

WINTER 2019

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Learn How to Destress this Season

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dōTERRA PRODUCT GUIDE (see pages 38-55)

Changing lives
with every drop



36,837
Jobs provided



211,438
Lives benefited



100+
Health benefits

dōTERRA
cō·impact
SOURCING

ask Dr. Hill



DR. DAVID K. HILL, DC
Executive Vice President, Chief
Medical Officer/Chairman, Scientific
Advisory Committee

Q:

How is
Pink Pepper
different
from Black
Pepper?

A:



While visually Pink and Black Pepper look very similar, pink peppercorns are in fact more closely related to cashews. Similarly, as we look into their chemical compositions, the essential oils steam distilled from their fruit actually have more differences than similarities. In particular, Pink Pepper has a much higher concentration of limonene, contains significant amounts of myrcene, and has the highest concentration of alpha-phellandrene that we have ever seen in an essential oil. These differences provide it with an entirely different spectrum of benefits. Alpha-phellandrene is particularly effective for promoting a healthy immune response when taken internally.* Furthermore, new research suggests that Pink Pepper supports healthy metabolism and can calm and bring relief to the nervous system.* Try adding 2-3 drops to a Veggie Cap and taking with breakfast to experience its many internal benefits or blending with citrus oils for an invigorating aroma.

What are some
benefits of
Green Mandarin
that I might not
experience using
other citrus oils?



What really sets Green Mandarin apart from its other citrus oil counterparts is its rich concentration of gamma-terpinene. While it provides an uplifting aroma like other citrus oils and is great to use in a DIY surface cleaner, it has several daily uses that are unique. Add it to a glass of water or your favorite citrus drink, so the gamma-terpinene compounds can boost healthy cellular function when taken internally.* Its cleansing power also isn't limited to surfaces; it is surprisingly gentle and effective for topical use. Green Mandarin oil is not photosensitive so this is a great oil to use topically during outdoor activities.

It was fascinating
to learn about
doTERRA's molecular
docking research at
convention. What's
next in the future of
essential oil research?



Scientists can observe the effects of an essential oil and its constituents and recognize that a definite physiological change is occurring, but they may not fully understand why or how. Through our ongoing molecular docking research, we are beginning to provide the "why" and the "how" to fully understand the mechanisms behind the profound health-promoting effects that pure essential oils can provide. Our scientists are now beginning to take this to a new level by working on molecular dynamics, an even more advanced in silico method of examining the interaction between essential oils and human cells. We are also working with a few of our research partners in mapping out the entire biological pathway of essential oils in real time, which will allow us to explore new benefits and models of use. What this means to you is improved quality, more innovative products, and even more scientific validation for what the users of CPTG® essential oils already know.

I really enjoy the
warm, woody scent
of Cedarwood and
often use it for its
insect repelling
properties. What
are some of its
other benefits?



Cedarwood is unique among essential oils as it is primarily composed of complex sesquiterpenes that are often exclusive to conifers. Cedrol's primary benefits are aromatic, as clinical research suggests that it has a calming aroma that promotes peaceful and relaxing environments. Additionally, I like to use Cedarwood as an alternative to Lavender or Ylang Ylang in my bedtime routine, diffusing it to prepare myself for restful sleep. If you are looking for an alternative to florals in your skin toner or moisturizer, try adding a few drops of Cedarwood instead to promote healthy-looking skin.

* 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.

DigestZen®

Ingredients: Anise Seed, Peppermint Plant, Ginger Rhizome/Root, Caraway Seed, Coriander Seed, Tarragon Plant, and Fennel Seed essential oils.

Aromatic Description:

Spicy, sweet, minty, licorice

Whether trying the cuisines of Italy or flying to the islands of Tahiti, introducing foreign food to the body and traveling long distances has the potential to disrupt the stomach's normal digestion. Using DigestZen can help maintain healthy digestion and soothe stomach upsets.*

HOW TO USE:

Aromatically:

- Use three to four drops in the diffuser of your choice for a calming aroma.

Internally:

- Add a few drops to water or tea to maintain a healthy gastrointestinal tract*
- Use 2-3 drops to soothe stomach upset when traveling.
- Use 2-3 drops to help reduce bloating, gas, and occasional indigestion.*

Topically:

- Dilute with dōTERRA® Fractionated Coconut Oil and massage on the stomach for relief.



FUN FACT: This unique blend contains various oils. Ginger, Fennel, and Coriander ease stomach discomfort, while Peppermint, Tarragon, Anise, and Caraway aid digestion.*

* 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.



HOW DID YOU FIRST GET INVOLVED WITH SNOWBOARDING COMPETITIVELY?

Let me start by saying, snowboarding is my church. I started riding when I was 15. I originally started with skiing when I was 12, but I really wanted to snowboard. My dad was an old school skier. He always said that if I wanted to ski, he would pay for it all, but if I wanted to snowboard, I had to pay for that myself. I got my first job and bought a used K2 bomber with clicker boots and bindings. Since that day, snowboarding has not only been something I love to do, but a way of life. I get to set goals that seem unattainable and then chase them down and reach them. I get to be one with nature, playing an important role in a cohesive dance that could turn into a volatile battle, one that could literally be life or death at a moment's notice. It's one of the truest places on Earth. I mean where are you going to get closer to God than 14,000 feet up?

DO YOU HAVE A ROUTINE TO GET READY FOR A COMPETITION? WHAT IS IT?

Yes. Every day, regardless of what I am doing, I put some dōTERRA Motivate® or Peppermint oil in my diffuser and then do a meditation session for 10 to 15 minutes. From there, I spend a minimum of 30 minutes doing yoga just to start my day off right. Then if it's winter, I go

to the mountain and spend about 4–6 hours on the snow. From there I spend about an hour of down time reflecting on the day, then I go to the gym for another two to three hours of strength and conditioning. I usually spend the next 45 minutes doing a cool down exercise. I finish it all off with some Deep Blue Rub® for a full recovery cycle.

WHAT DO YOU LOVE MOST ABOUT SNOWBOARDING?

I would say some of my most favorite things about the sport is there is really nothing more freeing than becoming one with nature, working with it instead of against it. I love the feeling you get when you hit a 60-foot jump and go flying through the air like a bird, or when you get a fresh dump of snow and you lay down a heel side turn throwing up a white room of fresh snow blinding you from every direction forcing you to just ride through it searching for any shred of light. I love that I am solely responsible for my decisions and the outcome of the day.

WHAT WAS IT LIKE COMPETING AT THE PARALYMPICS?

Man, how do you even describe that feeling? Imagine all the hype in your life coming down to one single solitary moment. All the work you have put in, sacrifices you have made, and drama you have had to deal with all narrowing in on one day. Not just one day, but just a few runs. The first time I competed at the Games, I treated it like any other trip.

I tried to see and experience as much as I could. The US team competed late in the line up, so I was in Russia for two weeks before our competition. I had to remind myself that I was there to do a job. The second time I had a crew of seven people, including my wife, Heather, and some very close friends, come out to support me. It was such a cool feeling to look up in the stands after my runs and see a huge cheering section dedicated to me and the rest of Team USA. To stand on the podium and represent my family, my country, and myself is something that no amount of words can truly and accurately describe.

WHERE DO YOU DRAW YOUR INSPIRATION?

Now there is a tough one. I think I draw my inspiration from a few different places. First and foremost, I have an amazing support structure that is made up of Heather (who is probably my biggest supporter), my parents, a few close family members, and some really amazing friends—not to mention my staff from the United States Olympic committee, I would have to say a lot of my inspiration and drive comes from the fear of failure. As a child, I saw what rock bottom looks like and never want to be there again. Every day I try to be the best version of myself that I can be and keep my eye on the prize always.



WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO WANTS TO SNOWBOARD COMPETITIVELY?

A mentor once told me "If you want to go big, stop thinking small." In other words, with the right mindset you can accomplish anything. Never give up, because you never know how close you are to reaching your goals.

WHAT DO YOU WANT TO BE KNOWN FOR OR WHAT IS YOUR BIGGEST ACCOMPLISHMENT?

Just being a good person. The way I see it, we are all on borrowed time, so why not enjoy it? Why not offer a helping hand to someone in need? Why not try something new, or why not look for the good? I hope to enjoy the life I have with the people I love and hopefully spread that message of love to the rest of the world. I would love to start a non-profit one day to help people who have gone through some sort of life-altering illness or injury, thus creating a disability or adaptation. I would help them through that process with a mentoring program and hopefully be able to someday help with the financial obligations of getting the proper medical treatment and apparatuses like prosthetics, orthotics, or wheelchairs.



WHAT ARE YOUR FAVORITE dōTERRA PRODUCTS AND HOW DO YOU NORMALLY USE THEM?

For an all purpose cleaner I use Melaleuca (Tea Tree), Eucalyptus, Lemon, and Lavender. I use dōTERRA On Guard® year round to support a healthy immune system, which is extremely important during the winter and for anyone who goes outside. I use DigestZen® to help with gut biome, which is nice for when I travel to foreign countries and am not used to the food. I use Deep Blue® somewhat religiously in my every day routine. At home, we use our diffuser every night. Heather will add something like a mixture of Lavender and Lemon with a hint of Deep Blue after a stressful day.

Age: 34

Hometown: Ogden, Utah

Current Home: Aspen, Colorado

Family: Parents: J. Keith Gabel and Theresa Martin

Wife: Heather

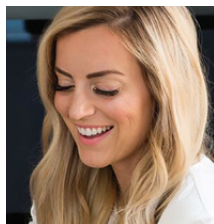
Siblings: 2 brothers and 3 sisters

Personal Motto: The power of positivity will always persevere.
Carpe Diem

A warm, indoor photograph of a family of three decorating a Christmas tree. A young girl with long, wavy brown hair is perched on her father's shoulders, holding a large, light-colored wooden star ornament high above the tree. The father, with dark hair and a beard, is looking up at the star with a focused expression. The mother, with long brown hair, is smiling and looking up at the tree, her hands near the branches. The Christmas tree is lush and green, decorated with red and gold ornaments, white lights, and red bows. A large, green pine branch hangs from the top of the frame, framing the title. The background is a bright, white interior space with a white door visible behind the family.

Finding Calm in the Chaos

The best ways to deal with your holiday stress
with Wellness Advocate Jenna Rammell



Jenna shares her tips for keeping the holidays joyful and not stressful. A few simple daily routines can help you too.

What do you do to deal with stress around the holidays?

I begin my day with meditation and **Rose oil**. I use the morning to get centered and ready for the day ahead. I think it is really important during the holidays to stay present. It can start to feel like your life is parties, gifts, shopping, and chaos, and it is easy to get caught up and not feel present anymore. Enjoy what you are doing, but also take time for yourself. That is one of the big reasons I like to give neighbor gifts that include oils they can start using right away. I like to include bath salts, bath bombs, and things like that so they can enjoy their self-care.

Throughout the day, I like to roll Rose Oil over my heart to keep the feelings of centeredness from my morning meditation. I use **dōTERRA Balance®** all day long. I like to put it on my hands so that I can smell it throughout the day. I also put it over the vents of my car; the scent takes over the car immediately and helps everyone in the car feel calm right away. I have been loving **Tangerine** to help uplift my mood and brighten my day a little bit.

You have four little kids, what is your favorite new Kids Collection blend?

I love them all! They are so unique and simple. I love the kid's line because I feel like it is a great solution for anyone overwhelmed by using their oils on children. My son has been taking **Thinker®** to school and he says he puts it on every time he has a test. **Stronger®** is my hands-down favorite. I use it on my kids every day; it has just made my life easier.

I have been using oils for so long that I enjoy experimenting with my oils. I know I love a mixture of **Arborvitae, Lemon, and Frankincense** for promoting health. I like the flexibility of using my oils how I want to. But, I know there are a lot of people who just want to know what to use oils for and when. "We're not focusing, we are using **Thinker**. We aren't sleeping, time for **Calmer®**." I think oils can be overwhelming in the beginning if you do not know where to start. The Kid's Collection is a great place to start, and get familiar with oils.

How do you stay motivated during the holidays to get everything done?

I make extensive lists for all of my kids and everything I have to get done so I know I have gotten everything done. I think it is difficult to hold all of that in the mind. The thing that always helps to get me going and keeps me pushing through is **dōTERRA Balance®**. It helps me plant my feet on the ground and stand firm. When things get chaotic, I feel like I'm floating and can't find my footing. I want to come down and have my feet on the Earth. dōTERRA Balance has great oils from the trees and their roots. Conifers are some of my favorite oils. You think about **Siberian Fir** and that the trees grow in the arctic and freezing temperatures and yet they are strong. I like to think about myself like that. They help me feel like I am in control, even when my life feels overwhelming.

Jenna's favorite holiday diffuser blend:

- ◆◆ Cinnamon bark
- ◆◆ Cypress
- ◆ Clove
- ◆◆ Cassia



Favorite Holiday Oil: Holiday Peace™

Grounding holiday diffuser blend

- ◆◆ White Fir
- ◆◆ Siberian Fir
- ◆◆ Eucalyptus



THE TRUTH ABOUT ESSENTIAL OILS AND PETS

By Dr. Janet Roark
Veterinarian, Hill Country
Mobile Veterinary Service

Real Talk. There is some pretty scary (and controversial) stuff about essential oils and pets on the internet these days. In the age of viral posts and everyone getting their five minutes of fame, Dr. Google isn't actually the best source to get your information. In fact, whether your dog gets stressed out during thunderstorms or your cat could benefit from some digestive support, using essential oils as part of a well-rounded health program can actually help your pets thrive and live the best possible life.

Before using any product with or around your pet, it is important to note that not all essential oils are created equal. Many essential oils on the market may boast "100 percent pure" on the label, but they could contain substances that are actually quite toxic to animals and should be avoided. This is also true with many candles, wax melts, air fresheners, cleaning solutions and fabric refreshers. To ensure the highest quality products, be sure your essential oils are third party tested and CPTG Certified Pure Therapeutic Grade®.

Let's demystify some of the myths, and learn the truth about essential oils and pets.

MYTH: Diffusing around pets is toxic.

TRUTH: An essential oil is a highly concentrated, aromatic compound distilled from a plant. Because of this, essential oils are quite potent. Pets have millions more olfactory receptors than humans do, which does make them sensitive to strong smells, but they are certainly not toxic. The truth is, diffusing around pets is an excellent way to benefit them on a regular basis. It is best to use a water-based diffuser (such as the Lumo® Diffuser) on an intermittent setting. Allow the pet the option to exit the room by leaving the door open and only use three to four drops of oil at a time in the diffuser. Diffusing Lavender has been shown in shelters to provide calming effects for pets.

MYTH: Never pet your dog or cat after using oils.

TRUTH: Petting is actually an excellent way to apply oils topically to pets. Along the spine or on the ear tips are the most common applications. Here is the issue behind this myth: after using oils like **Peppermint**, **Deep Blue®**, or others, the oil smell can linger on your hands. I'm sure I'm not the only one that has rubbed my eyes after applying Peppermint-Ouch! The same holds true for your pets. Any residue from your hands can have the same effect on them that it would on you.

Essential oils are volatile, which means they dissipate into the air rapidly, and they absorb into the skin quickly. This means they won't stick around for very long. If you are worried though, washing your hands after using oils and prior to petting your pets is an option.

MYTH: Using oils around pets can cause liver or kidney damage.

TRUTH: When using CPTG Certified Pure Therapeutic Grade® Essential Oils, we have seen certain oils that can be used to actually support the kidneys or liver. Many of these accusations come from the fact that liver and kidney failure are common in pets, regardless of essential oil use. Many times people want a reason for why these things happen, and often oils get implicated falsely.

MYTH: If my pet gets too much oil, they will die.

TRUTH: This is extremely rare, and most adverse reactions are due to a significant amount of essential oil (two bottles undiluted, for example) being used or consumed. However, anyone who has rushed their dog to the vet after they ate an entire chocolate cake when no one was looking knows that accidents can happen. In the event of an adverse reaction, dilute with a carrier oil—skin irritation is the most common, and most reactions resolve within 24–48 hours after oil exposure. Discontinue use of an oil if your pet shows signs of distress, drooling, squinting, rubbing their face, vocalization, shaking, vomiting, or diarrhea. Seek veterinary attention if significant. Keep the lids on your bottles and store them in a safe place such as a closed box to prevent your pets from “borrowing” one of your oils.

MYTH: [Insert oil name here] oil is harmful to cats.

