

dōTERRA®

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ALSO IN THIS ISSUE

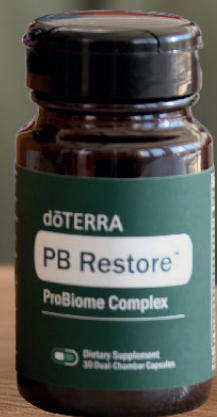
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Across Time

SPRING/SUMMER 2025



Wellness Made Simple

Every health journey requires a solid foundation. It's easy to overlook in a world where convenience is king, but your wellness foundations are more important than ever.

Your body needs proper nutrition and care to function at its best. Unfortunately, nutritional gaps from soil depletion, food processing, and environmental toxins make it challenging to meet your core needs.

dōTERRA knows how important it is to address these core needs. That's why we created the Wellness Pyramid. This revolutionary model is your roadmap for building a healthy lifestyle. At its base are nutrition and digestion—the foundations for wellness.

No matter the diet, food alone isn't enough anymore when it comes to your body's requirements. Products like **VMG+™**, **EO Mega®+**, and **dōTERRA PB Restore®** fill the gap between diet and needed amounts of essential vitamins, minerals, fatty acids, probiotics, and more.*

By prioritizing nutrition and supporting digestion with natural supplements, you lay a strong, simple foundation for lifelong wellness. Pairing these supplements with essential oils enhances this approach, supporting bodily processes and overall well-being.*

In this magazine, you'll discover empowering answers to important health questions and learn ways to better care for yourself or your loved ones. dōTERRA will equip you with the knowledge and tools to easily build your wellness foundations.*

*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.



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Bringing the Outside In



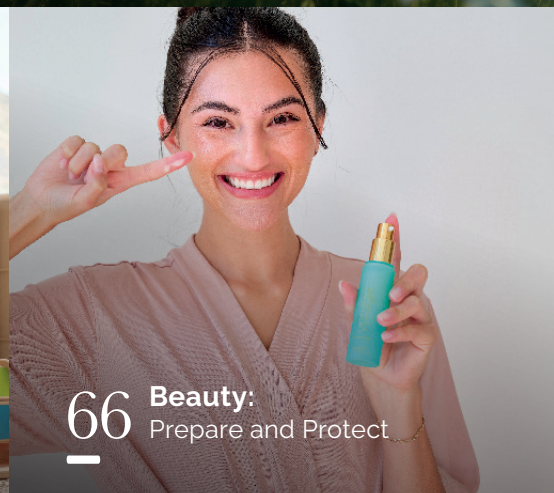
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“I love knowing I’m getting the nutrients that I need each day.”

Lindsay Norman, *dōTERRA Wellness Advocate*



Get what you need today.

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New stick pack coming summer 2025.

“Let’s come back to the foundational aspects of who we are. Let’s look at the foundational processes for wellness.”

—
Dr. David Hill



Strong, Simple Foundations Across Time

As a woman, your wellness needs are constantly evolving. Life's stages are whirlwinds of physical changes and added responsibilities. But from youthful energy to the wisdom of later years, there's one constant need: a strong foundation for health. And it can be simple!

Whether you're greeting the day in your twenties, bustling through the demands of career and family in your thirties, or savoring the wisdom of your fifties, your body carries you through it all. But how do you care for it in return? How do you ensure your wellness isn't just an afterthought, but rather a foundation for all you do?

For many women, the journey to holistic wellness is paved with thoughtful choices—simple, little steps toward the goal of feeling whole and energized. It's about nurturing your body with nature's finest and ensuring each phase of life is met with vitality.



Wellness Versus Modern Day

dōTERRA believes every woman deserves to feel her best, regardless of her age. As you start out on your own, navigate the challenges of motherhood, strive for balance between working and socializing, or embrace the beauty of later years, the key to a wonderful, fulfilling life journey is a strong wellness foundation.

The reality is that foundation is more important than ever, yet it's also harder to achieve than ever.

Your body is designed to thrive on whole, nutrient-dense foods and active lifestyles, but the modern world makes that challenging. With the conveniences of prepackaged meals, on-the-go dining, and even fast-growing produce, the nutrients your body relies on for energy, resilience, and longevity are often lacking. Add on the stressors of overwhelmingly busy days and sedentary living, and you're left feeling depleted and rarely your best. And that only accelerates with time.

Food lacks the richness it once had. Soil depletion and overuse have reduced the vitamins and minerals in even the healthiest fruits and vegetables. Couple that with increasing amounts of synthetic additives and preservatives in processed foods, and you're facing an uphill battle to get the essential nutrients your body needs for peak capability.

The nutritional gaps are there, even if many people don't realize it, and they have to be addressed for long-term health and vitality. Women everywhere need simple, effective natural solutions for their wellness.

You can secure your foundation. Your journey through life is made more manageable—and enjoyable—with the right natural supplements at your side. Because you can't get everything required to function at your best through just food, you have to bring in something more into your daily routine that really works, while also maintaining your commitment to holistic living.



Boosting Your Longevity and Vitality

No discussion about wellness across time is complete without **MetaPWR® Advantage**.

This metabolic support supplement promotes youthful cellular function and longevity, skin elasticity and density, physical and mental performance, and healthy weight.* It's like giving your body the advantage it needs to keep up with the demands of the day—chasing after kids, powering through a work project, keeping up with exercise goals, and more.

MetaPWR Advantage is formulated with NMN (nicotinamide mononucleotide) and resveratrol, which are known for their role in bolstering NADH and NAD+ production in the body and activating SIRT longevity genes, according to preclinical research. NMN is a building block for NAD+, a molecule crucial for metabolism, helping you feel more invigorated. Resveratrol, a powerful antioxidant, works alongside NMN to reduce oxidative damage, promoting healthier cells from within.*

MetaPWR Advantage also has nine types of collagen from marine sources that absorb easily into the body. (Most collagen supplements have just a few types and aren't as bioavailable.) Clinical research has shown these collagen types boost the skin's appearance by promoting density, increasing firmness, decreasing wrinkles, and improving hydration.*

This potent supplement is part of the larger **MetaPWR System**, which brings together other metabolic and cellular health aids to help you live your most powerful life. When combined with healthy choices, the MetaPWR products synergize to help you feel great and look younger.*

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Simple Tip! Combine your VMG+ and MetaPWR Advantage in the same drink. The two powders blend together well—while still tasting great—and get you more with the one daily habit.



What areas of health are most lacking in the modern day?

- Vitamins
- Minerals
- Fatty acids
- Pre-, pro-, and postbiotics
- Enzymes

The answer can be found with dōTERRA foundational wellness supplements: VMG+™, EO Mega®+, and dōTERRA PB Restore®. These three supplements work particularly well together to provide the necessary vitamins; minerals; greens; omega-3s; pre-, pro-, and postbiotics and bacteriophages; and essential oils your body needs to stay strong and vibrant across all stages of life.*

Building Your Foundation with Nutrition

From infancy to elderly, your body relies on a steady supply of vitamins, minerals, and other nutrients to function optimally. Should they be in short supply (from innutritious sources or from neglect caused by daily hustle and bustle), you quickly start to feel the effects: fatigue, weakened immunity, difficulty maintaining a healthy weight, and more.

But with the right support, your body can perform at its best, whether you're in your tens, twenties, forties, or eighties. VMG+ Whole-Food Nutrient Complex is filled with vital bioavailable vitamins, minerals, greens, and more.

A key term there is *bioavailable*, meaning your body actually absorbs and uses the nutrition you're giving it with VMG+ (and other dōTERRA supplements). Many commercial supplements just go in and out of you without much benefit. You're paying for and taking supplements for the added health value—the least you can ask is the nutrients stick around to positively impact you!

VMG+ provides you with over 90 high-quality ingredients to support your body's natural processes and overall well-being.* It includes essentials like:

- Whole-food vitamins and minerals
- Fruits and vegetables
- Digestive enzymes
- Probiotics
- CPTG Certified Pure Tested Grade® essential oils

The best part? It's as easy as pouring a single stick pack into your water (or preferred cool beverage) and enjoying a tasty drink. It turns out convenience doesn't have to mean unnatural or ineffective! Plus, you know your body is absorbing and using all those ingredients thanks to the aforementioned bioavailability, helping you feel more energetic and resilient as you go through your days.*

For women at any age, ensuring you're regularly getting the right amounts of these nutrients is crucial. Whether you're looking to bridge gaps between diet and recommendations, maintain important bodily processes, or sustain energy levels and organ function, VMG+ is the cornerstone of your daily wellness routine.*

No matter where you are on your life journey, it's not too late to start giving your body what it needs today so you can enjoy vitality tomorrow and beyond.

Supporting Your Mind and Heart

An imperative part of wellness, especially as a woman grows and as she ages gracefully, is taking care of brain and heart health. Subtle (and sometimes unsubtle) changes in how your body feels and functions can be jarring, but they're a natural part of life. But with an exceptional supplement like EO Mega+ Essential Oil Omega Complex, which provides clean and traceable fish oil and essential fatty acids, you're prepared to support yourself all throughout.

Experts recommend adults get about 500 milligrams of omega-3s daily to assist with cardiovascular and brain health. The average American only consumes 90 milligrams a day—another significant modern nutrition gap.

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Whether you're in your early thirties looking to maintain mental clarity or in your late sixties seeking joint and immune support, omega-3s remain an important part of keeping your body strong and balanced.

Omega-3 fatty acids are essential for brain function, heart health, cell growth, immune function, joint health, and even more. EO Mega+ delivers 900 milligrams of omega-3s (including 800 milligrams of EPA and DHA fatty acids) in 2,000 milligrams of fish oil, alongside **Wild Orange** essential oil. The citrus oil completely eliminates any unpleasant fishy taste and contributes various heart health benefits thanks to its limonene content.*

Like with VMG+, EO Mega+ is incredibly simple to take: just swallow three softgels, and you've more than covered your omega-3 needs for the day. The simplicity allows you to easily add these supplements to your routine, from youth to maturity.

Whether you're in your early thirties looking to maintain mental clarity or in your late sixties seeking joint and immune support, omega-3s remain an important part of keeping your body strong and balanced. EO Mega+ bridges the dietary gap, ensuring you get the critical fatty acids your body needs for both immediate and long-term wellness.

Protecting Your Gut and Microbiome

You can always feel it when something's off in your digestive system. A healthy gut and microbiome are integral to your overall well-being at any moment. From digestion and nutrient absorption to immune function and inflammatory response, these bodily systems do a lot more for your day-to-day living than you might realize.

That's why getting and maintaining a balanced and diverse profile of good bacteria is crucial, which is effortlessly done with dōTERRA PB Restore.*

dōTERRA PB Restore is designed to support your digestive and microbiome health with a one-of-a-kind blend of 30 pre-, pro-, and postbiotics and bacteriophages. Each component plays a vital role in your microbial diversity and balance. The 18 billion CFUs of probiotics replenish your body's supply of good bacteria. The prebiotic and bacteriophages encourage the growth of good bacteria and attack the bad. And the postbiotic provides additional health benefits.*

Your body's natural aging process can disrupt your microbiome, along with an unbalanced diet, lack of exercise, poor sleep schedule, and stress. Augmenting a wellness lifestyle with supplementation can help restore microbiome health. And all it takes to feel restored is one capsule every day—no muss, no fuss!*

This supplement is meant for adults. For younger women, a good alternative (that's just as simple to use in a powder sachet) is **PB Assist+®**, which delivers seven billion AFUs in active probiotic cultures, as well as a soluble prebiotic to encourage friendly bacterial growth in the gut.*

Good soil leads to good plants—likewise, you can expect effective micronutrient synthesis, gut barrier integrity, and optimal microbiome health from consistently taking dōTERRA PB Restore or PB Assist+. Whether you're a young adult or a senior, you'll feel lighter and more comfortable as you take care of this part of your wellness foundations.*

A Seamless Routine for Lifelong Vitality

As you age, the demands on and from your body change. In your twenties and thirties, much of your health focus is on supporting energy levels and managing stress in new stages like career and motherhood. In your forties and fifties, it's about maintaining mental clarity, metabolism, and balanced hormones through middle age and menopause. And as you move into your sixties and beyond, you're dedicated to staying active, taking care of your skin, and sustaining cognitive function.

Needs shift across the span of a woman's life, but one of them remains constant: a strong health foundation through nutrition. By consistently providing your body with vitamins, minerals, essential fatty acids, and gut-friendly bacteria, you're giving yourself the tools to feel better today and to prepare for a vibrant, wholesome future.*

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When you take a moment to think about the days ahead and years to come, you can take comfort in knowing you're fortifying your body with what it needs to keep you feeling your best. Regardless of what life throws your way, you can handle it with grace and strength.

While VMG+, EO Mega+, and dōTERRA PB Restore impact different areas of your health, they work even better together as part of a daily whole-body, holistic wellness routine that ensures you receive comprehensive support from the inside out.* Each supplement is designed to be simple to take, effective, and safe for everyday use, empowering you as a woman to prioritize your health, no matter your age.

Taking charge of your well-being shouldn't be complicated. And you don't have to anxiously wonder whether you've picked the right supplement out of a thousand identical ones at the grocery store with questionable ingredients and bioavailability.

