



dōTERRA®  
**LIVING**

**08** Wellness That  
Moves with You

**32** Home  
Oils for Every Room

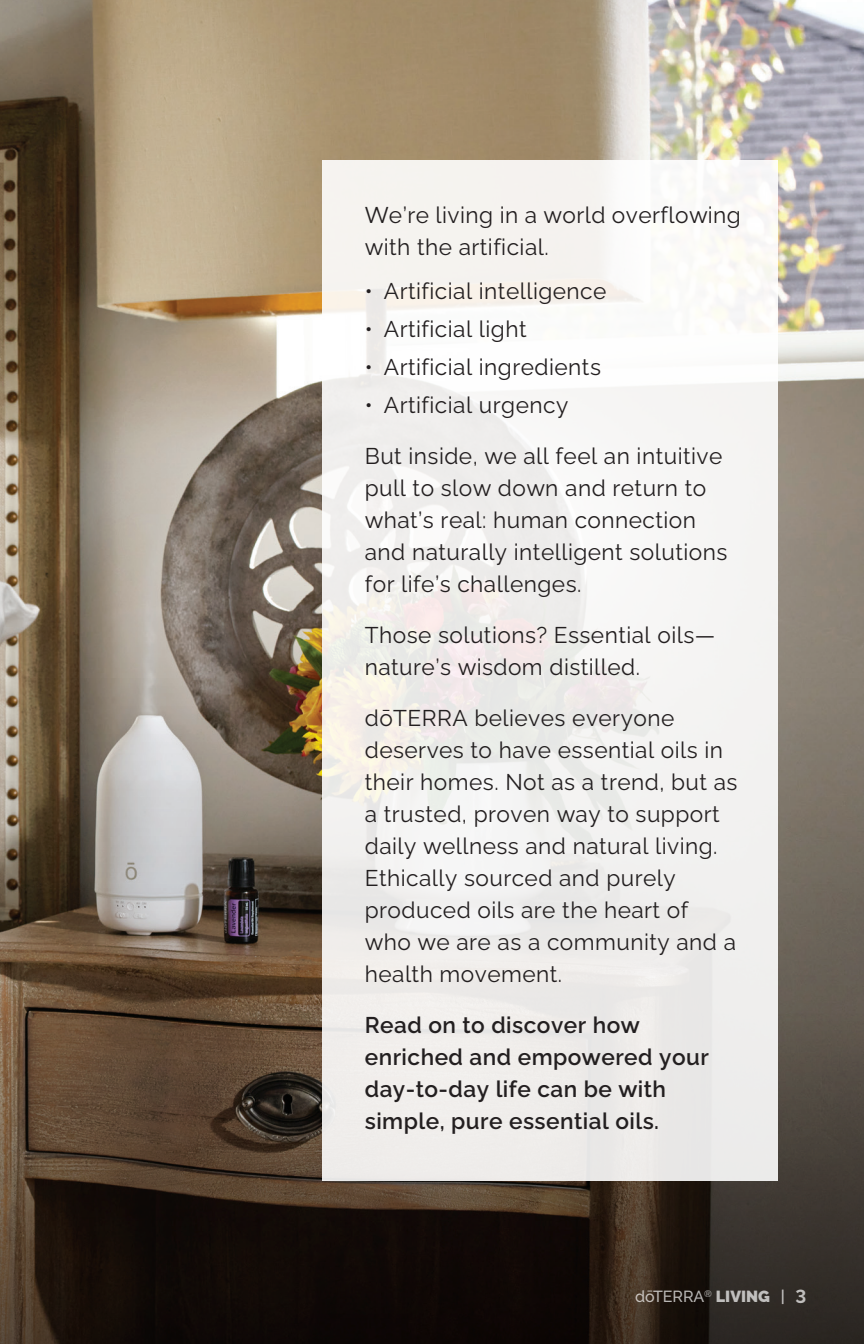
**42** Behind the Bottle  
Lemon



2026



GOTERNA  
ESSENTIAL OIL



We're living in a world overflowing with the artificial.

- Artificial intelligence
- Artificial light
- Artificial ingredients
- Artificial urgency

But inside, we all feel an intuitive pull to slow down and return to what's real: human connection and naturally intelligent solutions for life's challenges.

Those solutions? Essential oils—nature's wisdom distilled.

dōTERRA believes everyone deserves to have essential oils in their homes. Not as a trend, but as a trusted, proven way to support daily wellness and natural living. Ethically sourced and purely produced oils are the heart of who we are as a community and a health movement.

**Read on to discover how enriched and empowered your day-to-day life can be with simple, pure essential oils.**



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PRODUCT  
*Spotlight*



# Lavender

*Lavandula angustifolia*

*Sourced from soft purple flower fields in Bulgaria and offering a gentle floral aroma, **Lavender** is one of the most beloved essential oils in the world. It fits effortlessly into daily routines—from quiet evenings to simple moments of self-care—thanks to its versatility and soothing scent.*

## Daily Uses

- + Add a few drops to pillows, bedding, or the bottoms of your feet before bedtime.
- + Mix with water in a spray bottle and mist into closets, on linens, or in other areas to create a delightful, refreshing atmosphere.
- + Diffuse in the evening to create a tranquil space before bed.
- + Apply topically with a carrier oil as part of a soothing massage.
- + Add a drop to warm bathwater for a relaxing soak.

## Targeted Support

When bedtime rolls around, having multiple methods of sleep support can help you or loved ones easily and naturally unwind.



**dōTERRA Serenity® Stick + Valerian** is a convenient, smooth topical option you can apply for a calming aroma as part of your nighttime routine.



**dōTERRA Serenity Restful Complex Softgels** help relieve occasional sleeplessness and support healthy sleep patterns.

Discover  
more.



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# Wellness That Moves with You

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*Your body is never standing still. Every day it adapts—responding to your environment, responsibilities, stress levels, and life stages. From the energy of early adulthood to the wisdom and shifting rhythms of later years, your needs are constantly evolving.*

So how do you truly, reliably support something that's always changing?

The answer isn't complexity. It's *consistency*. With a strong foundation and layered support, your body gets what it's asking for in real time!

Nature makes consistency beautifully easy. With high-quality nutritional supplements and essential oils at your fingertips, you can support yourself in ways that are intuitive, empowering, and sustainable.

This is wellness that moves with you throughout life.

## What Your Body Needs Most

Every enduring structure has a firm foundation, and your health is no different.

In today's artificial world, even the most intentional dietary efforts fall short. Soil depletion, food processing, and modern lifestyles have created nutritional gaps that are nigh impossible to fill.

That's why dōTERRA created the **Foundational Wellness Bundle**, a simple daily health system that gives your body what it needs most. These three products together create a steady, dependable base, supporting your body through constant changes.



**VMG+®** delivers bioavailable vitamins, minerals, fruits, vegetables, enzymes, and essential oils. It supports multiple bodily systems and helps bridge the gap between what you eat and what your body actually uses.



**EO Mega+®** provides essential fatty acids that are underserved in modern diets. Omega-3s support brain, heart, and cellular health (plus enhanced benefits from **Wild Orange** essential oil), which are increasingly important as your body goes through different seasons of life.



**dōTERRA PB Restore®** addresses your microbiome, an essential but overlooked aspect of overall wellness. With a diverse blend of pre-, pro-, and postbiotics, it supports digestion, immune function, and nutrient absorption.



Discover  
more.

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# Support in Moments That Matter

With your foundation in place, something powerful happens. Your body feels more supported, more responsive, and more capable of handling daily demands.

But sometimes you can't relax and enjoy your well-deserved rest. Or you worry you won't be able to handle seasonal shifts or an upcoming class. Or your space feels dull and uninspired.

Essential oils are nature's way of offering specific, adaptable support. They don't override your body or your home. They work with it—enhance it. They meet you where you are, whether you need calm, clarity, or comfort.

Life isn't predictable. Certain days call for calm, while others require energy. Your body needs grounding, and then it needs boosting. Essential oils give you the flexibility and confidence to respond naturally, without adding complexity to your routine.



# Essential Oils for Everyday Support

*These 12 essential oils and blends are the simple, effective solutions you can turn to as your body adapts to changing circumstances and stages in life.*



## **Lavender:** *The Nurturer*

With its soft and calming aroma, **Lavender** is especially welcome in the evening or during stressful seasons of life. It's a go-to when you're winding down after a full day or creating space for an emotional reset.

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## **dōTERRA On Guard:** *The Defender*

Warm and supportive, **dōTERRA On Guard®** is a staple during seasonal shifts, travel, or busy schedules when you're around more people. With it, you're prepared as you move through demanding moments and environments.

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## **dōTERRA Breathe:** *The Opener*

**dōTERRA Breathe®** is like bottled fresh air—ideal for restful routines or times when you want to feel open and clear. It's especially helpful during seasonal transitions when respiratory support becomes top of mind.



## Lemon: *The Refresher*

Ever bright and incredibly cleansing, **Lemon** shines in the morning when you want a new start. It's the perfect oil anytime your home or mindset needs a lift. With your bottle, you're ready to cleanse, polish, elevate, and much more!

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## Peppermint: *The Awakener*

**Peppermint** creates a powerful cooling and invigorating effect, which is why it's often reached for during midday slumps or when you need renewed focus. It's also a favorite for road trips or long days when staying alert and energized matters.

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## Frankincense: *The Anchor*

Deep and balancing, **Frankincense** is valued (today and historically) for powerful benefits for the body. The warm, resinous aroma promotes a centered, assuring atmosphere, while its long-standing use in personal care makes it a versatile addition to daily routines, especially in seasons of change.

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## Tea Tree: *The Purifier*

**Tea Tree** fits seamlessly into daily routines that prioritize purifying skincare and personal freshness. It's especially helpful after activities when your skin needs rejuvenating or your environment needs enlivening.



### **dōTERRA Serenity:** *The Rester*

Tranquility personified, **dōTERRA Serenity®** is made for natural nighttime rituals. It supports relaxation and helps signal to your body that it's time to slow down, making it invaluable during stressful or overstimulating periods.

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### **DigestZen:** *The Harmonizer*

It's in the name! **DigestZen®** is what you use around mealtimes or during travel when routines are less predictable. Its warm, spicy, and minty scent creates a soothing environment, complementing a comforting abdominal massage.

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### **Deep Blue:** *The Soother*

**Deep Blue®** is a classic for a reason. It's a favorite after physical activity or extended time on your feet. It supports recovery and helps your body feel cared for after movement, whether that's a workout or everyday tasks.

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### **dōTERRA Balance:** *The Grounder*

Earthy and steady, **dōTERRA Balance®** is often used at the start of the day or during moments when life feels hectic. It helps create a sense of stability, making it ideal for mornings, transitions, or emotionally busy seasons.



## Copaiba: *The Balancer*

Your day is better with **Copaiba**. It's made for routines centered on calm, balanced wellness. The warm, woody aroma creates a steady atmosphere, while its incredible benefits enhance daily skincare or personal care rituals.

*Each of these essential oils reinforces your foundation, offering specific support exactly when you need it. They help you create a lifestyle that's natural, intentional, and adaptable.*

### **A Lifestyle That Moves with You**

You're constantly adapting, so your approach to wellness should be ready to do the same.

Instead of trying to manage every problem or push through discomfort, you can listen to and support your body as it changes, grows, and responds to the world around you.

Wellness doesn't have to be complicated to be effective. When you simplify your routine and trust in nature's design, you create space for something better: more connection to your body, more confidence in your choices, and more readiness for whatever comes next.

That's the power of combining a strong wellness foundation with essential oils. With daily nutritional support, you enjoy consistency. With essential oils, you gain flexibility. Together, they create a rhythm of care that moves with you through every season, schedule, and stage of life.



# Mountain

*Travel the world with essential oils.*

High above the earth, the air is sharper, clearer, and quietly energizing. This diffuser blend captures that elevated sensation with citrus brightness and deep evergreens. It creates a feeling of openness and clarity, like standing on a mountain ridge with beautiful blue sky in every direction.



## Diffuser Blend

🟡🟡🟡 Bergamot

🟢🟢 Siberian Fir

🔴🔴 Wintergreen



# Natural

INTELLIGENCE

*We're reaching a tipping point in a world that's drowning in the artificial.*

People have become disconnected from what's real, from each other and from nature.

We've replaced:

- + Natural with synthetic
- + Intuition with algorithms
- + Empathy with efficiency

But it doesn't have to be that way. There's an answer to modernity that both surrounds us and lives within us.

The answer is **Natural Intelligence**—a return to what's real, where natural solutions are used in daily life, a mother's intuition guides, and human connections ground us.

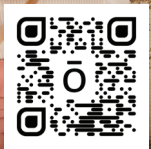
We're awakening the Natural Intelligence within everyone by distilling nature's wisdom into pure essential oils. These simple, intuitive solutions empower you to confidently care for yourself, your loved ones, and your community.

dōTERRA is where we defy the artificial and return to what's real. Real products. Real results. Real connection. Real impact.

Together with millions of passionate Wellness Advocates, we're growing a global community committed to more natural care.



Discover  
more.





**Note:** If pregnant, nursing, or under medical care, consult your healthcare provider before using these products.

# Stephanie Fritz

*Midwife, Wellness Advocate*

## **What first drew you to essential oils? What was the moment you knew they were making a difference in your life?**

As a midwife, I firmly believe the human body knows how to fix itself when given the right support. I quickly realized at the start of my career how limited perspectives were when it came to tools that support women, especially for those trying to conceive and during pregnancy, birth, and postpartum. I wanted more natural, safe, and effective options. That's what first drew me to essential oils.

The moment it clicked for me was when I first received my oils. I opened each bottle to smell its aroma. When I smelled **Frankincense**, I was blown away. I'd never smelled anything quite like it, and I've been using oils since the 1980s. From that day forward, I was all in with dōTERRA and couldn't keep it to myself.

One of the first times I used essential oils with a client was during a birth I attended. I wanted to feel present and grounded to better assist this mom, so I applied **dōTERRA Balance®** to myself. Mom was in the tub doing a water birth and started experiencing some anxiousness, so I reopened the essential oil bottle. The relaxing aroma helped create a calming space, and within minutes we welcomed a sweet baby girl!

## **What are your daily wellness routines? How do essential oils and supplements play a role?**

I believe wellness isn't something you do once. It's something you weave into the fabric of your life every day. I don't leave the success of my day up to chance. Instead, I "plan" for success with my daily two-minute morning routine.

My morning starts with a glass of water, plus a **MetaPWR Recharge**<sup>®</sup> and **Lemon** essential oil to support a gentle detox and hydration.\*† After 30 minutes I follow that with **VMG+**<sup>®</sup> for my multivitamin, **EO Mega**<sup>®</sup>+ for omega-3s, **dōTERRA PB Restore**<sup>®</sup> for probiotics, and **MetaPWR Advantage**<sup>®</sup> for collagen.

Throughout the day, I use essential oils as needed, like **Adaptiv**<sup>®</sup> during stressful moments, **Magnolia Touch** on my lower back for comfort, and **dōTERRA On Guard**<sup>®</sup> internally to support healthy immune function.\*† In the evenings, I use **Copaiba** and **dōTERRA Serenity**<sup>®</sup> as I wind down and prepare for restorative sleep.

These routines aren't just about physical health. They support my energy, mood, patience, and ability to serve others fully.\*

**How has the Foundational Wellness Bundle impacted your energy, mood, cognitive function, or overall health?**

**What results have you felt or seen for yourself, your team, or your clients?**

The **Foundational Wellness Bundle** has been transformational, for me and my community. Before using it, I didn't realize how much I was operating at half-capacity. I thought feeling tired or foggy was just part of a busy life.