TRUTH: I have heard it all. Citrus oils are toxic to cats. Pine oils are toxic to cats. Even Lavender oil is toxic to cats. You name it. The truth is, there is just no sound science or basis for these claims. Ultimately, you will hear many things from many people about cats and oils. Here's my take: cats lack a liver enzyme that is important for metabolizing certain things, so it really isn't a bad idea to use a bit more caution with these little ones. If you use the cautions already recommended, these oils are perfectly safe to use in your DIY cleaning or diffused in your home with cats. Use a little extra caution with Melaleuca, Birch, Wintergreen, Spearmint, and Peppermint, as well as hot oils such as Oregano or Thyme.

Essential oils have many benefits for your pets. They can help with calming emotions, soothing muscles, easing digestion, and overall wellness of your four-legged family members.

As with any new thing you introduce to your pet, begin slowly. Start with a small amount of a diffused or diluted essential oil and observe your pet's behavior. Keep your diffusers in a safe place where your pet cannot knock it over.



Lifestyle Changes

FOR A BETTER LIFE

2018 SLIM & SASSY® COMPETITION GRAND PRIZE WINNER | KEN YOSHIMOTO

Ken had struggled with wanting to lose weight for quite some time. As he started his dōTERRA business, he decided it was time to make a change in his health and lifestyle. It was shortly after joining dōTERRA that Ken learned about the Slim & Sassy Challenge. Ken wanted to live a healthier life so he could fully enjoy activities with his children. He set challenging goals and decided now was the time for changes.



How do you think the challenge of losing weight is different for you?

I never believed at my age (58) I could really lose weight. I had tried so many times and did the yo-yo

exercise. Perhaps, I caught lightning in a bottle, but once I started seeing improvement, my motivation kept increasing. I actually had a lot of fun with the Slim & Sassy Challenge Facebook Group. I learned so much from everyone. I owe so much to all my challenge friends.

What was your greatest motivation to keep going during the challenge, and after?

My Slim & Sassy Challenge Facebook Group friends were a big motivator. My own family thought this was a passing fad and didn't really take me seriously for the first month, but as I started finding success and changing my habits, my wife started to adopt some of my eating habits. Experiencing success is a great motivator.

Over the last decade I have lost so many friends and family prematurely. Health issues related to lifestyle took many of my dear friends. I recognized that even though I was reasonably healthy while being overweight, when I tried to help my friends they wouldn't listen. Why should they? I didn't look very healthy. I recognize that my ongoing health journey is just as important for my family and friends who need to be healthier as it is for me.

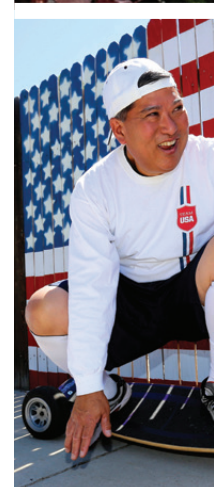
Before I started the Slim & Sassy Challenge one of my daughters and my son-in-law asked me to join their team for an obstacle course run—the Spartan Beast Run. I laughed that I would die, but my

daughter urged “Dad, you have nine months to prepare!” It may have been crazy, but it was a good motivator to change my lifestyle. None of us knew the event we signed up for was the Spartan World Championship in Lake Tahoe. Our first Spartan Race experience was the World Championship where the

weights are heavier and the obstacles are more challenging. Committing to this goal helped me keep my healthy lifestyle changes. On September 29, we completed the Spartan Beast Run with 34 obstacles over 14 miles and endless mountain climbs and we had loads of fun doing it. The positive attitude developed into my lifestyle carried me through that event. Finishing the race was significant, because eight years ago my doctor told me to never run again. Armed with a new healthy lifestyle and the wonders of essential oils, I can run and climb over walls and obstacles and do things I couldn't even do when I was younger. I worried that I would have to be carried off the course, but as we finished, we all decided it was so much fun we wanted to do more races. We had to be the best smelling team, too, with the essence of Deep Blue® Rub and Lemongrass and AromaTouch®!

Who are your biggest supporters and how do they help you?

Throughout the Slim & Sassy Challenge, the Facebook group friends were my biggest supporters. So many people answered essential oil questions and I learned so much. They were always there to hold me accountable and it was such a positive experience. Now, I am helping a few friends in their own journeys to health. That keeps me motivated as I help them. Many of my coworkers and friends also keep me motivated, because they are excited that I look 15 years younger and so much healthier. My family is always supporting me, too, now that they know this is my new life and they like it.



SLIM &
SASSY

Ken's Tips for Success

Be patient with yourself and with others. When word gets out that you are trying to lose weight, you will find everyone is an expert. I listened patiently and sifted through the well-meaning ideas to find the pearls that really helped.

Focus on goals. Life can be hectic and it really helps to set daily, weekly, and monthly goals for specific actions such as sleep, water intake, and exercising.

Have a positive attitude and surround yourself in positive thoughts. Guilt is such a poor motivator, but a positive attitude helps through the discouraging times.

*Results vary based on diet and exercise. Typical loss may be less.

STARTING WEIGHT: 256 POUNDS

FINAL WEIGHT: 195.2 POUNDS

STARTING BODY FAT PERCENTAGE: 34.6%

END OF CHALLENGE BODY FAT PERCENTAGE: 20.7%



A close-up photograph of a hand holding a branch of a pink pepper plant. The branch is covered in small, round, reddish-pink berries. The background is a soft, out-of-focus landscape with warm tones.

PINK PEPPER

MORE THAN JUST A PRETTY SCENT



One of the newest dōTERRA® oils is Pink Pepper. It is known for its spicy yet fruity fragrance and is quickly becoming a favorite. Pink Pepper's cell protecting properties make this oil unique, as do the stories of how this amazing essential oil came to be. Its history and impact in the lives of people throughout the world sets Pink Pepper apart.

RENEWED HOPE IN KENYA

Veronica is a young widow with five children living in Kenya. She used to live a life of luxury, when her husband was alive. He worked for a company that paid for their home and gave him a generous salary. This enabled the couple to send their children to school and provide them with clean water, food, and clothing.

After her husband's death, however, Veronica and her children's lives changed dramatically. They were forced to move out of their home, and school was quickly given up when paying for food and shelter became more important. Veronica did all she could to provide for her family. At first, she sold ropes to local merchants who took pity on her in her time of need. Eventually, though, the shop owners could no longer buy her ropes and Veronica was forced into a profession that robbed her of her dignity in order to feed her five children.

Devastated by the turn of events in her life, Veronica was at the lowest point of her life. One day as she sat alongside the road, she was approached by Kigoï, a representative from the dōTERRA sourcing team, who asked if she would like to harvest pink pepper for the company. He gave her an advance to buy food for her family and to pay for her children to attend school. Veronica returned the next day with a large amount of pink pepper she had harvested. She now earns seven to eight times the amount she earned before and has moved her children into a larger home. They now enjoy meals that consist of fresh fruits, vegetables, and meat. She has even been able to purchase a donkey that she rents out to her neighbors as an additional source of income. Her children are all attending school and their future is bright. Her oldest son is now preparing for university. Because of the sustainability of her income, Veronica is able to plan a future for herself and her family. She has inspired many women in her community to become harvesters as well and is now a leader of her people.

The pink pepper trees in Kenya are mature, well-nurtured trees that originally were planted for shade along the roadsides and in gardens. dōTERRA sources Pink Pepper from Kenya as well as the Andes Mountains of Peru. We have found the chemical profile of these two sources to not only be unique, but to contain the most therapeutic properties when blended.



OLD SOURCE, NEW INCOME

For hundreds of years, pink pepper trees have been growing indigenously on the mountains of Peru. To the locals these beautiful trees have been a source of shade for many generations and, in this ideal climate, they have grown to great heights. Without help from humans, these trees have become massive, fruit-producing plants and can be found growing on many small family farms throughout Peru.

dōTERRA set out to work with these small-scale farmers to create a network of harvesters for pink pepper. By working directly with farm owners, up-front costs have been eliminated, resulting in a win-win relationship for dōTERRA and the harvesters.

The most unique aspect of harvesting pink pepper in Peru is its year-round harvest. The trees have been growing so long they produce more fruit than the harvesters can begin to pick. The advantage of picking the fruit throughout the year means a steady source of income for these small-scale farmers. With this additional income, they are able to send their children to school.



MIRACLES DURING DISASTER

Through dōTERRA Cō-Imapct® efforts, an oil distillery was established in Guatemala to produce Pink Pepper and other essential oils. Equipped with native expertise on how to best process the plant to retain the full potency of its properties, the local workers are invaluable to the production of Pink Pepper oil. On June 3, 2018, the largest and most devastating volcanic eruption in 100 years occurred in Guatemala City, Guatemala, resulting in what many feared would be the end of the distillery.

Hundreds of people were killed and many more lost their homes from the violent volcano. Many people were injured and many lost loved ones in the wreckage. When dōTERRA visited this country, looking for ways to help, they discovered a surprising bright spot in the midst of the turmoil.

Upon arriving at the partner distillery in Guatemala, instead of being covered in ash and soot as the surrounding areas were, the distillery was completely untouched by the volcanic eruptions. It was as if there was an invisible shield protecting it. Every part of the distillery was clean and the facility was ready to be put in use. dōTERRA reached out to the Guatemalan government and received special permission to reopen the factory during the disaster. Because of this small miracle, many distillery workers were able to keep their jobs, while many around them were not as fortunate.

FAST FACTS

- Pink Pepper has the highest alpha-phellandrene (15-30 percent) of any oil. This is due to the unique chemical profile of *Schinus molle*.
- This unique chemical compound makes Pink Pepper particularly effective when taken internally to calm the nervous system and promote cellular health in the liver and breast tissues.*
- Limonene chemical constituents are helpful in supporting healthy blood sugar and cholesterol levels already in the normal range.*
- Use Pink Pepper to boost effectiveness of immune fighter cells and help them function optimally.*

Molecular DOCKING



With the rapid growth of the essential oil industry globally and contemporary scientific research helping us to discover new ways in which these gifts of the Earth can benefit our lives on a daily basis, many are beginning to wonder, "What exactly makes essential oils do what they do?" Fortunately, a network of dōTERRA scientists and their research partners are beginning to unearth the answers to that question, as they discover just how essential oils have such a remarkable spectrum of benefits and the ability to positively impact our lives. This partnership is producing ground-breaking research by mapping out the impact of essential oils on biological pathways in their pursuit of quality, novel application methods, and further proof that CPTG® essential oils are the most tested and most trusted all-natural essential oils on the market.

Furthering Research

In order to fully understand how essential oils and their components effect and have a lasting impact on the cells, we need to look much closer than physical manifestations, such as improved skin appearance or clear breathing. We need to take a journey into the cell, and examine how essential oils work on a microscopic level. However, even at a microscopic level, there are still more questions being answered daily.

Beginning with one simple idea: we know essential oils work. dōTERRA scientists are now going beyond the microscope to further our understanding of how and why essential oils do what they do. As discussed at convention, dōTERRA is currently implementing molecular docking, proteomics (large-scale study of proteins) and other fascinating methods of discovery to investigate the action of essential oils at the molecular level. Much of this research is completely new, not only to essential oil science, but to the world of science as a whole, and being conducted in-house by dōTERRA scientists who have become highly skilled in front-line research methods.

An *in silico* approach to essential oil research

Molecular docking is an *in silico* tool of discovery, used to characterize interactions between two molecules. When the term "*in silico*" is used to describe a scientific process, it simply means that it is accomplished via computer simulation. Molecular docking and computer-aided discovery are hugely beneficial to the scientific community, offering a time and cost effective way to assess how molecules will interact with one another. This tool gives insight before evaluating how molecules might behave when assessing them in cultured cells or in a living organism.

New Methods of Research

Molecular docking in essential oil research involves the use of special programs and parameters, designed to characterize the interactions between essential oil constituents and protein targets inside the cell. With these programs, dōTERRA researchers are

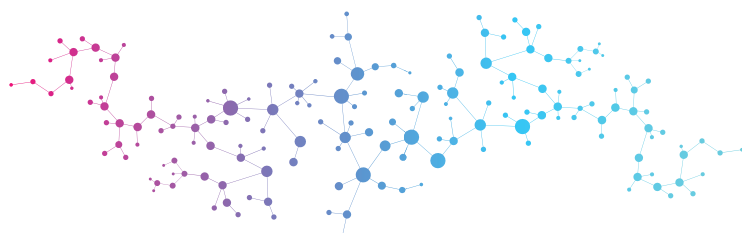
able to gain a clearer understanding of what essential oils do by observing how they possibly interact with their protein targets.

Bringing You New Benefits

Technology is advancing, which is resulting in greater use of synthetics and adulterants; data collected from proteomic testing by our research partners allows us to not only further understand how essential oils do what they do, but to also detect substances foreign to the highest quality all-natural essential oils at a greater level. The knowledge gained from *in silico* research regarding how essential oils interact with our cells, such as molecular docking, allows dōTERRA to gain insight on whether or not current usage models are effective, how to improve blending for specific purposes, and to discover possible further benefits of those unique aromatic compounds.

Conclusion

With the work being conducted daily by our own scientific experts and research collaborations, dōTERRA continues to set the precedent for innovation and science in the essential oil industry. dōTERRA scientists and their collaborative research partners are currently working on several projects and preparing to share the results with the scientific community, and you, by adding to their industry-leading and rapidly growing list of peer-reviewed scientific publications. Although there's still a lot of investigation ahead, dōTERRA is beginning to piece together the complex scientific puzzle of the profound essential oil experience. The knowledge gained from these studies not only will advance our overall understanding of essential oils, but may help us further prove CPTG oils' unmatched efficacy, purity, and quality, and assist in future product formulation.



aromatouch[®] TECHNIQUE

dōTERRA clinical trials have shown that the AromaTouch Technique is a great way to develop human connection, and positively influences several markers of health and well-being. The AromaTouch Technique, was developed for you and others to experience the joy of meaningful and lasting human connection.

Find someone to share the AromaTouch Technique with, and make it extra enjoyable by taking our quiz to figure out which oil personality you are.

WHICH OIL ARE YOU?

STEP 1: Log in to Facebook

STEP 2: Search for the “AromaTouch Technique” Page (with 50,000+ Likes)

STEP 3: On the left sidebar, click “Quiz”

STEP 4: Select the button “Let’s Get Started”

STEP 5: After you receive your result, share it with your friends!

OIL PERSONALITIES

dōTERRA BALANCE[®]:

You are the calming presence. You like a stable environment, and you are not a fan of conflict. You are in touch with nature and would prefer to be outside as much as possible. You enjoy time alone to gather your thoughts.



SIMILAR TO:
**LAVENDER OIL
FRIENDS**



COMPLEMENTARY TO:
**DEEP BLUE[®] BLEND
FRIENDS**



LAVENDER:

You are the one who is laid back and has a “go with the flow” outlook on life. You are the peacemaker and enjoy when there is resolution to conflict. You like a long walk where you can enjoy nature or be in places that are serene. You make people comfortable and are able to be the comforter in times of trouble or stress.



SIMILAR TO:
**dōTERRA BALANCE[®]
BLEND FRIENDS**



COMPLEMENTARY TO:
**WILD ORANGE OIL
FRIENDS**



MELALEUCA:



You are always the one with something witty to say! You enjoy playing games with others where you are able to crack a joke every now and then. You are the person who likes to help others and you have a good time doing it. You are the breath of fresh air for those around you who may be struggling.

SIMILAR TO:
WILD ORANGE OIL
FRIENDS



COMPLEMENTARY TO:
PEPPERMINT OIL
FRIENDS



dōTERRA ON GUARD®:



You are the "go to" person, always finding new ways to help people. If there is a problem to solve, you are going to be the one to solve it! You can make anything happen because, in your mind, nothing is impossible. You are upbeat and not afraid of a little competition.

SIMILAR TO:
PEPPERMINT OIL
FRIENDS



COMPLEMENTARY TO:
AROMATOUCH® BLEND
FRIENDS



AROMATOUCH®:



You are a perfect mix of calm and active, which makes you an excellent person to look up to. You are consistent and versatile, which makes you so valuable. Boating is a great example of an activity you would like because it's the best of both worlds: relaxing and adventurous.

SIMILAR TO:
DEEP BLUE® BLEND
FRIENDS



COMPLEMENTARY TO:
dōTERRA ON GUARD
BLEND FRIENDS



DEEP BLUE®:



You are the "most likely to succeed" oil blend. You are focused and driven, which makes you extremely good at anything you do. You are strong, athletic, and have exceptional endurance. You are goal oriented and very accomplished.

