

dōTERRA®

LIVING

Oral Care
& Heart
Health

PAGE 9

a natural
guide to
gardening

PAGE 11

this issue's makeover...
your cleaning
CABINET!

PAGE 16

this spring,
**CLEAN
GREEN**

DIY recipes and tips

PAGE 18

SPRING 2012



YOUR FIRST LINE OF DEFENSE STARTS IN YOUR MOUTH



On Guard® Natural Whitening Toothpaste

- Fluoride-free
 - Strengthens teeth
 - Reduces plaque
 - Whitens teeth with gentle polishing agents
- Combination of wild orange, clove, cinnamon, eucalyptus, rosemary, peppermint, myrrh, and wintergreen essential oils with xylitol as a natural sweetener.

 To order this product, use item number 3891 US\$11.33 retail

dōTERRA®  Certified Pure Therapeutic Grade®



4



14



11

IN THIS ISSUE



22



16



21



5



24

features

9 Oral Care & Heart Health:

Does Caring for Your Heart Begin with Caring for Your Smile?

11 The Garden Essentials:

A Natural Approach to Gardening for Healthy & Beautiful Plants

14 Home, Field, Clinic or Operating Room:

Exploring Clinical Applications of Essential Oils

22 Essential Recipes:

Try these Delicious Recipes Made with dōTERRA Essential Oils

24 Everyday Detox:

Your Guide to Cleansing Safely & Naturally

departments

4 Essential Oil Spotlight: Purify

5 Ask Dr. Hill

6 Product of the Product:

An Inspirational Slim & Sassy Story

16 Make Over My Cleaning Cabinet

18 Back to Basics:

Spring Cleaning Tips & Recipes

20 Essential Science: Meet Scientific Advisory Board Member, Nicole Stevens

21 Idea Notebook: Try these Handy User-submitted Tips & Tricks

26 dōTERRA Product Guide: A Quick Shopping Reference for All Products



 **dōTERRA PRODUCT GUIDE**, see pages 26—31
a quick shopping reference for all products

ESSENTIAL OIL SPOTLIGHT

PURIFY

CLEANSING BLEND

From bug bites to sneezes, protecting yourself is more important than ever. Purify is dōTERRA's Cleansing Blend of CPTG® essential oils designed to eliminate odors and other contaminants naturally, without toxic additives. Its refreshing aroma quickly eradicates unpleasant odors and purifies the air and environment with the essential oils of lemon, lime, pine, citronella, melaleuca, and cilantro. For aromatic or topical use.



HOW TO USE

APPLY TO INSECT BITES OR STINGS

DIFFUSE TO DEODORIZE A ROOM

USE ON COUNTER-TOPS AND OTHER HARD SURFACES

ADD 3-5 DROPS TO YOUR LAUNDRY OR 1 DROP TO YOUR DISHWASHER

USE UNDER ARMS AS AN ALTERNATIVE TO DEODORANT

DID YOU KNOW?

A study published in the journal *Environmental Impact Assessment Review* says that 25 best-selling cleaning and personal-hygiene products emit an average of 17 chemicals each.

Researchers analyzed 25 popular fragranced consumer products, including air fresheners, deodorizers, cleaners, all-purpose sprays, and disinfectants. Some of these volatile organic compounds (VOCs) are classified as probable carcinogens with no safe exposure level, according to the EPA. Also, virtually none of the VOCs emitted from the products were listed on any product label or material safety data sheet. Even more concerning, about half of the products made some claim of being "organic," "natural," or "non-toxic."

hat, āge, cāre, fār; let, bē, tērm; it, ice; hot, gō, ōrder; oil, out; cup, pūt, rūle, ūse; ch, child; ng, long; th, thin; th, then; zh, measure; ə represents a in about, e in taken, i in April, o in lemon, u in circus.



ask DR. HILL



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

Well known in the industry as an expert on wellness and essential oils, Dr. Hill is Chairman of dōTERRA's Scientific Advisory Board.

Our medical expert, Dr. Hill, answers questions about type 2 diabetes, skin conditions, managing ADD/ADHD and mood stabilization.

Q Are there essential oils and nutritional products that can be helpful for type 2 diabetes?

A: A growing number of clinical studies are being conducted on how nutritional products and essential oils positively impact many health conditions, including the causes and symptoms of type 2 diabetes. Research includes the study of diets that are high in nutritional components such as antioxidant polyphenols and essential fatty acids found in the products of the Lifelong Vitality Pack. These components help support healthy inflammatory and insulin response, which are key factors in managing type 2 diabetes. Additionally, research shows that certain essential oils, such as grapefruit and cinnamon, may also be beneficial for the healthy regulation of blood sugar levels. Linalool, an alcohol compound found in many essential oils, such as coriander, can help control some of the symptoms of type 2 diabetes, as well as helping with the degenerative damage caused by the process of diabetes. Eating right, exercising, and losing weight are the best ways to avoid the onset of type 2 diabetes.

REFERENCES

Gray, AM. and Flatt, PR., *Insulin-releasing and insulin-like activity of the traditional anti-diabetic plant Coriandrum sativum (coriander)*. Dugoua, JJ., et al.

From type 2 diabetes to antioxidant activity: a systematic review of the safety and efficacy of common and cassia cinnamon bark. Can J Physiol Pharmacol. 2007 Sep;85(9):837-47.

Q Is there an effective way to reduce the symptoms and problems associated with skin conditions such as eczema and psoriasis?

A: One of the greatest benefits of essential oils is their very wide range of applications, including conditions of the skin. Many people have experienced immediate and targeted benefits of topical application of essential oils, but essential oils can do more than just provide relief of symptoms. When people have skin conditions like psoriasis and eczema, they can be caused by inflammation and other systemic issues which can also be managed in part through the use of essential oils. In some cases, clinical research has shown a correlation between chronic infections of candida and yeast and skin conditions of eczema and psoriasis. Using essential oils as part of a gastrointestinal cleanse, followed by the use of supplemental probiotics, can help with a more healthy intestinal environment where bacterial triggers of skin conditions are not able to grow. I recommend a combination of GX Assist and PB Assist+ as a monthly GI maintenance routine.

REFERENCES

Chaieb, K., et al., *Antioxidant properties of the essential oil of Eugenia caryophyllata and its antifungal activity against a large number of clinical Candida species*. Mycoses. 2007 Sep;50(5):403-6.

Walsh, D., *Using aromatherapy in the management of psoriasis*. Nurs Stand. 1996 Dec 18;11(13-15):53-6.

Q What is the best way to manage the outcomes of ADD and ADHD?

A: It is alarming to see the dramatic increase in the diagnosis of ADD/ADHD throughout the world, and it is important to identify the correlative factors of this growing condition. Research suggests that contributing factors may include: toxic insults of all sorts, lack of optimal nutrition, and hypersensitivities to foods and other allergens. We may not be able to diagnose specifically which of these factors is the most dominant factor contributing to ADD or ADHD in every case, but we can address them in a general sense. A holistic approach begins with a balanced and complete diet. Consuming optimal levels of dietary nutrients is difficult for normal, healthy adults, and it becomes even more of a challenge for people with ADD and ADHD.

Can children use Lifelong Vitality?

Yes. The antioxidant polyphenols, essential fatty acids, and balanced levels of essential vitamins and minerals in the Lifelong Vitality products can be an important part of a balanced diet for adults, teenagers, and children who are suffering from ADD and ADHD. Children and teenagers can safely consume a reduced daily dose of each product as a proportion of their body weight to a full grown adult.

Can essential oils also be used to help with ADD and ADHD?

Essential oils have been clinically shown to influence mood in profound ways. Essential oils have been demonstrated to help with focus and to help calm and soothe. Lavender and citrus oils can help reduce levels of anxiety and stress. Frankincense can help with healthy inflammatory response. Some research shows a correlation between mood management and the essential oils melissa, patchouli, German chamomile, and vetiver. These are all very mild essential oils that can be safely used on children in moderate amounts.

REFERENCES

Bell, JG., et al., *The fatty acid compositions of erythrocyte and plasma polar lipids in children with autism, developmental delay or typically developing controls and the effect of fish oil intake*. Br J Nutr. 2010 Apr;103(8):1160-7.

Cases, J., et al., *Pilot trial of Melissa officinalis L. leaf extract in the treatment of volunteers suffering from mild-to-moderate anxiety disorders and sleep disturbances*. Med J Nutrition Metab. 2011 Dec;4(3):211-218.

THE DR. RECOMMENDS



Lifelong Vitality Pack (No. 3421), coriander (No. 3078), PB Assist+ (No. 3516) and GX Assist (No. 3504), melissa (No. 3085), lavender (No. 3011), patchouli (No. 3089) and vetiver (No. 3043).

INSPIRATIONAL STORIES FROM dōTERRA® PRODUCT USERS



“Achieving Goals Requires No Excuses”

—JENNIFER

MEET JENNIFER Crowley. She is an optometrist, wife, and mother of two. Her life and body have undergone a complete transformation in the last year and a half. When her patients come to see her, their jaws drop to the floor and they can't believe she is the same doctor they have been seeing for the past 15 years.

EIGHTEEN MONTHS AGO, Jennifer was struggling to carry her three-year-old son up the stairs. When she reached the top, she collapsed trying to catch her breath and recoup her energy. Her son put his hands to her face and said, “Mommy, are you okay?” The realization hit her that if a three year old knew something was wrong, it obviously was. Her life was restricted because of her weight. She couldn't play with her kids like she wanted to and struggled to keep up with them each day. Also, she injured her shoulder from falling a few times. In October 2010, Jennifer Crowley made the choice to take control of her health, body, and life.



SLIM & SASSY® ESSENTIAL OIL METABOLIC BLEND

3137 \$32.67 retail 15 ml bottle

SLIM & SASSY® TRIMSHAKE™

CHOCOLATE 3520 \$52.67 retail 20 serving canister
VANILLA 3518 \$52.67 retail 20 serving canister



"I love Citrus Bliss, it is just like perfume!"

