				N	60225706	\$29.33	\$22.00	22	10 mL roll-on
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	\$30.00	\$22.50	22.5	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	\$29.33	\$22.00	20	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

Accessories

Empty 5/8 mL Dram Bottles							32090000	\$6.00	\$4.50	0	12-Pack
Empty 10 mL Roll-On Bottles							60205272	\$7.33	\$5.50	0	6-Pack
Empty 5 mL Bottles							60205271	\$5.00	\$3.75	0	6-Pack
Empty 30 mL Sprayer Bottles							60205270	\$5.00	\$3.75	0	3-Pack
Orifice Remover							60205273	\$5.33	\$4.00	0	Single
Ultra Fine Continuous Mist Sprayer							60205589	\$16.00	\$12.00	0	2-pack
Essential Oil Cap Stickers: Singles							60226846	\$2.67	\$2.00	0	Single
Essential Oil Cap Stickers: Blends							60226847	\$2.67	\$2.00	0	Single
Fractionated Coconut Oil Pump							60205197	\$3.33	\$2.50	0	Single
Wooden Box							32120000	\$13.33	\$10.00	0	Single
Pipettes							60205199	\$3.67	\$2.75	0	50-pack

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	\$240.00	\$180.00	170	Kit
dōTERRA Emotional Aromatherapy® Touch Kit							60220510	\$160.00	\$120.00	120	Kit
Family Essentials Kit							60202951	\$180.00	\$135.00	125	Kit
Introductory Kit							60202952	\$41.33	\$31.00	26	Kit
dōTERRA Kids Collection							60211246	\$173.33	\$130.00	115	Kit
dōTERRA Yoga Collection							60203244	\$80.00	\$60.00	56	Kit

Product Lines

dōTERRA On Guard® Products

dōTERRA On Guard® Protective Blend	A	T	I			S	31100001	\$52.00	\$39.00	39	15 mL
dōTERRA On Guard® Touch	A	T				N	60200142	\$36.00	\$27.00	27	10 mL roll-on
dōTERRA On Guard® Beadlets			I				60208146	\$22.67	\$17.00	17	125 beadlets
dōTERRA On Guard+™ Chewable Tablets							60216736	\$24.00	\$18.00	12	60 ct
dōTERRA On Guard® Protecting Throat Drops							34050001	\$19.33	\$14.50	11	30 ct
dōTERRA On Guard+™ Softgels							35420001	\$38.67	\$29.00	25	60 ct
dōTERRA On Guard® Natural Whitening Toothpaste							60205476	\$16.00	\$12.00	7	4.2 oz/125 g
dōTERRA On Guard® Natural Whitening Toothpaste Samples							60213724	\$6.67	\$5.00	0	10 pack

Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
dōTERRA On Guard® Mouthwash								60203185	\$22.67	\$17.00	11	16 fl oz/473 mL
dōTERRA On Guard® Laundry Detergent <span>New Formula</span>								60225531	\$48.00	\$36.00	25	32 fl oz/947 mL
dōTERRA On Guard® Cleaner Concentrate								38140001	\$24.00	\$18.00	13	12 fl oz/355 mL
dōTERRA On Guard® Foaming Hand Wash Concentrate <span>Coming Soon</span>								60213803	\$28.67	\$21.50	15	16 fl oz/473 mL
dōTERRA On Guard® Foaming Hand Wash								38010001	\$26.67	\$20.00	16	One 16 fl oz/473 mL
dōTERRA On Guard® Foaming Hand Wash								38020001	\$50.67	\$38.00	30	Two 16 fl oz/473 mL
dōTERRA On Guard® Foaming Hand Wash Dispenser								60217694	\$6.67	\$5.00	0	Single
dōTERRA On Guard® Sanitizing Mist								60214044	\$12.00	\$9.00	7	0.9 fl oz/27 mL
dōTERRA On Guard® Sanitizing Mist								60219991	\$53.33	\$40.00	32	Five 0.9 fl oz/27 mL
dōTERRA On Guard® Sanitizing Wipes								60201266	\$18.67	\$14.00	11	50 ct
dōTERRA On Guard® Sanitizing Gel								60217274	\$10.00	\$7.50	5	1.6 fl oz/50 mL

