

Fun in the Sun

Essential DIYs for
your beach bag

PAGE 28

Dinner Recipes

Homemade, Fresh,
& In-Season

PAGE 10

dōTERRA Essential Oils & Wedding Planning

PAGE 32

Grapefruit & Fennel Essential Oil Spotlights

PAGE 7, 18



IN THIS ISSUE

features

- 6 SUMMERTIME**
Essential oil diffuser blend recipes.
- 14 GUY'S GUIDE TO YARD CARE**
Everything from driveway maintenance to gardening, watering, and using essential oils.
- 22 UPCYCLE AND REUSE**
Create a perfect personal space for your kids where they can play and use their imaginations during summer months.
- 24 ESSENTIAL LABOR AND DELIVERY SERIES**
The Homebirth Choice with Stephanie Fritz, the Essential Midwife.
- 26 TIM HIGHTOWER**, San Francisco 49'rs running back, shares his NFL personal journey and favorite dōTERRA products.
- 28 FUN IN THE SUN**
Essential oil infused DIYs for the beach days.
- 30 SPIKENARD SOURCING**
Gift from the Peaks.
- 32 THE WEDDING-PLANNING GUIDE**
If you are planning your big day, here are a few tips to make your experience less stressful.
- 34 INTRODUCING**
New dōTERRA.com customer experience.
- 35 dōTERRA FREE TO GIVE PROGRAM**
Find out how you can get out of debt and reach financial independence.
- 36 HOMEMADE LEMONADE RECIPE** with healthy ingredients and essential oils.

departments

- 4 Ask Dr. Hill**
- 5 Essential Oil Spotlight: Grapefruit**
- 8 Nutrition Corner: Eating in Season**
- 10 Essential Recipes: Homemade and Fresh Summer Dinner Table**
- 12 dōTERRA Healing Hands Foundation™: Empowering Women Worldwide**
- 16 Scientific Advisory-Essential Oils: Gift of the Earth for All to Enjoy** by Jessica Herzog, MD, FAAP, ABHIM
- 18 Essential Oil Spotlight: Fennel**
- 19 Idea Notebook: Favorite essential oils recipes, tips, and time savers**
- 20 Slim & Sassy®: An inspiring story of a girl who doesn't let life's obstacles stand in her way**
- 37 AromaTouch®: Serve and Empower Others**
- 38 dōTERRA Product Guide: Quick shopping reference for all products**



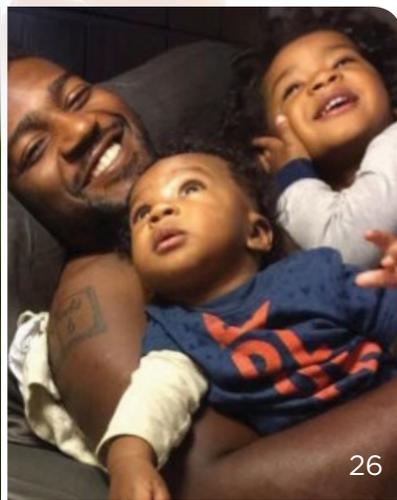
dōTERRA PRODUCT GUIDE (see pages 38-55)



7



22



26



10



dōTERRA®
**PEPPERMINT
BEADLETS**

Experience a
Refreshing
BURST

ask Dr. Hill



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

Q:

What makes Immortelle anti-aging blend so effective at reducing the appearance of fine lines and wrinkles?

A:

Immortelle is a combination of six essential oils that research has shown have powerful skin-supporting properties. Experimental research has shown that Frankincense is cleansing and can provide a radiant, youthful-looking glow when applied topically. Hawaiian Sandalwood is composed primarily of sesquiterpene alpha-santalol, which has been shown to be mildly cleansing. Lavender's combination of monoterpene esters and alcohols has been shown in experimental research to promote clear-looking skin. Myrrh essential oil has been shown in experimental research to reduce the appearance of blemishes when applied topically. Helichrysum is rich in monoterpene alpha-pinene, which has been shown to help maintain healthy-looking skin. Lastly, the rare Rose oil has a high concentration of citronellol, which experimental research has shown can be mildly cleansing and support of overall skin health. The proprietary combination of these skin health-supporting essential oils helps skin maintain a radiant and youthful luster.

How can I use essential oils to help my kids cool down after a long day in the sun?

Several essential oils, especially Peppermint, Eucalyptus, and Basil, are known to be cooling to the skin and there are many ways to take advantage of this properly. My favorite way to quickly cool the skin down is by making a cold water compress. Add 1–2 cups of cool water to a bowl, 5–10 drops of Peppermint, Eucalyptus, or Basil, and a few ice cubes. Swish the solution around with a soft cloth, wring the cloth out, and apply it to the head or neck.

We love to hike during the summer. What essential oils should always be kept in our day pack?

Think about your needs on a hike. Energy, insect repellent, seasonal threats, maybe even cooling—these are all issues that essential oils can be used to address. Peppermint is a must; just put a few drops in your palms and inhale whenever you are in need of a quick energy boost. You can make a cooling compress in a pinch with a towel and some water. You should never head out to enjoy nature without your Terrashield® Outdoor Blend. Apply it to your legs, arms, and neck at the start of the hike and reapply as needed for an effective barrier. Lastly, you should have a bottle of Lavender in every bag you carry, regardless of where you are going. Apply it topically to minor skin irritations and once you reach the summit of the hike, pop the cap and inhale to relax and enjoy the view.

Besides Lavender, what other essential oils can we use to improve our bedtime routine?

We spend approximately 1/3 of our lives sleeping, and we are just beginning to discover how important sleep is for overall health. Luckily several essential oils, not just Lavender, have well-known properties that can assist with your bedtime routine. The secret behind Lavender's calming and relaxing benefits is its high concentration of monoterpenes linalool and linalyl acetate. Research has shown that inhaled linalool may promote feelings of relaxation and that when combined with linalyl acetate is very calming. Several other essential oils contain similar chemical profiles and may provide similar benefits. Try diffusing Bergamot during your wind-down bedtime routine. Put a few drops of Clary Sage on your pillow or add a few drops of Petitgrain next time you wash your bedsheets.

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

STRONG BONES Foundation to a STRONG BODY.

According to the International Osteoporosis Foundation, **one in three** women and **one in five** men have osteoporosis, for a total of more than **200 million** people worldwide.

Scientists agree that adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce risk of osteoporosis.*



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

Summertime Diffuser Blends

SUMMER BREAK

4 drops Lemongrass
3 drops Spearmint
3 drops Lemon

PASSIONFRUIT

3 drops dōTERRA Passion®
3 drops Grapefruit
2 drops Wild Orange

UNDER THE STARS

3 drops doTERRA Serenity®
3 drops Lime
1 drop Black Pepper

SUMMER LOVIN'

3 drops Wild Orange
3 drops Lemon
1 drop Peppermint

FRESHLY CUT GRASS

1 drop Douglas Fir
1 drop Basil
2 drops Lemon

BY THE CAMPFIRE

2 drops Cedarwood
2 drops Sandalwood
1 drop Cypress

FLOWER MEDLEY

4 drops Ylang Ylang
4 drops Lavender
1 drop Geranium

MOTHER NATURE

1 drop Rosemary
2 drops Patchouli
2 drops Lime

Grapefruit

Aromatic Description:

Citrus, floral, fruity

Distillation Method:

Cold Pressed

Plant Part:

Grapefruit rinds (peel)

The grapefruit was first documented in 1750 by Reverend Griffith Hughes in the book *The Natural History of Barbados*, where the name of the grapefruit was literally translated as the “forbidden fruit.” Tart and tangy with a little bit of sweetness, grapefruit was bred as a cross between a pomelo and an orange. To make one 15 mL bottle of Grapefruit essential oil, we press the peels of about 50 grapefruits.

How to use:

Aromatically

- ◆ Add three or four drops in a diffuser to promote feelings of energy and excitement.
- ◆ Add three drops of Grapefruit, one drop of Ylang Ylang, and one drop Sandalwood in a diffuser for a focusing blend.

Internally

- ◆ Add one to two drops to your water to support a healthy metabolism.*
- ◆ Add a few drops to whipped topping and make your favorite dessert even better.

Topically

- ◆ Add to your moisturizer or lotion as part of your nightly routine (avoid UV light exposure).
- ◆ With Fractionated Coconut Oil, add one or two drops on desired areas. Massage for refreshing, smooth looking skin.

Fun Fact: Grapefruits (*Citrus X paradisi*) were given the name because of the way they grew in cluster's similar to grapes.



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EATING RIGHT

Isn't modern Big Agriculture great? With a quick trip to the corner grocery store, we have every variety of fruit and vegetable available to us, regardless of what time of year it is. Fresh blueberries in your morning oatmeal in December? Sure. Fresh grape tomatoes in dinner's salad in the dead of winter? No problem. But, unless you are buying in-season produce, fresh is a bit of misnomer. Buying fruits and vegetables while they are in season ensures that you are getting the best-tasting and most nutrient-dense foods available. For optimum health and food enjoyment, spend some time learning about the harvesting seasons.

True Meaning of Fresh

Produce not in season makes quite the trek to your local supermarket, taking anywhere from three days to several weeks, traveling on average nearly 2,000 miles. To ensure that they don't spoil along the way, fruits and vegetables are picked before they have reached full maturity, meaning they have not only yet to reach their peak aroma and taste, but nutritional content as well. Theoretically, they should ripen during transportation, but this isn't always the case. After harvesting, exposure to air, temperature changes, and artificial light all result in vitamin and mineral degradation and the necessity for more preservatives. Numerous studies have shown that produce picked at maturity and either consumed immediately or flash frozen on-site have higher levels of vital nutrients than what ends up in your grocery store display. In particular, levels of vitamin C and antioxidants are especially sensitive to early harvesting. Studies have shown that fresh vegetables can lose up to 51 percent of their vitamin C content within 48 hours of being picked. Even when stored in refrigerated environments, vegetables can lose nearly half of their water-soluble

Season

antioxidant activity within a matter of days.* We buy “fresh” fruits and vegetables because of superior taste and perceived nutritional benefits, but unless it is October, that crisp Fuji apple you just took a bite out of wasn’t fresh at all. June through August, instead of baking your famous apple pie for dessert, take advantage of seasonal freshness and try peach instead. Roasted acorn squash may sound delicious, but replace it with zucchini, which is at its nutritional peak in the summer.

Benefits of In-Season Produce

Along with a more pleasant aroma and taste and better nutrient profiles, in a display of Mother Nature’s brilliance, in-season produce often contains higher levels of specific constituents that are in greater need that time of year. For instance, summer fruits tend to have a higher water content so that you can meet hydration needs while enjoying the warm season weather. Watermelon and strawberries have the highest fluid content of any fruits, at approximately 92 percent water per volume, narrowly outpacing other summer fruits, such as grapefruit and cantaloupe. Similarly, summer cucumber and zucchini are nearly 96 percent water. Research has shown that refueling with summer fruits and vegetables actually rehydrates you better after a workout than drinking water or even most sports drinks thanks to the precise combination of water, amino acids, electrolytes, and vitamins that are lost through perspiration.* Due to extended darkness and cold weather, we tend to need more dietary vitamin D throughout the fall and winter; not surprisingly, some of the best sources of vitamin D, such as portabella mushrooms, are at their peak in the fall. A recently published review and meta-analysis has also provided some evidence that foods high in vitamin D may support the proper function of the immune system, reducing risk for all those winter season health threats.* Mother Nature knows what she’s doing.

Take advantage of the abundant summer growing season by picking up some truly fresh raspberries and sugar snap peas for the family to snack on. Your health and your taste buds will thank you.*



*For research references email: scienceblog@doterra.com

Summer Dinner Table

Homemade Lemon Pasta

INGREDIENTS

1 cup all-purpose flour

$\frac{3}{4}$ cup semolina

Note: You can use all semolina or all purpose flour if needed.

1 teaspoon salt

1 drop **Lemon oil**

3 eggs

1 tablespoon olive oil

$\frac{1}{2}$ teaspoon ground pepper

1 tablespoon olive oil

DIRECTIONS

1. Combine dry ingredients together.

2. Mix wet ingredients in separate bowl.

3. Form a well in the center of your dry ingredients and pour your wet ingredients inside.

4. Fold with a fork until pliable.

5. Flour your countertop and place dough on top, kneading with your hands for 10 minutes until smooth.

6. You can now use a pasta machine, or roll it out with a rolling pin and cut into strips with a pizza cutter.

7. Boil in salted water for 2 minutes.



Garden Marinara

INGREDIENTS

- 10 tomatoes
- ½ medium onion
- 2 cloves garlic
- ½ small zucchini
- ½ small yellow squash
- 1 red pepper
- 1 small carrot
- 5 basil leaves
- 1 teaspoon fresh rosemary
- ⅓ cup Italian seasoning
- 2 teaspoons salt
- 2 drops **Oregano oil**
- 1 drop **Basil oil**
- 1 toothpick **Rosemary oil**
- ½ teaspoon ground pepper
- 1 tablespoon olive oil

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Chop all vegetables in 1 inch pieces and place on a cookie sheet.
3. Mix Italian seasoning, salt, and pepper in a separate bowl, and sprinkle over the chopped vegetables.
4. Combine **Oregano oil**, **Basil oil**, **Rosemary oil**, and olive oil into a small bowl, and pour over vegetables.
5. Bake for 2–3 hours, or until all vegetables are soft and translucent.
6. When done, let cool, and grind up in a blender.
7. Warm on the stove as needed.

