

# LIVING

dōTERRA®

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**dōTERRA PRODUCT GUIDE**, (see pages 36-51)  
A quick shopping reference for all products



# Take Control

***Super power  
made possible***

- *Appetite control*
- *Healthy food intake*
- *Weight management and well-being*



## Slim & Sassy Control™ Bars

- 34340001 *Lemon*
- 34370001 *Apricot*
- 34330001 *Apple Cinn*

10 servings/box  
\$36.67 retail | \$27.50 Wholesale | 20 PV

## Slim & Sassy Control Instant Mix

- 34150001
- 30 servings  
\$79.33 retail | \$59.50 Wholesale | 59.5 PV

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



# ask Dr. Hill

**DR. DAVID K. HILL, CHIEF MEDICAL OFFICER**

An industry expert on wellness and essential oils, Dr. Hill is the chairman of the dōTERRA® Scientific Advisory Board.

## Q: Why should you trust dōTERRA essential oils and products?

**A:** dōTERRA offers the highest quality essential oils and products in the industry. The name of our company, dōTERRA, means “Gift of the Earth.” Our commitment to our customers is to seek out these gifts of the Earth and present them in their pure, unaltered form. Cō-Impact Sourcing™ and the strict CPTG Certified Pure Therapeutic Grade® quality protocol ensure that the dōTERRA essential oils and products you buy are of the highest purity, potency, and consistency, which leads to their greatest therapeutic benefit. All of our essential oils have therapeutic uses that have both historical value and modern scientific validation. To see this scientific validation, search the 1,600+ abstracts of clinical studies, case studies, and scientific articles relating to essential oils in the Research section of AromaticScience.com. We only sell essential oils and products that have strong scientific backing and meet our CPTG standards, thus ensuring that when you buy dōTERRA, you get a product that will have a powerfully positive impact on your health.

## Q: How do I best control the amount of essential oils my body receives?

**A:** Essential oils are naturally powerful. It’s important to keep in mind that using oils in small amounts throughout the day is more effective than a single large amount once a day. Each method of essential oil administration is safe when used in moderation. The easiest method to control the true amount your body receives is through internal use, followed by topical use, then aromatic use.

It’s difficult to control the amount of oil your body uses when you use them aromatically, because there are many different factors involved, such as air turnover in the room, room size, proximity of the person to the diffuser, differential output of diffusers, etc. Topical usage is more controlled than aromatic use, but because of differences in dilution and incomplete permeability of essential oils into the bloodstream, inexact amounts of essential oils enter body-wide circulation.

Ingesting oils in a capsule is the most controlled method of essential oil use. I recommend taking two to three drops of oil every four to six hours, taking care to adjust the amount downward for children and those with sensitivities. Using dōTERRA blends that come in softgel form, such as DigestZen® and DDR Prime®, or putting two to three drops of your favorite oil in a Veggie Cap, is a perfect way of guaranteeing that you are meeting this guideline.

## THE DOCTOR RECOMMENDS:

Essential Oils Supplements—a simple way to take your essential oils internally



Zendocrine®  
Softgels  
35430001



DigestZen®  
Softgels  
35430001



On Guard®+  
Softgels  
35420001



TriEase®  
Softgels  
49310001



dōTERRA  
Veggie Caps  
34100001



DDR Prime®  
Complex  
41740001



Slim & Sassy®  
Softgels  
34270001

# ELEVATION

## Joyful Blend

Life can feel like an emotional roller coaster sometimes. Positive emotions can have uplifting effects on both your body and mind, while negative emotions can bring you down and potentially harm your overall health. The Elevation essential oil blend is a revitalizing combination of essential oils that will lift your mood, increase your energy, and provide a sense of assurance that everything will be okay during stressful times.

### CALMING

Lavandin Flower  
Lavender Flower  
Elemi Resin  
Melissa Flower

### GROUNDING/BALANCING

Hawaiian Sandalwood  
Ylang Ylang Flower

### REVITALIZING/UPLIFTING

Tangerine Peel  
Lemon Myrtle Leaf Essential Oil  
Osmanthus Flower

### HOW TO USE

#### Topical

- Apply 1-2 drops to temples or wrists for an almost immediate mood booster.
- Add a few drops to bath water to relieve stress and restore body and mind after a long day.
- Massage 1-2 drops into the soles of the feet for a daily mood booster.

#### Aromatic

- Place a drop in your palms and inhale slowly for several minutes as needed.
- Diffuse 4-6 drops at home or at work to inspire optimism, help decision making, and promote feelings of self-worth.
- Use a couple drops first thing in the morning to help start the day on a positive note.



# Collette Taylor

Slim & Sassy®  
Participant 2015

Inspired by her family, Collette Taylor has now participated in two consecutive Slim & Sassy Competitions, and has never stopped moving forward.

## Change of Lifestyle

Changing my lifestyle has been a journey of many steps—sometimes big, but most often baby steps. My daughter Cylvia struggled with obesity. She became ill and was diagnosed with the swine flu, pneumonia, and complications from a heart defect. She slipped into a coma. Just days after coming out of it, she passed away. Cylvia is the reason I chose to begin my weight loss journey. I vowed never to be unhealthy or overweight again.

As a grandmother, my being overweight was the opposite of what I wanted to teach my granddaughters. I wanted to be able to teach them through my example. I had a desire to live at my healthiest and happiest for many years to come. My inspiration continues to be fueled through my love for each of my granddaughters and also for my husband, Mark, my strongest advocate and supporter.

## Success Begins with a New Mind Set

My greatest challenge was erasing negative comments and feelings from the past. This competition has afforded me the ability to overcome the limiting beliefs, self-doubt, and negativity of the past. I found that we need inspiration from those around us. Our lives are also more fulfilling when we use the power of self-prophecy. We must eliminate other negative voices—both within and without. Get away from people who make you feel defeated or deflated. To help build myself up, I only give praise for what I do well, and I cut out complaints about myself. Success begins with a new mind set and enveloping yourself with positive family, friends, and your dōTERRA family.

In the beginning of the challenge, I purchased a little black dress in the single digit size that I wanted to achieve. I hung it where I could see it every day. This challenge helped me learn to seek for anything I desire and overcome past fears of rejection and failed attempts. You're never too old to start. This journey is truly achieved one step at a time. Today, Grandma gets to wear her little black dress—we're going with a new style!



## Collette's Tips for Success:

### 1 Don't skip meals.

Exercise without the proper nutrition can limit your success; skipping meals is a bad habit and causes your body to go into survival mode, slowing our metabolism.

### 2 Put dōTERRA products into practice.

The products will help give you the confidence and the will to continue. For example, replace three meals a day with six small ones. Of those six meals, make two with dōTERRA Slim & Sassy TrimShakes. You can also flavor your water with different kinds of oils.

### 3 Learn to know and accept your limits.

Learn to give yourself time by scheduling time for yourself, including having a "power hour" for daily self-development. Put stress to rest. Give yourself permission to sleep. We re-energize and eliminate the darkness of the stress monsters when we do.

### 4 Get yourself a visual reminder of your goals and put it where you can see it every day.

For me, it was that little black dress.

“We are what we repeatedly do; therefore excellence is not merely an act, but a habit.” *–Aristotle*



After

## PRODUCTS USED

**5 Fail forward.** Sometimes success is two steps forward and one step back. Get going immediately after you feel you have failed. That one truffle won't haunt you into failure. Only you can choose, so believe you are going to excel.

**6 Meet as much of your dōTERRA family as possible.** They can become a huge source of support for you. You can also call, text, blog, and email with them to keep the spirit of enthusiasm with you for your goals.



- DigestZen®
- Slim & Sassy® TrimShake
- Slim & Sassy® Metabolic Blend
- LifeLong Vitality Pack
- TerraZyme®
- PB Assist®

# Lasting Weight Loss

## SMART TIPS AND EFFECTIVE TOOLS

Approximately two in three people in the U.S. and most developed countries around the world are overweight. Losing weight is not just a matter of looking good in your swimsuit; it also has profound implications in improving your health and longevity! For many overweight people, losing as little as 10 pounds can significantly improve markers of good health, such as blood pressure and cholesterol levels. Most degenerative diseases have been associated or directly linked to being overweight.

If you struggle with weight, you've probably figured out what scientists and doctors already know: there is no magic weight loss pill. We can't keep eating too much and exercising too little and then expect a pill to fix it. Similarly, extreme crash diets don't work either; the changes are too drastic and cannot be maintained. After a few weeks or months, the lost pounds are regained.

Successful weight loss requires reasonable, doable lifestyle improvements. More than that, they need to be long-term changes to really get lasting results. This is easier said than done, of course. We are all creatures of habit who naturally resist change. Plus, today's food and beverage offerings in restaurants and supermarkets have been optimized for great taste and appetizing aromas at the expense of being healthy. Then add our sedentary jobs and lifestyles, and you have a perfect storm of factors working against even our best efforts to lose or even maintain weight!



### BIOGRAPHY:

Dr. Carsten Smidt is dōTERRA's Chief Science Officer and oversees research and product development. Dr. Smidt has held executive research and development positions for almost 20 years, working for leading global companies in dietary supplement, nutraceutical, and medical food industries. He holds a doctorate degree in Nutrition Science and Physiological Chemistry from the University of California at Davis and is a fellow of the American College of Nutrition. Dr. Smidt is passionate about health and fitness and enjoys the outdoors.



*“Successful weight loss requires reasonable, doable lifestyle improvements. More than that, they need to be long-term changes to really get lasting results.”*

## TIPS FOR MAINTAINING A HEALTHY BODY WEIGHT

### GET THE MOST SATIATION OUT OF THE CALORIES YOU CONSUME

How? By making smart food and beverage choices. Go for more fruits and vegetables, quality protein sources (like fish, chicken, low-fat dairy, and beans), and drink water. Avoid most processed foods, bakery items, pastas, breads (esp. white), pizza, and fried foods. Snack on fruits or a few nuts instead of chips and ice cream. Use dōTERRA TrimShakes to prepare healthy, high-protein, high-fiber shakes and smoothies to replace breakfast and/or lunch.

### STAY AWAY FROM SOFT DRINKS AND JUICES

Americans get over 25 percent of their total daily calories from sugary soft drinks and juices. They don't satiate and are loaded with calories. Even diet sodas don't work, since they cause sugar cravings later. Drink water instead—and lots of it! Humans are naturally designed to drink water. Use a few drops or dōTERRA Slim & Sassy® Metabolic Blend with the water you drink in between meals.

### EMBRACE THE FEELING OF BEING HUNGRY AS SOMETHING POSITIVE

When you are feeling hungry, your body starts burning body fat. Don't be afraid of feeling hungry! Yes, it's not one of the most pleasant feelings, but try to visualize how you are burning fat when hungry, and keep in mind that eating something will immediately stop the fat burning.



## TAKING CONTROL OF YOUR CRAVINGS

For most of us, the greatest challenges are the cravings and snacking urges in between meals or after dinner. To help you specifically with appetite control and snacking, dōTERRA now offers **Slim & Sassy Contrōl™**. This breakthrough product controls cravings by helping the body feel full. It features a proprietary extract made from spinach called Appethyl™\*\*

Appethyl works so well that many people feel reduced appetite and cravings after the first try. In fact, there are eight human clinical studies showing that it reduces appetite and cravings. These studies also show that it helps people lose weight when used as part of a weight management program.

So, how does Appethyl work? Essentially, it helps our digestive system signal to the brain that we are full. Let me explain: Our small intestine is about 23 feet long. The refined foods we eat nowadays are digested very quickly, mostly in the upper part of the intestine. All the way at the bottom of the small intestine we have special receptors

that detect undigested fat. When these receptors detect fat, they send a message to the brain that we don't need more food. However, the fats from today's refined foods almost never make it down to these receptors. They are digested so quickly that we don't get the message that it's time to stop eating. This is why we feel like snacking and eating all day long.

Taking Slim & Sassy Contrōl with your food helps slow down fat digestion just enough that the fat makes it all the way down to these receptors. As soon as they detect the fat, they send a powerful message to the brain that we're full. So, what we're doing here is simply supporting our body's natural way of controlling appetite.

We offer two options of Contrōl: An instant beverage mix powder and healthy snack bars in three flavors. Here's how to take **Slim & Sassy Contrōl Instant Mix**: If you're like me and your biggest problem is snacking after dinner, then take it with lunch. If you tend to snack throughout the day, then take it

with breakfast. Be sure your breakfast or lunch contains at least a little bit of healthy fat. Your body needs healthy fat and it helps make Contrōl do its job. Mix it into your dōTERRA **TrimShake** made with low-fat dairy milk or almond or soy milk. You can also make a TrimShake smoothie with some avocado or yogurt. The sky is the limit for recipes.

The **Contrōl Bars** already contain healthy fats, so you can take them even in between meals as a healthy snack.

I have evaluated hundreds of weight-loss ingredients, and our Appethyl® spinach extract in Contrōl is by far the best researched and most effective weight management ingredient I've ever seen. We have secured the exclusive rights to Appethyl® in our business channel, and we're excited to provide the full clinically tested amount in each serving of Slim & Sassy Contrōl.

We recommend using it as part of the dōTERRA® Slim & Sassy® program, and we're confident that it will help you take control of the long-lasting lifestyle improvements that lead to successful weight loss. Studies also have shown that taking a good multivitamin further enhances success of weight loss programs, and there are no better multivitamins than dōTERRA **Daily Nutrient Pack™** and dōTERRA **Lifelong Vitality Pack™**



### GET INTO THE EXERCISE HABIT AND START SLOW

Being too ambitious with exercise initially is a main cause for failure. A fitness tracker (such as FitBit, etc.) can help. Exercise must be enjoyable and doable at all times. When you want to increase your regular exercise level, do so gradually. Taking it slow allows you to adjust both mentally as well as physically. If you are not used to exercise, consult your doctor before starting.

