

dōTERRA[®] LIVING

EO Outdoor Adventure Guide

How to Use Essential Oils On All Your Summer Adventures

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DAILY ROUTINE

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SPRING/SUMMER 2013





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Swimsuit Approved.



SLIM & SASSY TRIMSHAKE™ is a convenient and delicious shake mix providing essential nutrients toward a healthy meal and an average 150 calories per serving.

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dōTERRA PRODUCT GUIDE, see pages 32-39
A quick shopping reference for all products

ask Dr. Hill

Our medical expert, Dr. Hill, answers questions about seasonal allergies, first aid, using essential oils on children, and more.

Q How can I help seasonal allergies?

This can be a complicated issue because so many individuals suffer from different causes. We have to begin to think of the common symptoms that exist. One of the ways we can reduce allergies is to reduce the responses that the allergies generate. It is important to have a good program that supports the digestive tract for proper digestion. I would recommend **PB Assist+** and **TerraZyme** as a way you can reduce the susceptibility of developing allergies. Many of the essential oils are commonly known for controlling symptoms for allergies, and are quite effective. My personal favorite and one that I have great success with is a combination of **Lemon, Lavender, and Peppermint**. This combo is subduing to the allergies themselves, helps clear up the sinuses, and relieves itchy, watery eyes. A drop of each of these oils can be applied either directly under the nose or through inhalation.

Q Are essential oils safe for children?

One of the great benefits we receive from essential oils is that they are safe for all ages. The chemistry reacting in an adolescent or pediatric patient is the same as it would react in an older individual. That being said, one of the ways we can safely use essential oils on even our youngest of children is to reduce the amount of essential oil that we use on them. Children are very resilient and their bodies can react very quickly. Another way is how we apply or deliver the essential oils. One of the great margins of safety is to apply to the bottom of the feet. This is an area of the body where the oils absorb very well and it's not generally reactive or irritating. I like this because even with very young children or newborns I can control the dosage and delivery by working with the bottom of the feet. Because of how quickly and efficiently essential oils act in the body and the fact that we can be specific and tailor the application for each individual, oils are safe for all ages when used appropriately.

Q Which essential oils can be helpful for first aid?

I want to call attention to this a little differently than the traditional definition of first aid. I think of first aid in two contexts. One is an emergency circumstance where response is needed immediately. The other is the everyday issues we are exposed to. We developed the **Family Physician Kit** for the two most common circumstances that most individuals will deal with in their home. One, everyday bumps and bruises; and two, issues such as the cold or flu that we deal with in our home. So regardless of how you define your need for first aid, I find that the ten oils in the Family Physician Kit are an adequate and sustainable approach to have on hand and meet those needs in an immediate sense. If individuals will dedicate themselves to knowing and mastering those essential oils, they will easily be able to handle any circumstance, regardless of where they are. I recommend that you always carry the Family Physician Kit. It is your family's first aid.

Q Where can I find credible research or information regarding essential oils?

So much of the information that we find on essential oils when searching online is the experiential side of what people have had with essential oils as they themselves have chosen to use them. We shouldn't be critical of that because this becomes a very validating aspect. However, we do live in a time where people are more educated and they want to understand the science behind how essential oils work and why they are valuable. One resource for credible scientific information is www.aromaticscience.com. This is a place where people will find a searchable, usable database and comprehensive compilation of research that is being done on essential oils throughout the world. It also offers an opportunity for people to see and understand a view of the research that we ourselves in the scientific community (healthcare professionals, scientists, chemists) are participating in. We have formed many meaningful relationships due to our common interest in the science of essential oils, and the information from these partnerships is openly shared on www.aromaticscience.com.

THE DR. RECOMMENDS



PB Assist+ (Item No. 3516) and TerraZyme (Item No. 3511) for digestive health.



Lavender (Item No. 3011), Lemon (Item No. 3012) and Peppermint (Item No. 3019).



Family Physician Kit (Item No. 3279).



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.

ESSENTIAL OIL SPOTLIGHT

BLACK PEPPER

WAYS TO USE IT

USE ON BRUISES. Apply equal parts Black Pepper and Lavender, along with Fractionated Coconut Oil, to bruises to increase circulation and help them heal faster.

SOAK SORE MUSCLES. Add 4 drops Black Pepper, 2 drops Rosemary, and 1 drop Ginger to a bathtub of hot water and soak for up to 30 minutes. Make sure to stay hydrated by sipping water during or after your soak.

DIFFUSE FOR ADDED SPICE. Though not typically diffused, it can add extra spice when diffused with Clove Bud, Cinnamon, or Cassia. It also blends nicely with citrus and floral blends.

USE AS A MASSAGE BLEND. Add 2 drops Black Pepper, 1 drop Cypress, and 1 drop Lavender essential oils to ½ ounce of Fractionated Coconut Oil.

USE IT WHEN COOKING. Black Pepper tastes delicious in salad dressings and as a marinade for meat. See grilling tips for Black Pepper on pg. 26.

BLACK PEPPER is not just for adding spice to your food! As an essential oil, it has many health benefits.

Therapeutically, Black Pepper essential oil is stimulating and helps increase circulation. The analgesic, warming, and circulatory qualities make it ideal to use during a massage. It has traditionally been used to help with sore muscles, arthritis, and sciatica. Black Pepper is also beneficial to the respiratory system. You can even use it in a massage blend to rub on your chest when suffering from the common cold, flu, or bronchitis. Because one of its main constituents is beta-caryophyllene, it offers strong anti-infectious properties.

BLENDS WELL with Bergamot, Clary Sage, Clove Bud, Coriander, Fennel, Frankincense, Geranium, Ginger, Grapefruit, Lavender, Lemon, Lime, Wild Orange, Rose, Sandalwood, and Ylang Ylang.

BLACK PEPPER AND SMOKING

Research conducted at V.A. Medical Center in North Carolina shows that inhaling a vapor of Black Pepper essential oil might prove useful in decreasing anxiety and smoking withdrawal symptoms.

SLIM & SASSY® INSPIRATION

Slim & Sassy has changed thousands of people's lives all over the world by helping them lose weight and regain empowerment. Read on as participants of our 2013 Slim & Sassy Lifestyle Change Competition share their tips for success.

REGINA HAYES

I went on a cruise in 2011 with my friends. However, due to illness and lifestyle choices I spent my time being wheeled around in a wheelchair. I sat on the balcony in my room and waved goodbye as they left for excursions and shopping. I had high blood pressure, high cholesterol, and a half a dozen other ailments which made me a prisoner, not only there, but also in my home. I didn't just wake up one morning in that condition. It was a gradual progression due to bad lifestyle choices.

On November 25, 2012, I had a long talk with God. The day after my pity-party prayer, two friends showed me how to use the dōTERRA essential oils I purchased in 2010. I felt like this was an answer, and I had a plan. I got up off my couch and joined the gym, hired a personal trainer, and bought a Diamond Kit. I decided that if I was going to do something, I was going to do it right. On December 4, 2012, I weighed 305 pounds. 94 days later I weigh 255.

HOW I'M DOING IT

- I **work out** at the gym three days a week.
- I eat **fresh unprocessed foods**, which means I do a lot of cooking.
- I supplement snacking and meals with **dōTERRA TrimShake**.
- I take **Slim & Sassy Metabolic Blend** in capsules every day.
- I use **LifeLong Vitality, Mito2Max, DDR Prime**, and anything else in the Diamond Kit that I think might help.
- I **set a goal** to lose 100 pounds by my 50th High School Class Reunion on October 26, 2013.



"I have currently lost 50 pounds, with 232 more days to reach my goal. Things are looking up for me. I am so grateful that two friends shared information that would ultimately change my life." —Regina

ELAINE SUSAN VAIL

Due to several health issues, my weight has steadily increased. Over the past eight years, I've gained approximately 120 pounds. I've bought gym memberships, consulted dietitians, kept food journals, quit consuming soda, visited with doctors regularly, and taken medications, but nothing helped. The weight just kept coming.

I joined the Slim & Sassy Lifestyle Competition in January 2013 and purchased the New You Kit. I have tried to follow the program as outlined in the Slim & Sassy booklet. **For the first time in eight years, I have gained control over my body. I've lost 15 pounds since the contest began, and I'm down one pant size. I am much more positive, motivated, and active.**





"I am convinced that dōTERRA products can help anyone, both physically and emotionally. It has been quite some time since I liked myself. It's a nice feeling!"

-Kim

CATHIE COOMBS

In my family, food was something you simply couldn't get enough of. It took a few hundred pounds and the birth of my first child to teach me that what you eat makes a difference. It is amazing to me just how ignorant I was, but food was a major emotional source for me.

It has been nine years since I realized that what you eat effects how you look. However, I had habits, desires, and cravings that weren't overcome by awareness. It has been nine years of battle. My weight has gone up and down, and I own clothes that range from size 6 to 18.

After the birth of my fifth child and the sudden death of my father, my weight increased and my self-esteem plummeted. I could only fit into the workout pants I had worn during pregnancy. I decided it was time to get back in the weight war. I had done it before and I could do it again. I used a phone app to diligently track my calorie intake. For 92 days, I stayed under the recommended 1,500 calories. I was committed. When I slipped, I spent more time on the elliptical. After 92 days—nothing, not even a pound! All that time and my fat had won!

I was completely discouraged, but joined the Slim & Sassy Competition anyway. After signing up, I stopped counting calories. I replaced my breakfast and late afternoon snacks with a shake and focused my evening meals around vegetables. I also began to use Slim & Sassy to fight off cravings and to assist me in my journey.

After two days, I could feel a difference. I got on the scale after a week and found that I had lost five pounds. The next week I lost another four, and then two. It kept falling off, and the best part was that I didn't feel like I was fighting a battle or a war with food. It is so nice not to waste energy beating myself up over what I do or don't eat. While I am certainly not perfect, I feel like I have taken some important steps that will continue the rest of my life. My outlook on health and weight has transformed through the competition.

AMANDA WIGYLUS

I have always been overweight.

No matter what I did or what diet I tried, the weight just wouldn't come off. In high school, I was a size 14 and weighed 140 pounds. My weight had very little to do with inactivity. I did so many sports in high school that I would arrive at 6 am and not leave until 9 pm. The sports I participated in included track and field, baseball, and cheer-leading. Despite all the sports and dieting, I didn't lose weight. In fact, I gained it.

I had gained so much weight after giving birth to my third child that my doctor enrolled me in a medically-supervised diet program. It was a liquid diet that was so dangerous I had to be checked by our doctor each week. I lost 30 pounds in the first two months and then stalled. I watched as others lost 50 to 70 pounds, and I was discouraged. I was doing everything I was told, but not losing weight. I started the diet weighing 262 pounds and ended it weighing 232 pounds. After six months and only 30 pounds, I was depressed. I gained all the weight back and then some.

Since being introduced to dōTERRA and implementing the products, I have lost 30 pounds, and after starting the Slim & Sassy Lifestyle competition, I have lost an additional 10 pounds and

21 inches. I am amazed that I am able to lose weight and inches by adding oil to my water six times a day!