Within weeks of consistently taking VMG+, EO Mega+, and dōTERRA PB Restore, I noticed positive changes. I had more sustained energy throughout the day, better clarity when working with clients, and stronger emotional resilience; my mood felt lighter and more stable; and even my sleep improved, which (as anyone who works closely with families knows) is priceless.\*

For my clients, these natural supplements have become a staple. Everyone from busy mothers to women navigating perimenopause report they feel like they're finally thriving, not just surviving.

\*See individual labels for ingredients, cautions, and usage instructions.

**How have you used dōTERRA essential oils and supplements to help address a specific women's health concern? What results have you seen?**

Women's health has always been my passion, and essential oils have become reliable tools in my kit. One of my biggest focuses is hormonal balance. So many women deal with mood swings, painful periods, or postpartum crashes. They're told, "It's just part of being a woman." I don't accept that.

I frequently recommend **ClaryCalm®** for a comforting abdominal massage during monthly cycles, alongside **Phytoestrogen Essential Complex**. I've seen women go from feeling overwhelmed and disconnected from their own bodies to feeling vibrant, balanced, and more in control.\*

Essential oils aren't a magic wand, but when you apply them to your day in educated, consistent ways, they become a truly transformative part of wellness.

**When have dōTERRA products helped you show up for your family, community, or business?**

There was a time when I was pouring so much into others that I neglected my health. I was running on sheer determination. Most days I could push through, but it was costing me.

When I decided to prioritize my own wellness with dōTERRA supplements and essential oils alongside simple daily habits, everything shifted. I felt I had more patience. I was more present with my clients. I became a stronger, more compassionate and confident leader in my business.

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Self-care isn't selfish—it's strategic. dōTERRA products gave me the support I needed to fill my own cup so I could pour into others with joy instead of depletion. It's a lesson I carry into every aspect of my life.

**You're an accomplished midwife. How do you integrate dōTERRA products into your practice to help clients with their wellness goals or common concerns?**

Essential oils and supplements are woven seamlessly into my midwifery practice. For assistance with sleep, I recommend clients diffuse dōTERRA Serenity® or apply Cedarwood and



**Vetiver** essential oils to the bottoms of their feet as part of a calming bedtime routine. For help managing stress, **Adaptiv® Capsules** and **Adaptiv Calming Blend** are game changers.

During pregnancy, I teach women how to use Adaptiv for a calming, relaxing aroma and **DigestZen®** internally for occasional stomach upset.\*†

For postpartum care, I love using **Immortelle** or **Frankincense** to nourish the skin. And of course **dōTERRA PB Restore®** for gut health and immune system support after birth.\*

With seasonal threats or when welcoming a new baby, **dōTERRA On Guard®** products are all amazing as regular parts of daily routines.

My goal is always to empower women with tools they can confidently use themselves. It's about offering support that enhances—not replaces—the body's natural design.

**What's your most consistent and reliable advice for another woman who's just beginning her wellness journey and looking for simple, sustainable ways to feel better every day?**

My advice is always to start small, stay consistent, and trust the process. Wellness isn't about overnight transformation. Build habits that honor your body's needs one day at a time.

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†See individual labels for ingredients, cautions, and usage instructions.

### Do three things daily:

1. Stay hydrated (bonus points for adding **MetaPWR Recharge®** or **Lemon**).<sup>†</sup>
2. Take your foundational supplements (**VMG+®**, **EO Mega®+**, and **dōTERRA PB Restore®**).
3. Diffuse or apply an uplifting essential oil to help shift the mood of your space.

Those small steps create momentum. Over time, your body will respond. You'll have more energy, better sleep, and deeper resilience.\*

Also, celebrate your wins! Every positive choice you make is a vote for the woman you're becoming.

### How has being part of the dōTERRA community shaped you—as a leader, partner, and friend?

It's been one of the greatest blessings of my life. It's shaped me into a more courageous and confident leader, a more present partner, and a more compassionate friend.

Leadership in dōTERRA is about service, not titles. I've learned to lead by listening first, lifting others up, and staying rooted in integrity.

As a partner and friend, this community has shown me the power of connection. I've built lifelong friendships with people who share my values and believe in supporting others, living well, and making the world a better place.

The personal growth I've experienced mirrors the wellness journey we teach: steady, heart-centered, and transformational.

<sup>†</sup>See individual labels for ingredients, cautions, and usage instructions.

**What other stories can you share about people you know or work with experiencing results after including essential oils or supplements in their wellness journeys?**

A story that touches my heart is from a mom who struggled with anxiousness after giving birth. With a simple routine of **dōTERRA Serenity® Softgels**, **Adaptiv®**, **dōTERRA Balance®**, and supportive coaching around sleep and nutrition, she transformed. She bonded with her baby, navigated the postpartum season with grace, and found joy in motherhood again.

Experiences like that remind me daily of why I do what I do. Essential oils and supplements aren't just products. They're catalysts for hope and a higher quality of life.



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PRODUCT  
*Spotlight*

# Deep Blue

*Soothing Blend*



*Deep Blue® blends cooling essential oils like Wintergreen, Peppermint, and Blue Tansy to create a powerful sensory experience. Its beloved minty aroma and refreshing feel make it a go-to choice for active lifestyles. Whether you're looking to recover after a workout or unwind after a long day, Deep Blue offers a refreshing aromatic and topical experience.*

## Daily Uses

- + Apply to your feet and knees before and after exercise.
- + Rub on your lower back after a day of heavy lifting.
- + Combine with stretching or relaxation routines.

## Targeted Support

Whether your day demands a lot of movement, long hours, or recovery time, you can stay supported throughout it all.



**Deep Blue Stick** is a convenient, mess-free way to apply Deep Blue and other soothing natural ingredients exactly where you need them, providing temporary relief to muscle and joint pain and minor aches.




**Copaiba Softgels** provide internal support to the cardiovascular, immune, and digestive systems with β-Caryophyllene to complement your active lifestyle.

Discover  
more.



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“dōTERRA is about empowering others through our amazing products.”

**Shannon Bible**

*Executive Vice President, North America*







# Oils *for* Every Room

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*Your home is more than just walls and windows. It's where new days begin, where conversations and treasured moments unfold, and where you gather strength for everything you're building. The scents you take in, the products you use, the small rituals you repeat—they all shape the feeling of your home.*

*With bestselling CPTG Certified Pure Tested Grade® essential oils, you can create an environment that feels clean, wholesome, and welcoming in every room. Make these oils part of your routines so your home reflects the vitality, confidence, and care you bring to everything you do.*

# Living Room Clarity with Eucalyptus

Your living room is where daily life happens: fun family game nights, heartfelt conversations, and delightful visits with guests. You want it to feel open, enlivening, and calm.

**Eucalyptus**—a blend of five unique tree species—brings an herbaceous, cooling aroma. Diffuse it during gatherings or quiet afternoons to promote a refreshed, clear atmosphere. When your air feels refreshed, everything is easier.

And if you really want to bask in that calming, soothing sensation Eucalyptus is known for, place a few drops in your hands, rub them together, cup them over your nose, and inhale deeply.

## Diffuser Blend

- 🟢🟢🟢 Eucalyptus
- 🟡🟡🟡 Lemon
- 🟢 Cypress

Explore  
Eucalyptus.





## Kitchen Confidence with Lemon

A bright kitchen invites bonding. It holds precious memories with family, where wholesome meals are created and messes are inevitable.

Reach for **Lemon** essential oil to keep this important space sparkly clean and feeling uplifting. Mix a few drops in a spray bottle of water and white vinegar, then use to wipe down your countertops, sinks, and high-contact surfaces. The citrusy scent leaves behind a vibrant, powerful effect that feels as good as it smells.

You can also diffuse Lemon before and after cooking to dispel strong odors and help maintain a light, inviting environment.

### Diffuser Blend

👉👉 Lemon

👉👉 Bergamot

👉👉 Siberian Fir

Explore  
Lemon.





## Bathroom Renewal with Purify

Bathrooms are some of the smallest rooms, but they make a powerful impression. Moisture, humidity, and daily traffic can leave yours feeling . . . less than fresh.

But with **Purify Cleansing Blend**, you can change that. It cleanses undesirable odors and creates a crisp, revived atmosphere. Add a few drops to your diffuser while you get ready each morning, letting the airy aroma become part of your daily rhythm. You'll instantly elevate the space and make it feel more cared for and ready for the day ahead.

For an extra aromatic touch, tuck a cotton ball with two drops of Purify discreetly near a trash bin or in a vent. Simple. Effective. Natural.

### Diffuser Blend

- ☾☾☾ Purify
- 🍊🍊🍊 Tangerine
- 💧💧 Spearmint

Explore  
Purify.



## Recreation Room Cheer with Wild Orange

Whether it's a playroom, craft space, kid's bedroom, or family game area, recreation rooms thrive on creativity and connection.

Open a bottle of **Wild Orange** essential oil and breathe in its sweet, energizing scent whenever you or a friend or family member need a quick lift. You can also diffuse it during homework sessions, DIY projects, or game days to create an uplifting environment.

Wild Orange is renowned for bringing a sense of brightness and enthusiasm—a reminder that wellness can and should feel joyful!

### Diffuser Blend

👉👉 Wild Orange

👉👉 Grapefruit

👉👉 Peppermint

Explore  
Wild Orange.



# Patio Protection with Peppermint

You want your patio to be a place where you can sit with a cup of morning tea, enjoy an afternoon chat, and unwind in the light of a beautiful sunset without issue. Pests make that notoriously difficult. Keep it comfortable and clear with **Peppermint** essential oil.

Add several drops to a spray bottle with water and apply on doorframes, outdoor seating, and plants to help ward off unwanted creepy crawlers that dislike potent Peppermint. Plus, the cool, minty aroma makes time outdoors more pleasant, even providing feelings of open airways when inhaled.

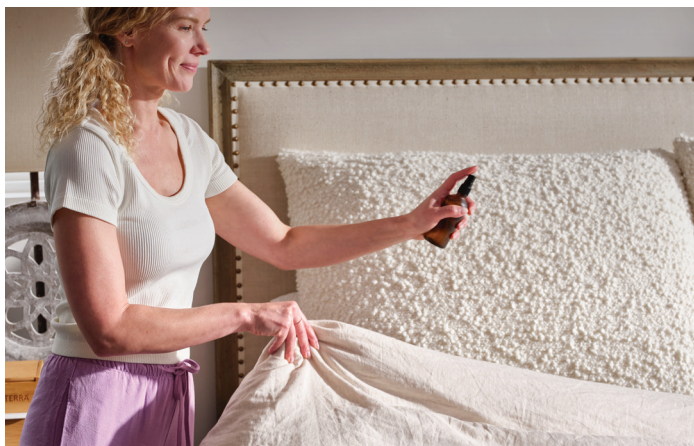
And if you're finding more than your fair share of spiders or bugs invading your home, Peppermint works just as well indoors. Place a few drops on cotton balls and put them in the corners of your bathroom, bedroom, kitchen, laundry room, or wherever you think these unwelcome visitors might be.

## Diffuser Blend

- 💧 Peppermint
- 💜 Lavender
- 💧 Roman Chamomile

Explore  
Peppermint.





## Bedroom Calm with Lavender

Your bedroom should feel like a retreat—a place to exhale, let your hair down, and relax when the day is done. How it smells can make all the difference.

Create a linen spray with water and a few drops of **Lavender** essential oil. Lightly mist your sheets and pillows before bed for a peaceful, comforting atmosphere. The calming scent signals that it's time to slow down and recover.

To amplify the aroma, diffuse Lavender as part of your evening wind-down, letting its soft floral notes wrap the room in tranquility.

### Diffuser Blend

- 💧💧 Lavender
- 💧💧 Vetiver
- 💧 Ylang Ylang

Explore  
Lavender.



# Canyon

*Travel the world with essential oils.*

Shaped by time and the elements, canyons carry warmth, stillness, and depth. This diffuser blend layers rich woods and earthy notes with a subtle herbal finish, mirroring the quiet movement of wind through stone and shadow. It feels grounded and expansive, echoing wide landscapes and deliberate moments.



## Diffuser Blend

- 3 Cedarwood
- 2 Arborvitae
- 2 Vetiver
- 1 Clary Sage





BEHIND THE BOTTLE

# Lemon

*The morning sun stretches across the citrus groves of Sicily, warming the soil and rows of brilliant lemon trees. Here, near Mount Etna and along the Ionian coast, the air carries a brightness you can practically taste—fresh, zesty, alive.*

*Farmers walk through what they call their giardini (gardens), clipping lemons by hand just as generations before have done. Each piece of fruit is gathered with intention to preserve the beautiful essence within its peel and provide it in every bottle of Lemon essential oil.*



## **The Golden Heart of Lemon**

Sicily is a primary sourcing region for lemons, where fertile volcanic soil, mild winters, and abundant sunshine create ideal growing conditions.

The femminello lemon variety, which is prized for its quality and fertility, thrives here, producing fruit year-round and offering multiple harvests. This remarkable tree is known for its generosity, bearing blossoms, green fruit, and ripe lemons all at once.

In Sicily, lemon farming is woven into daily life. Groves are passed down through generations, carrying wisdom in the soil—knowledge learned not from books but from years of careful stewardship, letting their Natural Intelligence shine.



Families work side by side, sustaining both their livelihoods and their cultural identity. This commitment to tradition creates meaningful employment and helps rural communities thrive.

### **From Grove to Bottle**

After harvesting, lemons are sorted. Those destined for fresh markets are set aside, while others are pressed for juice and oil, ensuring these gifts from nature are fully utilized.



The peels are cold-pressed, releasing their essential oil. This extraction method preserves the plant's natural chemical profile, capturing the bright, uplifting scent Lemon is renowned for.



**7 pounds  
lemon peels**



**15 mL Lemon  
essential oil**



## The Power of Lemon

Lemon essential oil is one of the simplest, most fruitful ways to bring freshness to everyday moments. Its versatility makes it easy to incorporate into any routine:

- + **Diffuse to freshen the air** and create a bright environment. Pair it with oils like **Peppermint** or **Rosemary** for a revitalizing blend.
- + **Use as a natural DIY surface cleaner**, transforming routine tasks into something more enjoyable and effective.
- + **Keep in your kitchen** to bring a burst of citrus flavor to baked goods, marinades, or dressings.
- + **Add to your morning water** for a crisp, invigorating start to your day, while also supporting digestion and natural cleansing.\*†

## A Story in Every Drop

Each drop of Lemon essential oil carries the warmth of Sicilian sunlight, the resilience of generational farming communities, and the careful work of hands that harvest every fruit with purpose. It reflects a philosophy of stewardship—of treating the land as something to be cared for, sustained, and treasured.

As you make Lemon part of your daily routine, remember the journey behind it: the families who tend the groves, the traditions preserved through the years, and the communities strengthened through thoughtful sourcing. Let it be a reminder that small and intentional choices, using the gifts of the earth, can connect us to something greater.

Discover more  
about sourcing Lemon  
essential oil.



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†See individual labels for ingredients, cautions, and usage instructions.

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PRODUCT  
*Spotlight*



Lemon  
*Citrus limon*

*Cold-pressed from fruit rinds, **Lemon** essential oil captures the lively aroma of fresh citrus for a refreshing start to the day. Its clean, uplifting scent makes it a popular addition to kitchens, workspaces, and diffuser blends. Wherever it's used, Lemon brings a touch of sunshine.*

## Daily Uses

- + Add to a spray bottle with water to clean tables, countertops, and other surfaces.
- + Soak a cloth and wipe down your leather furniture and garments for increased preservation and protection.
- + Use to remove early stages of tarnish on silver and other metals.
- + Diffuse to create an uplifting environment.