SIMILAR TO:
AROMATOUCH BLEND
FRIENDS



COMPLEMENTARY TO:
dōTERRA BALANCE®
BLEND FRIENDS



WILD ORANGE:



You are full of energy. You are so happy and upbeat that it seems like nothing can get you down. People are attracted to your strong positive attitude. You love to do anything where there are a lot of people because "the more the merrier" is your motto! You love soaking up the sun any time you can.

SIMILAR TO:
MELALEUCA OIL
FRIENDS



COMPLEMENTARY TO:
LAVENDER OIL
FRIENDS



PEPPERMINT:



You are the strong and independent one. You know who you are and don't need validation to see your value. You are rejuvenating to be around because of your strength. Your independence doesn't mean that you don't like being around people but that you are comfortable taking care of things yourself.

SIMILAR TO:
dōTERRA ON GUARD
BLEND FRIENDS



COMPLEMENTARY TO:
MELALEUCA OIL
FRIENDS



Wintergreen

Aromatic Description:

Sweet, minty, refreshing

Distillation Method:

Steam Distillation

Plant Part: Leaf

Source Origin: Nepal

In addition to Wintergreen (*Gaultheria fragrantissima*) being used in small amounts as a minty flavoring in candies, toothpaste, and chewing gum as an oil it also has therapeutic properties.

Wintergreen essential oil is derived from a creeping shrub found in Nepal where it grows wild. The leaves are harvested by rural villagers, who don't have many options for work to provide for their families. Learn more about the communities you lift through Co-Impact Sourcing on dōTERRA's YouTube channel.

Directions for Use:

Aromatically

- ◆ Add three to four drops to your diffuser, to provide an uplifting and refreshing aroma.

Topically

- ◆ Wintergreen provides warming relief when applied to skin and is excellent to use as part of a soothing muscle massage. Dilute with dōTERRA® Fractionated Coconut Oil to minimize any skin sensitivity, and apply one to two drops to desired area.
- ◆ Apply to temples and back of neck for relief from head tension.

Fun Fact: Methyl salicylate, a main component in Wintergreen, is used in topical creams and massage blends because of its soothing properties. In fact, Wintergreen and Birch contain the highest amounts of methyl salicylate found in nature.



Wintertime

Diffuser Blends

Sweater Weather

- 🔥🔥 Cinnamon
- 🔥🔥 Wild Orange
- 🔥🔥 Frankincense

Long Winter's Nap

- 🔥 Cassia
- 🔥🔥 Cedarwood
- 🔥🔥 Wild Orange

Solstice Celebration

- 🔥🔥 Lemon
- 🔥🔥 Grapefruit
- 🔥🔥 Wild Orange

Winter Wonderland

- 🔥🔥 Bergamot
- 🔥🔥 Wild Orange
- 💧💧 Peppermint

Candy Cane

- 💧💧 Peppermint
- 🔥🔥 Wild Orange
- 🔥🔥 Cassia

Fallen Snow

- 💧💧💧 Siberian Fir
- 🌱🌱 Cardamom
- 🔥🔥 Clove

Merry and Bright

- 💜💜 Lavender
- 🌱🌱 Rosemary
- 🌱🌱 Eucalyptus
- 💧💧 Peppermint

Warm Apple Pie

- 🔥🔥🔥 Ginger
- 🔥🔥 Cinnamon
- 🔥🔥 Clove



Empowering Change

Empowering you to make a real difference.

Empowering people and communities worldwide to make a positive change. Through our partnerships, matching support for Wellness Advocate Projects and development projects in Co-Impact Sourcing® communities, we are working together to create a positive difference.

doTERRAhealinghands.org

dōTERRA
healing hands
FOUNDATION™

Ways to Donate

Make a donation online

Donate online at doterrahealinghands.org/donate



Add to your LRP Order

Add a recurring monthly donation to your Loyalty Rewards Order.

Donate \$1 with every order

Commit to a \$1 donation by checking the box at checkout with every online order you make with dōTERRA®.

Purchase dōTERRA Products

The full purchase price of dōTERRA® SPA Rose Hand Lotion and dōTERRA Hope® Touch Essential Oil Blend is donated to the dōTERRA Healing Hands Foundation®.

Text to donate

Text EMPOWER to 27722 to make a \$10 donation.*

*U.S. carriers only

To find out more about how we are working to empower people & communities worldwide and to apply for matching support for your project visit:

doterrahealinghands.org

Essential Apple Recipes

Apples are a colder weathers pleasure. Use these recipes to bring a warmth into your home this winter.

Apple Cardamom Bread

INGREDIENTS

- 1 cup plain yogurt
- ½ cup sugar
- 2 large eggs
- 1 teaspoon vanilla
- 2 tablespoons coconut oil
- 1 drop **Cardamom oil**
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 small apples peeled and chopped
- ¾ cup chopped pecans

Homemade Caramel Sauce:

- ¼ cup packed brown sugar
- 2 tablespoons butter
- 1 tablespoon fat-free milk

DIRECTIONS

1. Preheat oven to 325 degrees.
2. In a large bowl, mix yogurt, sugar, eggs, vanilla, coconut oil and **Cardamom oil**.
3. In separate bowl combine flour, baking powder, baking soda and salt.
4. Add dry ingredients to liquid mixture and mix until just combined.
5. Lightly fold in apples and pecans
6. Grease a 9x5 inch bread pan.
7. Pour mixture into greased pan and place in the oven for 60 minutes, or until a knife comes out clean.
8. In a small saucepan combine brown sugar, butter, and milk.
9. Bring mixture to a boil, stirring constantly.
10. Cover and cook for 1 minute.
11. Spread over cooked bread, when bread is done baking.

Apple Cider

INGREDIENTS

- 8-10 apples
- ½ cup sugar
- 4 cinnamon sticks
- 3 tablespoons allspice
- 2 drops **Wild Orange oil**

DIRECTIONS

1. Slice apples into quarters and place them into large stock pot.
2. Sprinkle sugar over apples and fill stock pot with water until apples are just covered.
3. Add cinnamon sticks, allspice, and **Wild Orange oil**, to stock pot.
4. Boil on high for one hour, checking frequently and adding water when needed to keep apples covered with liquid.
5. Let simmer for another 2 hours, then let cool.
6. Remove cinnamon stick and mash apples with a potato masher.
7. Strain through cheesecloth over large bowl. When most of the juice has strained through, squeeze cheesecloth over the bowl until no juice comes.
8. Store in refrigerator and reheat when ready to serve.



Apple Tarts

INGREDIENTS

1 $\frac{2}{3}$ cups flour
 $\frac{3}{4}$ cups butter, slightly softened
 $\frac{1}{2}$ teaspoon salt
3 $\frac{1}{2}$ tablespoons water, cold
 $\frac{1}{2}$ teaspoon vinegar
1 egg
3 apples
1 tablespoon lemon juice
1 teaspoon ground cinnamon
1 drop **Clove oil**
1 tablespoon granulated sugar
 $\frac{1}{8}$ teaspoon salt

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine flour, butter, and salt. Use your fingers to sift through the mixture until the butter turns into pea-sized balls.
3. In a cup, whisk water, vinegar and egg together.
4. Pour over dry ingredients and mix with hands until just combined. Do not over mix.
5. Roll out into thin pieces on a floured surface. Place into tart pans.
6. Refrigerate tarts while prepping apples.
7. Core apples and thinly slice lengthwise.
8. Place in bowl with lemon juice, ground cinnamon, **Clove oil**, sugar and remaining $\frac{1}{8}$ teaspoon of salt; toss.
9. Arrange apples in tart pan, overlapping slightly.
10. Brush some melted butter over the apples and edges of the crust.
11. Bake for about 1 hour or until the edges are golden brown and apples are baked all the way through.
12. Cool for 15 minutes before serving.

Baked Apple Crumble

INGREDIENTS

2 large tart apples
2 tbsp butter, melted
2 tbsp brown sugar
2 tbsp all purpose flour
6 tbsp quick oats
1 drop of **Cinnamon Bark oil**

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Cut apples in half, then core them using a knife or spoon.
3. In a small bowl, combine brown sugar, flour, and oats.
4. Combine butter and **Cinnamon Bark oil** in another small bowl and melt.
5. Slowly pour butter mixture into dry ingredients while stirring.
6. When combined, scoop into apples.
7. Place on tray and bake for 30 minutes.
8. When baked, cool for 5 minutes and serve with whipped cream or ice cream, if desired.

A dōTERRA On Guard® — *for Everything*

It is that most wonderful time of year again, when you need all the help you can get to stay healthy. As health threats are at an all-time high, it is time to double up on protection. dōTERRA® offers a wide variety of products to help you and your family. It's no surprise that dōTERRA On Guard, in all its variations, is the most popular dōTERRA product.



dōTERRA **On Guard® Touch**

dōTERRA On Guard is powerful, but like some essential oils and blends should be diluted for sensitive skin, like that of children. The convenience of the pre-diluted dōTERRA On Guard Touch blend makes this a great oil to add to your, or your child's, bedtime routine. Apply this oil to the bottoms of your feet and chest.



dōTERRA **On Guard® Cleaner Concentrate**

If you love natural, non-toxic, and biodegradable cleaners that are able to deep clean hard surfaces, look no further than dōTERRA On Guard Cleaner Concentrate. This multipurpose cleaner not only cleans but also leaves behind the classic dōTERRA On Guard scent.

dōTERRA **On Guard® Beadlets**

Beadlets are the most convenient way to boost your immune system using dōTERRA On Guard while you are on the go.* They are also a great way to freshen your breath, as cinnamon is one of the main ingredients. Keep these handy for any throat tickles to be gone quickly.

dōTERRA **On Guard® Protective Blend**

dōTERRA On Guard oil can be used aromatically, topically, and internally. It is by far the most versatile form of dōTERRA On Guard available. Diffusing this oil helps to refine the air and provides an uplifting and energizing aromatic kick. dōTERRA On Guard can be taken internally on a daily basis to boost your immune system and clear your respiratory system.* Pro Tip: Soak sliced apples in water and a few drops of oil to help kids take this oil internally.

dōTERRA **On Guard® Throat Protecting Drops**

These drops are great for providing all the immune-supporting benefits of dōTERRA On Guard blend in the convenient, natural throat lozenge. Whether its the cold air wearing on your throat or something you picked up at an office party, these drops keep you going strong.

dōTERRA **On Guard® Natural Whitening Toothpaste**

This toothpaste really has it all. It is natural, whitens your teeth, and is fluoride-free. This toothpaste will clean your teeth, reduce plaque, and leave your breath fresh with the unique cinnamon-mint flavor.





dōTERRA **On Guard® Foaming Hand Wash**

Keeping your hands clean is the best way to protect your health during this time of year. Washing your hands regularly ensures that what you might get on your hands doesn't get into your body. dōTERRA On Guard Foaming Hand Wash not only cleans and softens your hands but also leaves behind a fresh, citrus scent.



dōTERRA **On Guard® Laundry Detergent**

dōTERRA On Guard Laundry Detergent may seem a bit harsh for use on your clothing, but this detergent, with our oil and bio-originated enzymes, targets and lifts stains surprisingly well. Another great way to use this detergent is to clean your washer. Find helpful how-to tips on the dōTERRA blog.

dōTERRA **On Guard® Mouthwash**

Our newest dōTERRA On Guard product is sure to become a fast favorite. Only the best ingredients are used to make this natural, effective mouthwash. Try this mouthwash to experience the protecting and refreshing way dōTERRA On Guard enhances yet another aspect of your day.

dōTERRA **On Guard® Sanitizing Mist**

If you have ever wished for a sanitizer and dōTERRA On Guard combo, look no further. dōTERRA On Guard Sanitizing Mist eliminates 99.9 percent of all bacteria and other germs on the skin. Keep this small sized bottle with you wherever you go so you can clean your hands with just a quick spray.

dōTERRA **On Guard®+ Softgels**

Taking dōTERRA On Guard internally is easier than you can even imagine with dōTERRA On Guard+ Softgels. When you start to feel lousy, try taking the softgels for a couple of days. With its positive effect on the immune system, you won't have to slow down.*

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



dōTERRA® Winter SKIN CARE ROUTINE

The cold winter air tends to wreak havoc on our skin. The dry bitterness of winter creates sensitive and dull skin. It is easy though to forget your skin needs a little extra care. It can be difficult to find the time to ensure your skin is getting what it needs during the colder months. Luckily, there are many things you can do to fight the typical winter skin concerns. **dōTERRA® Essential Skin Care** is a great place to start with your skin routine, but did you know there are many other dōTERRA products that can help with a number of winter skin issues?

Hydrating;
the most important
thing you can do to
keep your skin
healthy this
winter.



DOUBLE DUTY

The holiday season seems to be when our time is stretched the thinnest. We have to find products and systems that do the most for our skin in the shortest amount of time. Establishing a simple routine for morning and evening can go a long way with skin health.

***Tip:** Use **dōTERRA Verage™** 4-step system in the morning right when you wake up. Before you have time to get busy with anything else, take a moment to take care of your skin.



EXFOLIATE

Exfoliating is when we use a rough soap to rid our skin of dead and dying skin. It is usually done to rejuvenate and brighten dry and dull skin. Exfoliating is the perfect thing to do when skin starts to struggle in the winter. The **dōTERRA SPA Exfoliating Body Scrub** is a great way to add exfoliating to your routine. Keep this product in your shower and use all over about once a week. Exfoliating too often can be damaging to your skin, so limit yourself. Also, you should never use exfoliating products near your eyes, or on damaged skin. Try our Invigorating Scrub on your face—it is gentle and effective for the skin on your face.



HYDRATE

Hydrating is the most important thing to do to keep your skin healthy this winter. First things first, make sure you are drinking plenty of water. Winter tends to be the time we skip on our regular water drinking habits. Once summer is over, and we're not hot and thirsty, so we may not be as conscious of the need to hydrate. Set a goal to drink a certain amount by certain times of the day. Your skin will thank you for your effort.

Hydrating your skin during the winter usually needs to go one step further than just drinking water. For hydrating your body, use **dōTERRA SPA Replenishing Body Butter**. Body butter is thicker than the average lotion and adds more hydration into your skin. When it comes to your face, use **dōTERRA Essential Skin Care Hydrating Cream** before bedtime to replace the moisture your skin lost to the cold air throughout the day.



RECIPES FOR SUCCESS

Body Scrub

- 2 cups raw sugar
- 1/2 cup grapeseed oil
- 5–7 drops **Peppermint** oil



Soothing Facial

- 2 teaspoon pumpkin puree
- 1/2 teaspoon honey
- 1/2 teaspoon milk or milk alternative
- 5–7 drops **Yarrow | Pom**

Lip Scrub

- 1 tablespoon brown sugar
- 1 tablespoon olive oil
- 1/2 teaspoon honey
- 2–4 drops **Rose** or **Vetiver** oil

Moisturizing Face Mask

- 1 cup dry oats
- 1/2 cup water
- 1/4 cup honey
- 5–7 drops **Lavender** oil

WINTER DIYS:

Decorate your home or make special gifts this winter with these easy DIYs

.....

Wool Coasters:

What you need:

- Wool Fabric
- Fabric Glue
- A Drop of Hoilday Joy

Directions:

1. Cut the wool fabric into 2 piece of desired shape.
2. Place the two piece of fabric together with glue.
3. Add any additional decorations.

Tip: Use wool coasters to naturally diffuse your favorite oils.



Winter Trees:

What you need:

- Empty 15mL Oil bottles
- Wool Yarn
- Wood Dowels
- Wood Rounds
- Glue
- Wood Glue

Directions:

1. Glue the dowel to the bottom, middle of your empty oil bottle.
2. Adhere yarn end to the inside of the bottle.
3. Slowly twist the yarn around the oil bottle tightly, placing a dot of glue every few wraps for extra hold.
4. Once you reach the top of the bottle, slowly taper up, to look like a tree.
5. Repeat steps 2-4, three times or until desired size is reached.
6. Place a dot of wood glue at the bottle of the dowel and hold onto wood round until dry.
7. Decorate tree with stars or add your own flair.