You can trust that what you're putting in your body from dōTERRA is made with pure ingredients from nature. Take pleasure in your new wellness routine, which is as simple as incorporating these key foundational products into your morning to set yourself up for lifelong vitality.*

These wellness products aren't just supplements. They're an investment in your future and a commitment to honoring your body. And as you move through the different stages of life, the benefits only compound. Feel energized in your twenties, balanced in your forties, and protected in your sixties—all because you chose to prioritize your wellness with ingredients straight from (and as intended by) nature.

Care of Yourself, One Step at a Time

Every woman's wellness journey is unique, but the need for foundational health is the same. Whether you're at the beginning of that journey or well along the path, taking care of your body with natural, bioavailable supplements can make all the difference.

You deserve to feel strong, vibrant, and capable at every age, and with support from dōTERRA that's truly possible. These supplements completely cover your needs at any stage of life.

So tomorrow morning as you take your daily VMG+ powdered drink, three EO Mega+ softgels, and dōTERRA PB Restore capsule, remember that you're making a worthwhile investment, for yourself and your loved ones. It's a simple routine, but it has the power to transform how you feel and how well your body will function for years to come.*



Learn more about foundational wellness with this free online course!

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Targeted Solutions for Specific Times

There are times when your body needs a little extra aid beyond your normal routine, whether it's because of age, new routines, or sudden changes in circumstances. That's why dōTERRA also offers targeted solutions like these to complement your wellness efforts:



Adaptiv Calming Blend Capsules

If you're navigating a stressful situation or simply looking to relax after a long day, **Adaptiv® Capsules** are your go-to for improved state of mind and positive feelings. This unique blend of essential oils, scelerium, GABA, and other pure ingredients helps promote mental and emotional well-being.* They're perfect for those moments when life feels overwhelming.

MetaPWR Recharge

About 75% of the globe is dehydrated, lacking key electrolytes that are essential to keeping cells charged and energized. Like food, water alone isn't enough to meet your body's needs. **MetaPWR Recharge®** (available in strawberry and lemon-lime) provides a refreshing way to boost your hydration with six electrolytes and over 75 deep-ocean minerals. Formulated to increase your overall energy and vitality, it's the perfect companion on any wellness journey.*



Women's Health Kit

Specifically designed to address women's evolving health needs, this kit includes the **Bone Nutrient Essential Complex**, **Phytoestrogen Essential Complex**, and **ClaryCalm® Monthly Blend for Women** to gently promote balance and vitality. The kit has natural solutions for when you're looking to support hormonal health amid changes, seeking additional bone strength, wanting cooling and soothing feelings, and more.*



Celebrate Renewal

The days lengthen and nature blooms. These warm, open seasons bring a sense of anticipation and eagerness as the world feels fresh again.

There's no better way to enhance this seasonal magic than with delightful diffuser blends. Whether it's welcoming the vibrant energy of spring or soaking in the laid-back vibes of summer, each month has its own mood, and these essential oil blends can help you experience and embrace it!

These diffuser blends are designed to uplift your spirit, invigorate your home, and complement the beauty of the changing seasons—from March to August—starting with the March blend: Spring Zing. You can find the rest of the blends (and try them out) on subsequent pages.



March

Enjoy some spring breathing along with the spring cleaning! March is when you want to energize your spirit and home. This diffuser blend is like a breath of fresh air, ushering in feelings of motivation and rejuvenation.

It's just what you need in those early spring days when you're starting to clear away the clutter and reset your goals. Diffusing these essential oils together will fill your space with a lively, zesty atmosphere that's sure to help you shake off the winter blues and tackle your to-do list with renewed excitement.

Spring Zing

🍊 Grapefruit

🍋 Lime

💧 Peppermint

🍊 Tangerine

Floral Touches

As you get ready to open your windows and bask in the warm seasons, reconnect with nature and revitalize your daily routine with dōTERRA Touch® essential oil blends. As the world around blooms, you'll feel yourself blooming too as you embrace these fresh floral scents.

These floral favorites—**Lavender Touch**, **Rose Touch**, **Magnolia Touch**, and **Jasmine Touch**—offer you a convenient and simple way to feel refreshed, balanced, and nurtured.

(Continued on pages 22, 34, 51, and 63.)



ō PROMO Essential Oil Spotlight



Lavender Touch

Lavandula angustifolia

Distillation Method: Steam-distilled
Aromatic Description: Floral, fresh, sweet, light
Plant Part: Flower
Sourcing Locations: France, Bulgaria

Calm in a Chaotic World

Lavender has long been cherished for its calming properties, providing relief for moments when life feels overwhelming. If you want a natural way to comfort distressed skin and relax feelings of stress and tension, **Lavender Touch** is your solution.

Known for its ability to soothe the skin and promote relaxation, Lavender Touch can be applied directly to your wrists, neck, temples, and more. Whether you're navigating a busy workday or trying to unwind in the evening, Lavender Touch makes it simple to carry a sense of calm wherever you go.

Fun Fact
The lovely scent of lavender has been used for centuries, dating back to even ancient Rome, where it was used to scent baths and linens.

How to Use

Topical

- + Apply to the back of the neck or temples for a relaxing effect.
- + Roll on to soothe minor skin irritations.

Aromatic

- + Roll on the pulse points for a comforting aroma that promotes calmness.
- + Apply to the bottoms of feet before bed to encourage tranquility.



Buy Lavender Touch!



“The flavor is amazing. My 10-year-old son is constantly begging for mine, and that’s surprising because he is not someone who loves his vegetables.”

Mari Weaver, dōTERRA Wellness Advocate



Redefine your multivitamin with VMG+ today.

*Please consult a pediatrician before starting your child on a VMG+ regimen. Also, we recommend cutting the dose in half for small children.

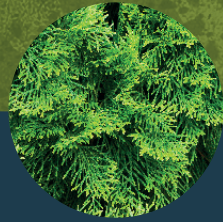
Bringing the Outside In

Nature has a way of beckoning you to go out and soak in the vibrancy of the sunny seasons. But for many people, the days are bogged down indoors with the necessary busyness of life, making it hard to enjoy blooming flowers, blue skies, and towering trees.

Between demanding schedules, urban development, and accelerating seasonal heat, getting outdoors can feel like an inaccessible luxury. Yet you still crave the peace and renewal that come with a connection to the earth.

Imagine coming home after a long day, traffic still ringing in your ears and the acrid smell of smog

lingering on your sinuses. You need clean air to unwind. You need to get out into nature to cleanse and restore yourself to a state of happiness and wellness. That's where essential oils—nature captured in a bottle—can transform your space, bringing the scents and benefits of the outside in.



Cypress



Lemon



Grapefruit



Patchouli



Siberian Fir



Magnolia



Geranium



Cardamom



Hinoki



Not a complete showing of ingredients.

“Mountains are not esteemed because they are high, but because they have trees.”

Japanese proverb

Forest All Around You

You pour precious drops into your favorite diffuser. Essential oil mist quickly emanates, filling the air and your senses. The room shifts, walls changing into tree trunks and the ceiling into a green canopy. As the earthy, woody scent permeates the room, it's as though you've stepped into a cool, shaded forest—far away from the concrete and chaos of the day.

That's the power of Shinrin-Yoku®. Inspired by the Japanese health-promoting practice of forest bathing, the oil blend creates a calming, grounding atmosphere with its refreshing and inspiring aroma. It brings together 11 essential oils that are rich in terpenes and phytoncides (organic chemical compounds) and connected to the positive effects of walking in nature.

The moment of transportive peace isn't just about relaxation. Clinical research has shown diffusing terpene-rich essential oils promotes a calming environment conducive to slowing down, focusing, and centering, which are key to thriving through the franticness of the modern world.

And the grounding, rejuvenating properties of Shinrin-Yoku aren't limited to your home and diffuser. When you need to take the forest with you—to the office, grocery store, or after-school extracurriculars—Shinrin-Yoku Touch builds a sanctuary of calmness and tranquility around you. All you have to do is roll it on, and you'll feel the forest travel with you.

Shinrin-Yoku is a breath of fresh air when the woods are out of reach. It melts away stress and tension into a peaceful forest oasis that you can happily wander.



Discover the art of forest bathing and science behind Shinrin-Yoku in this free online course!

Sunshine in the Air

Or maybe you're needing more sunshine in your day but not heat. You want warmth and positivity, so you take your bottle of **dōTERRA Cheer®**, adding the golden drops of citrus and spice oils to your diffuser.

You know immediately why this is the Uplifting Blend. Your environment lightens from dark and gray to sunny and energizing. It's like standing on a hilltop, the sun's rays seeping into your skin and giving you an adventurous, optimistic sensation.

As kids share stories from the day and meals are vigorously devoured, you notice how the cheerful aroma energizes and uplifts your space, boosting everyone's mood. There's a lightness in

the air, a sense of brightening optimism. And you can bask in it in your home or carry that feeling with you wherever you go by rolling on **dōTERRA Cheer Touch**.

It's a small step that can make all the difference in your day, especially when you can't get out into the glorious outdoors, whether it's because of excessive work or excessive heat. So take advantage of bottled sunshine and let dōTERRA Cheer do what its name promises: cheer and uplift.

Blooming Indoors

What so many love most about spring and into summer is the reawakening of nature as trees leaf and flowers bloom. Perhaps your area is too urbanized—lacking in greens and blossoms.



Bergamot



Vanilla



Ylang Ylang



Tonka Bean



Lemongrass



Star Anise



Frankincense

Not a complete showing of ingredients.



Grapefruit



Wild Orange



Lavender



Roman Chamomile



Magnolia

Not a complete showing of ingredients.

Sometimes life surrounds you in cold metal and dull buildings, but you know what to do to reconnect with nature.

You open a bottle of **Citrus Bloom®** and drip a few drops to your diffuser. The exquisite blend of zesty citrus and fragrant florals is sweet and soft, like the blooms of spring and early summer.

As its fragrance wafts around you and infuses your being, you can tell your space is changing from familiar walls and floors into a fresh, vibrant garden. You feel a gentle lift in your spirits, as though the stress of the day is melting away, leaving behind only renewal.

The springtime indulgence doesn't have to stop at your diffuser. You can savor the scent of this essential oil blend every time you wash your hands with **abōde® Foaming Hand Wash Concentrate Infused with Citrus Bloom**. Thanks to natural surfactants, extracts, and (of course) essential oils, your skin will feel moisturized, clean, and soft. And kids love the fun foaming action, while you love the peace of mind you enjoy, sure that what you're putting on your skin and theirs is natural and pure.

Even when life is hectic or your environment feels sterile or unclean, you can capture the essence of flowers on a brilliant spring morning with Citrus Bloom.

Embracing Nature at Home

Daily life is occupying. It's difficult to balance your physical, mental, and emotional needs with various everyday responsibilities. But essential oils provide a way to easily access the incredible aromas and benefits of nature, transporting you from mundanity to vibrancy.

You're not just filling your home with or wearing beautiful fragrances. You're creating a space that nurtures your vital connection to the earth. Each essential oil blend is a reminder of what's important in this fresh time of year: peace, joy, renewal, and wellness—for you and your family.

Fresh, Fun, *and* Flavorful

As everything warms up and everyone heads outside, it's the ideal time for fresh, healthy recipes that properly fuel your body and bring joyous smiles to your table. Whether it's an outdoor brunch, a family barbecue, or a nutritious snack between activities, these essential oil-infused recipes will be a sure hit, making it easy to eat well while still indulging in deliciousness.

Adding dōTERRA essential oils—especially citrus and spice oils—to your cooking brings out vibrant flavors and supports your overall wellness. Let's get creating!

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

Wild Orange Power Bites

These power bites are a quick and energizing snack that packs a lot of flavor and nutrition into a small package. Zesty **Wild Orange** essential oil, natural sweeteners, and other wholesome ingredients make these bites so great for busy days. Plus, they're straightforward to make and store.

Perfect For:

- A hardy pre-hike snack
- A fun day at the park
- An afternoon playdate with the kids

Ingredients:

- 1 cup finely shredded coconut, divided
- 1 cup almond butter
- 1 cup dried cranberries
- ½ cup raw honey
- ½ teaspoon salt
- 2 tablespoons chia seeds
- 3 drops Wild Orange essential oil†

Instructions:

1. Place all the ingredients into a mixer, saving ½ cup of shredded coconut in a bowl on the side. Mix until well combined.
2. Roll the mixture into balls and coat in the remaining ½ cup of shredded coconut.
3. Store in the refrigerator.

Simple, tasty, and nutritious—just what you need on hand during busy summer days! Eat them before a workout or whenever you need a boost of energy.

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



Lemon Protein Cheesecake

For those mornings when you want to indulge in a dessert without the guilt, this protein cheesecake has you covered! With the bright flavor of **Lemon** essential oil and a creamy texture, it's mouthwateringly good. Plus, it's packed with protein, making it super hearty.

Perfect For:

- A satiating morning breakfast
- A potluck offering
- A beautiful dessert for a special occasion

Ingredients:

- 8 ounces cottage cheese
- ¼ cup nonfat plain Greek yogurt
- 2 tablespoons maple syrup
- 1 large egg
- 4 drops Lemon essential oil¹

This protein cheesecake strikes the perfect balance of indulgence and health, offering you a refreshing citrus flavor that's ideal for warm weather. You'll be a lifelong fan after trying it.