## Targeted Support

Some days call for a fresh start from the inside out, and these products are here to support your daily detoxing.



**RevitaZen™ Detoxification Blend** provides daily support for healthy organ function, aiding your body's natural detoxification process when used internally, according to preclinical research.<sup>†</sup>



**RevitaZen+™ Advanced Organ Detoxification Complex** supports the liver, kidneys, and colon—key detox organs.

Discover more.



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.

<sup>†</sup>See individual labels for ingredients, cautions, and usage instructions.



# Sunny Day Recipes

*With sunlight and fresh ingredients filling the kitchen, you and your loved ones are always wanting something simple, healthy, and tasty! And with reliable and flavorful essential oils, these dip and drink recipes become extraordinarily memorable—perfect for outdoor days with company.*

## Mango-Lime Guacamole

You can't go wrong with a classic like guacamole while lounging under a shaded canopy. Make it even more vibrant with sweet mango and potent essential oils.

### Ingredients:

- 1 mango, chopped
- 2 Roma tomatoes, chopped
- 3 avocados
- 1 jalapeño, seeded and diced
- ¼ white onion, diced
- 2 tablespoons cilantro, diced
- 1 teaspoon cumin
- ¼ teaspoon kosher salt
- 1 tablespoon lime juice
- 1–2 drops **Lime**<sup>†</sup>
- 1–2 drops **Copaiba**<sup>†</sup>

### Instructions:

1. In a large bowl, coarsely mash the pitted and peeled avocados, reserving the pits. (A potato masher works best for this step.)
2. In a small bowl, add all other ingredients. Then combine with the mashed avocados, stirring well.
3. Sprinkle lime juice over the top and mix again. Leave the avocado pits in the guacamole mixture to help preserve freshness.



## Cilantro Salsa

If you're feeling zesty, this colorful and scrumptious salsa brings together garden-fresh vegetables and a distinctive essential oil that'll have mouths watering!

### Ingredients:

- 4 tomatoes, chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 jalapeño, seeded and chopped
- ½ red onion, chopped
- 1 clove garlic, minced
- 1–2 drops **Cilantro**<sup>†</sup>
- Salt and pepper to taste

### Instructions:

1. In a large bowl, combine the chopped tomatoes, red and green bell peppers, jalapeño, and red onion.
2. Add the minced garlic and mix.
3. Add the essential oil and mix until well combined.
4. Season with salt and pepper to taste.
5. Chill in the refrigerator for at least 1 hour before serving.

## Peppermint-Lemon Mojito

Bright citrus and cool mint—what's not to love? Combining these simple natural ingredients gives you a refreshing drink that's perfect for warm days in the sun.

### Ingredients:

- 1¼ cup fresh lemon juice
- 2½ tablespoons honey or agave nectar
- ¾ cup water
- 1–2 drops **Peppermint**<sup>†</sup>
- 1–2 drops **Lemon**<sup>†</sup>
- Lemon slices, for infusion

### Instructions:

1. In a small pitcher, combine the honey or agave nectar, lemon juice, and water.
2. Add the essential oils, starting with 1 drop each, stirring and tasting. Add another drop as desired.
3. Stir thoroughly to evenly distribute the flavor.
4. Add lemon slices for infusion and chill before serving.
5. To serve, mix ½ base and ½ sparkling water over ice. Garnish with fresh mint or lemon slices.



## Lime-Mint Spritzer

Light, bubbly, and refreshing, this spritzer pairs bright, tart lime with a homemade cool mint syrup. Everyone will be asking for another drink after the first!

### Ingredients:

- 1 cup fresh lime juice
- ½ cup fresh mint leaves, with more for garnish
- ¼ cup sugar or honey, adjusting to taste
- 4 cups sparkling water
- 1–2 drops **Lime**<sup>†</sup>
- Lime slices, for garnish
- Raspberries, for garnish

### Instructions:

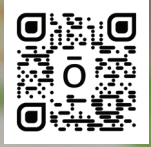
1. In a small saucepan, prepare the mint syrup by combining the sugar or honey and 1 cup of water. Warm over medium heat until the sugar dissolves.
2. Remove from heat, add the mint leaves, and let steep for about 30 minutes. Strain to remove the leaves.
3. In a pitcher, combine the fresh lime juice, essential oil, and mint syrup. Stir well to combine.
4. Just before serving, add the sparkling water and stir gently to mix.
5. Fill glasses with ice cubes, pour the spritzer over the ice, and garnish with fresh mint leaves and lime slices.

## Great Food for Great Times

With just a few drops, essential oils bring striking, powerful flavors to simple, wholesome recipes. Enjoy making these healthy snacks and refreshing drinks to share with friends and family during gatherings together, ensuring everyone's memories are happy and wholesome!

<sup>†</sup>See individual labels for ingredients, cautions, and usage instructions.

Explore more  
essential oil-based  
recipes.





# Tropics

*Travel the world with essential oils.*

Warm air drifting through dense greenery, heavy with the scents of citrus and sunlit leaves. This diffuser blend recreates that lush atmosphere with bold, powerful fruity notes balanced by soft herbal tones. The aroma feels effervescent yet relaxed, evoking colorful moments and unhurried days where everything is more alive.



## Diffuser Blend

- ◆◆ Bergamot
- ◆◆ Grapefruit
- ◆◆ Lemongrass





## *Natural Habits for* **Growing Families**

*Supporting your kids' wellness shouldn't be complicated. With a few simple and consistent habits, essential oils and oil-infused products can enhance your family's daily rhythm, bringing calm, comfort, and confidence to the year's busy seasons.*



## Morning Momentum

Mornings tend to start quickly. Camp, swim lessons, playdates, and travel mean you need solutions that are ready when you are.

The prediluted **Kids Oil Collection** makes essential oil application easy and approachable for children. Whether you're rolling **Thinker**<sup>®</sup> on the back of the neck before summer learning, **Tamer**<sup>®</sup> on the tummy before a long car ride, or **Stronger**<sup>®</sup> on the bottoms of the feet as part of your morning routine, these blends provide powerful benefits, while still being gentle on skin.

Touch blends empower kids to participate in their own wellness under your guidance. Ensure younger children know it's not appropriate to use essential oils without an adult.

## Citrus Hydration

Nothing says fun, warm days like citrus! **Tangerine**, **Bergamot**, and other citrus oils add a fresh vibrancy to water, smoothies, and homemade popsicles, making hydration feel like a treat instead of a chore.†

Bright Bergamot in glass cups or water bottles. Tasty Tangerine in a picnic pitcher. Tart **Lemon**, sweet **Wild Orange**, or refreshing **Lime** in sparkling water after a swim. These small upgrades create delicious and healthy moments.†

When using essential oils internally, remember to always use less essential oil with children than you would with an adult. Start with the smallest amount needed for flavor and always oversee preparation and use.



†See individual labels for ingredients, cautions, and usage instructions.

## Sweet Dreams

More daylight can make bedtime feel like a battle. After full, active days, your children's bodies are tired, but their minds may still be buzzing.

**dōTERRA Serenity® Stick + Valerian** is a gentle, mess-free way to signal it's time to wind down. When applied to the wrists, chest, or bottoms of the feet, the calming aromas of **Lavender**, **Roman Chamomile**, and **Valerian** create a consistent bedtime ritual.

In the same way you close curtains to dim the light, aroma cues help prepare little bodies and minds for rest. A predictable evening routine—bath, stories, dōTERRA Serenity Stick—becomes a powerful anchor for your young ones.



## On-the-Go Wellness Solutions

Spring and summer often mean movement: road trips, flights, tournaments, theme parks, family reunions, and more. These grab-and-go natural tools will help you feel prepared without overpacking!




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**Correct-X®:** A multipurpose, natural ointment that helps soothe and protect distressed skin, while also keeping it clean and hydrated.

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**DigestZen® Touch:** A convenient roller blend designed for quick comfort, helping ease occasional stomach upset and motion-related discomfort with a ready-to-use soothing formula.

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**Lavender Touch:** A gentle, prediluted roller blend that delivers calming support wherever you are, plus soothing occasional skin irritations in a simple swipe.

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**PB Assist+®:** A delicious, easy-to-use probiotic powder that supports gut and immune health during travel and schedule changes.

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“We’re aligned, we’re committed, and we’re here for the long haul.”

**Greg Cook**  
*Founding Executive*



dōTERRA®

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PRODUCT  
*Spotlight*



# Frankincense

*Boswellia Essential Oil*

*Sourced from the resin of Boswellia trees growing in arid landscapes, **Frankincense** offers a warm, grounding aroma and benefits that bring depth and intention to modern wellness routines. There's a reason it's referred to as the "king of essential oils" and has been treasured for centuries.*

## Daily Uses

- + Diffuse during quiet reflection or meditation.
- + Add to a cream or lotion or apply directly to nourish and calm your skin.
- + Take a drop or two in a Veggie Cap as a part of your daily regimen.<sup>†</sup>

## Targeted Support

Combining Frankincense with other powerful products can create a more comprehensive approach to your daily wellness routine.



**Frankincense Boswellic Acid Complex** aids joint comfort and mobility, daily wellness, and a healthy inflammatory response.



**DDR Prime® Cellular Complex** provides support for overall cellular health, function, and renewal.

Discover more.



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<sup>†</sup>See individual labels for ingredients, cautions, and usage instructions.



# Kellie Lancaster

*Chiropractor, Health Practitioner, Wellness Advocate*

**What first drew you to essential oils? What was the moment you knew they were making a difference in your life?**

I was introduced to essential oils during the hardest season of my life. My son was dealing with health struggles, and oils were part of his recovery. Once I saw the positive effect they had, I had to know more. And the more I learned, the more I had to have them in our lives.

**What are your daily wellness routines? How do essential oils and supplements play a role?**

My family starts the day with the **Foundational Wellness Bundle: VMG+<sup>®</sup>, EO Mega<sup>®</sup>+, and dōTERRA PB Restore<sup>®</sup>**. We take **MetaPWR<sup>®</sup> Advantage** every day because we work our bodies hard, and it's a game changer for staying mentally energized and physically engaged.\* We also use **dōTERRA On Guard+<sup>™</sup> Softgels, Frankincense Boswellic Acid Complex, and Copaiba Softgels** daily.

When we're needing some extra support, we add **dōTERRA On Guard+ Chewable Tablets**, which have powerful ingredients like beta-glucan—definitely something you want!\* We've been using **RevitaZen<sup>™</sup>** since its launch in October and loved the improvement in our overall well-being.\*<sup>†</sup>

I personally take several essential oils internally: **Frankincense, Copaiba, Marjoram, and Petitgrain**. I have a very hands-on job, so this regimen of oils and supplements helps with my wellness and capacity to keep up with our crazy busy lives.\*<sup>†</sup>

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<sup>†</sup>See individual labels for ingredients, cautions, and usage instructions.

**How has the Foundational Wellness Bundle impacted your energy, mood, cognitive function, or overall health? What results have you felt or seen for yourself, your team, or your clients?**

The **Foundational Wellness Bundle** is revolutionary in terms of ease of use and how well I feel! Increased energy levels, a healthy inflammatory response, and better quality of sleep have been measurable improvements for me and my family.\*

**How have you used dōTERRA essential oils and supplements to help address a specific women's health concern? What results have you seen?**

I use dōTERRA supplements to make sure I've equipped my body with the nutrient base it requires as my life and body constantly changes. The Foundational Wellness Bundle is nonnegotiable. To handle managing two full-time practices, running a ranch, and growing our dōTERRA team, I need sustained energy and focus, and these products are my go-tos.\*

**When have dōTERRA products helped you show up for your family, community, or business?**

I have a busy life, going in a hundred directions at all times. dōTERRA makes it simple to stay well and to have solutions at my fingertips every day. The products allow me to be the best version of myself so I can pour into others. Sometimes that includes introducing them to dōTERRA solutions too.

**You're an accomplished chiropractor and health practitioner. How do you integrate dōTERRA products into your businesses to help clients with their goals or common health concerns?**

We have dōTERRA products in every room throughout the clinic. We diffuse **dōTERRA On Guard®** in the waiting room and treatment rooms. We keep a **Bubble Diffuser** in the bathrooms. We keep a large liter pump of **Deep Blue® Rub** readily available in treatment rooms.

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We talk about the products and recommend them daily to patients in the natural course of conversation. They're looking for solutions, and dōTERRA is the answer!

### **What's your most consistent and reliable advice for another woman who's just beginning her wellness journey and looking for simple, sustainable ways to feel better every day?**

Begin with building a strong foundation. True wellness isn't problem management; it's nourishing and equipping the body to function as God designed it: self-sufficiently.

Begin with the **Foundational Wellness Bundle** for at least 60–90 days, then add targeted solutions for issues that persist. It's amazing what the body can do if you just give it the right tools.

### **How has being part of the dōTERRA community shaped you—as a leader, partner, and friend?**

It's helped me invest in other people's dreams. When growing a team, you being invested in helping them succeed is a blessing for them and for you. Shifting from the role of boss to partner has helped me see others in a different light and envision a bigger picture of success!

### **What other stories can you share about people you know or work with experiencing results after including essential oils or supplements in their wellness journey?**

I hear daily stories from patients about the results they've had with dōTERRA products. Just recently, I had a patient who was traveling. He used **dōTERRA On Guard®** daily internally and topically, and he felt it helped him stay well!<sup>†</sup>

One of the most common things we see in the clinic is digestive issues. We recommend a protocol of **Celery Seed** essential oil (which is magic!<sup>†</sup>), **DigestZen® Softgels**, **TerraZyme®**, and **dōTERRA PB Restore®**. The results are phenomenal!



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# Ocean

*Travel the world with essential oils.*

Imagine the steady pull of the ocean's tide and soft hush of wind moving across it. This diffuser blend brings together vibrant citrus, light floral notes, and a refreshing minty touch to reflect the calming scent and rhythm of a coastal breeze.



## Diffuser Blend

🟡🟡 Lime

💜💜 Lavender

💚💚 Spearmint



# Fresh Skincare **DIYs**

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*You've been longing to spend more time outdoors, welcoming that amazing sense of renewal that comes with longer days and blooming scenery. With that increased fun time in the sun, your skin can be left feeling dull and dehydrated. Providing lightweight hydration and gentle exfoliation to your skin can give you a smooth and radiant appearance, especially during the warmer months.*

Infuse your beauty routine with nourishing carrier oils and pure essential oils valued historically and currently for their skin benefits. These essential oil-empowered recipes and products will support your skin self-care all spring and summer!