Exercise was the first thing Jennifer knew she needed to add to her life, and she started meeting with her personal trainer, Paul Holmes. Jennifer remembers the first day she went to the gym, "In my oversized shorts and t-shirt, I did not fit in with all those beautiful people." The only motivation she had for returning the second day was the fact that she had already paid Paul for a full month of training. After a couple weeks of exercise, Jennifer knew she needed something else to complete her lifestyle change. She had no energy to function during the day. Paul introduced Jennifer to LifeLong Vitality, and her energy came back instantly. She added Slim & Sassy to her daily regimen. The Slim & Sassy helped Jennifer fight her strong sugar cravings. After the success of LifeLong Vitality and Slim & Sassy essential oil, Jennifer was excited to try the TrimShake. Unable to find a protein shake that didn't have sugar or artificial preservatives, Jennifer was thrilled to learn the TrimShake contains stevia as a sweetener.

There is no doubt that Jennifer's transformation has been a product of hard work, consistency, and determination. Yet Jennifer says, "The weight came off all too easily." She had tried fad diets before and experienced short-term results. doTERRA products have made the difference for Jennifer and have given her the freedom to be who she wants to be.

doTERRA's Slim & Sassy® is only one of many factors in successful weight reduction. Losing weight involves proper diet, nutrition and exercise.



CRAVING SUGAR?
Sweeten green tea with cassia, "It tastes so sweet!"
-Jennifer



Jennifer was thrilled to learn that TrimShake contains stevia as a sweetener.

A PEEK INSIDE JENNIFER'S PURSE:

- Slim & Sassy
- Immortelle
- Lavender
- Frankincense
- Citrus Bliss
- Peppermint
- Lime
- Serenity
- Balance
- Cassia



LifeLong Vitality (Item No. 3421) Helped Jennifer keep her energy levels up during workouts.



JENNIFER BEFORE

TOTAL TRANSFORMATION
Jennifer has lost over 110 pounds and went from a pant size of 22 to a size 8!





To order this product, use code DigestZen (3103) US\$41.33

DigestZen Digestive Blend

A combination of ginger, peppermint, tarragon, fennel, caraway, coriander, and anise helps to bring soothing digestive relief. *For best results use internally.*

restore your digestive balance



When digestive discomforts disrupt the balance of your life's busy schedule, turn to DigestZen, dōTERRA's proprietary digestive blend of pure essential oils to help calm your upset stomach, reduce gastrointestinal discomforts, and support healthy digestive functions.* From world travelers to kindergarten teachers, DigestZen is a backpack, purse, and bathroom cabinet essential.

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

ORAL CARE *and* HEART HEALTH

DOES CARING FOR YOUR HEART BEGIN WITH CARING FOR YOUR SMILE?

HEART DISEASE is the number one killer in the United States. When you think about heart health, cholesterol or blood pressure might come to mind, but when was the last time you thought about your heart as you brushed your teeth?

Recent research shows oral bacteria might be another indicator of cardiovascular disease. A study published in December 2011 found a correlation between periodontal disease and coronary heart disease. In 2005 and 2006 there were several preclinical research studies showing oral bacteria can colonize cells in the coronary artery and produce changes associated with heart disease. The correlation between heart disease and oral health is strong, but research isn't definitive on which causes which. What we do know is, according to the American Academy of Periodontology, people with periodontal disease are almost twice as likely to have coronary artery disease or heart disease.

Another study found that the presence of common problems in the mouth, including the gum disease, gingivitis, cavities, and missing teeth were as good at predicting heart disease as cholesterol levels.

A healthy lifestyle, and daily brushing and flossing, should be our goals to increase overall health and wellness and to support a healthy heart.



TWO THEORIES ON THE CONNECTION

ONE- When oral bacteria are introduced into the blood stream, the bacteria could attach themselves to an already forming plaque on your arterial walls, accelerating arterial plaque or increasing inflammation at the site.

TWO- It's possible that oral inflammation associated with periodontal disease increases your entire system's susceptibility to inflammation. Diseases such as heart disease and diabetes are inflammatory diseases.

NATURAL SOLUTIONS TO ORAL CARE



ESSENTIAL OILS | For a safe and effective mouth rinse, swish 1 drop of On Guard® (No. 3110) with water. Clove (No. 3004) is effective for oral discomfort, and myrrh (No. 3016) for bleeding gums.



ON GUARD® TOOTHPASTE | combines natural ingredients with mouth friendly essential oils, to protect against germs and pathogens, while reducing plaque and whitening teeth. (No. 3891)

1. Beck, J.D., et al., *Periodontal disease and coronary heart disease: a reappraisal of the exposure*. *Circulation*, 2005. 112(1): p. 19-24.

2. Sikka, M., et al., *Poor oral health in patients with coronary heart disease: a case-control study of Indian adults*. *N Z Med J*, 2011. 124(1347): p. 53-62.

ELIMINATE SEASONAL AND SURFACE-BORNE THREATS



ON GUARD® FOAMING HAND WASH

On Guard® Foaming Hand Wash is a gentle, healthy alternative to harsh antibacterial soaps made with synthetic ingredients that may dry and irritate sensitive skin.

Contains wild orange, clove, cinnamon, eucalyptus, and rosemary Certified Pure Therapeutic Grade® essential oils. 🛒 To order this product, use Item No. 3801 US\$24.67 retail

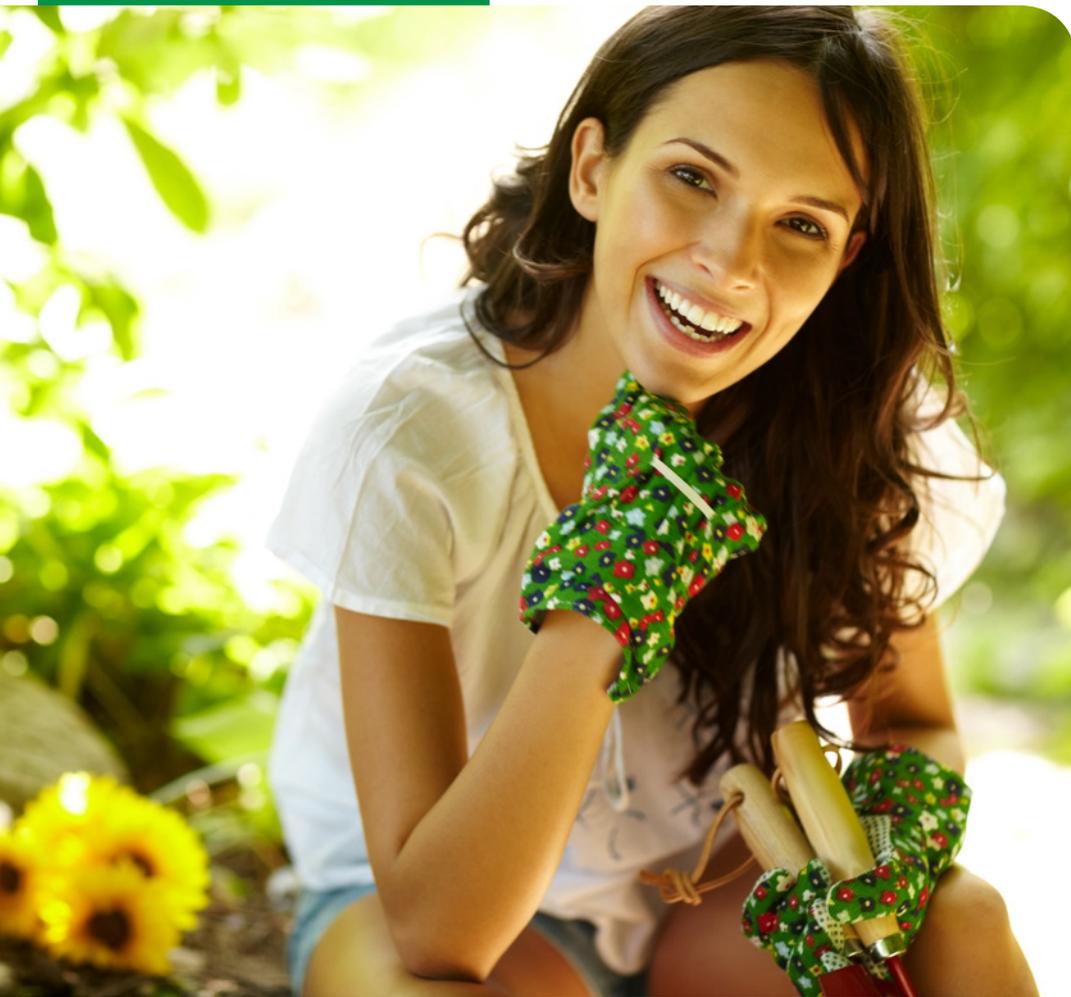


THE GARDEN ESSENTIALS

Essential oils can help protect plants from insects, mildew, and other plant diseases. Follow our essential gardening guide for healthy and beautiful plants.

TO LEARN ALL ABOUT
NATURAL GARDENING,
TURN THE PAGE





varieties such as sandy clay loam, silty clay loam, or silty sandy loam. However, the most desirable soil is a loamy soil, which contains all three sizes of particles and contains organic matter and secondary particles called aggregates. This soil can provide the plant with everything it needs to thrive. It will have physical support for the root structure and provide an environment for air, water, and nutrients to be retained.

➔ **good structure**

A good soil structure also provides good drainage, which is important to ensure excess salts can be leached through the soil profile and out of the root zone. Drainage can be improved by adding organic matter, deep tilling, planting in raised beds, and installing drains in the soil.

➔ **make amends**

Amending soils with organic matter is the most important thing you can do to improve any soil. The benefits of adding organics are increased water holding capacity, reduced compaction, improved drainage, nutrients for plants, and lowered soil pH. Composts and manures are good sources, but may also contain salts and weed seeds.

➔ **organic matters**

How much organic matter should be added to the soil? Apply a two to three inch layer of material if you are improving soil for the first time. Apply one inch per year for existing areas that have previously been amended.

Dig in! Improve your soil this spring before planting anything and your garden will reap rewards all year long. ■

Visit your local nursery for specific information on your area's soil type, climate and growing season.