Toppings:

- Raspberries
- Greek yogurt
- Maple syrup

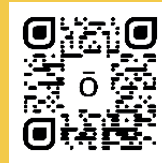
Instructions:

1. Add all the ingredients to a blender except the toppings and blend until smooth.
2. Pour the batter evenly between 2 ramekins.
3. Bake at 350°F for about 15 minutes or until just firm in the center.
4. Remove from the oven and chill in the refrigerator until cool.
5. Top with a couple raspberries, a scoop of Greek yogurt, and maple syrup.

Good Food, Happy Home

Eating healthy doesn't have to be a chore. You can create fresh, tasty dishes that bring both joy and wellness to your day.

These recipes are a great way to add whole-food ingredients to your cooking, while also enjoying the benefits of pure doTERRA essential oils. Bring your family and friends together over good food, fun activities, and wholesome choices and make your spring and summer a celebration of flavor and wellness!



Check out other delicious essential oil-based recipes on our blog.

¹See individual labels for ingredients, cautions, and instruction for use.





Essential Oil Spotlight

Magnolia Touch

Michelia alba



Distillation Method: Steam-distilled
Aromatic Description: Floral, fruity, sweet
Plant Part: Flower
Sourcing Locations: China

Magnificent Magnolia

Also known as “white champaca” or “white jade orchids,” magnolia flowers have been used in Chinese traditional wellness practices for centuries. **Magnolia Touch** offers you that ancient wisdom, its delicate floral aroma serving as the perfect companion during busy, long spring and summer days.

Whether you’re attending a family gathering or simply enjoying a peaceful moment in nature, Magnolia Touch creates a relaxing atmosphere, for you and others. All you have to do is roll it on, and you’ll carry the magnificent aroma with you all day.

Fun Fact

Magnolia is an ancient plant species. Its large, strongly scented flowers are pollinated by beetles rather than bees.

How to Use

Topical

- + Apply to the bottoms of the feet to create a calming atmosphere.
- + Add to your skincare routine to promote clean, healthy-looking skin.

Aromatic

- + Use daily as a soothing, pleasant perfume.
- + Roll on the pulse points for a refreshing personal aroma.



Buy Magnolia Touch!



“They’re really easy to swallow, and there is no fish flavor.”

Annette Jones, dōTERRA Wellness Advocate



Get your omegas the way nature intended.

Calmness and Clarity

April

April is all about refreshment and renewal, and this diffuser blend is perfect for bringing a sense of calmness and clarity to your space. It manifests a peaceful, spa-like environment in your home—ideal for those cozy days indoors spent listening to the rain or indulging in much-needed self-care.

This oil blend is perfect for when you're organizing, cleaning, or simply enjoying a reflective moment to yourself. The clean, fresh scent will leave you feeling centered and ready to embrace the month and beyond.

Rainstorm

🟢🟢🟢 Eucalyptus

🟡🟡🟡 Lemon

🟡🟡🟡 Lemongrass





“Wellness starts at the cellular level. Cells make up tissues, which make up organs, which make up systems, which make up you. Start at the smallest level for the biggest impact.”

Dr. Brannick Riggs

BEHIND
THE
BOTTLE

Roman Chamomile

*Sunlight pours down the hilltops of the Pacific Northwest and across the delicate Roman chamomile (*Anthemis nobilis*) blossoms swaying gently in the breeze, their daisy-like flowers gleaming beneath the early sun. The air has a sweet scent, almost like fresh apples.*

*The plant only ever reaches about a foot in height but its closeness to the ground tells a simple yet beautiful story. The story of **Roman Chamomile** essential oil is one of strong foundations, dedication, and a deep connection between the earth, the growers, and the bottle in your hands.*

Sourcing: The Land and the People

Roman chamomile flourishes where things are calm and consistent, passing on that calmness to you with its essential oil. The steady climate and high, regular rainfall in the Pacific Northwest give this delicate plant everything it needs to bloom. The fertile land imbues it with sweetness and a powerful peace, preparing it to transform into a beloved dōTERRA essential oil.

dōTERRA works closely with local farmers in Oregon and Washington to make sure cultivation and harvesting practices for Roman chamomile flowers are sustainable and align with high-quality essential oil standards. These partnerships are built on mutual respect and a shared commitment to excellence.

By working directly with those who cultivate plants like Roman chamomile, dōTERRA fosters strong relationships that support lasting ethical sourcing practices. These collaborations help provide

greater economic stability for working people (as opposed to middlemen) and ensure each plant is nurtured to its full potential.

Harvesting and Distillation

Harvesting Roman chamomile requires both patience and expertise. The flowers are harvested at peak bloom so they have the highest concentration of essential oil. Each flower is carefully collected by skilled growers who know the plants intimately, ensuring the delicate blossoms remain intact, thus preserving their valuable properties.

Once harvested, the flowers are taken to a local distillery, where they undergo steam distillation. This method gently extracts the essential oil, maintaining purity and potency. Steam passes through the flowers, allowing the oil to be released without compromising its natural chemical composition.



"The Sourcing Trip to see Roman Chamomile was absolutely breathtaking! I came back invigorated about my business and the partnership we have with dōTERRA!"

—Kara Kading



The resulting essential oil is sweet, floral, and herbaceous.

Benefits of Roman Chamomile

Roman chamomile, with its sweet floral scent, has been valued for centuries. It's widely known as an ingredient in herbal tea to reduce feelings of anxiousness and stress.* The pure dōTERRA essential oil is similarly renowned for its calming aroma.

Whether it's diffused into the air, applied topically, or taken internally, Roman Chamomile belongs in your relaxation routine! Here are some of the best uses:

- **Add a couple drops to your favorite moisturizer, shampoo, or conditioner** to promote youthful-looking skin and hair. Plus, you'll absolutely love the scent you carry with you after.
- **Mix one to two drops with water or your favorite herbal teas or hot drinks*** to soothe your body when you feel like nerves are getting to you—bonus, it can support a healthy inflammatory response too.*
- **Apply a few drops to the bottoms of your feet** at bedtime to encourage relaxation as you ready yourself for a wonderful, restorative night's rest. You can employ this same approach with a fussy child before naps or bed.

*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.

A Connection to the Earth and You

Every bottle of Roman Chamomile oil tells a story of connection—to the earth, to the farmers who nurture the plants, and to you. The journey from the rolling fields of the Pacific Northwest to the beautiful amber bottle in your home is one of steadfast care, nurturing dedication, and sustainable partnerships.

When you buy and use Roman Chamomile, you join a global movement that supports ethical business practices, environmental stewardship, and the well-being of people who bring this calming essential oil to the world.

As you reach for your bottle, take a moment to reflect on and appreciate



the journey it took to reach you. Let its soothing, leisurely aroma transport you to the fertile fields. See the bright white petals and yellow centers contrasting beautifully against the green all around. You pause, basking in the moment and feeling rooted and stable like the plant.

Your foundations and connection to the earth are just as strong, and you can accomplish great things.



Find more amazing essential oil imagery and education on the Digital Marketing Kit (DMK)!



Diamond Club Sourcing Trip

In 2024, dōTERRA held an exclusive Sourcing Trip as part of the Diamond Club rewards package. Qualifying Wellness Advocates traveled to the lush land of the Northwest US, where Peppermint and Roman Chamomile essential oils are sourced.

They had the opportunity to connect directly with growers, see firsthand the sustainable and ethical practices behind the production of these beloved oils, and witness the dedication that goes into every step. This kind of experience underscores the importance of the dōTERRA commitment to Cō-Impact Sourcing®—a practice that prioritizes the well-being of growers, farmers, and distillers and guarantees quality and sustainability.

Trips like this one aren't just about learning. They're about fostering a deeper connection to the process and the people who make dōTERRA essential oils possible.



“Candy!”

According to 9 out of 10 kids



Treat the little ones you love to healthy, tasty probiotics.

BUILDING A Simple Wellness Foundation

It's a fresh new morning. Dawn peeks through the curtains. Warm air wafts. You hear the light steps of little feet in the hallway. They bound into the kitchen, their energy as bright as the sunlight, eager for a day of exploration and play.

You watch as your kids sit down for breakfast. While the chaos of daily life can feel overwhelming, moments like this fill you with a sense of peace and purpose. As you prepare to give them their morning nutrition, you know you're not just preparing them for the day, but rather for a lifetime of holistic wellness.

As a parent, nothing matters more to you than seeing your children grow up healthy, strong, and resilient. You want them to enjoy many bright spring and summer days—climbing trees, running through sprinklers, digging in the dirt—without worrying about their health.

Small steps like feeding your kids whole foods, spending quality time wherever and whenever you can, and giving them natural dōTERRA supplements are how you'll lay a simple, strong foundation for the future.

Starting the Day Well

Picture your table set with a colorful breakfast of fresh fruit, whole grains, and yogurt. Alongside, the essentials for the day sit, waiting

to be taken, blending seamlessly into your family's morning routine.

VMG+™ Whole Food Nutrient Complex has redefined the daily vitamin. It's an all-in-one delicious drink designed to support anyone—you and your little ones—from the inside out with important nutrients.*

While they munch on breakfast, the kids drink their VMG+, which provides the vitamins, minerals, greens, plus essential oils their growing bodies crave. From supporting energy levels to helping maintain bodily processes for overall health, VMG+ gives your family members what they need to thrive.*

Right next to VMG+, there's **EO Mega®+ Essential Oil Omega Complex**. Your feeling of satisfaction and optimism grows, knowing you're nourishing growing minds and bodies with omega-3s—essential fatty acids that are vital for heart health, cell growth, brain development, and more.* The brilliant golden-yellow softgels roll out of the bottle into tiny hands, disappearing quickly into grinning mouths.

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Whether kids are heading off to school, camp, or backyard fun, EO Mega+ keeps their cognitive function developing in the right direction and supports heart health (thanks to EPA and DHA fatty acids), ensuring every adventure is backed by necessary nutrition.*

At the end of the morning product line is **PB Assist+® ProBiome Gut Complex**. This tasty powder plays a key role in supporting your children's digestive and immune health, providing a balanced approach to the gut microbiome with 14 kinds of pre- and probiotics in each sachet.* Fructooligosaccharides (FOS), the prebiotic fiber in PB Assist+, nourishes beneficial bacteria in the gut, ensuring the probiotic strains in the supplement can thrive where they're needed.

Gut health is crucial for overall wellness, particularly in children whose systems are still developing. By maintaining this balance, PB Assist+ promotes optimal digestion, metabolism, and nutrient absorption—keeping tummy troubles at bay during fun-filled days.*

And that easily, the morning routine is done.† You've set the stage for an amazing day and even better tomorrow. These powerful products aren't just vitamins and supplements—they're how you can build a solid foundation and healthy habits that'll carry your kids through these bright, active months and beyond.

*Please consult a pediatrician before starting your child on a VMG+ or EO Mega+ regimen. Also, we recommend cutting the dose in half for small children.



Parental Peace of Mind

Every parent knows the worries that come with raising children. Are they getting enough nutrients? Are they developing the way they should?

VMG+ fuels their energy and overall health, EO Mega+ nurtures their hearts and minds, and PB Assist+ builds and protects their gut microbiome.* dōTERRA products like these give you the peace of mind that comes with supporting your kids in the best way possible.

This knowledge allows you to enjoy the present—the precious moments and seasons without the constant worry of whether you're doing enough. With such dependable support, you can be confident in the steps you're taking for their future.

Seasons of Healthy Growth

As you move through vibrant spring and summer seasons, you can take comfort in knowing you're giving your children the best start possible. VMG+, EO Mega+, and PB Assist+ provide the daily support they need to grow up strong, healthy, and happy—today, tomorrow, and into the future.*

Each step in your morning wellness routine is a simple but significant investment, ensuring kids not only enjoy the seasons of play and growth but also build the foundations for lifelong health.



Expand your microbiome knowledge in this free online course!



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Tackling Challenges with the Kids Oil Collection

As you (and all parents) know, days are never perfect. Whether it's a scraped knee, a nervous tummy, or a touch of restlessness before bedtime, the **Kids Oil Collection** is your go-to for addressing common issues with little ones.

Brave® Courage Blend: Brave is for those moments when your children feel uncertain or anxious before a big event or by trying something new. A quick roller application to the wrists or chest reminds them to feel empowered and ready to take on whatever may come.

Calmer® Restful Blend: You can rely on Calmer before bed. Roll it on to the back of the neck and chest as part of a relaxing nightly ritual.

Rescuer™ Soothing Blend: Rescuer offers cooling, comforting relief to tired bodies. Roll it on tender areas after a long day of running, jumping, and playing.

Stronger® Protective Blend: When your kids need inner strength and vitality, Stronger has you covered. This essential oil blend can be applied to soothe minor skin irritations and reminds them to be resilient.

Tamer® Digestive Blend: Perfect for long car trips or those tummy aches that seem to come out of nowhere, Tamer delivers a soothing sensation with a quick roll across the belly.