### USE A FITNESS APP

Counting calories and activities can be a little bothersome, but it's highly educational and you'll get used to it in a week. It opens your eyes to how much calories your foods and beverages actually contain, and how much exercise it takes to "repair the damage" of eating too many calories. I use MyFitnessPal when I want to lose weight, and it's one of the best apps out there.

### DON'T GET DISCOURAGED

Old habits are hard to break, and research shows that repetition is the key. Once you are used to your new, healthier routine you have formed a new, healthier habit and things get much easier. Make these lifestyle changes gradually; it'll be easier to adjust and they will last you a lifetime!

\*Appethyl is a trademark of Greenleaf Medical AB

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

# ESSENTIAL OIL THEMED BIRTHDAY PARTY!

There is no better way to celebrate your birthday than sharing what you love with the ones you love.

## Fluffy Lemon Buttercream Frosting 1

### Ingredients

- 3½ cups confectioner's sugar
- ½ cup of butter (1 stick) softened
- ¼ cup of milk
- 1 teaspoon vanilla
- 1 tablespoon lemon zest (the rind of a lemon)
- 3-4 drops Lemon essential oil

### Directions

1. Mix together butter, lemon zest, and vanilla until all lumps are gone.
2. Add milk and quickly cream into butter mixture.
3. Mix in sugar, ½ cup at a time.
4. Once the sugar is mixed in, cream on high for 2 minutes.
5. Mix in Lemon essential oil.
6. Spread over layers and outside of cake.

**Tip:** You can substitute ingredients if desired.

## Create a Custom Happy Birthday Banner 2

1. Use a die-cutter to cut out oil drops, essential oil bottles, and letters on cardstock paper.
2. Glue the letters to oil drops and bottle cutouts.
3. Using a sewing machine, sew paper to the string. Alternatively, you can glue the paper to the string.

## Flavored Party Ice 3

Combine water, your favorite fruit, herbs, and a drop of essential oils in an ice-cube tray and freeze overnight.

### Suggested Flavors:

Raspberry-Peppermint  
Lime-Cucumber  
Orange



**Tip:** Add several drops of Lemon essential oil to your favorite cake and frosting recipes.

## 4 Sparkling Soda

Lavender  
Wild Orange  
Lemon

Combine chilled sparkling water, slices of fresh fruit, and a couple drops of essential oil for a refreshing beverage that everyone will enjoy.

## Party Favors for Your Party 5

### DIY Lotion Bars

Send your guests home with a moisturizing lotion bar made with essential oils.

*Visit dōTERRA blog for a simple DIY recipe.*

### Scented Sachets

Scented sachets are great for cars, gym bags, drawers, or anywhere your guests would like to experience the benefits of essential oils long after your party.

Add a few drops of Lavender essential oil to some rice and mix with dried Lavender. Scoop a few teaspoons into an organza bag.

### Essential Oils Samples

Samples are a good way to introduce essential oils to family and friends while leaving them with a memorable gift.

You can give single sample vials or include some of your favorite oils or blends. Tie a card around the bottle explaining the benefits and instructions for use.

## Name that Scent Game 6

Create fun interaction while sharing what you love with others.

1. Choose a few of your favorite oils. Cover the label with masking tape.
2. Allow each guest to smell each oil and then try to guess what that oil is. Have them write their guesses on a piece of paper.
3. After each guest has had an opportunity to smell each oil and write their guesses, give them the correct answers. As you give the answers, share any additional information about that oil.
4. You can give samples of oils or products as prizes to anyone who got all of the answers correct.

## Create Your Own Birthday Blend

Using the oils that you have on hand, invite each one of your guests to create a personal birthday blend in a sample vial that they can keep.



YOU'RE AN ESSENTIAL PART TO MY SPECIAL DAY

ENJOY AWESOME TREATS

EXPERIENCE ESSENTIAL OILS

LAUGH WITH FRIENDS

HAVE A GREAT TIME

FRIDAY, JULY 10, 2015

# Finding New Pathways



Essential oil experts will tell you that the characteristics of an essential oil largely depend on where it's grown. For this reason, dōTERRA actively seeks out the highest quality plants all over the world that produce higher quality therapeutic oil. This goal was a top priority when executives chose to source Cardamom essential oil from Guatemala. But, thanks to Cō-Impact Sourcing,<sup>™</sup> finding the right plant is only part of the story.

## Why Guatemala?

The mountainous region of Alta Verapaz, Guatemala, is hot, humid, and rainy, creating the perfect growing conditions for cardamom. The rich clay-like soil also contributes to helping the plants grow with the perfect balance of therapeutic chemical components for the essential oil. The cardamom plant, in the same family as ginger, grows stalks up to 10 feet high. The seed-containing pods grow on off-shoot vines at ground level.

Most of the world's supply of cardamom is grown for the spice market, with only 1 percent of cardamom distilled for its essential oil. The market is so unstable and so saturated with middlemen that the farmers have a hard time making enough money to be able to produce quality cardamom. Alta Verapaz is also the hardest hit region for price-drops and manipulation by the middlemen, because the area is so remote. Now, there is a new factor: through the dōTERRA Cō-Impact Sourcing<sup>™</sup> initiative, circumstances are changing for the better.



## Partners for a Better Future

In partnership with CHOICE Humanitarian, dōTERRA funded an exciting venture to build a new training center, Sikaab'e, in the Polochic valley. "Sikaab'e" means "seek your path" in Q'eqchi, the language of the indigenous Mayan people living in the area. The center's primary focus is to break the cycle of poverty by teaching different vocational skills from construction to hospitality. Agriculture is also a main focus; students learn sustainable farming techniques and crop diversification. Other skills taught include how to plant family gardens and build eco-stoves for reduced fuel consumption.

Currently there are 19 male and female students at the center with their families. All the training they receive benefits them personally, but also brings hope to the communities they return to as they share their knowledge with their friends and neighbors.

## Our Approach

Helping our cardamom growers improve production practices and teaching them about optimal harvest timing to produce the best oil is top priority. Just as we have done in Haiti, cooperatives made up of hundreds of families have been formed to provide the pods needed to supply the demand dōTERRA has for Cardamom oil. These cooperatives only continue to grow in size as word spreads and dōTERRA's partnership with the cooperatives earns more trust in the area.

Growers are educated on when to pick the cardamom pods and what the plant's optimum growing conditions are. Immature pods do not produce enough quality oil, and cardamom also requires plenty of shade to grow. For this reason, growers are taught to plant Pacay and Allspice trees throughout the cardamom crops. This provides a source of fruit and also helps replenish nitrogen levels in the soil. By using organic fertilizers and keeping the plants free of dried leaves and debris, the best pods are produced.

**"I am so excited for what the future holds as our Cō-Impact Sourcing initiatives begin to bless the lives of these humble, hard-working people. Sustainable jobs are being created, education and health care are more readily available, and a new perspective on the quality of life is given. We are committed to lifting up this community of cardamom harvesters and many others."**

*-Emily Wright, Executive Vice President*

Guatemala Sikaab'e Center Students



Newly Built Sikaab'e Center



Once harvested, the pods need to be dried within two to three days or they will begin to mold. This is where the middlemen have taken advantage of the harvesters. Large drying units are required to dry the pods to prepare them to be sold in the spice market or to be distilled for essential oil. dōTERRA is funding drying units and a warehouse facility through the additional margin we pay for our Cardamom oil so the harvesters have control of their pods and do not have to rely on the unfair prices the middlemen offer.



### dōTERRA Cardamom Cō-Impact Sourcing™

1. Provides sustainable jobs to the members of the local communities.
2. Establishes a reliable buyer, fair prices, and develops long-term sourcing partnerships.
3. Offers higher pay for growers and harvesters.
4. Teaches the farmers to develop better growing practices.
5. Donates an additional margin to the price of the Cardamom oil, which goes to the harvesting communities to build schools, hospitals, and pod-drying facilities that will result in the harvesters receiving an even higher price for their pods.



## Steps of Cardamom Distillation

1. Sort pods to produce therapeutic synergy in the oil (there are 40 different types of pods).
2. Crush pods to release volatile compounds.
3. Distill crushed pods at low heat (6-hour distillation process).

*Cardamom essential oil contains over 200 molecules with varying volatilities. These volatile compounds are released from the plant material and are carried away with the steam during the distillation process. The lighter molecules come off first; a longer distillation is required to get the heavier molecules. These aromatic compounds are then collected from the separator.*

Once the pods have been dried, they are taken to the distillery. dōTERRA has an exclusive sourcing agreement with the cardamom distiller for the aromatherapy industry. They are excellent partners, fully aligned with our Cō-Impact Sourcing™ approach and philosophy.

dōTERRA pays a margin in addition to the price of the Cardamom oil to support the communities where the harvesters live. Our distillation partners are aligned with dōTERRA's philosophies in this regard and want to give back to the Guatemalan people. We are committed to providing a sustainable income and better way of life to the people who work so hard to pick the pods that benefit us so greatly.

## Facts

- Each cardamom pod contains from 10 to 20 seeds, where most of the essential oil comes from.
- Cardamom is bundled and sold raw as a spice in 100-pound bags called "quintales".
- Cardamom seeds take 40 days to germinate and then at 60 days can be transplanted as starts. The starts are transplanted when the cardamom plant is one and a half feet tall (approximately four months after germination). Pods start appearing after two years. If well maintained, the plant can then live up to 11 years.
- About 300,000 families are impacted through the harvesting of cardamom throughout the country.



## Healing Hands

The Healing Hands Foundation is an integral part of the ongoing humanitarian work in Guatemala. In February, two groups of dōTERRA® executives and Wellness Advocates went to Alta Verapaz to help with numerous service projects. Volunteers worked to paint walls at the Skiaab'e Training Center, terrace the soil on the mountainside, and place septic tanks. Volunteers also helped educate women on personal hygiene in concert with Days for Girls. This event was made all the more special in that, in this area of the world, most women are not educated about their anatomy or have access to feminine products. Reusable feminine hygiene kits were provided to all of the girls who have reached maturation age.

**“Truly the journey of one bottle of dōTERRA essential oil is a journey of healing for every single person involved in the process.”**

*—Kyle Kirschbaum, dōTERRA Presidential Diamond*

Wanting to make a newly built hospital a self-sustaining facility, the Healing Hands Foundation provided enough funds for a one-year salary to hire a new doctor. He will help the surrounding villages receive not only the medical care they need, but also education on personal hygiene and other basics. The people in the surrounding communities are not always comfortable going to the hospital, because it has never been an option before. Despite this challenge, the doctor is already saving lives and opening doors for improved well-being.

During the expedition, Dr. Hill took the opportunity to teach the new doctor, midwives, and health workers about essential oils and their uses. He also taught the AromaTouch® Technique as a way for the people to apply what they learned. Essential oils themselves will be an effective tool to improve the overall quality of life of the Q'eqchi villages, even as they work to produce Cardamom essential oil for the world.



Painting walls at Skiaab'e Training Center

Personal hygiene— Days for Girls

Dr. Hill giving AromaTouch Technique



# Cardamom: Chemistry, Benefits, and Uses

—by Dr. Hill

**Co-Impact Sourcing™ has a huge impact on the quality and productivity of the cardamom plant, which directly impacts our Cardamom oil. Contributing to the quality and uniqueness of dōTERRA® Cardamom oil is a proprietary distillation process that our partner distillers developed over many years of trial and error. All of this results in an especially therapeutic and unique essential oil with high amounts of terpinyl acetate and 1,8-cineole, as well as lesser amounts of linalyl acetate and linalool. This unique chemistry makes Cardamom a great calming and soothing oil.**

Cardamom is known to have calming effects on the digestive system, a property thought to originate from its high monoterpenoid ester content. Examples of other essential oils with high amounts of monoterpenoid esters are Lavender, Clary Sage, and Roman Chamomile. Our Cardamom has high amounts of the monoterpenoid esters terpinyl acetate and linalyl acetate. When taken internally in a veggie cap, Cardamom oil slows down muscle contractions in the intestines,<sup>1</sup> easing occasional bowel looseness.

Because of its high monoterpenoid ester content, Cardamom can be used to calm the whole body in general, not just the digestive system. To calm body and mind, try diffusing Cardamom aromatically or using Cardamom in the AromaTouch® Hand Technique.

dōTERRA Cardamom essential oil has high amounts of 1,8-cineole, which other cardamom essential oils are not close to achieving. Also known as eucalyptol, this monoterpenoid oxide is highly regarded for its positive respiratory effects. It soothes the mucous membrane cells that line respiratory passages, keeping airways clear and functioning normally.<sup>2-6</sup> For this reason, we reformulated our Breathe blend to include Cardamom essential oil. Try inhaling Cardamom oil to soothe any occasional respiratory issues you might be experiencing.

Sore muscles can benefit from the soothing effects of Cardamom oil when applied topically. Nerves transmit pain signals to the brain. 1,8-cineole directly targets those nerve endings to relieve minor muscle soreness. It activates cool-



sensing nerve endings (TRPM8 thermosensitive receptors), while inhibiting sensors of noxious cold (TRPA1 receptors)<sup>7</sup>. This quality is optimal for soothing sore muscles. After working out, rub a few drops of Cardamom oil to sore areas.

When used according to dōTERRA's usage guidelines, essential oils containing 1,8-cineole are perfectly safe and beneficial for the whole family. For a detailed look at how to use essential oils safely, review Module 5 - Safety and Application in the Education section of AromaticScience.com.