## Whipped Body Butter

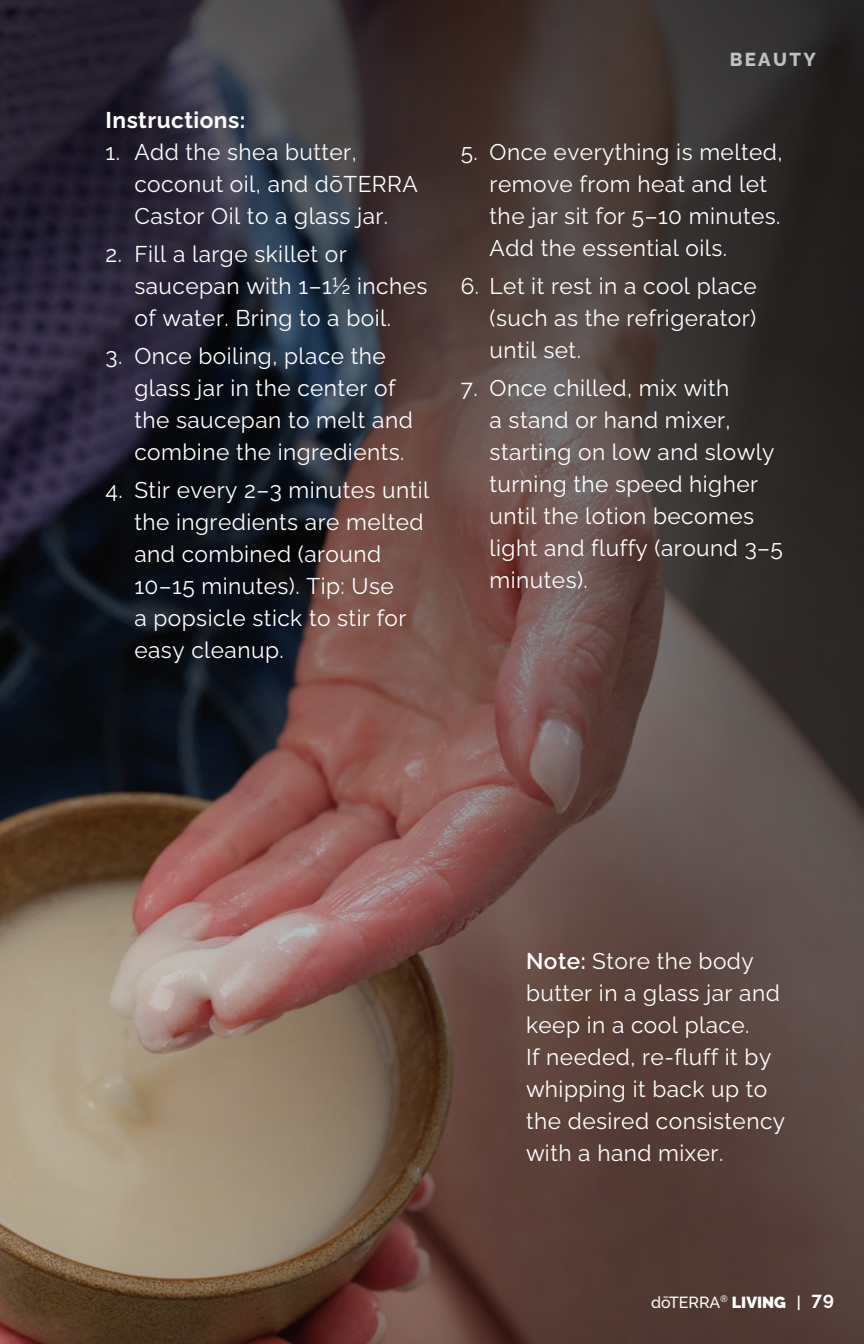
Body butter is a wonderful way to promote hydrated, glowing skin after showering or before bedtime. Shea butter and coconut oil are beloved for their moisturizing properties, while **dōTERRA Castor Oil** adds an extra layer of deep hydration. **Lavender** essential oil—often used in relaxing skincare routines—contributes a calming aroma, plus it calms occasional skin discomforts. And **Madagascar Vanilla** adds a warm, comforting scent, making this body butter feel like a spa-worthy treat.

### Ingredients:

- + 1 cup refined shea butter
- + ½ cup dōTERRA Castor Oil
- + ½ cup refined coconut oil
- + 30 drops Lavender
- + 30 drops Madagascar Vanilla

**Instructions:**

1. Add the shea butter, coconut oil, and dōTERRA Castor Oil to a glass jar.
2. Fill a large skillet or saucepan with 1–1½ inches of water. Bring to a boil.
3. Once boiling, place the glass jar in the center of the saucepan to melt and combine the ingredients.
4. Stir every 2–3 minutes until the ingredients are melted and combined (around 10–15 minutes). Tip: Use a popsicle stick to stir for easy cleanup.
5. Once everything is melted, remove from heat and let the jar sit for 5–10 minutes. Add the essential oils.
6. Let it rest in a cool place (such as the refrigerator) until set.
7. Once chilled, mix with a stand or hand mixer, starting on low and slowly turning the speed higher until the lotion becomes light and fluffy (around 3–5 minutes).



**Note:** Store the body butter in a glass jar and keep in a cool place. If needed, re-fluff it by whipping it back up to the desired consistency with a hand mixer.

## Sugar Scrub

Exfoliation is a simple but effective way to help your skin look and feel renewed. A gentle sugar scrub removes surface buildup, while leaving your skin feeling soft and smooth.

**Fractionated Coconut Oil** provides lightweight hydration, while **Wild Orange** and **Grapefruit** essential oils contribute bright, uplifting aromas reminiscent of this refreshing season.



### Ingredients:

- + 1½ cups brown sugar
- + ⅓ cup Fractionated Coconut Oil
- + ⅓ cup coconut flakes
- + 1 teaspoon vanilla extract
- + 4 drops Wild Orange
- + 4 drops Grapefruit

### Instructions:

1. Combine all the ingredients in a medium-sized bowl.
2. Stir until well combined.
3. Store in an airtight container.
4. To use, scoop a small amount onto your hands and apply for 30 seconds (or until sugar dissolves). Rinse with warm water and pat dry.

**Note:** Avoid sunlight and UV rays for at least 12 hours after applying citrus oils like Grapefruit and Wild Orange.

Discover more  
dōTERRA DIYs.



# Nourishing Skin from Within

Alongside regular topical care, you can nourish your skin from within while supporting your overall wellness! Internal-use products can complement your beauty efforts and help you refresh from the inside out.

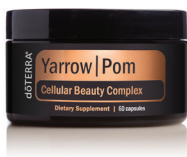
## A few powerful options:

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**MetaPWR® Advantage:** Designed to assist with metabolic health and daily energy, contributing nine types of collagen tripeptides for decreased wrinkles and increased firmness.

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**Yarrow|Pom Cellular Beauty Complex:** Known for antioxidant properties and helping maintain the skin's youthful appearance by combating oxidative stress.

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**RevitaZen™ Detoxification Blend:** Key part of natural detoxing that supports the body's innate processes according to preclinical research, which can have positive effects on the skin as a result.†

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PRODUCT  
*Spotlight*



dōTERRA  
**Breathe**  
*Respiratory Blend*

*The crisp aroma of **dōTERRA Breathe**<sup>®</sup> is reminiscent of a cool, fresh breeze. This invigorating blend brings together **Laurel Leaf, Peppermint, Eucalyptus,** and other essential oils for a minty, herbaceous aroma that helps create a sense of clarity and openness that many associate with easy breathing.*

## Daily Uses

- + Inhale directly from the palms or rub on your chest or feet.
- + Use when outdoors to minimize the effects of seasonal threats.
- + Diffuse to refresh the atmosphere.

## Targeted Support

Changing seasons and environments call for flexible support, and these targeted solutions make it easier to adapt to new needs.



**dōTERRA Breathe Vapor Stick** is a quick, topical option for convenient use of dōTERRA Breathe anytime.



**TriEase<sup>®</sup> Softgels** offer internal support during seasonal changes with **Lemon, Lavender,** and **Peppermint** essential oils.

Discover more.



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# dōTERRA and Empower the Future

*In the hilly Jomba sector of Rwanda, a quiet but powerful transformation is taking place. Here, where the scent of eucalyptus fills the air, a mutually dedicated partnership is rewriting the future for hundreds of women and children.*





The nonprofit **Empower the Future** is committed to breaking cycles of poverty, alongside dōTERRA and our global community of Wellness Advocates.

For many young mothers in Jomba, daily life is a struggle. Many of them work harvesting eucalyptus leaves—a physically demanding job. With no viable childcare options, they're often forced to leave their young children at home, unsupervised and vulnerable.

These children can be at risk of malnutrition, neglect, and a lack of early developmental support, which are critical for a healthy start in life. The first few years are when 80% of a child's brain develops, and any missed growth opportunities during this window can have lasting consequences.



## Transformative Impact

That's where Empower the Future steps in. Recognizing the needs of both mothers and children, the nonprofit has launched a holistic five-year initiative designed to provide a path to self-sufficiency instead of just a safety net.

At the heart of this initiative is a new early childhood development center, created with local leadership. More than a daycare, this center is a sanctuary of growth for children and their mothers.


There, children ages three to six receive nutritious meals, health checkups, and early learning stimulation that prepares them for primary school. The center's program is comprehensive, focusing on everything from hygiene and sanitation to cognitive and social-emotional development—the building blocks for a brighter, healthier future.

But the vision of Empower the Future extends beyond the children. They understand that to truly uplift a community, you must empower its caregivers.

For young, often unemployed mothers in the area, the initiative offers a path toward economic independence. In partnership with the Jomba Vocational Training Center, Empower the Future provides a six-month sewing course so these mothers can learn a skill and build a career. Upon graduation, each woman receives a sewing machine and startup materials to launch her own business, creating a livelihood to support her family with dignity.

## Partnering with dōTERRA

This important work is amplified with the support of dōTERRA and dōTERRA Healing Hands®, as well as our incredible Wellness Advocates. The synergy is natural. Our commitment to pure sourcing and community upliftment aligns perfectly with the mission of Empower the Future.

A close-up photograph of a Black woman with her hair styled in neat braids. She is wearing a light blue button-down shirt and is smiling warmly, looking slightly to the right of the camera. The background is softly blurred, showing hints of green foliage and a wooden structure.

For thousands of Wellness Advocates and customers worldwide, this partnership provides a real link between their passion for holistic wellness and real-world social impact. Their contributions, through direct donations or support of a company that invests in its sourcing communities, help fund these life-changing initiatives.

**dōTERRA and Empower the Future aim to benefit 300 children, giving them the educational and nutritional foundation they need to thrive.** At the same time, 300 young mothers will be empowered with marketable skills, enabling them to break free from financial hardship.





But it's only the beginning. Empower the Future envisions a ripple effect, one where the success of this initiative becomes a blueprint for expansion, reaching even more children and families in need. By establishing school gardens for food, training local staff to run the centers, and creating a marketplace for the mothers' sewing products, Empower the Future is building a model that can sustain itself for years to come.

Learn more about our  
collective impact.




This story is a powerful reminder that choices matter. It shows how a community of people, united by a desire for wellness and a sense of social responsibility, can create transformative impact across continents. It validates the belief that business can and should be a force for good.

The needs in communities like Jomba are great, but so is the potential for positive change. By supporting organizations like Empower the Future, we invest in a world where every child has a fair chance at life and every mother has the tools to build a better life for her family.



ASTERRA Skin  
Lip Balm  
100% Natural  
Net Wt. 0.15 oz (4.25g)



“You cannot automate  
connection, and you  
cannot outsource care.”

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**Jessica Moultrie**  
*President, North America*



PRODUCT  
*Spotlight*



# Peppermint

*Mentha piperita*

*Peppermint, with its powerful aroma and benefits, is one of the most popular essential oils worldwide. Distilled from a hybrid plant of water mint and spearmint, its naturally high menthol content gives Peppermint a distinct cooling, energizing scent and sensation—perfect for mental and physical activity.*

## Daily Uses

- + Diffuse or place a drop in the palm of your hand and inhale.
- + Take one to two drops in a Veggie Cap to help alleviate occasional stomach upset.<sup>†</sup>
- + Add a drop to a favorite recipe.<sup>†</sup>
- + Diffuse to create an energizing atmosphere.

## Targeted Support

For busy mornings and long days, having multiple avenues of support helps you stay refreshed and ready for what's next.



**MetaPWR® Mito2Max® Energy & Stamina Complex** reduces fatigue and improves physical energy and performance.



**MetaPWR Recharge®** serves as a refreshing drink that helps give your body the hydrating power it needs.

Discover more.



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<sup>†</sup>See individual labels for ingredients, cautions, and usage instructions.





# dōTERRA®

Product Guide | *Spring/Summer 2026*

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# The dōTERRA® Impact

Most people know dōTERRA for our world-class wellness products, powered by essential oils. 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 on a 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—Co-Impact Sourcing®—to source the best and help the most.

Our responsible sourcing efforts bless 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.





Changing the world takes all of us—  
and we're committed to lasting impact.

At dōTERRA Healing Hands, we work hand in hand with communities around the world to improve health, expand education, and provide crisis relief. Together with our Wellness Advocates, partners, and donors, we're helping communities thrive for generations to come. **Join us as we ignite change and transform lives.**



## dōTERRA spa Rose Hand Lotion

Valuable and nourishing, Rose essential oil makes this lotion unique in its scent and benefits, but what makes it even more special is the purpose behind the product. The full \$20 purchase price of the lotion is donated to the dōTERRA Healing Hands Foundation®.†

**60214220** | 3.3 fl oz | 0 PV  
\$26.67 rtl | \$20.00 whl



## dōTERRA Hope® Touch Uplifting Blend

Now including exclusive Jasmine essential oil, this transformative blend symbolizes life, tenacity, and most importantly, hope that we can achieve our best selves and a better world. \$10 of each purchase is donated to support communities worldwide.

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

†Net of tax.

\*See solicitation disclosure information on page 179.

# Starter 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.



## Foundational Wellness Bundle Top Seller

With VMG<sup>®</sup>, EO Mega<sup>®</sup>, and dōTERRA PB Restore<sup>®</sup>, the Foundational Wellness Bundle helps you create a daily wellness routine.

**60230014** | 125 PV  
\$199.33 rtl | \$149.50 whl



## Family Essentials Kit

Top Seller

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

**60202951** | 125 PV  
\$180.00 rtl | \$135.00 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.

## Essential Foundations Top Seller

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

**Other Products:** VMG+®, EO Mega+®, dōTERRA PB Restore®

60230450 | 220 PV

\$333.33 rtl | \$250.00 whl



## Natural Solutions Kit (VMG+® and EO Mega+®) Top Seller

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

**15 mL bottles:** Lavender, Lemon, Peppermint, Frankincense, Tea Tree, Oregon, 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, TerraZyme®, Correct-X®, Wooden Box, Laluz® Diffuser

60230152 | 375 PV

\$640.00 rtl | \$480.00 whl



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.



# Essential Oil Singles

The dōTERRA® collection of single essential oils represents exceptional aromatic extracts. Each oil provides the living essence of its source botanical, gently distilled from plants that are nurtured and carefully harvested throughout the world.



## Arborvitae

Essential Oil  
*Thuja plicata*

Offers a warm, earthy aroma and is often used in meditation. Can also be used as an effective cleaner, both on the skin and for household chores.



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



## Basil

Essential Oil  
*Ocimum basilicum*

Has a warm, spicy, and herbal aroma known for its use in cooking. Cooling to the skin and ideal for an uplifting aromatic massage.†



**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, the delightful aroma creates a positive ambience when diffused or used topically.†



**30790001** | 15 mL | 43 PV  
\$57.33 rtl | \$43.00 whl



## Birch

Essential Oil  
*Betula lenta*

Provides a crisp, minty aroma, while also offering powerful benefits.



**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.†



**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 needles and branches of the *Picea mariana* tree that has a relaxing, calming aroma.



**60206220** | 5 mL | 21 PV  
\$28.00 rtl | \$21.00 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.

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



## Blue Lotus Touch Blend

This majestic, floral oil can be used in a massage, as a meditation aid, and for overall skin hydration.



**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 provides a sweet aroma and is perfect for massaging into the skin after a long day.