THE SCIENCE OF SOIL

can you dig it?

Soil is more than a medium to support plant life, it is the foundation for all life. Therefore, soil is critical to a gardener's success. Ideal soil must contain air, water, and nutrients for plants to thrive long term.

BY KEVIN HOLYOAK, MASTER GARDENER

SOIL TEXTURE refers to the individual or primary soil particles left after structure is removed. There are three types of mineral particles found in soils:

SAND	Feels gritty. Composed of particles .05 to 2mm
SILT	Feels smooth and is .002 mm to .05 mm
CLAY	Feels sticky and is smaller than .002 mm

Soils consisting of only one particle size are not ideal. A soil composed of two or more particle sizes is known as loam, and includes



TIP: Thyme and lavender are great for protecting all vegetables in the garden.



Versatile Vinegar

Did you know that vinegar is a natural herbicide? Kill weeds and grass growing in unwanted places by pouring full-strength white distilled vinegar on them. This works especially well in crevices and cracks of walkways and driveways. Be careful not to spray it on the surrounding grass as it will kill that too.

MORE IDEAS:

Give acid-loving plants a boost by watering them with a vinegar solution now and again. A cup of vinegar to a gallon of water is a good mixture.

Preserve cut flowers and liven droopy ones by adding 2 tablespoons white distilled vinegar and 1 teaspoon sugar to a quart of water in a vase.

Wash garden vegetables with a mixture of 1 tablespoon of white distilled vinegar in 1½ quarts of water.

Kill slugs by spraying them with a mixture of 1 part water and 1 part white vinegar.



Deter him (and several hundred of his closest friends) with peppermint!

CUSTOMIZED PEST CONTROL

For more specific insect problems, try mixing 8 ounces of water in a spray bottle with 1/2 teaspoon natural soap and 12 drops of dōTERRA essential oil from the guide below, remembering to shake the bottle frequently to keep the oil mixed with the water.

ANTS	peppermint (add a line to window and door seals)
APHIDS	peppermint, sandalwood, white fir
BETTERLES	peppermint, thyme
CATERPILLARS	peppermint
CHIGGERS	lavender, lemongrass, thyme
CUTWORM	thyme
FLEAS	lavender, lemongrass, peppermint
FLIES	basil, clove, eucalyptus, lavender, peppermint, rosemary
GNATS	patchouli
MOSQUITOES	lavender, lemongrass
MOTHS	lavender, peppermint
PLANT LICE	peppermint
ROACHES	eucalyptus
SLUGS	white fir
SNAILS	patchouli, white fir
SPIDERS	peppermint
TICKS	lavender, lemongrass, thyme
WEEVILS	patchouli, sandalwood

🌱 pest-free gardening is safe and easy

ALL-AROUND INSECT REPELLANT BLEND:

Fill a spray bottle with 8 ounces of water and 15 drops of dōTERRA TerraShield® essential oil blend, then spray on plants.

(Item No. 3119)



A LITTLE GOES A LONG WAY

Essential oils are powerful, so apply to plants sparingly. Begin by spraying the solution on the plants, making sure to spray underneath the leaves as well as on top. You can also apply the solution with a brush if you want to be more precise in your application to a specific area. Several applications, every few days, may be necessary.

HOME, FIELD, CLINIC, OR OPERATING ROOM:

EXPLORING CLINICAL APPLICATIONS OF ESSENTIAL OILS

DR. PAUL WINTERTON, MD



“The CPTG Certified Pure Therapeutic Grade® oils procured and distributed by dōTERRA are the only essential oils that I’m comfortable prescribing as a physician trained in the western medical tradition.”

WE HAVE ALL EXPERIENCED joint pain and muscle aches, regardless of our age and activity level. The causes range from simple aches following exercise to debilitating pain from a serious accident, surgery, or chronic illness.

Alleviating these symptoms and treating the source of pain is sometimes a challenge for the practicing orthopedic surgeon. In addition to desiring confirmation of a particular diagnosis and treatment plan, patients following a slip and fall, or with chronic bone and joint illness are often desperate for relief from pain and stiffness.

“...essential oils are a mainstay of treatment in my orthopedic practice.”

Essential oils, have become a frontline therapeutic modality for me in my practice. Their powerful anti-inflammatory effects can be utilized in many athletic and clinical settings. Whether at the finish line of a marathon, in the clinic seeing patients for injuries, or conducting preoperative evaluations and postoperative follow-ups, essential oils are a mainstay of treatment in my orthopedic practice.

When patients arrive at my clinic, they are immediately

introduced to oils as they inhale the ultrasonically diffused aromatic compounds in my lobby and every exam room. The antiviral and antiseptic properties of essential oils have been demonstrated in many laboratories and provide excellent cold, flu, and infection prevention for my patients and employees. In the exam room, every patient is given a therapeutic warm, moist towel compress with essential oils, followed by an application of anti-inflammatory rub on the area of tenderness or post-operative incision site. I also recommend capsules of essential oils to take internally.

In the locker room or on the field, I instruct the chiropractic physicians, physical therapists, and athletic trainers in application of anti-inflammatory essential oil rubs. They have also utilized ultrasonic (Phonophoresis) and electronic (Iontophoresis) devices during massage to improve penetration, absorption, and distribution of the essential



Paul W. Winterton is a Board Certified Orthopedic Surgeon, and a member of dōTERRA's Scientific Advisory Board. He earned his medical degree from Harvard Medical School in 1993 and completed his Orthopedic Surgical Residency at the Mayo Clinic in 1998. Following residency, he completed two fellowships at The Institute For Bone and Joint Disorders in shoulder and knee reconstructive surgery/sports medicine, as well as foot and ankle reconstruction in Phoenix, Arizona.

oils. The symptomatic relief has been wonderful for my patients, and certainly reflects well on me as their physician.

Finally, patients can treat themselves and their families with essential oils as they become acquainted and comfortable with their topical, aromatic, and internal applications. Use of essential oils in the home, in tandem with healthy lifestyles, can be a powerful preventive measure for avoiding unnecessary trips to the emergency room or clinic.

The CPTG Certified Pure Therapeutic Grade® oils procured and distributed by dōTERRA are the only essential oils that I'm comfortable prescribing as a physician trained in the western medical tradition. Every product has been harvested from its unique environment, meticulously processed and analyzed for its therapeutic purity and potency. This is extremely important to me as

a physician. We trust manufacturers of traditional, FDA approved, Ibuprofen and Acetaminophen that every pill in the bottle has the same concentration of medicine. Likewise, every time a patient leaves my clinic with a sample of oil, I need to know that the purity and potency is the same in every bottle.

I look forward to working more closely with my musculoskeletal colleagues regarding the clinical applications of essential oils, and hope to expand their use at home, on the field, in the clinic, and in the operating room.



10 ESSENTIAL OILS YOUR FAMILY SHOULD NEVER BE WITHOUT

FAMILY PHYSICIAN® KIT (ITEM NO. 3279) US\$166.67 retail

The kit includes tips for using the oils, as well as an audio CD featuring dōTERRA's Chief Medical Officer, Dr. David K. Hill. In this audio presentation, Dr. Hill teaches listeners how to care for their family's everyday health needs with simple and safe methods using the ten essential oils included in this kit. Includes 5 ml bottles of lavender, lemon, peppermint, melaleuca, oregano, frankincense, Deep Blue®, Breathe, DigestZen®, and On Guard® to help families address a multitude of health issues.



MAKE OVER MY CLEANING CABINET

THERE ARE MANY REASONS to go natural with your cleaning products, including concerns over being exposed to unnecessary toxic chemicals. Essential oils are antimicrobial, and kill bacteria naturally without dangerous side effects.

ESSENTIAL OILS

Kill bacteria, germs, fungi, and mold.

ANTIBACTERIAL

cypress, eucalyptus, lavender, lemon, lime, majoram, melaleuca, peppermint, Roman chamomile, rosemary, sage, sandalwood, wild orange, wintergreen

ANTIVIRAL

cinnamon, clove, eucalyptus, lavender, lemon, melaleuca, oregano, sandalwood, thyme

ANTIFUNGAL

eucalyptus, lavender, lemon, melaleuca, patchouli, sage, sandalwood, thyme

ANTIBIOTIC

bergamot, clove, eucalyptus, lavender, lemon, lime, melaleuca, oregano, patchouli, Roman chamomile

BAKING SODA

Scrubs, whitens, deodorizes, and cuts grease.

LIQUID CASTILE SOAP

Vegetable-based soap commonly found in health food stores.

Dr. Bronner's is a popular one. Look for unscented.



COME CLEAN

Rid your home of toxic products. It's better for you and the environment.



VINEGAR

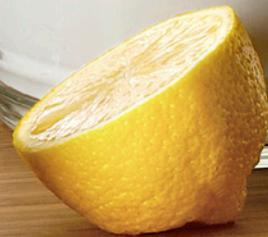
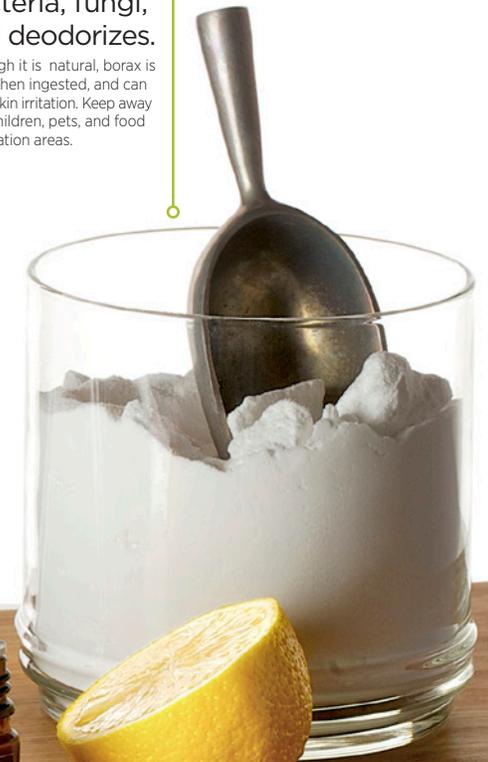
Kills germs, cuts grease, deodorizes, and dissolves mineral deposits.