MY DAILY TIPS FOR SUCCESS

- Take the **Lifelong Vitality pack**.
- Drink six glasses of water with **Slim & Sassy essential oil**.
- **Exercise** at least thirty minutes a day. No excuses.
- **Pay attention to what you eat** and where it comes from.

It isn't much, but what I have done has had a significant impact on my life, my happiness, and my self-esteem. My family has been very supportive of my quest to lose weight and become healthy. My husband and I are planning to run in the Presidio 10K at the end of April. I want to do this in celebration of reduced pain, my ability to complete a goal, and the success I have achieved that will allow me to be the mother my children deserve.

My middle son just recently asked if he could run with us. He said, "I want to be a part of your health quest, Mom!" My heart about burst! It makes this run far more special. I will run for my family, my health, and my life. I will run because dōTERRA made it possible!

KIM LEE'S WEIGHT LOSS TIP

If you have physical limitations that impact your ability to exercise, don't get on a scale or use a tape measure. I entered the contest last year, but failed to make it past the fourth week. Discouragement took over and I quit. My weight loss was so small that I knew I could never win! This year, I am 100% dedicated to working with my body. I want to enjoy the results that come without focusing on my limitations. I know my gains seem small, but I am giving my best effort. I no longer compare myself to others. I only compare my current life to my life six weeks ago. My clothes fit better and I have less pain. That is my success!

PRODUCTS I USED

- Slim & Sassy**—to keep my appetite in check.
- Deep Blue, Cypress, and Wintergreen**—to decrease pain.
- Breathe**—to open my airways as I exercise.
- Lemon or Holiday Joy**—to uplift my mood.



ESSENTIAL RECIPES



CILANTRO & LIME FISH TACOS

INGREDIENTS

- 1 pound white fish such as tilapia, cod, etc.
- 1 tablespoon cooking oil
- 1 lime, juice and zest
- 1 drop dōTERRA Lime essential oil
- 1 drop dōTERRA Lemon essential oil
- 1 drop dōTERRA Cilantro essential oil
- 1 jalapeño, finely diced
- 1 clove garlic, chopped
- 1 green onion, finely sliced
- 1 handful cilantro, chopped
- ½ teaspoon cumin, toasted, and ground
- 8 4-inch corn tortillas
- Tomatillo pico de gallo to taste
- 3 cups cabbage, shredded
- 1 batch cilantro lime crema (see below first set of directions)
- 2 large avocados, sliced
- Salt and pepper to taste

DIRECTIONS: Marinate the fish in the oil, lime juice and zest, Lime, Lemon and Cilantro essential oil, jalapeno, garlic, green onion, cumin, salt, and pepper for 10-20 minutes. Grill the fish over medium-high heat until cooked, about 4-6 minutes per side. The fish will be cooked when it flakes easily and is no longer translucent.

Flake the fish and serve in tortillas garnished with your favorite toppings and the cilantro lime crema.

CILANTRO LIME CREMA

- 1/2 cup crema or sour cream
- 1 green onion, sliced
- 1 handful cilantro
- 1/2 lime, juice and zest
- 1 drop dōTERRA Lime essential oil
- 1/2 jalapeno pepper, seeded and diced (optional)

Directions: Purée everything in a food processor.

Chef's tip: Cilantro essential oil can be added to the marinade or the crema. I alternate it depending on mood.

*Submitted by Julie Sherman,
Independent Product Consultant*

CILANTRO LEMON BASMATI

INGREDIENTS

- 2 cups basmati rice (cooked according to directions)
- 6 tablespoons fresh chopped cilantro
- ¼ stick butter or butter alternative of your choice
- 4 drops dōTERRA Lemon essential oil
- Sea salt to taste

DIRECTIONS: As soon as rice is cooked add to a large serving bowl with butter. Mix until butter is melted. Let rice cool slightly before adding cilantro so that cilantro does not become wilted. Once rice is cooled, add cilantro, salt, and Lemon essential oil. Mix all ingredients together and enjoy!

Pairs well with southwest/Mexican style foods like fajitas. Recipe serves 4.

Submitted by Kiri Croxford, dōTERRA Consumer



CHEESY MEXICAN KALE CHIPS

INGREDIENTS

- 1 large bunch kale, washed and torn into bite-sized pieces
- 2 tablespoons olive oil
- 1 drop dōTERRA Cilantro essential oil
- 1 drop dōTERRA Lemon essential oil
- ½ teaspoon cumin
- ¼ cup nutritional yeast

DIRECTIONS: Combine olive oil and Cilantro and Lemon essential oils in a small dish and let sit for at least 10-20 minutes so that the flavors combine. Set aside. Preheat oven to 200 degrees. Put kale in a large mixing bowl and drizzle with oils. Combine cumin with yeast; sprinkle the mixture over

the kale mixing with your hands. Make sure all of the kale is well coated with oils and the cumin/yeast mixture. Spread kale in a single layer on a baking sheet. Bake on the center rack for 45-50 minutes (or until nice and crispy). Keep an eye on the smaller pieces and take them out if they are done earlier, otherwise they will burn. Dump them in a big bowl and watch them disappear.

That's it! It's SUPER easy, inexpensive and crazy good for you! It's one of our favorites, and it even gets my 11-year-old son to eat kale! Enjoy!

Submitted by Valera Childers, Independent Product Consultant



NON-ALCOHOLIC MINT MOJITO with dōTERRA LIME

INGREDIENTS

- Club soda
- dōTERRA Lime essential oil
- Liquid stevia
- 1 small bunch of mint leaves

DIRECTIONS: Fill regular glass with club soda. Add 4-7 drops Lime essential oil, 10-17 drops liquid Stevia, and 8-10 mint leaves. Stir and enjoy.

Submitted by dōTERRA Staff

TAHINI COOKIES

INGREDIENTS

- 1 cup tahini
- 1 egg
- ½ cup agave syrup
- 1 cup shredded coconut
- 3 drops dōTERRA Cinnamon essential oil

DIRECTIONS: Mix together, roll into balls and flatten with a fork. Bake at 350 degrees for 8 - 10 minutes.

Submitted by Rachel Hull, Independent Product Consultant

EDITOR'S NOTE: Essential oils produce strong flavor. Start with 1 drop, then add more oil until desired flavor is achieved.



IQ MEGA SALAD

INGREDIENTS

- 1 package (12-16 ounces) salad greens of your choice (romaine, arugala, spinach, etc.)
- ½ cup roasted and salted pepita seeds
- ½ cup dried cranberries
- 1 large avocado, cubed
- 2 mandarin oranges, peeled and sectioned
- 2 small baby cucumbers, sliced
- ¼ cup dōTERRA IQ Mega
- ¼ teaspoon Himalayan pink salt, finely ground
- 1 teaspoon fresh ground pepper
- ½ cup feta cheese, crumbled

DIRECTIONS: Get the salad ready with all the veggies, fruits, and nuts. Drizzle IQ Mega over the salad to lightly coat it. Sprinkle salt and pepper to taste. Add feta cheese and lightly toss until mixed. Yum! I have also added black beans, chicken strips, or cubed tempeh as a protein source for a complete meal (about 1 cup).

Submitted by Lisa Kelly, Independent Product Consultant

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



THE POWER OF Experiential Evidence

BY NICOLE STEVENS

The kids and I were enjoying a visit at my parents' house when suddenly we heard frantic screaming. I rushed over to find my three-year-old daughter standing in the living room, cradling her hand to her chest. She'd touched the scorching fireplace front. I could see an angry red welt on her finger already starting to blister.

I bathed her little finger with dōTERRA Lavender essential oil faster than you can say “second-degree burn.” Her screaming stopped. All of us, especially my daughter, watched in amazement as the swelling immediately began to diminish. Within a few hours, there was little trace of the burn remaining. By the next day, my daughter's skin was completely healed.

Now, I'm a scientist. I live for data and Petri dishes and well-controlled variables. Yet as I stood there watching the Lavender oil go to work on my daughter's injured finger, I began to realize the power of personal experience. Formal research is great, but when it comes to essential oils, sometimes using is believing.

It's called experiential evidence. This is validation based on accumulated experiences, skills, and intuition. Essential oil users probably notice that as they continue to use natural products and observe the effects, they develop instincts about which oils to use in any given situation.

I daresay, experiential evidence has been critical in the survival of our species. Millennia ago, our forebears didn't have PubMed to tell them which plants have been extracted, analyzed by gas chromatography, applied to cell cultures, and pronounced worthy of further study. They didn't have doctors and scientists who finished years of schooling. No healthcare clinics and no manufactured drugs. Nope. Nature's pharmacopeia was the only medical care available.

Maybe our ancestors were lucky enough to have a healer in the village who applied all the ancient remedies passed through the ages. Even so, most adults probably knew the therapeutic properties of common plants and a few basic remedies they learned from their parents. They needed that knowledge to

survive the injuries and diseases of life. And through the ages, our predecessors undoubtedly relied on experiential evidence to evaluate new plants for medicinal potential.

Modern laboratory science has its place in directing the application of our knowledge. Testing essential oils on cells or microbes can provide clues about how an oil works the way it does. That's important and useful intellectual knowledge. But in a way, it's a secondary consideration. Watching my daughter's pinched face relax as the pain of her burn receded, I didn't care how Lavender worked. I was just glad it did.

People who are unfamiliar with essential oils might see them as voodoo or quackery because there's not much scientific validation yet. The research is coming, slowly gaining momentum as our Western society realizes the value of natural products. Yet even before the publications roll out, we are building a compelling body of experiential evidence. Just ask anyone who has ever used dōTERRA's essential oils—I bet they have a fascinating story to tell.

In a sense, we are like healers tapping into time-honored natural remedies. The ancestral knowledge is there, written in our DNA after eons of co-evolution with plants and generations of traditional medicine. In another sense, we are like scientists on the cutting edge of medical discovery. We collectively experiment with practical applications of essential oils in our informal “laboratories” of home, school, and the office.

Learning about essential oils, trying them, and noting the results will slowly amass experience that we can share with others. The observation of essential oils in action will undoubtedly open minds and change lives long before the formal laboratory work is complete. In any case, the results—and the experience—will be amazing.



In a sense, we are like healers tapping into time-honored natural remedies. The ancestral knowledge is there, written in our DNA after eons of co-evolution with plants and generations of traditional medicine. In another sense, we are like scientists on the cutting edge of medical discovery. We collectively experiment with practical applications of essential oils in our informal “laboratories” of home, school, and the office.



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.



Achoo!

Use nature's medicine to fight back against allergy season



AS TINY SEEDS GO FROM BUD TO BLOOM, the earth slowly awakens from winter's deep slumber. Life feels clear and renewed and the gentle sunshine attests to a new beginning full of promise. This is what springtime represents for many people. But if you are unlucky enough to suffer from seasonal allergies, the heralding of spring represents something else entirely. Watery eyes, runny nose, sneezing, itching, and congestion are just some of the symptoms people who have allergies suffer from.



DID YOU KNOW?