Note: You can add extra seasonings if needed.

Meatballs

INGREDIENTS

- 1 pound ground beef
- 2 eggs
- 2 pieces of hearty bread
- 1 teaspoon salt
- 1 drop **Black Pepper oil**
- ¼ cup cooked red quinoa

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Crumble bread with your hands into a bowl, then add all other ingredients, and mix.
3. Form into 2 inch balls, and put in pot with about 3-4 inches of water.
4. Place lid on the pot, and bake for 20–30 minutes, or until cooked all the way through.

Artisan Bread

INGREDIENTS

- ¾ cup sour dough starter
- 1 ¼ cups water
- 3 ½ to 3 ¾ cups of all purpose flour
- 1 ½ teaspoons salt
- 1 ½ tablespoons sugar, honey, or molasses

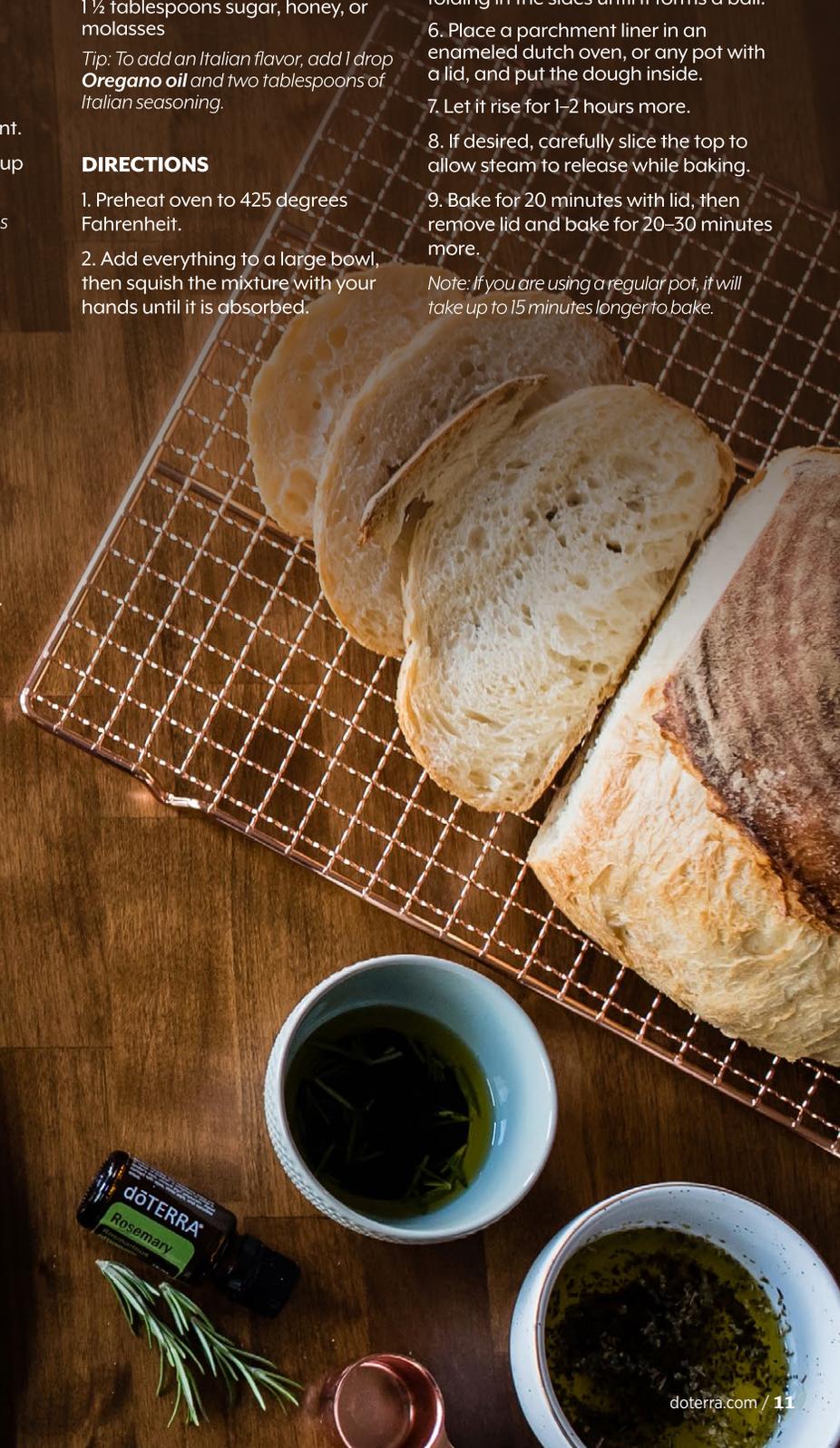
*Tip: To add an Italian flavor, add 1 drop **Oregano oil** and two tablespoons of Italian seasoning.*

DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit.
2. Add everything to a large bowl, then squish the mixture with your hands until it is absorbed.

3. Let the dough rest for 30 minutes to an hour, then knead again.
4. Cover your bowl with a lid; leave for 3–12 hours or until it's double in size.
5. Remove the dough from the bowl, and place on a lightly floured counter, folding in the sides until it forms a ball.
6. Place a parchment liner in an enameled dutch oven, or any pot with a lid, and put the dough inside.
7. Let it rise for 1–2 hours more.
8. If desired, carefully slice the top to allow steam to release while baking.
9. Bake for 20 minutes with lid, then remove lid and bake for 20–30 minutes more.

Note: If you are using a regular pot, it will take up to 15 minutes longer to bake.



empowering Women Worldwide

A menstruation cycle is a gift, providing life and health. But for too many women across the globe, this natural process is a source of shame and isolation. Often, girls in third-world countries put their lives on hold as they wait out and endure through their monthly cycles. Some use any means they can to manage their period by using mattress stuffing, newspaper, corn husks, and other materials as makeshift feminine hygiene products, while others are ostracized and sent away from their homes or forced to sit on cardboard until their menstruation stops. With every menstruation, these girls are forced to give up precious time, debilitating their schooling and restricting potential income-generating opportunities.



“The dōTERRA Healing Hands Foundation™ makes it possible for women to be local health leaders and to create a solution for their own communities.”—Celeste Mergens

Making A Change

In 2008, Days for Girls Founder and CEO Celeste Mergens was assisting an orphanage in Nairobi during a violent and politically torn period. As a result of the political chaos, the orphanage increased from 400 to 1,400 children. This devastating situation weighed heavily on Celeste’s mind, leading her to ask what more she could do. In the middle of the night, the thought came to her, “What are the girls doing for feminine hygiene?” The orphanage’s response? “Nothing.”

Celeste couldn’t accept that answer and eventually turned that nothing into an influential something by creating the Days for Girls Foundation. The Days for Girls Foundation empowers women every day by offering girls feminine hygiene kits, health education, and the tools to empower women across communities.

Each Days for Girls kit is made up of reusable feminine hygiene supplies that can be used for two to four years. These resources make it possible for girls and women alike to go to school and work without having to stop every month for their menstruation cycle. The organization also works to educate females on their body and health so that they know the important purpose their cycles play.

So far, Days for Girls has provided kits and education for over 64,000 women in over 100 countries. This far-reaching effort is empowering women everywhere, allowing them to see dignity instead of uncleanliness, value instead of shame, and freedom instead of isolation.

Offering Support

After hearing about the mission of Days for Girls, the dōTERRA Healing Hands Foundation™ immediately offered time and resources to aid their noble cause. Emily Wright, dōTERRA executive vice president of sales and marketing, says “When we learned that young women were using leaves, mattress stuffing, newspaper, corn husks, and other materials for feminine hygiene, we were heartbroken and knew we needed to help.”



Since the beginning of this long-term partnership, the dōTERRA Healing Hands Foundation has continually put Days for Girls at the forefront of their support. During dōTERRA’s most recent convention, the company restated its support of Days for Girls with an additional \$250,000 donation. Apart from monetary donations, the dōTERRA Healing Hands Foundation strives to raise awareness in their community so that individuals anywhere can make a difference for women everywhere.

On March 8, 2017, the dōTERRA Healing Hands Foundation hosted a community-wide service day, gathering over 500 dōTERRA employees and Wellness Advocates to celebrate International Women’s Day by making kits for Days for Girls. This event produced a record-breaking 1,700 reusable feminine hygiene kits that were then packed and delivered to women in locations all over the world.

dōTERRA Vice President of corporate relations and European markets, Kirk Jowers says, “We were pleased to celebrate International Women’s Day in such a significant and meaningful way. The hygiene kits dōTERRA employees and Wellness Advocates helped create can change the trajectory of a young woman’s life and improve her long-term prospects and the prospects of her future family and community. When a girl is able to stay in school and learn, she is much more likely to be a leader in her community and to be able to help support her future family.”

GUYS GUIDE TO

Driveway Tips

Driveway cracks that are less than a quarter inch should only require a minor repair. These surface cracks can be repaired easily with liquid crack sealers. Make sure to clean the crack out with a power washer and let dry before applying your sealant.

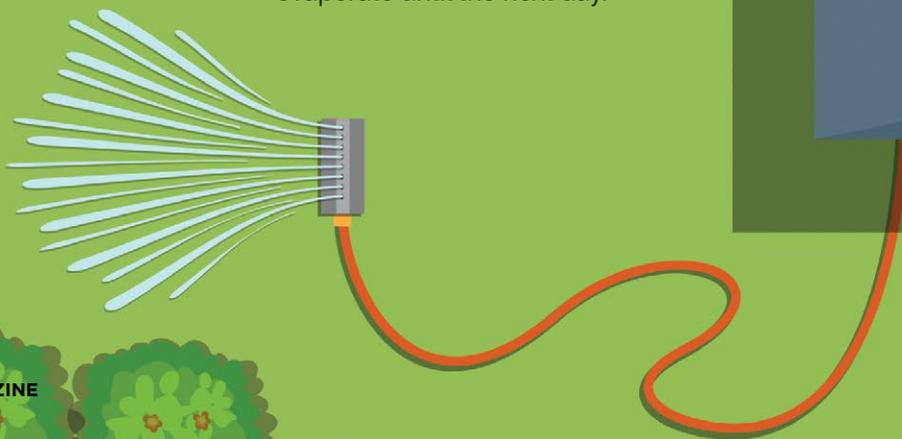


Driveway cracks that are larger than a quarter inch wide are more of an issue. Filling in those cracks will only temporarily solve the problem. Some may choose to resurface at that point, which is great for those warmer areas. As for those who have four seasons, this is yet another temporary fix. Replacing your driveway and ensuring your foundation is properly set will ensure a great driveway for years. Although not guaranteed, sealing your driveway before any cracks happen has been known to help stop cracking.

What essential oils have you used to get rid of driveway stains?
Email living@doterra.com

Watering Tips

Watering your yard correctly can help keep it looking strong and healthy. Early morning is one of the best times to water your yard. The water will be absorbed and soon after dry off with the morning sun. Watering in the afternoon can lead to fungus growth, because the pooling water does not evaporate until the next day.



YARD CARE



Health Tip

Prepare yourself before going out. TerraShield® helps protect you from potential threats in your environment.



Maintenance Tip

Use essential oils to tune up your lawn mower and edger, and to clean tools...etc.

Multi-Purpose Cleaner

- 12 drops of any citrus essential oil
- 4 tablespoons white vinegar
- 16–20 ounces of water

Combine in a spray bottle.

Garden Tips

Keep out insects and pests: Peppermint, Thyme, and Clove oil are an excellent natural repellent.

Keep plants healthy: Melaleuca is great for stopping threats to plant health in your garden.

Attract pollinators: Essential oils aren't just for repelling. Certain oils attract bees or butterflies to help pollinate your garden. Lavender, Marjoram, Helichrysum, Basil, Sage, and Rosemary are great for bees. Also, try Lavender, Fennel, Helichrysum, and Sage essential oils to attract more butterflies to your garden.

Stop snails and slugs from taking a toll on your garden: Cedarwood mixed with water can stop that.

Combine in a spray bottle.



Essential Oils: Gift of

By Jessica L. M. Herzog, MD, FAAP, ABHIM



Essential oils are for everyone, and all ages can benefit from their therapeutic properties. Here are some simple ways to use essential oils every day that will introduce you to more possibilities of wellness, peace, and happy living.

Today, ongoing research helps us better understand the beneficial properties of each complete oil and constituent. Medical communities are paying more attention to these natural and pure additions to healthcare. dōTERRA On Guard® is immune support for several situations including daily strengthening of the body before an exposure occurs, targeted use when the immune system needs more support, and ongoing intensive support when the immune stress has lasted for longer periods of time.* If you are interested in essential oil history, read about the Black Plague in the mid-1300s.