**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.\*†



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



## Cassia Essential Oil

*Cinnamomum cassia*

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



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



## Cedarwood Essential Oil

*Juniperus virginiana*

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



**49300001** | 15 mL | 16 PV  
\$21.33 rtl | \$16.00 whl



## Celery Seed Essential Oil

*Apium graveolens*

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



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



## Cilantro Essential Oil

*Coriandrum sativum*

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



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



## Cinnamon Bark Essential Oil

*Cinnamomum zeylanicum*

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



**30030001** | 5 mL | 35 PV  
\$46.67 rtl | \$35.00 whl



## Citronella

Essential Oil  
*Cymbopogon winterianus*

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



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



## Clary Sage

Essential Oil  
*Savia sclarea*

Woody, herbal, and floral. Clary Sage is known for its topical soothing and calming properties.<sup>†</sup>



**30420001** | 15 mL | 39 PV  
\$52.00 rtl | \$39.00 whl



## Clove

Essential Oil  
*Eugenia caryophyllata*

Known as a popular cooking spice, Clove has many beneficial uses, including promoting healthy teeth and gums.



**30040001** | 15 mL | 22 PV  
\$29.33 rtl | \$22.00 whl



## Copaiba Top Seller

Essential Oil  
*Copaifera reticulata, officinalis, coriacea, and langsdorffii*

Derived from the resin of the copaiba tree, Copaiba has a spicy, woody aroma that promotes clear skin when applied topically.<sup>†</sup>



**60202178** | **60219176** |  
15 mL | 39 PV 10 mL roll-on | 27 PV  
\$52.00 rtl | \$39.00 whl \$36.00 rtl | \$27.00 whl



## Coriander

Essential Oil  
*Coriandrum sativum*

Popular across many cultures for its variety of uses, Coriander essential oil provides a myriad of health benefits.<sup>†</sup>



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



## Cypress

Essential Oil  
*Cupressus sempervirens and lusitanica*

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



**60213537** | 15 mL | 19 PV  
\$25.33 rtl | \$19.00 whl



## Douglas Fir

Essential Oil  
*Pseudotsuga menziesii*

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



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



## Eucalyptus

Essential Oil  
*Radiata, polybractea, kochii, loxophleba, and globulus*

Combines unique species of eucalyptus in one powerful blend, offering an herbaceous and revitalizing aroma that can promote feelings of clear breathing and open airways.



**60218408** | 15 mL | 23 PV  
\$30.67 rtl | \$23.00 whl

<sup>†</sup>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.

<sup>†</sup> See individual labels for ingredients, cautions, and instruction for use.





## Fennel (Sweet)

Essential Oil  
*Foeniculum vulgare*

Used for centuries, Fennel is best recognized for its distinct aroma and taste. It also promotes metabolic, digestive, and circulatory function when ingested according to preclinical research.<sup>†</sup>



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



## Frankincense Top Seller

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

Often called the "King of Oils," Frankincense provides modern wellness benefits when used topically or internally.<sup>†</sup>



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

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



## Geranium

Essential Oil  
*Pelargonium graveolens*

Known for its floral aroma, Geranium is also a common ingredient in skincare products.<sup>†</sup>



**30090001** | 15 mL | 50 PV  
\$66.67 rtl | \$50.00 whl



## Ginger

Essential Oil  
*Zingiber officinale*

Ginger is most noted for its sweet flavoring and positive effect on the digestive system when consumed.<sup>†</sup>



**60215119** | 15 mL | 52 PV  
\$69.33 rtl | \$52.00 whl



## Grapefruit

Essential Oil  
*Citrus x paradisi*

Grapefruit creates an uplifting environment and is renowned for its cleansing effects.<sup>†</sup>



**30100001** | 15 mL | 20 PV  
\$26.67 rtl | \$20.00 whl



## Green Mandarin

Essential Oil  
*Citrus nobilis*

Pressed from the unripe fruit of the mandarin tree, Green Mandarin is known for supporting healthy digestive and immune systems when taken internally because of limonene, as suggested by preclinical research.<sup>†</sup>



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

### 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)

<sup>†</sup>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.

<sup>†</sup> See individual labels for ingredients, cautions, and instruction for use.



## Guaiacwood

Essential Oil  
*Bulnesia sarmientoi*

Has been used for centuries in meditation practices and wellness ceremonies by Native Americans and is often used in modern perfumery and skincare.



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



## Helichrysum

Essential Oil  
*Helichrysum italicum*

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



**30410001**  
5 mL | 73 PV  
\$109.33 rtl | \$82.00 whl

**60207012**  
10 mL roll-on | 52 PV  
\$76.00 rtl | \$57.00 whl



## 'Iliahi (Hawaiian Sandalwood)

Essential Oil  
*Santalum paniculatum*

From a renewable source in Hawai'i, 'Iliahi has a rich, sweet, woody aroma—perfect to incorporate into massage or aromatherapy.†



**41860001** | 5 mL | 65 PV  
\$100.00 rtl | \$75.00 whl



## Jasmine

Essential Oil  
*Jasminum grandifolium*

First-of-its-kind essential oil from the pure white jasmine flower. Its esteemed fragrance can be calming yet euphoric, instilling a positive outlook.



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



## Jasmine Touch Blend

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



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



## Juniper Berry

Essential Oil  
*Juniperus communis*

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



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

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



## Lavender Top Seller

Essential Oil  
*Lavandula angustifolia*

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



**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.†



**30120001** | 5 mL | 15.5 PV  
\$20.67 rtl | \$15.50 whl



## Lemon Eucalyptus

Essential Oil  
*Eucalyptus citriodora*

Derived from a lemon-scented blue gum eucalypti plant, Lemon Eucalyptus oil is high in cleansing citronellal and citronellol, making it ideal for cleansing skin and surfaces.



**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.†



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



## Lime

Essential Oil  
*Citrus aurantifolia*

Cold-pressed from the peel of fresh limes, Lime is refreshing and energizing in both aroma and taste.†



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



## Madagascar Vanilla

Absolute  
*Vanilla planifolia*

Prized since the time of the ancient Aztecs, and often used in perfumes, Madagascar Vanilla is one of the most popular aromas in the world.†



**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.



**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," Marjoram is known for its calming aroma and its positive benefits when used in massage.†



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



## Melissa

### Essential Oil

*Melissa officinalis*

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



**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 can also support oral hygiene.†



**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, Neroli Touch is specifically formulated with Fractionated Coconut Oil to create an uplifting atmosphere.



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



## Oregano

### Essential Oil

*Origanum vulgare*

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



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



## Patchouli

### Essential Oil

*Pogostemon cablin*

Easily recognized for its rich, musky-sweet fragrance, Patchouli is beneficial to the skin in many ways.†



**30890001** | 5 mL | 33 PV  
\$44.00 rtl | \$33.00 whl



## Peppermint

### Essential Oil

*Mentha piperita*

Top Seller

A minty, fresh favorite, Peppermint provides a plethora of health benefits.†



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



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



## Peppermint

### Beadlets

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



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



## Petitgrain

### Essential Oil

*Citrus aurantium*

Derived from the bitter orange tree, which has a long history in traditional wellness uses.†



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



## Pink Pepper

Essential Oil  
*Schinus molle*

With its spicy and fruity aroma, Pink Pepper is well known for its ability to support a healthy metabolism and immune system when taken internally.\*†



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



## Roman Chamomile

Essential Oil  
*Anthemis nobilis*

The most versatile of the chamomiles, Roman Chamomile is known for its calming effect on the body when ingested.\*†



**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.



**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.\*†



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



## Sandalwood

Essential Oil  
*Santalum album*

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



**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.\*†



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

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



## Spanish Sage

Essential Oil  
*Salvia lavandulifolia*

The refreshing and soothing aroma creates a stimulating atmosphere that's supportive of memory and cognition performance training.†



**6022270** | 15 mL | 29 PV  
\$38.67 rtl | \$29.00 whl



## Spearmint

Essential Oil  
*Mentha spicata*

Widely used for its digestive benefits and as a flavoring for a variety of dishes and drinks.†



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



## Spikenard

Essential Oil  
*Nardostachys jatamansi*

Steam-distilled from the roots of a flowering plant native to the Himalayan mountains, Spikenard promotes clean, healthy skin and supports Co-Impact Sourcing® initiatives.



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



## Tangerine

Essential Oil  
*Citrus reticulata*

Provides a sweet, tangy aroma, similar to other citrus oils, that is uplifting. Known for its cleansing properties and for digestive and metabolic support when consumed.†



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



## Tea Tree Top Seller

Essential Oil  
*Melaleuca alternifolia*

Composed of 90 different compounds, Tea Tree offers limitless applications.



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

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



## Thyme

Essential Oil  
*Thymus zygis, and vulgaris*

Provides a warm, spicy aroma that, according to preclinical studies, may be helpful in skincare and oral hygiene.†



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



## Tulsi (Holy Basil)

Essential Oil  
*Ocimum sanctum*

Has a calming aroma that has been traditionally used around the world as part of rituals for protection in many cultures.



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



## Turmeric

Essential Oil  
*Curcuma longa*

Commonly known for its Ayurvedic health uses, Turmeric is a staple for your daily health routines.†



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



## Vetiver

### Essential Oil

*Vetiveria zizanioides*

Vetiver is loved for its rich, exotic, and complex aroma and is used extensively in perfumes.<sup>†</sup>



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

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



## Wild Orange

### Essential Oil

*Citrus sinensis*

Cold-pressed from the peel, Wild Orange releases an energizing, citrusy aroma.<sup>†</sup>



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



## Wintergreen

### Essential Oil

*Gaultheria fragrantissima*

Derived from the leaves of a creeping shrub found in coniferous areas, Wintergreen has a refreshing aroma that's uplifting and stimulating.



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



## Yarrow|Pom

### Active Botanical Nutritive Duo

A carefully formulated fusion of Yarrow essential oil and cold-pressed Pomegranate seed oil created for a comprehensive approach to overall wellness.



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



## Ylang Ylang

### Essential Oil

*Cananga odorata*

Famed for its exquisite fragrance, Ylang Ylang creates a calm, positive atmosphere, and provides antioxidant support when taken internally.<sup>†</sup>



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

## 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)

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<sup>†</sup> See individual labels for ingredients, cautions, and instruction for use.

# 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.



## abode®

### Refreshing Blend

Contains powerful essential oils that leave your home smelling fresh and feeling refreshed naturally.



**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.



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



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



## Air-X®

### Air Blend

With an intense citrusy, woody, and faintly herbal aroma, Air-X helps freshen the air when diffused.



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



## Align

### Centering Blend

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



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



## Anchor

### Steadying Blend

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



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



## Arise

### Enlightening Blend

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



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



## AromaTouch®

### Massage Blend

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



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



Top Seller

## dōTERRA Balance®

### Grounding Blend

Has a warm, woody aroma that creates an atmosphere of calmness and quiet.



**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 the neck, tummy, or bottoms of the feet.



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



Top Seller

## dōTERRA Breathe®

### Respiratory Blend

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



**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.



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



## dōTERRA Cheer®

### Uplifting Blend

A beautiful blend of citrus and spice oils that provides a sunshiny aroma to brighten your day.



**60218863** | 5 mL | 26 PV  
\$34.67 rtl | \$26.00 whl

**60218864** | 10 mL roll-on | 22 PV  
\$29.33 rtl | \$22.00 whl



## Citrus Bliss®

### Invigorating Blend

This harmonious blend combines the powerful benefits of popular citrus oils.



**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.



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



## ClaryCalm® Monthly Blend For Women

A unique blend of essential oils developed especially for women.



49480001 | 10 mL roll-on



## dōTERRA Console® Comforting Blend

This blend of floral and tree essential oils provide a comforting aroma as you take steps toward emotional healing.



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

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



60207092 | 15 mL | 40 PV  
\$53.33 rtl | \$40.00 whl



## Deep Blue®

Top Seller

### Soothing Blend

CPTG® Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus essential oils work together to soothe and cool.



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



## DigestZen® Top Seller Digestive Blend

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



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 Forge® Renewing Blend

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



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

Use as a spot treatment or an over-all application to promote a clean complexion with essential oils renowned for their skin-benefiting properties.



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



## Immortelle

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



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



## InTune®

### Focus Blend

A proprietary blend of carefully selected essential oils that are ideal for use while at school or work.



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



## MetaPWR®

### Metabolic Blend

Can be an important part of a healthy metabolic regimen every day when used internally.\*†



**60217575**  
15 mL | 24 PV  
\$32.00 rtl | \$24.00 whl



## MetaPWR®

### Beadlets

#### Metabolic Blend

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



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



## dōTERRA Motivate®

### Encouraging Blend

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



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



## Northern Escape®

### Woodland Blend

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



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



## dōTERRA On Guard®

### Protective Blend

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



**31100001**      **60200142**  
15 mL | 39 PV      10 mL roll-on | 27 PV  
\$52.00 rtl | \$39.00 whl      \$36.00 rtl | \$27.00 whl



## dōTERRA On Guard®

An easy and convenient way to obtain the immune-supporting benefits of dōTERRA On Guard® Protective Blend.\*†



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



## dōTERRA Passion®

### Inspiring Blend

Combines spice and herbal essential oils such as Cinnamon Bark, Ginger, Cardamom, and Damiana. Diffuse to promote a joyful, inspiring environment.



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

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



## PastTense®

### Tension Blend

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



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



## dōTERRA Peace®

### Reassuring Blend

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



**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

Designed to eliminate odors naturally without harsh additives.



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



## Rescuer™

### Soothing Blend

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



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



## RevitaZen™

### Detoxification Blend

Provides daily support for healthy organ function and promotes the body's natural detoxification processes when used internally.\*†



**60231405** | 15 mL | 29 PV  
\$38.67 rtl | \$29.00 whl



Top Seller

## dōTERRA Serenity®

### Restful Blend

The soothing and grounding aroma creates a calming, tranquil atmosphere.



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



## Shinrin-Yoku®

### Forest Bathing Blend

Formulated with CPTG® essential oils rich in terpenes that are associated with forest bathing.



**60225771** | 5 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 on your neck and wrists as a reminder to calm emotions and balance mood.



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



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

Use on the back of your neck or bottoms of your feet as a reminder to be resilient and strong.



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



## dōTERRA SuperMint<sup>®</sup> Mentha Blend

Brings together CPTG<sup>®</sup> Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils.†



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



## dōTERRA SuperMint<sup>®</sup> Beadlets

Captures the potent benefits of dōTERRA SuperMint<sup>®</sup> in a tiny, soft, convenient vegetarian beadlet.†



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



## Tamer<sup>®</sup> Digestive Blend

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



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



## TerraShield<sup>®</sup> Repellent Blend

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



**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<sup>®</sup> Focus Blend

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



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



## Whisper<sup>®</sup> Touch Blend for Women

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



**60214274** | 15 mL | 30 PV  
\$40.00 rtl | \$30.00 whl

## 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)

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# Carrier Oils

dōTERRA Carrier Oils make it easy to apply essential oils safely and effectively. Fractionated Coconut Oil is lightweight and fast-absorbing, while Castor Oil is rich and deeply nourishing. Both are perfect for daily use.



## Castor Oil

*Ricinus communis*



A nourishing carrier oil that supports daily wellness and self-care routines.