dōTERRA abōde® Products

	A	T	I	H	S	D	SKU	Rtl	Whl	PV	Unit
abōde Refreshing Blend	A			H	S		60217576	\$34.67	\$26.00	26	15 mL
abōde Multi-Purpose Surface Cleaner Concentrate							60216476	\$12.33	\$9.25	7	One 1 fl oz/30 mL
abōde Multi-Purpose Surface Cleaner Concentrate							60219968	\$39.33	\$29.50	22	Four 1 fl oz/30 mL
dōTERRA abōde™ Surface Spray Dispenser							60217546	\$12.67	\$9.50	0	10 fl oz/296 mL
abōde Laundry Pods							60216474	\$30.00	\$22.50	15	45 ct
abōde Dishwasher Pods							60216473	\$21.67	\$16.25	11	24 ct
abōde Liquid Dish Soap							60217386	\$17.33	\$13.00	8	16 fl oz/473 mL
dōTERRA abōde™ Liquid Dish Soap Dispenser							60219507	\$11.33	\$8.50	0	16 fl oz/473 mL
abōde Hand Lotion Refill <small>Infused with Citrus Bloom®</small>							60216475	\$26.00	\$19.50	16	10 fl oz/296 mL
dōTERRA abōde™ Hand Lotion Dispenser							60217569	\$11.33	\$8.50	0	10 fl oz/296 mL
abōde Foaming Hand Wash Concentrate <small>Infused with Citrus Bloom®</small>							60216472	\$29.33	\$22.00	16	8 fl oz/237 mL
dōTERRA abōde™ Hand Wash Dispenser							60217522	\$12.67	\$9.50	0	16 fl oz/473 mL
dōTERRA abōde™ Modular Trays							60218576	\$21.33	\$16.00	0	One set
dōTERRA abōde™ Bubble Up							60218634	\$16.00	\$12.00	0	Single
dōTERRA abōde™ Dryer Balls							60218811	\$13.33	\$10.00	0	4-pack
dōTERRA abōde™ Microfiber Cloths							60218574	\$13.33	\$10.00	0	3-pack

Deep Blue® Products

	A	T	I	H	S	D	SKU	Rtl	Whl	PV	Unit
Deep Blue® Soothing Blend		T			S		60200143	\$50.67	\$38.00	38	5 mL
Deep Blue Polyphenol Complex®							34360001	\$64.00	\$48.00	42	60 capsules
Deep Blue® Rub							38900001	\$51.33	\$38.50	36	4 fl oz/120 mL
Deep Blue® Rub							60216795	\$313.33	\$235.00	180	32 fl oz/946 mL
Deep Blue® Rub Samples							60219833	\$7.33	\$5.50	0	10 ct
Deep Blue® Stick + Copaiba							60213108	\$38.00	\$28.50	23	1.69 oz/48 g

dōTERRA Adaptiv® Products

	A	T	I	H	S	D	SKU	Rtl	Whl	PV	Unit
Adaptiv® Calming Blend	A	T			N		60209364	\$58.67	\$44.00	44	15 mL
Adaptiv® Touch	A	T			N		60209357	\$36.00	\$27.00	27	10 mL
Adaptiv® Calming Blend Capsules							60205956	\$56.00	\$42.00	32	30 capsules
Adaptiv® System							60211472	\$124.00	\$93.00	80	Kit

dōTERRA Serenity® Products

dōTERRA Serenity® Restful Blend	A	T			N		60217983	\$56.00	\$42.00	42	15 mL
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Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
dōTERRA Serenity® Softgels								60216219	\$37.33	\$28.00	22	60 capsules
dōTERRA Serenity® Stick + Valerian								60225458	\$24.67	\$18.50	12	1.06 oz/30 g
dōTERRA Serenity® Combo Pack								60226817	\$88.00	\$66.00	50	Kit