BORAX

Disinfectant. Kills germs, bacteria, fungi, and deodorizes.

Although it is natural, borax is toxic when ingested, and can cause skin irritation. Keep away from children, pets, and food preparation areas.



FOR SIMPLE CLEANING RECIPES, FLIP THE PAGE.

back to basics
SPRING
CLEANING

TIPS & RECIPES FOR A SAFE, CLEAN HOME

EVERY YEAR

as the snow melts and the earth twitches with growth, we are overcome with a sudden desire to scour every nook and cranny of our home. We turn to our arsenal of cleaning products, guaranteed to do everything from giving windows a streak-free shine to killing mold and bacteria. This cleaning season, why not try something new? If you are worried about the potential danger of using toxic chemicals in your home, opt to use natural cleaning products made with essential oils, which kill bacteria and germs naturally!

more safe, effective ideas

LEARN HOW TO MAKE OVER YOUR
CLEANING CABINET ON PAGES 16–17





mix it up! **THE RECIPES**

It might surprise you to know that you can concoct simple and inexpensive non-toxic cleaners from ingredients already lying around your house. Ditch the rubber gloves and surgical mask, and clean your house using these simple recipes!



Toilet Bowl Cleaner

Add these ingredients directly to a partially drained bowl:

- ½ cup of baking soda**
- 10 drops of melaleuca essential oil**
- ¼ cup of vinegar**

As it reacts, scrub the toilet.

This combination is intended for one use at a time.

TIP: For serious stains or rust, empty water out of bowl and scrub with a wet pumice stone. When wet, the stone will not scratch porcelain.

All Purpose Spray

- ¼ cup white vinegar**
- 2 cups water**
- 30 drops essential oil** (see below)
- 1 teaspoon borax**

ESSENTIAL OILS TO TRY:

15 drops each of lavender and lemon

10 drops each of eucalyptus, peppermint, and wild orange

30 drops On Guard® blend
Add ingredients to a spray bottle, then shake thoroughly.

See pages 16-17 for more essential oil suggestions.

Floor Cleaner

- 1 gallon of hot water**
- 2 tablespoons liquid castile soap**
- 15 drops wild orange essential oil**
- 8 drops lemon essential oil**

Combine ingredients in a large bucket. Use a mop to clean the floor. Rinsing optional.

Window Cleaner

- ⅓ cup vinegar**
- 1 cup water**
- 10-15 drops of lemon essential oil**

Mix ingredients in a spray bottle. Shake and apply. Wipe clean.

Soft Scrub for Bath, Tile and Toilet

Make in small batches and store in an airtight container. Enough for two to four applications.

- ¾ rounded cup baking soda**
- ¼ cup castile soap**
- 1 tablespoon water**
- 1 tablespoon vinegar**
- 5-10 drops lemon essential oil**

In a bowl, combine the baking soda and castile soap. Add the water and stir. Finally, add the vinegar. Consistency should be a soft paste.

Wood Floor Polish

- ¼ cup olive oil**
- ¼ cup vinegar**
- 10 drops essential oil (try wild orange or lemon)**

Mix and apply. Wipe clean.



POISON CONTROL—GET THE FACTS:

Children age 5 and under make up more than half (51 percent) of all poison exposures.

U.S. poison centers receive 1 call every 12.7 seconds.

Nearly 83 percent of poison exposures are unintentional.

Almost half (49 percent) of teen poison exposures are intentional.

Household cleaning products account for 8.6 percent of all poison exposures.

Source: <http://poisonhelp.hrsa.gov>

ESSENTIAL SCIENCE

A scientist's mission to bring essential oil research to the masses



"Many modern Americans prefer their FDA-approved synthetic drugs without even realizing there may be natural alternatives with scientifically proven benefits."

NICOLE STEVENS is a member of dōTERRA's Scientific Advisory Board. She has a Master's Degree from Brigham Young University and has spent much of her career working to develop the credibility and scientific understanding behind essential oils. Nicole has worked with the UNLV Cancer Research Center to study a procedure that uses targeted photosensitizing chemicals and specific wavelengths of light to destroy cancer cells, and she has also worked with the University of Utah to further study the efficacy of essential oils in eliminating microbial pathogens.

My research with essential oils

began completely by accident. I had just started a Master's Degree program at Brigham Young University, and my original thesis plan was a study of medicinal plants of Oman. The project was even going to include travel to the Middle East to collect specimens and talk to shamans. I began learning Arabic, got a passport, packed my bags and waited excitedly. The trip was scheduled for September 14, 2001. But then, on that fateful September 11, the whole world changed.

So did my thesis project. My program advisor told me about something that had been waiting on the back burner for some time—a study of natural plant extracts called essential oils that were suspected to have activity against cancer cells in vitro. I jumped at the idea. My dream has always been to delve into cancer research.

What a joy it was to discover that essential oils not only had remarkable anti-cancer activities, but they made the whole lab smell delightful!

After completing my Master's thesis in which I screened seventy essential oils and several oil blends against five different cancer cell lines, I yearned to continue studying these amazing compounds. As a researcher at the University of Nevada Las Vegas, I looked at whether essential oils might fulfill another role in the fight against cancer, paired with a strong dose of light energy. At the University of Utah, I found that dōTERRA's essential oils showed impressive antimicrobial potency as well, even when extremely diluted.

If my experience has shown me one thing, it's that scientists have barely uncovered the tip of the iceberg when it comes to essential oils. Their potential for promoting

health, fighting disease, and enhancing life is incredible. The challenge is, how do we spread the word? How do we bring true science to the masses?

I think "SCIENCE" (that nebulous, sexy, fear-inducing, eye-glazing notion) is rather like dietary fiber. Everyone knows we need it, and they like the idea of it, but it's just so darn indigestible! Anyone can find an article on PubMed, but you would probably need a dictionary and a degree in molecular biology just to slog your way through it.

There is a disconnect between the exciting scientific research currently happening and how accessible it is for regular people who would love to understand and apply it. That's where dōTERRA's Scientific Advisory Board comes in.

When Dr. David Hill approached me several years ago with the idea of a Scientific Advisory Board, I was stunned. These would be experts in the field of medicine, science and analysis, colleagues who could coordinate their own research and begin to distill down the mountain of other research results available; perhaps digest some of that scientific jargon into everyday language and brainstorm about all the projects we'd like to do. Yes please, sign me up!

I'm very pleased to be a member of dōTERRA's current Scientific Advisory Board. Although our group is new and still discovering its potential, I believe it is truly revolutionary. We want to apply science to a field of study that, for too long, has been considered 'homeopathic mumbo jumbo.' Many modern Americans prefer their FDA-approved synthetic drugs without even realizing there may be natural alternatives with scientifically proven benefits.

Perhaps we are at the brink of a mighty wave of change, a fusion of our 'enlightened'

Western medicine with centuries-old traditional medicine. More people are experiencing for themselves how essential oils work. There is great power in that personal evidence. The members of the Scientific Advisory Board hope to add even more relevance by dabbling in the why.

I plan to continue my own research with essential oils, which includes a project that explores how essential oils affect enzymatic activity. There are several references in current scientific literature about the ability of certain essential oils to increase beneficial enzymatic activity, and I hope to obtain results on how dōTERRA's oils compare.

Scientists, petri dishes, and test tubes all over the world are providing thrilling evidence to support what essential oil users have known for years—that these complex, beautiful plant products really work. And hopefully, with greater scientific understanding comes a greater acceptance of essential oils as legitimate, highly useful players in medical practice.



"We want to apply science to a field of study that, for too long, has been considered homeopathic mumbo jumbo."

idea notebook

essential tips for better living

HOMEMADE WIPES

YOU WILL NEED:

1 roll of premium paper towels
2 cups warm water
2 tablespoons fractionated coconut oil
Essential oils (see below for ideas)
An airtight storage container. Use an empty baby wipe container for greater ease of use.

INSTRUCTIONS

Cut paper towels in half widthwise with a serrated or electric knife. Use half the roll now, and half later.

Pour the mixture over the paper towels and then cover with the airtight lid letting the mixture absorb for 10 minutes. Turn the container over and let sit for another 10 minutes. Remove and discard the cardboard middle, and then when ready to use pull wipes from the center.

BABY WIPES BLEND

3 drops lavender
3 drops melaleuca

SANITIZING WIPES BLEND

3 drops dōTERRA's On Guard®
3 drops lemon essential oil
1-2 tablespoons On Guard®
Foaming Hand Wash.

I use the sanitizing wipes just like I would use brand name wipes. The difference is, even my kids can wipe door knobs, walls, light switches, etc., and I am not worried about chemicals. These also work great for hand cleaning.

*Submitted by Heather Gunnerson,
Independent Product Consultant*

LAUNDRY STAIN REMOVER

Combine 2 parts hydrogen peroxide with 1 part dōTERRA On Guard® Foaming Hand Wash in a spray bottle. Shake to mix.

This works wonders on laundry stains, rusty water, and mildew stains in bathtubs and showers, as well as bathroom counter tops, sinks, and faucets.

I'll be saving the money I used to spend on harmful brand name cleansers to buy dōTERRA oils instead!

*Submitted by Tracy J Nixon, LMT,
Independent Product Consultant*

MOISTURIZING AFTER SHOWER BLEND

My Essential Tip is one that my mother-in-law shared with me. She told me to put an entire 15ml bottle of grapefruit essential oil in a bottle of fractionated coconut oil and keep it in my bathroom. When I get out of the shower, put the blend on my skin to use as a moisturizer and it will help with my weight management goals by helping to smooth out skin/fat imperfections. I do this after every shower. The bottle lasts a long time and it smells so good when I put it on!

*Submitted by Erika Tenney,
Independent Product Consultant*



➔ share your tip!

email editor@doterra.com with your favorite essential oil recipe, idea, or time saver, and if we print it, we'll send you a free product.

ESSENTIAL RECIPES

ESSENTIAL OIL FANS submitted these amazing recipes! Send your culinary creations to editor@doterra.com and if we print it, we'll send you a free product.