The culinary world has high esteem for freshly ground cardamom, calling it the "queen of spices." It has to be freshly ground because the essential oil of the seeds is where its distinctive flavoring comes from; essential oils are volatile and will not be present in older ground cardamom. Cardamom serves as a spice for Indian curries and a flavoring in Middle Eastern coffees, and is the secret ingredient of Scandinavian pastries. You can substitute Cardamom oil for freshly ground cardamom seed and get the same great flavor profile in these and other delicacies.

Our commitment to Co-Impact Sourcing has empowered our Guatemalen cardamom growers and distillers to produce a truly special Cardamom oil. Its unique chemistry allows it to calm the digestive system and the whole body and soothe sore muscles and the respiratory tract. From the mountains of Guatemala to your home, this gift of the Earth is a perfect complement to your health regimen.



Dr. David K. Hill, Chief Medical Officer

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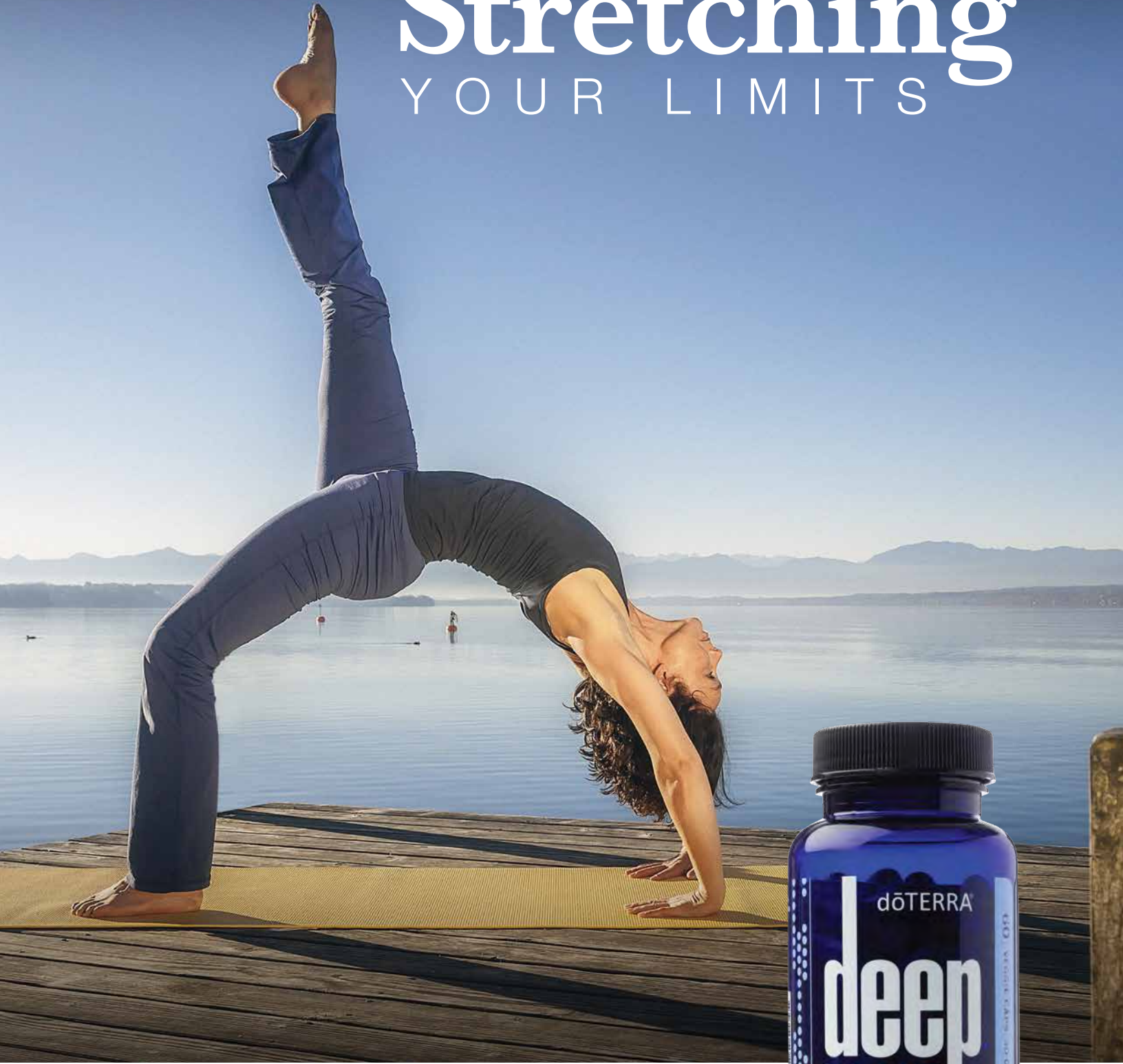
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These statements have not been evaluated by the Federal Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.



# Stretching

YOUR LIMITS



Provides a unique blend of extracts of frankincense, turmeric, green tea, ginger, pomegranate, and grape seed to help support muscle and joint comfort and function.

## Deep Blue

*Polyphenol complex™*

<b>60120001</b>	60 Vegetarian Capsules
\$79.33 retail	\$59.50 Wholesale   59.5 PV



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

# YOGA

## & Essential Oils



When it comes to yoga and essential oils, Adabelle Carson, a dōTERRA® Diamond, has a lot of experience. She says, “I became a certified yoga instructor about nine years ago when I was having my kids. Four of them had come pretty quickly, and I was just in a funk. So my husband said to take some time for myself and go to the gym. One of the first classes I did was a yoga class. At that class something clicked for me, and I was able to release a lot of emotions. I remember I cried; I didn’t know why then, but it left me feeling amazing.” Wanting to learn more about yoga, Adabelle took a 200-hour certification course which required doing 20 hours of teaching for free as a community service. So, she talked to people in her area and started a class at her church.

Just after she became certified, essential oils came into the picture. She shares, “I took a class in California where they used essential oils in their yoga routine. They primarily used essential oils during the relaxation portion at the end of the class, called savasana or corpse pose.

The instructor went around with Lavender, and it took me to a deeper place and boosted all the effects of yoga for me. I went home and decided that I wanted to incorporate essential oils into my yoga classes.” After years of using other brands of essential oils, Adabelle was introduced to dōTERRA. “My sister-in-law, Heather Carson, gave me the Introductory Kit, and I wondered where these oils had been all my life. The rest is history.”

Adabelle uses essential oils aromatically, topically, and internally in her yoga classes primarily using Lemon, Lavender, and Peppermint. She finds that essential oils enhance the emotional support and therapy that yoga provides, besides the more obvious physical benefits. She says, “Essential oils create a bridge for both the novice and the expert who may have been doing yoga for a long time, but was never taught the purpose behind it. By using the essential oils, they can bridge that gap. When you breathe them in, you get it.”

*“Never use more than three oils in your routine, because there is a lot of energy being processed in a yoga session, and you want to prevent overload. Also, make sure that you ask about sensitivity to essential oils before you begin. You will need to pay attention to the general feeling of the class to determine which oils to use.”*

### Essential Oil Routine Example: Mood Balancing

- 1 Begin with **Breathe™**. To connect yourself more deeply to your breathing, place a drop or two in your palms and bring them in a tent to your face. Close your eyes and focus on your breathing.
- 2 Use **Peppermint** to get going. Place a few drops at the top of the mat and create a circle. Peppermint works a lot like a mantra; it helps you to focus and has calming properties. It also is a great reminder to breathe.
- 3 Use **Balance™** right before corpse pose. Place the oil on your feet to help you relax into the pose.



Adabelle Carson  
dōTERRA Diamond

- ① **CROWN CHAKRA-Elevation**  
Location: Top of head  
Benefits: Bliss, transcendence
- ② **THIRD EYE CHAKRA-Serenity™**  
Location: Brow  
Benefits: Perception, intuition
- ③ **THROAT CHAKRA-Whisper™**  
Location: Throat  
Benefits: Communication, expression
- ④ **HEART CHAKRA-Breathe™**  
Location: Center of heart  
Benefits: Acceptance, compassion
- ⑤ **SOLAR PLEXUS-DigestZen®**  
Location: Solar Plexus  
Benefits: Self-confidence, willpower
- ⑥ **SACRAL CHAKRA-Citrus Bliss®**  
Location: Lower abdomen  
Benefits: Creativity, healthy relationships
- ⑦ **ROOT CHAKRA-Balance™**  
Location: Coccyx, legs, feet  
Benefits: Stability, ground emotions



## DIY: Lavender Eye Pillow

- 1/3–1/2 cup dried lavender flowers
- 1/4 cup flax seed
- 5-7 drops Lavender essential oil
- 28" x 4" pieces of fabric

Sew the fabric together and leave one short side open for filling, then fill the center with lavender flowers and flax seed. Place the Lavender essential oil on the inside of the pillow as well. To finish, close the open side with a sewing machine or by hand stitching.

## DIY: Henna

### Basic Recipe:

- 1/4 cup or 20 grams fresh henna powder
- 1/4 cup lemon juice
- 1 1/2 teaspoons sugar
- 1 1/2 teaspoons essential oil of your choosing

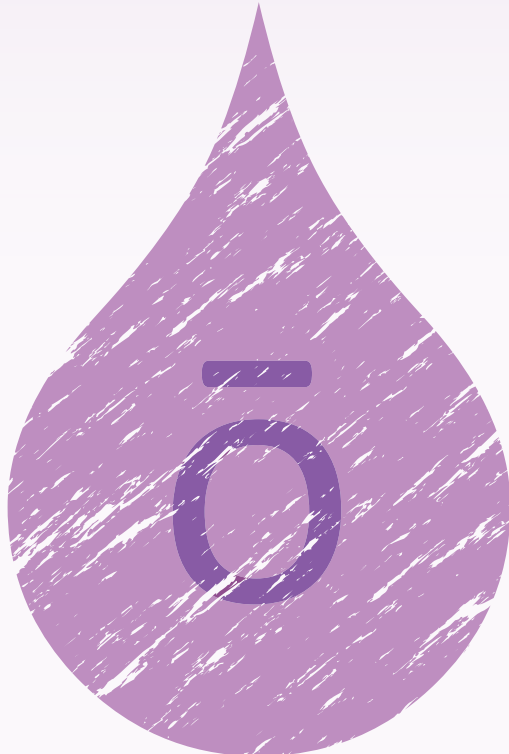
By Dr. Joshua Yorgason, M.D

Many essential oils are generally safe to use internally, at small, appropriate doses. Common sense tells us not to put anything in our bodies that we do not understand or that is not food. But, years of experience with herbal medicine combined with modern day research helps us to be confident with internal use of therapeutic essential oils to enhance and support health. Understanding the properties of essential oils compared to medications and how the body deals with them will help us understand the safety of internal use.

### Absorption

We study absorption, distribution, metabolism, and excretion of drugs to know how to use them safely for a therapeutic benefit.<sup>1</sup>

Medications taken internally can be partially degraded by stomach acids and enzymes before they get absorbed by the small intestines. Even when efficiently absorbed by the gut, they get filtered by the liver before getting into the general blood stream where they can be distributed to the body and have an effect. Fat-soluble medications, similar to essential oils, are either filtered by the liver or, if in excess in the blood, removed and sent back into the gut to be excreted. Medications, such as aspirin and ibuprofen, highly concentrated in pill form to ensure that enough gets past the liver into the blood for an effect, can consequently cause irritation to the esophagus, stomach, and intestines. Unlike drugs, essential oils contain their active components in the same concentration they are found in nature and when taken internally can be absorbed more readily at appropriate doses without harming the GI tissues.



# THE SAFETY OF INTERNAL USE OF ESSENTIAL OILS

### More Is Not Always Better

When taking large quantities of medications internally, the body's system for breaking down or metabolizing and removing them via the liver can get overwhelmed. When acetaminophen, or Tylenol, is accidentally ingested in large amounts, it can be toxic to the liver because the liver runs out of the enzymes needed to degrade the drug, which can lead to liver failure and even death. Even when the liver is able to compensate for gradual increases of acetaminophen, for example when it is abused in combination with narcotics, normally lethal doses (60 pills a day) can cause toxicity elsewhere in the body, leading to inner ear damage and deafness that only a cochlear implant can fix.<sup>2</sup> Essential oils are very potent, so it is always important to remember that small amounts in appropriate frequency is better than large amounts all at once to not overwhelm the body's system of checks and balances.

As an example, concern of the use of Eucalyptus oil in particular has been circulated in online materials. This is typically because of the 1,8-cineole content. It is important to consider the source, amount, chemotype, etc. when understanding research studies and other articles. Of the five readily available types of eucalyptus oil, dōTERRA® uses *Eucalyptus globulus* in the On Guard® Protective Blend, which has been designated by the Food and Drug Administration (FDA) to be Generally Recognized

as Safe (GRAS) for internal use. dōTERRA adheres to this FDA standard with On Guard and other dōTERRA

Unlike drugs, essential oils contain their active components in the same concentration they are found in nature and when taken internally can be absorbed more readily at appropriate doses without harming the GI tissues.

**We have the opportunity to take control of our own health and make educated decisions.**

CPTG Certified Pure Therapeutic Grade® oils that are on the GRAS list. Many essential

oils contain 1,8-cineole as an active component. It is well recognized for its many health applications and is a common ingredient in many health products and over the counter medications. Even very safe compounds can become a source of concern with high or uncontrolled dosage. The common usage and practice associated with essential oils is generally far below these levels. Appropriate use is seen as a safe and positive way to receive therapeutic benefit for the entire family.

Some substances when taken internally over time can accumulate in the body and cause harm. Heavy metal poisoning is an extreme example. These large molecules can get trapped in the organs, leading to organ damage requiring aggressive treatment. An unforgettable patient of mine had ingested colloidal silver as a holistic medicine, which eventually tattooed her entire body inside and out with silver, compromising her immune and other organ systems. One of the great things about essential oils is that they are made up of small, simple plant molecules meant to exist within a living organism. Also, they are aromatic and can move freely in and out of tissues without accumulating in the body over time to toxic levels.