dōTERRA Breathe® Products

	A	T	I	H	S	D	SKU	Rtl	Whl	PV	Unit
dōTERRA Breathe® Respiratory Blend	A	T			S		60200190	\$38.67	\$29.00	29	15 mL
dōTERRA Breathe® Touch	A	T			N		60200192	\$27.33	\$20.50	20.5	10 mL roll-on
dōTERRA® Breathe Vapor Stick							60212479	\$17.33	\$13.00	8	0.54 oz/15.5 g
dōTERRA Breathe® Respiratory Drops							35460001	\$19.33	\$14.50	11	30 drops
dōTERRA Breathe Easy Combo							60217860	\$77.33	\$58.00	45	Kit

dōTERRA Supermint™ Products

	A	T	I	H	S	D	SKU	Rtl	Whl	PV	Unit
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	\$30.00	\$22.50	22.5	10 mL roll-on
dōTERRA SuperMint Toothpaste							60221617	\$16.00	\$12.00	7	4.2 oz/125 g
dōTERRA SuperMint Beadlets							60222094	\$22.67	\$17.00	17	125 beadlets

Supplements & Nutrition

dōTERRA Lifelong Vitality Pack®

Alpha CRS+®							35370001	\$101.33	\$76.00	76	120 capsules
xEO Mega®							60219195	\$82.67	\$62.00	60	120 capsules
Microplex VMz®							60213169	\$65.33	\$49.00	49	120 capsules
dōTERRA Lifelong Vitality Pack Sachets							60217066	\$130.67	\$98.00	65	30-day supply
dōTERRA Lifelong Vitality Pack Bottles							60213529	\$117.33	\$88.00	65	30-day supply
Vegan dōTERRA Lifelong Vitality Pack®							60213860	\$129.33	\$97.00	65	30-day supply

dōTERRA Specialized Supplements

vEO Mega®							34480001	\$96.00	\$72.00	60	120 capsules
Vegan Microplex VMz®							60213210	\$78.67	\$59.00	49	120 capsules
Turmeric Dual Chamber Capsules							60209307	\$56.00	\$42.00	30	60 capsules
Copaiba Softgels							60205764	\$49.33	\$37.00	34	60 capsules
DDR Prime® Softgels							34410001	\$66.67	\$50.00	44	60 capsules
TriEase® Softgels							60209019	\$37.33	\$28.00	24	60 capsules
Veggie Caps							34100001	\$6.00	\$4.50	0	160 capsules

ProBiome Support

dōTERRA PB Restore™ ProBiome Complex							60225766	\$63.33	\$47.50	40	30 capsules
dōTERRA PB Assist+® ProBiome Gut Complex							60225566	\$44.67	\$33.50	25	30 sachets
Fiber							60207065	\$28.00	\$21.00	15	30 Serving

MetaPWR® Products

MetaPWR® Metabolic Blend	A	T	I		N		60217575	\$40.00	\$30.00	30	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® Mito2Max® <span>New Formula</span>							60226045	\$58.67	\$44.00	36	60 capsules
MetaPWR® Assist							60213525	\$42.67	\$32.00	27	30 capsules

**Product Guide** Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
MetaPWR® Advantage								60222772	\$112.67	\$84.50	70	30 sachets
MetaPWR Recharge™ Wild Strawberry <span>New</span>								60225877	\$52.67	\$39.50	30	30 sachets
MetaPWR Recharge™ Lemon Lime <span>New</span>								60225876	\$52.67	\$39.50	30	30 sachets
MetaPWR® System Kit								60223395	\$260.00	\$195.00	165	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	\$50.00	\$37.50	25.5	30 Servings

**Digestive Health**

DigestZen® Softgels								60209021	\$35.33	\$26.50	22	60 capsules
DigestTab® Chewable Tablets								60214446	\$24.00	\$18.00	13	100 tablets
dōTERRA® Peppermint Softgels								60209244	\$27.33	\$20.50	17	60 softgels
dōTERRA TerraZyme™ Digestive Enzyme Complex								35110001	\$48.67	\$36.50	32	90 capsules
GX Assist® GI Cleansing Formula								35040001	\$38.00	\$28.50	24	60 softgels
Zendocrine®	A	T	L		N			31460001	\$38.67	\$29.00	29	15 mL
Zendocrine® Detoxification Complex								60225416	\$33.33	\$25.00	23	60 capsules
Zendocrine® Softgels								60209480	\$38.67	\$29.00	26	60 capsules
dōTERRA® Ginger Drops								60203181	\$19.33	\$14.50	11	30 drops