**60231161** | 10.14 fl oz | 22 PV  
\$37.33 rtl | \$28.00 whl



## Fractionated Coconut Oil

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



**31640001** | 3.8g fl oz | 11 PV  
\$18.00 rtl | \$13.50 whl



# Kits



## AromaTouch Technique® Training Kit

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

**Other Products:** Fractionated Coconut Oil (3.89 fl oz) and pump

Access to online training course and exclusive eBook

**60221903** | 230 PV  
\$306.67 rtl | \$230.00 whl



## dōTERRA Emotional Aromatherapy® System

**5 mL bottles:** dōTERRA Motivate®, dōTERRA Cheer®, dōTERRA Peace®, dōTERRA Forgive®, dōTERRA Console®, dōTERRA Passion®

**60220509** | 170 PV  
\$240.00 rtl | \$180.00 whl



## dōTERRA Emotional Aromatherapy Touch Kit

**10 mL roll-on bottles:** dōTERRA Motivate® Touch, dōTERRA Cheer® Touch, dōTERRA Passion® Touch, dōTERRA Forgive® Touch, dōTERRA Console® Touch, dōTERRA Peace® Touch

**60220510** | 120 PV  
\$160.00 rtl | \$120.00 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



## dōTERRA® Kids Oil Collection

**10 mL roll-on bottles:** Thinker®, Calmer®, Stronger®, Tamer®, Rescuer™, Steady®, Brave®

**Other Products:** Silicone toppers with carabiners, instructional flashcards, carrying case with carabiner

**60211246** | 115 PV  
\$173.33 rtl | \$130.00 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



# Product Lines

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# dōTERRA® abode®

Your home is an ecosystem. Feeling good about the products you bring into it doesn't have to come with compromises. The dōTERRA abode line features natural ingredients, reusable packaging, and a signature style. Each product has a powerful, plant-based formula created without phosphates, phthalates, dyes, chlorine, and synthetic fragrances.



## abode Refreshing Blend

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



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

## abode Liquid Dish Soap

Tough on grease, leaving dishes, glassware, pots, and pans sparkling clean.

**60217386** | 16 fl oz | 8 PV  
\$17.33 rtl | \$13.00 whl

## abode Dishwasher Pods

Combines natural enzymes and CPTG Certified Pure Tested Grade® essential oils to make your dishes gleam and smell delightfully fresh.

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

## abode Multi-Purpose Surface Cleaner Concentrate

Naturally effective on grease and grime in the kitchen, bathroom, and other nonporous surfaces.

**60216476** | 1 fl oz | 7 PV  
\$12.33 rtl | \$9.25 whl

**60219968**  
4-pack 1 fl oz | 22 PV  
\$39.33 rtl | \$29.50 whl

## abode Laundry Pods

abode Laundry Pods leverage powerful natural enzymes and surfactant-cleansing agents to break down stains.

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

## abode Foaming Hand Wash Concentrate Infused with Citrus Bloom®

Provides a sweet, citrus, floral aroma, leaving hands clean and smelling fresh.

**60216472** | 8 fl oz | 16 PV  
\$29.33 rtl | \$22.00 whl



## dōTERRA abōde® Surface Spray Dispenser

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

## dōTERRA abōde Hand Wash Dispenser

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

## dōTERRA abōde Liquid Dish Soap Dispenser

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

## dōTERRA abōde Modular Trays

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

## dōTERRA abōde Hand Lotion Dispenser

60217569 | 10 fl oz | 0 PV  
\$11.33 rtl | \$8.50 whl



# dōTERRA Adaptiv® System

Adaptiv products provide reliable, targeted, and effective solutions that are 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

Provides a calming, relaxing aroma that complements effective work and study.



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



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

## Adaptiv 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

## Adaptiv Calming Blend Capsules

Calms and promotes positive feelings to support mood and help to improve state of mind.\*

**60205956** | 30 capsules | 32 PV  
\$56.00 rtl | \$42.00 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 Top Seller Respiratory Blend

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



**60200190**

15 mL | 29 PV

\$38.67 rtl | \$29.00 whl



**60200192**

10 mL roll-on | 20.5 PV

\$27.33 rtl | \$20.50 whl

## dōTERRA Breathe Respiratory Drops

Contains a blend of selected oils from the dōTERRA Breathe Respiratory Blend including CPTG® Lemon, Peppermint, Eucalyptus, Thyme, Melissa, and Cardamon essential oil. Made with organic cane sugar and organic brown rice syrup, in tasty, on-the-go lozenges.

**60225230** | 30 drops | 11 PV

\$19.33 rtl | \$14.50 whl

## dōTERRA® Breathe Vapor Stick

This unique delivery method of dōTERRA Breathe® Respiratory Blend can be used anytime, anywhere for a cooling, soothing effect both topically and aromatically.

**60212479** | 15.5 g | 8 PV

\$17.33 rtl | \$13.00 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

# Deep Blue®

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.\*



## Deep Blue Top Seller

### Soothing Blend

Provides soothing and cooling effects on the skin.



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

## Deep Blue Polyphenol Complex®

Contains powerful polyphenols to help with occasional soreness and discomfort.\*

**60229029** | 60 vegetable capsules | 42 PV  
\$64.00 rtl | \$48.00 whl

## Deep Blue Rub

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

**38900001**  
4 fl oz | 36 PV  
\$51.33 rtl | \$38.50 whl

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

## Deep Blue Stick + Copaiba

Infused with dōTERRA Deep Blue Soothing blend, plus the beneficial properties of Copaiba, the Deep Blue Stick + Copaiba is powerful, targeted relief in a fast-acting solid.

**60213108** | 48 g | 23 PV  
\$38.00 rtl | \$28.50 whl

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# 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 an environment of calm and relaxation.



## Frankincense Boswellic Acid Complex **Top Seller**

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

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

## dōTERRA Frankincense Stick + Naio

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

**60228704** | 30 g | 42 PV  
\$64.00 rtl | \$48.00 whl

## Frankincense **Top Seller**

Essential Oil

*Boswellia carterii, sacra, papyrifera, and frereana*

Often called the "King of Oils," topical and internal use of Frankincense provides modern wellness benefits.\*†

**A T I N**

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

**A T N**

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

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†See individual labels for ingredients, cautions, and usage instructions.



dōTERRA®

Frankincense

Stick + Naio

Renew and Revive

Net wt 1.06 oz / 30 g

# dōTERRA On Guard®

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



## dōTERRA On Guard

Top Seller

Protective Blend

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



**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

Provides an easy and convenient way to obtain the immune-supportive benefits of dōTERRA On Guard Protective Blend.



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

## dōTERRA On Guard+™ Softgels

Top Seller

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.\*

**60225767** | 60 vegetarian softgels | 25 PV  
\$38.67 rtl | \$29.00 whl

## dōTERRA On Guard Natural Whitening Toothpaste

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

**60205476**  
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 Foaming Hand Wash

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

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

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

\*See individual labels for ingredients, cautions, and usage instructions.



## dōTERRA On Guard® Protecting Throat Drops

Provides essential oils that can help support a natural immune response in a convenient, natural throat drop.

**60226743** | 30 count | 11 PV  
\$19.33 rtl | \$14.50 whl

## dōTERRA On Guard Mouth Rinse

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.

**60203185** | 16 fl oz | 11 PV  
\$22.67 rtl | \$17.00 whl

## dōTERRA On Guard Foaming Hand Wash Dispenser

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

## dōTERRA On Guard Sanitizing Hand Wipes

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

**60201266** | 50 count | 11 PV  
\$18.67 rtl | \$14.00 whl

## dōTERRA On Guard+™ Chewable Tablets

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

**60216736** | 60 count | 12 PV  
\$24.00 rtl | \$18.00 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.

**60214044**  
0.9 fl oz | 7 PV  
\$12.00 rtl | \$9.00 whl

**60219991**  
5-pack 0.9 fl oz | 32 PV  
\$53.33 rtl | \$40.00 whl

## dōTERRA On Guard Laundry Detergent

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

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

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

# PastTense®

PastTense Tension Blend and PastTense™ Stick + Sweet Gum provide a cooling sensation and grounding aroma to support tense moments.



## PastTense

Tension Blend

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

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

## PastTense Stick + Sweet Gum

A convenient, easy-to-use stick that offers a cooling sensation and calming aroma for fast-acting comfort.

**60229026** | 10 g | 18 PV  
\$29.33 rtl | \$22.00 whl

# dōTERRA SuperMint®

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

## dōTERRA SuperMint

Mentha Blend

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



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



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

## dōTERRA SuperMint Toothpaste

Freshens breath and cleans gums, while also whitening and remineralizing teeth.

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

## dōTERRA SuperMint Beadlets

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

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





## doTERRA Serenity®

Improve your bedtime routine with doTERRA Serenity Softgels, doTERRA Serenity Restful Blend, and doTERRA Serenity Stick + Valerian. When used as part of the doTERRA Serenity Sleep System, epigenetics testing suggests these products support sleep quality, glucose metabolism, cellular fitness and function, and circadian rhythms critical to keeping a healthy sleep cycle.\*



### doTERRA Serenity Stick + Valerian

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

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

### doTERRA Serenity Sleep System

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

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

### doTERRA Serenity Top Seller Restful Blend

The soothing and grounding aroma creates a calming, tranquil atmosphere.



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

### doTERRA Serenity Softgels

Restful Complex

Contains Lavender essential oil, synergistic botanicals, and powerfully relaxing ingredients, including L-theanine and tart cherry, designed to promote relaxation and restful sleep.\*

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

# Supplements & Nutrition



dōTERRA®

VMG+<sup>TM</sup>

VMG+<sup>TM</sup>

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

Dietary Supplement  
90 sticks | Net wt 9.35 oz / 262 g

VMG+<sup>TM</sup>

Whole-Food Nutrient Complex

dōTERRA®  
PB Restore<sup>TM</sup>  
Probiotic Complex

dōTERRA®  
EO Mega+<sup>TM</sup>  
Essential Oil  
Sinigal Complex

# Foundational Wellness

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.\*



Top Seller

## 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.\*

**60230209** | 30 sachets | 80 PV  
\$119.33 rtl | \$89.50 whl



Top Seller

## 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.

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



Top Seller

## dōTERRA PB Restore® ProBiome Complex

30 bioactive compounds | 18 billion CFU  
A daily full body microbiome formula to support:\*

- Digestive health
- Gut barrier integrity
- Gut immune function
- Micronutrient synthesis + more!

**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 wellness routine.

**60230014** | 125 PV  
\$199.33 rtl | \$149.50 whl



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# ProBiome Support

Your digestive system needs daily support. dōTERRA Fiber delivers soluble and insoluble fiber, natural vitamin C, and CPTG® Lemon essential oil to promote healthy digestion.\* PB Assist+ provides 13 unique probiotic strains and a prebiotic fiber for balanced microbiome support.\*



## 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.\*

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



## 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.

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



CPTG Certified Pure Tested Grade™

# dōTERRA® Specialized Supplements

Through cutting-edge scientific development, dōTERRA has provided a way to give that extra nutritional boost with specialized supplements.



## Alpha CRS+®

Cellular Vitality Complex

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

**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.

**60229827** | 120 vegetable capsules | 49 PV  
\$65.33 rtl | \$49.00 whl



## vEO Mega®

Essential Oil Omega Complex

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

**60225127** | 120 liquicaps | 60 PV  
\$96.00 rtl | \$72.00 whl



Learn more.

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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\*

**60209307** | 60 capsules | 30 PV  
\$56.00 rtl | \$42.00 whl



## Copaiba Softgels

Provides 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.\*

**60225227** | 60 vegetarian softgels | 34 PV  
\$49.33 rtl | \$37.00 whl



## DDR Prime® Softgels

Essential Oil Cellular Complex

A proprietary blend that helps protect the body against oxidative stress to cellular DNA.\*

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



## TriEase® Softgels

Seasonal Blend

Developed to help your body deal with seasonal shifts and to support a healthy respiratory system when needed most.\*

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



## Veggie Caps

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

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



## doTERRA® kids A2Z Chewable™ Tablets

An easy-to-chew, watermelon-flavored tablet combining B vitamins with vitamins A, C, and E, plus botanical extracts, to support healthy cell development and longevity when taken daily.\*

**60225124** | 60 tablets | 20 PV  
\$36.00 rtl | \$27.00 whl

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# RevitaZen™

RevitaZen™ Detoxification Blend and RevitaZen+™ Advanced Organ Detoxification Complex support daily detoxification with CPTG® essential oils and targeted botanicals for healthy liver, kidney, and colon function.\*



## RevitaZen™

Detoxification Blend

Provides daily support for healthy organ function and promotes the body's natural detoxification processes when used internally based on preclinical research.\*†



60231405 | 15 mL | 29 PV  
\$38.67 rtl | \$29.00 whl



## RevitaZen+™

Advanced Organ Detoxification Complex

A dual-chamber capsule combining essential oils and botanicals to deliver targeted daily detoxification support for the liver, kidneys, and colon.\*

60231636 | 30 capsules | 40.00 PV  
\$63.33 rtl | \$47.50 whl

\*See individual labels for ingredients, cautions, and usage instructions.

# 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.\*†



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

## MetaPWR Satiety Gum

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

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

## MetaPWR Beadlets

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



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

## MetaPWR Softgels

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

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

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†See individual labels for ingredients, cautions, and usage instructions.





## MetaPWR Assist

Metabolic Assist

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

**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 with Collagen + NMN

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

**Lemon-Orange**

**60222772**  
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.\*

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

## MetaPWR Recharge®

Provides an exclusive blend of electrolytes involved in cellular hydration.

**Wild Strawberry**

**60225877**  
30 sachets | 30 PV  
\$52.67 rtl | \$39.50 whl

**Lemon-Lime**

**60225876**  
30 sachets | 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

# Digestive Health

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

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.\*

**60209021** | 60 vegetarian softgels | 22 PV  
\$35.33 rtl | \$26.50 whl



## DigestTab® Chewable Tablets

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.\*

**60214446** | 100 chewable tablets | 13 PV  
\$24.00 rtl | \$18.00 whl



## dōTERRA Peppermint Softgels

Helps to support the digestive system, alleviate occasional intestinal discomfort, and reduce gas and bloating.\*

**60218962** | 60 softgels | 17 PV  
\$27.33 rtl | \$20.50 whl



## TerraZyme® Digestive Enzyme Complex

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

**35110001** | 90 vegetable capsules | 32 PV  
\$48.67 rtl | \$36.50 whl



## **GX Assist®**

GI Cleansing Formula

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

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



## **dōTERRA® Ginger Drops**

dōTERRA Ginger Drops are a convenient way to support digestion and ease occasional stomach discomfort.

**60225229** | 30 drops | 11 PV  
\$19.33 rtl | \$14.50 whl

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# Personal Care



THE  
SCRUB  
EXFOLIATES AND  
GRAPEFRUIT & PEPPERMINT

5.27 / 170g



# 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.



## Invigorating Scrub

Gently exfoliates lifting away impurities, leaving your skin feeling soft, smooth, and renewed.

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

## Pore Reducing Toner

Tones and balances skin, visibly reducing the appearance of pores and calming sensitive skin.

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

## Facial Cleanser

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

**60201753** | 4 fl oz | 13 PV  
\$21.33 rtl | \$16.00 whl

## Tightening Serum

Utilizes natural extracts and gums to reduce the appearance of fine lines and wrinkles while leaving skin hydrated and feeling smooth.

**60201752** | 1 fl oz | 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. Clinically tested.

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

## Brightening Gel

Combines natural extracts and vitamins with innovative ingredient technologies and CPTG® essential oils to brighten and even skin tone.

**60210008** | 1 fl oz | 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.

**60201774** | 1.7 fl oz | 32 PV  
\$48.00 rtl | \$36.00 whl

## Anti-Aging Moisturizer

Combines powerful essential oils with peptides and botanicals to target the visible signs of aging while moisturizing and softening skin.

**60201750** | 1.7 fl oz | 35 PV  
\$53.33 rtl | \$40.00 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 rtl | \$206.50 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



# 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 and a fresh approach to beauty inside and out.



## Yarrow|Pom Cellular Beauty Complex

Helps in activating skin-protecting proteins and inhibiting the enzymes that breakdown elasticity and collagen with the added benefit of promoting collagen production.\*

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

## Yarrow|Pom Revitalizing Eye Mask

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

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

## Yarrow|Pom Body Renewal Serum

Supports the skin's natural barrier and improves the appearance of firm, smooth skin.