Using Essential Oils for Emotions

In our fast-paced world, having a refuge in our homes is one way to reduce stress. Diffusing essential oils at home is a great way to create a balanced and peaceful atmosphere. Our sense of smell is the most direct way to affect our brain and emotions. Most of us can think of a scent, which takes us back to a cherished childhood memory. Perhaps a certain aroma makes you think of Grandma's famous baking, or her usual perfume, or her holiday decorations of evergreens. These are examples of how the aromas enter the nose, trigger the nerves in the olfactory bulb, and are processed by the limbic system (our emotional center) and then by the rest of the brain—which brings together emotion and memory. Here are two suggestions for creating an emotionally balanced space.

First, diffuse oils everywhere; use them in the moment to positively influence the mood. Uplift the mood in the home and at social gatherings by diffusing in the kitchen and living room. Create a peaceful sleep experience by diffusing in the

bedroom. Reduce tension by diffusing in a work place or study area. Explore the dōTERRA Emotional Aromatherapy® System for more ways to deal with specific emotions.

Second, create new scent-emotion connections. Diffuse the same scent at each birthday celebration. Choose a summer holiday scent and diffuse during parties. Get a car diffuser and keep the aroma going all the way to your vacation destination. Choose a calming oil, like Lavender, for the children's bedtime routine. By making these simple adjustments, we can use essential oils to relax and connect.



Using Essential Oils at Home

Here are some ideas of how to use the Home Essentials Kit. This kit contains some of the core "gifts of the Earth" for body and mood support for a greater sense of wellness and peace. Be empowered and ready to take action when using or sharing these precious, pure, and potent tools.

the Earth for All to Enjoy



dōTERRA On Guard®. Take daily (1–2x/day) for immune support, or more often (3–6x/day) for bodily support during seasonal threats or long-lasting immune stress.* dōTERRA

On Guard is one of my favorite blends because it empowers individuals and families to take charge of their health needs and get results. Whether in dōTERRA On Guard Plus capsules, diffused, or topically, I never miss a day.



Oregano. This oil is great to have on hand for frequent use when additional immune support is needed.* Remember, it's hot. Always dilute heavily if using topically.

Try adding 1–3 drops of dōTERRA On Guard and Oregano into a capsule for adult internal use.*



Frankincense. “When in doubt, use Frankincense.” The historical background and modern research of Frankincense yields impressive results. Try applying dōTERRA

Frankincense Touch along the spine. This is my favorite single oil because it supports a healthy nervous system.* If you enjoy using Frankincense, then try DDR Prime, a blend that contains it. Remember the power of synergy between oils.



dōTERRA Breathe®. Apply on the chest before getting into the shower or before a workout for a natural wake up and improved sense of deep breathing.



DigestZen®. Supports healthy digestion.* Our digestive track is where most of our immune system resides and where much of our detoxification occurs.

Staying regular is key to our body's effective elimination of toxins. Try DigestZen Touch for a pre-diluted, easy application. I ask my older children if they prefer it “on their belly or in their mouth?” when the need arises. Giving them these choices (topical vs internal) creates a great sense of empowerment to have a voice in their wellness journey. In my experience, it is interesting to note that they choose internal when the need seems more intense.



Lavender. Soothing to summer-related skin irritations. Calming for everyone from baby to grandpa. Supports an environment for restful sleep. My oldest son's favorite oil is Lavender because of the connection he has with its calming and restful properties. Most nights he chooses to use it both in the diffuser and on his feet.



Deep Blue®. After an intense work out or after a long day at the computer, treat your muscles. Apply Deep Blue after a hot shower or sauna or under a hot compress for targeted relief. This blend is supportive for discomfort of all kinds. I always finish with taking a deep breath from my hands to mentally let the stress go.



Lemon. Diffuse for an uplifting aroma. Cleansing to the body and household surfaces, including wood. Try adding 1–2 drops to your smoothie or water. Citrus oils add flavor and variety to my water, making it easier to drink more and stay adequately hydrated. I rotate among the citrus oils to expose my body to a variety of constituents, just as you would eat a variety of fruits and vegetables.



Peppermint. Soothe head tension by applying at the temples. Add one drop on the tongue for a breath freshener, or diffuse for a natural perk up at any time of day. For some time, I have foregone all forms of caffeine in favor of this healthier choice.

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

Essential oils are potent ‘gifts of the Earth.’ Use them wisely by following the drop per day guidelines found at:

[doterra.com/US/en/blog/science-safety-physiology-recommended-ideal-amounts](https://www.doterra.com/US/en/blog/science-safety-physiology-recommended-ideal-amounts)

Fennel

Aromatic Description:

Licorice, sweet, honey

Distillation Method:

Steam Distillation

Plant Part: Seed

Fennel (*Foeniculum vulgare*) is a flowering plant species in the carrot family. The ancient Egyptians and Romans awarded garlands of fennel as praise to victorious warriors because, fennel was believed to bestow strength, courage, and longevity. Fennel can grow up to six feet in height and has delicate, feathery leaves.

How to use:

Aromatically

- ◆ Use three to four drops in a diffuser for a calming, sweet-smelling aromatic experience.
- ◆ Add a drop of Fennel and Lavender to the palms of your hands. Rub your hands together and inhale; let the aroma sooth and calm.

Internally

- ◆ Put a drop of Fennel in water or tea to help fight sweet tooth cravings.
- ◆ Add one to two drops in a veggie capsule to promote digestion.*

Topically

- ◆ Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.
- ◆ Combine with dōTERRA Fractionated Coconut Oil for a soothing abdominal massage.

Fun Fact: According to Strabo, a Greek geographer, the town of Marathon, located in Greece, literally means “a place full of fennels.” It is believed that the town was named so due to its abundance of fennel plants in the area.



Idea Notebook

Strawberry SLIM & SASSY® POPSICLES

- 1 pint organic strawberries
- 1 peeled/deseeded mango
- 1 cup coconut water
- 1-2 drops dōTERRA Slim & Sassy*
- Popsicle sticks
- Popsicle molds

In a blender, blend all ingredients together until smooth. Pour into popsicle molds or into small cups. Use popsicle sticks for the handles and freeze overnight. Enjoy!

—Vanessa Aguilar, California

“A great snack at any time of the day and for kids of all ages—adult kids included!”

* Can be substituted for 1 drop each, Lemon and Grapefruit essential oils



TERRAGREENS® Gummies

I like to add a scoop of TerraGreens to my smoothies, but I wanted to find a way to get my kids to get this awesome product into their diets as well. These are super easy to make, and my kids love them! —Amanda Beach, Texas

- 2 cups fruit juice of choice*
 - 1 tbsp. local honey
 - 2 scoops TerraGreens powder
 - 6 tbsp. unflavored grass-fed gelatin
 - Gummy bear mold
- *I used 1 cup apple and 1 cup pomegranate

Bring fruit juice to a boil. Remove from heat and let cool slightly. Add honey and stir until dissolved. Add Terragreens and stir. Sprinkle gelatin in one tbsp. at a time, stirring constantly with a wire whisk so the gelatin doesn't clump. Use syringe to transfer liquid to mold. Refrigerate 2 hours or until solid. Keep leftovers in fridge.

Homemade LEMON MARSHMALLOWS

- 1 cup filtered water
- 3 tbsp. grass-fed beef gelatin
- 1 cup organic honey
- 1 tsp. organic vanilla extract
- 2-3 drops Lemon essential oil
- ¼ tsp. sea salt

1. Line 8x8 baking pan with parchment paper and grease with coconut oil. To prevent stickiness, dust with powdered sugar or arrowroot powder.
2. In a bowl, mix gelatin with ½ cup of water; set aside.
3. Bring other ½ cup of water, honey, vanilla, and salt to boil over medium-high heat. Place a candy thermometer in sauce pan and continue to boil mixture until it reaches 240°F; immediately remove the sauce pan from the heat.
4. Slowly pour the honey mixture into the bowl combining it with the softened gelatin; mix on medium-low. Add Lemon oil, and vanilla. Increase speed to high and continue mixing until it reaches a smooth, thick, and creamy consistency.

5. Pour marshmallow mixture into prepared baking dish and spread evenly.
6. Let sit at room temperature for at least 4 hours or overnight.
7. Dust top of marshmallow with powdered substance of choice.
8. Carefully remove from pan and cut into squares. Keep in airtight container for about a week.

Note: They also freeze well, and don't need to be thawed out. Be sure to dust them with extra powdered sugar, arrowroot, or cornstarch before freezing to avoid stickiness.



Sesame Peanut GINGER DRESSING

“When I think of summer and eating, I think of salads.”
—Kristi Warner, California

- ¼ cup crunchy raw peanut butter
- ¼ cup water
- ½ cup Apple cider vinegar
- 3 tbsp. raw honey
- ½ tsp. salt
- 1 tbsp. Tamari (organic, gluten free soy sauce)
- 1 tbsp. sesame oil
- 1 drop Ginger essential oil

Salad:
4 cups purple cabbage
1 red pepper
5 scallions
2 carrots, shredded

Top with sliced almonds and avocado.

Dressing is only 30 calories/per tablespoon.





Lisa's Story

Too busy, too tired, or too intimidated by the gym crowd that looks like they came straight off their *Shape® Magazine* photoshoot to get a quick workout in? We've all got our reasons why we haven't yet made exercise a part of our daily routine, and they are all excuses. With the right mindset, we are all capable of finding ways to integrate more physical activity into our lives and improving our health each and every day. Whether your goal is to fit into your high school jeans or just be healthy so you can play with your children, there is only one way to make it happen. As Will Smith says in *The Pursuit of Happyness*: "If you want something, go get it. Period."



The dōTERRA global campus gym is a busy place. With nearly 2,000 active on-site employees, that fitness utopia gets its fair share of foot traffic and sweat. Among its regular patrons, one stands out. Literally. When she's not playing badminton, dōTERRA member services agent Lisa Pressley can often be found in the gym lifting weights and running—on one leg. Not because she is into some new balance-focused workout program, but because that is just what she has always done.

Watching her run, in an amazing display of proprioception and crutch-handling skill, is an awe-inspiring and motivating experience. But to Lisa, it's just another day. Despite not fitting the mold of the typical gym-goer, Lisa prioritizes daily exercise so that she can stay healthy and continue doing the things she loves.

All-Around Athlete

Growing up in Jiangxi, China, Lisa never thought she was different than the other children, except that her teachers were constantly telling her to slow down... when they could actually catch up to speak to her, that is. Like most other kids, Lisa spent her free time climbing trees and jumping up stairs like a rabbit, with zero inclination that she was any different. Despite the pleas from her teachers that the end result of her rambunctious behavior would be an accidental fall into the river, and taking all her friends with her for a swim, she never slowed down. She competed in track and field and dance and became known in the neighborhood as one of

the fastest rope jumpers. After moving to Arizona at the age of 12, Lisa took her energy and competitive spirit to the soccer pitch, baseball diamond, and swimming pool. Now, on most Fridays she can be found putting her honed athletic skills to the test on the badminton court.

There's literally no athletic endeavor Lisa won't try, several times if need be. After enviously watching her sister ride a bike, she decided it was her turn. She spent countless hours in the driveway, falling and getting back up, but she eventually developed the balance and core strength to maintain her equilibrium while simultaneously peddling. Now she counts cycling among her (very long) list of favorite activities.

The Goal is Life

Lisa doesn't have any specific goals for her exercise program. Her work breaks aren't spent Googling the latest exercise routines and she doesn't conclude each workout by stepping on the scale and logging her progress. She has no interest in qualifying for the Boston Marathon or being a fitness role model, she simply wants to maintain her health so she can continue doing the things that she enjoys. Most importantly, she wants to continue finding new activities that she loves, as she knows life is even more exciting and vivid than it looks like on a screen. The endurance, strength, and movement abilities she has gained from her regular exercise ensures that no sporting endeavor or outdoor adventure is off limits.



LISA'S TIPS

- 1 Your health is up to you. Nobody can improve it or take it away from you but you.
- 2 The most important thing with exercise is to make it a part of your daily routine. So find out what works for you and discard the rest.
- 3 Exercise doesn't feel like work when it involves activities and people you enjoy.
- 4 Don't get caught up in what others may think of you. Even if you aren't a fitness model, not only are you improving yourself by working out every day, but also you never know who you may be inspiring to do the same.
- 5 Try diffusing Citrus Bliss® or Elevation before heading to the gym to elevate your mood and increase vitality. And of course, no post-workout regime is complete without Deep Blue® Rub.

DIY's & UPCYCLES

This summer give your kids the freedom of imagining their own worlds, and making up stories, by creating a space just for them.



GARLAND



WHAT YOU NEED

- Wool balls
- Needle
- Embroidery thread

DIRECTIONS

1. Thread needle, and pull it through wool balls.
Note: choose desired distance from each wool ball.
2. Tie knot at beginning and end of garland.
3. Use for decoration.
Tip: You can use the wool balls to diffuse different essential oils, while your children play.