Artichoke Spinach Pizza with Creamy Rosemary White Bean Sauce

Submitted by Katie Goodman of www.goodlifeeats.com

PIZZA INGREDIENTS/TOPPINGS

Pizza dough (purchased or homeade)
2 tsp olive oil
1½ leeks, cleaned chopped
2 oz fresh spinach, chopped
¼ tsp dry Italian seasoning
½ cup white beans
2 Tbsp grated parmesan
1 14.5 ounce can quartered artichoke hearts
Sliced fresh mozzarella
Salt and pepper, to taste

SAUCE INGREDIENTS

⅓ cup cream cheese
½ cup white beans, such as cannellini
1 tsp lemon juice
2 Tbsp grated parmesan
2 drops dōTERRA rosemary essential oil
2 drops dōTERRA lemon essential oil
1 clove garlic
Salt and pepper to taste
Milk to thin sauce if desired

DIRECTIONS | Prepare pizza crust according to your recipe's instructions. Preheat oven to 550 degrees F (or 500 if your oven doesn't go up to 550). Place a pizza stone on the upper middle rack.

Prepare the sauce by adding all of the ingredients into a small food processor. Puree until smooth, scraping down the sides as needed. Set aside.

In a cast iron or saute skillet, heat the olive oil. Add the leeks and saute until tender, about 3-5 minutes. Add the chopped spinach and saute until wilted, about 3 minutes.

ASSEMBLE THE PIZZA | Roll the pizza crust out on top of a sheet of parchment paper. Spread desired amount of sauce on top of the pizza dough (reserve any extra for another use).

Top with the leek and spinach mixture. Sprinkle with the Italian seasoning, parmesan, white beans, and artichoke hearts. Top with slices of fresh mozzarella cheese.

Transfer the pizza and the parchment paper to the pizza stone and bake for 5–10 minutes, or until the crust is as crispy as you'd like and the cheese is melted. Serve immediately.





Wild Orange Vinaigrette

Submitted by Mandi Felici

INGREDIENTS

- 1 cup extra-virgin olive oil
- 1 tsp Dijon mustard
- 1/3 cup balsamic vinegar
- 1-2 drops wild orange essential oil
- 2 Tbsp mayonnaise
- 1/2 cup brown sugar
- Sea salt and black pepper to taste

DIRECTIONS | Combine ingredients in a food processor or blender until smooth. This dressing is good on all salads. My favorite combination is: Romaine lettuce, sliced apples, dried cranberries, and toasted sliced almonds. Stored in a glass jar, it will keep in the fridge for several months.



Garlic and Herb Canapés

Submitted by Adrianna Stepien

INGREDIENTS

- Small loaf of french bread
- 4 Tbsp of butter
- 1 rounded tsp of chopped garlic
- 2 drops of dōTERRA oregano essential oil
- 1 drop of dōTERRA thyme essential oil
- 2 drops of dōTERRA basil essential oil
- 2 tomatoes
- 1 Tbsp chopped chives or green onion
- Salt and pepper to taste

DIRECTIONS | Mix butter, garlic, essential oils, salt and pepper, then spread mixture on sliced french bread. Garnish with a tomato slice and fresh cut chive.

EDITOR'S TIP: *The essential oils used in this recipe produce strong flavor. We recommend starting with 1 drop first, and then adding more until desired flavor is achieved. It is also helpful to measure the essential oils separately to prevent excess drops from overpowering the spread.*



Grapefruit Cupcakes

Submitted by Kylie Edgerly

CAKE INGREDIENTS

- 2/3 cup soy milk
- 1 tsp apple cider vinegar
- 2/3 cup agave nectar
- 1/3 cup safflower oil
- 2 tsp vanilla extract
- 2/3 cup all-purpose flour
- 2/3 cup whole wheat flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- Pinch of fine sea salt
- 3-4 drops of dōTERRA grapefruit essential oil

FROSTING INGREDIENTS

- 8 ounces cream cheese
- 1 1/2 cups of powdered sugar
- 1 stick of butter, softened
- 3 drops of dōTERRA grapefruit essential oil

DIRECTIONS | Preheat oven to 325°F. Line a 12-cup muffin tin or 24 mini muffin tin with paper liners.

Combine milk and vinegar in a medium bowl, until mixture bubbles. Add agave nectar, oil, and vanilla and stir.

In a separate bowl, combine the flours, baking powder, baking soda and salt. Add wet ingredients to dry ingredients, mixing until no lumps remain.

Pour batter into muffin tin and bake for 18 to 22 minutes or until a toothpick inserted in the center of one cupcake comes out clean and the tops are slightly springy when pressed. Cool the cupcakes before frosting.

FOR FROSTING |

Cream together then put in pastry bag or zip lock bag to frost the cupcakes.

SUBSTITUTION TIP: *If you don't have all the ingredients for the cupcake recipe, a regular white or yellow cake box mix also tastes good, but don't forget to add the grapefruit essential oil!*



DR. DAVID K. HILL

Well known in the industry as an expert on wellness and essential oils, Dr. Hill is Chairman of dōTERRA's Scientific Advisory Board.



EVERYDAY DETOX

your guide to cleansing safely and naturally

DR. DAVID K. HILL, D.C., CHIEF MEDICAL OFFICER

IN RECENT YEARS whole body internal cleansing has become very popular, and as a result there are many different cleansing programs available for personal use. The primary form of cleansing that most individuals are familiar with is periodic cleansing, which is generally attempted three to four times annually. While periodic cleansing can be appropriate at times, it can also be difficult, and most often is void of proper nutritional support during the process.

ONE of the more concerning aspects of this aggressive model of cleansing is the increased risk of unfavorable reactions. Many individuals experience symptoms such as loss of energy, poor mental focus, and digestive upset. Some also experience the unwanted difficulties of skin irritations and reactions. This can be a general indication that the body has been challenged beyond its ability to properly support the cleansing activity. Some may gage personal success in cleansing by the intensity of the reaction they experience. Others may feel that their specific approach to cleansing is ineffective because no reaction was experienced. Such reactions are stressful to the body and can be an indication that your body has exceeded its ability to manage toxic elimination. Many times this activity creates new difficulties and impairs any potential benefit that could have been received. I suggest consistent or daily activity and working within the limits that your body can tolerate. A significant reduction in toxic load and the physiological stress it induces is most easily managed through consistent and meaningful daily support.

Your body is under constant attack and toxicity is only one of many insults which can reduce the resilience of the body and overall health. Toxicity has many forms and is commonly defined as unwanted chemicals we are exposed to through food, water, and the environment in which we live. Even the most health conscious of individuals may not realize the amount of exposure they experience daily. As an example, improving diet and eating more healthy foods is helpful; however, eating fruits and vegetables may still increase our toxic risk.

According to recent federal testing, ninety-eight percent of apples have at least one pesticide contaminant and ninety-seven percent of bell peppers have pesticide contamination. Nine pesticides were found in one apple sample and eight in a single grape. Toxicity is all around us emphasizing the need for daily approaches to cleansing support.

Your body has a capacity for cleansing and is likely working each minute of every day to manage and rid itself of toxic overload. The body's cleansing system encompasses components of the gastrointestinal, urinary, respiratory and lymphatic systems, and organs, such as the liver. The liver filters and directs toxins for elimination through the kidneys and the intestinal tract. Your body also naturally releases toxins through sweat, mucous, and the skin.

Supporting the body in these daily functions is the safe and effective way to reduce body toxicity and its health damaging effects.

3 WAYS TO SUPPORT NATURAL CLEANSING

STEP ONE: Reduce Exposure

By far, one of the simplest and most productive ways to reduce toxic load is to decrease exposure. While complete elimination may not be possible, most can be reduced through simple approaches to a healthy lifestyle. Many household cleansers can be replaced with natural essential oils (learn more about natural cleaning on pages 16-19). Additionally, eating unprocessed foods and using natural products enhanced with essential oils is a healthy alternative to traditional products.

STEP TWO: Specific Daily Nutritional Support

The body reacts daily to the unhealthy exposure it has received, and most do not realize the supporting role nutrition plays in this important metabolic activity. Cleansing can be stressful and it naturally increases oxidative and other metabolic stressors produced through normal metabolism. Maintaining daily nutrition is essential to health, and providing proper nutrition is a gentle way to give core support to the cleansing organs.

How do I support my body with daily nutrition?

Antioxidants

Antioxidants prevent damage to our cells caused by oxidation. Free radical production is increased through the conversion and elimination of toxins in the liver. Antioxidants also significantly decrease the damaging effect of free radicals on normal physiological function. Alpha CRS is a concentrated formulation of powerful antioxidants as polyphenols. (See *Alpha CRS* on page 31)

Essential Fatty Acids

Essential fatty acids commonly known as Omega 3 or Omega 6 fatty acids maintain support to tissues and the normal physiology of the body. Cleansing organs rely on essential fatty acids as an additional means of support and protection. I recommend the xEO Mega® for a complete essential fatty acid profile in a concentrated and easily usable form. (See our *xEO Mega Essential Oil Omega Complex* on page 31)

Vitamins and Minerals

Vitamins and minerals are essential nutrients comprised of organic and inorganic compounds. Vitamins and minerals are intimately involved in many physiological and metabolic processes. Vitamins assist enzymes in releasing energy needed for cleansing from carbohydrates, fats and proteins. Minerals help manage the body's fluid balance, including the transferring of nutrients insulin, other hormones and oxygen, just to name a few. Microplex VMz® provides vitamins and minerals with high bioavailability. (See *Microplex VMZ Food Nutrient Complex* on page 31)

Enzymes

Enzymes are necessary for many functions throughout the body. Digestive enzymes assist in the utilization of food, while metabolic enzymes are valuable for normal metabolic activity. Supplementing with dietary enzymes can naturally increase the availability of the metabolic enzymes needed to enhance vitamin and mineral activity for direct support to the cleansing organs of the body. TerraZyme™

is an effective and complete formulation of the needed enzymes to support healthy nutritional and metabolic activity. (*TerraZyme Digestive Enzyme Complex* on page 31)

Probiotics

Having a healthy intestinal tract not only improves immunity, but can also improve our access to nutrition. PB Assist+® provides a unique active source of healthy flora. (*PB Assist+® Probiotic Defense Formula* on page 31)

STEP THREE: Focused Nutrition for Cleansing Organs

Aside from the core daily nutritional elements mentioned above, it may be wise to add additional supplementation specific to the cleansing organs. Zendocrine® is a food-based, all-natural supplement designed for periodic or daily use, depending on your individual needs. Scientific study suggests the precise components in the Zendocrine formula may support the body's major cleansing organs. (*Zendocrine® Detoxification Complex* on page 31)

Many benefits can be received through proper daily cleansing. Providing your body with all it needs nutritionally to support this important function is essential to your health. Also, knowing your body's limits and improving nutritional support is something everyone should consider when cleansing. Daily nutritional cleansing is the best approach for most people because it is safe and effective without the challenges and unwanted side effects associated with more aggressive cleansing methods.

