

EUROPE PRODUCT GUIDE | 2016



dōTERRA®





# THE dōTERRA® STORY

In the spring of 2008, a group of health-care and business professionals who shared profound personal experiences of the life-enhancing benefits of essential oils came together with a common vision of bringing a new standard of therapeutic-grade essential oils to the world. They wanted something different that would appeal to all people, from those who knew nothing of essential oils to those who were considered experts in the field.

They asked themselves some defining questions: “What if we could provide the world with a new and powerful wellness alternative?” “What if we could provide this new level of wellness through a mainstream approach to essential oils?” “What if we could source, test, and manufacture a higher quality of essential oil—more pure and more potent than any other oil available on the market today?” “What if we, in the most professional manner, could partner with major hospitals, doctors, scientists, and opinion leaders to provide the most compelling authentication of essential oils on the planet?”

They concluded that, with the hard work and commitment of others who had a similar passion and vision, they could and would create a new paradigm for essential oils. With that conviction, they organized a company and named it dōTERRA, a Latin derivative meaning “Gift of the Earth.” The first dōTERRA offering of 25 single oils and 10 oil blends was introduced for sale on April 25, 2008, to the acclaim of essential oil experts and product enthusiasts who immediately recognized the superior quality of dōTERRA therapeutic-grade essential oils.

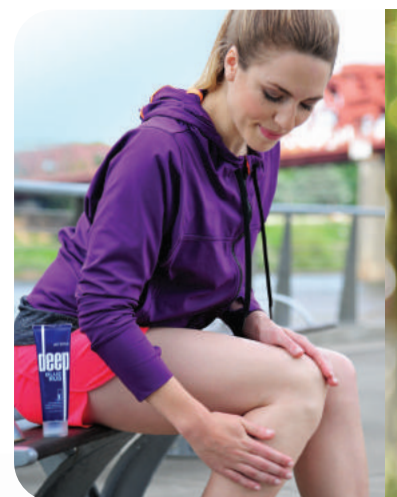
dōTERRA has continued to add wellness products and to expand their essential oils offering as the company has enjoyed tremendous growth since its beginning.

## OUR MISSION

WE AT dōTERRA ARE COMMITTED TO SHARING THE LIFE-ENHANCING BENEFITS OF THERAPEUTIC-GRADE ESSENTIAL OILS WITH THE WORLD. WE WILL DO THIS BY:

- Discovering and developing the world’s highest-quality therapeutic-grade essential oil products through a leveraged network of highly-educated and experienced botanists, chemists, health scientists, and health-care professionals.
- Producing our essential oil products to the highest standard of quality, purity, and safety used in the industry—CPTG Certified Pure Therapeutic Grade®.
- Distributing our products through Independent Product Consultants who, working from home, introduce, educate, and sell dōTERRA wellness products locally through person-to-person contact and globally through personalized web shopping sites.
- Providing educational opportunities for all people interested in learning how therapeutic-grade essential oils can be used as a self-care wellness alternative.
- Bringing together health-care professionals of traditional and alternative medicine to encourage further study and application of therapeutic-grade essential oils in modern health-care practices.

 **CPTG Certified Pure Therapeutic Grade®**



**DOUGLAS FIR  
ESSENTIAL OIL**

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### EMOTIONAL AROMATHERAPY

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**TO ORDER:** See back cover

dōTERRA® proprietary essential wellness products are sold exclusively by Independent Product Consultants through person-to-person sharing, personalized websites, and in wellness centers and spas throughout the United States and abroad. To order, talk to the Independent Product Consultant who provided you with this product guide or call one of the numbers on the back cover to find a consultant in your area. Independent Product Consultant distributorships are available.



## *What are* **ESSENTIAL OILS?**

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant. If you have ever enjoyed the gift of a rose, a walk by a field of lavender, or the smell of freshly cut mint, you have experienced the aromatic qualities of essential oils. Essential oils can lift the mood, calm the senses, and elicit powerful emotional responses. Yet the use of essential oils goes well beyond their fragrant appeal.

Essential oils have been used throughout history in many cultures for their health-promoting properties. Modern trends toward more holistic approaches to self care and growing scientific validation of alternative health practices are driving a rediscovery of the profound health benefits of essential oils. Many have powerful cleansing properties. Their unique chemical structure allows them to deliver targeted benefits through topical application. Certain oils may be used as dietary aids to promote vitality and well-being.

### **Extraction Methods**

Therapeutic-grade essential oils are most often extracted via a low-heat steam distillation process in which steam is circulated under pressure through plant material, liberating the essential oils into the steam. As the steam mixture cools, the water and oils are separated and the oil is collected in its pure form. To ensure the highest quality oil extract of correct chemical composition, temperature and pressure must be monitored very closely. Too little heat and pressure will not release the valuable oil; too much can fracture an extract's delicate chemical composition and alter its potency.

Equally important to the carefully controlled extraction process, the meticulous selection of correct plant species and plant parts harvested at the perfect moment when their essential oil compounds are most concentrated, is also required for a quality therapeutic-grade essential oil extract. This complex process is as much an art form as it is a science and requires experienced growers and distillers working together to ensure a superior product.







## CPTG Certified Pure Therapeutic Grade®

dōTERRA® CPTG Certified Pure Therapeutic Grade essential oils are pure, natural, aromatic compounds carefully extracted from plants. They do not contain fillers or artificial ingredients that would dilute their active qualities and are free of contaminants such as pesticides or other chemical residues.

As important as it is to keep contaminants out of our oils, assuring the presence of the oils' active compounds at the right levels is necessary to guarantee safety and effectiveness. Many oils claim to be therapeutic grade, and some may be pure, but few are subjected to rigorous testing standards for chemical composition. dōTERRA CPTG Certified Pure Therapeutic Grade essential oils are cross tested using Mass Spectrometry and Gas Chromatography to ensure both the extract purity and composition potency of each batch.

dōTERRA works closely with a global network of leading essential oil chemists and growers to select botanicals of the correct species, grown in the ideal environments, and carefully harvested at the right time. The aromatic compounds of the plants are skillfully extracted by experienced distillers and subjected to chemical analysis to ensure purity and composition. dōTERRA CPTG Certified Pure Therapeutic Grade essential oils represent the safest and most beneficial oils available in the world today.

**CPTG Certified Pure Therapeutic Grade®**



Equally stringent standards of safety and efficacy are applied to all dōTERRA Essential Wellness products. Guided by our Scientific Advisory Board, dōTERRA uses only top development and manufacturing partners who maintain GMP certification and enjoy industry reputation for superior innovation and quality. Each dōTERRA product is guaranteed to exceed customer satisfaction and performance expectations.





## Uses

Essential oils are used for a very wide range of emotional and physical wellness applications. They can be used singly or in complex blends depending on user experience and desired benefit. Essential oils are usually administered by one of three methods: diffused aromatically, applied topically to the skin, or taken internally as dietary supplements. Using essential oils can be both profoundly simple and life changing at the same time. Working with someone who has used essential oils before will help first-time users have a more beneficial and enjoyable experience.

Essential oils are naturally safe and have few, if any, undesirable side effects when used as directed. They are, however, powerfully concentrated and should be used with care. Be sure to use only pure, therapeutic-grade essential oils and follow all label warnings and instructions. Essential oils should never be used in the eyes or inside the ear canal. If redness or irritation occurs when using essential oils topically, apply a vegetable oil such as Fractionated Coconut Oil to the affected area—water will not dilute essential oils. Consult your physician before using essential oils if you are pregnant or under a doctor's care.

Look for the following symbols by the essential oil product descriptions in this product guide to help you with your oil selection. (Use instructions and appropriate cautions included on individual essential oil labels.)

The dōTERRA® network of botanical growers and distillers spans the globe from Italy to Madagascar, India to Corsica. Only the purest and most potent essential oils meet our strict standards of CPTG Certified Pure Therapeutic Grade®. Accept nothing less from your wellness professional or for your family.

### 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)



## Where do I BEGIN?

Using essential oils is intuitively simple and highly satisfying. However, the many oils available with their numberless combinations and wellness applications can be a bit overwhelming to beginners. As a simple first step on your journey with essential oils, we recommend a trio of Lavender, Lemon, and Peppermint. Three of our most popular oils, they will provide you and your family a compelling experience with the life-enhancing properties of therapeutic-grade essential oils.