Thinker® Focus Blend: You can create a productive, focused environment with Thinker. Its energizing, clarifying aroma is exactly what your little ones need before doing a project or taking a test.

Steady® Grounding Blend: When emotions are running high and distress is rampant, Steady offers a calming aroma and balanced atmosphere for your little ones. Apply it to the pulse points or bottoms of the feet after a busy or intense day.

The Kids Oil Collection is safe for all skin types, super easy to use, and effective for children (and even adults), giving you a trusted toolkit to handle whatever the day brings.

Beautifying Blend

May

As prismatic flowers bloom in May, you can reflect that beauty in your home with this diffuser blend and bring a sense of brightness and tranquility. Whether it's diffused at an afternoon lunch with friends or during a quiet evening reading, this essential oil blend will fill your senses with a gentle, uplifting aroma that feels like a walk through a sunlit meadow.

Wildflowers

- 🌲 Cedarwood
- 🍊 Bergamot
- 🌸 Lavender
- 🌿 Patchouli
- 🍊 Wild Orange



Essential Oil Spotlight

Rose Touch

Rosa damascena



Distillation Method: Steam-distilled
Aromatic Description: Floral, romantic, rich, beguiling
Plant Part: Flower
Sourcing Locations: Bulgaria

Elegance and Radiance

The rich aroma of **Rose Touch** immediately tells you why it's arguably the most prized and precious essential oil in the world. Rose has long been revered for its skin-nourishing properties and beautiful, romantic scent.

Just roll it on for a fragrance that exudes elegance and positivity. You can also apply Rose Touch to any areas of concern to reduce the appearance of skin imperfections and reveal your radiant complexion.

Fun Fact

It takes about 10,000 rose blossoms to produce a 5 mL bottle of **Rose** essential oil.

How to Use

Topical

- + Gently roll on blemishes or areas of concern to reduce the appearance of skin imperfections.
- + Use to balance moisture levels and promote an even skin tone.

Aromatic

- + Apply to the pulse points for a luxurious fragrance and uplifting aroma.
- + Rub into the neck and wrists for a romantic personal scent.



Buy Rose Touch!

Top 7 Products

for Spring and Summer

As the cold melts away into cool spring mornings and extended, sun-filled summer days, you and your loved ones are excited to embrace the vibrant energy and sense of renewal all around you. With the change in seasons, it's essential to have the right tools at your side so you can stay active, healthy, and refreshed, taking full advantage of adventure and possibility.



Deep Blue: Convenient, Effective Relief

The warm seasons are when you want to be out and active, but with increased activity comes lots of sweat and muscle fatigue. **Deep Blue**® is your reliable companion, offering soothing support after a long day of activity. Whether you're playing sports, gardening, or spending all day hiking, this essential oil blend offers targeted relief to help you recover and feel ready for what's next.



TerraShield: Go-To Outdoor Protector

Being outside is the highlight of both spring and summer, but dealing with irritating numbers of insects can put a damper on your plans and mood. **TerraShield**® is a natural way to protect yourself from pests, letting you enjoy the outdoors without worries. Plan all the excitement you want—camping, evenings in the backyard, picnics, vacations—with confidence, knowing TerraShield will help keep bugs at bay so you can focus on the fun.



Eucalyptus: Refreshed Spaces and Senses

The aroma of **Eucalyptus** essential oil is a breath of fresh air. Whether you're freshening up your home after spring cleaning or needing a quick spa-like experience on a hot summer day, Eucalyptus brings a sense of clarity and freshness to any space. Don't let stress get the better of you this season. With Eucalyptus, you'll enjoy its profoundly calming and centering scent.



Grapefruit: Inspiration for Your Day

These are the seasons of energy and vitality, when you expand your horizons and travel to new places. **Grapefruit** is like bottled inspiration. Its refreshing citrus aroma helps boost the mood of any space. Whether you're getting ready for a busy day or need an afternoon pick-me-up, Grapefruit can be your dependable natural solution.



Rose: The Queen of Oils

The sun and its increasing heat from spring to summer can be tough on your skin, but with **Rose** you can maintain that glowing complexion you want. Known for its soothing and hydrating properties, Rose oil is the natural ally you need against dry or irritated skin. It also provides a luxurious, romantic aroma you can carry with you anywhere, making it a favorite in skincare routines.



abode: For Your Abode

Spring is synonymous with cleaning. **abode**® is the perfect essential oil blend to purify your space. It's designed to cleanse and uplift any environment. The Refreshing Blend can do anything when it comes to your spring cleaning hopes and dreams—no toxin-laden products needed. From sparkling kitchen and bathrooms to freshened air and laundry, the possibilities are plentiful.



MetaPWR: Empowered Wellness Goals

You'll feel the power all season with **MetaPWR**®! It supports your metabolic health and helps you manage cravings so you stay on track with your wellness goals when taken internally. Just adding a few drops to a glass of water can help make those afternoon cravings a thing of the past!*



Scan for even more education and usage tips about these top products.

Tips for Using Your Seasonal Essentials

- **Deep Blue:** While being outside is ideal during this time of year, that can't always happen. Lots of people are perpetually sitting at desks. Rubbing Deep Blue into your fingers, wrists, shoulders, and neck after long hours on the computer can soothe, cool, and relieve affected areas.
- **TerraShield:** Did you know diffusing isn't just for inside? For extended protection beyond yourself, diffuse TerraShield on your patio or in an outdoor living space to enjoy an insect-less environment.
- **Eucalyptus:** Your shower can be a spa with Eucalyptus. Place two drops directly onto the shower floor while the water's running. The steam from the water will create a natural diffuser for the essential oil, leaving you with a clear, invigorated feeling.
- **Grapefruit:** You know things can be rough for teens, as their bodies grow and change, with blemishes making them feel self-conscious on top of other difficulties. For a simple way to help, suggest adding Grapefruit essential oil to their nightly facial routine (but be sure to avoid sun exposure for at least 12 hours after applying any citrus oil topically).
- **Rose:** Even as days get hot, there's something about a bath that you just can't go without all summer. Give yourself a luxurious pampering by placing a couple drops of Rose oil in Epsom salts. Then bask in soft light and inhale the sweet, enchanting aroma of Rose while you soak.
- **abode:** abode is a cleaning powerhouse and brilliant deodorizer. When placed in a diffuser or on cotton balls or air freshener sachets, its aroma enhances any space, but especially ones that are known to be particularly smelly, such as the bathroom, shoe closet, and kitchen.
- **MetaPWR:** Everyone has personal preferences on how to take essential oils and blends like MetaPWR internally. You can put three to four drops in your morning water to kickstart your metabolism or blend them into your post-workout smoothie for extra metabolic support.*



You want to get out and explore, grow, and take the world by storm this spring and summer. You can do it when you have simple natural solutions with you that enhance every aspect of these vibrant seasons. doTERRA and its products are here to reinforce your capabilities and ensure you're unimpeded as you get out into nature with the best tools straight from nature.

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Boundless Possibilities

June

June is all about embracing the boundless possibilities of summer, and this diffuser blend captures that playful spirit. The essential oil blend brings an invigorating, refreshing energy into your space for those sunny days when you're feeling creative, active, and ready to take on the world.

Whether you're planning far-off adventures or tackling new personal goals at home, diffusing it will add an energizing scent as you stay focused. The aroma is light and breezy—like the name suggests—and it's sure to make your home feel like the sky's the limit!

Blue Skies and Butterflies

🍊 Grapefruit

🍋 Lemon

💧 Peppermint



Nutrition *with* Pets

As someone dedicated to healthy living, you want to prioritize your wellness and that of your family, including your four-legged companions. Ensuring pets lead vibrant, wholesome lives requires more than just good food and exercise. It's about creating a consistent holistic wellness routine that includes nutritional support to build lifelong vitality.

The following information is an excerpt from the new, insightful dōTERRA eBook: Pets and Essential Oils. The eBook can be downloaded for free with the QR code at the end of the article!





Nutrition Is Foundational

Health begins with nutrition for everyone. Nutrition is the foundation of well-being, and what you feed pets (or don't feed them) truly matters. While there's no one-size-fits-all approach to pet nutrition, some general guidelines and practices can help maintain a healthy gut for your animal companions.

High-quality nutrition is crucial. Feeding your pet a whole-food, balanced diet that's supplemented with multivitamins is essential. The dosage of any supplement should be adjusted according to your pet's body weight.

Adding whole foods as a topper to a pet's diet is healthy and can also help them live longer, according to studies. Supplementing 25% of your pet's food with options like duck, beef, salmon, bone broth, rabbit, chicken, pineapple, kale, spinach, spirulina, turkey, carrots, blackberries, cucumber, broccoli, zucchini, strawberries, pumpkin, asparagus, eggs, blueberries, or sardines is highly encouraged—and your pet will thank you!

Understanding Gut Health

Your pet's gastrointestinal tract (gut) encompasses more than just the stomach and intestines. It includes other vital components such as the teeth, salivary glands, esophagus, liver, pancreas, and gallbladder.

Hormones released in your pet's gut regulate digestion, and enzymes help absorb and use the nutrients from food. The gut also contains lymphoid tissue, which makes up over 70% of the immune system. As we learn more about the gut, we're discovering how protective it is for overall health!

Promoting prevention and potentially extending your pet's life starts with a healthy gut. But how can you protect cats, dogs, and more from the many challenges they face in life?

While there's no simple answer, adding digestive enzymes, probiotics, and natural vitamin and mineral supplements (without unnecessary fillers) is an excellent starting point. Evaluating the food you give your pet and examining ingredients is also crucial. Take a moment to check the ingredients label on your pet's food—do these ingredients make you feel confident or concerned?

The food your pet consumes, along with factors like their age and health status, can create enzyme deficiencies, leading to nutritional imbalances that may affect health.

Digestive Enzymes

But what exactly are digestive enzymes? Enzymes are specialized proteins responsible for thousands of essential functions in the body, one of the most important being breaking down and absorbing nutrients from food.

The pancreas produces three primary digestive enzymes, each playing a unique role:

- **Protease:** Breaks down proteins into amino acids.
- **Lipase:** Breaks down fats into fatty acids and glycerol.
- **Amylase:** Breaks down carbohydrates into sugars.

Also, the small intestine produces other digestive enzymes:

- **Lactase:** Breaks down lactose sugars found in milk.
- **Sucrase:** Breaks down sucrose.

Supplementing with digestive enzymes is a practical way to keep your pet happy and healthy for as long as possible by supporting gut health. An ideal digestive enzyme supplement should be whole food-based and include mineral cofactors and other beneficial ingredients, such as:

- **Protease:** Breaks down proteins into peptides and amino acids.
- **Papain:** Breaks down proteins.
- **Amylase:** Breaks down carbohydrates, starches, and sugars.
- **Lipase:** Breaks down fats and oils for absorption.
- **Lactase:** Breaks down the lactose found in milk sugars.

- **α-Galactosidase:** Breaks down complex polysaccharide sugars found in legumes.
- **Cellulase:** Breaks down fiber into fructose and glucose for energy use.
- **Sucrase:** Breaks down sucrose into fructose and glucose for energy.
- **Anti-Gluten Enzyme Blend:** Breaks down gluten.
- **Tummy Tamer Blend (Peppermint, Ginger, and Caraway Seed Extracts):** Soothes the digestive tract.

Probiotics

Probiotics are another excellent addition to your pet's diet. Over the years, probiotics have gained attention for their ability to support digestive health. Pets can benefit just as much as humans.

Probiotics are healthy bacteria that provide a range of benefits for pets. They can support both the digestive and immune systems by promoting a healthy gut. Consider adding probiotics when your pet has digestive issues or using them proactively as part of your pet's daily routine for overall health.

Natural sources of probiotics like plain Greek yogurt, plain kefir, or raw goat milk are excellent for both dogs and cats.

Be sure to choose plain varieties without added sugars, sugar substitutes, or flavorings. Supplements are also an option for source of probiotics. When choosing a probiotic supplement, look for one that has prebiotic fiber, probiotics, and postbiotics in it. Another important factor is making sure the probiotic is in a delivery system where it can pass through the harsh acidic environment of the stomach intact, releasing only when it's in a more hospitable environment.

Safety Note: Don't give your pet products containing xylitol, as it's toxic to both dogs and cats.

Essential Fatty Acids and Multivitamins

Essential fatty acids are a favorite among pet owners for supporting healthy skin and coats, but these supplements offer many additional benefits. Commonly found in fish oil, omega-3 fatty acids are one of the best supplements you can add to a dog's or cat's diet. Omega-3s support the immune system, cardiovascular health, heart, organ health, joints, skin, brain function, memory, vision, and more.

For dogs and cats, fish oil is the most bioavailable form of omega-3 fatty acids. Because these animals can't produce omega-3s on their own, they must be added to their diets. Omega-3s also help balance the omega-6 fatty acids, which are already abundant in most pet diets.

To use omegas with dogs and cats, administer them internally daily. Be sure to follow dosage instructions closely—typically, the recommended dose for omega-3s is 450–500 milligrams per 10–20 pounds of body weight.

Dogs and cats need vitamins and essential nutrients to support overall health and well-being. Whether your pet is on a commercial or homemade diet, multivitamins can deliver needed nutrients.