**dōTERRA Children's Supplements**

dōTERRA® kids A2Z Chewable™								60225124	\$36.00	\$27.00	20	60 tablets
IQ Mega®								34490001	\$46.67	\$35.00	31	150 mL
Kid's Kit								P007601	\$52.67	\$39.50	25	Kit

**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	\$46.67	\$35.00	33	1 fl oz/30 mL
Tightening Serum								60201752	\$60.00	\$45.00	41	1 fl oz/30 mL
Anti-Aging Moisturizer								60201750	\$53.33	\$40.00	35	1.7 fl oz/50 mL
Hydrating Cream								60201774	\$48.00	\$36.00	32	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	\$86.67	\$65.00	65	Kit

**HD Clear®**

HD Clear® Topical Blend		T				N		49400001	\$32.00	\$24.00	24	10 mL roll-on
HD Clear® Facial Lotion								49410001	\$44.00	\$33.00	29	1.7 fl oz/50 mL
HD Clear® Foaming Face Wash								49420001	\$30.00	\$22.50	20	1.7 fl oz/50 mL
HD Clear® Kit								42700001	\$79.33	\$59.50	50	Kit

**Product Guide** Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
<b>Yarrow Pom Collection</b>												
Yarrow Pom Active Botanical Nutritive Duo		T	L			N		60207652	\$146.67	\$110.00	104	30 mL
Yarrow Pom Cellular Beauty Complex								60209413	\$73.33	\$55.00	45	60 capsules
Yarrow Pom Body Renewal Serum								60209352	\$90.67	\$68.00	62	3.4 fl oz/100 mL
Yarrow Pom Collection								60210469	\$280.00	\$210.00	180	Kit

**dōTERRA® Verage®**

Verage® Cleanser								37380001	\$32.67	\$24.50	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	\$82.67	\$62.00	52	.5 fl oz/15 mL
Verage® Moisturizer								37410001	\$40.00	\$30.00	27	1 fl oz/30 mL
Verage® Skin Care Collection								42690001	\$140.00	\$105.00	80	Kit

**dōTERRA® Spa**

Refreshing Body Wash								37460001	\$18.67	\$14.00	10	8.45 fl oz/250 mL
Replenishing Body Butter								37470001	\$25.33	\$19.00	15	7 oz/198 g
Hydrating Body Mist								60205662	\$36.67	\$27.50	23	4.2 fl oz/125 mL
Exfoliating Body Scrub								37480001	\$27.33	\$20.50	16	8 oz/226 g
Citrus Bliss Hand Lotion								60214189	\$13.33	\$10.00	7.5	2.5 fl oz/75 mL
Hand & Body Lotion								60214188	\$22.67	\$17.00	13	6.7 fl oz/200 mL
3-Pack Hand & Body Lotion								60200498	\$56.00	\$42.00	30	6.7 fl oz/200 mL
Lip Balm - Original								60207651	\$10.67	\$8.00	6	0.16 oz/4.5 g
Lip Balm - Herbal								60207653	\$10.67	\$8.00	6	0.16 oz/4.5 g
Lip Balm - Tropical								60207649	\$10.67	\$8.00	6	0.16 oz/4.5 g
Lip Balms - Variety								37570001	\$26.00	\$19.50	11	3-Pack
dōTERRA Balance® Bath Bar								60218218	\$12.00	\$9.00	6	4 oz/113 g
dōTERRA Balance® Bath Bar								60220702	\$29.33	\$22.00	12	3-Pack
Moisturizing Bath Bar								60218217	\$12.00	\$9.00	6	4 oz/113 g
Moisturizing Bath Bar								60220701	\$29.33	\$22.00	12	3-Pack
Citrus Bliss Bath Bar								60222130	\$12.00	\$9.00	6	4 oz/113 g
Citrus Bliss Bath Bar								60220704	\$29.33	\$22.00	12	3-Pack
dōTERRA Serenity® Bath Bar								60222131	\$12.00	\$9.00	6	4 oz/113 g
dōTERRA Serenity® Bath Bar								60220703	\$29.33	\$22.00	12	3-Pack
dōTERRA® Spa Basics Kit								60200499	\$39.33	\$29.50	24	Kit