Oil Bottle Gifts or Ornaments:

What you need:

- Oil Bottles
- Fabric
- Twine or Ribbon
- Glue

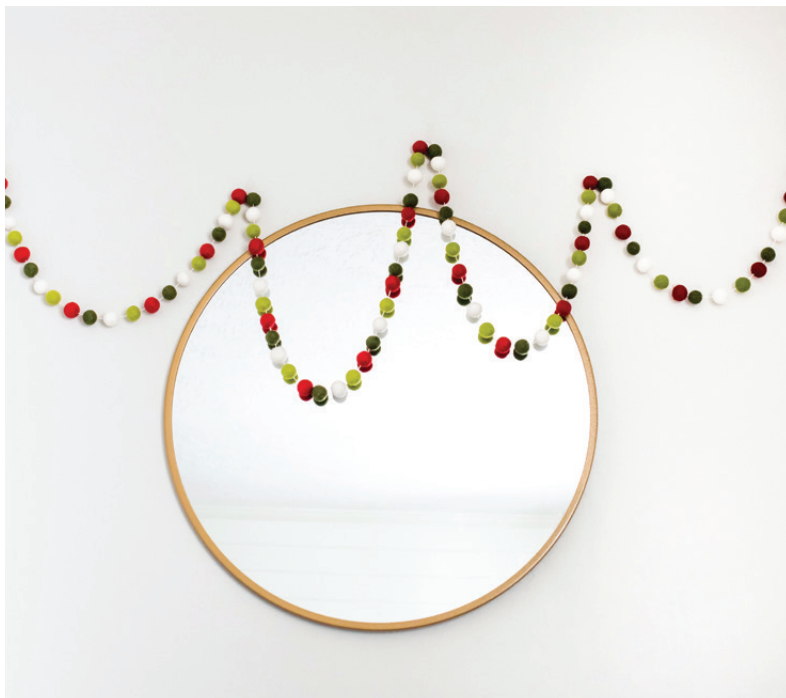


Directions:

1. Cut a 5 inch by 5 inch square of fabric.
2. Spread glue on the bottom of the bottle and adhere the bottle to the center of the fabric square.
3. Take one corner of the square and pull to the top of the bottle.
4. Take the opposite corner doing the same thing, holding with one hand.

5. With the other hand, pull up other two corners so all corners are at the top.
6. Slightly spin, to make creases flat.
7. Tie a bow around the lid of the bottle with twine or ribbon.
8. Decorate however desired.

Hint: Want to gift an oil this year? Spice it up with this DIY.



Festive Diffuser Garland:

What you need:

- Wool balls
- String
- Needle
- A Couple Drops of Holiday Peace

Directions:

1. Thread your needle with string. Tie a knot on long end.
2. Pull your needle through the wool balls one at a time.
3. Once all balls are on, tie a knot on the other end.
4. Naturally diffuse your favorite oils through the holidays on these wool balls. Place one drop of oil on a couple balls throughout your strand.



Prime Meridian

HEALTH CLINICS™

Healthcare Initiative Update



The alarm goes off and it's time to start the morning routine. When you touch your child's arm to wake them, you notice that they feel irregularly warm and they wake with complaints about stomach discomfort. You call in sick to care for them, hoping the illness will quickly burn itself off, but it worsens throughout the day and you decide your child needs to see their pediatrician. You call, but they are booked for the week, so you get in the car and head to urgent care. You get there only to be welcomed by a full waiting room. You settle in, clutching your child close as you wait to see a physician who doesn't know you or your child and will have only a few brief moments to diagnose and propose a plan of treatment before moving on to the next room. This situation isn't hypothetical; it's what most U.S. patients experience every time they go to visit a physician.

Average in-office waiting time in a U.S. primary care facility: **19 minutes**
Average time spent with the physician: **7 minutes**

We Can Make a Change

dōTERRA is doing something about this. With our healthcare initiative, dōTERRA is not looking to simply improve health outcomes, but also to turn the entire axis of healthcare worldwide with patient-centered care, better accessibility, and cheaper costs. Welcome to, Prime Meridian Health Clinics™.

Changes at our Global Campus

The 41,000-square-foot direct primary care facility, located directly across the street from dōTERRA's global campus in Pleasant Grove, Utah, will be open to the public in April 2019. Along with addressing those modern healthcare realities of long wait times, scheduling difficulties, and little time actually spent with your medical provider, we are certain that the integrated approach to health (based on the dōTERRA Wellness Lifestyle Pyramid) will offer a breath of essential oil-infused fresh air and a better experience for patients. This facility will offer the services of skilled medical professionals as well as a new approach to the healthcare experience: one completely focused on your needs; an effort that will help prevent situations like those at the beginning of this article and greatly improve the standard of care for each patient.

Prime Meridian Goals

The vision of Prime Meridian Health Clinics can be summarized in four points: 1. allopathic and holistic care, 2. lower costs, 3. ease of accessibility, 4. improved health outcomes. dōTERRA has found some amazing medical practitioners with a broad range of expertise who can address health from every angle to help you get to the root of your health concerns. Prime

Meridian will be able to provide a wide range of services to its patients, which we are certain will improve outright health outcomes and positively influence all components of well-being and quality of life.

Changing the Conversation

No more focusing on addressing symptoms; Prime Meridian offers preventive and holistic answers to your medical questions. With the direct primary care model, Prime Meridian offers a proven model to drive down your healthcare costs. You've seen the numbers, healthcare accessibility is a major issues. Prime Meridian is cutting out time devoted to complex coding and insurance billing, so we can provide transparent cost structures, and allow physicians to focus their time on patients needs.

Imagine Peace of Mind

Now imagine the opening scenario but with Prime Meridian. You get out your phone and quickly reach out to your physician using their online contact center. They respond back in minutes with a few natural options you can use to comfort your child before you are able to reach the clinic, followed by a list of their openings—that day. When you show up to the office for your scheduled appointment, you wait only a minute or two to see a provider whom you know and trust. As you walk back, your physician is there ready to listen and eager to assist you in helping your child feel better.

By the time the Pleasant Grove clinic opens, Prime Meridian will already have three open clinics around the country. Those of you in the Nashville, Phoenix, and St. George areas are in luck. There will be clinics in your area by the first quarter of 2019. We are working on more locations, domestically and internationally. Rest assured, the wait will be worth it.

Average waiting time to see the practitioner for the first time: 24 days. dōTERRA is doing something about this.



Creating a Healthy *Culture*



Take a tour of the dōTERRA global campus on any normal workday and you are likely to see a volleyball tournament, employee-taught yoga classes, a push-up challenge to raise money for one of the many dōTERRA Healing Hands Foundation®, or a presentation in the auditorium about the experiences of an employee as an extreme obstacle course athlete. It's an environment buzzing with activity, and that isn't a coincidence. dōTERRA was founded not only upon the highest quality essential oils, but also on the vision of promoting health and lifelong vitality on a global scale. We are just beginning to understand the power of environment and social modeling. How our surroundings and the actions of those we surround ourselves with influence our own behaviors. This is never more evident than with our lifestyle habits. If you are looking to make a positive change in your body composition and lifestyle behaviors, consider your environment. You may be better off examining with whom and where you are spending your time before testing the effectiveness of the newest diet or exercise trend.

Why create your own Healthy Culture?

One of the landmark weight management and overall well-being studies of the past decade showed that one of the greatest factors in your personal health is the health and lifestyle habits of those around you.¹ It is incredibly difficult to integrate the principles of the dōTERRA Wellness Lifestyle Pyramid into your life when those around you aren't. Likewise, your healthy lifestyle behaviors can have a positive influence on your friends, your family, and, especially, your children.

Support and Competition

The influence of social networking groups, specifically peers at work, can be very effective at increasing motivation and adherence to exercise programs.² Humans are naturally social beings and, concurrently, they are highly competitive. Both of these inherent characteristics play a factor in how your social group influences your progress toward reaching your health and fitness goals. A recent study found that using social networking groups to inspire healthy lifestyle behavior change and combining it with a competition component can increase time spent exercising up to 40 percent.³ Start a social media-based exercise



competition with your friends and, whether it is the support or competition aspect, you will all improve your chances of integrating more physical activity into your daily lives.

Attend Exercise Classes

Whom and what you surround yourself with doesn't just influence how much you exercise, but also your focus and intensity when you do. Time-use data research has shown that social environment increases time spent exercising and (depending on the specific activity) how vigorous the exercise session is.⁴ Those who exercise together tend to become fast friends and competitors, resulting in improved health outcomes for everybody. Don't be afraid to walk through the doors and try any one of these new group-focused training modalities. The social environment alone may pay dividends in increased exercise intensity and adherence to long-term health and fitness goals.

Be the Change

If your social group, home, or workplace culture isn't one that gives you the constant urge to get out of your chair and perform

air squats, be the one to change it. You never know who may be watching you. The easiest way to gain a workout partner is for others to see (or at least hear about) you doing it. It may be uncouth to perform push-ups in the halls of your workplace, but don't be shy about discussing your exercise exploits with your coworkers or sharing photographic evidence on social media.

What optimum health means to you is a very individual thing, but your chances of reaching your goals (whatever they are) are greatly impacted by your surrounding environment. For the health of yourself and everybody around you, immerse yourself in a health-promoting culture and be that culture.

1. Christakis N. and Fowler J. The spread of obesity in a large social network over 32 years. *The New England Journal of Medicine*. 2007;357:370-379. <https://www.nejm.org/doi/full/10.1056/NEJMsa066082#t=article>

2. Foster D, Linehan C, Kirman S, Lawson G, James G. Motivating physical activity at work: using persuasive social media for competitive step counting. *ACM*. 2010: 111-16.

3. Zhang J, et al. Support or competition? How online social networks increase physical activity: A randomized controlled trial. *Preventive Medicine Reports*. 2016;4:453-458.

4. Dunton F, et al. Environmental influences on exercise intensity and duration in a U.S. time use study. *Medicine & Science in Sports & Exercise*. 2009;41(9):1698-1705.

12 Sneaky Health Improvements

Winter is one of the hardest times of year to find the time to stay healthy. Between holiday parties filled with treats and the race to get gifts ready, it can be difficult to focus on your own health. This time of year is when we are more susceptible to feeling under the weather, thus having less time to spend with those we love most. These 12 easy tips can help you maintain better health without slowing you down.

1 Drink More Water

Drinking water is one of the easiest ways to enhance your health. As temperatures cool down, we may not reach for that glass of water the way we would in the summer. Try to drink half your body weight in ounces of water. If you find drinking plain water difficult, try adding **Lemon**, **Wild Orange**, or **Grapefruit** to your glass for an energy boost—with a refreshing burst of flavor.

3 Toothpaste Squats

Finding time to work out is difficult, no matter the time of year. While you are brushing your teeth, try doing 20 squats. This small amount of exercise will increase your heart rate for a couple of minutes. Congratulations, you've managed to squeeze in a little workout! With a little effort you can find time for exercise most every day.

2 Try DigestZen Terrazyme®

Having an upset digestive tract is just par for the course around the holidays. Fortunately, **Digestzen Terrazyme®** is here to help. Take this supplement with meals or before bedtime; it will help support your body's production of enzymes helpful for digestion.

4 Not So Social

Make the effort to stay off social media for one day. While social media is a great way to not only connect with friends and family but to also run your business, it can consume large amounts of your time. Try taking a step back from social media and see what you can accomplish.

5 Power of the Positive

Starting a new year, with a list of goals and resolutions can quickly overwhelm you. Take five or ten minutes to meditate at the start of your day. The power of focusing on what you want most will help you reach your goals faster. Try applying **InTune®** or **dōTERRA Motivate®** to the back of your neck before you start to boost your meditation practice.

7 Give a Little Thanks

Everyone loves to feel appreciated. Take a moment to say thank you. Thank the grocery bagger, your stylist, your children's teachers, and your garbage man. Take the time to send a text to your team members and let them know you are grateful for them. Zero your focus in on gratitude and express thanks to those around you.

9 Prepare Your Snacks Early

Stopping to grab fast food or a soda may seem like an easy choice, but fighting afternoon hunger with prepared healthy snacks is a more effective way of keeping your day on track. When you first wake up, put together your snacks for the entire day. Having them ready to go will help you make healthier choices rather than reaching for a treat.

11 Start Off on the Right Foot

After you wake up from your long winter's nap, enjoy the morning by starting it off with breakfast. Check out the **dōTERRA®** blog for many yummy recipes you can enjoy for a healthy start to your day.

6 Get Outside

Going outside during the winter may seem like the last thing in the world you want to do, but getting a little sunshine improves mood and gives you some vitamin D. Try to get at least half of your daily steps outside during a walk. Take your kids, take your spouse, take your dog—and get out!

8 Fight the Germs

Getting sick is one of the quickest ways to derail your healthy living. Using **dōTERRA On Guard® Sanitizing Mist**, spritz your children's hands when they come home from school or your own hands after a day of shopping. The moisturizing formula eliminates bacteria and other germs on your hands without drying out the skin.

10 Take a Rest

Don't forget to focus on your rest. Start your bedtime routine early. Focus on putting down your phone and relaxing your mind. Try taking a bath while diffusing **dōTERRA Balance®**. Go to bed on time. You will be pleasantly surprised by how much easier your day feels tomorrow when you are well rested.














































12 Reflect and Reprioritize










Pat yourself on the back—you made it through these small and simple tips of health! Take time to reflect about this health journey in your journal. Perhaps this is a good time to evaluate where your health is and set goals for where you would like it to be. Don't forget to write in your journal about how grateful you are for your body and the healthy choices you can make. Diffuse **dōTERRA Motivate®** while you work.