### 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:

- Lavender essential oil (5 mL bottle)
- Lemon essential oil (5 mL bottle)
- Peppermint essential oil (5 mL bottle)
- List of suggested uses for each oil

**32180001** | three 5 mL bottles

### LAVENDER *Lavandula angustifolia*

- Apply to the bottom of feet or on a pillow before sleeping
- Use with bath salts for a relaxing spa bathing experience
- Apply to wrists or inhale when traveling
- Apply to back, hands, or feet of a restless or agitated child
- Use to calm and soothe occasional skin irritations
- Calm sensitive skin and soothe pores after hair removal
- Apply to dry lips before applying lip balm
- Use with Peppermint for an invigorating scalp massage
- Add to lotion for a stress-relieving hand massage
- Take one to two drops internally to promote relaxation and restful sleep\*

### LEMON *Citrus limon*

- Add a drop to a water bottle or to water served at a restaurant
- Diffuse aromatically or apply topically for mood elevation
- Dilute with coconut oil for a daily fingernail conditioning massage
- Add a drop of Lemon and Peppermint to your toothbrush after use
- Diffuse in a room to neutralize odors
- Remove gum, label adhesives, and greasy substances from fabric
- Use to clean kitchen counters and stainless steel appliances
- Add to olive oil for a non-toxic furniture polish
- Take internally to assist with seasonal respiratory discomfort\*

### PEPPERMINT *Mentha piperita*

- Take one drop internally to calm occasional indigestion or upset stomach\*
- Use with Lemon in water for a healthy, refreshing mouth rinse
- Diffuse aromatically or apply topically to promote feelings of easy breathing and open airways
- Apply with Lavender for soothing massage
- Diffuse when feeling fatigued or low on energy
- Add to a cold water compress or foot bath to cool off when overheated
- Inhale as a non-stimulating, invigorating pick-me-up on long drives
- Add to shampoo and conditioner for a stimulating hair and scalp massage
- Spritz on child's shirt before study time for alertness



# 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 source botanical, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil passes strict standards of purity and potency. A beautiful palette of botanical energies, they can be used individually or blended for personalized essential oil benefits.

## ARBORVITAE ESSENTIAL OIL

*Thuja plicata*



Known as the “tree of life,” Arborvitae is majestic in size and abundant in benefits.

- Protects against environmental and seasonal threats
- Powerful cleansing and purifying agent
- Naturally repels insects

49360001 | 5 mL bottle

## BASIL ESSENTIAL OIL

*Ocimum basilicum*



Valued for its restorative effects, Basil is also commonly used for its calming properties.

- Acts as a cooling agent for the skin
- Promotes mental alertness and lessens anxious feelings\*
- May help ease monthly feminine discomfort\*

30010001 | 15 mL bottle

## BERGAMOT ESSENTIAL OIL

*Citrus bergamia*



Cold pressed from the rind of the bergamot fruit, Bergamot is unique among citrus oils.

- Calming and soothing aroma
- Frequently used in massage therapy for its calming benefits
- Apply to the skin while showering and inhale deeply to experience its calming aroma while enjoying its purifying skin benefits

30790001 | 15 mL bottle

## BLACK PEPPER ESSENTIAL OIL

*Piper nigrum*



Stimulating and flavorful, Black Pepper enhances any dish—and your health.

- Rich source of antioxidants\*
- Maintains healthy circulation\*
- Diffuse or inhale directly to soothe anxious feelings

41040001 | 5 mL bottle

## CARDAMOM ESSENTIAL OIL

*Elettaria cardamomum*



A close relative of Ginger, Cardamom has a long history as a cooking spice and for being beneficial to the digestive and respiratory systems.

- May help ease indigestion and maintain overall gastrointestinal health\*
- Promotes clear breathing and maintains respiratory health\*
- Flavorful spice for cooking and baking for great Indian flavor

49350001 | 5 mL bottle



\*This product is not intended to diagnose, treat, cure, or prevent any disease.



# SINGLE ESSENTIAL OILS

## Quick Reference Chart

	APPLICATION			SKIN SENSITIVITY			SKU
	AROMATIC	TOPICAL	INTERNAL	NEAT	SENSITIVE	DILUTE	
ARBORVITAE <i>Thuja plicata</i>	A	T		N			49360001
BASIL <i>Ocimum basilicum</i>	A	T	I	N			30010001
BERGAMOT <i>Citrus bergamia</i>	A	T	I		S		30790001
BLACK PEPPER <i>Piper nigrum</i>	A	T	I		S		41040001
CARDAMOM <i>Elettaria cardamomum</i>	A	T	I	N			49350001
CASSIA <i>Cinnamomum cassia</i>	A	T	I			D	30020001
CEDARWOOD <i>Juniperus virginiana</i>	A	T			S		49300001
CILANTRO <i>Coriandrum sativum</i>	A	T	I	N			41850001
CINNAMON BARK <i>Cinnamomum zeylanicum</i>	A	T	I			D	30030001
CLARY SAGE <i>Salvia sclarea</i>	A	T	I	N			30420001
CLOVE <i>Eugenia caryophyllata</i>	A	T	I			D	30040001
CORIANDER <i>Coriandrum sativum</i>	A	T	I	N			30780001
CYPRESS <i>Cupressus sempervirens</i>	A	T		N			30050001
DOUGLAS FIR <i>Pseudotsuga menziesii</i> <b>NEW!</b>	A	T		N			31590001
EUCALYPTUS <i>Eucalyptus radiata</i>	A	T			S		30060001
FENNEL, SWEET <i>Foeniculum vulgare</i>	A	T	I		S		41290001
FRANKINCENSE <i>Boswellia carterii, frereana, and sacra</i> <b>top seller</b>	A	T	I	N			30070001
GERANIUM <i>Pelargonium graveolens</i>	A	T	I		S		30090001
GINGER <i>Zingiber officinale</i>	A	T	I		S		30080001
GRAPEFRUIT <i>Citrus X paradisi</i>	A	T	I	N			30100001
HELICHRYSUM <i>Helichrysum italicum</i>	A	T	I	N			30410001
JUNIPER BERRY <i>Juniperus communis</i>	A	T	I	N			49290001
LAVENDER <i>Lavandula angustifolia</i> <b>top seller</b>	A	T	I	N			30110001
LEMON <i>Citrus limon</i> <b>top seller</b>	A	T	I	N			30120001
LEMONGRASS <i>Cymbopogon flexuosus</i>	A	T	I		S		30130001
LIME <i>Citrus aurantifolia</i>	A	T	I		S		30870001
MARJORAM <i>Origanum majorana</i>	A	T	I	N			30140001
MELALEUCA <i>Melaleuca alternifolia</i> <b>top seller</b>	A	T	I	N			30150001
MELISSA <i>Melissa officinalis</i>	A	T	I	N			30850001
MYRRH <i>Commiphora myrrha</i>	A	T	I	N			30160001
OREGANO <i>Origanum vulgare</i> <b>top seller</b>	A	T	I			D	30180001
PATCHOULI <i>Pogostemon cablin</i>	A	T	I	N			30890001
PEPPERMINT <i>Mentha piperita</i> <b>top seller</b>	A	T	I		S		30190001
ROMAN CHAMOMILE <i>Anthemis nobilis</i>	A	T	I	N			30800001
ROSEMARY <i>Rosmarinus officinalis</i>	A	T	I	N			30200001
SANDALWOOD <i>Santalum album</i>	A	T	I	N			30210001
SANDALWOOD, HAWAIIAN <i>Santalum paniculatum</i>	A	T	I	N			41860001
SPEARMINT <i>Mentha spicata</i> <b>NEW!</b>	A	T	I		S		31610001
THYME <i>Thymus vulgaris</i>	A	T	I			D	30220001
VETIVER <i>Vetiveria zizanioides</i>	A	T	I	N			30430001
WHITE FIR <i>Abies alba</i>	A	T		N			30250001
WILD ORANGE <i>Citrus sinensis</i> <b>top seller</b>	A	T	I	N			30170001
WINTERGREEN <i>Gaultheria fragrantissima</i>	A	T			S		31620001
YLANG YLANG <i>Cananga odorata</i>	A	T	I	N			30240001

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)

**CASSIA**  
ESSENTIAL OIL  
*Cinnamomum cassia*



A close relative to cinnamon, Cassia has a wonderful fragrance and thousands of years of historical use.

- Take one to two drops internally to promote healthy cardiovascular system function\*
- Promotes healthy digestion\*
- May help support healthy immune system function\*

**30020001** | 15 mL bottle

**CEDARWOOD**  
ESSENTIAL OIL  
*Juniperus virginiana*



Cedarwood has a warm, woody, balsamic fragrance that promotes relaxation.

- During your facial routine, add one to two drops of Cedarwood to your facial toner or moisturizer for added clarifying properties
- Add to mulch or topsoil to repel insects

**49300001** | 15 mL bottle

**CILANTRO**  
ESSENTIAL OIL  
*Coriandrum sativum*



From the leaves of the coriander plant, Cilantro essential oil is commonly used for its fresh and tasty flavor.