Multivitamins aren't just vitamins; they're an ideal blend of vitamins, minerals, fiber, and other essential nutrients that may not be present in your pet's food. Having the correct balance of vitamins and minerals in multivitamins promotes optimal pet health: strong bones, shiny fur, healthy skin,

abundant energy, and healthy teeth and gums—all from the inside out.

Vitamin deficiencies can lead to various health issues, including skin and eye problems, weight loss, muscle weakness, gastrointestinal upset, and other conditions. Incorporating daily multivitamins into your pet's regimen can help avoid these issues.

When selecting multivitamins for your pet, consider the following:

- No artificial flavors or fillers
- Core vitamins based on needs (such as vitamins A, B, C, D3, and E; calcium; phosphorus; potassium; zinc; magnesium; iron; manganese; selenium; choline; and taurine)
- Appropriate vitamin dosage based on your pet's weight (not too much or too little)
- Efficacy and safety testing

Daily supplements are an excellent way to complete your pet's overall health and balanced diet. While using human supplements for pets is generally discouraged because of different dietary and nutritional needs, there are some safe and effective options available. Consult your veterinarian to determine what'd be best for your pet.



Completely and safely care for your furry friends with this free eBook.

Essential Oil Spotlight

Jasmine Touch

Jasminum grandiflorum



Distillation Method: Steam-distilled
Aromatic Description: Warm, floral, exotic
Plant Part: Flower
Sourcing Locations: Egypt

Experience Romantic Radiance

Jasmine is renowned for its intoxicating aroma that inspires feelings of romance, happiness, and confidence. **Jasmine Touch** brings this luxurious floral scent to your skincare and wellness routine in a convenient roller bottle.

Known to promote healthy-looking skin and a glowing complexion, Jasmine Touch is exactly what you need to enhance a stale beauty ritual. Whether you're preparing for a special occasion or just wanting to indulge in some well-deserved self-care, Jasmine Touch is your floral ally all season.

Fun Fact — Jasmine is known as the "king of flowers," being historically (and presently) prized for its fragrant scent.

How to Use

Topical

- + Apply to the bottoms of the feet and pulse points in the morning to start your day on a high note.
- + Roll on skin imperfections twice a day to promote a radiant complexion.

Aromatic

- + Wear as a confident, joyful personal aroma.
- + Apply to the pulse points for a calming, yet euphoric smell.



Buy Jasmine Touch!



Festive Time

July

July is a time of exciting celebration. Bring that vibrant energy into your home with this bold blend! It's perfect for filling your space with a festive atmosphere as you're hosting a summer barbecue, watching fireworks, or just enjoying a warm evening with loved ones.

You'll uplift spirits and add an extra layer of joy to all your summer activities when you diffuse this oil blend. It's the ideal option when you want to create a lively, dynamic environment that encourages laughter, connection, and fun.

Fireworks

- 🔵🔵🔵 Juniper Berry
- 🔵🔵🔵 Ylang Ylang
- 🟡🟡 Bergamot
- 🟠🟠 Grapefruit



Prepare and Protect

The first fresh breeze of spring brings a sense of renewal—a feeling that it's time to shed the layers of winter and step into the light. These warm seasons are a time to embrace the outdoors, bask in the sun, and enjoy the fullness of life with loved ones.

But as you and your family soak in those golden rays, concerns fester in the back of your mind: how do you protect your skin and hair? Limitless options are available at stores and online, but how do you know which products you can trust, avoiding unnecessary harsh chemicals?

You know you need to prioritize health, making thoughtful decisions about what you eat, how you move, and what you bring into your home. Your skin-, sun-, and haircare routines reflect that same care and consideration.

With naturally derived dōTERRA products, you can feel confident, peaceful, and satisfied. This spring and summer, your journey to healthier skin and hair begins with a few high-value products and mindful changes that'll benefit you and your family for seasons to come.

Morning: Skincare

Imagine stepping outside on a dewy morning. The air is cool, the sun is just beginning to rise, and the world feels full of possibility. You breathe deeply, feeling the lightness of the day ahead.

You can give your skin that same breath of fresh air with the **Verage® Skin Care Collection**, a selection of dōTERRA essential oil-based

products that nurture and hydrate the skin and reduce signs of aging. With this collection, the day's preparatory skincare routine becomes an indulgent ritual.

Begin with **Verage Cleanser**, gently massaging it into your damp face and neck. The light, refreshing gel lifts dirt and other impurities without stripping your skin of essential moisture. It's a small but meaningful act of self-care that prepares your skin for whatever the day brings. As you rinse, you'll feel the silky smoothness and savor the promise of a beautiful glow.

Follow that with **Verage Toner**, spritzing it on your face like a soothing misty shower. It helps tighten, tone, and smooth your pores, giving your complexion a natural firmness. The beautiful blend of essential oils and plant extracts helps you feel rejuvenated as you go through your morning, knowing your skin is being cared for with pure, safe, and effective ingredients.

Next, apply **Verage Immortelle Hydrating Serum** to your clean face and neck. There's a good reason *immortal* is in the name! You'll promote healthy-looking, more youthful skin with daily application. It won't take long to see and feel the results.



Finish your routine with **Veràge Moisturizer**. The light formula is perfect for all skin types, melting into your skin and leaving it soft and ready to face the day. No heaviness, no greasy residue—just the feeling of deep moisturization and nourishment that can withstand the changes that come with the warmer season.

And if you're really looking to change up your routine, the new **Frankincense Stick + Naio Wood** might be just what you're looking for. This easy-to-use stick includes Frankincense and Naio Wood essential oils, with optimized levels of alpha-bisabolol, to provide restorative benefits and promote the look of renewed, revived skin.

Whether you're heading to work, running errands, or spending time outdoors, your skin is your first line of defense and trusted partner. Treat it well—prepare it with the nutrients it needs to stay hydrated, balanced, and radiant for the coming months.

Afternoon: Suncare

You're enjoying the outdoors with family or friends. The sun's reached its peak. That familiar warmth envelops your skin.

The sunlight feels revitalizing and energizing, but you know it can be too much of a good thing without proper protection. The sun can dry out your skin, accelerate signs of aging, and expose you to excessive UV rays that damage your health over time.

You and your skin deserve quality sunscreen. Unlike many commercial sunscreens, which feel thick or leave a sticky white-cast, **dōTERRA sun Face Mineral Sunscreen Daily Moisturizer** goes on like a second skin. It blends in and absorbs effortlessly, leaving no trace—only protection and hydration, guarding you against UVA and UVB rays and enriching your skin with vitamin E, evodia, and other soothing ingredients.



Explore the best natural suncare solutions in this free online course!

Tips for a Seasonal Glow



Stay Hydrated

Proper hydration is key for both your skin and hair. Make sure to drink plenty of water throughout the day, especially as the days get hotter.



Exfoliate Regularly

Exfoliating once or twice a week removes dead skin cells and allows your moisturizer to penetrate deeper. Use a gentle exfoliator like the **dōTERRA Essential Skin Care Invigorating Scrub** to keep your skin extra soft and smooth.



Wear a Hat and Sunglasses

Protecting yourself with accessories like a wide-brimmed hat and sunglasses adds an extra layer of protection against the sun's harsh rays.



As the afternoon stretches on, perhaps you've spent a little more time outside than planned. Your skin needs relief after lots of sunshine. **dōTERRA sun After Sun Restorative Spray** is your saving grace, offering soothing and cooling nourishment and restorative hydration to calm tight, sun-exposed skin. All you have to do is spray it on and feel the tightness melt away.

These skincare products (and the rest of the **dōTERRA sun** line) are easy to use and include in your day. Keep them handy in your tote or beach bag for quick, innovative protection and relief.

Evening: Haircare

The elements can be harsh on your skin, especially as summer sets in. They can also wreak havoc on your hair, leaving it dry, frizzy, and brittle. You work hard to keep your hair healthy, but these warmer times require extra attention.

At the end of the day, you want to treat your hair with the same thoughtful care as your skin. Of course, there's classic products like **Protecting Shampoo** and **Daily Conditioner**, but you can even use essential oils directly. A few drops of **Rosemary** essential oil, massaged into the scalp, can promote full, healthy-looking hair, strengthening it from the root.

And if you're looking for an extra boost, mix **Fractionated Coconut Oil** with **Ylang Ylang** essential oil to create an effective hair mask. This luxurious blend restores moisture and gives your hair a silky smoothness you can feel immediately.

When you nurture your hair with these products, you protect it from damaging sun exposure, wind, and saltwater. Then—just like your skin—your hair reflects the care you've put into it, shining with health and vitality.

Long-Term Benefits

As weeks turn into months, the benefits of these hair- and skincare routines will become increasingly clear. Your skin, once dry or irritated by the sun,

feels nourished and balanced. The fine lines and wrinkles that seemed to deepen each year now seem softer and your complexion more radiant. Your hair, rather than being damaged by the elements, remains strong and full of life.

Beyond the beauty you see in the mirror, something even more rewarding is at play: the knowledge that you're protecting your health and the health of your family now and preparing for the future. By choosing naturally derived products, you ensure what goes on your skin and hair—and thus into your body—is safe and beneficial.

So boldly step into the sunshine, knowing that with dōTERRA products you're taking care of yourself and your family in the best ways possible.

Love in *Action*

One act of compassion sparks a wave of change. By empowering women with life-saving tools, we're not just responding to a need. We're creating a future where every mother, her children, and her children's children—no matter how remote—have access to essential care.

In Somaliland, Now You Are the Group's Interest (NYAGI) is turning this vision into reality. By partnering with NYAGI and the Edna Adan Maternity Hospital, the dōTERRA Healing Hands Foundation is tackling maternal and infant mortality by equipping remote healthcare providers with life-saving ultrasound skills.

Founded with a mission to save the lives of mothers, NYAGI is a nonprofit organization dedicated to improving maternal and infant health through ultrasound education. NYAGI trains healthcare workers in underserved communities, giving them the skills to diagnose early pregnancy complications.

Their impact stretches across the world to countries like Nepal, Tanzania, Haiti, and Somaliland. This innovative approach combines hands-on training with portable 7D Imaging technology, empowering local providers with what they need to offer critical care, even in remote regions.

Small Tool with Life-Saving Impact

Ultrasound uses sound waves to create images of the inside of a person's body. This life-saving technology is cost-effective and transportable. It provides immediate and noninvasive support that can mean the difference between life and death for mothers and babies.



Discover NYAGI.

Dr. Cliff Gronseth, founder of NYAGI, says, "I founded the NYAGI project to harness the power of ultrasound imaging—an easily portable, battery-powered triage tool to help identify at-risk mothers in low-resource areas. Portable ultrasound that now fits in your hand is like a visual stethoscope.

"But instead of listening, ultrasound lets you look inside the body, in real-time, for signs of danger. Harmless sound waves can produce images of the fetus, uterus, placenta, and internal organs and can help identify other potentially serious medical conditions like COVID, pneumonia, bleeding, and fractures. The process of learning how to use ultrasound technology is the main reason it's not used more often."

NYAGI interventions address this training deficit by providing vital education where it's needed most. By equipping local healthcare providers with ultrasound training, NYAGI is empowering communities with a tool that can drastically change outcomes, offering early detection, timely interventions, and better health foundations.

Core Curriculum: NYAGI 6

Unlike traditional ultrasound training, the NYAGI program focuses on six essential diagnostics to help physicians quickly identify high-risk pregnancies. This streamlined approach is crucial in low-resource communities where healthcare resources are often concentrated in metropolitan areas, leaving rural spaces with limited access to care.



NYAGI teaches healthcare workers six essential diagnostics:



Head
Where is it located in vitro?



Heart
Is it beating at the correct rate?



Placenta
Where is its location relative to the cervix and is it low-lying?



Number
How many babies are in gestation?



Level
What is the level of amniotic fluid?



Size
When is the mother due?

These six critical indicators help determine if mothers need to leave their rural communities to reach a properly equipped hospital.

"You may think that's not a big deal," says Dr. Gronseth. "But some of the mothers we serve could face a journey of up to two weeks on foot through extreme terrain just to reach the nearest hospital with adequate medical support. These ultrasounds can provide mothers with the critical time they otherwise wouldn't have."

A Ripple Effect of Change

At the heart of the NYAGI efforts in Somaliland is Dr. Edna Adan Ismail. She's the country's former minister of foreign affairs, the founder of the Edna Adan Maternity Hospital, and a trailblazer in women's health.

Often called the "Mother Teresa of Somaliland," Edna has spent her life improving healthcare for women and children, even winning the highly acclaimed Templeton Prize in 2023. She's broken barriers and redefined social norms, inspiring women across Africa.

Her mission aligns with the dōTERRA Healing Hands Foundation: to empower women through education, healthcare, and sustainable development. Together with NYAGI, Edna is helping ensure women can access medical care and advocate for themselves and their children.

Her lifelong commitment to advocacy is leaving a legacy in Somaliland that extends beyond immediate care. It's about creating lasting change and empowering future generations of women.