PRODUCT GUIDE

ESSENTIAL OIL SINGLES



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

 ARBORVITAE ESSENTIAL OIL <i>Thuja plicata</i> A T N 49360001 5mL \$29.33 retail \$22.00 whl 22 PV	 BASIL ESSENTIAL OIL <i>Ocimum basilicum</i> A T I N 30010001 15mL \$26.67 retail \$20.00 whl 20 PV	 BERGAMOT ESSENTIAL OIL <i>Citrus bergamia</i> A T I S 30790001 15mL \$36.67 retail \$27.50 whl 27.5 PV	 BLACK PEPPER ESSENTIAL OIL <i>Piper nigrum</i> A T I S 41040001 5mL \$29.33 retail \$22.00 whl 22 PV	 BLUE TANSY ESSENTIAL OIL <i>Tanacetum annuum</i> A T N 60203383 5mL \$126.67 retail \$95.00 whl 95 PV <small>May stain surfaces, clothing, skin.</small>
 CARDAMOM ESSENTIAL OIL <i>Elettaria cardamomum</i> A T I N 49350001 5mL \$34.67 retail \$26.00 whl 26 PV	 CASSIA ESSENTIAL OIL <i>Cinnamomum cassia</i> A T I D 30020001 15mL \$25.33 retail \$19.00 whl 19 PV	 CEDARWOOD ESSENTIAL OIL <i>Juniperus virginiana</i> A T I S 49300001 15mL \$17.33 retail \$13.00 whl 13 PV	 CILANTRO ESSENTIAL OIL <i>Coriandrum sativum</i> A T I N 41850001 15mL \$34.67 retail \$26.00 whl 26 PV	 CINNAMON BARK ESSENTIAL OIL <i>Cinnamomum zeylanicum</i> A T I D 30030001 5mL \$28.00 retail \$21.00 whl 21 PV
 CLARY SAGE ESSENTIAL OIL <i>Salvia sclarea</i> A T I N 30420001 15mL \$48.67 retail \$36.50 whl 36.5 PV	 CLOVE ESSENTIAL OIL <i>Eugenia caryophyllata</i> A T I D 30040001 15mL \$18.67 retail \$14.00 whl 14 PV	 COPAIBA ESSENTIAL OIL <i>Copaifera spp.</i> A T I S 60202178 15mL \$46.67 retail \$35.00 whl 35 PV	 CORIANDER ESSENTIAL OIL <i>Coriandrum sativum</i> A T I N 30780001 15mL \$34.67 retail \$26.00 whl 26 PV	 CYPRESS ESSENTIAL OIL <i>Cupressus sempervirens</i> A T N 30050001 15mL \$20.67 retail \$15.50 whl 15.5 PV
 DOUGLAS FIR ESSENTIAL OIL <i>Pseudotsuga menziesii</i> A T N 31590001 5mL \$26.00 retail \$19.50 whl 19.5 PV	 EUCALYPTUS ESSENTIAL OIL <i>Eucalyptus radiata</i> A T S 30060001 15mL \$18.67 retail \$14.00 whl 14 PV	 FENNEL, SWEET ESSENTIAL OIL <i>Foeniculum vulgare</i> A T I S 41290001 15mL \$20.00 retail \$15.00 whl 15 PV	 FRANKINCENSE ESSENTIAL OIL <i>Boswellia carterii, sacra, papyrifera, and frereana</i> A T I N 30070001 15mL \$93.00 retail \$69.75 whl 69.75 PV	 GERANIUM ESSENTIAL OIL <i>Pelargonium graveolens</i> A T I S 30090001 15mL \$36.00 retail \$27.00 whl 27 PV
 GINGER ESSENTIAL OIL <i>Zingiber officinale</i> A T I S 31630001 15mL \$52.00 retail \$39.00 whl 39 PV	 GRAPEFRUIT ESSENTIAL OIL <i>Citrus X paradisi</i> A T I N 30100001 15mL \$21.33 retail \$16.00 whl 16 PV	 GREEN MANDARIN <small>NEW</small> ESSENTIAL OIL <i>Citrus nobilis</i> A T I N 60205794 15mL \$37.33 retail \$28.00 whl 28 PV	 HELICHRYSUM ESSENTIAL OIL <i>Helichrysum italicum</i> A T I N 30410001 5mL \$100.00 retail \$75.00 whl 75 PV	 JUNIPER BERRY ESSENTIAL OIL <i>Juniperus communis</i> A T I N 49290001 5mL \$25.33 retail \$19.00 whl 19 PV
 LAVENDER ESSENTIAL OIL <i>Lavandula angustifolia</i> A T I N 30110001 15mL \$28.00 retail \$21.00 whl 21 PV	 LEMON ESSENTIAL OIL <i>Citrus limon</i> A T I N 30120001 15mL \$13.33 retail \$10.00 whl 10 PV	 LEMONGRASS ESSENTIAL OIL <i>Cymbopogon flexuosus</i> A T I S 30130001 15mL \$13.33 retail \$10.00 whl 10 PV	 LIME ESSENTIAL OIL <i>Citrus aurantifolia</i> A T I S 30870001 15mL \$17.33 retail \$13.00 whl 13 PV	 MARJORAM ESSENTIAL OIL <i>Origanum majorana</i> A T I N 30140001 15mL \$25.33 retail \$19.00 whl 19 PV
 MELALEUCA (TEA TREE) ESSENTIAL OIL <i>Melaleuca alternifolia</i> A T I N 30150001 15mL \$25.33 retail \$19.00 whl 19 PV	 MELISSA ESSENTIAL OIL <i>Melissa officinalis</i> A T I N 30850001 5mL \$180.00 retail \$135.00 whl 135 PV	 MYRRH ESSENTIAL OIL <i>Commiphora myrrha</i> A T I N 30160001 15mL \$69.33 retail \$52.00 whl 52 PV	 OREGANO ESSENTIAL OIL <i>Origanum vulgare</i> A T I D 30180001 15mL \$32.00 retail \$24.00 whl 24 PV	 PATCHOULI ESSENTIAL OIL <i>Pogostemon cablin</i> A T I N 30890001 15mL \$39.33 retail \$29.50 whl 29.5 PV
 PEPPERMINT ESSENTIAL OIL <i>Mentha piperita</i> A T I S 30190001 15mL \$27.33 retail \$20.50 whl 20.5 PV	 PEPPERMINT BEADLET 31570001 125 ct. \$15.33 retail \$11.50 whl 11.5 PV	 PETITGRAIN ESSENTIAL OIL <i>Citrus aurantium</i> A T I S 49520001 15mL \$34.67 retail \$26.00 whl 26 PV	 PINK PEPPER <small>NEW</small> ESSENTIAL OIL <i>Schinus molle</i> A T I N 60207016 5mL \$29.33 retail \$22.00 whl 22 PV	 ROMAN CHAMOMILE ESSENTIAL OIL <i>Anthemis nobilis</i> A T I N 30800001 5mL \$60.00 retail \$45.00 whl 45 PV
 ROSEMARY ESSENTIAL OIL <i>Rosmarinus officinalis</i> A T I N 30200001 15mL \$18.67 retail \$14.00 whl 14 PV	 SANDALWOOD ESSENTIAL OIL <i>Santalum album</i> A T I N 30210001 5mL \$82.33 retail \$61.75 whl 61.75 PV	 SANDALWOOD, HAWAIIAN ESSENTIAL OIL <i>Santalum paniculatum</i> A T I N 41860001 5mL \$82.33 retail \$61.75 whl 61.75 PV	 SIBERIAN FIR ESSENTIAL OIL <i>Abies sibirica</i> A T I N 60203125 15mL \$26.66 retail \$20.00 whl 20 PV	 SPEARMINT ESSENTIAL OIL <i>Mentha spicata</i> A T I S 31610001 15mL \$38.67 retail \$29.00 whl 29 PV

 SPIKENARD ESSENTIAL OIL <i>Nardostachys jatamansi</i> A T N 49510001 5mL \$66.00 retail \$49.50 whl 49.5 PV	 TANGERINE ESSENTIAL OIL <i>Citrus reticulata</i> A T I N 49440001 15mL \$20.00 retail \$15.00 whl 15 PV	 THYME ESSENTIAL OIL <i>Thymus vulgaris</i> A T I D 30220001 15mL \$36.67 retail \$27.50 whl 27.5 PV	 TURMERIC ESSENTIAL OIL <i>Curcuma longa</i> NEW A T I N 60206617 15mL \$37.33 retail \$28.00 whl 28 PV	 VETIVER ESSENTIAL OIL <i>Vetiveria zizanioides</i> A T I N 30430001 15mL \$46.00 retail \$34.50 whl 34.5 PV
 WILD ORANGE ESSENTIAL OIL <i>Citrus sinensis</i> A T I N 30170001 15mL \$14.00 retail \$10.50 whl 10.5 PV	 WINTERGREEN ESSENTIAL OIL <i>Gaultheria fragrantissima</i> A T S 31620001 15mL \$25.33 retail \$19.00 whl 19 PV	 YARROW POM ESSENTIAL OIL NEW Active Botanical Nutritive Duo A T I N 60207652 30mL \$126.67 retail \$95.00 whl 95 PV	 YLANG YLANG ESSENTIAL OIL <i>Cananga odorata</i> A T I N 30240001 15mL \$47.00 retail \$35.25 whl 35.25 PV	

PROPRIETARY ESSENTIAL OIL BLENDS

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

 AROMATOUCH® MASSAGE BLEND T N 31200001 15mL \$34.67 retail \$26.00 whl 26 PV	 dōTERRA BALANCE® GROUNDING BLEND A T N 31010001 15mL \$26.67 retail \$20.00 whl 20 PV	 dōTERRA BREATHE® RESPIRATORY BLEND A T S 60200190 15mL \$26.66 retail \$20.00 whl 20 PV	 CITRUS BLISS® INVIGORATING BLEND A T N 31020001 15mL 20.00 retail \$15.00 whl 15 PV	 CLARYCALM® MONTHLY BLEND FOR WOMEN A T N 49480001 10mL \$32.67 retail \$24.50 whl 24.5 PV
 DEEP BLUE® SOOTHING BLEND T S 60200143 5mL \$42.67 retail \$32.00 whl 32 PV	 DEEP BLUE® SOOTHING BLEND T S 60200144 10mL \$85.33 retail \$64.00 whl 64 PV	 DIGESTZEN® DIGESTIVE BLEND A T I N 31030001 15mL \$41.33 retail \$31.00 whl 31 PV	 ELEVATION JOYFUL BLEND A T N 31040001 15mL \$49.33 retail \$37.00 whl 37 PV	 HD CLEAR® TOPICAL BLEND T N 49400001 10mL \$28.00 retail \$21.00 whl 21 PV
 IMMORTELE ANTI-AGING BLEND T N 37140001 10mL \$92.67 retail \$69.50 whl 69.5 PV	 INTUNE® FOCUS BLEND A T N 41840001 10mL \$46.00 retail \$34.50 whl 34.5 PV	 dōTERRA ON GUARD® PROTECTIVE BLEND A T I S 31100001 15mL \$42.67 retail \$32.00 whl 32 PV	 dōTERRA ON GUARD® BEADLET 31580001 125 ct. \$20.00 retail \$15 whl 15 PV	 PASTTENSE® TENSION BLEND A T N 31350001 10mL \$24.67 retail \$18.50 whl 18.5 PV
 PURIFY CLEANSING BLEND A T N 31060001 15mL \$24.00 retail \$18.00 whl 18 PV	 dōTERRA SERENITY® RESTFUL BLEND A T N 49530001 15mL \$40.00 retail \$30.00 whl 30 PV	 SLIM & SASSY® METABOLIC BLEND A T I S 31370001 15mL \$32.67 retail \$24.50 whl 24.5 PV	 TERRASHIELD® OUTDOOR BLEND A T N 31700001 15mL \$12.67 retail \$10.50 whl 10.5 PV	 TERRASHIELD® SPRAY BOTTLE 31600001 30mL bottle \$26.00 retail \$19.50 whl 17 PV
 WHISPER® BLEND FOR WOMEN A T N 31080001 5mL \$32.00 retail \$24.00 whl 24 PV	 ZENDOCRINE® DETOXIFICATION BLEND A T I N 31460001 15mL \$32.67 retail \$24.50 whl 24.5 PV	APPLICATION METHODS A Can be used aromatically T Can be use topically I Can be used internally SKIN SENSITIVITY N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)		

*Prices subject to change. Please check doterra.com for current prices.

TOUCH BLENDS

dōTERRA TOUCH INTRO



JASMINE
TOUCH BLEND



60201812	10mL roll-on
\$56.00 retail	\$42.00 whl
42 PV	



MAGNOLIA
TOUCH BLEND

NEW



60205420	10mL roll-on
\$37.33 retail	\$28.00 whl
28 PV	



NEROLI
TOUCH BLEND



60201817	10mL roll-on
\$62.67 retail	\$47.00 whl
47 PV	



ROSE
TOUCH BLEND



60201813	10mL roll-on
\$100.00 retail	\$75.00 whl
75 PV	



dōTERRA TOUCH® KIT



dōTERRA BREATHE®
TOUCH BLEND



60200192	10mL roll-on
\$17.33 retail	\$13.00 whl
13 PV	



DEEP BLUE®
TOUCH BLEND



60200145	10mL roll-on
\$55.67 retail	\$41.75 whl
41.75 PV	



DIGESTZEN®
TOUCH BLEND



60200223	10mL roll-on
\$27.00 retail	\$20.25 whl
20.25 PV	

dōTERRA TOUCH® KIT

Featuring nine of our most popular oils in a base of Fractionated Coconut Oil, this kit makes application simple with 10mL roll-ons. dōTERRA Touch is ideal for children and adults with sensitive skin and they're ready to use so that you can immediately start to benefit from essential oils.

- dōTERRA Breathe®
- Deep Blue®
- DigestZen®
- Frankincense
- Lavender
- Melaleuca (Tea Tree)
- dōTERRA On Guard®
- Oregano
- Peppermint

60200333	160 PV
\$225.33 retail	\$169.00 wholesale



FRANKINCENSE
TOUCH BLEND



60200224	10mL roll-on
\$60.67 retail	\$45.50 whl
45.5 PV	



LAVENDER
TOUCH BLEND



60200225	10mL roll-on
\$18.33 retail	\$13.75 whl
13.75 PV	



MELALEUCA (TEA TREE)
TOUCH BLEND



60200226	10mL roll-on
\$16.67 retail	\$12.50 whl
12.5 PV	



dōTERRA ON GUARD®
TOUCH BLEND



60200142	10mL roll-on
\$28.00 retail	\$21.00 whl
21 PV	



OREGANO
TOUCH BLEND



60200227	10mL roll-on
\$21.00 retail	\$15.75 whl
15.75 PV	



PEPPERMINT
TOUCH BLEND



60200228	10mL roll-on
\$18.00 retail	\$13.50 whl
13.5 PV	



dōTERRA EMOTIONAL AROMATHERAPY® TOUCH

The dōTERRA Emotional Aromatherapy Touch line contains six unique essential oil blends combined with Fractionated Coconut Oil in 10mL roll-ons for convenient and gentle topical application. These proprietary blends provide targeted emotional health benefits for the entire family. By following the dōTERRA Emotional Aromatherapy Usage Model, dōTERRA Emotional Aromatherapy Touch blends can be applied to specific points on the body to help balance and brighten your changing moods.

21850001	six 10mL roll-on bottles
\$133.33 retail	\$100.00 wholesale
	100 PV

dōTERRA EMOTIONAL AROMATHERAPY® TOUCH



dōTERRA CHEER® TOUCH
UPLIFTING BLEND



60200146	10mL roll-on
\$21.67 retail	\$16.25 whl
16.25 PV	



dōTERRA CONSOLE® TOUCH
COMFORTING BLEND



60200147	10mL roll-on
\$32.00 retail	\$24.00 whl
24 PV	



dōTERRA FORGIVE® TOUCH
RENEWING BLEND



60200148	10mL roll-on
\$17.33 retail	\$13.00 whl
13 PV	



dōTERRA MOTIVATE® TOUCH
ENCOURAGING BLEND



60200149	10mL roll-on
\$20.00 retail	\$15.00 whl
15 PV	



dōTERRA PASSION® TOUCH
INSPIRING BLEND



60200150	10mL roll-on
\$36.33 retail	\$27.25 whl
27.25 PV	



dōTERRA PEACE® TOUCH
REASSURING BLEND



60200151	10mL roll-on
\$24.33 retail	\$18.25 whl
18.25 PV	

ESSENTIAL OIL KITS



dōTERRA EMOTIONAL AROMATHERAPY® KIT

The dōTERRA Emotional Aromatherapy System contains six unique essential oil blends that have been carefully formulated to provide targeted emotional health benefits. Each blend contains pure essential oils that can be used aromatically or topically to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again.

- dōTERRA Motivate
- dōTERRA Cheer
- dōTERRA Passion
- dōTERRA Forgive
- dōTERRA Console
- dōTERRA Peace

60202944	six 5mL bottles
\$212.00 retail	\$159.00 wholesale 150 PV



dōTERRA MOTIVATE®	ENCOURAGING BLEND
A T S	
31740001	5mL bottle
\$30.67 retail	\$23.00 whl
23 PV	



dōTERRA CHEER®	UPLIFTING BLEND
A T S	
31720001	5mL bottle
\$33.33 retail	\$25.00 whl
25 PV	



dōTERRA PASSION®	INSPIRING BLEND
A T S	
31760001	5mL bottle
\$56.00 retail	\$42.00 whl
42 PV	



dōTERRA FORGIVE®	RENEWING BLEND
A T S	
31750001	5mL bottle
\$26.67 retail	\$20.00 whl
20 PV	



dōTERRA CONSOLE®	COMFORTING BLEND
A T N	
31730001	5mL bottle
\$49.33 retail	\$37.00 whl
37 PV	



dōTERRA PEACE®	REASSURING BLEND
A T N	
31710001	5mL bottle
\$37.33 retail	\$28.00 whl
28 PV	



dōTERRA KIDS COLLECTION NEW

The dōTERRA Kids Collection is the complete and ready-made "whole body" essential oil toolbox designed to empower caregivers to confidently care for the health and wellness of little ones.

60206616	six 10mL roll-on bottles
\$126.67 retail	\$95.00 wholesale 85 PV

Now Available For Individual Sale

dōTERRA YOGA COLLECTION

An exclusive trio of CPTG® essential oil blends designed by dōTERRA for the yogi in you. dōTERRA Anchor, dōTERRA Align, and dōTERRA Arise are the perfect blends to enhance your life and yoga practice. These blends provide aromas to steady, center, and enlighten your spirit through every breath while strengthening and stretching your body.

60203244	three 5mL bottles
\$69.33 retail	\$52.00 wholesale 50 PV



INTRODUCTION TO ESSENTIAL OILS KIT TOP SELLER

Perfect for beginners, the Introduction to Essential Oils Kit is everything you need to get started experiencing immediately the life-changing benefits of dōTERRA® essential oils. The kit includes:

- Three 5mL bottles of essential oils
Lavender Lemon Peppermint
- List of suggested uses for each oil

60202952	three 5mL bottles
\$26.67 retail	\$20.00 wholesale 15 PV

AROMATOUCH® TECHNIQUE KIT

This kit contains 5mL bottles of the eight CPTG® oils used in the AromaTouch Technique, as well as the AromaTouch Technique presentation box. Includes dōTERRA® Fractionated Coconut Oil (4 oz).