- LAVENDER** acts as a natural antihistamine.
- PEPPERMINT** helps with sinus-related headaches.
- WILD ORANGE** helps clear stuffy noses.

THE BODY PRODUCES histamine to defend itself against potentially disease-causing agents such as bacteria, viruses, and other foreign invaders. In addition to its role in controlling vital body processes and defending against foreign invaders, histamine is a key mediator in the symptoms of an allergic reaction. However, when the total body level exceeds the catabolic enzymes' capacity to break it down, symptoms of histamine excess occur, resulting in various symptoms of an allergic reaction. An allergic response occurs when immune system proteins (antibodies) mistakenly identify a harmless substance, such as tree pollen, as an invader.

According to the Centers for Disease Control and Prevention, 16.9 million adults and 6.7 million children were diagnosed with hay fever in the past 12 months. Substances that often cause reactions are pollen, dust mites, mold spores, and pet dander. Prescription drugs and over-the-counter medications (OTC) used to help treat symptoms can cause side effects such as drowsiness, nose bleeds, headaches, loss of

smell and taste, and on a more serious scale, harmful chemicals contained in some OTC nasal sprays can damage membranes within the nasal passage, leading to chronic nose bleeds.

Essential oils have proved beneficial for use in allergy treatment and hay fever symptoms without the use of chemicals. A study conducted in 2004 at the Department of Organic and Bioorganic Chemistry at Lund University in Sweden showed the effectiveness of a Nasal Spray formulated with the essential oils of eucalyptus (cineole), lavender (linalool) and cypress (davanone). After administration of the nasal spray, all patients experienced a rapid and significant relief of nasal symptoms, comparable to the effect of antihistamine. The effect was present within 5 minutes after the administration and lasted for several hours.

The same substances that trigger your hay fever symptoms may also cause asthma signs and symptoms, such as shortness of breath, wheezing and chest tightness.

ESSENTIAL OILS GREAT FOR ALLERGIES:

EUCALYPTUS	MELISSA
LAVENDER	PATCHOULI
LEMON	PEPPERMINT
MELALEUCA	ROMAN CHAMOMILE

Tips for using essential oils to help combat allergies:

1. Take 2-3 drops each of Lavender, Lemon, and Peppermint essential oil in an empty capsule.
2. Apply topically underneath the nose, to the chest area, or bottoms of the feet.
3. Diffuse aromatically to help with indoor symptoms.



A WEAKENED DIGESTIVE SYSTEM can increase your odds of having allergies. Before birth, a healthy baby's GI tract is free of bacteria and other microorganisms. During the birthing process, a baby is exposed to colonies of intestinal microflora from their mother. As healthy colonies of friendly microflora grow in a new-born baby's intestinal tract, the baby's immune system is "trained" or "programmed" to differentiate between pathogenic and harmless microorganisms and respond appropriately. The body's ability to respond in a measured way to harmful pathogens, and not to respond to unharmed antigens is an important part of preventing overreactions of the immune system such as in allergies and gut inflammatory diseases. PB Assist+ (Item No. 3516) supports healthy digestive functions and immunities and is safe for use by all members of your family.

Breathe Respiratory Blend

Respiratory issues are prevalent in modern society, and dōTERRA® essential oils are a perfect way to ease breathing. Breathe is a remarkable blend of CPTG® essential oils which combine to do just that—help you breathe easier. A proprietary blend including laurel leaf, Peppermint, Eucalyptus, Melaleuca, Lemon and ravensara cleanses and soothes the airways, and can easily be applied topically to the chest, back, or bottom of the feet. Its pleasant aroma is calming to the senses and perfect for night time diffusion for restful sleep. For aromatic or topical use.



To Order, Use Item No. 3107 US \$26.67 Retail

Match the Plant

Can you guess which essential oil comes from each plant below?

FLORAL



- A) A common ingredient in many skin care products.
 B) Traditionally used for its soothing and regenerative effects.
 C) Widely used by women to soothe monthly discomfort.

- D) Helps to support a healthy inflammatory response.
 E) Has a long history as a component of perfumes.

HERB



- F) Used to help relieve indigestion and digestive issues.
 G) Hippocrates used this as a cleansing agent.
 H) Is popular in countless forms, from toothpaste to chewing gum.

- I) Can help with memory.
 J) Is a soothing agent for aches and pains.

TREE



- K) Most notable for its smoothing effects on skin.
 L) The most precious of the ancient oils.
 M) Helps relieve and soothe muscle aches and pains.

- N) Is popularly used to help ease breathing, as well as a throat gargle.
 O) Has cleansing and regenerative properties, especially for the skin.

SPICE



- P) Has strong antibacterial properties.
 Q) Useful with aches and pains.
 R) A powerful antioxidant.

- S) Can help curb the urge to smoke.
 T) Can help ease indigestion.

CITRUS



- U) Has cleansing and invigorating properties.
 V) Can be used on surfaces throughout the home as a non-toxic cleaning booster.
 W) Unique among citrus oils for its calming properties.

- X) Is excellent for energizing and revitalizing.
 Y) Is popular for use on joints and for seasonal bugs.

ANSWERS: A) Geranium, B) Helichrysum, C) Clary Sage, D) Roman Chamomile, E) Ylang Ylang, F) Fennel, G) Oregano, H) Peppermint, I) Rosemary, J) Wintergreen, K) Sandalwood, L) Frankincense, M) White Fir, N) Cypress, O) Melaleuca, P) Coriander, Q) Cinnamon, R) Clove, S) Black Pepper, T) Ginger, U) Grapefruit, V) Lemon, W) Bergamot, X) Wild Orange, Y) Lime.

EO OUTDOOR

Adventure Guide

Whether your passion is the water, land, mountain, or all three, if you're the casual camper or the most extreme of outdoor enthusiasts, our adventure guide will help keep what's great about the great outdoors, well...great.



dōTERRA travel kit

Always have your essential oils on hand when you need them with this easy-to-store and convenient DIY travel kit.



Fractionated Coconut Oil (FCO):

Make sure to fill one of the vials with Fractionated Coconut Oil in case you need to dilute any of the other essential oils. You'll be extremely grateful if you accidentally get Peppermint essential oil too close to your eyes. (Item No. 3026)

Lip Balm: Chapped lips are never enjoyable, especially when you're on the go. Make sure to include lip balm to relieve any dry, chapped lips. (Item No. 3619)



On Guard Throat Drops:

You never want to be sick while traveling. Include some On Guard Protecting Throat Drops to give your body that extra immune boost if you feel like you are coming down with the cold or flu. They are also great to have on hand if your throat is hoarse after a concert or sporting event. (Item No. 3405)



Peppermint Beadlets:

Fill one vial up with dōTERRA Peppermint Beadlets to help calm any digestive discomfort or to simply freshen your breath. It's amazing how powerful one small beadlet is. (Item No. 3815)



dōTERRA essential oils (4-6 of your choice):

Select essential oils you most commonly use and would be the most beneficial to have readily available while traveling.

- | | |
|----------------------------|---------------------------|
| Lavender (Item No. 3011) | Melaleuca (Item No. 3015) |
| Peppermint (Item No. 3019) | PastTense (Item No. 3135) |
| On Guard (Item No. 3110) | Breathe (Item No. 3107) |
| DigestZen (Item No. 3103) | Deep Blue (Item No. 3138) |
| Lemon (Item No. 3012) | |



Tell your aches to take a hike

A long trek through the woods with a heavy pack can leave your limbs achy and restless. Massage **Deep Blue Rub** or **Deep Blue Soothing Blend** onto achy feet, calves, knees, and shoulders and relax around the campfire.

Hot hot hot!

Nothing zaps your energy like the hot sun. Experience a cooling sensation by applying **Peppermint** essential oil to pulse points, such as the wrists, feet, and neck.

- **LONG DAYS IN THE SUN**, whether camping, hiking, fishing, swimming, or paddling a canoe, can leave your skin traumatized. Create a soothing mist by adding 40 drops of **Lavender**, 15 drops of **Peppermint**, and 5 drops of **Roman Chamomile** to 3 ounces of water in a spray bottle. Shake to mix and lightly mist over the skin.
- **SOOTHE BLISTERED OR PEELING SKIN** by gently rubbing **Fractionated Coconut Oil** with 2 drops each of **Myrrh** and **Lavender** onto troubled areas. *See more sun protection ideas on pg. 22.*
- **OVEREXPOSURE** to sun can cause headaches. To help with throbbing and tension, apply **Peppermint** or **PastTense** Tension Blend to the temples, forehead, and back of the neck.

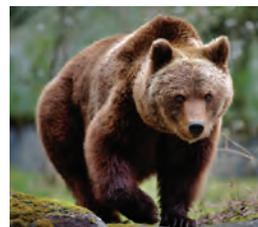
Repel pesky insects

Many essential oils will deter insects. Try **Clove**, **Lavender**, **Lemongrass**, **Eucalyptus**, **Peppermint**, **Rosemary**, **Thyme**, or **White Fir**.

- **FOR AN ALL-IN-ONE DETERRENT**, try **TerraShield**® Repellent Blend. TerraShield is an all-natural formula of therapeutic-grade essential oils blended in a base of pure Fractionated Coconut Oil. A primary function of essential oils in plants is protecting against insects and other predators. Unlike other products that contain synthetic and toxic chemicals, TerraShield is a natural approach to managing exposure to biting insects. TerraShield's fresh, light citrus smell is wonderfully invigorating and can be used safely by everyone in the family. One application provides coverage that lasts up to six hours.

KNOW THE RISK

Bears love essential oils just as much as you do. Bears are naturally curious animals with a sense of smell 2,100 times greater than humans. They are attracted to sweet scents, such as peppermint and cinnamon. If you are spending time in bear country, you might want to exercise proper caution while using essential oils. Contact your local forest station for safety guidelines.





PUT ON NATURE'S ARMOR



TerraShield® is a proprietary blend of powerful essential oils, carefully selected for their natural ability to help repel insects and other predators. The fresh citrus smell is all natural, so you won't have to worry about questionable synthetic and toxic chemicals while enjoying outdoor activities.

To Order, Use Item No. 3119 U.S. \$12.67 Retail



Ouch!

Bites, cuts, stings, bruises, and burns are no fun when you're trying to enjoy the great outdoors. Try these essential oils and you'll be on your way to happy trails in no time.

BEE STINGS	Try Lavender, Lemon, Lemongrass, Melaleuca, Peppermint, Purify, or Roman Chamomile EDITOR'S TIP: if the stinger remains in the skin, rub one drop of Clove essential oil around the afflicted area for a numbing effect.
MOSQUITO BITES	Try Lavender, Helichrysum, or Melaleuca
SNAKE BITES	Try Melaleuca or Purify
SPIDER BITES	Try Lavender, Lemon, Lemongrass, Melaleuca, Peppermint, Purify, or Roman Chamomile
TICKS	Apply 2 drops of Oregano essential oil diluted with Fractionated Coconut Oil over the embedded tick. The high phenol content of this oil will force the tick to let go. Remove the entire tick and apply 1-2 drops Lavender or Melaleuca over the area 3-5 times per day until irritation subsides.
BRUISES	Try Deep Blue Soothing Blend, Fennel, Geranium, Helichrysum, Immortelle, or Lavender
BURNS and BLISTERS	Try Helichrysum, Lavender, Melaleuca, Peppermint (only for unbroken skin), or Roman Chamomile

Don't scratch that

If you have brushed against a plant that is less than friendly to your skin, you'll usually figure it out fast. It starts with the relentless itching, which turns to scratching, and can eventually lead to the spreading of poison all over the body. Many essential oils have a calming effect on the skin. When combined with a few other household ingredients, you can make a natural lotion to help with cases of severe itching.