TENT



WHAT YOU NEED

- 4–3x48 inch pieces of white wood
- 3/4 inch drill bit
- 3/4 x 48 inch dowel
- Sheet fasteners
- Paint of choice (optional)
- An old sheet

DIRECTIONS

1. Measure 5 inches down from top of each piece of white wood, and mark in middle.
2. Take 3/4 inch drill bit, and drill hole where marked.
3. Lay two pieces of white wood on top of each other, and push dowel through.
4. Spread the white wood apart to make tent shape.
Note: Dowel should be snug; this way the tent keeps its shape.
5. Drape sheet over dowel, and fasten ends to each piece of wood by using a sheet fastener.
Tip: You can paint your sheet by using an old sponge, cut to your desired shape, and using it as a stamp.

PLANT HANGER



WHAT YOU NEED

- Old supplement bottle
- Spray paint
- Twine

DIRECTIONS

1. Spray paint supplement bottle desired color.
2. While your bottle dries, cut 8–10 inch pieces of twine.
Note: Cut twine longer for larger supplement bottles.
3. Knot together 8 pieces of twine, separate 2 pieces of thread and knot 2 inches above your original knot. Repeat.
4. Now, take one string from 2 partnering knots, knot those 2 strings together about 2 inches above the other.
5. Keep repeating until you get your desired length.
6. Plant succulent inside bottle, with dirt and water.
7. Place inside plant hanger, and tie knot at end.

TASSELS



WHAT YOU NEED

- Yarn
- Thread
- Needle
- 4x5 inch piece of cardboard

DIRECTIONS

1. Wrap yarn around cardboard approximately 30 times.
Note: Depending on your desired length, you can cut cardboard larger. If you want thicker tassels, wrap more than 30 times.
2. Pull yarn off cardboard, tie 3 inch piece of yarn around one side, cut through the yarn on the other.
3. Flip it over, tie another piece of yarn around it about an inch from the top, so it looks like a small ball.
4. Repeat steps 1–3 for more tassels.
5. Thread needle through each tassel to create garland.

THE HOMEBIRTH

with Stephanie Fritz, The Essential Midwife

Choice

What is your birth philosophy?

Homebirth is not for every woman. My clients and I are a team. We look at all the choices surrounding pregnancy, labor, and birth, and I support them in whatever they choose through offering education and choices.

I am the mother of four daughters, three of which were born at home. I feel it's these experiences that have shaped my vision of what women's healthcare should be. I know first-hand what a difference information and a sense of control can make when having a baby.

What are some of the benefits of having a midwife and home birthing?

Studies show that an unfamiliar environment can compromise labor. Fear and discomfort can increase the pain experienced in labor, while relaxation can actually diminish stress, improve oxygen flow to the baby, and be a positive labor support for mom. When a woman births at home, she has "the home court advantage." She can move about freely, wear her own clothes without worrying about the back flap of her gown opening, eat and drink as she wants to keep up her energy, relax in a warm tub of water with essential oils, have her feet massaged by supportive friends, and even birth in whatever position she feels comfortable in. Women are very in tune with what's happening in their bodies, and most of the time they want to be in control during this process. Being in control at home in a familiar environment helps to eliminate fear and feelings of anxiety. My intention is to provide a safe, comfortable, and familiar space for women to do what they do naturally.

What successes have you and your patients seen using dōTERRA essential oils?

Using essential oils in pregnancy creates an empowerment that is so valuable. Being able to have solutions that are timely and effective is essential.

Women experience a lot of changes in their body and there can be a lot of common issues, whether it's morning sickness or a variety of other occasional discomforts. When clients call in with the occasional morning sickness in pregnancy, I refer them to Peppermint or Cardamom essential oils. I have also had great success in my practice using Peppermint and Myrrh to help turn the baby to the optimal fetal position. When mom needs extra support for her back discomfort, I refer her to Deep Blue® and she reports back with gratitude for the relief it gave. When used appropriately, I believe essential oils can safely help during pregnancy and should be taken advantage of. The benefit associated with the essential oils can be extremely helpful for pregnancy, both on a physical and emotional level.

What tips would you give to expecting mothers to enhance their birthing experience?

Remember education is empowering, so read books that are relevant to your desired birthing experience. If you are planning a home birth, then read about that, but also learn about plan B and even plan C so you are prepared if you have to deviate from plan A.

Relaxation is the key to a successful birth. Be prepared whether you are in a hospital or home to have things around you that bring you comfort, because the more comfortable you are in your surroundings, the more relaxed you can be. dōTERRA Balance® and Wild Orange make an excellent delivery-diffusing blend. The grounding blend helps balance emotions in the body, supporting feelings of courage, confidence, and strength, and Wild Orange helps reduce feelings of anxiousness.

Consider a doula for labor and postpartum support. She is trained to be an advocate for you when you are in "labor land." She often knows just what you need when you can't vocalize it.

What essential oils do you recommend

using (and how) during the labor delivery process?

There are many oils you could use in labor, but I like to simplify and use as few as possible.

Labor

Basil and Black Pepper essential oils combined with Fractionated Coconut Oil and massaged onto the low back can relieve discomfort during labor, and provide the needed strength to endure with greater ease. These two oils can be especially helpful when experiencing back labor.

Clary Sage essential oil is calming and helps relieve tension, which helps with contractions. Try blending Clary Sage with Geranium and/or Lavender.

AromaTouch® massage blend improves circulation and relaxation, and is soothing to both mind and body. The back and shoulders are often areas of tension; massage with Fractionated Coconut Oil to these areas for stress and tension relief.

Birth

Peppermint essential oil, when inhaled, can help reduce feelings of nausea brought on by discomfort. I sometimes use it to turn a breech baby. I apply Peppermint with Fractionated Coconut Oil from hip to hip and spread up and over the abdomen in a rainbow fashion. I apply Myrrh to lower where I want the baby's head.

Wild Orange and dōTERRA Balance® make an excellent delivery-diffusing blend. The grounding blend helps balance emotions, supporting feelings of courage, confidence, and strength. Wild Orange helps reduce feelings of anxiousness.

Perineum support for pushing stage:

- 20 drops Helichrysum
- 20 drops Frankincense
- 30 ml Fractionated Coconut Oil

Gently massage on the perineum during crowning to lubricate and help ease baby out.



"Essential oils are all about keeping the body in an environment that optimizes its healing capacity and supports a healthy immune system.* This is why using essential oils every day is such a powerful wellness tool."



Stephanie Fritz is a Certified Professional Midwife, author, public speaker, and AromaTouch® trainer. She has had a very successful midwife practice in Arizona since 2000. She began utilizing dōTERRA essential oils with her clients and their babies as a natural health solution in 2008.

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

TIM HIGHTOWER

WHAT IS YOUR **BIGGEST ACCOMPLISHMENT** IN YOUR **NFL CAREER?**

I would say the biggest accomplishment of my NFL career so far would be scoring the game-winning touchdown in the NFC Championship game, advancing the Cardinals to the Super Bowl my rookie year. That and working my way back to the NFL after three years off due to my ACL injury.



WHAT WOULD BE YOUR **ULTIMATE ACHIEVEMENT?**

In life, family first—raising a family is my number one priority. I want to be the best dad and husband I can be. For football, overcoming the impossible and inspiring others to do the same.

HOW DO YOU **SET YOUR GOALS?**

First, I look at the big picture. I look at what I want to accomplish in the end and then backtrack and start at the beginning. What milestones or steps do I need to take to get to the end goal? It's all about remembering the bigger picture and figuring out the steps that get you there.

WHAT WAS THE **BEST ADVICE** YOU WERE EVER GIVEN?

For football and career, surround yourself with people who have accomplished what you're looking to accomplish. You see the fruits of their labor and see the work they've put in, and you listen to them and take their advice. Second, invest in your body and in your craft. Discipline yourself to do the things that will prepare you for next steps in your career.

In life, sacrifice to the level that you want to achieve. Whatever it is you want in life, depending on what it is, understand the sacrifice required to achieve that. Nothing is really impossible. The higher you want to achieve, the greater the sacrifice. If you're willing to put in the work and make the necessary sacrifices, you can achieve whatever you set your mind to.

SAN FRANCISCO 49ERS RUNNING BACK

WHAT IS YOUR BIGGEST CHALLENGE, AND WHAT DO YOU DO TO MANAGE THIS CHALLENGE?

Not buying out. Putting time and effort into practice and focusing on my craft. I enjoy learning how to improve and get better and working hard. Also, finding a balance with career and family, prioritizing and making time to be with my kids and my family. At the end of the day they don't care about football, they care about Dad.

WHAT DOES YOUR TYPICAL DAY LOOK LIKE?

In season, different days of the week vary, but generally my day starts at 4:45–5:00am. I start by planning out the day, going over my responsibilities and what needs to get done that day. I usually start the day watching film, then do some form of treatment—different exercises/treatments (varies depending on specific needs), then study and review the playbook, go to practice, work out, more film study, stretching, etc. I typically get home between 6:30 and 7:00pm, spend time with family, dinner, go to sleep, and repeat.

WHERE DO YOU DRAW YOUR INSPIRATION FROM?

My parents. They've instilled values in me that have given me opportunities to succeed. Seeing the many struggles they have gone through and how they've persevered and overcome has inspired me to do better and take what they've given me and move forward with it. Aside from my parents, every time I interact with different people and hear how hard life can be and see that not everyone is blessed with equal opportunities, it inspires me to help motivate these

Age	30
Hometown	San Diego, California
Education	University of Richmond, degree in Religious Studies and Political Science
Years playing football	10 years in NFL—missed a few years due to injury
What got you started	4th grade—started playing and fell in love with the game
Family	Wife: Rikkie Two boys: Lennox and Ezra

people to find their own personal success. Those interactions just inspire you to succeed to the point where you can have an impact and inspire others by sharing your story and trials you've overcome throughout the process, hopefully connecting with them and showing them that they can overcome and succeed as well.

HOW DID YOU LEARN ABOUT dōTERRA?

My wife, Rikkie, introduced me. Recovery and sleep are two extremely important components to my success. She introduced me to dōTERRA products that help with those two things specifically.

WHAT dōTERRA PRODUCTS DO YOU USE THE MOST?

Deep Blue® and my diffuser. I use Deep Blue in massage to help with recovery. The diffuser is nice because I can choose what oils and blends I want to diffuse, and I can take it with me when I'm on the road to help with sleep and relaxation.

WHAT IS YOUR FAVORITE ESSENTIAL OIL DIFFUSER BLEND, IF YOU HAVE ONE?

dōTERRA Breathe®. It's definitely a go-to blend for me.



Tim Hightower spotted on Instagram

“IF YOU’RE WILLING TO PUT IN THE WORK AND MAKE THE NECESSARY SACRIFICES, YOU CAN ACHIEVE WHATEVER YOU SET YOUR MIND TO.”

FUN IN THE SUN

Summer means a lot of time in the sun. It's important to be prepared with only the best natural products so that you and your family can make the most of your sun-filled break. Protect, refresh, and sooth your skin with these easy-to-make DIYs.



Body Wipes with Lavender and Geranium

Combine 2-3 tablespoons witch hazel, 3-5 drops Lavender, 1-3 drops Geranium into Ziploc bag or small Tupperware container. Add quartered paper towel pieces. Use to refresh skin or as a makeup remover. **Note:** Instead of paper towels, you can re-use fabric pieces.





Beach Waves with Lemon and Rosemary

Add 1 teaspoon dōTERRA Healthy Hold Glaze, 2 tablespoons Epsom salt, 1/2 teaspoon sea salt to an 8-ounce spray bottle, followed by, 1/2 teaspoon dōTERRA Fractionated Coconut Oil, 5 drops Rosemary, 5 drops Lemon. Top with water and shake. Spray generously on hair while scrunching with hands for a natural, wavy look.



Cool Breeze with Peppermint and Ylang Ylang

Pour 1 cup Aloe Vera juice, 1/4 cup water, 3-5 drops Peppermint, 3-5 drops Ylang Ylang into glass spray bottle; shake well before use. Application tip: Avoid contact with eyes.



After Sun with Frankincense and Sandalwood

Combine 1 cup Aloe Vera Gel, 1/4 cup dōTERRA Fractionated Coconut Oil, 12-15 drops Frankincense, 8-10 drops Sandalwood to glass spray bottle; shake well before use. Spray on skin after sun exposure for a soothing affect.



Spikenard

GIFT FROM THE PEAKS

On April 25, 2015, Nepal experienced a devastating earthquake that killed almost 9,000 people and injured nearly 22,000. The earthquake had a magnitude of 7.8Mw or 8.1Ms and a maximum Mercalli Intensity of IX (Violent). “Spikenard was an oil that we had on our radar for quite some time,” said Jared Moon, dōTERRA Strategic Sourcing Manager. “So we added it to our post-earthquake economic impact efforts.” Spikenard is a primitive oil that has been used for centuries in Ayurvedic practices for benefits such as mental clarity and grounding, as well as helping skin and hair health. Spikenard is a great addition to our collection. The exciting thing about Spikenard is that it is being produced and harvested in areas completely separate from Wintergreen.