- dōTERRA Balance®
- Lavender
- Melaleuca (Tea Tree)
- dōTERRA On Guard®
- AromaTouch
- Deep Blue®
- Wild Orange
- Peppermint

60202945	eight 5mL bottles, one 4 oz bottle
\$146.67 retail	\$110.00 wholesale 100 PV



FAMILY ESSENTIALS KIT TOP SELLER

This collection of 10 nurturing essential oils and blends provides what you need to care for your family's everyday health needs with simple and safe methods featuring essential oils. The Family Essentials Kit includes:

- Ten 5mL bottles of essential oils and blends
Lavender Frankincense
Lemon Deep Blue®
Peppermint dōTERRA Breathe®
Melaleuca (Tea Tree) DigestZen®
Oregano dōTERRA On Guard®
- List of suggested uses for each oil

60202951	ten 5mL bottles
\$166.67 retail	\$125.00 wholesale 115 PV

ESSENTIAL USAGE

INTERNAL USE



VEGGIE CAPS

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

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

34100001	160 HPMC capsules
\$5.33 retail	\$4.00 wholesale 0 PV

TOPICAL USE



FRACTIONATED COCONUT OIL



Ideal for combining with essential oils for topical use.

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

31640001	3.8 fl oz
\$16.00 retail	\$12.00 wholesale 12 PV



dōTERRA® SPA HAND & BODY LOTION

Indulge your skin in dōTERRA Spa Hand & Body Lotion—a light, non-greasy formula that contains jojoba and macadamia seed oils, murumuru and theobroma seed butters, and nourishing plant extracts.

- Easily blend with your favorite essential oil for a customized aromatic experience
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin

37510001	6.7 fl oz/200mL
\$20.00 retail	\$15.00 wholesale 13 PV

AROMATIC USE



PETAL DIFFUSER

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers a variety of benefits. This convenient diffuser is stable, light, and easy to use.

- 1-, 2-, and 4-hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 330 square feet

33150001	
\$62.66 retail	\$47.00 wholesale 20 PV



LUMO® DIFFUSER

Transform any room into a serene or uplifting environment by diffusing CPTG® essential oils with a custom-designed, nature-inspired, ultrasonic diffuser.

- Seven lighting color options
- Customizable output—2 or 5 hours continuous, 10 hours intermittent (5 minutes on/5 minutes off)
- Coverage of up to 540 square feet

60203080	
\$93.33 retail	\$70.00 wholesale 40 PV



AROMA LITE DIFFUSER

Small and compact, the Aroma Lite diffuser silently purifies and humidifies the air and has an optional night light, making it perfect for travel or nighttime use.

- Features four LED mist settings and an optional night light
- Designed to be small and compact—perfect for traveling and hotel use

33130001	
\$119.93 retail	\$89.95 wholesale 40 PV



LOTUS DIFFUSER

Modern and elegant, the Lotus Diffuser quickly releases the benefits of dōTERRA® essential oils into the air.

- Features three settings—1, 2, and 3 hours
- Covers up to 330 square feet
- Provides a decorative piece to any home or office

33160001	
\$119.93 retail	\$89.95 wholesale 40 PV



Through the dōTERRA Healing Hand Foundation®, a \$20.00 donation is made with every purchase of dōTERRA Hope Touch or dōTERRA Spa Rose Hand Lotion.



dōTERRA® SPA ROSE HAND LOTION

dōTERRA SPA Rose Hand Lotion is a light, alluring lotion with CPTG® Rose essential oil that promotes smooth, beautiful skin. Bulgarian Rose essential oil is known for its ability to promote smooth, glowing skin.

- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

37520001	3.3 fl oz/100mL
\$20.00	0 PV



dōTERRA HOPE® TOUCH

dōTERRA Hope Touch is a distinct essential oil blend combining the fresh scent of Bergamot with Ylang Ylang and Frankincense, then sweetened slightly with the warming aroma of Vanilla Bean Absolute.

- Easily blend with your favorite essential oil for a customized aromatic experience

60200879	10mL roll-on
\$20.00	0 PV

dōTERRA ON GUARD® PRODUCTS



dōTERRA ON GUARD® FOAMING HAND WASH

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

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

dōTERRA ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

38070001	\$30.00 retail	\$22.50 wholesale	18.5 PV
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SINGLE REFILL

38010001	\$24.67 retail	\$18.50 wholesale	18.5 PV
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TWIN PACK REFILL

38020001	\$44.67 retail	\$33.50 wholesale	33.5 PV
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dōTERRA ON GUARD® PROTECTIVE BLEND

ATIS

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

31100001	15mL bottle
\$42.67 retail	\$32.00 wholesale 32 PV

dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE

Clean teeth with the added benefit of dōTERRA On Guard Protective Blend.

- Fluoride-free formulation helps reduce plaque while whitening teeth
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath and toothbrush

38910001	4.2 oz
\$11.33 retail	\$8.50 wholesale 5 PV

dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE SAMPLES

39000001	10 samples, 2 g each
\$4.66 retail	\$3.50 wholesale 0 PV

dōTERRA ON GUARD® PROTECTING THROAT DROPS

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

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

34050001	30 drops
\$19.33 retail	\$14.50 wholesale 14.5 PV

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.

- Contains 10mL of dōTERRA On Guard Protective Blend (over \$28 retail value) for an added cleaning boost
- Safe for the environment and the whole family
- 64 loads in each bottle

39020001	32 fl oz
\$36.67 retail	\$27.50 wholesale 20 PV

dōTERRA ON GUARD® BEADLET

dōTERRA On Guard Beadlets provide an easy and convenient way to obtain the unique benefits of dōTERRA On Guard Protective Blend.

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

31580001	125 beadlets
\$20.00 retail	\$15.00 wholesale 15 PV

dōTERRA ON GUARD® SANITIZING MIST

The dōTERRA On Guard blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG® essential oils provide an uplifting citrus spice aroma. Spray hands with dōTERRA On Guard Sanitizing Mist daily to purify hands and prevent the spread of bacteria. The convenient mist makes sanitizing hands quick and easy, perfect for traveling, school, work, and on the go families.

- Kills 99.9% of germs and bacteria
- Infused with moisturizing fruit extracts
- dōTERRA On Guard Protective Blend provides an invigorating citrus spice aroma

60201944	0.9 fl oz/27mL
\$8.67 retail	\$6.50 wholesale 5 PV

dōTERRA ON GUARD®+ SOFTGELS

dōTERRA On Guard+ Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa essential oils for additional immune support.* dōTERRA On Guard+ is a great way to strengthen and maintain healthy immune function when needed most.*

- Helps support and maintain a healthy immune system*
- Supports healthy circulation and respiratory function*

35420001	60 vegetarian softgels
\$32.67 retail	\$24.50 wholesale 21 PV

dōTERRA ON GUARD® CLEANER CONCENTRATE

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

- Features a non-toxic, biodegradable formula safe for the entire family
- Combines plant-based derivatives with the powerful dōTERRA On Guard Protective Blend

38140001	12 fl oz
\$19.33 retail	\$14.50 wholesale 10 PV

dōTERRA ON GUARD® MOUTHWASH NEW

dōTERRA On Guard® Mouthwash is alcohol free and formulated to clean teeth and gums, reduce plaque, and promote a healthy-looking mouth.

- Natural, alcohol-free formula
- Helps reduce plaque, strengthen teeth and brighten smile
- Refreshing dōTERRA On Guard flavor supports long-lasting fresh breath

60203185	16 fl oz/ 473 mL
\$19.33 retail	\$14.50 wholesale 10 PV

* 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.

DEEP BLUE® PRODUCTS

DEEP BLUE® TOP SELLER SOOTHING BLEND



A synergistic blend of CPTG® essential oils, Deep Blue provides a warm, tingly sensation when applied to the skin.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomile, Ylang Ylang, and Helichrysum essential oils with Osmanthus Extract
- Apply as part of a soothing massage

60200143	5mL bottle
\$42.67 retail	\$32.00 wholesale 32 PV

60200144	10mL roll-on
\$85.33 retail	\$64.00 wholesale 64 PV

DEEP BLUE® RUB SOOTHING LOTION

Infused with Deep Blue Soothing Blend, Deep Blue Rub is a favorite of athletes.

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Provides a cooling and soothing sensation to targeted areas
- Blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy

38900001	4 fl oz/120mL
\$39.00 retail	\$29.25 wholesale 29.25 PV

32-OUNCE BOTTLE

50210001	32 fl oz/946mL
\$252.00 retail	\$189.00 wholesale 160 PV

DEEP BLUE® RUB SAMPLES

Receive the targeted benefits of dōTERRA® Deep Blue Rub in a convenient 10 pack carton. Enjoy sharing its soothing power at sporting events, the gym, or on-the-go.

- Ten 2mL foil packets
- Formulated with Deep Blue Soothing Blend
- Easy to share and convenient to take on-the-go

38950001	Ten 2mL samples
\$6.67 retail	\$5.00 wholesale 0 PV

DEEP BLUE POLYPHENOL COMPLEX®

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

- Patent-pending, fast-acting boswellia extract shown to help support joint comfort and function*
- Includes proprietary, standardized extracts of Ginger, curcumin, resveratrol, and other polyphenols to soothe occasional aches and discomfort*

34360001	60 vegetable capsules
\$79.33 retail	\$59.50 wholesale 59.5 PV



dōTERRA BREATHE® PRODUCTS



dōTERRA BREATHE® RESPIRATORY BLEND



Enhanced with the powerful benefits of Cardamom, dōTERRA Breathe is a remarkable blend of essential oils that provide a cooling, invigorating vapor.

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca (Tea Tree), Lemon, Ravintsara, and Cardamom essential oils
- Provides cooling, invigorating vapor

60200190	15mL bottle
\$26.66 retail	\$20.00 wholesale 20 PV



dōTERRA BREATHE® RESPIRATORY DROPS

The respiratory benefits of selected CPTG® essential oils from the dōTERRA Breathe blend can be found in this convenient and great tasting lozenge.

- Proprietary blend includes: Lemon, Peppermint, Eucalyptus, Thyme, Melissa, and Cardamom
- Maintains clear airways and breathing
- Supports overall respiratory health

35460001	30 drops
\$19.33 retail	\$14.50 wholesale 14.5 PV



dōTERRA BREATHE® VAPOR STICK

Enjoy the convenience, quick absorption, and smooth application of dōTERRA Breathe Vapor Stick. This unique delivery method of the dōTERRA Breathe essential oil blend can be used anytime, anywhere.

- Provides a cooling, soothing effect

60200878	.4 oz/12.5 g
\$11.33 retail	\$8.50 wholesale 5 PV

dōTERRA SERENITY® PRODUCTS



dōTERRA SERENITY® SOFTGELS RESTFUL COMPLEX

dōTERRA Serenity Restful Complex is a unique combination of Lavender essential oil and natural plant extracts in a vegetarian softgel to help you get the refreshing sleep you need without leaving you feeling groggy and sleepy the next day.*

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

34390001	60 vegetarian softgels
\$26.00 retail	\$19.50 wholesale 17 PV



dōTERRA SERENITY® RESTFUL BLEND



dōTERRA Serenity calms emotions while creating a sense of peace and well-being.

- Features Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Extract, and Hawaiian Sandalwood
- Creates a perfect escape with its calming, renewing fragrance
- Promotes feelings of relaxation and a restful sleeping environment

49530001	15mL bottle
\$40.00 retail	\$30.00 wholesale 30 PV

HAIR CARE



dōTERRA SALON ESSENTIALS® HAIR CARE SYSTEM

dōTERRA Salon Essentials Hair Care System is the perfect way to experience the amazing benefits of all four dōTERRA hair care products and at a great savings. By purchasing the Protecting Shampoo, Smoothing Conditioner, and Root to Tip Serum in the dōTERRA Salon Essentials Hair Care System, Healthy Hold Glaze comes FREE!

36280001	
\$103.33 retail	\$77.50 wholesale 70 PV

dōTERRA SALON ESSENTIALS® PROTECTING SHAMPOO

Enjoy the professional formulation of CPTG® essential oils, gentle cleansers, and botanical extracts in dōTERRA Salon Essentials Protecting Shampoo.

- Features a gentle lathering and cleansing boost from Wild Orange and Lime essential oils and plant extracts
- Gently removes impurities collected on the hair and scalp
- Lightly moisturizes hair, leaving it salon soft and touchable

36220001	8.46 fl oz/250mL
\$26.00 retail	\$19.50 wholesale 19.5 PV

60201185	32 fl oz/946mL
\$60.00 retail	\$45.00 wholesale 35 PV

dōTERRA SALON ESSENTIALS® SMOOTHING CONDITIONER

Give hair a smooth, finished look and protect it with the professional formula of dōTERRA Salon Essentials Smoothing Conditioner.

- Features conditioning emollients, botanical extracts, and natural proteins
- Includes a proprietary blend of CPTG essential oils for the hair and scalp
- Smoothes hair and provides an anti-static effect

36230001	8.46 fl oz/250mL
\$30.67 retail	\$23.00 wholesale 23 PV

60201225	32 fl oz/946mL
\$66.67 retail	\$50.00 wholesale 40 PV

dōTERRA SALON ESSENTIALS® ROOT TO TIP SERUM

The Root to Tip Serum provides a healthy environment for your scalp and maximizes the strength and shine of your hair.

- Provides immediate conditioning, smoothing, and shine
- Contains protective lipids to nourish and moisturize hair and scalp

49050001	1 fl oz/30mL
\$46.67 retail	\$35.00 wholesale 35 PV



SHAMPOO/CONDITIONER SAMPLES

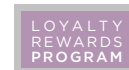
36390001	10 companion sets
\$11.33 retail	\$8.50 wholesale 0 PV

dōTERRA SALON ESSENTIALS® HEALTHY HOLD GLAZE

Get the all-in-one benefits of a flexible hold, health, and shine for your hair with dōTERRA Salon Essentials Healthy Hold Glaze.

- Light hold for perfect, soft style
- Provides immediate conditioning, smoothing, and shine
- Helps keep hair looking healthy, even when exposed to sunlight and blow drying
- Heat activated conditioning and thermal protection

36270001	4 fl oz/120mL
\$24.00 retail	\$18.00 wholesale 15 PV



PROTECTING SHAMPOO 2-PACK

36240001	\$32.67 retail	\$24.50 wholesale	19.5 PV
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SMOOTHING CONDITIONER 2-PACK

36250001	\$38.67 retail	\$28.00 wholesale	23 PV
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SHAMPOO AND CONDITIONER

36260001	\$37.33 retail	\$28.00 wholesale	23 PV
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* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

dōTERRA® SPA



REFRESHING BODY WASH

dōTERRA SPA Refreshing Body Wash is a natural, oil-infused body wash that provides a rich cleansing and aromatic spa experience.

- Bergamot essential oil purifies and soothes skin and provides an uplifting, yet grounding aroma
- Grapefruit is cleansing to the skin and has an energizing scent that uplifts mood
- Sodium Methyl Oleoyl Taurate is a mild cleanser derived from essential fatty acids found in vegetable fats and oils

37460001	8.45 fl oz/250mL	
\$17.00 retail	\$12.75 wholesale	10 PV

REPLENISHING BODY BUTTER

Pamper your skin with the rich hydration and luxurious feel of dōTERRA SPA Replenishing Body Butter. The base of this natural formula combines shea and cocoa seed butters, known for their deep moisturization and ability to promote skin suppleness.

- Wild Orange essential oil is known for its purifying benefits
- Douglas Fir essential oil is purifying to the skin and provides uplifting aromatic benefits
- Frankincense essential oil is rejuvenating to the skin and has a balancing effect on emotions

37470001	7 oz/198 g	
\$23.33 retail	\$17.50 wholesale	15 PV

DETOXIFYING MUD MASK

The dōTERRA SPA Detoxifying Mud Mask is a natural clay mask that provides purifying and detoxifying benefits while reducing the appearance of pores, fine lines, and wrinkles.

- Infused with Myrrh, Juniper Berry, and Grapefruit essential oils—known for their cleansing and smoothing benefits
- Shea butter provides moisturization and balances the skin
- Malachite extract is rich in copper and provides detoxifying benefits

37490001	4 oz/113.4 g	
\$19.33 retail	\$14.50 wholesale	12 PV

HAND AND BODY LOTION

Indulge your skin in dōTERRA SPA Hand & Body Lotion—a light, non-greasy formula that contains jojoba and macadamia seed oils, murumuru and theobroma seed butters, and nourishing plant extracts.

- Easily blend with your favorite essential oil for a customized aromatic experience
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

37510001	6.7 fl oz/200mL	
\$20.00 retail	\$15.00 wholesale	13 PV

HAND AND BODY LOTION 3-PACK

60200498		
\$50.67 retail	\$38.00 wholesale	30 PV

CITRUS BLISS® HAND LOTION

dōTERRA SPA Citrus Bliss Hand Lotion is 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.