“We greatly appreciate the support the dōTERRA Healing Hands Foundation is providing to NYAGI, enabling mothers in our country to access maternal healthcare. This gift extends far beyond what we ever thought possible, truly saving the lives of women and children in even the most remote areas of Somaliland.”—Edna Adan

Every two minutes, a mother dies of pregnancy complications—the weekly equivalent of 10 fully occupied 747 jumbo jets crashing with no survivors. Most of these deaths are avoidable and occur in isolated communities.

Looking Ahead and Making a Difference

From the start, dōTERRA has aimed to foster a culture of meaningful, sustained giving. The dōTERRA Healing Hands Foundation embodies that mission. Our commitment continues to grow with its partnership with NYAGI. None of this progress would be possible without the generosity and support of Wellness Advocates, customers, and employees.

“Our goal is for our impact to bring lasting change,” says Misty Bond, dōTERRA vice president of corporate communications and philanthropy. “It’s a calling we approach with great responsibility, ensuring each donation from our community is directed toward maximum and enduring impact.”

We invite you to join us in creating lasting impact. Every action—whether by donating or raising awareness—adds to a collective ripple of change, building a future where essential healthcare and empowerment reach every mother and child. Together, we’re shaping lives and communities.



Donate today and change lives!

Savor the Day

August

As summer begins winding down in August, this essential oil blend is the perfect way to savor the final days. Enjoy the calming, balancing aromas as you slow down and enjoy the good vibes of the season.

Whether you're heading out on some final outdoor excursions, reflecting on all your summer adventures, or preparing to transition to fall, diffusing this blend will create a peaceful, soothing atmosphere in your home, encouraging mindfulness and helping you feel centered.

Summer Vibes

💧💧💧 Peppermint

🍋 Helichrysum

💜 Lavender

🍋 Lime



All Things Lemon

As the old saying goes, “When life gives you lemons, make lemonade.” dōTERRA agrees, and when you have **Lemon** essential oil at your side, you can do even more this spring and summer!

You know and love the classic uses for Lemon oil: diffusing for a bright and invigorating atmosphere, cleaning household surfaces and sticker residue, and taking with water for a flavored sugar-free drink. But there’s a lot more Lemon can do in your life as you begin spring cleaning and summer activities.

Explore its versatility during these upcoming months and experience what a simple game changer it is for your daily routines. Lemon essential oil is a must-have product in everyone’s natural toolkit, offering bountiful possibilities for cleaning, cooking, and crafting.



Cleaning with Lemon

Lemon is popularly used for its cleansing properties. It can naturally purify your home, office, car—literally almost anywhere—while also filling it with a clean, refreshing aroma.

- **Fruit Spray:** The first thing you and your family want to do as spring sets in is enjoy fresh fruit. Let go of any worries about dirt and other contaminants with this super simple Lemon-based fruit spray! Just add several drops to a glass spray bottle with water and get spritzing. It even gives your fruit a beautiful glitter and heightened color.
- **Window Cleaner:** You want your windows sparkling and streak-free so you can bask in the green renewal of nature outside every morning. It's easy with a homemade Lemon oil cleaner. Combine water, a couple drops of Lemon, and a teaspoon of cornstarch in a spray bottle. Shake well before using and spray on windows or mirrors for a spotless shine.
- **Polish:** Bring out the natural beauty of your wood and leather furniture with your own polish, thanks to Lemon oil. Mix a few drops with a little olive oil and white vinegar for a gentle yet effective polish. The essential oil nourishes the wood while giving it a natural shine—perfect for dining tables, couches, coffee tables, cabinets, and chairs (wood or leather).
- **Dishwasher:** For an extra boost in your dishwasher, add a couple drops of Lemon to your detergent. The essential oil helps cut through grease and makes your dishes bright, both in their appearance and their smell. And it freshens your dishwasher along the way.
- **Laundry:** When you make Lemon oil part of your laundry routine, you give your clothes a fresh, clean scent. This addition pairs particularly well with warm weather, making your linens smell like they've been dried in the sun. Add a drop or two to your dryer balls or to the rinse cycle of your wash for a naturally enhanced experience.



Cooking with Lemon

Lemon brings a zesty brightness to your favorite dishes. Whether you're whipping up something savory or sweet, this essential oil perfectly complements the fresh ingredients of the warm seasons.

- **Marinades:** A few drops of Lemon essential oil combined with honey, garlic, and olive oil makes for a deliciously tangy marinade. It goes great with summer cookouts: grilled chicken, seafood, and veggies. Lemon oil enhances natural flavors with a punch of freshness.
- **Fruit Salads:** All you need is a touch of Lemon to elevate your summer fruit salads. Mix it with a drizzle of honey and fresh mint leaves. The essential oil pairs wonderfully with berries, melon, and citrus fruits, creating a refreshing dessert or snack on a hot day.
- **Sorbets:** Speaking of desserts on hot days, you'll cool down fast with a Lemon oil sorbet! Add just a couple drops to lemon juice, sugar (or another sweetener like stevia), and water before freezing. The essential oil offers an extra flavor, making your sorbet more intense and vibrant.
- **Pastas:** Take your seasonal pasta dishes to the next level with a delightful Lemon twist. Put a couple drops in your favorite pesto recipe, including ingredients like pine nuts, garlic, olive oil, and Basil essential oil or fresh basil. The citrusy kick from Lemon cuts through the richness of the sauce and pairs beautifully with fresh produce and meats.
- **Baked Goods:** As you know from the "Fresh, Fun, and Flavorful" article (see page 32), Lemon-flavored desserts are classic treats. Whether it's the article's cheesecake or something else tasty like cakes, cookies, or lemon bars, Lemon oil can easily enhance whatever you're baking with its vibrant, sweet, and natural flavor.

Just remember, dōTERRA essential oils are pure and potent, so a little goes a long way in the kitchen. You typically only need a few drops, but you can customize the amount to your palette.†

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



Crafting with Lemon

Lemon is practical and fun to incorporate into your seasonal crafting projects. From creative DIYs to delightful seasonal decorations, you can use Lemon for just about anything you're wanting to make.

- **Candles:** Did you know it's simple to make beautiful homemade candles with a citrus twist? Mix Lemon oil with beeswax or soy wax and pour the mixture into small jars. Add cotton wicks and let the candles set. Once lit, these candles will fill your space with a refreshing, natural scent that'll make a memorable evening indoors or on the patio watching the sun set.
- **Potpourri:** Fun DIY potpourri with dried flowers, herbs, and Lemon essential oil? Yes! Add the ingredients to small muslin or fabric bags and tie them with a ribbon. This potpourri is ideal for hanging near doors or placing on coffee tables and countertops as decor. It's also a lovely handmade, meaningful gift for friends and family.
- **Sun Catchers:** Brighten your home with beautiful sun catchers. Use thin wire or fishing line to string together beads and small crystals, then add felt or porous clay pieces that can absorb Lemon essential oil. Hang the sun catchers in windows—every time the sun hits, not only will you enjoy a dazzling light show, but the room will also fill with uplifting, pure Lemon.
- **Air Fresheners:** Commercial air fresheners just aren't suitable for your natural lifestyle. For a simple air freshener, fill small jars with baking soda and add several drops of Lemon oil. Poke holes in the jar lid or cover with fabric and place a jar in any room that needs extra freshness. Baking soda neutralizes odors, while Lemon keeps the air smelling clean and inviting.
- **Sachets:** Anywhere can be improved by the smell of Lemon. Add its pleasant citrus aroma to your drawers or closets with scented sachets. Place a couple drops of Lemon in small fabric pouches filled with dried lavender or cotton balls. These sachets will keep your clothes and darker corners smelling as fresh as sunlight.

A Seasonal Staple

Lemon essential oil is a cheerful, competent companion you can use all spring and summer. It can enhance your kitchen and creativity—and your efforts to build a healthier, more balanced life—with its versatile and uplifting properties.

What's amazing is these aren't even all the ways you can use Lemon oil! And so many other natural doTERRA products are just as incredible and effective. Anyone can easily make essential oils part of daily life, positively impacting cleanliness, atmosphere, wellness, and more.



Check out more creative DIY projects that use your favorite essential oils on our blog.





dōTERRA
Deep Blue®
Stick
Copaiba
Special Analgesic
Net Wt. 1.00 oz / 28g

dōTERRA®

Product Guide | *Spring/Summer 2025*

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dōTERRA®

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

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

dōTERRA was founded with the bold commitment to sell only pure essential oils. As we rapidly expanded, traditional suppliers told us we couldn't maintain our growth without resorting to extended or adulterated oils. But we refused to compromise on quality. Instead, we began sourcing essential oils directly. We set up long-term relationships with farmers and distillers, building our Global Botanical Network of sourcing partners. We created an award-winning sourcing model—Cō-Impact Sourcing®—to source the best and help the most.

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



Tea Tree
Melaleuca alternifolia

102

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.*

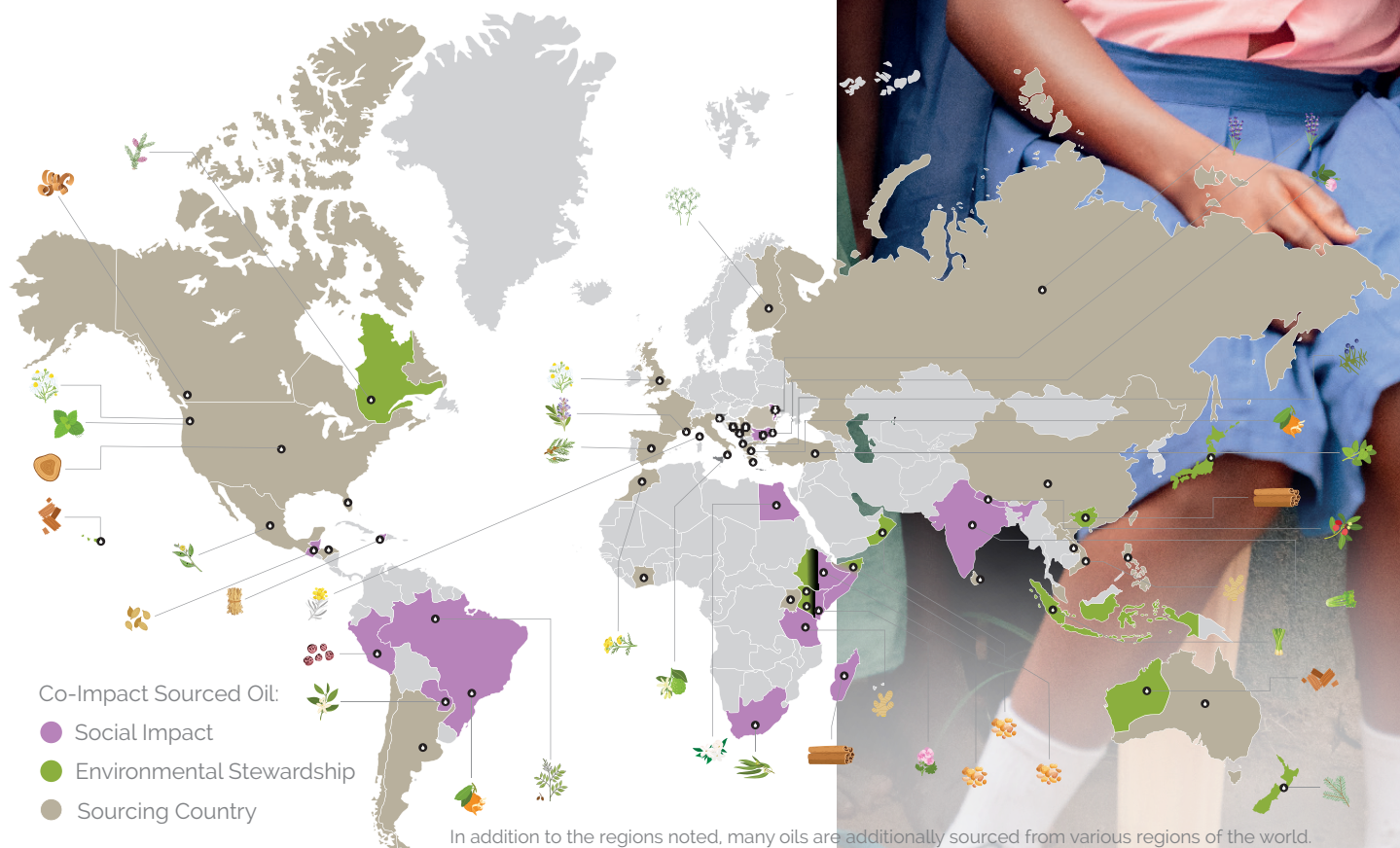
- Ingest to support healthy cellular function.*
- Helps maintain healthy skin when applied topically.

A T I N A T I N



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

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



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 | o PV
\$26.67 rtl
\$20.00 whl



dōTERRA Hope® Touch

Uplifting Blend

Now including exclusive Jasmine essential oil, this transformative blend symbolizes life, tenacity, and most importantly, hope that we can achieve our best selves and a better world. \$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

A T I N

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 919-907-2214. 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.