- Add to salads, dips, and guacamole to experience Cilantro's distinct flavor
- Place one to two drops in a dōTERRA Veggie Cap to experience a cleansing and detoxifying effect\*
- For a fresh, herbal aroma, diffuse three to four drops of Cilantro with the citrus essential oil of your choice

**41850001** | 15 mL bottle

**CINNAMON BARK**  
ESSENTIAL OIL  
*Cinnamomum zeylanicum*



Well-known for its use as a spice, Cinnamon also has many health-promoting benefits.

- Place one drop of Cinnamon essential oil in hot water or tea and drink slowly to soothe your throat\*
- Add to your favorite recipes in place of ground cinnamon for a delightfully spicy flavor
- Supports healthy metabolic function\*

**30030001** | 5 mL bottle

**CLARY SAGE**  
ESSENTIAL OIL  
*Salvia sclarea*



Clary Sage is known for its soothing and calming properties.

- During your menstrual cycle, apply to abdomen for a soothing massage
- Combine with Roman Chamomile and add to bath water for a stress-relieving bath
- Apply one to two drops to your pillow for a restful night's sleep

**30420001** | 15 mL bottle

**CLOVE**  
ESSENTIAL OIL  
*Eugenia caryophyllata*



Known as a popular cooking spice, Clove has many beneficial uses.

- Place one drop of Clove in two ounces of water and gargle for a soothing effect
- Add one drop of Clove to your toothbrush before applying toothpaste
- Place two to three drops in a dōTERRA Veggie Cap and take internally to support cardiovascular health\*

**30040001** | 15 mL bottle

**CORIANDER**  
ESSENTIAL OIL  
*Coriandrum sativum*



Popular across many cultures for various uses, Coriander essential oil provides a myriad of health benefits.

- Place two to three drops in a dōTERRA Veggie Cap and take internally to promote digestion\*
- Add to oily skin to maintain a clear complexion
- After a short workout, apply Coriander to legs for a soothing massage

**30780001** | 15 mL bottle

**CYPRESS**  
ESSENTIAL OIL  
*Cupressus sempervirens*



Distilled from the twigs and foliage of the cypress tree, Cypress essential oil is popular for its energizing properties and use in spas.

- Prior to a long run, apply Cypress to your feet and legs for an energizing boost
- Apply two to three drops to chest to promote vitality and energy
- Add one to two drops to your toner to help improve the appearance of oily skin

**30050001** | 15 mL bottle

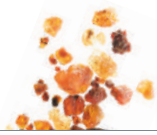
**DOUGLAS FIR**  
ESSENTIAL OIL  
*Pseudotsuga menziesii*



dōTERRA Douglas Fir is sustainably sourced from young, pre-coning trees, giving it a chemical composition that's particularly rich in beta-pinene and esters.

- Provides a relaxing massage experience
- Promotes feelings of clear airways and easy breathing
- Uplifts mood and promotes a sense of focus

**31590001** | 5 mL bottle



PRODUCT HIGHLIGHT

frankincense

dōTERRA Frankincense essential oil is steam distilled from wild-crafted gum resins of the *Boswellia carterii*, *frereana*, and *sacra* trees. Highly prized in the ancient world for its fragrant and health-promoting properties, it is a favorite among modern wellness practitioners for its many emotional and physical health applications.





*“I knew almost immediately after uncapping the lid that Juniper Berry would become one of my favorite essential oils. When I am under stress, it is my go to oil to diffuse. The crisp smell of nature compacted into a small glass bottle doesn’t get any better!”*

Caitlyn C., Chester, Virginia

**EUCALYPTUS ESSENTIAL OIL**

*Eucalyptus radiata*



Derived from the leaves of the Eucalyptus plant, Eucalyptus essential oil has many beneficial compounds.

- Place one to two drops in your hand and inhale deeply to clear the mind
- Add one drop to moisturizer and apply to skin for revitalizing benefits
- Place a few drops in your morning shower to invigorate and promote vitality

**30060001** | 15 mL bottle

**FENNEL (SWEET) ESSENTIAL OIL**

*Foeniculum vulgare*



Used for centuries, Fennel provides many health benefits and has a distinct licorice aroma.

- May help to support the health of the lungs and respiratory tract\*
- Take internally to promote healthy digestion\*
- May help to promote healthy metabolism, liver function and circulation\*

**41290001** | 15 mL bottle

**FRANKINCENSE ESSENTIAL OIL**

top seller

*Boswellia carterii, frereana, and sacra*



Perhaps the most precious of the ancient oils, Frankincense is highly versatile in uses and benefits.

- Helps reduce the appearance of blemishes and rejuvenates skin
- Take one to two drops in a dōTERRA Veggie Cap to support healthy cellular function\*
- Apply to the bottom of feet to promote feelings of relaxation and to balance mood

**30070001** | 15 mL bottle

**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)



**GERANIUM  
ESSENTIAL OIL**

*Pelargonium graveolens*



Known for its ability to balance emotions, Geranium is also a common ingredient in skin care products.

- Apply directly to skin or enjoy an aromatherapy steam facial to beautify skin
- Apply to skin after showering for a smoothing effect
- Add a few drops to your shampoo or conditioner for a healthy, vibrant glow

**30080001** | 15 mL bottle

**GINGER  
ESSENTIAL OIL**

*Zingiber officinale*



Ginger is most noted for its sweet flavoring and positive effect on the digestive system.

- May help to reduce occasional nausea and support healthy digestion\*
- Delivers antioxidant protection\*
- May help reduce bloating, gas, and occasional indigestion\*

**30080001** | 15 mL bottle

**GRAPEFRUIT  
ESSENTIAL OIL**

*Citrus X paradisi*



Energizing and invigorating, Grapefruit is renowned for its cleansing effects.

- Add one drop to your facial cleanser to improve the appearance of blemishes
- Diffuse while dieting to increase motivation
- Add one to two drops to your water to support a healthy metabolism\*

**30100001** | 15 mL bottle

**HELICHRYSUM  
ESSENTIAL OIL**

*Helichrysum italicum*



Distilled from the flower cluster of an evergreen herb, Helichrysum is one of the most precious and sought after essential oils.

- Apply to the face to reduce the appearance of wrinkles and to promote a glowing, youthful complexion
- Massage into the temples and back of neck for a soothing sensation
- May help promote a healthy metabolism\*

**30410001** | 5 mL bottle

**JUNIPER BERRY  
ESSENTIAL OIL**

*Juniperus communis*



The woody, spicy, yet fresh aroma of Juniper Berry reveals its rich history of traditional use and health benefits.

- Supports healthy kidney and urinary tract function\*
- Reduces the appearance of skin blemishes
- Acts as a natural cleansing and detoxifying agent\*
- Add one to two drops to water or citrus drinks as part of a natural cleansing regimen\*

**49290001** | 5 mL bottle





**LAVENDER**  
ESSENTIAL OIL top seller

*Lavandula angustifolia*



Lavender has been cherished for its unmistakable aroma and health properties for thousands of years.

- Widely used for its calming and relaxing qualities
- Take internally to reduce anxious feelings\*
- Helps ease feelings of tension\*
- Take internally for a peaceful sleep\*

**30110001** | 15 mL bottle

**LEMON**  
ESSENTIAL OIL top seller

*Citrus limon*



This top-selling oil has multiple uses and benefits and is cold pressed from lemon rinds to preserve its delicate nature and potent properties.

- Cleanses and purifies the air and surfaces
- Naturally cleanses the body and aids in digestion\*
- Supports healthy respiratory function\*
- Take internally to assist with seasonal respiratory discomfort\*

**30120001** | 15 mL bottle

**LEMONGRASS**  
ESSENTIAL OIL

*Cymbopogon flexuosus*



Long used in Asian and Caribbean cooking for its subtle lemony flavor and aroma, Lemongrass boasts many health-promoting benefits.

- Use to flavor entrées and meat dishes
- Combine with Melaleuca and apply to toenails for clean, healthy-looking nails
- Combine with Peppermint in a capsule to support healthy gastrointestinal function and to maintain healthy digestion\*

**30130001** | 15 mL bottle

**LIME**  
ESSENTIAL OIL

*Citrus aurantifolia*



The sharp, citrus smell of Lime makes it a must-have in any essential oils collection.

- Supports healthy immune function\*
- Positively affects mood with stimulating and refreshing properties
- Often used as an internal cleanser\*
- Add a drop of Lime to your drinking water for enhanced flavor and antioxidant support\*

**30870001** | 15 mL bottle



PRODUCT HIGHLIGHT

lavender

Known for its many calming properties, Lavender is the most widely used essential oil in the world. It takes over 60 pounds of lavender flower tops to produce just 473 mL of therapeutic-grade essential oil.