THE DR. RECOMMENDS

Lifelong Vitality Pack (No. 3421), PB Assist+ (No. 3516) and GX Assist (No. 3504)



PRODUCT GUIDE

ESSENTIAL OIL SINGLES

dōTERRA'S 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 100% 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>BASIL ESSENTIAL OIL <i>Ocimum basilicum</i> Item No. 3001 retail: \$26.67 15 ml</p> <p>A T I N</p>	 <p>BERGAMOT ESSENTIAL OIL <i>Citrus bergamia</i> Item No. 3079 retail: \$36.67 15 ml</p> <p>A T I S</p>	 <p>CASSIA ESSENTIAL OIL <i>Cinnamomum cassia</i> Item No. 3002 retail: \$25.33 15 ml</p> <p>A T I D</p>	 <p>CINNAMON ESSENTIAL OIL <i>Cinnamomum zeylanicum</i> Item No. 3003 retail: \$28.00 5 ml</p> <p>A T I D</p>	 <p>CLARY SAGE ESSENTIAL OIL <i>Salvia sclarea</i> Item No. 3042 retail: \$48.67 15 ml</p> <p>A T I N</p>
 <p>CLOVE BUD ESSENTIAL OIL <i>Eugenia caryophyllata</i> Item No. 3004 retail: \$18.67 15 ml</p> <p>A T I D</p>	 <p>CORIANDER ESSENTIAL OIL <i>Coriandrum sativum</i> Item No. 3078 retail: \$34.67 15 ml</p> <p>A T I N</p>	 <p>CYPRESS ESSENTIAL OIL <i>Cupressus sempervirens</i> Item No. 3005 retail: \$20.67 15 ml</p> <p>A T N</p>	 <p>EUCALYPTUS ESSENTIAL OIL <i>Eucalyptus radiata</i> Item No. 3006 retail: \$18.67 15 ml</p> <p>A T S</p>	 <p>FENNEL, SWEET ESSENTIAL OIL <i>Foeniculum vulgare</i> Item No. 4129 retail: \$20.00 15 ml</p> <p>A T I S</p>
 <p>FRANKINCENSE ESSENTIAL OIL <i>Boswellia frereana</i> Item No. 3007 retail: \$93.00 15 ml</p> <p>A T I N</p>	 <p>GERANIUM ESSENTIAL OIL <i>Pelargonium graveolens</i> Item No. 3009 retail: \$36.00 15 ml</p> <p>A T I S</p>	 <p>GINGER ESSENTIAL OIL <i>Zingiber officinale</i> Item No. 3008 retail: \$38.67 15 ml</p> <p>A T I S</p>	 <p>GRAPEFRUIT ESSENTIAL OIL <i>Citrus X paradisi</i> Item No. 3010 retail: \$21.33 15 ml</p> <p>A T I N</p>	 <p>HELICHRYSUM ESSENTIAL OIL <i>Helichrysum italicum</i> Item No. 3041 retail: \$100.00 5 ml</p> <p>A T I N</p>
 <p>LAVENDER ESSENTIAL OIL <i>Lavandula angustifolia</i> Item No. 3011 retail: \$28.00 15 ml</p> <p>A T I N</p>	 <p>LEMON ESSENTIAL OIL <i>Citrus limon</i> Item No. 3012 retail: \$13.33 15 ml</p> <p>A T I N</p>	 <p>LEMONGRASS ESSENTIAL OIL <i>Cymbopogon flexuosus</i> Item No. 3013 retail: \$13.33 15 ml</p> <p>A T I S</p>	 <p>LIME ESSENTIAL OIL <i>Citrus aurantifolia</i> Item No. 3087 retail: \$17.33 15 ml</p> <p>A T I S</p>	 <p>MARJORAM ESSENTIAL OIL <i>Origanum majorana</i> Item No. 3014 retail: \$25.33 15 ml</p> <p>A T I N</p>
 <p>MELALEUCA ESSENTIAL OIL <i>Melaleuca alternifolia</i> Item No. 3015 retail: \$25.33 15 ml</p> <p>A T I N</p>	 <p>MELISSA ESSENTIAL OIL <i>Melissa officinalis</i> Item No. 3085 retail: \$153.33 5 ml</p> <p>A T I N</p>	 <p>MYRRH ESSENTIAL OIL <i>Commiphora myrrha</i> Item No. 3016 retail: \$69.33 15 ml</p> <p>A T I N</p>	 <p>OREGANO ESSENTIAL OIL <i>Origanum vulgare</i> Item No. 3018 retail: \$32.00 15 ml</p> <p>A T I D</p>	 <p>PATCHOULI ESSENTIAL OIL <i>Pogostemon cablin</i> Item No. 3089 retail: \$39.33 15 ml</p> <p>A T I N</p>
 <p>PEPPERMINT ESSENTIAL OIL <i>Mentha piperita</i> Item No. 3019 retail: \$27.33 15 ml</p> <p>A T I S</p>	 <p>ROMAN CHAMOMILE ESSENTIAL OIL <i>Anthemis nobilis</i> Item No. 3080 retail: \$44.00 5 ml</p> <p>A T I N</p>	 <p>ROSEMARY ESSENTIAL OIL <i>Rosmarinus officinalis</i> Item No. 3020 retail: \$18.67 15 ml</p> <p>A T I N</p>	 <p>SANDALWOOD ESSENTIAL OIL <i>Santalum album</i> Item No. 3021 retail: \$82.33 5 ml</p> <p>A T I N</p>	 <p>THYME ESSENTIAL OIL <i>Thymus vulgaris</i> Item No. 3022 retail: \$36.67 15 ml</p> <p>A T I D</p>
 <p>VETIVER ESSENTIAL OIL <i>Vetiveria zizanioides</i> Item No. 3043 retail: \$46.00 15 ml</p> <p>A T I N</p>	 <p>WHITE FIR ESSENTIAL OIL <i>Abies alba</i> Item No. 3025 retail: \$26.67 15 ml</p> <p>A T I N</p>	 <p>WILD ORANGE ESSENTIAL OIL <i>Citrus sinensis</i> Item No. 3017 retail: \$14.00 15 ml</p> <p>A T I N</p>	 <p>WINTERGREEN ESSENTIAL OIL <i>Gaultheria procumbens</i> Item No. 3023 retail: \$21.33 15 ml</p> <p>A T S</p>	 <p>YLANG YLANG ESSENTIAL OIL <i>Cananga odorata</i> Item No. 3024 retail: \$47.00 15 ml</p> <p>A T I N</p>

APPLICATION METHODS A Can be used aromatically T Can be used 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)

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.



**AROMATOUGH®
MASSAGE BLEND**
Item No. 3120
retail: \$34.67
15 ml

T N



**BALANCE
GROUNDING
BLEND**
Item No. 3101
retail: \$26.67
15 ml

A T N



**BREATHE
RESPIRATORY
BLEND**
Item No. 3107
retail: \$26.67
15 ml

A T S



**CITRUS BLISS
INVIGORATING
BLEND**
Item No. 3102
retail: \$20.00
15 ml

A T N



**CLEAR SKIN
TOPICAL BLEND**
Item No. 3717
retail: \$28.00
10 ml

T N



**DEEP BLUE®
SOOTHING BLEND**
Item No. 3138
retail: \$85.33
10 ml

T S



**DIGESTZEN®
DIGESTIVE BLEND**
Item No. 3103
retail: \$41.33
15 ml

A T I N



**ELEVATION™
JOYFUL BLEND**
Item No. 3104
retail: \$49.33
15 ml

A T N



**IMMORTELLE
ANTI-AGING BLEND**
Item No. 3714
retail: \$92.67
10 ml

T N



**ON GUARD®
PROTECTIVE
BLEND**
Item No. 3110
retail: \$42.67
15 ml

A T I S



**PASTENSE®
TENSION BLEND**
Item No. 3135
retail: \$24.67
10 ml

A T N



**PURIFY
CLEANSING BLEND**
Item No. 3106
retail: \$24.00
15 ml

A T N



**SERENITY
CALMING BLEND**
Item No. 3109
retail: \$40.00
15 ml

A T N



**SLIM & SASSY®
METABOLIC BLEND**
Item No. 3137
retail: \$32.67
15 ml

A T I S



**SOLACE™ MONTHLY
BLEND
FOR WOMEN**
Item No. 3527
retail: \$32.67
10 ml

A T N



**TERRASHIELD®
REPELLENT BLEND**
Item No. 3119
retail: \$12.67
15 ml

A T N



**WHISPER™
BLEND FOR
WOMEN**
Item No. 3108
retail: \$32.00
5 ml

A T N



**ZENDOCRINE®
DETOXIFICATION
BLEND**
Item No. 3146
retail: \$32.67
15 ml

A T I S

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[Facebook.com / doterra](https://www.facebook.com/doterra)

CPTG Certified Pure Therapeutic Grade®

DIFFUSERS

AROMA-ACE DIFFUSER

The Aroma-Ace provides a quick-change system that allows you to change your choice of essential oils at any time without worries of mixing and spilling. It's easy-to-use timing provides exceptional flexibility and convenience and its output volume control allows you to choose the intensity of your aromatherapy experience. Its state-of-the-art diffusion technology preserves the natural essence and complete therapeutic benefits of essential oils by effectively transforming them into a micro-fine vapor without the use of heat or water. These micro-particles permeate the air and may remain suspended for hours fully intact with all of their natural benefits. A 15 ml bottle of dōTERRA's On Guard® Protective Blend comes with each Aroma-Ace essential oil diffuser.