WHAT YOU NEED:

1 tablespoon sea salt
1 tablespoon baking soda
1 tablespoon bentonite clay
4 drops each of dōTERRA Geranium, Lavender, Melaleuca, and Roman Chamomile
Water to form a paste

DIRECTIONS:

Combine all of the dry ingredients in a small bowl and mix. Slowly add water and stir until a smooth paste is achieved. Add the essential oils. Transfer to a squeeze bottle or jar with a lid and apply where needed.



MAKE OVER MY CAR

AIR FRESHENER

Get the look and smell of a car air freshener without the chemicals. Trace a pattern onto wool felt or cut a pattern freehand. Your shape should be about 4" tall. Use a small hole punch to make a hole at the top of the shape. Thread it with a piece of twine and tie it into a loop to hang from your review mirror or an air vent. Drop several drops of your favorite combination of essential oils right onto the wool shape for an all-natural air freshener. As the scent fades, simply add more oils to the felt.

MIX IT UP

HAND SANITIZER

WHAT YOU NEED:

¼ cup aloe vera gel

¾ cup rubbing alcohol (at least 91%)

¼ cup vegetable glycerin

10 drops dōTERRA essential oil. Try

On Guard® Protective Blend

(Item No. 3110), **Wild Orange**

(Item No. 3017), **Lemon** (Item No.

3012), or **Lavender** (Item No. 3011)

DIRECTIONS:

Mix in a blender until smooth, then transfer to a bottle with a flip top or lid. Keeps for 6-8 months, depending on storage.

dōTERRA TRAVEL KEY CHAIN

This dōTERRA branded key chain conveniently allows for easy access to your favorite oils on the go. Comes with eight empty amber 5/8 dram vials (Item No. 4436).



dōTERRA SPA HAND AND BODY LOTION

This fragrance free, light-weight lotion is essential to have on hand during road trips for silky smooth skin. Combine with the essential oil or blend of your choice for an uplifting aromatic experience. (Item No. 3610)



YOU SPEND A LOT OF TIME IN YOUR CAR. Whether you are grocery shopping, running kids to soccer practice, or hitting the road for summer travel, try these ideas for natural maintenance and travel accessories.

dōTERRA TRAVEL KIT

Whether you are taking a road trip or just running errands around town, you never know when you'll need your essential oils. See ideas for what to include in your kit on pg. 16.



Lemon (Item No. 3012)



Try dōTERRA Purify Cleansing Blend (Item No. 3106), Lavender (Item No. 3011), Lemon (Item No. 3012), Melaleuca (Item No. 3015) or Wild Orange (Item No. 3017)

WINDOW CLEANER

Add 4 ounces of vinegar to a spray bottle along with 3 drops of dōTERRA **Lemon**. Shake to mix, then spray onto windows and allow it to sit for a few moments. Wipe glass dry with a piece of newspaper for a streak-free shine.

CHROME CLEANER

Mix together equal parts white vinegar and water and 4 drops of dōTERRA **Lemon** per each cup of liquid. Then, spray it on your wheels and work it in with a sponge or cleaning rag. *Editor's note: Vinegar should not be used on aluminum alloys.*

TIRE CLEANER

Mix 2 parts baking soda and 1 part water together to form a paste. Add 2-6 drops of dōTERRA **Lemon**. Work the paste into the tires with a scrub brush. Let it sit for several minutes. Then, rinse off.

INTERIOR PROTECTANT

Combine 1 cup olive oil and 5 drops dōTERRA **Lemon** in a spray bottle or bowl. Use a clean cloth to wipe a small amount of the mixture into the dashboard and any other plastic or vinyl surfaces. Finish by wiping off the excess with another cleaning rag.

CARPET AND UPHOLSTERY STAIN REMOVER

Mix together 1 part white vinegar, 2 parts baking soda, and 2-6 drops of dōTERRA essential oil (see recommendations above) to form a paste. Work the paste into any carpet and upholstery stains with a toothbrush or small scrubbing brush. Allow the paste to dry then vacuum to remove stains. *Editor's note: Stubborn stains may need to be treated more than once.*

INTERIOR CLEANER

Mix together equal parts white vinegar and water with 2-6 drops of dōTERRA essential oil (see recommendations above). Spray the cleaner on any vinyl, plastic, wood, or leather surfaces in your car that need cleaning. Allow it to soak in, then wipe dry with a clean rag. *Editor's note: Test on a small area before applying to the entire surface.*





SUN BURN

Sunshine is essential—burns are not. Follow these ideas for sunny summer fun, without the aftermath of overexposure.



MAKE YOUR OWN Ultra Moisturizing Natural Sunscreen

WHAT YOU NEED:

- ½ cup olive oil
- ¼ cup dōTERRA Fractionated Coconut Oil
- ¼ cup beeswax
- 2 tablespoons zinc oxide
- 1 teaspoon vitamin E
- 2 tablespoons shea butter
- 12 drops dōTERRA Helichrysum essential oil

DIRECTIONS: Add everything except zinc oxide in a medium sized glass mixing bowl. Fill a medium saucepan with a couple inches of water and place over medium heat. Place the glass bowl on top of the saucepan so that the saucepan is cradling the bowl. As the ingredients start to melt, stir occasionally to mix. When all ingredients are completely incorporated, add the zinc oxide and stir well to mix. Pour into a pint-sized tin or mason jar and store in a cool place. Use within six months.

DID YOU KNOW?

Zinc oxide can absorb ultraviolet radiation of sun and protect the skin from sunburn and other damaging effects of UV radiation.

Because it absorbs the broadest spectrum of ultraviolet radiation, the FDA has approved its use in sunscreen, lotions, creams, makeup, deodorants, soaps, and more.

Sunburn Soothers

Make a **LAVENDER AFTER-SUN SPRAY** by mixing 20 drops of dōTERRA Lavender essential oil with 1 ounce of aloe vera juice in a spray bottle. Store in the refrigerator and use after long days in the sun.

APPLE CIDER VINEGAR helps ease sunburn pain, itching, and inflammation. Gently pat on affected areas with a cotton ball to help soothe scorched skin. Leave it on to help prevent blistering and peeling. Also try soaking in a cool bath with 1 cup of apple cider vinegar to help with discomfort from whole-body sunburns.

dōTERRA FRACTIONATED COCONUT OIL (FCO) is great for adding moisture to scorched skin. Add 15 drops of dōTERRA essential oil (see recommendations below) to 2 ounces of FCO in a container and mix. Apply frequently to sunburned skin.

We recommend:

Lavender (Item No. 3011)

Melaleuca (Item No. 3015)

Roman Chamomile (Item No. 3080)



MAKE YOUR OWN Time-Saver Sunscreen

If you are in a rush to head to the beach or pool, you can still make an effective sunscreen with fewer ingredients.

WHAT YOU NEED:

- 1 tube dōTERRA Spa Hand and Body Lotion
- 12 drops of dōTERRA Helichrysum essential oil
- 2 tablespoons of zinc oxide

DIRECTIONS: Add ingredients to a 8-10 ounce empty lotion bottle and mix well by either stirring the mixture with a straw or shaking vigorously. Apply before sun exposure and reapply every couple of hours.

EDITOR'S NOTE: This recipe is roughly around SPF 20. Adding additional zinc oxide will increase the SPF factor. Also, this recipe is not suitable for SPF protection during water-related activities.



The Ecological Sustainability of HAWAIIAN SANDALWOOD



Hawaiian Sandalwood (*Santalum paniculatum*)



BY DR. DAVID K. HILL, dōTERRA's Chief Medical Officer

IN SCIENCE AND MEDICINE, essential oils are appropriately viewed as powerful therapeutic agents. Emerging science continues to validate their use and to instill confidence in personal care models and in traditional therapies. Sandalwood is one of many essential oils that is highly revered by individuals and the scientific and medical communities.

Sandalwood trees have been widely used throughout history. Everything from furniture to the distillation of essential oil from its “heartwood” has been a part of its useful history. When properly distilled, the deep penetrating aroma, along with its powerful chemistry, has made it a favorite among essential oils users.

There are several species within the genus *Santalum* (sandalwood) growing throughout several regions of the world. The sandalwood tree can be found in Nepal, the Pacific Islands, Sri Lanka, Australia, India, and many other areas. The most notable members of this group, and widely used for essential oil production, are Indian sandalwood (*Santalum album*) and Australian sandalwood (*Santalum spicatum*). In times past, however, Sandal-

Hawaiian Sandalwood offers equal or better benefits as other sources, but is more ecologically sustainable.

wood from the Hawaiian Islands (*Santalum paniculatum*) was considered to be an exceptional species. Known among islanders as “ilahi,” this species and the viable trade which had developed around it was nearly completely collapsed by the early 1800s. Recently there has been a revitalization and reforestation of this beneficial sandalwood species. dōTERRA is a proud partner in this process for the reintroduction of Hawaiian sandalwood essential oil.

This project has been more than a reforestation effort; it has also included the development of precise distillation practices for correct chemistry. Careful analysis of any essential oil can give an accurate and detailed view of its constituents. It is now known that *Santalum paniculatum* is chemically superior to other sandalwood essential oils. While I am tempted to share detailed chemistry profiles and their equivalent therapeutic properties, I would prefer to address another equally important topic of discussion represented by the reintroduction of Hawaiian sandalwood.

Chemical polymorphism is the term used to describe the influence of environmental and other factors on plant chemistry. Not all plants produce the same chemistry, even within the same species. There can be and often are subtle differences. Depending on where a plant grows, the variation of chemistry is directly related to the essential oil therapeutic profile for use. This is a correct judgment. One notable benefit of the sandalwood tree native to the Hawaiian Islands as compared to other traditionally used species is the rapid maturing of the trees. This creates a viable long-term renewable resource for the future. Involvement in such a project is a responsible way to ensure the appropriate supply of essential oils. Hawaiian Sandalwood offers equal or better benefits than other sources, and is more ecologically sustainable. dōTERRA is pleased to develop partnerships with growers throughout the world for the best quality essential oils available. It is representative of a unified effort which includes their proper use and introduction to others. While essential oils can be complex in many ways, understanding the importance of proper sourcing, distillation, and chemical analysis guarantees their value for us and future generations.



THE DR. RECOMMENDS

Sandalwood offers great benefits for the skin and can be used on troubled areas. To enhance or calm your mood, use topically on the back of the neck, bottom of the feet, or diffuse in the air.