**MARJORAM**  
ESSENTIAL OIL

*Origanum majorana*



Also known as “wintersweet” or “joy of the mountains,” Marjoram has both culinary uses and healthful benefits.

- Valued for its calming properties and positive effect on the nervous system\*
- Promotes healthy immune function\*
- May promote healthy cardiovascular system function\*

**30140001** | 15 mL bottle

**MELALEUCA**  
ESSENTIAL OIL top seller

*Melaleuca alternifolia*



More commonly called “tea tree,” Melaleuca oil is composed of 90 different compounds and has limitless applications.

- Renowned for its cleansing and rejuvenating effect on the skin
- Promotes healthy immune function\*
- Protects against environmental and seasonal threats\*

**30150001** | 15 mL bottle

**MELISSA**  
ESSENTIAL OIL

*Melissa officinalis*



Our rarest oil, Melissa has a sweet, fresh, citrus-like fragrance and a wide range of beneficial properties.

- May help support a healthy immune system\*
- Calms tension and nerves
- Promotes emotional health

**30850001** | 5 mL bottle

**MYRRH**  
ESSENTIAL OIL

*Commiphora myrrha*



Used historically in many ways—from meditation to embalming—Myrrh is still frequently recommended today.

- Powerful cleansing properties, especially for the mouth and throat
- Soothing to the skin; promotes a smooth, youthful-looking complexion
- Diffuse to help promote awareness and uplift your mood

**30160001** | 15 mL bottle

**OREGANO**  
ESSENTIAL OIL

top seller

*Origanum vulgare*



Derived from the leaves of the oregano plant, Oregano essential oil has many traditional and modern uses.

- Supports healthy digestion\*
- Supports healthy respiratory function\*
- May help support a healthy immune system\*
- Used as a powerful cleansing and purifying agent

**30180001** | 15 mL bottle

**PATCHOULI**  
ESSENTIAL OIL

*Pogostemon cablin*



Patchouli is easily recognizable for its rich, musky-sweet fragrance.

- Provides a grounding, balancing effect on emotions
- Promotes a smooth, glowing complexion
- Add to your daily moisturizer to help reduce the appearance of blemishes

**30890001** | 15 mL bottle

**PEPPERMINT**  
ESSENTIAL OIL

top seller

*Mentha piperita*



A top-selling favorite, Peppermint provides a myriad of health benefits.

- Promotes digestive health\*
- Helps reduce bloating, gas, and occasional indigestion\*
- Promotes healthy respiratory function and clear breathing\*

**30190001** | 15 mL bottle

**PEPPERMINT BEADLET**

NEW BOTTLE!

Experience a refreshing, invigorating burst of Peppermint in the convenience of a dissolving beadlet.

- Promotes oral and respiratory health\*
- Alleviates occasional stomach upset\*
- Provides all the benefits of Peppermint essential oil\*

**31570001** | 125 beadlets





**ROMAN CHAMOMILE  
ESSENTIAL OIL**

*Anthemis nobilis*



The most versatile of the chamomiles, Roman Chamomile is extracted from the daisy-like flower of the Roman chamomile plant.

- Has a calming effect on the skin, mind, and body\*
- Soothes the systems of the body\*
- May help support healthy immune system function\*

**30800001** | 5 mL bottle

**ROSEMARY  
ESSENTIAL OIL**

*Rosmarinus officinalis*



Considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures, Rosemary has a myriad of uses.

- Supports healthy respiratory function\*
- May help support healthy digestion\*
- Helps reduce nervous tension and occasional fatigue\*

**30200001** | 15 mL bottle

**SANDALWOOD  
ESSENTIAL OIL**

*Santalum album*



With documented history of use over several thousand years, Sandalwood has a wide variety of applications.

- Promotes healthy-looking, smooth skin
- Reduces the appearance of skin imperfections
- Enhances mood

**30210001** | 5 mL bottle

**SANDALWOOD, HAWAIIAN  
ESSENTIAL OIL**

*Santalum paniculatum*



From a renewable source in Hawaii, dōTERRA® Hawaiian Sandalwood delivers a variety of benefits.

- Helps improve the appearance of skin and hair
- Frequently used in meditation for its grounding and uplifting properties
- Apply to the neck and shoulders at bedtime for a restful night's sleep

**41860001** | 5 mL bottle



*“Sandalwood is earthy and calming. I use it when I need grounding by applying a few drops on the soles of my feet or adding it in my work diffuser. Amazing results; Sandalwood can change my clients’ mood and helps me focus on what matters.”*

Jacqueline L., Victoria, Australia



**SPEARMINT**  
ESSENTIAL OIL NEW!

*Mentha spicata*



Spearmint is widely used for its digestive benefits as well as a flavoring for a variety of dishes and drinks.

- Promotes digestion and helps reduce occasional stomach upset\*
- Promotes a sense of focus and an uplifting mood
- Add a drop or two to any dessert, drink, salad, or entrée for flavoring

**31610001** | 15 mL bottle

**THYME**  
ESSENTIAL OIL

*Thymus vulgaris*



Thyme, familiar to most as a common seasoning, produces a potent essential oil.

- Supports a healthy immune system\*
- Diffuse to promote a sense of alertness
- Provides cleansing and purifying effects for the skin

**30220001** | 15 mL bottle

**VETIVER**  
ESSENTIAL OIL

*Vetiveria zizanioides*



Vetiver is loved for its rich, exotic, complex aroma and is used extensively in perfumes.

- Vetiver is high in sesquiterpenes, which provide a grounding effect
- Use as part of a soothing, aromatic massage
- Use as an earthy base note in your favorite diffuser blends

**30430001** | 15 mL bottle



**WHITE FIR**  
ESSENTIAL OIL

*Abies alba*



Derived from the soft needles of the white fir tree, White Fir is most notable for its soothing effects.

- Evokes feelings of stability
- After strenuous activity, massage into skin for soothing comfort

**30250001** | 15 mL bottle

**WILD ORANGE**  
ESSENTIAL OIL top seller

*Citrus sinensis*



Cold pressed from the peel, Wild Orange releases an energizing, citrusy aroma.

- Powerful cleanser and purifying agent
- Place one drop Wild Orange, Peppermint, and Frankincense in your hand. Rub hands together and inhale deeply for an energizing aroma

**30170001** | 15 mL bottle





PRODUCT HIGHLIGHT

*Nepalese wintergreen*

Through dōTERRA's Co-Impact Initiative, our new source of Wintergreen comes from Nepal where it is wild harvested by rural villagers then distilled by community owned distillation facilities. This process creates increased economic opportunity for very remote regions in rural Nepal.

**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)

**WINTERGREEN ESSENTIAL OIL**

*Gaultheria fragrantissima*



Most consumers recognize the aroma and flavor of Wintergreen from its popularity in candy and chewing gum.

- Commonly used in oral health-care products
- Massage into hands, back, and legs for a soothing and warming sensation after exercise
- Diffuse for a sweet, uplifting aroma

**31620001** | 15 mL bottle

**YLANG YLANG ESSENTIAL OIL**

*Cananga odorata*



Ylang Ylang, while famed for its exquisite fragrance, has a myriad of benefits.

- Provides antioxidant support\*
- Blend several drops of Ylang Ylang with dōTERRA Fractionated Coconut Oil and massage into back and shoulders to help reduce the effects of daily stress

**30240001** | 15 mL bottle







# dōTERRA® + FAMILY PHYSICIAN® KIT

Naturally safe, purely effective. The dōTERRA Family Physician Kit contains 10 essential oils and blends—the “feel better” essentials that parents need on a daily basis to care for their families. Experience the infinite ways that dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils can help you help your family.



## FAMILY PHYSICIAN KIT top seller

This collection of 10 nurturing essential oils and blends provides what you need to care for your family’s everyday health needs with simple and safe methods featuring essential oils.

The Family Physician Kit includes:

- Ten 5 mL bottles of essential oils and blends

Lavender	Melaleuca	Deep Blue®	dōTERRA On Guard®
Lemon	Oregano	dōTERRABreathe™	
Peppermint	Frankincense	DigestZen®	

- Lists of suggested uses for each oil

**20560001** | ten 5 mL bottles



# dōTERRA® + FAMILY PHYSICIAN® KIT



## FRANKINCENSE ESSENTIAL OIL



One of the most precious essential oils of the ancient world, Frankincense is an essential addition to your family's health care. dōTERRA's exclusive Frankincense is powerfully versatile and a favorite alternative for many applications—when in doubt, use Frankincense!