- Citrus Bliss essential oil blend's refreshing aroma is energizing and uplifting
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Convenient size, perfect for travel or for use while at home or work

37500001	2.5 fl oz/75mL	
\$9.27 retail	\$6.95 wholesale	5 PV

BODY SCRUB

dōTERRA SPA Exfoliating Body Scrub is a natural, indulgent body scrub that gently exfoliates and polishes skin with sugar cane, leaving a healthy, natural glow.

- Wild Orange and Grapefruit essential oils cleanse and purify skin
- Ginger essential oil is soothing and warming to the skin

37480001	8 oz/226 g	
\$26.00 retail	\$19.50 wholesale	15 PV

LIP BALM

dōTERRA SPA Lip Balm is a natural formula containing plant oils, botanicals, and essential oils to hydrate and soothe lips while delivering the unique scent and taste of essential oils. Enjoy our original flavor with the uplifting blend of Wild Orange and Peppermint. Experience the scents of paradise with Ylang Ylang, Clementine, and Lime essential oils found in our Tropical Lip Balm; or, invigorate the senses with our Herbal Lip Balm containing Lemon Verbena, Marjoram, and Spearmint essential oils.

- Each lip balm contains a select blend of essential oils that provides a unique sensory experience
- Moringa oil is an emollient that helps improve how the lips look and feel
- Avocado oil provides hydration, essential fatty acids, and softening to keep lips looking healthy

ORIGINAL

37530001	0.16 oz/4.5 g	
\$8.67 retail	\$6.50 wholesale	5 PV

TROPICAL

37540001	0.16 oz/4.5 g	
\$8.67 retail	\$6.50 wholesale	5 PV

HERBAL

37550001	0.16 oz/4.5 g	
\$8.67 retail	\$6.50 wholesale	5 PV

LIP BALM VARIETY 3-PACK

37570001		
\$20.00 retail	\$15.00 wholesale	10 PV

MOISTURIZING BATH BAR

dōTERRA SPA Moisturizing Bath Bar is a one-of-a-kind bar that provides a unique feel, lather, aroma, and cleansing experience.

- Bergamot essential oil purifies and soothes skin
- Grapefruit is cleansing to the skin and has an energizing scent that uplifts mood
- Jojoba seed oil deeply moisturizes

37450001	4 oz/113 g	
\$9.00 retail	\$6.75 wholesale	5 PV

dōTERRA SPA BATH BAR 3-PACK

37560001		
\$19.33 retail	\$14.50 wholesale	10 PV

dōTERRA SERENITY®

CALMING BATH BAR

- dōTERRA Serenity essential oil blend promotes relaxation and a restful sleeping environment
- Jojoba seed oil is highly regarded in the cosmetic industry and known for its quick absorption and ability to deeply moisturize
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds

60201092	4 oz / 113 g	
\$9.00 retail	\$6.75 wholesale	5 PV

HYDRATING BODY MIST NEW

Have your body feel completely rehydrated with the aromatic benefits of our Beautiful Captivating essential oil blend. The Beautiful Captivating oil combines Osmanthus, Lime, Bergamot, and Frankincense in a harmoniously floral blend. The nourishing properties of coconut, sunflower, avocado, and passion fruit, combined in this hydrating mist help improve overall appearance.

- The uplifting and energizing aromatic benefits of CPTG® Beautiful Captivating essential oil blend
- The oils of Sunflower, Avocado, and Passion Fruit help soothe, soften, and hydrate skin for an overall healthy glow
- Caprylic/Capric Triglyceride (Coconut derived), conditions and maintains the skin's natural barrier

60205662	4.2 fl oz/125mL	
\$33.33 retail	\$25.00 wholesale	22 PV

SKIN CARE



HD CLEAR® TOPICAL BLEND



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

- Features a unique blend of black cumin seed oil as well as CPTG® essential oils of Ho Wood, Melaleuca (Tea Tree), Eucalyptus, Geranium, and Litsea
- Promotes clear-looking skin by targeting the site of blemishes

49400001	10mL roll on	
\$28.00 retail	\$21.00 wholesale	21 PV

HD CLEAR® KIT

This kit contains HD Clear Foaming Face Wash, Topical Blend, and Facial Lotion for a beautifully balanced complexion.

42700001	SAVE \$40.00 RETAIL	
\$61.33 retail	\$46.00 wholesale	40 PV

HD CLEAR® FACIAL LOTION

Enjoy a beautiful, smooth complexion with HD Clear Facial Lotion. This lotion contains natural emollients to promote healthy levels of moisture in the skin for a balanced complexion as well as CPTG essential oils combined with botanical extracts known to assist in achieving blemish-free skin.

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca (Tea Tree), Eucalyptus, Geranium, and Litsea
- Natural ingredients help target blemishes for clear and clean skin

49410001	50mL/1.7 fl oz	
\$45.33 retail	\$34.00 wholesale	34 PV

HD CLEAR® FOAMING FACE WASH

Discover the perfect solution for problem skin of all ages with the dōTERRA® HD Clear Foaming Face Wash.

- Designed to thoroughly cleanse without stripping away natural moisture
- Contains CPTG essential oils and plant extracts that will leave your skin extra clean and soft

49420001	50mL/1.7 fl oz	
\$28.00 retail	\$21.00 wholesale	21 PV



VERÁGE® SKIN CARE COLLECTION

A collection that brings together Verage Cleanser, Toner, Immortelle Hydrating Serum, and Moisturizer for beautiful, healthy-looking skin.

42690001	SAVE \$74.00 RETAIL	
\$112.66 retail	\$84.50 wholesale	70 PV

VERÁGE® TONER

Verage Toner combines CPTG essential oils with nourishing plant extracts to create a tightened, toned appearance of skin—anytime, anywhere. This hydrating toner fortifies and refreshes the skin while invigorating the senses for an energizing boost and a glowing complexion.

- CPTG essential oils of Ylang Ylang, Palmarosa, Cypress, and Coriander tone and balance skin
- Easy mist application

37390001	50mL/1.7 fl oz	
\$29.33 retail	\$22.00 wholesale	22 PV

VERÁGE® CLEANSER

Smooth skin begins with Verage Cleanser.

This natural gel cleanser purifies skin for a fresh, youthful-looking complexion.

- Infused with CPTG essential oils of Wild Orange, Melaleuca (Tea Tree), and Basil to gently cleanse and lift away impurities
- Invigorates and cleanses skin while natural emollients nourish and hydrate

37380001	60mL / 2 fl oz	
\$33.33 retail	\$25.00 wholesale	25 PV

VERÁGE® IMMORTELE HYDRATING SERUM

Experience the age-defying effects of Verage

Immortelle Hydrating Serum. This powerful formula combines CPTG essential oils with plant extracts for smoother, more youthful-looking skin.

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin

37400001	15mL/.5 fl oz	
\$86.66 retail	\$65.00 wholesale	65 PV

VERÁGE® MOISTURIZER

Verage 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 to reduce the appearance of fine lines and wrinkles for a smooth, even complexion.

- Formulated with CPTG essential oils of Juniper Berry, Jasmine, Sea Buckthorn Berry, and Geranium—all known to revitalize the skin

37410001	30mL/1 fl oz	
\$37.33 retail	\$28.00 wholesale	28 PV



REVEAL FACIAL SYSTEM

Reveal Facial System is a two-step process that will give your face a spa-like treatment, bringing the glow of your skin's radiance and beauty to the surface.

- Features dōTERRA citrus essential oils of Lime and Wild Orange to purify the skin
- Bamboo silk beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Protein-building peptides support healthy and youthful-looking skin

37340001	2 tubes—1.7 oz each	
\$80.00 retail	\$60.00 wholesale	60 PV

PRODUCT GUIDE

FACIAL CLEANSER

dōTERRA Facial Cleanser contains CPTG Certified Pure Therapeutic Grade® essential oils of Melaleuca and Peppermint, known for their ability to purify and tone skin and support a healthy complexion. Natural cleansers of Yucca Root Extract and Soapbark Extract gently wash away impurities leaving skin looking clean, fresh, and smooth.

60201753	4 fl oz/118mL	
\$22.00 retail	\$16.50 wholesale	16.5 PV

INVIGORATING SCRUB

Experience fresh, renewed skin with dōTERRA Invigorating Scrub. Grapefruit and Peppermint CPTG® essential oils make exfoliating a refreshing aromatic experience while jojoba esters polish your skin. Botanicals of Mandarin Orange extract, Jasmine extract, and Greater Burdock extract tone, smooth, and hydrate skin.

60201773	2.5 oz/70 g	
\$24.00 retail	\$18.00 wholesale	18 PV

PORE REDUCING TONER

Formulated to visibly reduce the appearance of pores, dōTERRA Pore Reducing Toner contains CPTG Certified Pure Therapeutic Grade® essential oils of Lavender, Ylang Ylang, and German Chamomile to calm sensitive skin while innovative fruit and plant extracts tone and balance the skin, increase hydration, and visibly reduce the appearance of pores to support a healthy-looking complexion.

60201772	4 fl oz/118mL	
\$25.33 retail	\$19.00 wholesale	19 PV

BRIGHTENING GEL

CPTG® essential oils of FCF Bergamot, Juniper Berry, and Melissa combine with natural extracts, vitamins, and cutting edge ingredient technologies to brighten and even skin tone. dōTERRA Brightening Gel is a gentle and effective way to noticeably brighten the skin by reducing the appearance of dark spots and hyperpigmentation without the harsh chemicals used in other brightening products. Can be used as an all-over facial product or to target dark spots.

60201777	1 fl oz/30mL	
\$46.00 retail	\$34.50 wholesale	34.5 PV



TIGHTENING SERUM

Featuring CPTG Certified Pure Therapeutic Grade® essential oils of Frankincense, Hawaiian Sandalwood, and Myrrh, dōTERRA Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration. Natural extracts and gums combine with powerful anti-aging ingredients for firmer, younger-looking skin.

60201752	1 fl oz/30mL	
\$66.00 retail	\$49.50 wholesale	49.5 PV

ANTI-AGING EYE CREAM

dōTERRA Anti-Aging Eye Cream combines clinically proven ingredients with CPTG® essential oils of Frankincense, Ylang Ylang, and Blue Tansy to target the signs of aging around the delicate eye area, helping to 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. Bakuchiol is a plant-based ingredient that helps reduce the appearance of fine lines and wrinkles and protect skin from the future signs of aging. The unique steel rollerball applicator cools and soothes under-eye skin helping reduce the appearance of puffiness and dark circles while gently applying cream to targeted areas. Clinically tested.

60201776	0.5 fl oz/15mL	
\$60.00 retail	\$45.00 wholesale	45 PV

ANTI-AGING MOISTURIZER

dōTERRA Anti-Aging Moisturizer combines cutting-edge ingredients with the CPTG® essential oils of Lavender, Jasmine, Geranium, and Frankincense to moisturize and soften skin while providing anti-aging benefits. Peptides and botanicals target the visible signs of aging by improving skin tone and moisturizing the skin, helping to keep skin looking young and vibrant and helping reduce future visible signs of normal aging.

60201750	1.7 fl oz/50mL	
\$46.00 retail	\$34.50 wholesale	34.5 PV

HYDRATING CREAM

The intensive moisture your skin has been waiting for. dōTERRA Hydrating Cream is packed with emollient-rich ingredients and probiotics to provide intense hydration and nourishment to the skin, helping reduce the appearance of fine lines and wrinkles and aiding with skin barrier renewal for suppler, younger-looking skin. Its rich formula provides an immediate burst of active moisture without leaving an oily residue. Carefully chosen ingredients are designed to rejuvenate the look of mature skin, as well as to help reduce the visible signs of aging due to both natural and environmental causes. Probiotics nourish skin's natural biome, helping restore skin's natural health and beauty. Perfect for day or night use.

60201774	1.7 oz/48 g	
\$46.00 retail	\$34.50 wholesale	34.5 PV

IMMORTELLE ANTI-AGING BLEND

A proprietary blend of powerfully renewing, rare essential oils, used throughout history for their beautifying benefits, Immortelle Anti-Aging Blend is formulated to protect and nourish skin. This essential oil blend of Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum, and Rose helps sustain smoother, more radiant, and youthful-looking skin.

- Reduces the appearance of fine lines and wrinkles
- Helps reduce the appearance of aging skin

60202652	10mL roll on	
\$92.67 retail	\$69.50 wholesale	69.5 PV

PERSONAL CARE



NATURAL DEODORANT WITH

dōTERRA BALANCE® NEW

This natural deodorant features dōTERRA Balance® Grounding Blend, baking soda, and arrowroot for long-lasting freshness and all-day confidence.

- Baking soda helps neutralize and prevent odor while arrowroot powder aids in absorbing underarm moisture.

60207421	2.65 oz/75g	
\$11.67 retail	\$8.75 wholesale	5 PV



CORRECT-X® ESSENTIAL OIL OINTMENT

Correct-X is an natural topical ointment using powerful CPTG® essential oils that assist with various skin conditions.

- Keeps skin clean while recovering from distress
- Safe and easy to use
- Utilizes CPTG® essential oils of Frankincense, Helichrysum, Melaleuca (Tea Tree), Cedarwood, and Lavender

60110001	15mL/.5 fl oz	
\$16.00 retail	\$12.00 wholesale	10 PV

WOMEN'S HEALTH



LOYALTY
REWARDS
PROGRAM

WOMEN'S HEALTH KIT

Includes Phytoestrogen Essential Complex, Bone Nutrient Lifetime Complex, and ClaryCalm® Monthly Essential Oil Blend.

3525	\$92.67 retail	\$69.50 wholesale	60 PV
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PHYTOESTROGEN ESSENTIAL COMPLEX

dōTERRA® Women Phytoestrogen Essential Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a woman's life.*

- Includes a standardized soy extract with genistein, a powerful phytoestrogen*
- Supports healthy hormonal balance*
- Supports healthy bones, heart, breast tissue, and other body structures*

35260001	60 capsules	
\$52.67 retail	\$39.50 wholesale	39.5 PV



BONE NUTRIENT ESSENTIAL COMPLEX

This convenient dietary supplement increases the consumption of nutrients needed for healthy bones.*

- Perfect for men and women of all ages
- Features a blend of vitamins C and D, calcium, magnesium, and other trace minerals
- Combats declining bone density by providing bone nutrients often deficient in modern diets*

35240001	120 capsules	
\$23.33 retail	\$17.50 wholesale	12 PV



CLARYCALM® MONTHLY BLEND FOR WOMEN



dōTERRA ClaryCalm helps women manage the emotional mood swings of PMS and the transitional phases of menopause in a natural, effective way.

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, and Vitex essential oils
- Apply to skin for a cooling, soothing effect
- Calming aroma

49480001	10mL roll on	
\$32.67 retail	\$24.50 wholesale	24.5 PV

CHILDREN'S HEALTH

dōTERRA A2Z CHEWABLE™

Designed for children and adults who have difficulty swallowing capsules, dōTERRA a2z Chewable tablets provide the nutrients your body needs for optimal health.*

- Combines a blend of B vitamins with vitamins A, C, and E
- Features botanical extracts and is formulated to be used with IQ Mega
- Supports healthy immunity and provides antioxidant protection*
- Great watermelon flavor

34500001	60 tablets	
\$26.00 retail	\$19.50 wholesale	15 PV

IQ MEGA®

IQ Mega takes the fishy taste out of fish oil and adds the fresh orange flavor of Wild Orange CPTG® essential oil.

- Provides over 1,500 mg of Omega-3s per serving
- Supports healthy brain, cardiovascular, immune, and joint function*
- Formulated to be used with dōTERRA a2z Chewable tablets

34490001	150mL	
\$46.00 retail	\$34.50 wholesale	30 PV

PB ASSIST® JR

PB Assist Jr is a powdered probiotic supplement designed for children or adults who have trouble swallowing pills. Five billion live cells have been blended into a delicious powder that can be poured directly into the mouth for a fun and tasty way to integrate probiotics into anyone's daily routine.*

- 5 billion live cells of 6 different probiotic strains
- Strains specifically selected for their benefits among children
- Microencapsulated to help probiotics survive until they reach the intestines
- Supports healthy functioning of the digestive and immune systems *
- Natural Strawberry Melon flavor

34420001	30 sachets	
\$32.67 retail	\$24.50 wholesale	20 PV



* 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.