**60209352** | 3.4 fl.oz | 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

**60210469** | 180 PV  
\$280.00 rtl | \$210.00 whl

## 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.

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

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# 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 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.

**37410001** | 1 oz | 27 PV  
\$40.00 rtl | \$30.00 whl

## Veràge Cleanser

Smooth, healthy-looking skin begins with Veràge Cleanser. This natural gel cleanser purifies skin for a fresh, youthful-looking complexion.

**37380001** | 2 fl oz | 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.

**37390001** | 1.7 fl oz | 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.

**37400001** | .5 fl oz | 52 PV  
\$82.67 rtl | \$62.00 whl

## Veràge Skin Care Collection

Veràge Cleanser, Toner, Immortelle Hydrating Serum, Moisturizer

**42690001** | 80 PV  
\$140.00 rtl | \$105.00 whl

# dōTERRA® spa

dōTERRA Spa is a line of CPTG® essential oil-infused products that provide an aromatic and pampering at-home spa experience. Each product has been carefully formulated with natural ingredients that leave your skin feeling soft, smooth, and fresh all day long.



## Refreshing Body Wash

A natural, oil-infused body wash that provides a rich cleansing and aromatic spa experience.

**37460001** | 8.45 fl oz | 10 PV  
\$18.67 rtl | \$14.00 whl

## Exfoliating Body Scrub

A natural, indulgent body scrub that gently exfoliates and polishes skin with sugar cane, leaving a healthy, natural glow.

**37480001** | 8 oz | 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.

**37470001** | 7 oz | 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.

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

## Hand & Body Lotion

Indulge your skin in this light, non-greasy formula that contains jojoba and macadamia seed oils, murumuru and theobroma seed butters, and nourishing plant extracts.

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

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

## dōTERRA Balance® Bath Bar

Formulated with dōTERRA Balance® Grounding Blend to provide a tranquil, relaxing aroma.

**60218218** 113 g | 6 PV  
\$12.00 rtl | \$9.00 whl

**60220702** 3-Pack 113 g | 12 PV  
\$29.33 rtl | \$22.00 whl

## Citrus Bliss Bath Bar

Formulated with Citrus Bliss® Invigorating Blend to provide an uplifting, refreshing aroma.

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

**60220704** 3-Pack 113 g | 12 PV  
\$29.33 rtl | \$22.00 whl

## Moisturizing Bath Bar

A one-of-a-kind bar that provides a unique feel, lather, aroma, and cleansing experience.

**60218217** 113 g | 6 PV  
\$12.00 rtl | \$9.00 whl

**60220701** 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.

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

**60220703** 3-Pack 113 g | 12 PV  
\$29.33 rtl | \$22.00 whl

## Lip Balms

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.

### Original

**60207651**  
4.5 g | 6 PV  
\$10.67 rtl | \$8.00 whl

### Tropical

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

## dōTERRA Spa Basics Kit

Hand & Body Lotion, Refreshing Body Wash

**60200499** | 24 PV  
\$39.33 rtl | \$29.50 whl

### Herbal

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

### Variety Pack

**37570001**  
3-Pack 4.5 g | 11 PV  
\$26.00 rtl | \$19.50 whl



**Daily Conditioner**  
Condition & Protect

# 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 created without 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 formulated without harsh chemicals. It contains quinoa protein to help protect hair while removing impurities, dirt, and build up.

**60208440** | 16.9 fl oz | 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.

**60208441** | 16.9 fl oz | 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.

**60208398** | 8 fl oz | 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-looking scalp, without weighing hair down.

**49050001** | 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

A unique blend of essential oils developed especially for women.



**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.\*

**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.\*

**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

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# Natural Deodorant

dōTERRA has specially created safe and effective natural deodorants that help you beat the heat and stay fresh throughout the day. 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.

**60207421** | 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.

**60208231** | 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.



## Correct-X Essential Ointment

Correct-X is a natural topical ointment using powerful CPTG essential oils that assist in soothing skin.

**60110001** | 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. These products have been 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.

**60201362** | 2.1 oz | 6 PV  
\$13.33 rtl | \$10.00 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.

**60220058** | 8 fl oz | 10 PV  
\$24.00 rtl | \$18.00 whl

## dōTERRA baby Hair & Body Wash

This foaming, tear-free wash combines simple, gentle, natural ingredients that nourish and moisturize even after rinsing off. A calming blend of vanilla extract with CPTG Lavender and Roman Chamomile essential oils leaves babies, toddlers, and even big kids with that light, newborn scent.

**60201361** | 10 fl oz | 10 PV  
\$20.00 rtl | \$15.00 whl

## dōTERRA baby Collection

dōTERRA baby Diaper Rash Cream, dōTERRA baby Hair & Body Wash, dōTERRA baby Lotion

**60233813** | 16 PV  
\$49.33 rtl | \$37.00 whl

# dōTERRA® Diffusers

Transform your world with a dōTERRA diffuser just right for any situation and décor.



## Dawn® Aroma Humidifier

Designed to create the ultimate level of comfort in any room. Its smart sleep mode maintains ideal humidity levels throughout the night, helping create the perfect environment for sleep.

**60213449** | o PV  
\$73.33 rtl | \$55.00 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.

**60213023** | o 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

**60213978** | o PV  
\$33.33 rtl | \$25.00 whl



## Product Guide

Price List/Quick Reference

SKU

Rtl

Whl

PV

Unit

### Starter Kits

<b>Foundational Wellness Bundle</b>	60230014	\$199.33	\$149.50	125	Kit
<b>Family Essentials Kit</b>	60202951	\$180.00	\$135.00	125	Kit
<b>Essential Foundations</b>	60230450	\$333.33	\$250.00	220	Kit
<b>Natural Solutions Kit</b> (VMG+® and EO Mega®+)	60230152	\$640.00	\$480.00	375	Kit

### Essential Oil Singles

<b>Arborvitae</b> <i>Thuja plicata</i>	49360001	\$32.00	\$24.00	24	5 mL
<b>Basil</b> <i>Ocimum basilicum</i>	30010001	\$44.00	\$33.00	33	15 mL
<b>Bergamot</b> <i>Citrus bergamia</i>	30790001	\$57.33	\$43.00	43	15 mL
<b>Birch</b> <i>Betula lenta</i>	60222580	\$78.67	\$59.00	45	5 mL
<b>Black Pepper</b> <i>Piper nigrum</i>	41040001	\$30.67	\$23.00	23	5 mL
<b>Black Spruce</b> <i>Picea mariana</i>	60206220	\$28.00	\$21.00	21	5 mL
<b>Blue Lotus Touch</b> <i>Nymphaea caerulea</i>	60219175	\$88.00	\$66.00	60	10 mL roll-on
<b>Blue Tansy</b> <i>Tanacetum annuum</i>	60203383	\$114.67	\$86.00	81	5 mL
<b>Cardamom</b> <i>Elettaria cardamomum</i>	49350001	\$41.33	\$31.00	31	5 mL
<b>Cassia</b> <i>Cinnamomum cassia</i>	60213537	\$30.67	\$23.00	23	15 mL
<b>Cedarwood</b> <i>Juniperus virginiana</i>	49300001	\$21.33	\$16.00	16	15 mL
<b>Celery Seed</b> <i>Apium graveolens</i>	60209677	\$50.67	\$38.00	38	15 mL
<b>Cilantro</b> <i>Coriandrum sativum</i>	41850001	\$36.00	\$27.00	27	15 mL
<b>Cinnamon Bark</b> <i>Cinnamomum zeylanicum</i>	30030001	\$46.67	\$35.00	35	5 mL
<b>Citronella</b> <i>Cymbopogon winterianus</i>	60209676	\$28.00	\$21.00	21	15 mL
<b>Clary Sage</b> <i>Salvia sclarea</i>	30420001	\$52.00	\$39.00	39	15 mL
<b>Clove</b> <i>Eugenia caryophyllata</i>	30040001	\$29.33	\$22.00	22	15 mL
<b>Copaiba</b> <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i> <b>Top Seller</b>	60202178	\$52.00	\$39.00	39	15 mL
<b>Copaiba Touch</b> <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i>	60219176	\$36.00	\$27.00	27	10 mL roll-on
<b>Coriander</b> <i>Coriandrum sativum</i>	30780001	\$34.67	\$26.00	26	15 mL

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

	SKU	Rtl	Whl	PV	Unit
<b>Cypress</b> <i>Cupressus sempervirens and lusitanica</i>	60206972	\$25.33	\$19.00	19	15 mL
<b>Douglas Fir</b> <i>Pseudotsuga menziesii</i>	31590001	\$32.00	\$24.00	24	5 mL
<b>Eucalyptus</b> <i>Radiata, polybractea, kochii, loxophleba, and globulus</i>	60218408	\$30.67	\$23.00	23	15 mL
<b>Fennel (Sweet)</b> <i>Foeniculum vulgare</i>	41290001	\$24.00	\$18.00	18	15 mL
<b>Frankincense</b> <i>Boswellia carterii, sacra, papyrifera, and frereana</i> <b>Top Seller</b>	30070001	\$105.33	\$79.00	74	15 mL
<b>Frankincense Touch</b> <i>Boswellia carterii, sacra, papyrifera, and frereana</i>	60200224	\$69.33	\$52.00	52	10 mL roll-on
<b>Geranium</b> <i>Pelargonium graveolens</i>	30090001	\$66.67	\$50.00	50	15 mL
<b>Ginger</b> <i>Zingiber officinale</i>	60215119	\$69.33	\$52.00	52	15 mL
<b>Grapefruit</b> <i>Citrus x paradisi</i>	30100001	\$26.67	\$20.00	20	15 mL
<b>Green Mandarin</b> <i>Citrus nobilis</i>	60205794	\$40.00	\$30.00	30	15 mL
<b>Guaiacwood</b> <i>Bulnesia sarmientoi</i>	60217711	\$26.67	\$20.00	20	15 mL
<b>Helichrysum</b> <i>Helichrysum italicum</i>	30410001	\$109.33	\$82.00	73	5 mL
<b>Helichrysum Touch</b> <i>Helichrysum italicum</i>	60207012	\$76.00	\$57.00	52	10 mL roll-on
<b>'Iliahi (Hawaiian Sandalwood)</b> <i>Santalum paniculatum</i>	41860001	\$100.00	\$75.00	65	5 mL
<b>Jasmine</b> <i>Jasminum grandiflorum</i>	60217357	\$200.00	\$150.00	100	2.5 mL
<b>Jasmine Touch</b> <i>Jasminum grandiflorum</i>	60201812	\$62.67	\$47.00	47	10 mL roll-on
<b>Juniper Berry</b> <i>Juniperus communis</i>	49290001	\$30.67	\$23.00	23	5 mL
<b>Lavender</b> <i>Lavandula angustifolia</i> <b>Top Seller</b>	30110001	\$38.67	\$29.00	29	15 mL
<b>Lavender Touch</b> <i>Lavandula angustifolia</i>	60200225	\$28.00	\$21.00	21	10 mL roll-on
<b>Lemon</b> <i>Citrus limon</i> <b>Top Seller</b>	30120001	\$20.67	\$15.50	15.5	15 mL
<b>Lemon Eucalyptus</b> <i>Eucalyptus citriodora</i>	60209674	\$21.33	\$16.00	16	15 mL
<b>Lemongrass</b> <i>Cymbopogon flexuosus</i>	30130001	\$20.00	\$15.00	15	15 mL
<b>Lime</b> <i>Citrus aurantifolia</i>	30870001	\$22.67	\$17.00	17	15 mL
<b>Madagascar Vanilla</b> <i>Vanilla planifolia</i>	60218012	\$53.33	\$40.00	40	5 mL
<b>Magnolia Touch</b> <i>Michelia alba</i>	60205420	\$40.00	\$30.00	30	10 mL roll-on
<b>Marjoram</b> <i>Origanum majorana</i>	30140001	\$32.00	\$24.00	24	15 mL
<b>Melissa</b> <i>Melissa officinalis</i>	30850001	\$128.00	\$96.00	86	5 mL
<b>Myrrh</b> <i>Commiphora myrrha</i>	30160001	\$98.67	\$74.00	62	15 mL

## Product Guide

Price List/Quick Reference	SKU	RTL	Whl	PV	Unit
<b>Myrrh Touch</b> <i>Commiphora myrrha</i>	60221439	\$66.67	\$50.00	50	10 mL roll-on
<b>Neroli Touch</b> <i>Citrus x aurantium</i>	60201817	\$72.00	\$54.00	54	10 mL roll-on
<b>Oregano</b> <i>Origanum vulgare</i>	30180001	\$37.33	\$28.00	28	15 mL
<b>Patchouli</b> <i>Pogostemon cablin</i>	30890001	\$44.00	\$33.00	33	15 mL
<b>Peppermint</b> <i>Mentha piperita</i> <b>Top Seller</b>	30190001	\$34.67	\$26.00	26	15 mL
<b>Peppermint Touch</b> <i>Mentha piperita</i>	60200228	\$28.00	\$21.00	21	10 mL roll-on
<b>Petitgrain</b> <i>Citrus aurantium</i>	49520001	\$36.00	\$27.00	27	15 mL
<b>Pink Pepper</b> <i>Schinus molle</i>	60207016	\$30.67	\$23.00	23	5 mL
<b>Roman Chamomile</b> <i>Anthemis nobilis</i>	30800001	\$69.33	\$52.00	52	5 mL
<b>Rose</b> <i>Rosa damascena</i>	31000001	\$366.67	\$275.00	200	5 mL
<b>Rose Touch</b> <i>Rosa damascena</i>	60201813	\$96.00	\$72.00	67	10 mL roll-on
<b>Rosemary</b> <i>Rosmarinus officinalis</i>	30200001	\$29.33	\$22.00	22	15 mL
<b>Sandalwood</b> <i>Santalum album</i>	30210001	\$120.00	\$90.00	65	5 mL
<b>Siberian Fir</b> <i>Abies sibirica</i>	60203125	\$28.00	\$21.00	21	15 mL
<b>Spanish Sage</b> <i>Salvia lavandulifolia</i>	60222270	\$38.67	\$29.00	29	15 mL
<b>Spearmint</b> <i>Mentha spicata</i>	31610001	\$41.33	\$31.00	31	15 mL
<b>Spikenard</b> <i>Nardostachys jatamansi</i>	49510001	\$72.00	\$54.00	52	5 mL
<b>Tangerine</b> <i>Citrus reticulata</i>	49440001	\$21.33	\$16.00	16	15 mL
<b>Tea Tree</b> <i>Melaleuca alternifolia</i> <b>Top Seller</b>	60208340	\$34.67	\$26.00	26	15 mL
<b>Tea Tree Touch</b> <i>Melaleuca alternifolia</i>	60208343	\$24.67	\$18.50	18.5	10 mL roll-on
<b>Thyme</b> <i>Thymus zygis, and vulgaris</i>	60222622	\$45.33	\$34.00	34	15 mL
<b>Tulsi (Holy Basil)</b> <i>Ocimum sanctum</i>	60213450	\$41.33	\$31.00	31	5 mL
<b>Turmeric</b> <i>Curcuma longa</i>	60206973	\$46.67	\$35.00	35	15 mL
<b>Vetiver</b> <i>Vetiveria zizanioides</i>	30430001	\$88.00	\$66.00	60	15 mL
<b>Vetiver Touch</b> <i>Vetiveria zizanioides</i>	60221438	\$56.00	\$42.00	42	10 mL roll-on
<b>Wild Orange</b> <i>Citrus sinensis</i>	30170001	\$17.33	\$13.00	13	15 mL
<b>Wintergreen</b> <i>Gaultheria fragrantissima</i>	31620001	\$37.33	\$28.00	28	15 mL
<b>Yarrow Pom</b> <i>Active Botanical Nutritive Duo</i>	60207652	\$146.67	\$110.00	104	30 mL
<b>Ylang Ylang</b> <i>Cananga odorata</i>	30240001	\$58.67	\$44.00	44	15 mL