- Apply to neck and forehead with Lavender and Peppermint to promote feelings of relaxation
- Take internally in capsules to support healthy cellular function\*
- Use with Fractionated Coconut Oil or favorite face moisturizer for beautiful, radiant skin
- Use aromatically and topically to help lift mood and awareness

## LAVENDER ESSENTIAL OIL



### All Things Calming

- Diffuse or apply topically to soothe emotions
- Massage on back or bottom of feet and apply a drop to pillow at bedtime
- Apply topically to soothe occasional skin irritations

## LEMON ESSENTIAL OIL



### Clean and Freshen

- Supports healthy respiratory function\*
- Diffuse in a room to neutralize odors and elevate mood
- Use to clean kitchen counters and stainless steel appliances
- Take internally with water to cleanse the body

## PEPPERMINT ESSENTIAL OIL



### Cool and Invigorate

- Use with Lemon in water for a healthy, refreshing mouth rinse
- Inhale deeply to invigorate lungs and increase alertness
- Add to water in a spray bottle and mist body when overheated
- Apply to neck and forehead with Lavender to promote relaxation



## MELALEUCA ESSENTIAL OIL



### Beneficial for the Skin

- Apply to skin as part of a daily cleansing program
- Use with shampoo or conditioner for healthy-looking scalp and hair
- Apply to feet and toenails after showering, swimming, or working out

## OREGANO ESSENTIAL OIL



### Natural Immune Support

- Take several drops in an empty Veggie Cap for periodic immune support\*
- Use internally to support healthy respiratory function\*
- Use internally as part of a monthly cleansing regimen for GI health\*

## DEEP BLUE® SOOTHING BLEND



### Muscle and Joint Support

- Rub on muscles and joints before and after exercise
- Use with a carrier oil for a cooling, comforting massage

## dōTERRA BREATHE™ RESPIRATORY BLEND



### Respiratory Support

- Apply topically to chest to promote feelings of clear airways and easy breathing
- Diffuse or add to humidifier at bedtime for more restful sleep
- Apply to chest or bottom of feet during seasonal changes

## DIGESTZEN® DIGESTIVE BLEND



### Digestive Support

- When traveling or trying new foods, take DigestZen to soothe occasional stomach discomfort
- Take internally at meal times to support healthy, comfortable digestion
- Add to water or tea to maintain a healthy gastrointestinal tract\*

## dōTERRA ON GUARD® PROTECTIVE BLEND



### Natural Defense

- Dilute and gargle morning and night as a cleansing mouth rinse
- Take several drops in an empty Veggie Cap for added immune support
- Dilute in spray bottle to clean doorknobs, telephones, and other community surfaces
- Diffuse in your home or office during fall and winter months



# dōTERRA TOUCH OIL BLENDS

Striking the proper balance between protecting sensitive skin while still delivering the benefits found in essential oils is not just a matter of science, but also of art. dōTERRA Touch has achieved that balance. Featuring nine of our most popular oils in a base of Fractionated Coconut Oil, dōTERRA Touch makes application simple with 9 mL roll-ons. It is ideal for children and adults and they're ready to use so that you can start benefiting from essential oils immediately. Enjoy the convenience and benefits of dōTERRA Touch.



## dōTERRA TOUCH™ KIT

21190001 | nine 9 mL roll-ons



### dōTERRA BREATHE™ TOUCH BLEND



dōTERRA Touch Breathe provides the perfect balance of Breathe essential oil blend with Fractionated Coconut Oil to maintain feelings of easy breathing.

31820001 | 9 mL roll-on



### DEEP BLUE® TOUCH BLEND



Experience the benefits of our proprietary Deep Blue® essential oil blend in a gentle formula that's perfect for children and adults.

31810001 | 9 mL roll-on



### DIGESTZEN® TOUCH BLEND



dōTERRA Touch DigestZen is the perfect companion for road trips and to have on hand when feelings of stomach upset occur.

31780001 | 9 mL roll-on





**FRANKINCENSE  
TOUCH BLEND**

**A T N**

dōTERRA Touch Frankincense can be applied quickly and easily throughout the day to feel its grounding, balancing effects.

**31800001** | 9 mL roll-on



**LAVENDER  
TOUCH BLEND**

**A T N**

Widely used for its calming qualities, dōTERRA Touch Lavender provides soothing comfort to the skin while relaxing the mind.

**31660001** | 9 mL roll-on



**MELALEUCA  
TOUCH BLEND**

**A T N**

The perfect balance of Melaleuca essential oil and Fractionated Coconut Oil has been combined in dōTERRA Touch Melaleuca, making it ideal to use on gentle and sensitive skin.

**31680001** | 9 mL roll-on



**dōTERRA ON GUARD®  
TOUCH BLEND**

**A T N**

Enjoy the unique aroma and powerful benefits of dōTERRA On Guard essential oil blend in a convenient roll-on application.

**31790001** | 9 mL roll-on



**OREGANO  
TOUCH BLEND**

**A T N**

dōTERRA Touch Oregano provides a gentle option for those with sensitive skin to receive the renowned benefits of Oregano essential oil.

**31770001** | 9 mL roll-on



**PEPPERMINT  
TOUCH BLEND**

**A T N**

dōTERRA Touch Peppermint can be used anytime, anywhere for a quick energy boost and to experience its cleansing, cooling aroma.

**31670001** | 9 mL roll-on

# dōTERRA EMOTIONAL AROMATHERAPY SYSTEM

The dōTERRA Emotional Aromatherapy System contains six unique essential oil blends that have been carefully formulated to provide targeted emotional health benefits. Each delicate blend contains pure, therapeutic-grade essential oils that can be used aromatically or topically to help balance and brighten your changing moods. Just a few drops of these naturally complex, fragrant blends can elicit profound emotional responses to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again.

## EMOTIONAL BLENDS USE INSTRUCTIONS:

- Use aromatically in an essential oil diffuser.
- Apply 1 or 2 drops in your palms, rub hands together, cup in front of your nose, and inhale deeply (do not touch eyes).
- Dilute and apply topically to aromatherapy touch points such as the back of the neck, on the wrists, and over the heart.

## EMOTIONAL AROMATHERAPY SYSTEM

21140001 | six 5 mL bottles



### dōTERRA MOTIVATE™ ENCOURAGING BLEND



Are you frustrated at work? Have setbacks in spite of your best efforts shaken your confidence? Or has misplaced trust left you cynical more often than your best self should be? Then stop, reset, and restart with dōTERRA Motivate Encouraging Blend of mint and citrus essential oils. dōTERRA Motivate will help you unleash your creative powers and find the courage that comes from believing in yourself again. Go ahead and raise the bar—you can do it!

- Combines Peppermint, Clementine, Coriander, Basil, Yuzu, Melissa, Rosemary, and Vanilla
- Promotes feelings of confidence, courage, and belief
- Counteracts negative emotions of doubt, pessimism, and cynicism

31740001 | 5 mL bottle

### dōTERRA CHEER™ UPLIFTING BLEND



Everyone knows a bright disposition and cheerful attitude can smooth over many of the bumps and challenges of life, right? But sometimes no amount of positive self-talk is enough to avoid the blues. dōTERRA Cheer Uplifting Blend of citrus and spice essential oils provides a cheerful boost of happiness and positivity when you are feeling down. Its sunny, fresh, optimistic aroma will brighten any moment of your day.

- Features Wild Orange, Clove, Star Anise, Lemon Myrtle, Zdravetz, Nutmeg, Vanilla, Ginger, and Cinnamon Bark
- Promotes feelings of optimism, cheerfulness, happiness
- Counteracts negative emotions of feeling down, blue, or low

31720001 | 5 mL bottle

### dōTERRA PASSION™ INSPIRING BLEND



Have you lost your why, your mojo, your passion? Too much of even a good thing can become predictable and boring over time. dōTERRA Passion Inspiring Blend of spice and herb essential oils will help you rekindle excitement in your life. Jump out of an airplane, dive into an ocean, or try something really scary like dancing. With dōTERRA Passion, you will find the daring to try something new, as well as discover renewed joy for the current blessings in your life.

- Merges Fractionated Coconut Oil, Cardamom, Cinnamon Bark, Ginger, Clove, Sandalwood, Jasmine, Vanilla, and Damiana
- Ignites feelings of excitement, passion, and joy
- Counteracts negative feelings of boredom, and disinterest

31760001 | 5 mL bottle





### dōTERRA FORGIVE™ RENEWING BLEND



Are you carrying a burden that grows heavier with time? Would you be better off just letting it go and facing a future unfettered by anger and guilt? When you are ready to move forward, the dōTERRA Forgive Renewing Blend of tree and herb essential oils will help you discover the liberating action of forgiving, forgetting, and moving on. Start each of your tomorrows relieved and contented with Forgive Renewing Blend.