### **Essential Oil Uses—Making an Educated Decision**

Essential oils offer great individualism. Sometimes medicines and essential oils are best used topically or aromatically, rather than internally. Nasal steroid sprays for sinusitis are safe, because they can have an effect at low concentrations—yet they can still dry the nose, resulting in nose bleeds. When used aromatically, Lemon<sup>3</sup> and Melaleuca<sup>4</sup> oils offer a natural alternative that not only effectively supports clear breathing, but also keeps these delicate tissues moist and in diluted amounts can be applied safely. Even topical medications, once absorbed into the blood stream, eventually get distributed into the whole body circulation and can have a systemic effect. For example, a Scopolamine patch used after surgery releases medicine into the blood stream to inhibit feeling nauseated, but because it has enough medicine to last for days, it can release too much drug and cause temporary harm, such as blurry vision from pupillary dilation. In comparison, small, frequent amounts of topical and aromatic use of Peppermint and Ginger essential oils can have a

powerful global effect to safely and naturally decrease nausea after surgery without side effects.

When prescribing medications, we have to decide whether the benefits outweigh the risks. We have the opportunity to take control of our own health and make educated decisions. dōTERRA® CPTG® essential oils can be used safely topically, aromatically, and internally to support the body's ability to maintain and enhance health with less side effects than medications. Because essential oils contain a naturally balanced mixture of therapeutic ingredients, they can be used as an excellent first-line remedy to support wellness and enhance health.



Dr. Yorgason, a native of Salt Lake City, Utah, is an ear, nose, and throat surgeon. He obtained his medical degree at Columbia University in New York, and completed his residency at the University of Utah. He has been involved in research of drug toxicity and hearing restoration in Los Angeles at the prestigious House Ear Institute and at the University of Utah. He obtained further fellowship training in ear surgery at the University of Minnesota and now works in Bismarck, North Dakota, for Sanford Health as a cochlear implant surgeon and hearing and balance specialist. He is a clinical faculty for the University of North Dakota.

While in practice for the past five years, he has been supportive of alternative medicine and has used essential oils in his practice.

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## HOW TO USE

# Essential Oils Internally

- 

1. Add to beverages
- 

2. Take in the dōTERRA Veggie Caps
- 

3. Put a drop directly under your tongue
- 

4. Take dōTERRA essential oil supplements
- 

5. Use in favorite recipes  
*(see page 32)*

## Tips on Taking Essential Oils Internally

1. Follow recommended directions for use. Refer to the dōTERRA essential oil supplement bottles and product information pages for instructions and recommended use. Consult your physician if needed.
2. Always start with one drop. As you become familiar with each essential oil and observe your body's response to it, you can slowly increase the number of drops until you achieve the desired results.
3. Make sure the essential oils have the proper chemical profile and are free of impurities and adulterations. dōTERRA uses a number of third-party analytical methods to ensure that every bottle meets standards of composition and safety.
4. Use oils that are recommended for internal use only. Some essential oils should not be used internally.

### Essential Oils Safe For Internal Use

Basil	Geranium	Oregano*
Bergamot	Ginger	Patchouli
Black Pepper*	Grapefruit	Peppermint
Cardamom	Helichrysum	Roman Chamomile
Cilantro	Juniper Berry	Rosemary
Cinnamon Bark*	Lavender	Sandalwood
Clary Sage	Lemon	Thyme*
Clove*	Lemongrass	Vetiver
Coriander	Lime	Wild Orange
Cypress	Marjoram	Ylang-Ylang
Cassia	Melaleuca	
Fennel	Melissa	
Frankincense	Myrrh	

\*Dilute hot oils to minimize any mouth sensitivity when taken directly

For more information and research on the internal use of essential oils visit  
**[aromaticscience.com](http://aromaticscience.com)**

## Wild Orange

Wild Orange is a dōTERRA® favorite for its fresh, invigorating aroma. It also has a variety of uses from aiding the digestive system to energizing the mind and body. Part of its appeal is thanks to its chemical makeup—Wild Orange has a high amount of monoterpenes, which gives the oil purifying and stimulating qualities that can help enhance immunity. The orange rind is also full of antioxidants that help maintain overall health.

**Sourcing Origin:** Dominican Republic

**Distillation Method:** Cold Pressed

**Plant Part:** Orange Rinds

### HOW TO USE

- Place three drops in your sink or bathtub drain and allow the oil to evaporate before turning on the water.
- When you lack energy in the afternoon, diffuse Wild Orange to increase your alertness and lift your mood.
- Make a tea with a few drops of oil in warm water and drink to help with digestive issues.
- For an invigorating shower, add a few drops of essential oil to a body wash.

### KEY BENEFITS

- Lifts mood and energizes body and mind
- Aids in digestion
- Freshens a room and purifies the air



### Fun Facts

Oranges have been grown since ancient times and originated in Southeast Asia. Orange trees are a symbol of love and marriage in many cultures.



# aromatouch<sup>®</sup> HAND TECHNIQUE

**In situations where time is limited, the AromaTouch Hand Technique can be of tremendous benefit. The Hand Technique is an easy way to give an individual an essential oil experience while positively affecting different body systems.**

With the Hand Technique, you can apply the specific essential oil that addresses the recipient's personal needs. This technique is a great introduction to essential oils, because it gives the recipient a one-on-one experience with both the giver and the oils.

The AromaTouch Hand Technique is a simple tool that anyone can use to give someone a great essential oil experience. You never know how much of an impact you can have on someone until you make the effort. The AromaTouch Hand Technique can be that impactful experience. We encourage you to perform this technique for a family member or friend that needs to feel cared for.

**Whether you are at home or at the café, there is always time for the AromaTouch Hand Technique. ►**



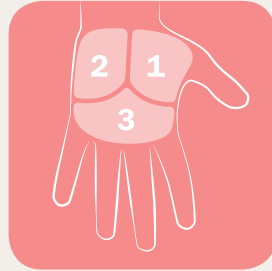
**The AromaTouch® Hand Technique** consists of four simple steps performed on one hand and then repeated on the other. It only takes between five to seven minutes to complete the full technique. Once you have selected the oil you will use and are ready to perform the AromaTouch Hand Technique, follow these steps to give your recipient a wonderful, pleasant experience.



Step 1

**Oil Introduction and Dorsum Tissue Stretch**

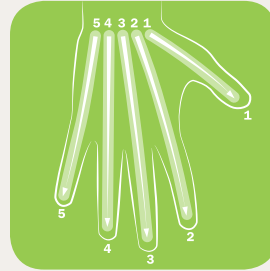
- Apply a light, even coating of your selected oil to the entire palm of the recipient's hand (about one to three drops).
- Grip the recipient's hand on either side using both of your hands. Make sure the dorsum (or back) of the hand is facing up and that your thumbs are on top.
- Use your thumbs to stretch the tissue of the hand moving from the inside out, and from the wrist to the base of the fingers.



Step 2

**Regional Tissue Pull**

- Grip the recipient's hand (palm up) with one hand on either side and your thumbs on top.
- Use your thumbs to methodically work through all three regions in a circular motion away from each other, beginning in Region 1, with medium pressure.
- Make sure to work the entire surface area of each of the hand's regions.



Step 3

**Vertical Thumb Walk**

- Use your thumbs to work through each of the hand's five zones. Beginning in Zone 1, place your thumbs at the top of the recipient's hand close to the wrist and alternately work your thumbs down the entire length of Zone 1 to the tip of the finger three times. Repeat the procedure for all five zones.



Step 4

**Interphalangeal Pull**

- With the recipient's palm facing up, grip their wrist with one hand.
- Stretch the tissue located between each finger away from their hand by gripping and sliding the tissue between your thumb and forefinger.
- Repeat the pull three times between each finger before moving on.
- Repeat Steps 1–5 on the recipient's other hand.



To learn the full AromaTouch Technique, find an event in your area by logging on to our website [aromatouchtechnique.com/aromatouch-events/](http://aromatouchtechnique.com/aromatouch-events/). If you have any questions about the AromaTouch Technique or Hand Technique, please email [aromatouch@doterra.com](mailto:aromatouch@doterra.com).

# Travel Bag Makeover

Whether you are planning a family getaway or going on a business trip, essential oils can be easily incorporated into your travel plans.

Essential oils help reduce your tension, settle your stomach, overcome jet lag, and enhance your overall travel experience.

Pop in a **BREATHE™ DROP** to clear your nose in stuffy situations.

Use **DEEP BLUE® RUB** or take **DEEP BLUE® POLYPHENOL COMPLEX™** when dealing with muscle discomfort from uncomfortable airplane seats.

Save more room for oils with these convenient **SHAMPOO AND CONDITIONER** Samples.

**SLIM & SASSY® CONTRÔL™ BARS** are a great, filling snack while on the run and a good way to maintain your weight away from home.

Take a couple **ON GUARD®+ SOFTGELS** before getting on the plane or exploring public places to boost your immune system.

**VERÁGE™ SKIN CARE** Face Wash and Moisturizer are small enough to fit into your carryon.

**LIP BALM**—Keep your lips moisturized when traveling in dry places.

Rub a drop of **PEPPERMINT** on the back of your ears to relieve pressure while flying, or take a beadlet when experiencing motion sickness.





### DIY VITAMIN POUCH

For an easy way to take your Daily Nutrients with you on vacation.

#### What you need:

- Hot pad with the loop in the middle of a side
- 10 Ziploc snack bags
- Large button
- Ribbon (*optional, for decorating the outside*)

#### Directions:

1. Lay your Ziploc bags on top of the hot pad, alternating directions for each one; using the binder clip to secure the bags so they don't slide around while you sew.
2. Put a piece of ribbon on top of the bags, sew the bags onto the hot pad with a zig-zag stitch down the middle of the bags.
3. Sew on the button and hook the loop around it to close the pouch.



### TIPS for Conquering JET LAG

1. Leave on your trip well rested.
2. Use flight time to rest.
3. Stay awake until an early local bedtime.
4. Use *Elevation* or *Balance*™ during the day and *Lavender* before going to bed.

Freshen your drinking water by adding a few drops of **LEMON**.

Apply **LAVENDER** or **SERENITY**™ onto the back of your neck and temples or under your nose to calm nerves during a bumpy flight.

**ON GUARD® TOOTHPASTE SAMPLES**—easy to share and convenient to take on-the-go.

**ON GUARD® LAUNDRY DETERGENT** will come in handy when traveling with small children. Since it's highly concentrated, a travel-sized bottle will last you a while.

Take **DIGESTZEN®** after each meal when switching diets and experimenting with unfamiliar foods or when dealing with slight stomach upset.

# Summer Skin Care

*It's summertime and the great outdoors are calling your name. Before you go, be sure take steps to keep your skin at its best.*

**Avoid too much sun exposure.** A little sun is beneficial, around 20 minutes is enough to get the vitamin D you need. After this limit though, be sure to take precautions against the sun. (Remember, UV rays shine through even on cloudy days.)

**Drink plenty of water.** It's hot outside, so you need more water than usual to keep yourself hydrated. Doctors recommend you drink around eight cups a day and to add one to three more cups depending on your level of activity. You can always add a refreshing flavor to your water with a couple drops of **Lemon** or **Wild Orange** essential oil. If you don't feel like drinking water, seek out water-rich foods such as watermelon or cantaloupe.

**Keep up with a healthy diet.** A diet rich in antioxidants, including foods such as leafy green vegetables, blueberries, cantaloupe, and other melons will help stimulate collagen growth—important to maintaining skin elasticity. Egg whites and salmon are also excellent sources of protein, which helps nourish skin and repair damage. The **dōTERRA Daily Nutrient Pack™** delivers the right amount of vitamins, minerals, trace elements, and omega-3 fatty acids to your body.

**Don't forget the lips.** Your most delicate skin is on your lips. To avoid sun damage, use a lip balm instead of high shine gloss. **dōTERRA® Peppermint** and **Wild Orange Lip Balm** with shea and mango butters can help restore moisture and elasticity to your lips.

**Wear a hat.** Go outside in style. Wearing a hat protects the most sensitive skin on your face, preventing early aging. Hats with wider brims are preferable as baseball caps leave your ears exposed.

**Exfoliate regularly.** To keep your skin smooth, use a loofah with the exfoliating **Citrus Bliss® Bath Bar** a few times a week.

**Get into the habit of moisturizing.** Regular moisturizing shields your skin from potential dryness and sun distress. Keeping your skin moisturized also keeps your complexion hydrated and prevents your skin from looking dull. The **Veráge™ Skin Care** system helps keep your skin hydrated during the hot summer days, while helping you achieve a smooth, resilient, glowing complexion.

**Simplify your makeup.** During the summer, less is definitely more. Stick to mascara, lip balm, concealer, and a bronzing blush to highlight the naturally beautiful qualities of your skin.

## Essential Oils for Healthy Skin

- Lavender—Soothing
- Roman Chamomile—Calming
- Peppermint—Cooling
- Melaleuca—Cleansing
- Helichrysum—Helps skin recover quickly
- Myrrh—Protects skin against aging
- Geranium—Rejuvenates the skin and reduces the appearance of wrinkles



Visit [doterrablog.com](http://doterrablog.com) for the **After-Sun Soothing Lotion** and **After-Sun Spray** DIY recipes.

# Your Guide to Healthy Skin

## TIP:

Rub 2-4 drops of Peppermint into your scalp to experience an instant cooling sensation.



## TIP:

Add a couple drops of Lavender essential oil to the dōTERRA® Fragrance Free Hands and Body Lotion. Apply on the body after spending time in the sun. You can add 1-2 drops of Peppermint to the lotion to cool off during a hot day.