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, Peppermint
60202952
 26 PV
 \$41.33 rtl
 \$31.00 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 (VMG+™ and EO Mega®+)

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

Other Products: dōTERRA TerraZyme™, VMG+™, EO Mega+™, Deep Blue® Rub, dōTERRA PB Restore®

*VMG+ stick packs coming soon

160 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 (VMG+™ and EO Mega®+)

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: VMG+™, EO Mega+™, 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

*VMG+ stick packs coming soon

375 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



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
- Provides added cleansing power to surface cleaners

A T L N
30010001
15 mL | 33 PV
\$44.00 rtl
\$33.00 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 L S
30790001
15 mL | 43 PV
\$57.33 rtl
\$43.00 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



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



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

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

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



Blue 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



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

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

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



Cardamom
Essential Oil
Elettaria cardamomum
With a long history as a cooking spice, Cardamom is also beneficial to the digestive and respiratory systems when taken internally.*

- Helps ease indigestion and maintain overall gastrointestinal health when ingested*
- Provides cool and minty aroma

A T L N
49350001
5 mL | 31 PV
\$41.33 rtl
\$31.00 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.

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 skin
- May have antioxidant properties when ingested, according to preclinical studies*

A T I N

49290001
5 mL | 23 PV
\$30.67 rtl
\$23.00 whl

Lavender Top Seller
Essential Oil
Lavandula angustifolia

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

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

A T I N A T N

30110001
15 mL | 29 PV
\$38.67 rtl
\$29.00 whl

60200225
10 mL roll-on | 21 PV
\$28.00 rtl
\$21.00 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

Oregano Top Seller
Essential Oil
Origanum vulgare

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

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

A T I D A T N

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

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

A T I N

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

Peppermint
Essential Oil
Mentha piperita

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

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

A T I S A T N

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

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

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
- Supports a healthy digestive system when ingested*

A T I S

30130001
15 mL | 15 PV
\$20.00 rtl
\$15.00 whl

Lime
Essential Oil
Citrus aurantifolia

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

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

A T I S

30870001
15 mL | 17 PV
\$22.67 rtl
\$17.00 whl

Peppermint Beadlets

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

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

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

Petitgrain
Essential Oil
Citrus aurantium

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

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

A T I S

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

Pink Pepper
Essential Oil
Schinus molle

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

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

A T I N

60207016
5 mL | 23 PV
\$30.67 rtl
\$23.00 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 CO₂ extraction method

A T I N

60218012
5 mL | 40 PV
\$53.33 rtl
\$40.00 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

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
- Use in place of dried herbs while cooking
- Apply to muscles before and after exercise

A T I N

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

Roman Chamomile
Essential Oil
Anthemis nobilis

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

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

A T I N

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

Rose
Essential Oil
Rosa damascena

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

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

A T S A T N

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

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

A T I N

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

Myrrh
Essential Oil
Commiphora myrrha

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

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

A T I N A T N

30160001
15 mL | 62 PV
\$98.67 rtl
\$74.00 whl

60221439
10 mL roll-on | 50 PV
\$66.67 rtl
\$50.00 whl

Neroli
Touch Blend

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

- Creates a calm, uplifting atmosphere
- Soothes skin

A T N

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

Sandalwood
Essential Oil
Santalum album

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

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

A T I N

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

Siberian Fir
Essential Oil
Abies sibirica

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

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

A T I N

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

Spanish Sage
Essential Oil
Salvia lavandulifolia

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

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

A T I S

60222770
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

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

Tangerine
Essential Oil
Citrus reticulata

A sweet, tangy aroma, similar to other citrus oils, that is uplifting. Known for its cleansing properties and for its sweet, tangy aroma.

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

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

Tea Tree
Essential Oil
Melaleuca alternifolia

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

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

60208340 **60208343**
15 mL | 26 PV 10 mL roll-on | 18.5 PV
\$34.67 rtl \$24.67 rtl
\$26.00 whl \$18.50 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

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

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.

abōde®
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

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

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 **60221438**
15 mL | 60 PV 10 mL roll-on | 42 PV
\$88.00 rtl \$56.00 rtl
\$66.00 whl \$42.00 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

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

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

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

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

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 Leaf, 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

*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 Breathe®
Respiratory Blend

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

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

A T S A T N

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

A T N

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 sunny aroma to brighten your day.

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

A T S A T N

60218863 5 mL | 26 PV \$34.67 rtl \$26.00 whl
60218864 10 mL roll-on | 22 PV \$29.33 rtl \$22.00 whl




Immortelle
Anti-Aging Blend

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

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

A T N

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



InTune®
Focus Blend

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

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

A T N

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



MetaPWR®
Metabolic Blend

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

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

A T I N

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



Citrus Bliss®
Invigorating Blend

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

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

A T N

60219370 15 mL | 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

A T N

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

A T N

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



MetaPWR®
Beadlets
Metabolic Blend

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

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

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



dōTERRA Motivate®
Encouraging Blend

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

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

A T S A T N

60218764 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®
Woodland Blend

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

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

A T N

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



dōTERRA Console®
Comforting Blend

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

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

A T N A T N

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




DDR Prime®
Cellular Complex

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

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

T I S

60207092 15 mL | 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

T S

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




dōTERRA On Guard®
Protective Blend

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

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

A T I S A T N

31100001 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®
Beadlets

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

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

I

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



dōTERRA Passion®
Inspiring Blend

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

- Creates a joyful, inspiring atmosphere
- Transcends the trivial

A T S A T N

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



DigestZen®
Digestive Blend

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

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

A T I N A T N

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

A T S A T N

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

- Promotes a clear complexion
- Targets breakouts
- Helps keep skin clean, clear, and hydrated

T N

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



PastTense®
Tension Blend

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

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

A T N

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



dōTERRA Peace®
Reassuring Blend

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

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

A T N A T N

31710001 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

A T N

31060001 15 mL | 26 PV \$34.67 rtl \$26.00 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.



Rescuer™
Soothing Blend

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

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



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



dōTERRA Serenity®
Restful Blend

dōTERRA Serenity has a calming and relaxing aroma.

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



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



Shinrin-Yoku®
Forest Bathing Blend

Formulated with CPTG® 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



Steady®
Grounding Blend

For daily centering, or for times when you feel overwhelmed, 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®
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®
Mentha Blend

Brings together CPTG® 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 SuperMint®
Beadlets

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

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



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



Tamer®
Digestive Blend

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

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



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



TerraShield®
Repellent Blend

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

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



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



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



Thinker®
Focus Blend

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

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



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



Whisper® Touch
Blend for Women

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

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



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



Zendocrine®
Detoxification Blend

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

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



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

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

Singles	Blends
60226846	60226847
0 PV	0 PV
\$2.67 rtl	\$2.67 rtl
\$2.00 whl	\$2.00 whl

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dōTERRA® AromaTouch Technique®

When you purchase the AromaTouch Technique Training Kit, you'll have the products you need to perform the AromaTouch Technique—an incredible practice that combines human touch to create 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 little 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+™ 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+™ 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 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

60224844
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

dōTERRA On Guard Hand Sanitizing Gel

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

- 99% effective against 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 is 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



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

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 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 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

38020001
2-pack 16 fl oz/473 mL | 30 PV
\$50.67 rtl
\$38.00 whl

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dōTERRA® abōde®

Your home is an ecosystem. Feeling good about the products you bring into it doesn't have to come with compromises. The dōTERRA abōde 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, abōde delivers efficacy, sustainability, and aesthetic value . . . *naturally*.



abōde
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

abōde 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 abōde 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

abōde Liquid Dish Soap

- Tough on grease, leaves dishes, glassware, pots, and pans sparkling clean
- Formulated to provide a naturally fresh, citrus aroma using abōde 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

abōde Dishwasher Pods

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

60216473
24 count | 11 PV
\$21.67 rtl
\$16.25 whl

abōde Laundry Pods

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

60216474
45 count | 15 PV
\$30.00 rtl
\$22.50 whl

abōde 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 abōde® Refillable Glass Dispensers & Accessories

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

dōTERRA abōde Surface Spray Dispenser

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

dōTERRA abōde Liquid Dish Soap Dispenser

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

dōTERRA abōde Bubble Up

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

dōTERRA abōde Hand Wash Dispenser

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

dōTERRA abōde Modular Trays

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

dōTERRA abōde Microfiber Cloths

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

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



Product Lines

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

A T N

60209364
15 mL | 44 PV
\$58.67 rtl
\$44.00 whl

A T N

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

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dōTERRA Breathe®

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

- Offers a blend of organic cane sugar and organic brown rice syrup in tasty, on-the-go lozenges
- Provides a soothing, cooling feeling in your mouth

60225230
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

A T S

60200190
15 mL | 29 PV
\$38.67 rtl
\$29.00 whl

A T N

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 Frankincense

Frankincense, revered as the King of Oils, embodies a rich heritage that continues to shape its contemporary uses. It offers soothing properties when applied to the skin and is believed to support overall wellness and healthy cellular function when used internally.* When diffused, it creates a tranquil environment, promoting a sense of calm and relaxation.



Frankincense Boswellic Acid Complex **New**

Combines Frankincense essential oil and Frankincense resin in a liquid-based microbead capsule. Contains a standardized 60% concentration of AKBA (acetyl-11-keto-β-boswellic acid), a compound extracted from Boswellia resin known to aid a healthy inflammatory response.*

- Supports joint comfort and mobility*
- Supports cellular health and renewal, according to preclinical research*
- Provides antioxidant support and protection*

60228949
30 capsules | 42 PV
\$64.00 rtl
\$48.00 whl

CD Made with SLS-free vegetable capsules

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.

dōTERRA Frankincense Stick + Naio Wood **New**

Infused with CPTG® dōTERRA Frankincense essential oil, this easy-to-use stick includes Naio Wood to help deliver restorative topical benefits and promote the look of renewed and revived skin.

60228704
1.06 oz/30 g | 42 PV
\$64.00 rtl
\$48.00 whl

A T I N

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

A T N

60200224
10 mL roll-on | 52 PV
\$69.33 rtl
\$52.00 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 vegetarian softgels

dōTERRA Serenity Restful Blend

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

A T N

6021983
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 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

A T I D

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

A T N

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

Supplements & Nutrition



dōTERRA®

VMG+™

VMG+™

Whole-Food Nutrient Complex
Clean | Vegan | Gluten-Free | Natural | Non-GMO

Dietary Supplement
30 Sticks | Net wt 9.95 oz / 282 g

dōTERRA
PB Restore™
ProBiome Complex
Dietary Supplement
30 Dual-Chamber Crystals

dōTERRA®
EO Mega+
Essential Oil
Omega Complex
Dietary Supplement
90 Softgels | 30-Day Supply



Foundational Wellness

Today's modern diet often lacks the essential nutrients required to maintain optimal health, sustain energy levels, and support immune function. Foundational wellness supplements are designed for daily use to ensure your body receives the nutrients it needs, building a strong foundation for lifelong vitality and health.*



VMG+™ Whole-Food Nutrient Complex

VMG+ Whole-Food Nutrient Complex is an advanced, all-in-one daily nutritional, powdered drink designed to optimize foundational wellness and tastes great. It features over 90 high-quality ingredients, including whole-food vitamins and minerals, fruits, vegetables, digestive enzymes, probiotics, essential oils, and other beneficial nutrients.

- Provide highly bioavailable vitamins and minerals to help meet nutritional goals*
- Supports overall health and wellness*
- May increase energy levels*
- Supports multiple systems of the body*

60228990
30 sachets | 80 PV
\$119.33 rtl
\$89.50 whl

*VMG+ stick packs coming soon



EO Mega+™ Essential Oil Omega Complex

EO Mega+ Essential Oil Omega Complex is a premium blend of omega fatty acids derived from wild-caught fish off the coast of Norway, providing clean, pure, and traceable fish oil, and CPTG Certified Pure Tested Grade® Wild Orange essential oil.

- Supports heart health*
- Supports a healthy respiratory system*
- May help promote a healthy metabolism*
- Helps maintain visual acuity*

60229028
90 softgels | 40 PV
62.00 rtl
\$46.50 whl



dōTERRA PB Restore® ProBiome Complex

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

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



Foundational Wellness Bundle

With VMG+, EO Mega+, and dōTERRA PB Restore, the Foundational Wellness Bundle helps you create a daily routine that lays solid groundwork for a successful future when it comes to your wellness.