- Features Spruce, Bergamot, Juniper Berry, Myrrh, Arborvitae, Nootka Tree, Thyme, Citronella
- Promotes feelings of contentment, relief, patience
- Counteracts negative emotions of anger and guilt

**31750001** | 5 mL bottle

### dōTERRA CONSOLE™ COMFORTING BLEND



Losing something or someone you love can be deeply disorienting and painful. Words unspoken and questions unanswered may keep you worried and unsettled. dōTERRA Console Comforting Blend of floral and tree essential oils will help you close the door on sadness and take your first steps on a hopeful path toward emotional healing. Bind your broken heart with Console Comforting Blend.

- Combines Frankincense, Patchouli, Ylang Ylang, Labdanum, Amyris, Sandalwood, Rose, Osmanthus
- Promotes feelings of comfort and hope
- Counteracts negative emotions of grief, sadness, hopelessness

**31730001** | 5 mL bottle

### dōTERRA PEACE™ REASSURING BLEND



Life is crazy right now, but things will slow down when the kids are older, right? Wrong! dōTERRA Peace Reassuring Blend of floral and mint essential oils is a positive reminder that having more stuff and doing more things won't necessarily make life happier. Slow down, take a deep breath, and reconnect with the composed, peaceful you. Everything turning out fine begins with believing it will—and a few drops of Peace Reassuring Blend.

- Combines Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, Spearmint
- Promotes feelings of peace, reassurance, contentment
- Counteracts anxious and fearful emotions

**31710001** | 5 mL bottle







# aromatouch® TECHNIQUE

STEP 1



STEP 2



STEP 3



STEP 4







**AROMATOUCH®  
TECHNIQUE KIT**

**NEW BOX!**

Increase the benefits you experience with CPTG® essential oils by incorporating the AromaTouch Technique into your healthy lifestyle philosophy. This kit contains 5 mL bottles of the eight CPTG oils used in the AromaTouch Technique, as well as the AromaTouch overview booklet and presentation box. You will also receive dōTERRA® Fractionated Coconut Oil (115 mL) when you purchase this kit.

**20570001** | eight 5 mL bottles

The dōTERRA® AromaTouch® Technique is a simple step-by-step method of applying therapeutic-grade essential oils topically to produce a profound overall wellness experience.

The AromaTouch Technique Kit includes 5 mL bottles of dōTERRA Balance™ Grounding Blend, Lavender, Melaleuca, dōTERRA On Guard® Protective Blend, AromaTouch® Massage Blend, Deep Blue® Soothing Blend, Wild Orange, Peppermint, and a 115 mL bottle of Fractionated Coconut Oil. The kit also includes a training DVD and overview booklet in a beautiful presentation box. Equally compelling to novice users and licensed professionals, the AromaTouch Technique represents an exciting new era of essential oil application and benefits.



*"I love doing the AromaTouch Technique on moms and dads so they can learn how to do the same for their families. It is a win-win situation."*

Peggy S., Utah, USA



# Proprietary ESSENTIAL OIL BLENDS

dōTERRA® 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® MESSAGE BLEND



This proprietary massage blend combines the therapeutic benefits of oils well-known for their soothing and relaxing effects.

- Features Basil, Grapefruit, Cypress, Marjoram, Peppermint, and Lavender essential oils
- Promotes feelings of relaxation and lessens tension

31200001 | 15 mL bottle

## dōTERRA BALANCE™ GROUNDING BLEND



dōTERRA Balance Grounding Blend has a warm, woody aroma that creates a sense of calmness and well-being.

- Features Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile
- Promotes an overall sense of relaxation
- Evokes feelings of tranquility and balance
- Helps ease anxious feelings

31010001 | 15 mL bottle

## dōTERRA BREATHE™ RESPIRATORY BLEND



Breathe is a powerful essential oil blend that maintains feelings of clear airways and easy breathing.

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Ravensara, and Cardamom essential oils
- Maintains feelings of clear airways and easy breathing
- Helps minimize the effects of seasonal threats
- Diffuse or inhale directly when environmental threats are high

See page 39 for *Breathe Vapor Stick* and *Breathe Respiratory Drops*

49370001 | 15 mL bottle





## ESSENTIAL OIL BLENDS

### Quick Reference Chart

	APPLICATION			SKIN SENSITIVITY			SKU
	AROMATIC	TOPICAL	INTERNAL	NEAT	SENSITIVE	DILUTE	
<b>AROMATOUCH® Massage Blend</b> <i>(Cypress, Marjoram, Peppermint, Basil, Grapefruit, Lavender)</i>		T		N			31200001
<b>dōTERRA BALANCE® Grounding Blend</b> <i>(Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile in a base of Fractionated Coconut Oil)</i>	A	T		N			31010001
<b>dōTERRA BREATHE™ Respiratory Blend</b> <i>(Laurel Leaf, Peppermint, Eucalyptus, Ravensara, Melaleuca, Lemon, Cardamom)</i>	A	T			S		49370001
<b>CITRUS BLISS® Invigorating Blend</b> <i>(Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine, with Vanilla Absolute)</i>	A	T		N			31020001
<b>CLARYCALM® Monthly Blend for Women</b> <i>(Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, Vitex)</i>	A	T		N			35270001
<b>DEEP BLUE® Soothing Blend</b> <span style="background-color: #d4edda; padding: 2px;">top seller</span> <i>(Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, Osmanthus)</i>		T			S		31050001
<b>DIGESTZEN® Digestive Blend</b> <span style="background-color: #d4edda; padding: 2px;">top seller</span> <i>(Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, Anise)</i>	A	T	I	N			31030001
<b>ELEVATION Joyful Blend</b> <i>(Lavandin, Lavender, Tangerine, Elemi, Lemon Myrtle, Melissa, Ylang Ylang, Osmanthus, Hawaiian Sandalwood)</i>	A	T		N			31040001
<b>HD CLEAR® Topical Blend</b> <i>(Black Cumin Seed Oil, Ho Wood, Melaleuca, Eucalyptus, Geranium, Litsea)</i>		T		N			49400001
<b>IMMORTELLE Anti-Aging Blend</b> <span style="background-color: #d4edda; padding: 2px;">New Look!</span> <i>(Frankincense, Hawaiian Sandalwood, Lavender, Myrrh, Helichrysum, Rose)</i>		T		N			37140001
<b>INTUNE® Focus Blend</b> <i>(Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, Roman Chamomile)</i>	A	T		N			41840001
<b>dōTERRA ON GUARD® Protective Blend</b> <span style="background-color: #d4edda; padding: 2px;">top seller</span> <i>(Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary)</i>	A	T	I		S		31100001
<b>PASTTENSE® Tension Blend</b> <i>(Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, Rosemary)</i>	A	T		N			31350001
<b>PURIFY Cleansing Blend</b> <i>(Lemon, Lime, Siberian Fir, Austrian Fir, Citronella, Melaleuca, Cilantro)</i>	A	T		N			31060001
<b>dōTERRA SERENITY® Calming Blend</b> <i>(Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, Hawaiian Sandalwood, Vanilla)</i>	A	T		N			31090001
<b>SLIM &amp; SASSY® Metabolic Blend</b> <span style="background-color: #d4edda; padding: 2px;">top seller</span> <i>(Grapefruit, Lemon, Peppermint, Ginger, Cinnamon)</i>	A	T	I		S		31370001
<b>TERRASHIELD® Repellent Blend</b> <i>(A proprietary blend of CPTG Certified Pure Therapeutic Grade® essential oils in a base of pure Fractionated Coconut Oil)</i>	A	T		N			31700001
<b>WHISPER™ Blend for Women</b> <i>(Bergamot, Ylang Ylang, Patchouli, Cinnamon, Labdanum, Vetiver, Hawaiian Sandalwood, Rose, and Vanilla, Jasmine, and Cocoa Absolutes in a base of Fractionated Coconut Oil)</i>	A	T		N			31080001
<b>ZENDOCRINE® Detoxification Blend</b> <i>(Tangerine, Rosemary, Geranium, Juniper Berry, Cilantro)</i>	A	T	I	N			31460001