# Ever wonder about the journey of a drop of oil? Here is a behind the scenes look at how a tiny seed becomes a powerful essential oil.

## 1 FROM SELECTION AND HARVESTING

A. dōTERRA® carefully selects artisans whose expertise, location, and growing practices ensure the highest quality essential oil. Most of the artisans partnered with dōTERRA are family owned businesses where their expertise and knowledge is passed down from generation to generation.

*In developing countries where crops for essential oils are available, dōTERRA Co-Impact Sourcing™ initiatives empower local artisans to maintain high quality crops while empowering the growers to improve their own lives.*

B. Specific plant species are then chosen for their distinct profile of aromatic compounds. Potency starts with the seed. To be safe and effective, especially for internal use, essential oils must have the proper chemical profile and be free of any impurities and adulterations.

C. To ensure the most powerful potency, the plant must be harvested in the right way at the right time. Depending on the essential oil, that could be the seed, stem, leaf, flower, root, or rind. In addition, the region in which the plant is grown has a major impact on its constitution, which in turn determines its potency.



The potency and quality of essential oils are determined by:

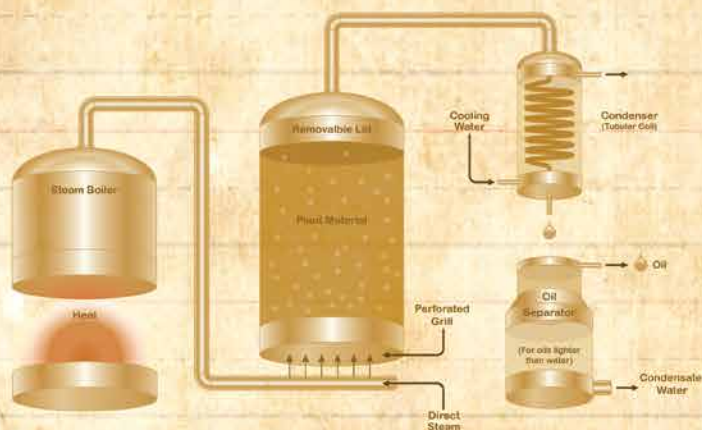
- Growing season
- Soil
- Elevation
- Terrain
- Climate
- pH factor
- Moisture

## 2 ...TO DISTILLATION...

There are various ways to distill an essential oil in order to get the best quality. Most oils undergo steam distillation, but citrus oils are cold pressed.

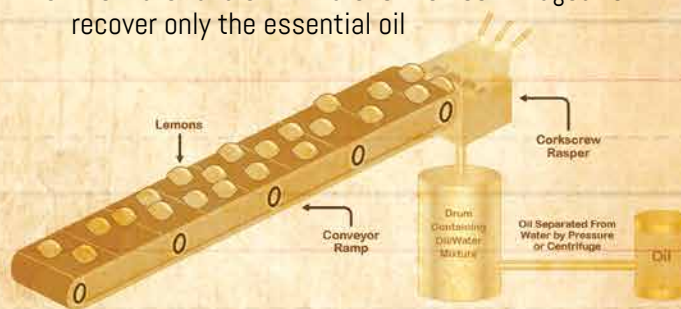
### Steam Distillation

1. Steam is forced under pressure (this is a variable) through the plant material which causes the volatiles to be released
2. The volatiles re-condense
3. As the volatiles condense, the water and essential oil separate and the oil is collected



### Cold Press Expression

1. Citrus fruits are placed in a cold press
2. The fruit is cleaned by rotating brushes
3. The fruit enters the oil collection portion of the machine where rasping cylinders abrade the rind
4. The essential oil is collected by water sprays
5. The water and oil mixture is filtered to remove solid particles
6. The water and oil mixture is then centrifuged to recover only the essential oil



## 3 ...ON TO TESTING

Our CPTG Certified Pure Therapeutic Grade® quality standard requires precise care and effort to protect what nature has created so beautifully. The rigorous testing to ensure purity and potency includes the following:

- Organoleptic Testing
- Microbial Testing
- Gas Chromatography and Mass Spectrometry Analysis
- Fourier Transform Infrared Spectroscopy
- Chirality Testing
- Isotopic Analysis
- Heavy Metal Testing
- Optical Rotation
- Specific Gravity
- Refractive Index

## 4 BOTTLING FACILITY

A second round of testing is carried out at our production facility after it has been received and placed into quarantine to ensure that what was distilled and tested is the same essential oil as was received. A third review of the chemistry of the oil is conducted in a three-phase procedure as the oils are bottled, labeled, and packaged.



## 5 TO YOUR HOME

And is then ready to be ordered and delivered to your home.



## COCONUT LEMONGRASS RED LENTIL SOUP

**Winner:** Lisa Freignag, Michigan

**Essential oil used:** Lemongrass

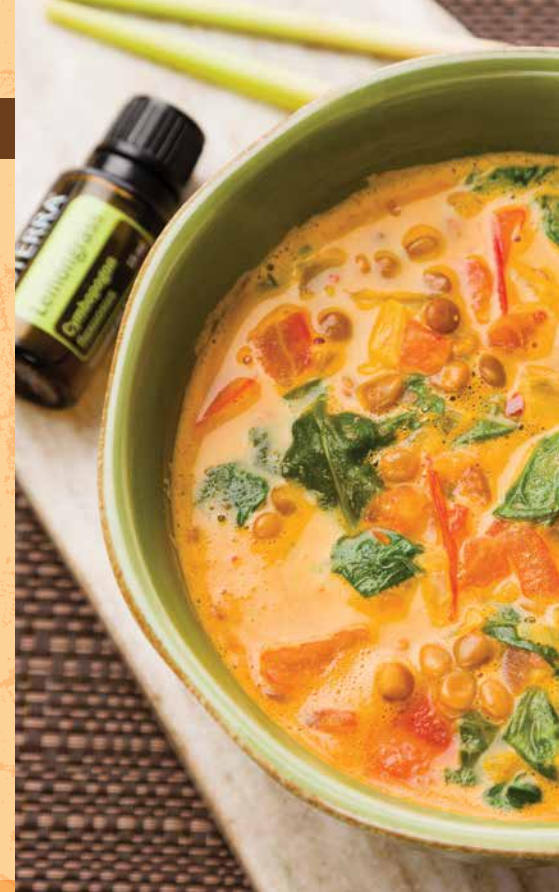
### INGREDIENTS:

- 2 tablespoons coconut oil
- 2 large onions, peeled and chopped
- 4 cloves garlic finely chopped or pressed
- 1 tablespoons fresh ginger root, minced
- 1-2 drops Lemongrass essential oil
- 4 tablespoons tomato paste
- 4 carrots, peeled and chopped
- 4 tablespoons curry powder
- 1 teaspoon red pepper flakes
- 8 cups vegetable broth
- 2 cans coconut milk
- 4 cups fresh tomatoes, chopped
- 3 cups dried red lentils
- 4-6 handfuls baby spinach
- Salt and pepper to taste

**Editor's tip:** Add some brown sugar for a sweeter curry taste.

### DIRECTIONS:

1. Heat coconut oil over medium heat; add onion, garlic, and fresh ginger. Cook until onion is translucent then add carrots and sauté 5-7 minutes.
2. Add tomato paste, curry powder, and red pepper flakes; cook for another 1-2 minutes stirring constantly until all vegetables are coated and flavors combined.
3. Add vegetable broth, coconut milk, diced tomatoes, and lentils. Cover and bring to a boil on medium high heat; reduce to simmer (low heat).
4. Add Lemongrass essential oil and cook for approx. 30 minutes until lentils are cooked through. Season with salt and pepper to taste.
5. Add spinach and stir until wilted.
6. Garnish with 1 tablespoon fresh chopped cilantro and 1 tablespoon sour cream.



## SUMMER ESSENTIAL OIL RECIPE Challenge



## BREAKFAST QUICHE

**Winner:** Casey Hansen, Utah

*"This is a fun way to use left-over vegetables, meat, or cheese that you have taking up space in the fridge. Anything can be used for the quiche, and it is fun to experiment with different flavors and mixtures. It can be adapted to include as much or as little of anything you would like."*

**Essential oils used:** Thyme and Rosemary

### INGREDIENTS:

- 1 quiche crust, homemade or pre-made
- 1 small or medium zucchini, cut into ¼ inch rounds
- 1 small or medium yellow crookneck squash, cut into ¼ inch rounds
- 1 cup steamed broccoli florets
- 1 cup steamed cauliflower florets
- 1-2 tablespoons butter
- 2-ounces feta cheese
- 1-2 Roma tomatoes, cut into ¼ inch half moons
- 6 large eggs
- ½ pint whipping cream
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- ¼ to ½ teaspoon hot sauce
- 1-2 drops Thyme essential oil
- 1 drop Rosemary essential oil

**Editor's note:** You can add ¼-½ cup of onions and a clove of chopped garlic for more flavor.

### DIRECTIONS:

1. Precook and prepare crust in a quiche/tart pan

**Tip:** A pie pan may also be used, adjusting cooking time accordingly.

2. Bake crust until golden brown and let cool completely.
3. Preheat oven to 350 degrees Fahrenheit

### FILLING

4. Cut vegetables and cook for about 5 minutes.
5. In a medium skillet, melt butter and add all precooked vegetables, coat with butter, remove from heat, and let cool to room temperature.
6. Whisk together eggs, whipping cream, salt, pepper, hot sauce, and essential oils in bowl.
7. Add vegetable mixture to crust.
8. Top with crumbled feta cheese.
9. Pour egg mixture into quiche over buttered and cooled vegetables. Arrange tomato slices over top of quiche.
10. Bake at 350 degrees Fahrenheit for 40-70 minutes until egg mixture is golden in color and set in the middle.

**Tip:** You can check the middle by poking with a toothpick or knife; when it comes out clean it is set. Times will vary based on size, style of pan, and amount of ingredients used.

11. Transfer quiche to cooling rack for 15 minutes and enjoy.



## GRILLED CORN

**Winner:** Heidi Anderson, New Mexico

*"My family is addicted to this recipe! It has the perfect balance of heat, sweet, spice, and salt."*

**Essential oils used:** Lime

### INGREDIENTS FOR 8 EARS OF CORN:

- 8 ears of corn, grilled
- 4 tablespoons melted butter
- 1½ teaspoons lemon pepper
- 8 drops Lime essential oil

- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- ½ bunch cilantro
- Cotija cheese
- 1 lime

### DIRECTIONS:

1. Mix all ingredients and brush over grilled corn.
2. Top with freshly chopped cilantro, Cotija cheese, and a squeeze of fresh lime.



## CITRUS COCONUT SIDES

**Winner:** Louisa Nickel, Illinois  
**Essential oil used:** Lime

### INGREDIENTS:

- 1 can full-fat coconut milk
- 1 cup orange juice
- ½ cup (or to taste) agave or sweetener of choice
- 1-2 drops Lime essential oil

### DIRECTIONS:

1. Blend coconut milk, agave, and Lime.
2. Pour mixture into Popsicle mold, dividing evenly.
3. Place in freezer for 10 minutes, then top with orange juice.
4. Freeze again for 30 minutes.
5. Insert Popsicle sticks. Continue freezing until firm.

## CARDAMOM MUSTARD CHICKEN WINGS

**Winner:** Nicola Say, Georgia  
**Essential oil used:** Cardamom

### SAUCE

- 4 tablespoons spicy mustard
- 2 tablespoons olive oil
- 2 tablespoons brown sugar
- 3-4 drops Cardamom essential oil
- ½ teaspoon salt
- ¼ teaspoon pepper

### DIRECTIONS:

Mix all ingredients together until sugar dissolves and set aside.

### WINGS

- 1 dozen wings
- Salt
- Pepper
- Olive oil to coat wings

### DIRECTIONS:

1. Coat wings with oil and a little salt and pepper.
2. Bake wings at 350 degrees Fahrenheit for about an hour or until wings are crispy. Turn once halfway through cooking.
3. Pull the wings out and baste with sauce, coating evenly.



dōTERRA®

# A GUY'S GUIDE TO HIKING

Whether you're a day hiker or a serious backpacker, you can use essential oils to help you in your outdoor adventures. A day hike can make for a great time outdoors, as long as you're prepared.

## Day Hike Essentials—tips for a safe and enjoyable outdoor adventure

### 1. Plan ahead:

Check the weather forecast and decide which trail you want to do. This will help determine the difficulty and the duration of the hike.

### 2. Pack basic gear:

Pack cleansing towelettes, a lighter, a rain poncho, a knife, a first aid kit, an extra pair of socks, a flashlight, and a hat.

### 3. Bring power food:

Food is an essential part of your planning. Make sure you pack enough food to last your entire trip. Your body will use a lot of energy, and continually snacking throughout the hike is a good way to keep going.

**Hiking food ideas:** Nuts, beef jerky, protein bars, fresh fruit, and tuna with crackers. You can even make your own treats.

### 4. Check your water supply:

Bring enough water with you to keep hydrated throughout your adventure. Water will most likely be a majority of the weight you carry, but it will get lighter as you go. A hydration system that carries water on your back, such as a Camelbak, is a popular, flexible way to take water along. It's a good idea to drink plenty of water before your hike to get your body well hydrated.

### 5. Wear appropriate shoes:

Good footwear will make all the difference in the world. Regular tennis shoes will work on flat, well-groomed trails, but for more challenging hikes you'll need comfortable, waterproof hiking shoes or boots.

### 6. Get an early start:

Give yourself a reasonable amount of time to achieve your hiking goal. For a longer and more difficult hike, it's always a good idea to have an early start so you don't end up stuck on the mountain when the sun goes down.