## Product Guide

Price List/Quick Reference

SKU

Rtl

Whl

PV

Unit

### Essential Oil Blends

abode® Refreshing Blend	60217576	\$34.67	\$26.00	26	15 mL
Adaptiv® Calming Blend	60209364	\$58.67	\$44.00	44	15 mL
Adaptiv® Touch Calming Blend	60209357	\$36.00	\$27.00	27	10 mL roll-on
Air-X® Air Blend	60215527	\$45.33	\$34.00	34	15 mL
dōTERRA Align Centering Blend	60203246	\$29.33	\$22.00	22	5 mL
dōTERRA Anchor Steadying Blend	60203245	\$29.33	\$22.00	22	5 mL
dōTERRA Arise Enlightening Blend	60203247	\$29.33	\$22.00	22	5 mL
AromaTouch® Massage Blend	31200001	\$46.67	\$35.00	35	15 mL
dōTERRA Balance® Grounding Blend	31010001	\$34.67	\$26.00	26	15 mL
Brave® Courage Blend	60206618	\$30.67	\$23.00	23	10 mL roll-on
dōTERRA Breathe® Respiratory Blend	60200190	\$38.67	\$29.00	29	15 mL
dōTERRA Breathe® Touch Respiratory Blend	60200192	\$27.33	\$20.50	20.5	10 mL roll-on
Calmer® Restful Blend	60206632	\$30.67	\$23.00	23	10 mL roll-on
dōTERRA Cheer® Uplifting Blend	60218863	\$34.67	\$26.00	26	5 mL
dōTERRA Cheer® Touch Uplifting Blend	60218864	\$29.33	\$22.00	22	10 mL roll-on
Citrus Bliss® Invigorating Blend	60219370	\$33.33	\$25.00	25	15 mL
Citrus Bloom® Springtime Blend	60208812	\$38.00	\$28.50	28.5	15 mL
ClaryCalm® Monthly Blend for Women	49480001	\$48.00	\$36.00	36	10 mL roll-on
dōTERRA Console® Comforting Blend	31730001	\$57.33	\$43.00	43	5 mL
dōTERRA Console® Touch Comforting Blend	60200147	\$37.33	\$28.00	28	10 mL roll-on
DDR Prime® Cellular Complex	60207092	\$53.33	\$40.00	40	15 mL
Deep Blue® Soothing Blend	60200143	\$50.67	\$38.00	38	5 mL
DigestZen® Digestive Blend	60214361	\$50.67	\$38.00	38	15 mL

## Product Guide

Price List/Quick Reference	SKU	Rtl	Whl	PV	Unit
DigestZen® Touch Digestive Blend	60214815	\$35.33	\$26.50	26.5	10 mL roll-on
dōTERRA Forgive® Renewing Blend	31750001	\$33.33	\$25.00	25	5 mL
dōTERRA Forgive® Touch Renewing Blend	60200148	\$22.67	\$17.00	17	10 mL roll-on
HD Clear® Topical Blend	49400001	\$32.00	\$24.00	24	10 mL roll-on
dōTERRA Hope® Touch Uplifting Blend	60222109	\$33.33	\$25.00	25	10 mL roll-on
Immortelle Anti-Aging Blend	60220469	\$109.33	\$82.00	76	10 mL roll-on
InTune® Focus Blend	60220468	\$56.00	\$42.00	42	10 mL roll-on
MetaPWR® Metabolic Blend	60217575	\$40.00	\$30.00	30	15 mL
dōTERRA Motivate® Encouraging Blend	60218764	\$32.00	\$24.00	24	5 mL
dōTERRA Motivate® Touch Encouraging Blend	60218765	\$25.33	\$19.00	19	10 mL roll-on
Northern Escape® Woodland Blend	60221667	\$43.33	\$32.50	32.5	15 mL
dōTERRA On Guard® <b>Top Seller</b> Protective Blend	31100001	\$52.00	\$39.00	39	15 mL
dōTERRA On Guard® Touch Protective Blend	60200142	\$36.00	\$27.00	27	10 mL roll-on
dōTERRA Passion® Inspiring Blend	60218767	\$57.33	\$43.00	43	5 mL
dōTERRA Passion® Touch Inspiring Blend	60218768	\$42.67	\$32.00	32	10 mL roll-on
PastTense® Tension Blend	60215812	\$46.67	\$35.00	35	15 mL
dōTERRA Peace® Reassuring Blend	31710001	\$46.67	\$35.00	35	5 mL
dōTERRA Peace® Touch Reassuring Blend	60200151	\$30.67	\$23.00	23	10 mL roll-on
Purify Cleansing Blend	31060001	\$34.67	\$26.00	26	15 mL
Rescuer™ Soothing Blend	60206635	\$24.00	\$18.00	18	10 mL roll-on
RevitaZen™ Detoxification Blend <b>New</b>	60231405	\$38.67	\$29.00	29	15 mL
dōTERRA Serenity® Restful Blend	60217983	\$56.00	\$42.00	42	15 mL
Shinrin-Yoku® <b>Top Seller</b> Forest Bathing Blend	60225771	\$45.33	\$34.00	34	15 mL
Shinrin-Yoku® Touch Forest Bathing Blend	60225706	\$29.33	\$22.00	22	10 mL roll-on

## Product Guide

Price List/Quick Reference	SKU	Rtl	Whl	PV	Unit
Steady® Grounding Blend	60206617	\$24.00	\$18.00	18	10 mL roll-on
Stronger® Protective Blend	60206654	\$24.00	\$18.00	18	10 mL roll-on
dōTERRA SuperMint® Mentha Blend	60221859	\$42.67	\$32.00	32	15 mL
Tamer® Digestive Blend	60209356	\$24.00	\$18.00	18	10 mL roll-on
TerraShield® Repellent Blend	60214386	\$20.00	\$15.00	15	15 mL
TerraShield® Spray Repellent Blend	60214387	\$29.33	\$22.00	20	30 mL
Thinker® Focus Blend	60206633	\$25.33	\$19.00	19	10 mL roll-on
Whisper® Touch Blend for Women	60214274	\$40.00	\$30.00	30	10 mL roll-on

## Carrier Oils

Fractionated Coconut Oil	31640001	\$18.00	\$13.50	11	3.89 fl oz / 115 mL
Castor Oil <i>Ricinus communis</i> <b>New</b>	60231161	\$37.33	\$28.00	22	10.14 fl oz / 300 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
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

## Product Guide

Price List/Quick Reference	SKU	Rtl	Whl	PV	Unit
dōTERRA Emotional Aromatherapy® System	60220509	\$240.00	\$180.00	170	Kit
dōTERRA Emotional Aromatherapy® Touch Kit	60220510	\$160.00	\$120.00	120	Kit
Introductory Kit	60202952	\$41.33	\$31.00	26	Kit
dōTERRA Kids Oil 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	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
dōTERRA abōde® Modular Trays	60218576	\$21.33	\$16.00	0	One set

### Adaptiv® Products

Adaptiv® Calming Blend	60209364	\$58.67	\$44.00	44	15 mL
Adaptiv® Touch	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

## Product Guide

Price List/Quick Reference

SKU

Rtl

Whl

PV

Unit

### dōTERRA Breathe® Products

dōTERRA Breathe® Respiratory Blend	60200190	\$38.67	\$29.00	29	15 mL
dōTERRA Breathe® Touch	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	60200143	\$50.67	\$38.00	38	5 mL
Deep Blue Polyphenol Complex®	60229029	\$64.00	\$48.00	42	60 capsules
Deep Blue® Rub	38900001	\$51.33	\$38.50	36	4 fl oz/ 120 mL
Deep Blue® Rub Samples	60219833	\$7.33	\$5.50	0	10 pack
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> <b>Top Seller</b>	30070001	\$105.33	\$79.00	74	15 mL
Frankincense Touch <i>Boswellia carterii, sacra, papyrifera, and frereana</i>	60200224	\$69.33	\$52.00	52	10 mL roll-on
Frankincense Stick + Naio	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	31100001	\$52.00	\$39.00	39	15 mL
dōTERRA On Guard® Touch	60200142	\$36.00	\$27.00	27	10 mL roll-on
dōTERRA On Guard™ Beadlets	60208146	\$22.67	\$17.00	17	125 beadlets
dōTERRA On Guard+™ Chewable Tablets	60216736	\$24.00	\$18.00	12	60 ct

## Product Guide

Price List/Quick Reference	SKU	Rtl	Whl	PV	Unit
dōTERRA On Guard® Protecting Throat Drops	60226743	\$19.33	\$13.75	11	30 ct
dōTERRA On Guard™ Softgels	60225767	\$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® Mouth Rinse	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
dōTERRA On Guard® Foaming Hand Wash Concentrate	60213803	\$38.00	\$28.50	20	8 fl oz/ 237 mL
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 5-Pack	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

## PastTense Products

PastTense™ Stick + Sweet Gum	60229026	\$29.33	\$22.00	18	0.32 oz/ 10 g
PastTense® Tension Blend	60215812	\$46.67	\$35.00	35	15 mL

## dōTERRA Serenity® Products

dōTERRA Serenity® Restful Blend	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

## Product Guide

Price List/Quick Reference

SKU

Rtl

Whl

PV

Unit

### dōTERRA SuperMint® Products

dōTERRA SuperMint Mentha Blend	60221859	\$42.67	\$32.00	32	15 mL
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	60230209	\$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®	60229827	\$65.33	\$49.00	49	120 capsules
dōTERRA Lifelong Vitality Pack	60231114	\$117.33	\$88.00	65	30-day supply
Vegan dōTERRA Lifelong Vitality Pack®	60231415	\$129.33	\$97.00	65	30-day supply

#### dōTERRA Specialized Supplements

vEO Mega®	60225127	\$96.00	\$72.00	60	120 capsules
Turmeric Dual Chamber Capsules	60209307	\$56.00	\$42.00	30	60 capsules
Copaiba Softgels	60225227	\$49.33	\$37.00	34	60 capsules
DDR Prime® Softgels	60225264	\$66.67	\$50.00	44	60 capsules
TriEase® Softgels	60225764	\$37.33	\$28.00	24	60 capsules
Veggie Caps	60225231	\$6.00	\$4.50	0	160 capsules

## Product Guide

Price List/Quick Reference	SKU	RTL	Whl	PV	Unit
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### ProBiome Support

dōTERRA PB Assist+® ProBiome Gut Complex	60225556	\$44.67	\$33.50	25	30 sachets
dōTERRA Fiber	60225134	\$28.00	\$21.00	15	30 servings

### RevitaZen™ Products

RevitaZen™ Detoxification Blend <b>New</b>	60231405	\$38.67	\$29.00	29	15 mL
RevitaZen+™ <b>New</b> Advanced Organ Detoxification Complex	60231636	\$63.33	\$47.50	40	30 capsules

### MetaPWR® Products

MetaPWR® Metabolic Blend	60217575	\$40.00	\$30.00	30	15 mL
MetaPWR® Beadlets	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®	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

## Product Guide

Price List/Quick Reference

SKU

Rtl

Whl

PV

Unit

### 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	60218962	\$27.33	\$20.50	17	60 softgels
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
dōTERRA® Ginger Drops	60225229	\$19.33	\$14.50	11	30 drops

### dōTERRA Children's Supplements

dōTERRA® kids A2Z Chewable Tablets™	60225124	\$36.00	\$27.00	20	60 tablets
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### 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
Essential Skin Care Kit	60203184	\$275.33	\$206.50	200	Kit
Customizable Essential Skin Care Kit	60203183	\$126.67	\$95.00	90	Kit

## Product Guide

Price List/Quick Reference

	SKU	Rtl	Whl	PV	Unit
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### Yarrow|Pom Collection

Yarrow Pom Active Botanical Nutritive Duo	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	\$52.67	\$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

## Product Guide

Price List/Quick Reference	SKU	Rtl	Whl	PV	Unit
dōTERRA Balance® Bath Bar	60218218	\$12.00	\$9.00	6	4 oz/113 g
dōTERRA Balance® Bath Bar	60220702	\$29.33	\$22.00	12	3-Pack
Moisturizing Bath Bar	60218217	\$12.00	\$9.00	6	4 oz/113 g
Moisturizing Bath Bar	60220701	\$29.33	\$22.00	12	3-Pack
Citrus Bliss Bath Bar	60222130	\$12.00	\$9.00	6	4 oz/113 g
Citrus Bliss Bath Bar	60220704	\$29.33	\$22.00	12	3-Pack
dōTERRA Serenity® Bath Bar	60222131	\$12.00	\$9.00	6	4 oz/113 g
dōTERRA Serenity® Bath Bar	60220703	\$29.33	\$22.00	12	3-Pack
dōTERRA® spa Basics Kit	60200499	\$39.33	\$29.50	24	Kit

## dōTERRA® Hair Care

dōTERRA Protecting Shampoo	60208440	\$36.67	\$27.50	21	16.9 fl oz/ 500 mL
dōTERRA Daily Conditioner	60208441	\$36.67	\$27.50	21	16.9 fl oz/ 500 mL
dōTERRA Leave-in Conditioner	60208398	\$26.67	\$20.00	16	8 fl oz/ 237 mL
dōTERRA Hair 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

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

## Product Guide

Price List/Quick Reference	SKU	Rtl	Whl	PV	Unit
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### Natural Deodorant

<b>Natural Deodorant</b> Infused with dōTERRA Balance® Essential Oil	60207421	\$16.67	\$12.50	8	2.65 oz/ 75 g
<b>Natural Sensitive Deodorant</b> Infused with dōTERRA Douglas Fir and Greek Orange Essential Oils	60208231	\$16.67	\$12.50	8	2.65 oz/ 75 g

### Correct-X®

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

<b>dōTERRA baby Diaper Rash Cream</b>	60201362	\$13.33	\$10.00	6	2.1 oz/ 60 g
<b>dōTERRA baby Hair &amp; Body Wash</b>	60201361	\$20.00	\$15.00	10	10 fl oz/ 295 mL
<b>dōTERRA baby Lotion</b>	60220058	\$24.00	\$18.00	10	8 fl oz/ 236 mL
<b>dōTERRA baby Collection</b>	60233813	\$49.33	\$37.00	16	Kit

### dōTERRA® Diffusers

<b>Dawn® Aroma Humidifier</b>	60213449	\$73.33	\$55.00	0	Single
<b>Laluz® Diffuser</b>	60213023	\$60.00	\$45.00	0	Single
<b>Pebble® Diffuser</b>	60213978	\$33.33	\$25.00	0	Single

### Beadlets

<b>MetaPWR® Beadlets</b>	60217376	\$21.33	\$16.00	16	125 beadlets
<b>dōTERRA On Guard™ Beadlets</b>	60208146	\$22.67	\$17.00	17	125 beadlets
<b>Peppermint Beadlets</b>	60208147	\$22.67	\$17.00	17	125 beadlets
<b>dōTERRA SuperMint® Beadlets</b>	60222094	\$22.67	\$17.00	17	125 beadlets

### dōTERRA Healing Hands Foundation®

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



dōTERRA  
**Healing Hands™**

## Donation and Solicitation Disclosure

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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.

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

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“dōTERRA is about  
the community we build,  
of people who care  
about others.”

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**David Stirling**  
*Founding Executive, CEO*

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



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