**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)

## EMOTIONAL AROMATHERAPY OIL BLENDS

<b>dōTERRA CHEER™ Uplifting Blend</b> <i>(Wild Orange, Clove, Star Anise, Lemon Myrtle, Nutmeg, Ginger, Cinnamon Bark, Vanilla Absolute, Zdravetz)</i>	A	T			S		31720001
<b>dōTERRA CONSOLE™ Comforting Blend</b> <i>(Frankincense, Patchouli, Ylang Ylang, Labdanum, Amyris, Sandalwood, Rose, Osmanthus Absolute)</i>	A	T		N			31730001
<b>dōTERRA FORGIVE™ Renewing Blend</b> <i>(Spruce, Bergamot, Juniper Berry, Myrrh, Arborvitae, Nooka Tree, Thyme, Citronella)</i>	A	T			S		31750001
<b>dōTERRA MOTIVATE™ Encouraging Blend</b> <i>(Peppermint, Clementine, Coriander, Basil, Yuzu, Melissa, Rosemary, Vanilla Absolute)</i>	A	T			S		31740001
<b>dōTERRA PASSION™ Inspiring Blend</b> <i>(Cardamom, Cinnamon Bark, Ginger, Clove, Sandalwood, Jasmine, Vanilla Absolute, Damiana, in a base of Fractionated Coconut Oil)</i>	A	T			S		31760001
<b>dōTERRA PEACE™ Reassuring Blend</b> <i>(Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, Spearmint)</i>	A	T		N			31710001



*“DigestZen is my life-saving oil! When I don’t get enough sleep, my stomach cramps up. I don’t sleep well when my husband is gone, and he works on a rotation where he is away as much, or more than he is home. DigestZen is the oil I use very regularly to help me calm my stomach during those long weeks when he is gone.”*

Jennifer B., Eagle River, Alaska

**DEEP BLUE®** top seller  
SOOTHING BLEND



Deep Blue provides soothing effects that can be felt immediately.

- Rub Deep Blue on lower back muscles after a day of heavy lifting
- Apply on feet and knees before and after exercise
- Massage Deep Blue with a few drops of carrier oil onto growing kids’ legs before bedtime

*See page 34 for Deep Blue Rub and Deep Blue Polyphenol Complex*

31050001	5 mL bottle
31380001	10 mL roll-on

**DIGESTZEN®** top seller  
DIGESTIVE BLEND



The well-recognized essential oils in DigestZen are known for providing digestive benefits.

- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Promotes healthy digestion\*
- Helps maintain a healthy gastrointestinal tract\*
- Helps reduce bloating, gas, and occasional indigestion\*

*See page 53 for DigestZen Softgels*

*See page 56 for DigestTab Chewable Tablets*

31030001	15 mL bottle
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**ELEVATION**  
JOYFUL BLEND



Elevation is a proprietary blend of mood-elevating essential oils.

- Features Lavandin, Lavender, Tangerine, Elemi, Lemon Myrtle, Melissa, Ylang Ylang, Osmanthus, and Hawaiian Sandalwood essential oils
- Elevates mood and promotes vitality
- Helps create a positive and energizing mood

31040001	15 mL bottle
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**CITRUS BLISS®**  
INVIGORATING BLEND



The harmonious blend of Citrus Bliss combines the powerful benefits of popular citrus essential oils.

- Merges Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine essential oils with a hint of vanilla
- Helps reduce stress
- Positively affects mood with energizing, uplifting and refreshing properties

31020001	15 mL bottle
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**CLARYCALM®**  
MONTHLY BLEND  
FOR WOMEN



ClaryCalm is a unique blend of essential oils developed especially for women.

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, Carrot Seed, and Vitex essential oils
- Provides a cooling and calming effect
- Helps soothe heightened emotions

35270001	10 mL roll-on
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**HD CLEAR®**  
TOPICAL BLEND



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

- Features a unique blend of black cumin seed oil as well as CPTG® essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- Promotes a clear complexion
- Helps reduce breakouts

**49400001** | 10 mL roll-on

**IMMORTELLE** New Look!  
ANTI-AGING BLEND



This powerful blend of essential oils nourishes and supports skin to help sustain smoother, more radiant, and youthful-looking skin.

- Features the renewing power of rare essential oils—Frankincense, Hawaiian Sandalwood, Lavender, Myrrh, Helichrysum, and Rose
- Helps reduce the appearance of fine lines and wrinkles
- Helps reduce contributing factors to the appearance of aging skin

**37140001** | 10 mL roll-on

**INTUNE®**  
FOCUS BLEND



InTune is a proprietary blend of carefully selected essential oils known to promote mental clarity and focus.

- Features Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, and Roman Chamomile
- Enhances and sustains a sense of focus
- Supports efforts of those who have difficulty paying attention and staying on task

**41840001** | 10 mL roll-on



**dōTERRA ON GUARD®**  
PROTECTIVE BLEND



dōTERRA On Guard offers a fragrant, natural, effective alternative to synthetic options for immune support.\*

- Features a combination of Wild Orange, Clove Bud, Cinnamon, Eucalyptus, and Rosemary essential oils
- Formulated to support healthy immune function\*
- Supports the body's natural antioxidant defenses\*
- Safe for use on countertops, as a non-toxic cleaner, or to purify the air through diffusion\*

*See page 36 for On Guard+ Softgels*  
*See page 38 for On Guard Throat Drops*

**31100001** | 15 mL bottle

**dōTERRA ON GUARD® BEADLET**

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

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

**31580001** | 125 beadlets



**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)

**PASTTENSE®  
TENSION BLEND**

**A T N**

PastTense is a distinctive blend of essential oils known to reduce the discomforts associated with tension and stress.

- Features Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, and Rosemary essential oils
- Helps ease stressful feelings
- Helps calm emotions
- Packaged for convenient application in a roll-on bottle

**31350001** | 10 mL roll-on

**PURIFY  
CLEANSING BLEND**

**A T N**

Purify is designed to eliminate odors naturally without toxic additives.

- Features Lemon, Lime, Siberian Fir, Austrian Fir, Citronella, Melaleuca, and Cilantro essential oils
- Refreshing aroma eradicates unpleasant odors and clears the air
- Protects against environmental threats

**31060001** | 15 mL bottle

**dōTERRA SERENITY®  
CALMING BLEND**

**A T N**

Serenity relaxes the mind while creating a sense of peace and well-being.

- Features Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, and Hawaiian Sandalwood essential oils and vanilla bean
- Creates a perfect escape with its calming, renewing fragrance
- Promotes feelings of relaxation and a restful sleeping environment

**31090001** | 15 mL bottle



**SLIM & SASSY®  
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\*
- Diuretic, stimulant, and calorie free

*See page 59 for Slim & Sassy Softgels*

**31370001** | 15 mL bottle

**TERRASHIELD®  
REPELLENT BLEND**



Just a small amount of super-concentrated TerraShield provides powerful outdoor protection.

- A proprietary blend of essential oils carefully balanced in a base of Fractionated Coconut Oil
- Acts as an effective insect repellent
- Helps ward off insects

**31700001** | 15 mL bottle

**WHISPER™  
BLEND FOR WOMEN**



Create a beautiful and unique personal fragrance with the essences of the most appealing CPTG® essential oils.

- Contains Bergamot, Ylang Ylang, Patchouli, Cinnamon, Labdanum, Vetiver, Hawaiian Sandalwood, Rose, and Vanilla, Jasmine, Cocoa absolutes in a base of Fractionated Coconut Oil
- Warming aroma that entices the senses
- Promotes calming emotions throughout the day

**31080001** | 5 mL bottle

**ZENDOCRINE®  
DETOXIFICATION BLEND**



Zendocrine essential oil blend supports the body's natural ability to rid itself of unwanted substances.\*

- Features Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils
- Purifying and detoxifying to the body's systems\*
- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin\*

*See page 57 for Zendocrine Softgels*

**31460001** | 15 mL bottle





# ESSENTIAL USAGE

The benefits of CPTG® essential oils can be realized through several delivery methods: aromatically, topically, and internally. dōTERRA® helps facilitate the different options for the use of essential oils in their various forms by providing quality products that follow traditional applications as well as more technologically advanced applications with state-of-the-art diffusers. Using a variety of application methods can offer a unique and exciting experience with each oil. Be sure to refer to the essential oil usage charts and follow usage recommendations to ensure safe application.

## AROMATIC USE

### PETAL DIFFUSER

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers health-promoting benefits to your family and home. It has a relaxing mist and soft white ambient light, making it ideal for nighttime diffusion, and can cover up to 30 square meters. The Petal Diffuser has three timed settings—1, 2, and 4 hours—allowing you to customize the release of essential oils into the air.

- 1, 2, and 4 hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 30 square meters
- Simple, 3 piece diffuser is easy and convenient to use

**33150005** | EU Plug

**33150015** | UK/Ireland Plug

### ZENBOW DIFFUSER

The Zenbow benefits from colour-changing mood lighting, which moves through a rainbow of colours while emitting a cool, scented and relaxing mist for up to 4 hours. You can also freeze the setting to a favourite colour or turn off the light. It comes with a 1-year manufacturer's warranty.