### 7. Use navigation:

Use your map or a mobile app to become familiar with the trail. Your phone's GPS system can come in handy if you have service. But to be safe, learn how to read a map and use a compass—you may need these skills if you get lost.

### 8. Stay on the trail:

During your next adventure, you may want to explore the unknown and use a "shortcut." Don't let your curiosity get the best of you. For your own safety, and out of respect for the environment, stay on the marked trail.

### 9. Know when to turn around:

Listen to your body and pay attention to your surroundings. If you need to, you can always turn around and finish your hike another day.

## 10. Use essential oils and products:

**Deep Blue® Rub**—Massage calves, knees, or any other sore muscles or joints.

**Deep Blue Polyphenol Complex™**—Your joints will thank you later.

**TerraShield®**—Apply to exposed skin before and during your hike to keep the bugs off.

**Peppermint**—Rub a couple of drops on your temples, sinuses, and the back of your neck to keep you cool and refreshed.

**Correct-X®**—Apply to affected areas to help soothe and repair skin.

**Mito2Max®**—Take to boost and maintain energy during your hike.

**DigestZen®**—Plan for the unexpected. Your digestive system sometimes has a mind of its own.

**TriEase®**—Good to have on hand for those who may be sensitive to nature.

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.

# IDEA Notebook

## MEMO

TIME SAVER TIP

### Citrus Zest Alternative

Use citrus oils in place of citrus zest or juice in recipes. Sometimes you don't have a lemon or lime on hand to make a delicious summer dessert, so this is a quick, healthy, yummy alternative.

-Kerry Schroeder, Canada



SNACK TIP

### Movie Night Garlic-Herb Popcorn

- 4 tablespoons butter
- 4 garlic cloves grated
- Fresh dill weed
- 1 drop Rosemary essential oil
- 1 drop Thyme essential oil
- 16 cups popcorn
- 2 teaspoons kosher salt

#### Instructions

1. Melt butter in a saucepan; add grated garlic cloves, finely chopped fresh dill, Rosemary, and Thyme essential oil; cook one minute.
2. Drizzle over hot popcorn and toss with salt.



HAIR TIP

### Sun in Her Hair Spray

"I worship the sun and now that spring has sprung I have been eager to sacrifice my hair to the warm daylight. Here is a great tip to aid you in capturing the sun in your hair!" -Madison Rosenberger, South Carolina

#### What you'll need:

- 20 drops Roman Chamomile essential oil
- 20 drops Lemon essential oil
- 4-ounce glass spray bottle
- Water

#### Directions:

1. Fill your bottle with water and essential oils
2. Spritz on your hair before you skip off to the beach or pool. You will have "Sun in Your Hair" before you know it!



### Easy Paint Clean-Up Tip

**For oil-based paint:** Soak your paint brush in a jar with doTERRA® Fractionated Coconut Oil and several drops of Lemon essential oil.

**For water-based paint:** Soak your paint brushes in a warm water mixed with Lemon essential oil. You can also remove paint stains from your skin by rubbing with a few drops of Lemon on a cotton ball or a rag.

### Cooling Spray

Add several drops of Peppermint oil to a small glass spray bottle and fill with cool water. Shake well and spritz on bare skin for a quick, refreshing cool down.

- Eunice Pond, California



## 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 therapies.

 <p><b>ARBORVITAE</b> ESSENTIAL OIL <i>Thuja plicata</i></p> <p>A T N</p> <p>49360001   5 mL \$29.33 retail   \$22.00 whl 22 PV</p>	 <p><b>BASIL</b> ESSENTIAL OIL <i>Ocimum basilicum</i></p> <p>A T I N</p> <p>30010001   15 mL \$26.67 retail   \$20.00 whl 20 PV</p>	 <p><b>BERGAMOT</b> ESSENTIAL OIL <i>Citrus bergamia</i></p> <p>A T I S</p> <p>30790001   15 mL \$36.67 retail   \$27.50 whl 27.5 PV</p>	 <p><b>BLACK PEPPER</b> ESSENTIAL OIL <i>Piper nigrum</i></p> <p>A T I S</p> <p>41040001   5 mL \$29.33 retail   \$22.00 whl 22 PV</p>	 <p><b>CARDAMOM</b> ESSENTIAL OIL <i>Elettaria cardamomum</i></p> <p>A T I N</p> <p>49350001   5 mL \$34.66 retail   \$26.00 whl 26 PV</p>
 <p><b>CASSIA</b> ESSENTIAL OIL <i>Cinnamomum cassia</i></p> <p>A T I D</p> <p>30020001   15 mL \$25.33 retail   \$19.00 whl 19 PV</p>	 <p><b>CEDARWOOD</b> ESSENTIAL OIL <i>Juniperus virginiana</i></p> <p>A T S</p> <p>49300001   15 mL \$17.33 retail   \$13.00 whl 13 PV</p>	 <p><b>CILANTRO</b> ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>41850001   15 mL \$34.67 retail   \$26.00 whl 26 PV</p>	 <p><b>CINNAMON</b> ESSENTIAL OIL <i>Cinnamomum zeylanicum</i></p> <p>A T I D</p> <p>30030001   5 mL \$28.00 retail   \$21.00 whl 21 PV</p>	 <p><b>CLARY SAGE</b> ESSENTIAL OIL <i>Salvia sclarea</i></p> <p>A T I N</p> <p>30420001   15 mL \$48.67 retail   \$36.50 whl 36.5 PV</p>
 <p><b>CLOVE</b> ESSENTIAL OIL <i>Eugenia caryophyllata</i></p> <p>A T I D</p> <p>30040001   15 mL \$18.67 retail   \$14.00 whl 14 PV</p>	 <p><b>CORIANDER</b> ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>30780001   15 mL \$34.67 retail   \$26.00 whl 26 PV</p>	 <p><b>CYPRESS</b> ESSENTIAL OIL <i>Cupressus sempervirens</i></p> <p>A T N</p> <p>30050001   15 mL \$20.67 retail   \$15.50 whl 15.5 PV</p>	 <p><b>EUCALYPTUS</b> ESSENTIAL OIL <i>Eucalyptus radiata</i></p> <p>A T S</p> <p>30060001   15 mL \$18.67 retail   \$14.00 whl 14 PV</p>	 <p><b>FENNEL, SWEET</b> ESSENTIAL OIL <i>Foeniculum vulgare</i></p> <p>A T I S</p> <p>41290001   15 mL \$20.00 retail   \$15.00 whl 15 PV</p>
 <p><b>FRANKINCENSE</b> ESSENTIAL OIL <i>Boswellia carterii, frereana, and sacra</i></p> <p>A T I N</p> <p>30070001   15 mL \$93.00 retail   \$69.75 whl 69.75 PV</p>	 <p><b>GERANIUM</b> ESSENTIAL OIL <i>Pelargonium graveolens</i></p> <p>A T I S</p> <p>30090001   15 mL \$36.00 retail   \$27.00 whl 27 PV</p>	 <p><b>GINGER</b> ESSENTIAL OIL <i>Zingiber officinale</i></p> <p>A T I S</p> <p>30080001   15 mL \$38.67 retail   \$29.00 whl 29 PV</p>	 <p><b>GRAPEFRUIT</b> ESSENTIAL OIL <i>Citrus X paradisi</i></p> <p>A T I N</p> <p>30100001   15 mL \$21.33 retail   \$16.00 whl 16 PV</p>	 <p><b>HELICHRYSUM</b> ESSENTIAL OIL <i>Helichrysum italicum</i></p> <p>A T I N</p> <p>30410001   5 mL \$100 retail   \$75 whl 75 PV</p>
 <p><b>JUNIPER BERRY</b> ESSENTIAL OIL <i>Juniperus communis</i></p> <p>A T I N</p> <p>49290001   5 mL \$25.33 retail   \$19.00 whl 19 PV</p>	 <p><b>LAVENDER</b> ESSENTIAL OIL <i>Lavandula angustifolia</i></p> <p>A T I N</p> <p>30110001   15 mL \$28.00 retail   \$21.00 whl 21 PV</p>	 <p><b>LEMON</b> ESSENTIAL OIL <i>Citrus limon</i></p> <p>A T I N</p> <p>30120001   15 mL \$13.33 retail   \$10.00 whl 10 PV</p>	 <p><b>LEMONGRASS</b> ESSENTIAL OIL <i>Cymbopogon flexuosus</i></p> <p>A T I S</p> <p>30130001   15 mL \$13.33 retail   \$10.00 whl 10 PV</p>	 <p><b>LIME</b> ESSENTIAL OIL <i>Citrus aurantifolia</i></p> <p>A T I S</p> <p>30870001   15 mL \$17.33 retail   \$13.00 whl 13 PV</p>
 <p><b>MARJORAM</b> ESSENTIAL OIL <i>Origanum majorana</i></p> <p>A T I N</p> <p>30140001   15 mL \$25.33 retail   \$19.00 whl 19 PV</p>	 <p><b>MELALEUCA</b> ESSENTIAL OIL <i>Melaleuca alternifolia</i></p> <p>A T I N</p> <p>30150001   15 mL \$25.33 retail   \$19.00 whl 19 PV</p>	 <p><b>MELISSA</b> ESSENTIAL OIL <i>Melissa officinalis</i></p> <p>A T I N</p> <p>30850001   5 mL \$153.33 retail   \$115.00 whl 115 PV</p>	 <p><b>MYRRH</b> ESSENTIAL OIL <i>Commiphora myrrha</i></p> <p>A T I N</p> <p>30160001   15 mL \$69.33 retail   \$52.00 whl 52 PV</p>	 <p><b>OREGANO</b> ESSENTIAL OIL <i>Origanum vulgare</i></p> <p>A T I D</p> <p>30180001   15 mL \$32.00 retail   \$24.00 whl 24 PV</p>
 <p><b>PATCHOULI</b> ESSENTIAL OIL <i>Pogostemon cablin</i></p> <p>A T I N</p> <p>30890001   15 mL \$39.33 retail   \$29.50 whl 29.5 PV</p>	 <p><b>PEPPERMINT</b> ESSENTIAL OIL <i>Mentha piperita</i></p> <p>A T I S</p> <p>30190001   15 mL \$27.33 retail   \$20.50 whl 20.5 PV</p>	 <p><b>ROMAN CHAMOMILE</b> ESSENTIAL OIL <i>Anthemis nobilis</i></p> <p>A T I N</p> <p>30800001   5 mL \$44.00 retail   \$33.00 whl 33 PV</p>	 <p><b>ROSEMARY</b> ESSENTIAL OIL <i>Rosmarinus officinalis</i></p> <p>A T I N</p> <p>30200001   15 mL \$18.67 retail   \$14.00 whl 14 PV</p>	 <p><b>SANDALWOOD</b> ESSENTIAL OIL <i>Santalum album</i></p> <p>A T I N</p> <p>30210001   5 mL \$82.33 retail   \$61.75 whl 61.75 PV</p>



**SANDALWOOD HAWAIIAN**  
ESSENTIAL OIL  
*Santalum paniculatum*

A T I N

41860001	5 mL
\$82.33 retail	\$61.75 whl
61.75 PV	

**THYME**  
ESSENTIAL OIL  
*Thymus vulgaris*

A T I D

30220001	15 mL
\$36.67 retail	\$27.50 whl
27.5 PV	

**VETIVER**  
ESSENTIAL OIL  
*Vetiveria zizanioides*

A T I N

30430001	15 mL
\$46.00 retail	\$34.50 whl
34.5 PV	

**WHITE FIR**  
ESSENTIAL OIL  
*Abies alba*

A T N

30250001	15 mL
\$26.67 retail	\$20.00 whl
20 PV	

**WILD ORANGE**  
ESSENTIAL OIL  
*Citrus sinensis*

A T I N

30170001	15 mL
\$14.00 retail	\$10.50 whl
10.5 PV	

**WINTERGREEN**  
ESSENTIAL OIL  
*Gaultheria procumbens*

A T S

30230001	15 mL
\$21.33 retail	\$16.00 whl
16 PV	

**YLANG YLANG**  
ESSENTIAL OIL  
*Cananga odorata*

A T I N

30240001	15 mL
\$47.00 retail	\$35.25 whl
35.25 PV	

**PEPPERMINT**  
BEADLET

NEW BOTTLE!

38150001	125 ct.
\$15.33 retail	\$11.50 whl
11.5 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 therapeutic 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	15 mL
\$34.67 retail	\$26.00 whl
26 PV	

**BALANCE™**  
GROUNDING BLEND

A T N

31010001	15 mL
\$26.66 retail	\$20.00 whl
20 PV	

**BREATHE™**  
RESPIRATORY BLEND

A T S

49370001	15 mL
\$26.67 retail	\$20.00 whl
20 PV	

**CITRUS BLISS®**  
INVIGORATING BLEND

A T N

31020001	15 mL
20.00 retail	\$15.00 whl
15 PV	

**CLARYCALM®**  
MONTHLY BLEND FOR WOMEN

A T N

35270001	10 mL
\$32.67 retail	\$24.50 whl
24.5 PV	

**DEEP BLUE®**  
SOOTHING BLEND

T S

31380001	10 mL
\$85.33 retail	\$64.00 whl
64 PV	

**DIGESTZEN®**  
DIGESTIVE BLEND

A T I N

31030001	15 mL
\$41.33 retail	\$31.00 whl
31 PV	

**ELEVATION**  
JOYFUL BLEND

A T N

31040001	15 mL
\$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	15 mL
\$46.00 retail	\$34.50 whl
34.5 PV	

**ON GUARD®**  
PROTECTIVE BLEND

A T I S

31100001	15 mL
\$42.67 retail	\$32.00 whl
32 PV	

**PASTTENSE®**  
TENSION BLEND

A T N

31350001	15 mL
\$24.67 retail	\$18.50 whl
18.5 PV	

**PURIFY**  
CLEANSING BLEND

A T N

31060001	15 mL
\$24.00 retail	\$18.00 whl
18 PV	

**SERENITY™**  
CALMING BLEND

A T N

31090001	15 mL
\$40.00 retail	\$30.00 whl
30 PV	

**SLIM & SASSY®**  
METABOLIC BLEND

A T I S

31370001	15 mL
\$32.67 retail	\$24.50 whl
24.5 PV	

**TERRASHIELD®**  
REPELLENT BLEND

A T N

31190001	15 mL
\$12.67 retail	\$9.50 whl
9.5 PV	

**WHISPER™**  
BLEND FOR WOMEN

A T N

31080001	5 mL
\$32.00 retail	\$24.00 whl
24 PV	

**ZENDOCRINE®**  
DETOXIFICATION BLEND

A T I S

31460001	15 mL
\$32.67 retail	\$24.50 whl
24.5 PV	

**ON GUARD®**  
BEADLET

NEW BOTTLE!