This kit includes:

- VMG+™ Whole-Food Nutrient Complex
- EO Mega+™ Essential Oil Omega Complex
- dōTERRA PB Restore® ProBiome Complex

60230014
125 PV
\$199.33 rtl
\$149.50 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 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

6022556

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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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.*



New Look Coming Soon

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*

60223966

120 vegetable capsules | 76 PV
\$101.33 rtl
\$76.00 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



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 liquicaps | 60 PV
\$96.00 rtl
\$72.00 whl



Vegan Microplex VMz®

Food Nutrient Complex

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

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

60213210

120 vegetable capsules | 49 PV
\$78.67 rtl
\$59.00 whl



Learn more

- Made with SLS-free vegetable capsules
- Made with vegetarian softgels

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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



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



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*

60225264
60 vegetarian softgels | 44 PV
\$66.67 rtl
\$50.00 whl



TriEase® Softgels

Seasonal Blend
TriEase Softgels were developed to help your body deal with seasonal shifts and to support a healthy respiratory system when needed most.*

- Promotes clear breathing and respiratory function due to Peppermint oil*
- Supports healthy immune system function because of the limonene in Lemon oil*

60225764
60 vegetarian softgels | 24 PV
\$37.33 rtl
\$28.00 whl

New Look Coming Soon



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

60225231
160 HPMC capsules | 0 PV
\$6.00 rtl
\$4.50 whl

New Look Coming Soon



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

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 Beadlets

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

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

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

MetaPWR Satiety Gum

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

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

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

MetaPWR 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

MetaPWR 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

60225414
120 vegetable capsules | 90 PV
\$132.97 rtl
\$99.50 whl

MetaPWR Advantage

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

Lemon-Orange
6022772
30 sachets, 6 g each | 70 PV
\$112.67 rtl
\$84.50 whl

Pomegranate-Cherry
60231059
30 sachets, 6 g each | 70 PV
\$112.67 rtl
\$84.50 whl

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

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 System Enrollment Kit

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

60223395
165 PV
\$260.00 rtl
\$195.00 whl

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

- Made with SLS-free vegetable capsules
- Made with vegetarian softgels

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dōTERRA® Nutrition

Pure. Practical. Powerful. dōTERRA Nutrition provides quality protein and fiber for optimal energy and wellbeing.* With science-based and well-researched formulas, dōTERRA Protein, and dōTERRA Fiber 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*

60223975
Vanilla | 20 Servings | 25 PV
\$60.00 rtl
\$45.00 whl

60223976
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*

60223977
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

60225134
30 Servings | 15 PV
\$28.00 rtl
\$21.00 whl



Learn more

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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



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



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



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 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

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



Zendocrin® Detoxification Blend

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

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

A T I N

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

Zendocrin® Detoxification Complex

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

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

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

Zendocrin Softgels® Detoxification Blend

Zendocrin Softgels help cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling.*

- Supports the body's natural ability to rid itself of unwanted substances*
- Supports normal function of healthy liver and kidney.*

60225126
60 vegetarian softgels | 26 PV
\$38.67 rtl
\$29.00 whl



Made with SLS-free vegetable capsules
Made with vegetarian softgels

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Personal Care



dōTERRA® Essential Skin Care

dōTERRA Essential Skin Care is a family of skin care products designed to keep your skin feeling and looking young, healthy, and gorgeous by maximizing the natural power of carefully selected CPTG Certified Pure Tested Grade® essential oils combined with cutting-edge ingredient technologies and natural extracts in each product. Target the visible signs of aging with dōTERRA Essential Skin Care.



Facial Cleanser

Enriched with essential oils and natural cleansers, dōTERRA Facial Cleanser helps your skin feel fresh, smooth, and clean.

- Yucca Root Extract and Soapbark Extract are rich in saponins, natural cleansers that clarify and soothe skin
- Macadamia seed oil conditions the skin
- Vitamin E supports healthy-looking skin

60201753
4 fl oz/118 mL | 13 PV
\$21.33 rtl
\$16.00 whl

Invigorating Scrub

dōTERRA Invigorating Scrub gently exfoliates lifting away impurities, leaving your skin feeling soft, smooth, and renewed.

- Gentle exfoliating action comes from biodegradable jojoba esters, known for their moisturizing properties to the skin
- Greater Burdock Extract helps purify and tone skin
- Botanical and fruit extracts enhance the aromatic experience

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

Pore Reducing Toner

dōTERRA Pore Reducing Toner tones and balances skin, visibly reducing the appearance of pores and calming sensitive skin.

- Tones and balances
- Increases skin hydration, reduces the appearance of oily skin, tones the skin, and visibly reduces the appearance of pores
- Helps remove excess oil from the skin and reduces the appearance of pores

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

Brightening Gel

dōTERRA Brightening Gel combines natural extracts and vitamins with innovative ingredient technologies and CPTG® essential oils to brighten and even skin tone.

- Daisy extract is a natural skin-brightening agent that helps promote even skin pigmentation
- Ginger root extract promotes even skin tone and radiant-looking skin
- Microencapsulated vitamin C helps keep the skin looking youthful while promoting anti-pigmentation properties

60210008
1 fl oz/30 mL | 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.

- Provides a lifted-look to the skin
- 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
- Provides a noticeable tightening and lifting effect from the first use
- Bakuchiol helps tone and tighten the skin, which helps improve the appearance of fine lines and wrinkles

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

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. Add up to two additional Essential Skin Care products at a discount with the purchase of this kit.

60203183
90 PV
\$126.67 rtl
\$95.00 whl

Essential Skin Care Kit

Facial Cleanser, Invigorating Scrub, Pore Reducing Toner, Tightening Serum, Brightening Gel, Anti-Aging Eye Cream, Anti-Aging Moisturizer, Hydrating Cream.

60203184
200 PV
\$275.33
\$206.50



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

T N

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
1.7 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

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

Yarrow|Pom

Revitalizing Eye Mask

Moisturizes and soothes under-eye contour to help firm and smooth delicate under-eye skin.

- Soothes and moisturizes the delicate eye area to help firm and smooth under-eye skin
- Improves texture for soft, supple, radiant-looking skin
- Promotes healthy skin and skin elasticity to reduce the look of fine lines around the eyes

60225985
8 pairs | 30 PV
\$52.66 rtl
\$39.50 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 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

CD Made with SLS-free vegetable capsules

dōTERRA® Veràge®

dōTERRA Veràge 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 Veràge promotes an optimal lipid balance—the same balance found in healthy, youthful-looking skin.



Veràge Cleanser

Smooth, healthy-looking skin begins with Veràge 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

Veràge 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
1.7 fl oz/50 mL | 17 PV
\$28.00 rtl
\$21.00 whl

Veràge Immortelle Hydrating Serum

Experience the age-defying effects of Veràge 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 healthy-looking skin

37400001
.5 fl oz/15 mL | 52 PV
\$82.67 rtl
\$62.00 whl

Veràge Moisturizer

Veràge 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 oz/30 g | 27 PV
\$40.00 rtl
\$30.00 whl

Veràge Skin Care Collection

Veràge Cleanser, Toner, Immortelle Hydrating Serum, Moisturizer

42690001
80 PV
\$140.00 rtl
\$105.00 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.

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 an 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 and Grapefruit essential oils provide an uplifting aroma
- 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 and smooth the skin
- 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 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
58 PV
\$100.00 rtl
\$75.00 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 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 helps balance and soothe the skin while rich Muyao Shea Butter works to moisturize, leaving skin soft and smooth.

- Non-Nano Zinc creates a barrier to protect delicate skin from excess moisture
- Raw East African Muyao 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 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 Muyao Shea Butter has a unique fatty acid profile supporting baby's soft skin
- Simple, natural ingredients cleanse without disrupting the skin's natural balance
- Clinically tested and approved for sensitive skin

60201361
10 fl oz/295 mL | 10 PV
\$20.00 rtl
\$15.00 whl

dōTERRA baby Lotion

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

- Raw East African Muyao 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 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 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
\$16.67 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



Diffuser Blend Ideas

We strive for accuracy in all printed materials, but please be sure to confirm pricing online at the time of your order. Offers may be changed and corrected for errors, inaccuracies, or omissions.

Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
Enrollment Kits												
Aroma Essentials Collection								60221665	\$220.00	\$165.00	125	Kit
Healthy Start Kit								60211452	\$220.00	\$165.00	105	Kit
MetaPWR® System Kit								60223395	\$260.00	\$195.00	165	Kit
Healthy Habits Kit (VMG+™ and EO Mega®+)								60230405	\$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 (VMG+™ and EO Mega®+)								60230152	\$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	\$67.33	\$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> Top Seller	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> Top Seller	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> Top Seller	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> Top Seller	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	\$72.00	\$54.00	54	10 mL roll-on
Oregano <i>Origanum vulgare</i> Top Seller	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

Product Name	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 Forge® Renewing Blend	A	T				S	31750001	\$33.33	\$25.00	25	5 mL	
dōTERRA Forge® 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	
Shinrin-Yoku® Forest Bathing Blend	A	T				D	60225771	\$45.33	\$34.00	34	15 mL	

Product Guide Price List/Quick Reference

Product Name	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
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				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 abōde® Products

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 4-pack							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 Foaming Hand Wash Concentrate Infused with Citrus Bloom®							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

Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
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® Microfiber Cloths								60218574	\$13.33	\$10.00	0	3-pack

dōTERRA Adaptiv® Products

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 Breathe® Products

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								60225230	\$19.33	\$14.50	11	30 drops
dōTERRA Breathe Easy Combo								60217860	\$77.33	\$58.00	45	Kit

Deep Blue® Products

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 Frankincense Products

Frankincense <i>Boswellia carterii, sacra, papyrifera, and frereana</i> Top Seller	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
Frankincense Stick + Nao Wood								60228704	\$64.00	\$48.00	42	1.06 oz / 30 g
Frankincense Boswellic Acid Complex								60228949	\$64.00	\$48.00	42	30 capsules

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								60226743	\$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								60224844	\$6.67	\$5.00	0	10 pack
dōTERRA On Guard® Mouthwash								60203185	\$22.67	\$17.00	11	16 fl oz/473 mL
dōTERRA On Guard® Laundry Detergent								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								38010001	\$26.67	\$20.00	16	One 16 fl oz/473 mL

Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
dōTERRA On Guard® Foaming Hand Wash 2-pack								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	16 fl oz/50 mL

dōTERRA Serenity® Products

dōTERRA Serenity® Restful Blend	A	T				N		60217983	\$56.00	\$42.00	42	15 mL
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 Supermint® Products

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

Foundational Wellness

VMG+™ Whole-Food Nutrient Complex								60228990	\$119.33	\$89.50	80	30 sachets
EO Mega+®								60229028	\$62.00	\$46.50	40	90 softgels
dōTERRA PB Restore® ProBiome Complex								60225766	\$63.33	\$47.50	40	30 capsules
Foundational Wellness Bundle								60230014	\$199.33	\$149.50	125	Kit

dōTERRA Lifelong Vitality Pack®

Alpha CRS+®								60223966	\$101.33	\$76.00	76	120 capsules
Microplex VMz®								60213169	\$65.33	\$49.00	49	120 capsules
dōTERRA Lifelong Vitality Pack								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								60225231	\$6.00	\$4.50	0	160 capsules

ProBiome Support

dōTERRA PB Assist+® ProBiome Gut Complex								60225566	\$44.67	\$33.50	25	30 sachets
Fiber								60207065	\$28.00	\$21.00	15	30 Serving

Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
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® <small>New Formula</small>								60226045	\$58.67	\$44.00	36	60 capsules
MetaPWR® Assist								60213525	\$42.67	\$32.00	27	30 capsules
MetaPWR® Advantage Lemon-Orange								60222772	\$112.67	\$84.50	70	30 sachets
MetaPWR® Advantage Pomegranate-Cherry								60231059	\$112.67	\$84.50	70	30 sachets
MetaPWR Recharge® Wild Strawberry								60225877	\$52.67	\$39.50	30	30 sachets
MetaPWR Recharge® Lemon-Lime								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

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	I		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

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

Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
Essential Skin Care Kit								60203184	\$275.33	\$206.50	200	Kit
Customizable Essential Skin Care Kit								60203183	\$126.67	\$95.00	90	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

Yarrow|Pom Collection

Yarrow Pom Active Botanical Nutritive Duo		T	I		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
Yarrow Pom Revitalizing Eye Mask								60225985	\$52.66	\$39.50	30	8 pairs

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 oz/30 g
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

Product Guide Price List/Quick Reference

	Application				Skin Sensitivity			SKU	Rtl	Whl	PV	Unit
	Aromatic	Topical	Internal	Home	Neat	Sensitive	Dilute					
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 Care Trio								60219271	\$100.00	\$75.00	58	Kit
Root to Tip Serum								49050001	\$45.33	\$34.00	32	30 mL / 1 fl oz

dōTERRA® Women

	A	T	N	SKU	Rtl	Whl	PV	Unit
ClaryCalm® Monthly Blend for Women	●	●	●	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

Natural Deodorant

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

Correct-X®

Correct-X® Essential Oil Ointment								60110001	\$18.67	\$14.00	12	0.5 fl oz/15 mL
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dōTERRA® baby

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

dōTERRA® sun

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 Mineral Sunscreen Daily Moisturizer								60220570	\$46.67	\$35.00	30	1.7 fl oz/50 mL
Mineral Sunscreen Lip Balm								60227380	\$16.67	\$12.50	10	.13 oz/3.5 g

Product Guide Price List/Quick Reference

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

Beadlets

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

dōTERRA Healing Hands Foundation®

dōTERRA Hope® Uplifting Blend	●	●	●					60222109	\$33.33	\$25.00	25	10 mL roll-on
Rose Hand Lotion								60214220	\$26.67	\$20.00	0	3.3 fl oz/100 mL



dōTERRA Healing Hands Foundation®

Donation and Solicitation Disclosure

Florida A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE [of Florida]. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. Registration #: CH48280.

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

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

Michigan Registration # 55179

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

North Carolina Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-814-5400. 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 <https://www.sos.wa.gov/charities>.

Notes

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

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