**dōTERRA® Hair Care**

dōTERRA Protecting Shampoo								60208440	\$36.67	\$27.50	21	16.9 fl oz/500 mL
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 Strengthening Shampoo Bar								60223161	\$25.00	\$18.75	13	100 g/3.5 oz
dōTERRA Hair Strengthening Conditioner Bar								60223162	\$25.00	\$18.75	13	80 g/2.8 oz
dōTERRA Hair Care Trio								60219271	\$100.00	\$75.00	55	Kit
Root to Tip Serum								49050001	\$45.33	\$34.00	32	30 mL / 1 fl oz

**Product Guide** Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
<b>dōTERRA® Women</b>												
ClaryCalm® Monthly Blend for Women	A	T			N			49480001	\$48.00	\$36.00	36	10 mL roll-on
Bone Nutrient Essential Complex								35240001	\$26.67	\$20.00	14	120 capsules
Phytoestrogen Essential Complex								35260001	\$56.00	\$42.00	38	60 capsules
Women's Health Kit								3525	\$113.33	\$85.00	75	Kit
<b>Natural Deodorant</b>												
Natural Deodorant Infused with dōTERRA Balance® Essential Oil								60207421	\$16.67	\$12.50	8	2.65 oz/75 g
Natural Sensitive Deodorant Infused with dōTERRA Douglas Fir and Greek Orange Essential Oils								60208231	\$16.67	\$12.50	8	2.65 oz/75 g
<b>Correct-X®</b>												
Correct-X® Essential Oil Ointment								60110001	\$18.67	\$14.00	12	0.5 fl oz/15 mL
<b>dōTERRA® baby</b>												
dōTERRA baby Diaper Rash Cream								60201362	\$13.33	\$10.00	6	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	\$60.00	\$45.00	25	Kit
<b>dōTERRA® sun</b>												
Face + Body Mineral Sunscreen Lotion								60223795	\$40.00	\$30.00	20	5 oz/142 g
Face + Body Mineral Sunscreen Stick								60220571	\$33.33	\$25.00	20	1.75 oz/50 g
Body Mineral Sunscreen Spray								60220572	\$37.33	\$28.00	20	6 oz/170 g
After Sun Restorative Body Spray								60220573	\$36.67	\$27.50	22	6 oz/170 g
Face Moisturizer								60220570	\$46.67	\$35.00	30	1.7 fl oz/50 mL
Mineral Sunscreen Lip Balm <span style="background-color: #004a99; color: white; padding: 2px;">Coming Soon</span>								60227380	\$17.00	\$12.50	10	.13 oz/3.5 g
<b>dōTERRA® Diffusers</b>												
Dawn® Aroma Humidifier								60213449	\$73.33	\$55.00	0	Single
Volo® Diffuser - Onyx								60210545	\$80.00	\$60.00	0	Single
Volo® Diffuser - Marble								60210546	\$80.00	\$60.00	0	Single
Laluz® Diffuser								60213023	\$60.00	\$45.00	0	Single
Roam® Diffuser								60213424	\$73.33	\$55.00	0	Single
Pebble™ Diffuser								60213978	\$33.33	\$25.00	0	Single
<b>Beadlets</b>												
MetaPWR® Beadlets								60217376	\$21.33	\$16.00	16	125 beadlets
dōTERRA On Guard® Beadlets								60208146	\$22.67	\$17.00	17	125 beadlets
Peppermint Beadlets								60208147	\$22.67	\$17.00	17	125 beadlets
dōTERRA SuperMint™ Beadlets								60222094	\$22.67	\$17.00	17	125 beadlets
<b>dōTERRA Healing Hands Foundation®</b>												
dōTERRA Hope® Uplifting Blend	A	T			N			60222109	\$33.33	\$25.00	25	10 mL roll-on
Rose Hand Lotion								60214220	\$20.00	\$20.00	0	3.3 fl oz/100 mL



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

**dōTERRA**<sup>®</sup>  
pursue what's **pure**<sup>®</sup>

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