35410001	125 ct.
\$20.00 retail	\$15 whl
15 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)

# ESSENTIAL USAGE



## TOPICAL USE

### HAND AND BODY LOTION

Enjoy the benefits of adding your favorite essential oils as you discover silky, smooth skin with this hydrating lotion.

- Fragrance-free, light-weight lotion—perfect for hydrating the skin
- Combine with your favorite essential oils for added benefits

<b>36100001</b>	6.7 oz tube	
\$19.33 retail	\$14.50 wholesale	14.5 PV
<b>3-PACK</b>		
<b>36110001</b>	Three 6.7 oz tubes	
\$39.93 retail	\$29.95 wholesale	25 PV

### FRACTIONATED COCONUT OIL



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

<b>30260001</b>	4 oz	
\$16.00 retail	\$12.00 wholesale	12 PV

## 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

<b>34100001</b>	160 HPMC capsules	
\$5.33 retail	\$4.00 wholesale	0 PV



## AROMATIC USE

### PETAL DIFFUSER

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers health-promoting benefits to your family and home. It has a relaxing mist and soft white ambient light, making it ideal for nighttime diffusion, and can cover up to 100 square feet. The Petal Diffuser has three timed settings—1, 2, and 4 hours—allowing you to customize the release of essential oils into the air. This convenient diffuser is stable, light, and easy to use—perfect for home or office use.

- 1, 2, and 4 hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 330 square feet
- Simple, 3 piece diffuser is easy and convenient to use

<b>33150001</b>	20 PV
\$62.66 retail	\$47.00 wholesale



Petal Diffuser

### AROMA-ACE DIFFUSER

- Easy-to-use timing provides flexibility and convenience
- Output volume control allows you to choose the intensity of your aromatherapy experience
- Preserves the natural essence and complete therapeutic benefits of essential oils by not using heat or water
- Comes with a 15 mL bottle of On Guard® Protective Blend

<b>33030001</b>	40 PV
\$173.27 retail	\$129.95 wholesale



Aroma-Ace™ Diffuser

### LOTUS DIFFUSER NEW DESIGN!

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

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

<b>33160001</b>	40 PV
\$119.93 retail	\$89.95 wholesale



Lotus Diffuser

### AROMA LITE DIFFUSER

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

<b>33130001</b>	40 PV
\$119.93 retail	\$89.95 wholesale



Aroma Lite Diffuser

All other words with trademark or registered trademark symbols are trademarks or registered trademarks of dōTERRA Holdings, LLC.

# ON GUARD® PRODUCTS

## ON GUARD® FOAMING HAND WASH

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

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

## 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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## ON GUARD top seller PROTECTIVE BLEND



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

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

## ON GUARD NATURAL WHITENING TOOTHPASTE

Clean and protect teeth with the added benefit of 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
- Boasts the protective benefits of On Guard essential oil blend

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

## 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 On Guard Protective Blend
- Formulated with all-natural organic cane juice and brown rice syrup

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

## ON GUARD LAUNDRY DETERGENT

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

- Each naturally sourced enzyme targets and gently removes specific types of stains
- Contains 10 mL of 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; 1 tablespoon = 1 load (using a high efficiency washer)
- Great as a pre-treatment for stains

38980001	32 fl oz
\$32.67 retail	\$24.50 wholesale   20 PV

## ON GUARD BEADLET NEW BOTTLE!

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

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

35410001	125 beadlets
\$20.00 retail	\$15.00 wholesale   15 PV

## ON GUARD CLEANER CONCENTRATE

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

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

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



## ON GUARD+ SOFTGELS

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. On Guard+ is a great way to strengthen and maintain healthy immune function when seasonal threats are high or to protect against elements that can weaken the immune system.

- Helps support and maintain a healthy immune system
- Protects the body against seasonal threats
- Supports healthy circulation and respiratory function

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

## ON GUARD WHITENING TOOTHPASTE SAMPLES

The amazing benefits of On Guard Whitening Toothpaste need to be shared and this new convenient packaging provides the opportunity to share it with 10 of your closest friends.

- Pack of 10 in a convenient envelope
- Same formula as the full-sized tube
- Easy to share and convenient to take on-the-go

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



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# PRODUCT GUIDE

## SKIN CARE

### VERÁGE™ CLEANSER

Healthy, smooth skin begins with Veráge Cleanser. This all natural gel cleanser purifies skin for a fresh, youthful-looking complexion.

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

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

### VERÁGE™ TONER

Veráge Toner combines CPTG® essential oils with nourishing plant extracts to tighten, tone, and smooth 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
- Nourishing plant extracts provide targeted moisture and toning to help skin look its best
- Easy mist application

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

### VERÁGE™ IMMORTELLE HYDRATING SERUM

Experience the age-defying effects of Veráge 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
- Specialized plant technology promotes optimal lipid balance

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



### VERÁGE™ MOISTURIZER

Veráge 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
- Uses natural ingredients to hydrate skin, helping to reduce the appearance of fine lines and wrinkles

<b>37410001</b>	30 mL/1 fl oz
\$37.33	\$28.00 wholesale   28 PV

### VERÁGE™ SKIN CARE COLLECTION

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

<b>42690001</b>	70 PV
\$112.66 retail	\$84.50 wholesale



### FACIAL CLEANSER

<b>37010001</b>	4 oz
\$22.00	\$16.50 wholesale   16.5 PV

### PORE REDUCING TONER

<b>37020001</b>	4 oz
\$23.33	\$17.50 wholesale   17.5 PV

### IMMORTELLE ANTI-AGING BLEND New Look!

<b>37140001</b>	10 mL roll on
\$92.67	\$69.50 wholesale   69.5 PV

### TIGHTENING SERUM

<b>37040001</b>	1 oz
\$66.00	\$49.50 wholesale   49.5 PV

### ANTI-AGING MOISTURIZER

<b>37030001</b>	1.7 oz
\$46.00	\$34.50 wholesale   34.5 PV

### INVIGORATING SCRUB

<b>37050001</b>	2.5 oz
\$24.00	\$18.00 wholesale   18 PV

### HYDRATING CREAM

<b>37160001</b>	1.7 oz
\$46.00	\$34.50 wholesale   34.5 PV



**HD CLEAR® FOAMING FACE WASH** UPGRADED!

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

<b>49420001</b>	50 mL/1.7 oz
\$28.00 retail	\$21.00 wholesale   21 PV

**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, Eucalyptus, Geranium, and Litsea
- Helps balance complexion
- Promotes clear, smooth skin by targeting the site of blemishes

<b>49400001</b>	10 mL roll on
\$28.00 retail	\$21.00 wholesalex   21 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, Eucalyptus, Geranium, and Litsea
- All natural ingredients help target blemishes for clear and clean skin
- Absorbs quickly leaving skin feeling soft and smooth

<b>49410001</b>	50 mL/1.7 oz
\$45.33 retail	\$34.00 wholesale   34 PV



**HD CLEAR® KIT**

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

<b>42700001</b>	40 PV
\$61.33 retail	\$46.00 wholesale



**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
- Tiny polishing beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Protein-building peptides support healthy and youthful-looking skin
- Nutrient-rich formula helps maintain a radiant complexion

<b>37340001</b>	2 tubes—1.7 oz each
\$80.00 retail	\$60.00 wholesale   60 PV

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# PRODUCT GUIDE

## HAIR CARE

### dōTERRA SALON ESSENTIALS® HAIR CARE SYSTEM

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

<b>36280001</b>	70 PV
\$103.33 retail	\$77.50 wholesale

### PROTECTING SHAMPOO 2-PACK

<b>36240001</b>	\$32.67 retail	\$24.50 wholesale	19.5 PV
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### SMOOTHING CONDITIONER 2-PACK

<b>36250001</b>	\$38.67 retail	\$28.00 wholesale	23 PV
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### SHAMPOO AND CONDITIONER

<b>36260001</b>	\$38.67 retail	\$28.00 wholesale	23 PV
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### 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

<b>36220001</b>	8.34 oz
\$26.00 retail	\$19.50 wholesale   19.5 PV

### SALON ESSENTIALS SMOOTHING CONDITIONER

Give hair a smooth, finished look and protect it with the professional formula of 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 with nanotechnology

<b>36230001</b>	8.34 oz
\$30.67 retail	\$23.00 wholesale   23 PV

### SALON ESSENTIALS HEALTHY HOLD GLAZE

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

- Protects, nourishes, and fortifies hair for optimal health and shine
- Protein-rich nanoparticles work to promote improved moisture and softness
- Offers perfect support for beautifully styled hair

<b>36270001</b>	4 oz
\$24.00 retail	\$18.00 wholesale   15 PV

### 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.

- Infused with Lavender, Peppermint, Marjoram, Cedarwood, Lavandin, Rosemary, Niaouli, and Eucalyptus essential oils
- Provides extended protection and hydration to your scalp and hair

<b>36210001</b>	30 mL
\$46.67 retail	\$35.00 wholesale   35 PV

LOYALTY  
REWARDS  
PROGRAM



# SPA

## HAND AND BODY LOTION

Enjoy the benefits of adding your favorite essential oils as you discover silky, smooth skin with this hydrating lotion.

- Fragrance-free, light-weight lotion—perfect for hydrating the skin
- Combine with your favorite essential oils for added benefits
- Provides your skin with important nutrients, botanicals, and humectants
- Features cruciferous vegetable extracts to promote the appearance of healthy skin

<b>36100001</b>	6.7 oz tube
\$19.33 retail	\$14.50 wholesale   14.5 PV

## 3-PACK

<b>36110001</b>	Three 6.7 oz
\$39.93 retail	\$29.95 wholesale   25 PV

## CITRUS BLISS®

### INVIGORATING BATH BAR

Enter a state of bliss as you clean your body with the Citrus Bliss Invigorating Bath Bar.

- Contains dōTERRA® Citrus Bliss Invigorating Blend
- Perfect for every member of the family
- Gently exfoliates with natural oatmeal

<b>36130001</b>	4 oz
\$9.32 retail	\$6.99 wholesale   5 PV

### LIP BALM WITH PEPPERMINT & WILD ORANGE

Nourish and hydrate your lips with dōTERRA. Refresh your lips with the protecting power of Peppermint and Wild Orange essential oils.

- Non-waxy formula features moisturizing agents like shea and mango seed butters
- Restores moisture and elasticity to lips
- Invigorates and enhances mood with a blend of Peppermint and Wild Orange

<b>36190001</b>	.15 oz
\$6.33 retail	\$4.75 wholesale   4 PV

## SERENITY™ CALMING BATH BAR

Luxuriate as you enjoy the serene, calming influence of the Serenity Calming Bath Bar.

- Provides the benefits of Serenity Calming Blend
- Cleans and conditions your skin naturally with coconut and safflower oils and shea butter

<b>36140001</b>	4 oz
\$9.32 retail	\$6.99 wholesale   5 PV

## HEALING HANDS LOTION

Become part of furthering the cause of the dōTERRA Healing Hands Foundation™ by purchasing the lovely scented Healing Hands lotion infused with Bulgarian Rose CPTG® essential oil that will not only soften the skin and emit a beautiful aroma, but will also benefit the life of someone in need. The full purchase price of \$20 will be donated to the dōTERRA Healing Hands Foundation to assist those in need throughout the world. Your heart and your skin will be softened.

<b>36170001</b>	3.3 oz
\$20.00 retail	\$20.00 wholesale   0 PV

## CITRUS BLISS HAND LOTION

Conveniently packaged for an on-the-go aromatic experience, this lotion softens hands and enlivens the senses with the delightful aroma of Citrus Bliss Invigorating Blend.