“When in doubt get your Spikenard out.”

—Dr. Hill

The Co-Impact Sourcing® initiative in Nepal has brought many benefits to the Nepalese people. One of the biggest has been creating added jobs involved in Spikenard harvesting, drying, and distillation. The Himalayan regions of western Nepal, where the vast majority of the Spikenard is harvested, is one of the country's poorest areas, so any economic activity that we can bring to the region is a great benefit.

A DAY IN THE LIFE OF A NEPALESE HARVESTER

Harvesting Spikenard is a very time-consuming and challenging activity. It only grows in the higher altitudes—3,000 m to 5,000 m (about 9,850 ft. to 16,400 ft.)—and generally on the cooler, western side of steep hills (40°–70° inclined slopes). Accessing these locations takes multiple days and requires the harvesters, who also tend to be goat herders, to set up a basecamp from which they work. Because they are harvesting the roots, harvesters have to dig them out of the ground, clean off the dirt, and keep going all day. The Spikenard harvest is restricted to a few months of the year so they have to work quickly and carefully to ensure that the plants will regrow for the next harvest. It is physically demanding working at those altitudes and requires long stints away from their homes and families.

Finding new oils to source is not our only objective. We want to help build the individuals, regions, and countries that we come in contact with. We also want to make sure those sourcing the oils have the resources to increase their income. One of our objectives in Nepal is to help them cultivate Spikenard. Our hope is that through cultivation we will increase the amount of root material that the plants produce and make accessing the plants less time consuming. The second objective is a project to install solar dryers so the harvesters can dry the roots rather than selling the fresh roots to a drying facility.



“The majority of Spikenard's chemistry is comprised of four or five compounds, and it makes up from 60–70 percent of its chemistry. It is a fairly dominant type profile that we always expect in Spikenard. In our Spikenard essential oil, we have identified 170 different compounds. Not only do we have vast amounts of chemistry, but we have non-focused chemistry. The complete opposite of what we see with essential oils that are more dominant. So what does this all mean? Spikenard will do almost everything,” explains Dr. David K. Hill, D.C.

The Nepalese people are strong, hardworking, and hopeful—hopeful for a better, more independent life. Through doTERRA's Co-Impact Sourcing they have found that hope. With doTERRA's help, they are creating and sustaining their families and communities, all while growing in their knowledge of the land. The harvesting and distillation of Spikenard will not only benefit those sourcing it but those who partake of it. With Spikenard's many benefits and uses, it's no wonder Dr. Hill says, “When in doubt get your Spikenard out.”

FACT: It took the Spikenard film crew eight days of trekking on foot to get to the areas where they could capture the needed footage.

The WEDDING PLANNING GUIDE

8 TIPS FOR STRESSING LESS

June through early October is a popular time for wedding celebrations. For each couple, the wedding day should be a personal and special experience—whether you choose to plan a big bash, an intimate and modest ceremony, or turn it into a “secret” occasion. Make your big day reflect your personality and your relationship with your loved one. In other words, don’t let social peer pressure or what you may see on TV dictate what you should or shouldn’t do for your own wedding. But life-changing events don’t come without a bit of stress, and it’s expected to feel a little overwhelmed at one point or another. Here are eight quick tips to help you stress less and make your wedding a dream come true.

1. Prioritize. Decide what is most important, and then go from there. This will ensure that your must-haves make it into the wedding first, before all of the minor details. Of course this will depend on your personal needs and desires, but these top priorities might include the type of ceremony, certain special guests, the perfect venue, or the dress you’ve been pining over for the last five years.

2. Budget. Figure out your budget and stick to it. If you don’t have a budget to work with, you won’t have a point of reference for judging how much you can spend on the photographer, flowers, venue, decorations, catering, etc. And to help avoid stress, consider assigning about 5 percent of your budget to “just in case,” for those unforeseen expenses.

3. Simplify. Get rid of the unnecessary. Use your priorities list to determine what needs to stay and what can go. The wedding dress? That’s essential. The hand-stenciled place cards for each wedding guest? Maybe not. Simplify all you can to make sure you can devote your best efforts to the things that matter most.

4. Be realistic. Set realistic expectations and deadlines. There’s no doubt that you want your wedding day to be special, and it will be. But it likely won’t be perfect! Be realistic when setting your expectations and deadlines so you don’t overwork and overstress yourself striving for perfection, only to end up disappointed. Being realistic also allows your helpers—family, friends, vendors, etc.—to provide satisfactory solutions.

5. Connect. Utilize your network for close-to-home, personalized help. Do you have a family member who’s an amazing seamstress? Ask if she could help with dress alterations. Do you have a coworker with a great eye for design? Maybe he can create your invitations! Use the skills of your family, friends, coworkers, and other connections to simplify your to-do list.

6. Delegate. You don’t need to do everything yourself, so delegate some responsibilities. This takes some stress off of you and provides a more pleasant planning experience overall. Of course, be sure to delegate to people you can trust, like dependable family members and close friends. And remember that in some cases, you might need to delegate to professionals.

7. De-stress. Don’t let stress get in the way of planning your special day. There’s a lot to plan and organize, but if you’re feeling overwhelmed, don’t be afraid to take a step back and reevaluate. Assess what could be simplified or delegated. And don’t lose sight of what’s most important about your wedding: you’re marrying the love of your life! “Love is our true destiny. We do not find the meaning of life by ourselves alone—we find it with another.”

—Thomas Merton

8. Enjoy. This is your wedding! Make it an enjoyable experience. Have fun along the way with the planning, and when the big day arrives, enjoy it! All of the planning is done at that point, and you should enjoy your day with your new spouse and your loved ones.

Essential Oils for the Bride-To-Be

dōTERRA Serenity® Restful Blend: Use this tranquil, relaxing blend of Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, and Hawaiian Sandalwood essential oils to reduce worry and calm anxious feelings.

Wild Orange: Try this energizing and revitalizing oil to rejuvenate yourself and reduce worry.

Lavender: Lavender essential oil is a goldmine for the bride-to-be! Add a few drops to shampoo for healthy-looking hair; add it to your moisturizer for hydrated, soft skin; use it as a perfume; or use it to encourage restful sleep by diffusing it at night, adding a few drops to your bedding, or rubbing it on the bottom of your feet before bedtime.

dōTERRA Balance® Grounding Blend: This blend of Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile essential oils with Fractionated Coconut Oil is great for promoting a positive mood. Its calming effect also encourages harmony and emotional balance, and it can help ease anxious feelings.

Grapefruit: When used aromatically, this oil also helps boost your mood and has a clarifying effect on the mind.

Clary Sage: Diffuse this oil to reduce feelings of stress. Rub three to five drops on the abdomen during a menstrual cycle for a soothing massage.

Melaleuca: This essential oil's purifying qualities make it ideal for cleansing your skin and nails. Use it to soothe occasional skin irritations and to promote a healthy complexion.

Sandalwood: Apply one or two drops of Sandalwood essential oil to wet hair to restore moisture and give your hair a silky shine. This is perfect for engagement photos, bridals, and your wedding day!

BLENDS TO DIFFUSE THE STRESS

Rejuvenate

- ◆◆ dōTERRA Balance®
- ◆◆ dōTERRA Passion®
- ◆◆ dōTERRA Citrus Bliss®
- ◆ Peppermint
- ◆ dōTERRA Serenity®
- ◆◆ dōTERRA Motivate®

You've Got This

Stress Less

- ◆ Vetiver
- ◆ Lavender
- ◆◆ dōTERRA Balance®

Calm & Uplift

- ◆◆◆ Coriander
- ◆◆◆ Peppermint
- ◆◆◆ dōTERRA Balance®

Love Is in the Air

- ◆ dōTERRA Cheer®
- ◆◆ drops Lemon
- ◆◆ dōTERRA Citrus Bliss®

INTRODUCING

New dōTERRA.com

Customer Experience

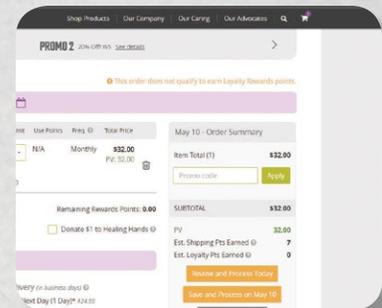
With our significant growth and business momentum, dōTERRA is excited to bring new enhancements to doTERRA.com for your ultimate shopping and customer experience. Here is a sneak peek of what's happening:

1

SHOPPING ENVIRONMENT



- Shop from the doTERRA.com homepage.
- Improved site layout and functionality to enhance the shopping experience.
- Add products to your cart before selecting your order type.



2

PROFILE MANAGEMENT



- Manage your profile, payment, and shipping information online.
- View and track order history.



3

MOBILE EXPERIENCE



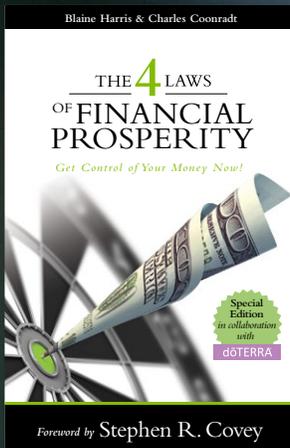
- Access doTERRA.com shopping in the palm of your hand with a mobile friendly experience for your cell phone and tablet.



Coming Soon!

FAST FOLLOW Shortly following the release of the mobile, shopping, and profile enhancements, dōTERRA is excited to bring customers a simplified and enhanced enrollment process that provides the option for new customers to enroll from the dōTERRA.com homepage or shop first then enroll!

FREE TO *Give*[®] dōTERRA[®]



Free to Give is a recognition incentive program designed to motivate Wellness Advocates to reach financial independence. The Free to Give team has created several tools and resources that can help you reach this goal. These resources include a Free to Give Monthly Budget, Free to Give Expense Tracker, Free to Give Debt Payment Tracker, and educational resources such as David Stirling's Free to Give Downloadable PowerPoint presentation and *The 4 Laws of Financial Prosperity* book. In addition to

these resources, the Free to Give Team has created a Free to Give Facebook Group where you can receive support and advice from other Free to Give participants.

As a company, we want to encourage as many people as possible to achieve financial freedom from four major types of debt:



Credit Card



Automobile



**Loans and
Medical Bills**



Mortgage

Overcoming each type of debt can be life changing and can open doors to personal freedom and financial stability. For more information, visit doterrafreetogive.com and join the “dōTERRA Free to Give” Facebook Group! For any questions, email freetogive@doterra.com

“dōTERRA has helped me focus and pay off my medical bills early! It feels great to receive a token of appreciation!”
—Ashby Collins

“I had \$19,000 in credit card debt when I joined the program. Today I received my credit card token for paying off all my credit cards!”
—Kris Keske

“I just went through and added up what I could find for debt that we had paid off in the last 3 ½ years, and we have paid off about \$50,000. I can’t believe it! So awesome!”
—Melissa Zech

“I just did the math and my husband and I can pay our mortgage off 15 years early, saving us about \$234,000! We’ll only be paying two extra payments per year, just \$150 extra per month! That’s also covered by the new Empowerment Bonus thanks to dōTERRA! I’m one happy camper over here!”
—Gina Hackbarth

WHEN LIFE GIVES YOU LEMON...



JAZZ UP THE FLAVOR WITH ESSENTIAL OILS

Lime, Grapefruit, Wild
Orange, Lemon,
Peppermint, Lavender

HOMEMADE LEMONADE

- 8 cups cold water
- ½ cup honey
- Juice of 3 lemons
- Ice
- 3-5 drops Lemon essential oil
- Lemon slices and fresh mint leaves for garnish (*optional*)

STEP ONE

Combine honey and water in a pot or saucepan over low heat. Stir to dissolve the honey. Once dissolved, remove from heat.

STEP TWO

Stir in fresh lemon juice and Lemon essential oil.

STEP THREE

Chill and serve with ice.

#ShareAromaTouch

aromatouch® TECHNIQUE



Miva Bethias, a Wellness Advocates from St Sauveur D'aunis, France, is one of the inspiring examples of someone who shares the dōTERRA culture and essential oils by serving others through the dōTERRA AromaTouch Hand Technique.



Serve and Empower Others

The dōTERRA AromaTouch® Technique is the perfect combination of essential oils and human connection. It brings anyone and everyone together through caring about each other on a one-on-one level. Many dōTERRA Wellness Advocates use the AromaTouch Technique as a gift and an opportunity to serve others. Their stories encourage all of us to share this technique and see how we can impact others in a positive and loving way.

This past Christmas season, Miva visited a healthcare facility in LaRochelle, France. She and a few of her team members volunteered their time to share this technique and the dōTERRA oils with the local residents there. Miva says, "My team and I wanted to fill a void for those who needed that extra one-on-one time. We wanted to share a pure moment with the patients and bring them some joy during the days we came to be with them."