HAWAIIAN SANDALWOOD (Item No. 4186)

GUY'S GUIDE

GRILL MASTER

ESSENTIAL MARINADES *FOR MEAT, POULTRY, OR TOFU*

LEMON PEPPER MARINADE

INGREDIENTS

- 1/4 cup beef broth
- 3 tablespoons apple cider vinegar
- 1/3 cup Worcestershire sauce
- 1 teaspoon lemon pepper
- 1/2 teaspoon onion powder
- 1 teaspoon parsley (heaping)
- 1 teaspoon garlic salt
- 1 drop dōTERRA Black Pepper essential oil
- 1 drop dōTERRA Lemon essential oil

DIRECTIONS: Mix and marinate for one hour.

ALL SPICE MARINADE

INGREDIENTS

- 2/3 cup beef broth
- 1/3 cup apple cider vinegar
- 2 cloves garlic (crushed)
- 1 small onion (diced)
- 1 drop dōTERRA Clove essential oil
- 1 drop dōTERRA Marjoram essential oil
- 1 drop dōTERRA Thyme essential oil
- 1 drop dōTERRA Wild Orange essential oil
- 2 tablespoons olive oil
- Salt and pepper to taste

DIRECTIONS: Mix and marinate for at least six hours or overnight.

INSECT REPELLANT—*Keep flies away from food at your next barbecue with this easy trick*

Take a clean piece of cloth or a small piece of dish sponge and saturate it with dōTERRA TerraShield Repellent Blend. Place it in a tin with a lid and allow it to sit for 24 hours. Before using, remove the lid and place on the food table to deter flies. Make sure to add more essential oil each time you use it.

SHINE THE GRILL—*Get rid of caked on grease*

WHAT YOU NEED

- 1/4 cup of baking soda
- 2 tablespoons natural dish detergent
- 5 drops dōTERRA Lemon essential oil
- Distilled white vinegar

DIRECTIONS: Combine the first three ingredients and mix; then add the vinegar until it has an olive oil consistency. Brush the mixture onto any metal grill and let sit for 15-30 minutes. Next, use a damp scouring pad to scrub the surface clean. Rinse with water.



SHAVE TIP

Shaving Oil

Submitted by Brittany Horton,
Independent Product Consultant

Add 5 drops of your favorite essential oil to 1/2 cup organic coconut oil (the solid kind), or **dōTERRA Fractionated Coconut Oil (FCO)** if you prefer. Whip with a mixer or by hand until smooth. Keep the mixture in a container in the shower and use it to shave. Be sure to rinse your blade often. This keeps your skin smooth, and there is no need for a separate moisturizer or aftershave lotion!

SKIN TIP

Natural Foundation

Submitted by Melissa Weber,
Independent Product Consultant

I make my own liquid foundation with powdered mineral makeup and **dōTERRA Fractionated Coconut Oil**. I shake some mineral powder out in a little dish or in my palm, add 2-3 drops of FCO, and—voila! It applies great, is smooth, and makes my face feel great.



FRESH TIP

Fresh Fridge

Submitted by Tammy Wright,
Independent Product Consultant

One day when I was cleaning the refrigerator, I had the thought to add 3-4 drops of **dōTERRA Lemon essential oil** to a little jar of water (about 2-4 ounces) and let it sit in my refrigerator. I did—and WOW—I could not believe how refreshing the refrigerator smelled. It lasted for a few days. How easy is that to be able to just drop a few drops of Lemon oil in a small amount of water and get a fresher smell than any baking soda could give? I LOVED opening up my refrigerator after that...I would just stand there and smell it.



⇒ 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.

dōTERRA employees are some of the biggest essential oil fans around! Here are just a few ways they incorporate essential oils into their daily routine.

MY DAILY EO ROUTINE



dōTERRA JUNKIE

One morning I looked in my cupboard and realized that I am a dōTERRA junkie! I start off with a quick shower using the **Salon Essentials Shampoo and Conditioner**. After my shower, I use a blend of **Fractionated Coconut Oil, Grapefruit** and **Cypress** essential oils on my arms and legs as a light moisturizer. I love the refreshing smell of this blend. Next, I apply **Root to Tip Serum** and **Healthy Hold Styling Glaze** before drying my hair to help prevent fly-aways. Following this I use **Clear Skin Foaming Face Wash** and **Invigorating Scrub**, then **Pore Reducing Toner, Hydrating Cream**, and **Immortelle**. I also apply a small amount of **Lemon, Melaleuca**, and **Clear Skin Topical Blend** to trouble areas. I finish off my morning with my **LifeLong Vitality** supplements after breakfast, and brush my teeth using the **On Guard Natural Whitening Toothpaste**. I've replaced all of my old products with dōTERRA's and love the results!

-SAMANTHA LANEY, MEMBER SERVICES



SKIN AND JOINTS

Every morning, I wash my face with the **Facial Cleanser**, then apply the **Pore Reducing Toner, Tightening Serum**, and finish with the **Hydrating Cream**. I have Rosacea, so I have always been careful using product of any kind on my face. When I have a Rosacea flare-up, I use **Clear Skin** Roll On and it helps to diminish the inflammation. I have also recently started using the New You Kit. I started maybe a week ago. I do notice that my appetite seems to be more under control and my energy level up. **Deep Blue Blend and Rub** are my best friends. I have arthritis in both knees and Deep Blue is part of my daily routine because it provides great comfort. **On-Guard Cleaner Concentrate** is amazing! I mix it with water in a spray bottle and add a few drops of **Lemon** or **Peppermint** and it is my all-purpose cleaner and air freshener. I am currently house-training a puppy, and that stuff is attached to my hip! Well, the list goes on and on. I just love dōTERRA products! -CAROLE KNOWLES, MEMBER SERVICES



DAILY BALANCE

I put 3-5 drops of **Slim & Sassy Metabolic Blend** into a glass of water and drink this in my water all day to help reduce my appetite. I also use **Wild Orange** and **Peppermint** together on my neck when I need energy to work hard. For dinner, I put **IQ Mega** on my salad, and before going to bed, I use **Lavender** and **Balance** on my feet.

-KASUMI ROBERTSON, INTERNATIONAL

A HEALTHY ROUTINE

I start my day with a **Chocolate TrimShake** made with a banana. It tastes good; it's refreshing; and because I am not a breakfast person, it fills me right up. When drinking TrimShake, I take the **LifeLong Vitality** supplements. Along with LifeLong Vitality, I always take **TerraZyme, Zencrine**, and **PB Assist+**. I put on **InTune** when I get to work to help me focus and get in the zone. I try to keep my work environment free from germs, and I am constantly pumping **On Guard Protective Blend** through my diffuser, and usually suck on 2-3 **On Guard throat drops** each day.

At dinner I take a regular dose of **LifeLong Vitality** with **TerraZyme, Zencrine**, and **PB Assist+**.

I end the day by brushing with **On Guard Natural Whitening Toothpaste**, and sometimes I even put an additional drop or two of **On Guard essential oil** on my toothbrush to give myself a really fresh, clean mouth! Because of sticking to this daily routine, I can't remember the last time I got sick! -SEAN WOLFERT, OPERATIONS



BETTER SLUMBER

I apply **Serenity Calming Blend** every night just before I go to bed. I can't sleep without it! The routine, combined with the scent, tells my body that it's time to sleep, and helps me fall asleep faster. **Deep Blue Rub** is also on my nightstand and is used every morning and night to help with the pain in my elbow. I have tried other over-the-counter rubs, but none have provided the benefits that Deep Blue delivers. **-STEFANIE RAY, LEGAL**

STAY HYDRATED *I use Lemon, Lime, and Grapefruit in my drinking water every day. It helps me to increase my water intake by having a variety of flavors. -STEFANIE*



My wife and I are expecting twins soon, so every night I rub Lavender on her back and belly and Balance on the bottom of her feet to help her relax and sleep better. We also have about 20 different oils packed in our labor bag, along with a diffuser to help us and the babies in the delivery room.

-CARLOS

FOR ENERGY AND RELAXATION

Each morning, I put a couple drops of **Eucalyptus** and **Lemon** in my shower to help me wake up. I also use the **Clear Skin Foaming Face Wash** and the **Salon Essentials Shampoo**. I take **LifeLong Vitality** supplements daily, along with **DDR Prime** and **Mito2Max**. I brush my teeth with **On Guard Natural Whitening Toothpaste** and wash my hands with **On Guard Foaming Hand Wash**. I also regularly diffuse oils at home and use the **On Guard Cleaner Concentrate** to clean and sanitize around the house. While at work, I mix **Peppermint, Frankincense, and Citrus Bliss** together and rub them on my neck to help me feel energized and lessen my chance of getting a headache. I also put a couple drops of **Lemongrass** in my water to help with cleansing and detox. **-CARLOS GONZALEZ, MEMBER SERVICES**



CENTERED AND HAPPY

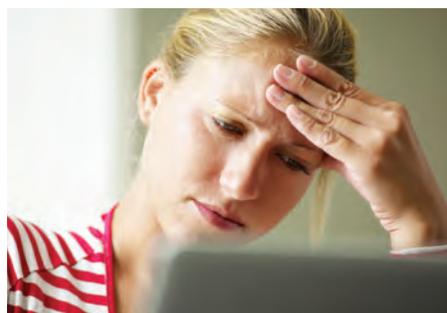
I use dōTERRA products daily. Morning and night, I take capsules of **On Guard, Frankincense, and Cinnamon**. I diffuse **Peppermint** or **Wintergreen** in the morning, always mixed with On Guard. At night, I diffuse **Marjoram, Lavender** and **On Guard**. I cook often with **Lemon, Basil, and Cilantro**, and almost every time I have a drink with me it has **Lime** or **Peppermint** in it. I use every product in the **skin care line, On Guard Natural Whitening Toothpaste, and Salon Essentials Shampoo and Conditioner** regularly. My body and mind have never been so centered and happy!

-COLIN SKILLINGS, MEMBER SERVICES

CLEAN AND FRESH

I use **Purify** and **Lemon** in my laundry, or mixed with the **On Guard Cleaner Concentrate** to clean my kitchen counters. I also put a few drops of **Lemon** or **Wild Orange** down my disposal before I turn it on so it smells nice.

-SARAMARIE SMITH, ACCOUNT MANAGEMENT



STRESS AND TENSION

Each morning I take **LifeLong Vitality** and **Mito2Max** to keep me going strong. I have decreased the amount of times that I get sick when I am on the supplements. I use the **Salon Essentials** and **Deep Blue Rub** often. My favorite way to use the oils is through diffusion in my home. I enjoy **White Fir**, all citrus oils, and of course **On Guard** and **Purify** to clear the air. Another one of my favorites to use is **Balance Grounding Blend**, by either inhaling it or rubbing it on the back of my neck. I hold my stress in my neck and shoulders, and this helps relieve that tension.