- Light, uplifting scent with a kiss of vanilla and a bouquet of citrus essential oils
- Perfect size to tote in the car, take to the office, or put in a purse or bag
- Provides hands with important nutrients, botanicals, and humectants

<b>36200001</b>	2.5 fl oz tube
\$8.67 retail	\$6.50 wholesale   5 PV



# DAILY VITALITY



LOYALTY REWARDS PROGRAM

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

34210001 | \$99.33 retail | \$74.50 wholesale | 60 PV



**MICROPLEX MVp™  
FOOD NUTRIENT  
COMPLEX** NEW FORMULA!

An all-new formula with more bioavailable ingredients designed to provide just the right amounts of vitamins, minerals, and polyphenols that your body needs each and every day

- Naturally balanced, comprehensive array of vitamins and minerals to give you just what you need. Nothing more and nothing less
- Highly bioavailable chelated minerals
- Potent, antioxidant polyphenol extract blend
- All-new whole foods blend
- Also features the dōTERRA® Tummy Tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach

34320001 | 120 Vegetable Capsules  
\$52.67 retail | \$39.50 wholesale | 39.5 PV



**xEO MEGA®  
ESSENTIAL OIL OMEGA  
COMPLEX** NEW FORMULA!

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 flax, borage, cranberry, and 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

34310001 | 120 Softgels  
\$66 retail | \$49.50 wholesale | 49.5 PV



**vEO MEGA®  
ESSENTIAL OIL  
OMEGA COMPLEX**

vEO Mega is a revolutionary, 100 percent vegan-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, incha 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

34260001 | 120 Softgels  
\$66.00 retail | \$49.50 wholesale | 49.5 PV



**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

34180001 | 120 Vegetable Capsules  
\$92.67 retail | \$69.50 wholesale | 69.5 PV



# DIETARY SUPPLEMENTS



## doTERRA DAILY NUTRIENT PACK MICROPLEX MVP™ AND XEO MEGA®

20650001	50 PV
\$79.33 retail	\$59.50 wholesale

LOYALTY  
REWARDS  
PROGRAM

## PERSONALIZED WELLNESS PROGRAM

LOYALTY  
REWARDS  
PROGRAM

### Customize and Save

With the purchase of one Lifelong Vitality Pack or one Daily Nutrient Pack via the loyalty rewards program, choose up to 3 additional targeted supplements at a significant savings.

### BUY 1 LIFELONG VITALITY OR DAILY NUTRIENT PACK



\$59.50  
wholesale  
50 PV

OR



\$79.50  
wholesale  
60 PV

### AND CHOOSE UP TO 3 ADDITIONAL SUPPLEMENTS AT REDUCED PRICES



<b>Microplex MVP™</b> \$20.00 10 PV	<b>xEO Mega®</b> \$20.00 10 PV	<b>Mito2 Max®</b> \$20.00 10 PV	<b>Deep Blue Polyphenol Complex™</b> \$20.00 10 PV	<b>TerraZyme®</b> \$20.00 10 PV	<b>PB Assist®+</b> \$20.00 10 PV	<b>Kids Kit (IQ Mega® &amp; A2Z)</b> \$25.00 10 PV
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# DIETARY SUPPLEMENTS



### DDR PRIME®

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

- Provides antioxidant protection against oxidative damage
- Supports a healthy response to cellular stressors
- Promotes healthy cellular response, repair, and regeneration

### DDR PRIME ESSENTIAL OIL CELLULAR COMPLEX

41510001	30 mL bottle
\$73.33 retail	\$55.00 wholesale   55 PV

### DDR PRIME SOFTGELS™

41740001	60 capsules
\$73.33 retail	\$55.00 wholesale   55 PV



### MITO2MAX®

NEW FORMULA!

### ENERGY & STAMINA COMPLEX

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

- Promotes better microcirculation with Oligonol® 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



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



### DEEP BLUE NEW!

### POLYPHENOL COMPLEX™

Now Deep Blue has a nutritional supplement, which contains powerful polyphenols clinically tested to help with 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 aches and discomfort
- Can be used in tandem with Deep Blue Rub or Deep Blue Soothing Blend

34360001	60 Vegetable capsules
\$66.00 retail	\$39.50 wholesale   39.5 PV



### 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
- Provides calming and balancing effects, both internally and externally

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



# CHILDREN'S SUPPLEMENTS

## a2z CHEWABLE®

Designed for children and adults who have difficulty swallowing capsules, a2z provides 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
- Promotes healthy cell development and longevity when taken daily

<b>35330001</b>	60 tablets
\$26.00 retail	\$19.50 wholesale   30 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 1,000 mg of concentrated, pure fish oil per serving
- Supports healthy brain, cardiovascular, immune, and joint function
- Formulated to be used with a2z chewable

<b>35320001</b>	150 mL
\$46.00 retail	\$34.50 wholesale   30 PV



# DIGESTIVE HEALTH



## DIGESTZEN® NEW DESIGN! 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 Anise essential oils
- Aids in the digestion of foods
- Maintains a healthy gastro intestinal tract
- Soothes occasional stomach upset

<b>31030001</b>	15 mL bottle
\$41.33 retail	\$31.00 wholesale   31 PV

## DIGESTZEN® SOFTGELS

doTERRA® 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.

<b>35430001</b>	60 vegetarian softgels
\$26.00 retail	\$19.50 wholesale   15 PV



## ZENDOCRINE® DETOXIFICATION BLEND



Support your body's natural detoxification systems with Zendocrin.

- Features a proprietary blend of Tangerine Peel, Rosemary, Geranium, Juniper Berry and Cilantro essential oils
- Supports healthy liver function
- Can be used individually or in combination with Zendocrin Detoxification Complex

<b>31460001</b>	15 mL bottle
\$32.67 retail	\$24.50 wholesale   24.5 PV

## ZENDOCRINE® SOFTGELS

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

<b>34280001</b>	60 vegetarian softgels
\$32.67 retail	\$24.50 wholesale   21.5 PV



## TERRAZYME® TOP SELLER DIGESTIVE ENZYME COMPLEX

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

<b>35110001</b>	90 vegetable capsules
\$50.00 retail	\$37.50 wholesale   37.5 PV



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## PRODUCT GUIDE

### ZENDOCRINE® DETOXIFICATION COMPLEX

Support your body's filtering and waste management system with the proprietary Zendocrine 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

<b>35120001</b>	60 vegetable capsules
\$32.67 retail	\$24.50 wholesale   24.5 PV



### 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 5 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

<b>35160001</b>	30 vegetable capsules
\$46.00 retail	\$34.50 wholesale   34.5 PV



### 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

<b>35040001</b>	60 softgels
\$34.67 retail	\$26.00 wholesale   26 PV



## WOMEN'S HEALTH



LOYALTY  
REWARDS  
PROGRAM

### WOMEN'S HEALTH KIT

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

<b>35250001</b>	\$92.67 retail	\$69.50 wholesale	60 PV
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### PHYTOESTROGEN LIFETIME COMPLEX™

dōTERRA® Women Phytoestrogen Lifetime 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

<b>35260001</b>	60 capsules
\$52.67 retail	\$39.50 wholesale   39.5 PV



### BONE NUTRIENT LIFETIME 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

<b>35240001</b>	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
- Helps maintain emotional balance
- Provides temporary respite from cramps, hot flashes, and emotional swings

<b>35270001</b>	10 mL roll on
\$32.67 retail	\$24.50 wholesale   24.5 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.

<b>35180001</b>	vanilla		
\$52.67	\$39.50 wholesale	25 PV	
<b>35200001</b>	chocolate		
\$52.67	\$39.50 wholesale	25 PV	

## SLIM & SASSY TRIM KIT

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

<b>40770001</b>	1 Chocolate, 1 Vanilla		
\$200 retail	\$150 wholesale	125 PV	
<b>35280001</b>	2 Chocolate		
\$200 retail	\$150 wholesale	125 PV	
<b>35290001</b>	2 Vanilla		
\$200 retail	\$150 wholesale	125 PV	
<b>60130001</b>	2 V Shake		
\$200 retail	\$150 wholesale	125 PV	

## 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

<b>35440001</b>			
\$52.67	\$39.50 wholesale	25 PV	

## SLIM & SASSY® SOFTGELS

Slim & Sassy Softgels contain dōTERRA®'s proprietary Slim & Sassy essential oil blend in convenient softgels to promote weight loss 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
- Has a positive effect on the endocrine system to assist with weight loss

<b>34270001</b>	60 vegetarian softgels		
\$46.00 retail	\$34.50 wholesale	30 PV	



MADE WITH VEGETARIAN SOFTGELS



## 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

<b>31370001</b>	15 mL bottle		
\$32.67 retail	\$24.50 wholesale	24.5 PV	

EssentraTrim is a registered trademark of NutraGenesis, LLC. Solathin is a registered trademark of Cyvex Nutrition.



## SLIM & SASSY CONTRÖL INSTANT MIX

Slim and Sassy contröL is available in a powdered mix that you can take at any time during the day to help control your appetite. contröL contains a revolutionary ingredient made from spinach extract called Appethyl™, which has been clinically shown to significantly reduce appetite for up to 6 hours.

- Helps promote appetite control and manage portion sizes
- Helps maintain healthy food intake
- Along with a sensible program of diet and exercise, may help to promote and maintain healthy weight-loss over time

<b>34150001</b>	30 sachets		
\$79.33 retail	\$59.50 wholesale	50 PV	



## SLIM & SASSY CONTRÖL™ BARS

contröL is also available in a tasty bar. Convenient for people who are always on the go, control delivers the appetite-controlling power of Appethyl™ to help you in your quest to manage your weight and your overall well-being.

- Helps promote appetite control and manage portion sizes
- Helps maintain healthy food intake
- Along with a sensible program of diet and exercise, may help to promote and maintain healthy weight-loss over time

<b>34330001</b>	10 apple cinnamon bars		
\$36.67 retail	\$27.50 wholesale	20 PV	

<b>34340001</b>	10 lemon bars		
\$36.67 retail	\$27.50 wholesale	20 PV	

<b>34370001</b>	10 apricot bars		
\$36.67 retail	\$27.50 wholesale	20 PV	

## CONTRÖL BAR 3-PACK

<b>20900001</b>	10 bars of each flavor		
\$99.33 retail	74.50 wholesale	50 PV	

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

EssentraTrim is a registered trademark of NutraGenesis, LLC. Solathin is a registered trademark of Cyvex Nutrition. Appethyl is a trademark of Greenleaf Medical AB

# DEEP BLUE® PRODUCTS



## DEEP BLUE® top seller SOOTHING BLEND



A synergistic blend of CPTG® essential oils, Deep Blue provides instant relief for the occasional discomfort of tired, sore, and worn-down muscles.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysm, and Osmanthus essential oils
- Apply directly to area to relieve occasional joint and muscle pain

<b>31050001</b>	5 mL bottle	
\$42.67 retail	\$32.00 wholesale	32 PV
<b>31380001</b>	10 mL roll on	
\$85.33 retail	\$64.00 wholesale	64 PV

## DEEP BLUE® RUB SAMPLES

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

<b>38950001</b>	Ten 2 mL samples	
\$6.67 retail	\$5.00 wholesale	0 PV

## DEEP BLUE® RUB SOOTHING LOTION

Infused with Deep Blue Soothing Blend, Deep Blue Rub provides targeted comfort to the occasional pain associated with tired and sore joints and muscles.

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Cools and warms problem areas
- Blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy

<b>38900001</b>	4 oz	
\$39.00 retail	\$29.25 wholesale	29.25 PV

## DEEP BLUE NEW! POLYPHENOL COMPLEX™

Now Deep Blue has a nutritional supplement, which contains powerful polyphenols clinically tested to help with 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 aches and discomfort
- Can be used in tandem with Deep Blue Rub or Deep Blue Soothing Blend

<b>34360001</b>	60 Vegetable capsules	
\$79.33 retail	\$59.50 wholesale	59.5 PV

## TERRAGREENS®

Give your daily intake of fruits and vegetables a boost with this powdered drink mix designed to be taken with water, 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

<b>60120001</b>	300 g	
\$37.33 retail	\$28.00 wholesale	20 PV



## BREATHE™ RESPIRATORY DROPS

The respiratory benefits of selected CPTG® essential oils from the 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

<b>35460001</b>	30 drops	
\$19.33 retail	\$14.50 wholesale	14.5 PV



## CORRECT-X® ESSENTIAL OIL OINTMENT

Correct-X is an all-natural topical ointment using powerful CPTG essential oils that assists in soothing various skin conditions.

- Petroleum free
- Includes plant-based ingredients that are valuable in promoting skin health
- Safe and easy to use
- Utilizes CPTG essential oils of Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender

<b>60110001</b>	15 mL/.5 oz	
\$16.00 retail	\$12.00 wholesale	10 PV



# ENROLLMENT KITS



## FAMILY PHYSICIAN 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 Physician Kit includes:

- 5 mL bottles of essential oils and blends: Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe™, DigestZen®, On Guard®
- Lists of suggested uses for each oil

<b>20560001</b>	Ten 5 mL bottles
\$166.67 retail	\$125.00 wholesale   115 PV

## HOME ESSENTIALS KIT

- 15 mL bottles of Frankincense, Lavender, Lemon, Melaleuca, Oregano, Peppermint, Breathe™, DigestZen®, On Guard®
- 5 mL bottle of Deep Blue®
- Petal diffuser.

<b>41180001</b>	225 PV
\$366.57 retail	\$275.00 wholesale



## NATURAL SOLUTIONS KIT

- 5 mL bottles of Serenity, DigestZen®, Purify, Melaleuca, Oregano, AromaTouch®, Frankincense, Breathe, Balance
- 10 mL bottles of PastTense®, HD Clear®, ClaryCalm®
- 15 mL bottles of Citrus Bliss, Lavender, Lemon, Peppermint, Slim & Sassy®, Lemongrass
- On Guard® Collection: On Guard Protective Blend (15 mL), On Guard Beadlets, On Guard Toothpaste, On Guard Hand Wash w/2 Dispensers
- Other Products: Life Long Vitality, TerraZyme®, HD Clear Foaming Face Wash, Deep Blue® Rub, Fractionated Coconut Oil (4 oz), Sample Vials, Aroma Lite Diffuser, Wooden Box.

<b>20520001</b>	400 PV
\$733.33 retail	\$550.00 wholesale



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dōTERRA®

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

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# LOTUS

AROMA DIFFUSER



## Powerful Aromatic Experience

### Activating Your Sense of Smell

Studies show that 75% of emotions are triggered by smell, which is linked to pleasure, well-being, emotion, and memory.

### Lotus Diffuser

To Order: 

33160001	20 PV
\$119.93 retail	\$89.95 wholesale



dōTERRA®

CPTG Certified Pure Therapeutic Grade®