They used two oils for the hand technique: Wild Orange and Frankincense. "I was so happy to share the oils in the facility for those two days," Miva expressed. "Seeing the smiles on the patients' faces as well as the people on my team that were serving them was so rewarding! I think that every member of my team was touched by this experience and grateful for the opportunities we can make to serve with these essential oils. All of the patients, nurses, and physicians who received a hand technique during these two days of service asked, 'When are you coming back?'"

At times our efforts may feel insignificant, but in reality, we can impact those we serve and empower others through our example of serving others. Something as plain and simple as the AromaTouch Hand Technique can help spread joy throughout the world—as long as we go out and share it.
— Miva Berthias

PRODUCT GUIDE

ESSENTIAL OIL SINGLES

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

 <p>ARBORVITAE ESSENTIAL OIL <i>Thuja plicata</i></p> <p>A T N</p> <p>49360001 5 mL \$29.33 retail \$22.00 whl 22 PV</p>	 <p>BASIL ESSENTIAL OIL <i>Ocimum basilicum</i></p> <p>A T I N</p> <p>30010001 15 mL \$26.67 retail \$20.00 whl 20 PV</p>	 <p>BERGAMOT ESSENTIAL OIL <i>Citrus bergamia</i></p> <p>A T I S</p> <p>30790001 15 mL \$36.67 retail \$27.50 whl 27.5 PV</p>	 <p>BLACK PEPPER ESSENTIAL OIL <i>Piper nigrum</i></p> <p>A T I S</p> <p>41040001 5 mL \$29.33 retail \$22.00 whl 22 PV</p>	 <p>CARDAMOM ESSENTIAL OIL <i>Elettaria cardamomum</i></p> <p>A T I N</p> <p>49350001 5 mL \$34.66 retail \$26.00 whl 26 PV</p>
 <p>CASSIA ESSENTIAL OIL <i>Cinnamomum cassia</i></p> <p>A T I D</p> <p>30020001 15 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>CEDARWOOD ESSENTIAL OIL <i>Juniperus virginiana</i></p> <p>A T S</p> <p>49300001 15 mL \$17.33 retail \$13.00 whl 13 PV</p>	 <p>CILANTRO ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>41850001 15 mL \$34.67 retail \$26.00 whl 26 PV</p>	 <p>CINNAMON BARK ESSENTIAL OIL <i>Cinnamomum zeylanicum</i></p> <p>A T I D</p> <p>30030001 5 mL \$28.00 retail \$21.00 whl 21 PV</p>	 <p>CLARY SAGE ESSENTIAL OIL <i>Salvia sclarea</i></p> <p>A T I N</p> <p>30420001 15 mL \$48.67 retail \$36.50 whl 36.5 PV</p>
 <p>CLOVE ESSENTIAL OIL <i>Eugenia caryophyllata</i></p> <p>A T I D</p> <p>30040001 15 mL \$18.67 retail \$14.00 whl 14 PV</p>	 <p>CORIANDER ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>30780001 15 mL \$34.67 retail \$26.00 whl 26 PV</p>	 <p>CYPRESS ESSENTIAL OIL <i>Cupressus sempervirens</i></p> <p>A T N</p> <p>30050001 15 mL \$20.67 retail \$15.50 whl 15.5 PV</p>	 <p>DOUGLAS FIR ESSENTIAL OIL <i>Pseudotsuga menziesii</i></p> <p>A T N</p> <p>31590001 5 mL \$30.00 retail \$22.50 whl 22.5 PV</p>	 <p>EUCALYPTUS ESSENTIAL OIL <i>Eucalyptus radiata</i></p> <p>A T S</p> <p>30060001 15 mL \$18.67 retail \$14.00 whl 14 PV</p>
 <p>FENNEL, SWEET ESSENTIAL OIL <i>Foeniculum vulgare</i></p> <p>A T I S</p> <p>41290001 15 mL \$20.00 retail \$15.00 whl 15 PV</p>	 <p>FRANKINCENSE ESSENTIAL OIL <i>Boswellia carterii, frereana, and sacra</i></p> <p>A T I N</p> <p>30070001 15 mL \$93.00 retail \$69.75 whl 69.75 PV</p>	 <p>GERANIUM ESSENTIAL OIL <i>Pelargonium graveolens</i></p> <p>A T I S</p> <p>30090001 15 mL \$36.00 retail \$27.00 whl 27 PV</p>	 <p>GINGER ESSENTIAL OIL <i>Zingiber officinale</i></p> <p>A T I S</p> <p>30080001 15 mL \$52.00 retail \$39.00 whl 39 PV</p>	 <p>GRAPEFRUIT ESSENTIAL OIL <i>Citrus X paradisi</i></p> <p>A T I N</p> <p>30100001 15 mL \$21.33 retail \$16.00 whl 16 PV</p>
 <p>HELICHRYSUM ESSENTIAL OIL <i>Helichrysum italicum</i></p> <p>A T I N</p> <p>30410001 5 mL \$100 retail \$75 whl 75 PV</p>	 <p>JUNIPER BERRY ESSENTIAL OIL <i>Juniperus communis</i></p> <p>A T I N</p> <p>49290001 5 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>LAVENDER ESSENTIAL OIL <i>Lavandula angustifolia</i></p> <p>A T I N</p> <p>30110001 15 mL \$28.00 retail \$21.00 whl 21 PV</p>	 <p>LEMON ESSENTIAL OIL <i>Citrus limon</i></p> <p>A T I N</p> <p>30120001 15 mL \$13.33 retail \$10.00 whl 10 PV</p>	 <p>LEMONGRASS ESSENTIAL OIL <i>Cymbopogon flexuosus</i></p> <p>A T I S</p> <p>30130001 15 mL \$13.33 retail \$10.00 whl 10 PV</p>
 <p>LIME ESSENTIAL OIL <i>Citrus aurantifolia</i></p> <p>A T I S</p> <p>30870001 15 mL \$17.33 retail \$13.00 whl 13 PV</p>	 <p>MARJORAM ESSENTIAL OIL <i>Origanum majorana</i></p> <p>A T I N</p> <p>30140001 15 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>MELALEUCA (Tea Tree) ESSENTIAL OIL <i>Melaleuca alternifolia</i></p> <p>A T I N</p> <p>30150001 15 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>MELISSA ESSENTIAL OIL <i>Melissa officinalis</i></p> <p>A T I N</p> <p>30850001 5 mL \$180.00 retail \$135.00 whl 135 PV</p>	 <p>MYRRH ESSENTIAL OIL <i>Commiphora myrrha</i></p> <p>A T I N</p> <p>30160001 15 mL \$69.33 retail \$52.00 whl 52 PV</p>
 <p>OREGANO ESSENTIAL OIL <i>Origanum vulgare</i></p> <p>A T I D</p> <p>30180001 15 mL \$32.00 retail \$24.00 whl 24 PV</p>	 <p>PATCHOULI ESSENTIAL OIL <i>Pogostemon cablin</i></p> <p>A T I N</p> <p>30890001 15 mL \$39.33 retail \$29.50 whl 29.5 PV</p>	 <p>PEPPERMINT ESSENTIAL OIL <i>Mentha piperita</i></p> <p>A T I S</p> <p>30190001 15 mL \$27.33 retail \$20.50 whl 20.5 PV</p>	 <p>PEPPERMINT BEADLET</p> <p>31570001 125 ct. \$15.33 retail \$11.50 whl 11.5 PV</p>	 <p>PETITGRAIN NEW! ESSENTIAL OIL <i>Citrus aurantium</i></p> <p>A T I N</p> <p>49520001 15 mL \$34.67 retail \$26.00 whl 26 PV</p>
 <p>ROMAN CHAMOMILE ESSENTIAL OIL <i>Anthemis nobilis</i></p> <p>A T I N</p> <p>30800001 5 mL \$60.00 retail \$45.00 whl 45 PV</p>	 <p>ROSEMARY ESSENTIAL OIL <i>Rosmarinus officinalis</i></p> <p>A T I N</p> <p>30200001 15 mL \$18.67 retail \$14.00 whl 14 PV</p>	 <p>SANDALWOOD ESSENTIAL OIL <i>Santalum album</i></p> <p>A T I N</p> <p>30210001 5 mL \$82.33 retail \$61.75 whl 61.75 PV</p>	 <p>HAWAIIAN SANDALWOOD ESSENTIAL OIL <i>Santalum paniculatum</i></p> <p>A T I N</p> <p>41860001 5 mL \$82.33 retail \$61.75 whl 61.75 PV</p>	 <p>SPEARMINT ESSENTIAL OIL <i>Mentha spicata</i></p> <p>A T I S</p> <p>31610001 15 mL \$38.67 retail \$29.00 whl 29 PV</p>

SPIKENARD NEW!
ESSENTIAL OIL
Nardostachys jatamansi

49510001 | 5 mL
\$66.00 retail | \$49.50 whl
49.5 PV

THYME
ESSENTIAL OIL
Thymus vulgaris

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

VETIVER
ESSENTIAL OIL
Vetiveria zizanioides

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

WHITE FIR
ESSENTIAL OIL
Abies alba

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

WILD ORANGE
ESSENTIAL OIL
Citrus sinensis

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

WINTERGREEN
ESSENTIAL OIL
Gaultheria fragrantissima

31620001 | 15 mL
\$25.33 retail | \$19.00 whl
19 PV

YLANG YLANG
ESSENTIAL OIL
Cananga odorata

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

APPLICATION METHODS **A** Can be used aromatically **T** Can be used topically **I** Can be used internally
SKIN SENSITIVITY **N** Can be used topically with no dilution (NEAT) **S** Dilute for young or sensitive skin (SENSITIVE) **D** Dilute before using topically (DILUTE)

PROPRIETARY ESSENTIAL OIL BLENDS

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

AROMATOUGH®
MASSAGE BLEND

31200001 | 15 mL
\$34.67 retail | \$26.00 whl
26 PV

dōTERRA BALANCE®
GROUNDING BLEND

31010001 | 15 mL
\$26.67 retail | \$20.00 whl
20 PV

dōTERRA BREATHE®
RESPIRATORY BLEND

60200190 | 15 mL
\$26.66 retail | \$20.00 whl
20 PV

CITRUS BLISS®
INVIGORATING BLEND

31020001 | 15 mL
20.00 retail | \$15.00 whl
15 PV

CLARYCALM®
MONTHLY BLEND
FOR WOMEN

49480001 | 10 mL
\$32.67 retail | \$24.50 whl
24.5 PV

DEEP BLUE®
SOOTHING BLEND

60200143 | 5 mL
\$42.67 retail | \$32.00 whl
64 PV

DEEP BLUE®
SOOTHING BLEND

60200144 | 10 mL
\$85.33 retail | \$64.00 whl
64 PV

DIGESTZEN®
DIGESTIVE BLEND

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

ELEVATION
JOYFUL BLEND

31040001 | 15 mL
\$49.33 retail | \$37.00 whl
37 PV

HD CLEAR®
TOPICAL BLEND

49400001 | 10mL
\$28.00 retail | \$21.00 whl
21 PV

IMMORTELLE
ANTI-AGING BLEND

37140001 | 10mL
\$92.67 retail | \$69.50 whl
69.5 PV

INTUNE®
FOCUS BLEND

41840001 | 10 mL
\$46.00 retail | \$34.50 whl
34.5 PV

dōTERRA ON GUARD®
PROTECTIVE BLEND

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

dōTERRA ON GUARD®
BEADLET

31580001 | 125 ct.
\$20.00 retail | \$15 whl
15 PV

PASTTENSE®
TENSION BLEND

31350001 | 10 mL
\$24.67 retail | \$18.50 whl
18.5 PV

PURIFY
CLEANSING BLEND

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

dōTERRA SERENITY®
RESTFUL BLEND

49530001 | 15 mL
\$40.00 retail | \$30.00 whl
30 PV

SLIM & SASSY®
METABOLIC BLEND

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

TERRASHIELD®
OUTDOOR BLEND

31190001 | 15 mL
\$12.67 retail | \$10.50 whl
10.5 PV

TERRASHIELD®
SPRAY BOTTLE

31160001 | 30 mL bottle
\$26.00 retail | \$19.50 whl
17 PV

WHISPER®
BLEND FOR WOMEN

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

ZENDOCRINE®
DETOXIFICATION BLEND

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

ESSENTIAL OIL KITS



dōTERRA TOUCH® KIT

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

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

60200333	160 PV
\$225.33 retail	\$169.00 wholesale



dōTERRA BREATHE®
TOUCH BLEND



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



DEEP BLUE®
TOUCH BLEND



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



DIGESTZEN®
TOUCH BLEND



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



FRANKINCENSE
TOUCH BLEND



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



LAVENDER
TOUCH BLEND



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



MELALEUCA (TEA TREE)
TOUCH BLEND



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



OREGANO
TOUCH BLEND



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



dōTERRA ON GUARD®
TOUCH BLEND



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



PEPPERMINT
TOUCH BLEND



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



dōTERRA EMOTIONAL AROMATHERAPY® KIT

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

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

21140001	150 PV
\$212.00 retail	\$159.00 wholesale



dōTERRA MOTIVATE®
ENCOURAGING BLEND



31740001	5 mL bottle
\$30.67 retail	\$23.00 whl
23 PV	



dōTERRA PASSION®
INSPIRING BLEND



31760001	5 mL bottle
\$56.00 retail	\$42.00 whl
42 PV	



dōTERRA FORGIVE®
RENEWING BLEND



31750001	5 mL bottle
\$26.67 retail	\$20.00 whl
20 PV	



dōTERRA CHEER®
UPLIFTING BLEND



31720001	5 mL bottle
\$33.33 retail	\$25.00 whl
25 PV	



dōTERRA CONSOLE®
COMFORTING BLEND



31730001	5 mL bottle
\$49.33 retail	\$37.00 whl
37 PV	



dōTERRA PEACE®
REASSURING BLEND



31710001	5 mL bottle
\$37.33 retail	\$28.00 whl
28 PV	

dōTERRA EMOTIONAL AROMATHERAPY® TOUCH

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



21850001		
\$133.33 retail	\$100.00 wholesale	100 PV

dōTERRA MOTIVATE® TOUCH
ENCOURAGING BLEND
A T S
60200149 | 10 mL roll-on
\$20.00 retail | \$15.00 whl
15 PV