-HAYLEE CAPLIN, SCIENCE AND RESEARCH

IN THE MIX

I start my day with the **Salon Essentials Shampoo and Conditioner**, which doesn't leave the buildup I hated with other products. I wash my face with **Clear Skin Foaming Face Wash**, and then put **Immortelle** around my eyes and the **Clear Skin Topical Blend** on the rest of my face. I have been very happy with how well Clear Skin works. I'll use the **Root to Tip Serum** and the **Healthy Hold Glaze** to style my hair, both of which smell scrumptious. I am often sore from one workout or another, so the **Deep Blue Rub** is a necessity. Throughout the day with meals I take the **LifeLong Vitality** and **DDR Prime**. I also like to experiment by mixing various essential oils with the **Spa Hand and Body Lotion**. **-ROBYN STAGG, MEMBER SERVICES**



FOOD FACT OR FICTION: DOES MORE PROTEIN EQUAL BIGGER MUSCLES?

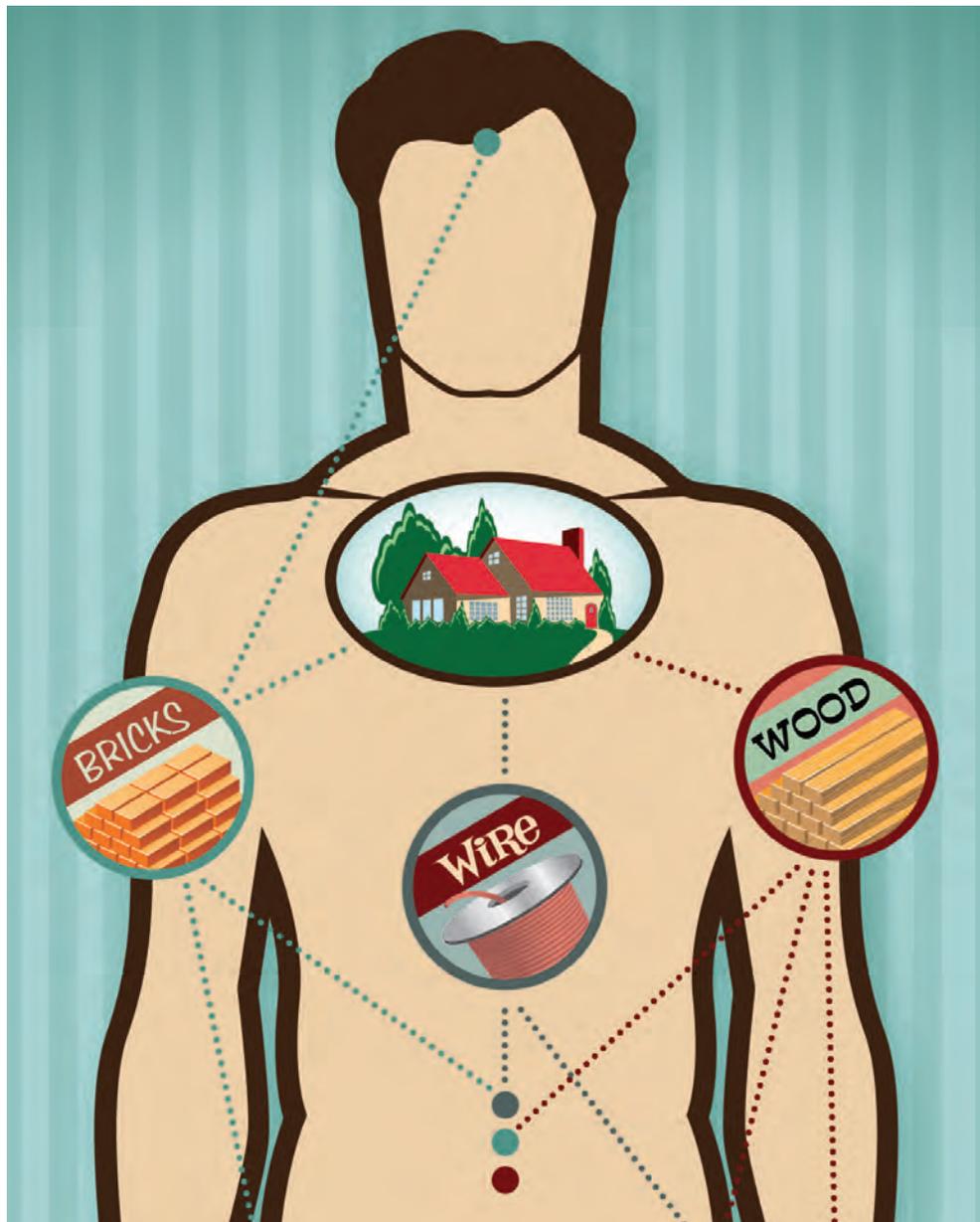
dōTERRA's nutrition expert, Dr. Tory Parker, busts a common food myth

In the world of nutrition, there are an incredible number of myths that continue to be perpetuated. Here are a couple of examples that were sent to me recently: One claimed that onions clean the air of bacteria just by being in a room (they may oxidize, turning brown much like an apple, but this has nothing to do with bacteria in the air). Another suggested that eating certain foods together will cause them to turn to acid, as if this were a bad thing (your stomach turns everything you eat to a very acidic mixture).

Sometimes I attempt to dispute the claims, or set the record straight. But most times, as long as the suggested practice causes no harm, I let it pass. Sometimes I wonder how such information, which to me is clearly not correct or possible, continues to get passed around. Even with the internet and all its knowledge at the fingertips of the reader, these myths remain alive and well! There are two main reasons, the second much more important than the first.

First, we tend to trust the content, especially if sent or posted by a family member, friend or co-worker. We assume they have read it, vetted it, and checked to make sure it's true before posting. If we thought about it, we would realize that we don't do those things ourselves before forwarding or reposting such content on social media. Yet we tend to assume others have. Then we read the content. It may seem authoritative, or tell a good story, or appear to fit within our knowledge base. On those assumptions, we send it along to others. And sometimes, the information is accurate.

Second, while we all eat and have a general knowledge of food and nutrition, most people lack enough depth of information to really know if something is possible or not. The field of nutrition can be divided into two categories. The first, food science—what happens to food before you eat it; and the



If you were to eat a house (a very small one of course...stick with me here), your body would turn it back into bricks, boards, electrical wiring, etc., move them through the body, then begin building a house of a different shape.

A common myth is that you can eat some specific thing and it will only affect a specific part of your body. On first look, this sounds reasonable. Eat protein and your muscles grow. Eat more protein and your muscles will grow bigger. So why is this a myth?

second, nutrition—what happens to food after you eat it. Depending on the information you are reading, you would need a great depth of understanding of one or the other, or both, to make a correct judgment.

Nutrition can be further defined as requiring a deep understanding of the physiology and chemistry of the human body. This level of understanding cannot be gained simply through an internet search, but requires many years of focused study. You have to understand what a food item is made of, how it interacts with its environment, and how it is processed by your body through many different organs and individual cells.

Let's return to the topic of myths. For the remainder of the article, I'll focus on just one. Then I will apply principles of nutrition to determine whether it is true or not.

A common myth is that you can eat some specific thing and it will only affect a specific part of your body. On first look, this sounds reasonable. Eat protein and your muscles grow. Eat more protein and your muscles will grow bigger. So why is this a myth?

In the study of nutrition we learn about all the physiological movements and chemical changes a food goes through before it even makes it to your blood. One aspect of this is that your body always breaks down everything you eat into the simplest form then rebuilds it in a way that the body wants it to be built, based on its needs at the time.

If you were to eat a house (a very small one of course...stick with me here), your body would turn it back into bricks, boards, electrical wiring, etc., move them through the body, then begin building a house of a different shape. If the house you originally ate was larger than the one your body wanted to build, it wouldn't store extra electrical wiring in the "garage," but throw it in the trash, or turn it into something it can efficiently store, such as stacks of bricks (fat). Since we rarely eat any one thing in isolation, the boards from the many houses you ate would get intermixed, with no way of knowing where they originally came from. Even if we eat just one food item for an extended period of time, our body is

sloughing off and remaking cells (houses) and secretions (plumbing) constantly, so it would get mixed with those things regardless.

Once this great mix of building components gets into the blood, there is no way to direct it to just one organ. A cell (construction site) may send out a signal (supplies request) when it needs certain supplies, but this happens everywhere. You can't help but affect the rest of the body, no matter what you eat. In the case of a vitamin or mineral, there is nothing wrong with this. But on many occasions, a nutrient or supplement that is thought to be healthy for one part of the body, say, the fingernails, may be harmful to another organ. Especially if the dose were too high.

An example of this I heard many years ago was that Jell-O was good for your nails. Using the model I described above, this can't be true. While gelatin is a protein that contains some amino acids, it is an incomplete protein. This means it doesn't have enough building components to build a house. If you eat Jell-O occasionally with a normal diet, even if you believe it will help your nails, there is no harm done. But if eating Jell-O becomes a significant part of your diet as a result of this belief and you are displacing healthier foods, then you will be missing essential amino acids, depleting your body of its stores, and causing long-term harm. In the end it would be no more beneficial to your nails (and probably less) than just about any other protein source in your diet! Thus this myth is potentially harmful.

I mentioned earlier that if we ate too much of one thing for the houses the body was building, our body would get rid of the excess material. Weightlifters commonly fall prey to this scenario. Unfortunately, trainers who often have little or no nutrition training, only weight training, routinely recommend to their clients that they should take up to 200 grams of protein a day, when about 100 grams a day is sufficient to build muscle at the same rate. When the liver and kidneys are healthy this is not usually harmful, although it does place some burden on those organs.

Here's why: After digesting and absorbing all that protein very efficiently (we

absorb 95% or more of all protein, fat and carbohydrates we eat), it then moves to the liver. The liver is presented with a problem. There is way too much protein (think of it as a single building material, such as boards) for the houses in the plans to be built. So the liver proceeds to immediately break down more than 50% of that protein, turning it into carbohydrates or fat. In fact, the liver breaks down 50% of the protein you eat even in the range of 50-100 grams of intake, which is typical for non-exercisers. That is an expensive and inefficient way to get carbs and fat!

Many weightlifters have told me emphatically that their protein intake is why they have such large muscles. I insist that their hard and consistent weight-lifting efforts and a balanced diet with enough protein to support that growth are why they are so large. If you know how the liver handles protein, then this makes sense. If not, you may be caught up in a myth.

dōTERRA takes a sound nutritional approach with the products we provide. We consider the physiology and chemistry of the body. We don't focus on any one thing as being a cure-all or exaggerate its benefits. We recognize the variety nature offers and focus on educating how to best use a particular product when appropriate. For example, our Lifelong Vitality Pack targets the needs that are most requested—energy, pain, immunity and mood. We care about meeting your needs and not just providing a single ingredient because we know it will not meet your true nutritional needs.



THE DR. RECOMMENDS

TrimShake as part of a balanced diet that provides a perfect dose of protein. Lifelong Vitality to treat the whole body, not just one part.



DR. PARKER holds a PhD in Nutritional Sciences from the University of Illinois at Urbana-Champaign. He has extensive experience in food processing, food chemistry, biochemistry, physiology, and human nutrition. He has worked both in the supplement industry and in academia, making him uniquely positioned to understand product development, research, and the physiology and chemistry behind nutrition. Dr. Parker has a contagious passion for teaching people about the connection between nutrition and living a long life free from the early onset of degenerative conditions associated with poor lifestyle choices.