Item No. 3303 \$173.27 retail

LOTUS DIFFUSER

The Lotus diffuser uses a highly efficient real time atomization technology to effectively diffuse essential oils into the environment. The essential oils are atomized along with water into minute ion particles and active oxygen ions, which are more easily absorbed by the human body than oils diffused by conventional diffusers. dōTERRA is pleased to be the exclusive distributor of the Lotus diffuser to you and your family.

Item No. 3301 \$119.95 retail



PRODUCT GUIDE



SKIN CARE

FACIAL CLEANSER

With dōTERRA Facial Cleanser, CPTG® Certified Pure Therapeutic Grade essential oils of melaleuca and peppermint gently cleanse, lifting away impurities and leaving your skin feeling clean, fresh, and smooth. Cruciferous vegetable extracts also work to inhibit skin irritation and reduce oxidative stress to skin cells.

Item No. 3701 \$22.00 retail 4 oz. / 120 ml

PORE REDUCING TONER

Formulated to visibly reduce the size of pores, dōTERRA Pore Reducing Toner contains CPTG® Certified Pure Therapeutic Grade essential oils of lavender, ylang ylang, and German chamomile which work with cutting-edge ingredients to calm sensitive skin, inhibit skin irritation, and reduce oxidative stress to skin cells.

Item No. 3702 \$23.33 retail 4 oz. / 120 ml

IMMORTELLE

ANTI-AGING BLEND

dōTERRA's proprietary blend of powerfully renewing, rare essential oils, used throughout history for their beautifying benefits, Immortelle Anti-Aging Blend is formulated to protect and nourish skin while helping to reduce inflammation—a major contributor to the aging process. Supporting skin health at the cellular level, this essential oil blend of frankincense, sandalwood, lavender, myrrh, helichrysum, and rose, helps sustain smoother, more radiant and youthful skin.



Item No. 3714 \$92.67 retail 10 ml roll-on

TIGHTENING SERUM

Featuring CPTG® essential oils of frankincense, sandalwood, and myrrh in generous proportion, dōTERRA Essential Skin Care Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration. Tightening Serum tightens and smoothes skin naturally, providing both significant short-term and long-term tightening benefits, as well as increasing skin clarity for firmer, younger looking skin.

Item No. 3704 \$66.00 retail 1 oz. / 30 ml

HYDRATING CREAM

The intensive moisture your skin has been waiting for, dōTERRA's Hydrating Cream is packed with emollient-rich ingredients and effective anti-aging combatants for smooth and luxuriously-hydrated skin. Its creamy formula provides an immediate burst of active moisture without leaving an oily residue. Carefully chosen ingredients are designed to assist regeneration of mature skin, as well as helping to reduce the visible signs of aging due to both natural and environmental causes. dōTERRA Hydrating Cream aids in strengthening the dermis and restoring balance to the skin for a more youthful and glowing appearance. Perfect for use day or night.

Item No. 3716 \$46.00 retail 1.7 oz. / 50 ml

ANTI-AGING MOISTURIZER

Cutting-edge ingredients combine with the CPTG® essential oils of lavender, jasmine, geranium, and frankincense to provide an anti-aging moisturizer that does more than moisturize and soften skin. Anti-Aging Moisturizer targets the visible signs of aging — improving skin elasticity and tone, reducing the appearance and number of wrinkles as well as helping to prevent the future signs of mechanical aging.

Item No. 3703 \$46.00 retail 1.7 oz. / 50 ml

INVIGORATING SCRUB

Invigorate and energize skin while exfoliating and polishing using this aromatic scrub. CPTG® essential oils of grapefruit and peppermint make the exfoliating step of your beauty regimen a refreshing, aromatic experience. Jojoba and cruciferous vegetable extracts leave skin protected and smooth, while other cutting-edge ingredients work to prevent irritation and the proliferation of skin discoloration.

Item No. 3705 \$24.00 retail 2.5 oz. / 75 ml

CLEAR SKIN FOAMING FACE WASH

Designed to thoroughly cleanse the skin of impurities without stripping natural moisture, dōTERRA's Clear Skin Foaming Face Wash is scientifically formulated to create a harmonious balance for beautifully clear skin. This gentle cleanser gives skin a spa-like treatment with light foaming action and a fresh scent. A powerful yet gentle combination of Certified Pure Therapeutic Grade Essential oils, blended with other key ingredients, are a perfect solution for problem skin of all ages.

Item No. 3718 \$21.00 retail 1.7 oz. / 50 ml

CLEAR SKIN

TOPICAL BLEND

With a unique blend of essential oils including rosewood, melaleuca, eucalyptus globulus, geranium, and lemongrass, along with black cumin seed oil, dōTERRA's Clear Skin topical blend creates an environment unfriendly to bacteria and microbes that cause unsightly and persistent reactions in the skin. Beneficial properties include controlling overactive sebaceous glands, soothing irritated skin and assisting in cell rejuvenation. It's the answer to troubled skin.



Item No. 3717 \$28.00 retail 10 ml roll-on

CLEAR SKIN SET

The perfect pair of Clear Skin products together at a great price.

Item No. 3719 \$40.00 retail





SPA AND HAIR CARE

HAND AND BODY LOTION

This fragrance free, light-weight lotion is perfect for hydrating the skin and is even more powerful when combined with an essential oil or blend of your choice. The way to silky, smooth skin lies in the perfect blend of antioxidants, botanicals and important humectants. Extracts of cruciferous vegetables contribute to the formula's ability to help build the skin's natural protection and environmental defenses.

Item No. 3610 \$19.33 retail 6.7 oz. / 200 ml

3-PACK

Item No. 3611 \$39.93 retail

Three 6.7 oz. / 200 ml tubes

CITRUS BLISS INVIGORATING BATH BAR

Infused with CPTG® essential oils to create a blissful cleansing experience, this is a great bar for every member of the family. Natural oatmeal provides gentle exfoliation to leave skin feeling soft and smooth.

Item No. 3613 \$9.32 retail 4 oz. / 113 g

SERENITY CALMING BATH BAR

All the benefits of dōTERRA's CPTG® Serenity essential oil blend are found in this naturally scented bar, designed to provide a serene cleansing experience. Natural conditioning elements from coconut and safflower oils, plus shea butter, help provide a non-drying, calming bathing experience.

Item No. 3614 \$9.32 retail 4 oz. / 113 g

SANOBELLA PROTECTING SHAMPOO

dōTERRA's SanoBella Protecting Shampoo is a professional salon formula of gentle cleansers, essential oils, and other botanical extracts which provide antioxidant protection against UV damage—reducing photo degradation of color in treated hair.

Item No. 3604 \$26.00 retail 8 oz. bottle

SANOBELLA SMOOTHING CONDITIONER

dōTERRA's SanoBella Smoothing Conditioner is a professional salon formula of conditioning emollients, essential oils, botanical extracts and natural proteins which seal cuticles against damage caused by water penetration to the hair shaft—reducing combing force and blow-dry time and increasing hair luminosity and shine. Nanotechnology smoothes hair and provides an anti-static effect that keeps hairs aligned during styling.

Item No. 3606 \$28.67 retail 8 oz. bottle

LOYALTY REWARDS PRICING

One Protecting Shampoo and one Smoothing Conditioner

Item No. 3608 \$35.33 retail Two 8 oz. bottles

Two Protecting Shampoos

Item No. 3616 \$32.67 retail Two 8 oz. bottles

Two Smoothing Conditioners

Item No. 3615 \$35.33 retail Two 8 oz. bottles



ON GUARD®

ON GUARD PROTECTING THROAT DROPS

Don't let flu season catch you off guard! dōTERRA's On Guard Protecting Throat Drops provide a convenient way to benefit from On Guard's immune-supporting properties. With all-natural organic cane juice and organic brown rice syrup, these drops help defend against pathogenic microbes of the mouth and throat, support fixed and mobile immune function* and help calm and soothe dry, scratchy throats.

Item No. 3405 \$19.33 retail

30 drops

ON GUARD FOAMING HAND WASH

Hand-washing is an important health precaution—and placing On Guard Foaming Dispensers at every sink around the home and office provide those in your home and workplace with On Guard protection throughout the day. On Guard Foaming Hand Wash is conveniently packaged in a 16 oz. refill bottle that fills 8 oz. foaming dispensers, saving the earth's resources and your money.

ON GUARD FOAMING HAND WASH WITH 2 FOAMING DISPENSERS

Item No. 3807 \$30.00 retail

16 oz. wash and 2 dispensers

SINGLE

Item No. 3801 \$24.67 retail

16 oz. wash

TWIN PACK

Item No. 3802 \$44.67 retail

Two 16 oz. wash



ON GUARD NATURAL WHITENING TOOTHPASTE

dōTERRA's fluoride-free toothpaste provides the protective benefits of therapeutic-grade On Guard essential oils against germs and other harmful pathogens, while also reducing plaque, and whitening teeth with gentle polishing agents. On Guard's unique cinnamon-mint flavor, with xylitol, also leaves breath (and your toothbrush), fresh and clean.