dōTERRA PASSION® TOUCH
INSPIRING BLEND
A T S
60200150 | 10 mL roll-on
\$36.67 retail | \$27.50 whl
27.5 PV

dōTERRA FORGIVE® TOUCH
RENEWING BLEND
A T S
60200148 | 10 mL roll-on
\$17.33 retail | \$13.00 whl
13 PV

dōTERRA CHEER® TOUCH
UPLIFTING BLEND
A T S
60200146 | 10 mL roll-on
\$21.67 retail | \$16.25 whl
16.25 PV

dōTERRA CONSOLE® TOUCH
COMFORTING BLEND
A T N
60200147 | 10 mL roll-on
\$32.00 retail | \$24.00 whl
24 PV

dōTERRA PEACE® TOUCH
REASSURING BLEND
A T N
60200151 | 10 mL roll-on
\$24.00 retail | \$18.00 whl
18 PV



INTRODUCTION TO ESSENTIAL OILS KIT top seller

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

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

60200330	three 5 mL bottles	
\$26.67 retail	\$20.00 wholesale	15 PV

AROMATOUCH® TECHNIQUE KIT

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

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

20570001		
\$133.33 retail	\$100.00 wholesale	100 PV

FAMILY ESSENTIALS KIT top seller

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

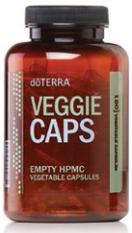
- Ten 5 mL bottles of essential oils and blends
Lavender Frankincense
Lemon Deep Blue®
Peppermint dōTERRA Breathe®
Melaleuca (Tea Tree) DigestZen®
Oregano dōTERRA On Guard®

21400001	ten 5 mL bottles	
\$166.67 retail	\$125.00 wholesale	115 PV

PRODUCT GUIDE

ESSENTIAL USAGE

INTERNAL USE



VEGGIE CAPS

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

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

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

TOPICAL USE



FRACTIONATED COCONUT OIL



Ideal for combining with essential oils for topical use.

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

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



dōTERRA® SPA HAND & BODY LOTION

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

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

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

AROMATIC USE



PETAL DIFFUSER

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

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

33150001	
\$62.66 retail	\$47.00 wholesale 20 PV



AROMA-ACE DIFFUSER

Output volume control allows you to choose the intensity of your aromatherapy experience

- Preserves the natural essence and complete benefits of essential oils by not using heat or water
- Comes with a 15 mL bottle of dōTERRA On Guard® Protective Blend

33030001	
40 PV	\$173.27 retail \$129.95 wholesale



AROMA LITE DIFFUSER

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

33130001	
\$119.93 retail	\$89.95 wholesale 40 PV



LOTUS DIFFUSER

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

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

33160001	
\$119.93 retail	\$89.95 wholesale 40 PV

dōTERRA Healing Hands FOUNDATION

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



dōTERRA® SPA

ROSE HAND LOTION

New Formula!

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

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

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



dōTERRA® HOPE TOUCH

New!

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

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

37510001	10 mL roll-on
\$20.00	0 PV

dōTERRA ON GUARD® PRODUCTS

dōTERRA ON GUARD® FOAMING HAND WASH

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

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

dōTERRA ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

38070001	\$30.00 retail	\$22.50 wholesale	18.5 PV
SINGLE REFILL			
38010001	\$24.67 retail	\$18.50 wholesale	18.5 PV
TWIN PACK REFILL			
38020001	\$44.67 retail	\$33.50 wholesale	33.5 PV



dōTERRA ON GUARD® top seller PROTECTIVE BLEND



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

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

dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE

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

- Fluoride-free formulation helps reduce plaque while whitening teeth
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath and toothbrush
- Boasts the benefits of dōTERRA On Guard essential oil blend

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

dōTERRA ON GUARD® PROTECTING THROAT DROPS

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

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

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

dōTERRA ON GUARD® LAUNDRY DETERGENT

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

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

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

dōTERRA ON GUARD® BEADLETS

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

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

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

dōTERRA ON GUARD® CLEANER CONCENTRATE

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

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

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

dōTERRA ON GUARD®+ SOFTGELS

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

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

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



dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE SAMPLES

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

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

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

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

DEEP BLUE® PRODUCTS

DEEP BLUE® top seller SOOTHING BLEND



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

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

60200143	5 mL bottle	
\$42.67 retail	\$32.00 wholesale	32 PV
60200144	10 mL roll on	
\$85.33 retail	\$64.00 wholesale	64 PV

DEEP BLUE® RUB SAMPLES

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

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

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

DEEP BLUE® RUB SOOTHING LOTION

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

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

38900001	4 fl oz	
\$39.00 retail	\$29.25 wholesale	29.25 PV

LITER BOTTLE New!

50210001	1 liter	
\$252.00 retail	\$189.00 wholesale	160 PV

DEEP BLUE POLYPHENOL COMPLEX®

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

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

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



dōTERRA BREATHE® PRODUCTS



dōTERRA BREATHE® RESPIRATORY BLEND



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

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

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



dōTERRA BREATHE® RESPIRATORY DROPS

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

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

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



dōTERRA BREATHE® VAPOR STICK

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

- Provides cooling, invigorating vapor
- Quick, convenient delivery system
- Provides a cooling, soothing effect

34290001	.4 oz	
\$11.33 retail	\$8.50 wholesale	5 PV

dōTERRA SERENITY® PRODUCTS



dōTERRA SERENITY® SOFTGELS RESTFUL COMPLEX

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

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

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



dōTERRA SERENITY® RESTFUL BLEND



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

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

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

HAIR CARE

dōTERRA SALON ESSENTIALS® PROTECTING SHAMPOO

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

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

36220001	8.34 fl oz
\$26.00 retail	\$19.50 wholesale 19.5 PV

60201185	32 fl oz New!
\$60.00 retail	\$45.00 wholesale 35 PV

dōTERRA SALON ESSENTIALS® SMOOTHING CONDITIONER

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

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

36230001	8.34 fl oz
\$30.67 retail	\$23.00 wholesale 23 PV

60201225	32 fl oz New!
\$66.67 retail	\$50.00 wholesale 40 PV

dōTERRA SALON ESSENTIALS® ROOT TO TIP SERUM

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

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

49050001	30 mL
\$46.67 retail	\$35.00 wholesale 35 PV



SHAMPOO/CONDITIONER SAMPLES 10 COMPANION SETS

36390001	\$11.33 retail	\$8.50 wholesale	0 PV
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dōTERRA SALON ESSENTIALS® HEALTHY HOLD GLAZE

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

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

36270001	4 oz
\$24.00 retail	\$18.00 wholesale 15 PV



PROTECTING SHAMPOO 2-PACK

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

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

36260001	\$37.33 retail	\$28.00 wholesale	23 PV
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dōTERRA SALON ESSENTIALS® HAIR CARE SYSTEM

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

36280001	70 PV
\$103.33 retail	\$77.50 wholesale

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SKIN CARE



HD CLEAR® TOPICAL BLEND



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

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

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

HD CLEAR® KIT

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

42700001	40 PV
\$61.33 retail	\$46.00 wholesale

HD CLEAR® FACIAL LOTION

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

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

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

HD CLEAR® FOAMING FACE WASH

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

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

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

VERÁGE® SKIN CARE COLLECTION

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

42690001	70 PV
\$112.66 retail	\$84.50 wholesale

VERÁGE® TONER

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

- CPTG essential oils of Ylang Ylang, Palmarosa, Cypress, and Coriander tone and balance skin
- Nourishing plant extracts provide targeted moisture and toning to help skin look its best
- Easy mist application

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

VERÁGE® CLEANSER

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

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

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

VERÁGE® IMMORTELE HYDRATING SERUM

Experience the age-defying effects of Veráge Immortelle Hydrating Serum. This powerful formula combines CPTG essential oils with plant extracts for smoother, more youthful-looking skin.

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin
- Specialized plant technology promotes optimal hydration

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

VERÁGE® MOISTURIZER

Veráge Moisturizer combines CPTG essential oils with plant extracts for natural hydration and skin nourishment. This light, non-greasy moisturizer absorbs quickly but hydrates deeply, helping to reduce the appearance of fine lines and wrinkles for a smooth, even complexion.

- Formulated with CPTG essential oils of Juniper Berry, Jasmine, Sea Buckthorn Berry, and Geranium—all known to revitalize the skin
- Uses natural ingredients to hydrate skin, helping reduce the appearance of fine lines and wrinkles

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



FACIAL CLEANSER

With the CPTG Certified Pure Therapeutic Grade® essential oils of Melaleuca (Tea Tree) and Peppermint, dōTERRA® Facial Cleanser gently washes away impurities and leaves your skin feeling clean, fresh, and smooth. Cruciferous vegetable extracts also work to soothe and provide healthy looking skin.

37010001	4 oz
\$22.00 retail	\$16.50 wholesale 16.5 PV

PORE REDUCING TONER

Formulated to visibly reduce the appearance of pores, dōTERRA® Pore Reducing Toner contains CPTG Certified Pure Therapeutic Grade essential oils of Lavender, Ylang Ylang, and German Chamomile to calm sensitive skin.

37020001	4 fl oz
\$23.33 retail	\$17.50 wholesale 17.5 PV

HYDRATING CREAM

Packed with emollient-rich ingredients to provide intense moisture without leaving an oily residue, dōTERRA Hydrating Cream is designed to assist in the rejuvenation of mature skin, restore balance to the skin, and help reduce the visible signs of aging to reveal a more youthful and glowing appearance.

37160001	1.7 oz
\$46.00 retail	\$34.50 wholesale 34.5 PV

TIGHTENING SERUM

Featuring CPTG essential oils of Frankincense, Hawaiian Sandalwood, and Myrrh in generous proportion, dōTERRA Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration.

37040001	1 oz
\$66.00 retail	\$49.50 wholesale 49.5 PV



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 tone, reducing the appearance of wrinkles as well as helping to keep skin looking young and vibrant.

37030001	1.7 oz
\$46.00 retail	\$34.50 wholesale 34.5 PV

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 blemishes and the proliferation of skin discoloration.

37050001	2.5 oz
\$24.00 retail	\$18.00 wholesale 18 PV

IMMORTELE ANTI-AGING BLEND

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

37140001	10 mL roll on
\$92.67 retail	\$69.50 wholesale 69.5 PV



REVEAL FACIAL SYSTEM

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

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

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

PERSONAL CARE



NATURAL DEODORANT

dōTERRA Natural Deodorant is a safe, natural option for preventing odor throughout the day.

- Cypress, Melaleuca (Tea Tree), Cedarwood, and Bergamot essential oils provide purifying benefits, helping to reduce underarm odor
- Beeswax provides a protective barrier while allowing skin to breathe, and contributes to the product's smooth application
- Coconut oil contains fatty-acids, known for their nourishing properties and ability to keep skin looking smooth and healthy
- Shea butter hydrates skin without leaving a greasy after-feel
- Free of alcohol, aluminum, parabens, and artificial colors and fragrances

37420001	1.7 oz
\$11.33 retail	\$8.50 wholesale 5 PV



CORRECT-X® ESSENTIAL OIL OINTMENT

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

- Petroleum free
- Includes plant-based ingredients that protect skin from water and dirt
- Safe and easy to use
- Utilizes CPTG essential oils of Frankincense, Helichrysum, Melaleuca (Tea Tree), Cedarwood, and Lavender

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

PRODUCT GUIDE

dōTERRA® SPA



REFRESHING BODY WASH

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

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

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

REPLENISHING BODY BUTTER

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

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

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

DETOXIFYING MUD MASK

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

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

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

HAND AND BODY LOTION

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

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

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

HAND AND BODY LOTION 3-PACK

60200498	
\$50.67 retail	\$38.30 wholesale 30 PV

CITRUS BLISS® HAND LOTION

dōTERRA SPA Citrus Bliss Hand Lotion is a light and silky lotion infused with hydrating seed oils and nourishing botanicals. This non-greasy formula absorbs quickly yet provides optimal moisture for healthy-looking hands.