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.



BASIL ESSENTIAL OIL
Ocimum basilicum
Item No. 3001
retail: \$26.67
15 ml



BERGAMOT ESSENTIAL OIL
Citrus bergamia
Item No. 3079
retail: \$36.67
15 ml



BLACK PEPPER ESSENTIAL OIL
Piper nigrum
Item No. 4104
retail: \$29.33
5 ml



CASSIA ESSENTIAL OIL
Cinnamomum cassia
Item No. 3002
retail: \$25.33
15 ml



CILANTRO ESSENTIAL OIL
Coriandrum sativum
Item No. 4185
retail: \$34.67
15 ml



CINNAMON ESSENTIAL OIL
Cinnamomum zeylanicum
Item No. 3003
retail: \$28.00
5 ml



CLARY SAGE ESSENTIAL OIL
Salvia sclarea
Item No. 3042
retail: \$48.67
15 ml



CLOVE BUD ESSENTIAL OIL
Eugenia caryophyllata
Item No. 3004
retail: \$18.67
15 ml



CORIANDER ESSENTIAL OIL
Coriandrum sativum
Item No. 3078
retail: \$34.67
15 ml



CYPRESS ESSENTIAL OIL
Cupressus sempervirens
Item No. 3005
retail: \$20.67
15 ml



EUCALYPTUS ESSENTIAL OIL
Eucalyptus radiata
Item No. 3006
retail: \$18.67
15 ml



FENNEL, SWEET ESSENTIAL OIL
Foeniculum vulgare
Item No. 4129
retail: \$20.00
15 ml



FRANKINCENSE ESSENTIAL OIL
Boswellia frereana
Item No. 3007
retail: \$93.00
15 ml



GERANIUM ESSENTIAL OIL
Pelargonium graveolens
Item No. 3009
retail: \$36.00
15 ml



GINGER ESSENTIAL OIL
Zingiber officinale
Item No. 3008
retail: \$38.67
15 ml



GRAPEFRUIT ESSENTIAL OIL
Citrus X paradisi
Item No. 3010
retail: \$21.33
15 ml



HELICHRYSUM ESSENTIAL OIL
Helichrysum italicum
Item No. 3041
retail: \$100.00
5 ml



LAVENDER ESSENTIAL OIL
Lavandula angustifolia
Item No. 3011
retail: \$28.00
15 ml



LEMON ESSENTIAL OIL
Citrus limon
Item No. 3012
retail: \$13.33
15 ml



LEMONGRASS ESSENTIAL OIL
Cymbopogon flexuosus
Item No. 3013
retail: \$13.33
15 ml



LIME ESSENTIAL OIL
Citrus aurantifolia
Item No. 3087
retail: \$17.33
15 ml



MARJORAM ESSENTIAL OIL
Origanum majorana
Item No. 3014
retail: \$25.33
15 ml



MELALEUCA ESSENTIAL OIL
Melaleuca alternifolia
Item No. 3015
retail: \$25.33
15 ml



MELISSA ESSENTIAL OIL
Melissa officinalis
Item No. 3085
retail: \$153.33
5 ml



MYRRH ESSENTIAL OIL
Commiphora myrrha
Item No. 3016
retail: \$69.33
15 ml



OREGANO ESSENTIAL OIL
Origanum vulgare
Item No. 3018
retail: \$32.00
15 ml



PATCHOULI ESSENTIAL OIL
Pogostemon cablin
Item No. 3089
retail: \$39.33
15 ml



PEPPERMINT ESSENTIAL OIL
Mentha piperita
Item No. 3019
retail: \$27.33
15 ml



ROMAN CHAMOMILE ESSENTIAL OIL
Anthemis nobilis
Item No. 3080
retail: \$44.00
5 ml



ROSEMARY ESSENTIAL OIL
Rosmarinus officinalis
Item No. 3020
retail: \$18.67
15 ml



HAWAIIAN SANDALWOOD ESSENTIAL OIL
Santalum paniculatum
Item No. 4186
retail: \$82.33
5 ml



SANDALWOOD ESSENTIAL OIL
Santalum album
Item No. 3021
retail: \$82.33
5 ml



THYME ESSENTIAL OIL
Thymus vulgaris
Item No. 3022
retail: \$36.67
15 ml



VETIVER ESSENTIAL OIL
Vetiveria zizanioides
Item No. 3043
retail: \$46.00
15 ml



WHITE FIR ESSENTIAL OIL
Abies alba
Item No. 3025
retail: \$26.67
15 ml



WILD ORANGE ESSENTIAL OIL
Citrus sinensis
Item No. 3017
retail: \$14.00
15 ml



WINTERGREEN ESSENTIAL OIL
Gaultheria procumbens
Item No. 3023
retail: \$21.33
15 ml



YLANG YLANG ESSENTIAL OIL
Cananga odorata
Item No. 3024
retail: \$47.00
15 ml



PEPPERMINT BEADLET

More than a breath mint, dōTERRA Peppermint Beadlets can be used for oral care, respiratory health, digestive comfort, and all other situations in which Peppermint essential oil is used internally.*

Item No. 3815 \$15.33 retail 125 beadlets



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

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.

 <p>AROMATOUGH® MASSAGE BLEND Item No. 3120 retail: \$34.67 15 ml T N</p>	 <p>BALANCE GROUNDING BLEND Item No. 3101 retail: \$26.67 15 ml A T N</p>	 <p>BREATHE RESPIRATORY BLEND Item No. 3107 retail: \$26.67 15 ml A T S</p>	 <p>CITRUS BLISS INVIGORATING BLEND Item No. 3102 retail: \$20.00 15 ml A T N</p>	 <p>CLEAR SKIN TOPICAL BLEND Item No. 3717 retail: \$28.00 10 ml T N</p>
 <p>DEEP BLUE® SOOTHING BLEND Item No. 3138 retail: \$85.33 10 ml T S</p>	 <p>DIGESTZEN® DIGESTIVE BLEND Item No. 3103 retail: \$41.33 15 ml A T I N</p>	 <p>ELEVATION™ JOYFUL BLEND Item No. 3104 retail: \$49.33 15 ml A T N</p>	 <p>IMMORTELLE ANTI-AGING BLEND Item No. 3714 retail: \$92.67 10 ml T N</p>	 <p>INTUNE™ FOCUS BLEND Item No. 4184 retail: \$46.00 15 ml A T N</p>
 <p>ON GUARD® PROTECTIVE BLEND Item No. 3110 retail: \$42.67 15 ml A T I S</p>	 <p>PASTTENSE® TENSION BLEND Item No. 3135 retail: \$24.67 10 ml A T N</p>	 <p>PURIFY CLEANSING BLEND Item No. 3106 retail: \$24.00 15 ml A T N</p>	 <p>SERENITY CALMING BLEND Item No. 3109 retail: \$40.00 15 ml A T N</p>	 <p>SLIM & SASSY® METABOLIC BLEND Item No. 3137 retail: \$32.67 15 ml A T I S</p>
 <p>SOLACE™ MONTHLY BLEND FOR WOMEN Item No. 3527 retail: \$32.67 10 ml A T N</p>	 <p>TERRASHIELD® REPELLENT BLEND Item No. 3119 retail: \$12.67 15 ml A T N</p>	 <p>WHISPER™ BLEND FOR WOMEN Item No. 3108 retail: \$32.00 5 ml A T N</p>	 <p>ZENDOCRINE® DETOXIFICATION BLEND Item No. 3146 retail: \$32.67 15 ml A T I S</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)

ESSENTIAL USAGE

AROMATIC USE

AROMA-ACE™ DIFFUSER

The Aroma-Ace is a quick-change system that allows you to change your choice of essential oils at any time. Its easy-to-use timing provides flexibility and convenience and its output volume control allows you to choose the intensity of your aromatherapy experience. State-of-the-art diffusion technology effectively transforms essential oils into a micro-fine vapor. These micro-particles permeate the air and may remain suspended for hours fully intact with all of their natural benefits. Includes a 15 ml bottle of dōTERRA's On Guard® Protective Blend.

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 \$119.93 retail

INTERNAL USE

VEGGIE CAPS

Vegetable-derived HPMC capsules allow you to customize your supplement regimen. Formulated to be free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products, these capsules are made of inert vegetable ingredients that allow easy absorption and do not interfere with digestion.

Item No. 3410 \$5.33 retail
160 HPMC capsules

TOPICAL USE

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

3-PACK

Item No. 3611 \$39.93 retail
(Three 6.7 oz tubes)

FRACTIONATED COCONUT OIL

dōTERRA's Fractionated Coconut Oil is an all-natural carrier oil that readily absorbs into the skin making it an ideal oil for topical therapies. Its feather-light emollient effect provides a soothing barrier without clogging pores and is excellent for dry or troubled skin. It leaves skin feeling silky smooth, not greasy like other vegetable carrier oils. It is completely soluble with all essential oils and is colorless, odorless, and will not stain or go rancid.

T N

Item No. 3026 \$16.00 retail
4 oz bottle

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

IMMORTELE 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 **SAVE \$9.00 RETAIL**



SKIN CARE SYSTEM WITH ANTI-AGING MOISTURIZER ON LOYALTY REWARDS PROGRAM

Add the Skin Care System with Anti-Aging Moisturizer to your monthly Loyalty Rewards Program and receive a FREE Invigorating Scrub with every system purchased through the Loyalty Rewards Program!

3706 \$146.67 retail **SAVE \$34.66 RETAIL**



SKIN CARE SYSTEM WITH HYDRATING CREAM ON LOYALTY REWARDS PROGRAM

Add the Skin Care System with Hydrating Cream to your monthly Loyalty Rewards Program and receive a FREE Invigorating Scrub with every system purchased through the Loyalty Rewards Program!

3724 \$146.67 retail **SAVE \$34.66 RETAIL**

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HAIR CARE

SALON ESSENTIALS PROTECTING SHAMPOO

dōTERRA Salon Essentials Protecting Shampoo is a professional formula with an invigorating complex of CPTG® essential oils, gentle cleansers, and botanical extracts that provide antioxidant protection against UV damage which can cause fading in color-treated hair. A unique combination of plant extracts and essential oils of Wild Orange and Lime provide gentle lathering and a cleansing boost to remove impurities collected on the hair and scalp. Light moisturizers leave hair salon soft and touchable.

Item No. 3622 \$26.00 retail 8.34 fl oz / 250 ml

SALON ESSENTIALS SMOOTHING CONDITIONER

dōTERRA Salon Essentials Protecting Conditioner is a professional formula of conditioning emollients, botanical extracts, and natural proteins that leave hair luminous and healthy. It also includes a proprietary blend of CPTG® essential oils specifically selected to stimulate the scalp and bring hair to life. Other natural ingredients seal and protect hair cuticles against water penetration to the hair shaft. Nanotechnology smoothes hair and provides an anti-static effect that keeps hair shafts aligned during styling for a smooth, finished look.