DAILY VITALITY

LOYALTY
REWARDS
PROGRAM



dōTERRA LIFELONG VITALITY PACK®
DIETARY SUPPLEMENTS INCLUDING
ALPHA CRS®+, MICROPLEX VMZ®,
AND xEO MEGA®

21480001		
\$106.00 retail	\$79.50 wholesale	60 PV

LOYALTY
REWARDS
PROGRAM



VEGAN dōTERRA LIFELONG VITALITY PACK®
DIETARY SUPPLEMENTS INCLUDING
ALPHA CRS®+ VEGAN MICROPLEX
VMZ® AND vEO MEGA®

60201121		
\$119.33 retail	\$89.50 wholesale	60 PV

LOYALTY
REWARDS
PROGRAM

COMING 2019



dōTERRA LIFELONG VITALITY PACK®
The same great LLV products you know and love packed in convenient daily packs. Each box contains a 30 day supply of the Alpha CRS+, xEO Mega, and Microplex VMz in individually packed sachets.

60203181		
\$115.33 retail	\$86.50 wholesale	60 PV



MICROPLEX VMz® FOOD NUTRIENT COMPLEX

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

- Includes a balanced blend of vitamins A,C, and E, and a B-vitamin complex
- Contains food-derived minerals and organic trace minerals to support bone and metabolic health*
- Optimizes nutrient absorption with a proprietary blend and an enzyme delivery system
- Features the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach*

35350001	120 vegetable capsules	
\$52.67 retail	\$39.50 wholesale	39.5 PV



MADE WITH SLS-FREE
VEGETABLE CAPSULES



xEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

xEO Mega is a revolutionary formula that blends CPTG Certified Pure Therapeutic Grade® essential oils with natural marine and plant-sourced essential fatty acids.

- Features Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Delivers EPA and DHA essential fatty acids from pomegranate seed oils and marine lipids
- Supports healthy cardiovascular, immune, joint, and brain health*
- Includes a unique form of the carotenoid astaxanthin for antioxidant protection*

35360001	120 softgels	
\$66.00 retail	\$49.50 wholesale	49.5 PV



MADE WITH
VEGETARIAN SOFTGELS



vEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

vEO Mega is a revolutionary, 100 percent vegetarian-friendly formula blending CPTG Certified Pure Therapeutic Grade® essential oils with natural plant-sourced essential fatty acids.

- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Includes essential fatty acids from flax, algae, inca inchi seed, borage, cranberry, pomegranate, pumpkin, and grape seed oils
- Supports healthy cardiovascular, immune, joint, and brain health*
- Includes a unique form of the carotenoid astaxanthin for antioxidant support*

34480001	120 liquicaps	
\$66.00 retail	\$49.50 wholesale	49.5 PV



MADE WITH SLS-FREE
VEGETABLE CAPSULES



ALPHA CRS®+ CELLULAR VITALITY COMPLEX

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

- Supports healthy cell proliferation and lifespan*
- Promotes mitochondrial energy production*
- Supports a healthy immune function*
- Features botanical extracts, carotenoids, and polyphenols as well as a cellular energy blend*

35370001	120 vegetable capsules	
\$92.67 retail	\$69.50 wholesale	69.5 PV



MADE WITH SLS-FREE
VEGETABLE CAPSULES

PERSONALIZED WELLNESS PROGRAM

LOYALTY
REWARDS
PROGRAM

1 Purchase 1 dōterra Lifelong Vitality Pack®



Lifelong Vitality
Pack
21480001
\$79.50 | 60 PV



Vegan Lifelong
Vitality Pack
60201121
\$89.50 | 60 PV



COMING 2019
Lifelong Vitality
Pack
60203181
\$86.50 | 50 PV

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



Microplex VMz®
\$20.00 | 10 PV



xEO Mega®
\$20.00 | 10 PV



Mito2Max®
\$20.00 | 10 PV



Deep Blue Polyphenol
Complex®
\$20.00 | 10 PV



DigestZen
TerraZyme®
\$20.00 | 10 PV



PB Assist®+
\$20.00 | 10 PV



Kids Kit
(IQ Mega® & a2z)
\$25.00 | 10 PV

DIGESTIVE HEALTH



DIGESTZEN® DIGESTIVE BLEND



The well-recognized essential oils in DigestZen are known for providing soothing digestive relief.*

- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Star Anise essential oils
- Eases feelings of queasiness*
- Helps reduce bloating, gas, and occasional indigestion*

31030001 | 15mL bottle
\$41.33 retail | \$31.00 wholesale | 31 PV



DIGESTZEN® SOFTGELS

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

35430001 | 60 vegetarian softgels
\$26.00 retail | \$19.50 wholesale | 15 PV



MADE WITH VEGETARIAN SOFTGELS



DIGESTTAB® CHEWABLE TABLETS

DigestTab® Chewable Tablets are calcium carbonate tablets that are infused with DigestZen Digestive Blend to deliver the benefits of DigestZen essential oil blend as well as the acid-neutralizing benefits of calcium carbonate.

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

34380001 | 100 chewable tablets
\$18.67 retail | \$14.00 wholesale | 10 PV

* 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.

DIGESTIVE HEALTH



DIGESTZEN TERRAZYME® DIGESTIVE ENZYME COMPLEX **TOP SELLER**

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

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

35110001	90 vegetable capsules
\$50.00 retail	\$37.50 wholesale 37.5 PV



MADE WITH SLS-FREE
VEGETABLE CAPSULES



PB ASSIST®+ PROBIOTIC DEFENSE FORMULA

This proprietary formula of pre-biotic fiber and six strains of probiotic organisms is safe for the entire family.

- Delivers 6 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourage culture adhesion and growth*
- Time-release double capsule delivery protects sensitive probiotic cultures from stomach acid
- Supports healthy digestive function and immunity*

35160001	30 vegetable capsules
\$46.00 retail	\$34.50 wholesale 34.5 PV



MADE WITH SLS-FREE
VEGETABLE CAPSULES



GX ASSIST® GI CLEANSING FORMULA

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

- Features Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme essential oils as well as caprylic acid*
- Helps support a healthy digestive tract and microfloral balance*
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist Probiotic Defense Formula*

35040001	60 softgels
\$34.67 retail	\$26.00 wholesale 26 PV



MADE WITH ENTERIC SOFTGELS



ZENDOCRINE® DETOXIFICATION BLEND



Support your body's natural detoxification systems with Zendocrin®.

- Features a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils
- Supports the body's natural ability to rid itself of unwanted substances*
- Can be used individually or in combination with Zendocrin Detoxification Complex

31460001	15mL bottle
\$32.67 retail	\$24.50 wholesale 24.5 PV



ZENDOCRINE® SOFTGELS

dōTERRA® Zendocrin Softgels are a convenient and easy way to obtain the benefits of the proprietary Zendocrin essential oil blend.

- Supports the body's natural ability to rid itself of unwanted substances.*
- Promotes healthy liver, lung, kidney, colon, and skin function*

34280001	60 vegetarian softgels
\$32.67 retail	\$24.50 wholesale 21.5 PV



MADE WITH VEGETARIAN SOFTGELS



ZENDOCRINE® DETOXIFICATION COMPLEX

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

- Features a proprietary blend of 14 active, whole-food extracts in a patented enzyme delivery system
- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin*

35120001	60 vegetable capsules
\$32.67 retail	\$24.50 wholesale 24.5 PV



MADE WITH SLS-FREE
VEGETABLE CAPSULES

SPECIALIZED SUPPLEMENTS



DDR PRIME®

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

- Provides antioxidant protection against oxidative stress*
- Supports a healthy response to free radicals*

DDR PRIME

60207092	15mL bottle
\$37.33 retail	\$28.00 wholesale 28 PV

DDR PRIME SOFTGELS™

34410001	60 capsules
\$73.33 retail	\$55.00 wholesale 55 PV



MADE WITH VEGETARIAN SOFTGELS



TRIEASE® SEASONAL BLEND SOFTGELS

TriEase Softgels were developed to protect against seasonal and environmental elements and to promote a healthy respiratory system when needed most.* Each softgel contains equal parts of Lemon, Lavender, and Peppermint essential oils, known for their ability to maintain clear breathing and a healthy immune response when combined together.*

- Promotes clear breathing and healthy respiratory function*
- Cleanses the body's systems*
- Supports healthy immune system function*

49310001	60 softgels
\$30.00 retail	\$22.50 wholesale 20 PV



MADE WITH VEGETARIAN SOFTGELS



DEEP BLUE POLYPHENOL COMPLEX®

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

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

34360001	60 vegetable capsules
\$79.33 retail	\$59.50 wholesale 59.5 PV



MADE WITH SLS-FREE VEGETABLE CAPSULES



COPAIBA SOFTGELS NEW

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

- Powerful antioxidant*
- Soothes and supports the nervous system*
- Supports the health of cardiovascular and respiratory systems*

60205764	60 softgels
\$42.67 retail	\$32.00 wholesale 30 PV



MADE WITH VEGETARIAN SOFTGELS



TERRAGREENS®

Give your daily intake of fruits and vegetables a boost with this powdered drink mix designed to be taken with water, Slim & Sassy® TrimShakes, or your favorite beverage.

- Blend of leafy greens and superfruits
- Includes naturally occurring vitamins, minerals, and antioxidants
- Flavored with Lemon and Ginger essential oils

60120001	300 g
\$37.33 retail	\$28.00 wholesale 20 PV



MITO2MAX® ENERGY & STAMINA COMPLEX

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

- Promotes better microcirculation with Oligonal® lychee fruit extract, quercetin, and other standardized plant extracts*
- Potent, full spectrum of mitochondrial energy cofactors supporting cellular aerobic capacity and energy production*
- Free of stimulants; not habit forming

34350001	60 vegetable capsules
\$52.67 retail	\$39.50 wholesale 39.5 PV



MADE WITH SLS-FREE VEGETABLE CAPSULES

Oligonal is a registered trademark of Amino Up Chemical Co., Ltd

* 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.

SLIM & SASSY®



SLIM & SASSY® TOP SELLER METABOLIC BLEND



Support your weight maintenance goals with the proprietary essential oil blend of Slim & Sassy.

- Formulated with Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon essential oils
- Promotes healthy metabolism*
- Helps manage hunger cravings*
- Calms your stomach and lifts your mood*
- Diuretic-, stimulant-, and calorie-free

31370001	15mL bottle
\$32.67 retail	\$24.50 wholesale 24.5 PV



SLIM & SASSY® SOFTGELS

Slim & Sassy Softgels contain the proprietary Slim & Sassy essential oil blend in convenient softgels to promote weight management in a healthy, natural way.* The flavorful blend of Slim & Sassy contains essential oils known to help manage hunger throughout the day while boosting metabolism and promoting a positive mood.*

- Enhances metabolism*
- Helps manage hunger cravings*
- Promotes healthy digestion*

34270001	60 vegetarian softgels
\$46.00 retail	\$34.50 wholesale 30 PV



MADE WITH VEGETARIAN SOFTGELS



SLIM & SASSY® METABOLIC GUM

There is one drop of Slim & Sassy essential oil blend in each piece of sugar-free gum. Slim & Sassy metabolic oil blend helps manage cravings throughout the day while supporting healthy metabolism.

- Promotes healthy metabolism
- Helps manage hunger cravings
- Sugar free with natural sweeteners
- Long lasting flavor

60200347	32 pieces
\$11.33 retail	\$8.50 wholesale 5 PV



SLIM & SASSY® TRIMSHAKE

Slim & Sassy TrimShake is a convenient, delicious shake mix that provides essential nutrients. TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise.* Includes the patented weight-management ingredient EssentraTrim®† to help reduce food cravings and overeating. Includes Solathin®, a special protein extract that supports increased feelings of satiety. Blends well with nonfat dairy, almond, rice, and soy milk or water.

35180001	vanilla
\$52.67 retail	\$39.50 wholesale 25 PV
35200001	chocolate
\$52.67 retail	\$39.50 wholesale 25 PV



SLIM & SASSY® V SHAKE

Introducing a vegetarian alternative to weight management shakes. Slim & Sassy V Shake provides the same benefits as TrimShake with the exception of all the ingredients being 100 percent plant-sourced and vegetarian-friendly.

- Includes Solathin®† and EssentraTrim®†
- 7 grams of plant-sourced protein
- Protein sourced from pea, quinoa, and amaranth
- Versatile flavor, mixes easily with favorite fruits, milks, or juices
- No artificial sweeteners, flavors, colors, or preservatives

35440001	
\$52.67 retail	\$39.50 wholesale 25 PV



SLIM & SASSY® TRIM KIT

Four 15mL bottles Slim & Sassy Metabolic Blend and 2 TrimShakes.

40770001	1 Chocolate, 1 Vanilla
\$200 retail	\$150 wholesale 125 PV
3528	2 Chocolate
\$200 retail	\$150 wholesale 125 PV
35290001	2 Vanilla
\$200 retail	\$150 wholesale 125 PV
60130001	2 V Shake
\$200 retail	\$150 wholesale 125 PV

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†Essentra Trim is a registered trademark of Nutra Genesis LLC
†Solathin is a registered trademark of Cyvex Nutrition

ENROLLMENT KITS



NATURAL SOLUTIONS

- **15mL bottles:** Lavender, Lemon, Peppermint, Frankincense, Melaleuca (Tea Tree), Wild Orange, dōTERRA On Guard®, DigestZen® Digestive Blend, dōTERRA Serenity® Calming Blend, dōTERRA Breathe® Respiratory Blend, dōTERRA Balance® Grounding Blend, AromaTouch® Massage Blend
- **10mL roll-on bottle:** PastTense® Tension Blend
- **Other Products:** dōTERRA Lifelong Vitality Pack®, Fractionated Coconut Oil, PB Assist®, dōTERRA On Guard® Collection: Beadlets, Toothpaste, Hand Wash w/2 Dispensers, Softgels, Wooden Box, Lumo® Diffuser, dōTERRA Breathe® Vapor Stick, Deep Blue® Rub, DigestZen TerraZyme®, Correct-X®, dōTERRA On Guard Mouthwash, Hand and Body Lotion, dōTERRA® SPA Moisturizing Bath Bar 3-Pack, The dōTERRA Essentials Booklet

60206865	\$228.95 Savings	
\$733.33 retail	\$550.00 wholesale	400 PV



CLEANSE AND RESTORE

Cleanse & Restore, dōTERRA Lifelong Vitality Pack®, PB Assist®+, GX Assist®, Zendocrine® Softgels, Zendocrine® Complex, DDR Prime®, DigestZen TerraZyme®, Lemon 15mL, The dōTERRA Essentials Booklet

60206864	\$81.50 Savings	
\$326.67 retail	\$245.00 wholesale	175 PV



AROMATOUCH DIFFUSED

AromaTouch® Technique Kit, Petal Diffuser, The dōTERRA Essentials Booklet

60206849	\$32.00 Savings	
\$200.00 retail	\$150.00 wholesale	100 PV



HOME ESSENTIALS

- **15mL bottles:** Frankincense, Lavender, Lemon, Melaleuca, Oregano, Peppermint, dōTERRA Breathe®, DigestZen®, dōTERRA On Guard®
- **5mL bottle:** Deep Blue®
- **Other Products:** Petal Diffuser, The dōTERRA Essentials Booklet

60206863	\$86.25 Savings	
\$366.67 retail	\$275.00 wholesale	225 PV



EMOTIONAL AROMATHERAPY DIFFUSED KIT

- **5mL bottles:** dōTERRA Motivate®, dōTERRA Cheer®, dōTERRA Passion®, dōTERRA Forgive®, dōTERRA Console®, dōTERRA Peace®
- **Other Products:** Lumo Diffuser, The dōTERRA Essentials Booklet

60206861	\$69.00 Savings	
\$260.00 retail	\$195.00 wholesale	145 PV



FAMILY ESSENTIALS KIT AND BEADLETS

Family Essentials Kit, Peppermint Beadlets, dōTERRA On Guard® Beadlets, The dōTERRA Essentials Booklet

60206847	\$36.50 Savings	
\$200.00 retail	\$150.00 wholesale	110 PV

For additional enrollment kit options visit doterra.com

dōTERRA®

389 South 1300 West
Pleasant Grove, UT 84062
1 800 411 8151
doterra.com

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SALT LAKE CITY, UTAH

Yarrow | Pom

Active Botanical Nutritive Duo

Get the **glow**
from head
to toe



Yarrow | Pom

Active Botanical Nutritive Duo

60207652	30 mL
\$126.67 retail	\$95.00 wholesale 95 PV



dōTERRA®

CPTG Certified Pure Therapeutic Grade®