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

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

BODY SCRUB

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

- Wild Orange and Grapefruit essential oils cleanse and purify skin
- Ginger essential oil is soothing and warming to the skin
- Natural sugar cane gently exfoliates skin

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

LIP BALM

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

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

ORIGINAL

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

TROPICAL

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

HERBAL

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

LIP BALM VARIETY 3-PACK

37570001	
\$20.00 retail	\$15.00 wholesale 10 PV

MOISTURIZING BATH BAR

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

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

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

dōTERRA SPA BATH BAR 3-PACK

37560001	
\$19.33 retail	\$14.50 wholesale 10 PV

CITRUS BLISS®

INVIGORATING BATH BAR

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

36130001	4 oz
\$9.32 retail	\$6.99 wholesale 5 PV

dōTERRA SERENITY®

CALMING BATH BAR NEW!

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

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

WOMEN'S HEALTH



WOMEN'S HEALTH KIT

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

35250001	\$92.67 retail	\$69.50 wholesale	60 PV
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PHYTOESTROGEN ESSENTIAL COMPLEX

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

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

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



BONE NUTRIENT ESSENTIAL COMPLEX

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

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

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



CLARYCALM® MONTHLY BLEND FOR WOMEN



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

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

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

CHILDREN'S HEALTH

dōTERRA A2Z CHEWABLE™

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

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

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

IQ MEGA®

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

- Provides 1,000 mg of concentrated, pure Omega 3 oils per serving
- Supports healthy brain, cardiovascular, immune, and joint function*
- Formulated to be used with dōTERRA a2z Chewable tablets

35320001	150 mL
\$46.00 retail	\$34.50 wholesale 30 PV

PB ASSIST® JR

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

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

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



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

DAILY VITALITY



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

21480001	\$106.00 retail	\$79.50 wholesale	60 PV
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dōTERRA DAILY NUTRIENT PACK® MICROPLEX VMz® AND xEO MEGA®

21490001	50 PV
\$79.33 retail	\$59.50 wholesale



MICROPLEX VMz® FOOD NUTRIENT COMPLEX

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

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

35350001	120 vegetable capsules
\$46.00 retail	\$39.50 wholesale 39.5 PV



xEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

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

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

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



vEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

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

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

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



ALPHA CRS®+ CELLULAR VITALITY COMPLEX

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

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

35370001	120 Vegetable Capsules
\$92.67 retail	\$69.50 wholesale 69.5 PV



PERSONALIZED WELLNESS PROGRAM

LOYALTY
REWARDS
PROGRAM

Customize and Save

With the purchase of one dōTERRA Lifelong Vitality Pack® or one dōTERRA Daily Nutrient Pack® via the Loyalty Rewards Program, choose up to 3 additional targeted supplements at a significant savings.

BUY 1 LIFELONG VITALITY OR DAILY NUTRIENT PACK



\$79.50
wholesale
60 PV

OR



\$59.50
wholesale
50 PV

AND CHOOSE UP TO 3 ADDITIONAL SUPPLEMENTS AT REDUCED PRICES



**Microplex
VMz®**
\$20.00
10 PV



**xEO
Mega®**
\$20.00
10 PV



**Mito2
Max®**
\$20.00
10 PV



**Deep Blue
Polyphenol
Complex®**
\$20.00
10 PV



**DigestZen
TerraZyme®**
\$20.00
10 PV



PB Assist®+
\$20.00
10 PV



**Kids Kit
(IQ Mega®
& A2Z)**
\$25.00
10 PV

DIGESTIVE HEALTH



DIGESTZEN® DIGESTIVE BLEND



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

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

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



DIGESTZEN® SOFTGELS

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

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



MADE WITH VEGETARIAN SOFTGELS



DIGESTTAB® CHEWABLE TABLETS

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

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

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

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

DIGESTIVE HEALTH



**DIGESTZEN TERRAZYME®
DIGESTIVE ENZYME
COMPLEX** top seller

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

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

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



**PB ASSIST®+
PROBIOTIC DEFENSE FORMULA**

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

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

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



**GX ASSIST®
GI CLEANSING FORMULA**

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

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

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



**ZENDOCRINE®
DETOXIFICATION BLEND**



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

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

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



ZENDOCRINE® SOFTGELS

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

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

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



**ZENDOCRINE®
DETOXIFICATION COMPLEX**

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

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

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



SPECIALIZED SUPPLEMENTS



DDR PRIME®

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

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

DDR PRIME ESSENTIAL OIL CELLULAR COMPLEX

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

DDR PRIME SOFTGELS™

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



TRIEASE® SEASONAL BLEND SOFTGELS

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

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

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

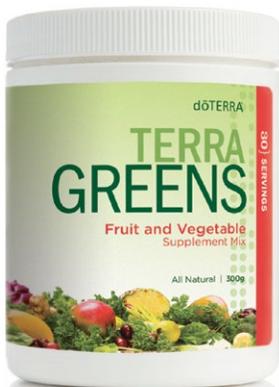


DEEP BLUE POLYPHENOL COMPLEX®

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

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

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



TERRAGREENS®

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

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

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



MITO2MAX® ENERGY & STAMINA COMPLEX

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

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

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



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

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

PRODUCT GUIDE

SLIM & SASSY®



SLIM & SASSY® top seller METABOLIC BLEND



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

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

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



SLIM & SASSY® SOFTGELS

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

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

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



SLIM & SASSY® New! METABOLIC GUM

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

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

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



SLIM & SASSY® TRIMSHAKE

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

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



SLIM & SASSY® V SHAKE

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

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

35440001	
\$52.67 retail	\$39.50 wholesale 25 PV



SLIM & SASSY® TRIM KIT

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

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

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

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

ENROLLMENT KITS



NATURAL SOLUTIONS

- **15 mL bottles:** Lavender, Lemon, Peppermint, Frankincense, Melaleuca (Tea Tree), Wild Orange, dōTERRA On Guard®, DigestZen® Digestive Blend, dōTERRA Serenity® Calming Blend, dōTERRA Breathe® Respiratory, dōTERRA Balance® Grounding Blend, AromaTouch® Massage Blend
- **10 mL roll-on bottle:** PastTense® Tension Blend
- **Other Products:** dōTERRA Lifelong Vitality Pack®, Fractionated Coconut Oil, PB Assist®, dōTERRA OnGuard® Collection: Beadlets, Toothpaste, Hand Wash w/2 Dispensers Wooden Box, Aroma Lite Diffuser, dōTERRA Breathe® Vapor Stick, Deep Blue® Rub, TerraZym, dōTERRA Salon Essentials® Shampoo and Conditioner, Correct-X®

60200543	\$219.90 Savings
\$733.33 retail	\$550.00 wholesale 400 PV



CLEANSE AND RESTORE

Cleanse & Restore, dōTERRA Lifelong Vitality Pack®, PB Assist®, GX Assist®, Zendocrine® Softgels, Zendocrine® Complex, DDR Prime®, DigestZen TerraZyme®, Lemon 15 mL, Wellness Advocate Introductory Packet

60200541	\$81.50 Savings
\$326.67 retail	\$245.00 wholesale 175 PV



AROMATOUCH DIFFUSED

AromaTouch® Technique Kit, Petal Diffuser, Enrollment Packet, Wellness Advocate Introductory Packet

60200547	\$32.00 Savings
\$200.00 retail	\$150.00 wholesale 100 PV



HOME ESSENTIALS

- **15 mL bottles:** Frankincense, Lavender, Lemon, Melaleuca, Oregano, Peppermint, dōTERRA Breathe®, DigestZen®, dōTERRA On Guard®
- **5 mL bottle:** Deep Blue®
- **Other Products:** Petal Diffuser, Wellness Advocate Introductory Packet

41180001	\$86.25 Savings
\$366.67 retail	\$275.00 wholesale 225 PV



FAMILY WELLNESS

- **10 mL roll-ons:** Emotional Aromatherapy Touch Cheer, Emotional Aromatherapy Touch Peace, dōTERRA Breathe® Touch Blend, Deep Blue® Touch Blend, DigestZen® Touch Blend, Frankincense Touch Blend, Lavender Touch Blend, Melaleuca (Tea Tree) Touch Blend, dōTERRA On Guard® Touch Blend, Peppermint Touch Blend
- **Other Products:** dōTERRA Lifelong Vitality Pack®, PB Assist® Jr., dōTERRA a2z Chewable™, Wellness Advocate Introductory Packet

60200542	\$99.25 Savings
\$366.67 retail	\$275.00 wholesale 225 PV



FAMILY ESSENTIALS KIT® AND BEADLETS

Family Essentials Kit, Peppermint Beadlets, dōTERRA On Guard® Beadlets, Wellness Advocate Introductory Packet

60200540	\$36.50 Savings
\$200.00 retail	\$150.00 wholesale 110 PV

For additional enrollment kit options visit doterra.com

dōTERRA®

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

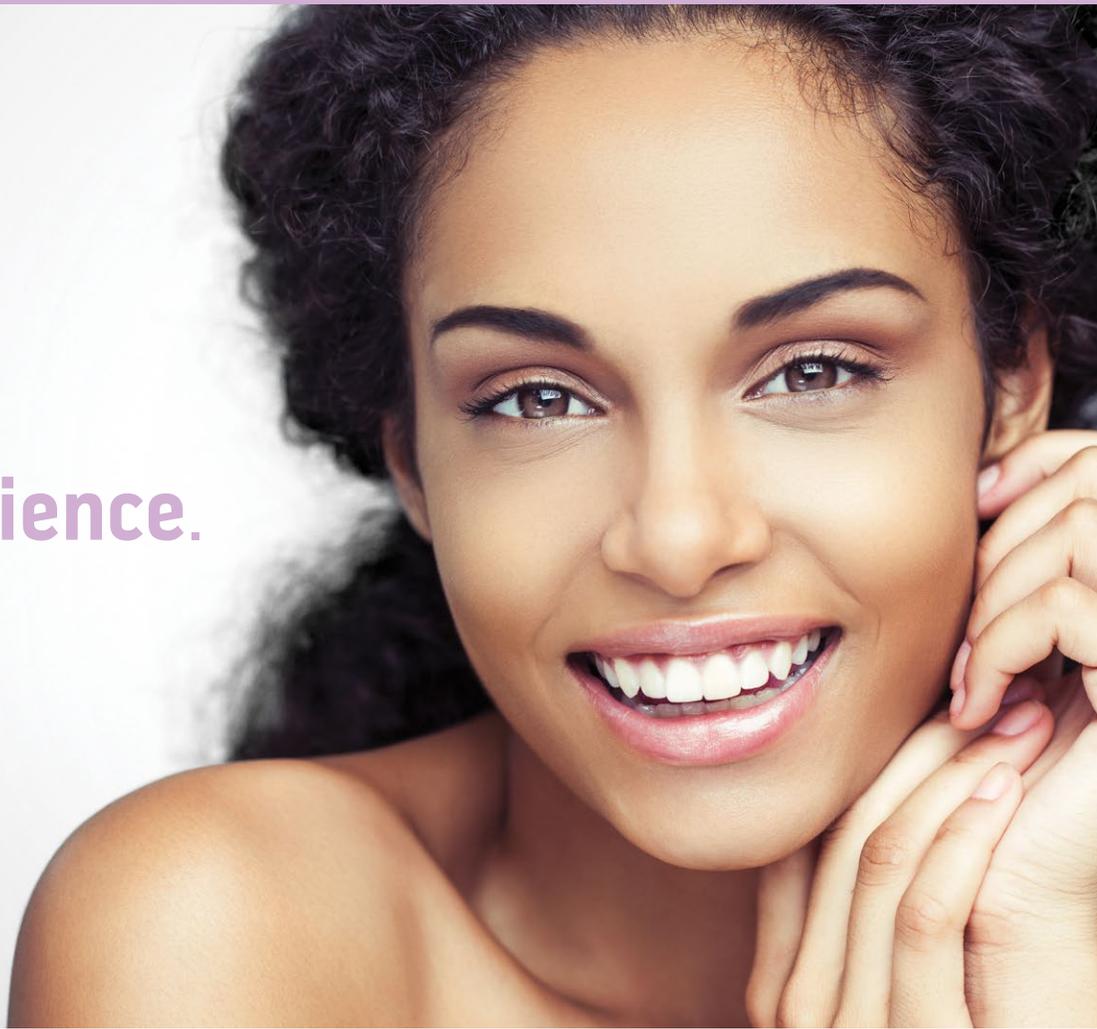
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dōTERRA®

Serenity Bath Bar

Rich
Cleansing
Aromatic
Spa Experience.



dōTERRA SPA
Serenity Bath Bar

60201092	4 oz	
\$9.00 retail	\$6.75 wholesale	5 PV



dōTERRA®

CPTG Certified Pure Therapeutic Grade®