Item No. 3623 \$30.67 retail 8.34 fl oz / 250 ml

SALON ESSENTIALS HEALTHY HOLD GLAZE

dōTERRA Salon Essentials Healthy Hold Glaze provides all-in-one benefits of a flexible hold styling aid while it protects and nourishes, fortifying hair for optimal health and shine. Hair is not only thermally protected, but also benefits from protein rich nanoparticles that work to promote improved moisture and softness. A light hold offers perfect support for beautifully styled hair.

Item No. 3627 \$24.00 retail 4 fl oz / 120 ml

SALON ESSENTIALS ROOT TO TIP SERUM

dōTERRA Salon Essentials Root to Tip Serum is a professional formula infused with carefully chosen CPTG essential oils of Lavender, Peppermint, Marjoram, Cedar Wood, Lavandin, Rosemary, Niaouli, and Eucalyptus. Providing a healthy environment for scalp and maximizing the strength and shine of hair, this serum is powerful and lightweight for extended protection and hydration without weighing hair down or leaving an oily residue.

Item No. 3621 \$46.67 retail 1 fl oz

SALON ESSENTIALS HAIR CARE SYSTEM **new!**

Salon Essential Hair Care System is the perfect way to experience the amazing benefits of all four dōTERRA hair care products and save. 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!

Item No. 3628 \$103.33 retail



PROTECTING SHAMPOO 2-PACK

Item No. 3624 \$32.67 retail

SMOOTHING CONDITIONER 2-PACK

Item No. 3625 \$38.67 retail

SHAMPOO AND CONDITIONER

Item No. 3626 \$37.33 retail

SPA

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

LIP BALM WITH PEPPERMINT & WILD ORANGE

Nourish and hydrate your lips with dōTERRA's Peppermint and Wild Orange lip balm. This protecting formula provides exceptional staying power yet does not leave an unpleasant waxy feel. dōTERRA has combined the uplifting CPTG essential oils of peppermint and wild orange for an invigorating and mood enhancing experience. A rich combination of moisturizing agents such as shea and mango seed butters help to restore moisture and elasticity, leaving lips rejuvenated and refreshed.

Item No. 3619 \$6.33 retail .15 oz

HEALING HANDS LOTION

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

Item No. 3617 \$20.00 retail
3.3 oz / 100 ml



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ON GUARD® PRODUCTS

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 dispensers

Item No. 3807 \$30.00 retail 16 oz Hand Wash, 2 dispensers

Single Refill

Item No. 3801 \$24.67 retail 16 oz Hand Wash

Twin Pack Refill

Item No. 3802 \$44.67 retail Two bottles 16 oz Hand Wash



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® top seller PROTECTIVE BLEND

On Guard is dōTERRA's unique, proprietary blend formulated to support healthy immune function.* A combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils offer a fragrant, natural and effective alternative to synthetic options for immune support. On Guard, with its unique aroma, is one of our most versatile blends. It is also safe to use on counter tops, as a non-toxic way to cleanse surfaces, or to clear the atmosphere by diffusing. On Guard is superb for eliminating and controlling pathogens due to the potency of its constituents.*



Item No. 3110 \$42.67 retail 15 ml bottle

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 / 113g

ON GUARD® CLEANER CONCENTRATE

On Guard Cleaner Concentrate is designed to be the ideal natural cleaner. It is fortified with dōTERRA's proprietary On Guard Protective Blend of wild orange, clove bud, cinnamon, eucalyptus, and rosemary CPTG essential oils that naturally defend against surface-dwelling contaminants and microbes. This powerful essential oil blend is combined with plant-based derivatives that provide a non-toxic and biodegradable way to clean and eliminate odors. It is safe for your family as well as the environment. The multi-purpose capabilities of On Guard Cleaner Concentrate make it perfect to expertly clean hard surfaces in the kitchen, bathroom, or any room leaving behind a clean and invigorating scent.

Item No. 3814 \$19.33 retail 12 oz / 355 ml

DEEP BLUE®



DEEP BLUE® top seller SOOTHING BLEND

The synergistic blend of CPTG® essential oils Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum and Osmanthus work together providing instant relief for tired, sore and worn down muscles. Just two or three drops of this cooling therapeutic blend of oils, applied neat directly on the area of discomfort, will revolutionize your daily work out and restore confidence in weary joints and muscles.*



Item No. 3105 \$42.67 retail 5 ml bottle
Item No. 3138 \$85.33 retail 10 ml roll on

DEEP BLUE® RUB

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

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



LIFELONG VITALITY PACK

Includes Alpha CRS+, xEO Mega, and Microplex VMz.

Item No. 3421 \$93.33 retail

SAVE \$92.00 WHEN PURCHASING ALL THREE

**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 ginkgo 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.

Item No. 3418 \$92.67 retail 120 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 organic trace minerals for optimal bone and metabolic health. Microplex VMz also includes a whole-food blend and an 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



**MITO2MAX™
ENERGY & STAMINA COMPLEX**

dōTERRA's Mito2Max is a proprietary formula of standardized plant extracts and metabolic cofactors of cellular energy. Mito2Max supports healthy mitochondrial function and aerobic capacity, and improves stamina naturally without the use of harmful stimulants. Use Mito2Max as a healthy long-term alternative to caffeinated drinks and supplements for increased energy and vitality.*

Item No. 3531 \$39.33 retail 120 vegetable capsules



**DDR PRIME LIQUICAPS™
ESSENTIAL OIL CELLULAR COMPLEX**

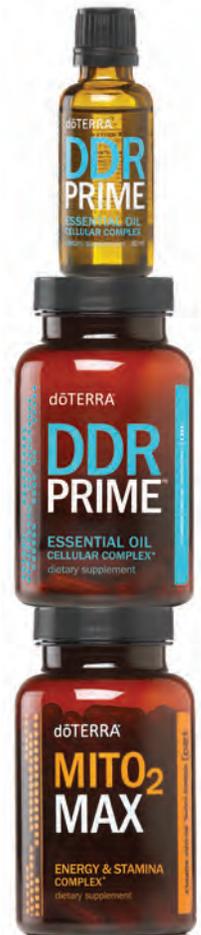
dōTERRA's DDR Prime is a proprietary blend of Certified Pure Therapeutic Grade essential oils conveniently encapsulated in gelatin capsules to support healthy cellular response, repair, and regeneration. As we age, cellular renewal can slow or be compromised by oxidative damage to cellular DNA. The essential oils in DDR Prime provide antioxidant protection and support a healthy response to cellular stressors.*

Item No. 4174 \$73.33 retail 60 liquid capsules

**DDR PRIME™
ESSENTIAL OIL CELLULAR COMPLEX**

dōTERRA's DDR Prime is a proprietary blend of Certified Pure Therapeutic Grade essential oils formulated to support healthy cellular response, repair, and regeneration. As we age, cellular renewal can slow or be compromised by oxidative damage to cellular DNA. The essential oils in DDR Prime provide antioxidant protection and support a healthy response to cellular stressors.*

Item No. 4151 \$73.33 retail 30 ml bottle



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

CHILDREN'S SUPPLEMENTS

A2Z CHEWABLE

dōTERRA's A2Z Chewable is a proprietary formula of ingredients developed with children and adults, who have difficulty swallowing capsules, in mind. Combining a blend of B vitamins with a blend of vitamins A, C, E, and botanical extracts, A2Z Chewables supports healthy cell development and longevity when taken daily. A2Z Chewable is formulated to be used with dōTERRA's odorless IQ Mega™ Omega-3 fish oil as a comprehensive dietary supplement that supports healthy immunity as well as antioxidant protection.*

Item No. 3533 \$26.00 retail
60 chewables

IQ MEGA™

dōTERRA IQ Mega takes the fishy taste out of fish oil, then adds the fresh orange flavor of dōTERRA's wild orange CPTG essential oil. This great tasting and easy to swallow omega supplement provides 1,000 mg of concentrated, pure fish oil per serving. IQ Mega contains essential nutrients EPA and DHA to support healthy brain, cardiovascular, immune, and joint function.* IQ Mega is formulated to be used daily with A2Z Chewable.

Item No. 3532 \$46.00 retail
5 fl oz / 150 ml



DIGESTIVE HEALTH



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 Zendocrin 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



DIGESTZEN® top seller DIGESTIVE BLEND

Many essential oils have been recognized through research as powerful agents to help restore normal balance in the digestive system. DigestZen takes advantage of these well-established therapeutic compounds in a proprietary blend of pure essential oils. Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander and Anise each have specific attributes which add to the overall efficacy of this potent blend. When used internally, dōTERRA's DigestZen brings soothing digestive relief.*



Item No. 3103 \$41.33 retail
15 ml bottle

PB ASSIST+® PROBIOTIC DEFENSE FORMULA

The latest addition to dōTERRA's DigestZen® digestive support category, PB Assist+ is a proprietary formula of prebiotic fiber and six strains of probiotic microorganisms in a unique double-layer vegetable capsule delivering 5 billion CFUs of active probiotic cultures and soluble prebiotic 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



ZENDOCRINE® DETOXIFICATION BLEND

dōTERRA's Zendocrin essential oil blend is a proprietary blend of therapeutic-grade essential oils of Clove, Grapefruit, Rosemary and Geranium that have been studied for support of healthy liver function. This blend is formulated to be used individually or in combination with the Zendocrin botanical extract complex.*



Item No. 3146 \$32.67 retail
15 ml bottle

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
60 softgels

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WOMEN'S HEALTH



WOMEN'S HEALTH KIT

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

Item No. 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 canisters. **SAVE \$36.02 RETAIL**

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 top seller METABOLIC BLEND

dōTERRA's Slim & Sassy is a proprietary formula of grapefruit, lemon, peppermint, ginger and cinnamon essential oils. Just add 8 drops to 16 oz. of water and drink between your healthy meals throughout the day to help manage hunger, calm your stomach and lift your mood.* Slim & Sassy is 100% pure essential oils, does not contain diuretics or stimulants, and has zero calories.



Item No. 3137 \$32.67 retail 15 ml bottle

SLIM & SASSY TRIMSHAKE™

new formula!

Slim & Sassy TrimShake is a convenient and delicious shake mix providing the essential nutrients of a healthy meal* with only 145 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 now includes an additional appetite suppressant ingredient Solathin®.* TrimShake now blends even better 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 in a 20 serving canister.

Item No. 3520 \$52.67 retail Chocolate

Item No. 3518 \$52.67 retail Vanilla

* Meal replacement based on the addition of 75 or more additional calories (almond, rice, or skim milk, etc.) to the 145 calories of one serving of Slim & Sassy TrimShake for a caloric meal total of 200 calories or more



dōTERRA®

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dōTERRA®

deep

BLUE
RUB



THE COLOR OF COOL

Deep Blue Rub provides targeted comfort to tired and sore joints and muscles. Formulated with Wintergreen, camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, and osmanthus for soothing comfort.

To Order, Use Item No. 38900001 U.S. \$39.00 Retail

dōTERRA®