Item No. 3891 \$11.33 retail 4.2 oz. / 125 g

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

PRODUCT GUIDE



WOMEN'S HEALTH



WOMEN'S HEALTH KIT

Including Phytoestrogen Lifetime Complex, Bone Nutrient Lifetime Complex and Solace Monthly Essential Oil Blend

3525 \$92.67 retail **SAVE \$16.00 RETAIL**

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. Phytoestrogen Lifetime Complex include a standardized soy extract with genistein, a powerful phytoestrogen that binds with estrogen receptors in cells, and the natural phytoestrogens in pomegranate. It also includes a concentrated extract of flax seed lignans to help manage potentially harmful metabolites that are produced when estrogen is metabolized in the liver. Balancing hormones and managing harmful metabolites by eating a healthy diet rich in phytoestrogens and other essential nutrients, exercising, and managing weight can help reduce uncomfortable symptoms associated with PMS and the transition through menopause and supports healthy bones, heart, breast tissue and other body structures and functions as a women ages.*

Item No. 3526 \$52.67 retail 60 capsules

BONE NUTRIENT LIFETIME COMPLEX™

Women begin to build bone mass at an early age reaching a maximum bone density in their late twenties. As a woman ages, bone mass begins to decline and bones become more brittle. Declining bone density and health can be accelerated in women whose diets do not include optimal levels of bone nutrients and whose hormones are out of balance. Not managing harmful estrogen metabolites can also accelerate bone degeneration or wasting. dōTERRA's Bone Nutrient Lifetime Complex is a blend of vitamins and minerals that are essential for bone health including vitamins C and D, calcium, magnesium and other trace minerals. Bone Nutrient Lifetime Complex can be used by women (and men) of all ages as a dietary supplement to conveniently increase consumption of the bone nutrients found in healthy foods but often deficient in our modern diets.

Item No. 3524 \$23.33 retail 120 capsules

SOLACE™

MONTHLY BLEND FOR WOMEN

dōTERRA Women Solace is a proprietary blend of Certified Pure Therapeutic Grade essential oils that have been traditionally used to balance hormones and manage symptoms of PMS and the transitional phases of menopause.* Solace is a topical blend of clary sage, lavender, bergamot, Roman chamomile, cedarwood, ylang ylang, geranium, fennel, carrot seed, palmarosa and vitex that provides temporary respite from cramps, nausea, hot flashes, and the emotional swings sometimes associated with regular hormone cycles in women.



Item No. 3527 \$32.67 retail 10 ml roll-on

SLIM & SASSY®



SLIM & SASSY TRIM KIT

Four 15 ml bottles Slim & Sassy essential oil blend, and two TrimShake cannisters.

Item No. 3528 \$200.00 retail 2 Chocolate

Item No. 3529 \$200.00 retail 2 Vanilla

Item No. 4077 \$200.00 retail 1 Van., 1 Choc.

SLIM & SASSY® TRIMSHAKE™

Slim & Sassy TrimShake is a convenient and delicious shake mix providing the essential nutrients of a healthy meal* with only 125 calories per serving. Used as a meal replacement for one or more meals each day, TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise. TrimShake also includes a patented weight-loss ingredient Essentra®Trim that has been demonstrated to help with managing the stress hormone cortisol associated with fat storage. TrimShake blends well with water or milk for a low-calorie, low-glycemic, high-fiber satisfying meal alternative* with 16 grams of protein and 5 grams of fiber per serving.

Item No. 3520 \$52.67 retail 1 Chocolate 20 serving canister

Item No. 3518 \$52.67 retail 1 Vanilla 20 serving canister

* Meal replacement based on the addition of 75 or more additional calories (almond, rice, or skim milk, etc.) to the 125 calories of one serving of Slim & Sassy TrimShake for a caloric meal total of 200 calories or more

DEEP BLUE®



DEEP BLUE RUB top seller

dōTERRA's Deep Blue Rub is a rich, topical cream infused with Deep Blue Soothing Blend of Certified Pure Therapeutic Grade essential oils that provides targeted comfort to tired and sore joints and muscles. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Deep Blue Rub provides a comforting sensation of cooling and warmth to problem areas. With close to 5 ml of dōTERRA's top-selling Deep Blue essential oil blend of wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum, and osmanthus, Deep Blue Rub is an essential addition to your bathroom cabinet, gym bag, or first aid kit. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy and is the choice of massage therapists and sports practitioners for applying dōTERRA's Deep Blue essential oil blend.

Item No. 3890 \$39.00 retail 4 oz. / 120 ml

DIETARY SUPPLEMENTS



ALPHA CRS+®

CELLULAR VITALITY COMPLEX

dōTERRA's Alpha CRS+ is a proprietary formula combining a cellular longevity blend of botanical extracts including boswellic acid, silymarin, curcumin, bromelain enzyme, carotenoids and powerful polyphenols including resveratrol, ellagic acid, baicalin and proanthocyanidins from grape seeds with a cellular energy blend of quercetin, coenzyme Q10, alpha-lipoic acid, acetyl-L-carnitine and bacopa extract. The ingredients in Alpha CRS+ have been shown to support healthy cell proliferation and lifespan, mitochondrial energy production and to support healthy cellular inflammatory response.* Alpha CRS+ is formulated to be used daily with xEO Mega and Microplex VMz as a comprehensive dietary supplement program for a lifetime of vitality and wellness.

Includes WOKVEL® Boswellia serrata extract (300 mg) and BACOGNIZE® Bacopa monnieri extract (200 mg) trademarks of VSI

Item No. 3418 \$92.67 retail 90 vegetable capsules

xEO MEGA®

ESSENTIAL OIL OMEGA COMPLEX

dōTERRA's xEO Mega is a revolutionary formula blending CPTG® Certified Pure Therapeutic Grade essential oils of clove, frankincense, thyme, cumin, wild orange, peppermint, ginger, caraway and German chamomile, with natural plant-sourced essential fatty acids from flax, borage, cranberry and pomegranate seed oils and marine lipids delivering 340 mg EPA and 240 mg DHA per daily serving. Essential fatty acids support healthy cardiovascular, immune, joint and brain health among other health benefits. xEO Mega also includes a unique form of the carotenoid astaxanthin cultivated in microalgae using pure water and sunlight, and natural vitamin E providing additional antioxidant protection, and natural vitamin D. The lipids and essential oils in xEO Mega are presented in a nanosomal lipid assimilation system that supports nutrient absorption in the intestinal tract.

Item No. 3419 \$52.67 retail 120 liquid capsules

MICROPLEX VMz®

FOOD NUTRIENT COMPLEX

dōTERRA's Microplex VMz is an all-natural, whole-food formula of bioavailable vitamins and minerals that are often deficient in our modern diets. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E and an energy complex of B vitamins presented in a patented glycoprotein matrix. It also contains food-derived minerals, calcium, magnesium and zinc and 72 organic trace minerals for optimal bone and metabolic health. Microplex VMz also includes a whole-food blend of cayenne, kelp and horsetail powder and a patented enzyme delivery system to optimize nutrient absorption. dōTERRA's Tummy Tamer blend of peppermint, ginger and caraway seed helps to calm the stomach for those who may have experienced stomach upset with other vitamin and mineral products. Microplex VMz is encapsulated using vegetable capsules, does not contain wheat or dairy products and does not include any animal products or synthetic ingredients.

Item No. 3420 \$46.00 retail 120 vegetable capsules



TERRAZYME® top seller

DIGESTIVE ENZYME COMPLEX

dōTERRA's TerraZyme Digestive Enzyme Complex is a proprietary blend of active whole-food enzymes and supporting mineral cofactors that are often deficient in cooked, processed and preservative-laden foods. TerraZyme's powerful combination of digestive enzymes support the body's constant production of enzymes critical for healthy biochemical functions throughout the body including healthy digestion of food nutrients and cellular metabolism of nutrients to energy. TerraZyme includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars and fiber.*

Item No. 3511 \$50.00 retail 90 vegetable capsules

ZENDOCRINE®

DETOXIFICATION COMPLEX

The body's filtering and waste management system is quite capable of managing a certain amount of exposure to toxic influencers. But in a modern world of environmental pollutions and harmful chemicals, the body's filtering system can be significantly challenged. dōTERRA's Zendocrine Detoxification Complex is a proprietary blend of 14 active whole-food extracts in a patented enzyme delivery system that supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs and skin.*

Item No. 3512 \$32.67 retail 60 vegetable capsules

PB ASSIST+®

PROBIOTIC DEFENSE FORMULA

The latest addition to dōTERRA's DigestZen® digestive support category, PB Assist+ is a proprietary formula of pre-biotic fiber and six strains of probiotic microorganisms in a unique double-layer vegetable capsule delivering 5 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourages culture adhesion and growth. The time-release double-capsule delivery system protects sensitive probiotic cultures from stomach acid. PB Assist+ supports healthy digestive functions and immunities and is safe for use by all members of your family.

Item No. 3516 \$46.00 retail 30 double-layer vegetable capsules

GX ASSIST®

GI CLEANSING FORMULA

GX Assist is a combination of CPTG® Certified Pure Therapeutic Grade essential oils of oregano, melaleuca, lemon, lemongrass, peppermint and thyme and caprylic acid that helps support a healthy digestive tract by creating an unfriendly environment for potentially harmful pathogens that can disrupt digestive immunities and cause digestive upset. GX Assist is formulated to be used for 10 days as a preparatory cleansing step before using PB Assist Probiotic Defense Formula.

Item No. 3504 \$34.67 retail 30 softgels

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

dōTERRA®

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FACE to FACE

with dōTERRA®'s Facial Cleanser
and Clear Skin Foaming Face Wash

TWO OPTIONS ARE BETTER THAN ONE!

With dōTERRA's two facial cleansing options, you can tailor it to your skin's unique needs. The original Facial Cleanser is ideal for all skin types to provide gentle, deep cleansing and a refreshing experience using CPTG® essential oils of peppermint and melaleuca. The gentle foaming action of Clear Skin Foaming Face Wash is a light-weight blend of cleansing ingredients and CPTG® essential oils tailored to balance problematic skin for all ages.



"I finally found the perfect combination of products to balance my skin. I use the Facial Cleanser in the morning along with the other dōTERRA Essential Skin Care line and the Clear Skin Foaming Face Wash at night, which really helps to even out my skin tone, making it less oily. The other day my friend told me my skin looks as good as it did twenty years ago!"

Carene B., Alpine, UT

 Facial Cleanser Item No. 3701 US\$22.00 retail
Clear Skin Foaming Face Wash Item No. 3718 US\$21.00 retail

dōTERRA® CPTG Certified Pure Therapeutic Grade®