- Changes colour
- Runs for up to 4 hours
- Can set to one colour or turn off light completely

**33110005** | EU Plug

**33110015** | UK/Ireland Plug

### dōTERRA CLOUD™ DIFFUSER **NEW!**

dōTERRA Cloud is a waterless diffuser that quickly permeates dōTERRA CPTG® essential oils into the air, creating an intensely aromatic experience. This small yet highly durable diffuser is exclusive to dōTERRA and contains state-of-the-art, patent-pending technology that provides substantial mist diffusion with moderate noise output.

- Utilizes a micro air pump and patent-pending technology
- Diffuses straight oil (no water needed)
- Optional LED white light
- Maple wood base
- Three customized settings for mist output, run time, and pause time
- Working Hours: 1, 2, 3, 4, 5, 6
- Run timer 1 to 10 min
- Pause timer 1 to 10 min
- Covers 55 square meters
- Additional 2-pack of oil holder nozzles available separately

**33300005** | EU Plug

**33300015** | UK/Ireland Plug

### OIL HOLDER NOZZLE 2-PACK

**33330000** | 2 oil holder nozzles

### LOTUS DIFFUSER **NEW DESIGN!**

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

- Features three settings—1, 2, and 3 hours—along with an optional night light
- Covers up to 30 square meters
- Provides a decorative piece to any home or office

**33160005** | EU Plug

**33160015** | UK/Ireland Plug



Petal Diffuser



dōTERRA Cloud Diffuser



Lotus Diffuser





## 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
- Includes 160 HPMC capsules

**34100001** | 160 HPMC capsules



## TOPICAL USE

### HAND AND BODY LOTION

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

- Fragrance-free, lightweight lotion—perfect for hydrating the skin
- Combine with your favorite essential oils for added benefits
- Provides your skin with important antioxidants, botanicals, and humectants
- Features cruciferous vegetable extracts to help build the skin's natural defenses

**36100001** | 200 mL tube

### 3-PACK

**36110005** | three 200 mL tubes

### FRACTIONATED COCONUT OIL



Combine dōTERRA® Fractionated Coconut Oil with your favorite dōTERRA essential oils for your own readily-absorbable blend.

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

**31640001** | 115 mL

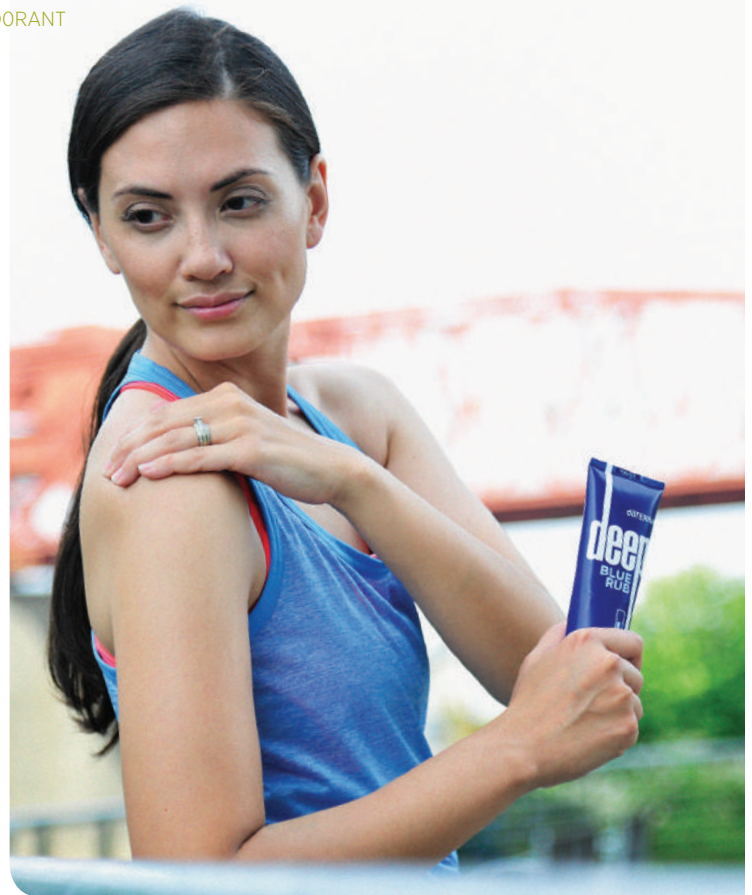


Zenbow Diffuser



*Play longer  
and harder with*  
**DEEP BLUE®  
PRODUCTS**

The soothing combination of CPTG Certified Pure Therapeutic Grade® essential oils of Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, and Osmanthus create the dōTERRA® Deep Blue proprietary blend. Available in a cream, roll-on, and supplement, Deep Blue provides soothing effects and targeted benefits.



**DEEP BLUE®** top seller  
SOOTHING BLEND



Deep Blue provides soothing effects that can be felt immediately.

- Rub Deep Blue on lower back muscles after a day of heavy lifting at work or during a move
- Apply on feet and knees before and after exercise
- Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime

**31050001** | 5 mL bottle

**31380001** | 10 mL roll-on

**DEEP BLUE® RUB**  
SOOTHING LOTION

Infused with Deep Blue Soothing Blend, Deep Blue Rub provides a soothing and cooling effect.

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Perfect for the athlete in your life, Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin soft and non-greasy
- Provides a cooling and soothing sensation to targeted areas

**38900001** | 120 mL

**DEEP BLUE® RUB SAMPLES**

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

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

**38950001** | ten 2 mL samples

**DEEP BLUE** NEW!  
POLYPHENOL COMPLEX™

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

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

**34360001** | 60 vegetable capsules





## Quick and Effective CORRECT-X®

Frankincense, Helichrysm, Melaleuca, Cedarwood, and Lavender—all CPTG® essential oils—form the base of dōTERRA Correct-X. This multi-purpose, all-natural ointment helps soothe your skin and keep it clean while recovering from distress. Correct-X provides a moisture barrier that helps protect against additional damage while simultaneously soothing and hydrating the skin. This petroleum and preservative free ointment absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin.



### CORRECT-X® ESSENTIAL OIL OINTMENT

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

- Helps soothe while simultaneously hydrating
- Absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin
- Keeps skin clean while recovering from distress
- Keep on hand, when taking children to playground, sporting events, or camping

60110001 | 15 mL



## Prevent underarm odor with dōTERRA® NATURAL DEODORANT

### NATURAL DEODORANT

dōTERRA Natural Deodorant is an all-natural formula infused with Cypress, Melaleuca, Cedarwood, and Bergamot essential oils to create an effective, odor-fighting product for both men and women. These powerful essential oils inhibit underarm odor while leaving a fresh, clean scent.

- Cypress, Melaleuca, 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 smooth and healthy
- Shea butter hydrates skin without leaving a greasy after-feel
- Free of alcohol, aluminum, parabens, and artificial colors and fragrances

37420001 | 50 g



# Support immune function\* with dōTERRA ON GUARD® PRODUCTS

dōTERRA On Guard is one of the most popular and versatile dōTERRA® CPTG Certified Pure Therapeutic Grade® essential oil blends. The proprietary combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils is an active component in a first line of defense for immune support.\* It is a non-toxic and superb way to support the immune system.\* The On Guard Protective Blend has been integrated into a variety of dōTERRA products to provide diverse ways to use its powerful benefits.

## dōTERRA ON GUARD® top seller PROTECTIVE BLEND



dōTERRA On Guard offers a fragrant, natural, effective alternative to synthetic options for immune support.\*

- Features a combination of Wild Orange, Clove Bud, Cinnamon, Eucalyptus, and Rosemary essential oils
- Formulated to support healthy immune function\*
- Protects against environmental threats
- Safe for use on countertops, as a non-toxic cleaner, or to purify the air through diffusion

**31100001** | 15 mL bottle

## dōTERRA ON GUARD® NEW BOTTLE! BEADLET

dōTERRA On Guard Beadlets provide an easy and convenient way to obtain the immune-boosting 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



## dōTERRA ON GUARD®+ SOFTGELS PROTECTIVE BLEND

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 seasonal threats are high, or to protect against elements that can weaken the immune system.\*

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

**35420001** | 60 vegetarian softgels

**MADE WITH VEGETARIAN SOFTGELS**







**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.

- Helps to rid each load of laundry from environmental threats to keep your family safe and your clothes fresh and clean
- Contains 10 mL of dōTERRA On Guard Protective Blend for an added cleaning boost
- 64 loads in each bottle; 1 Tablespoon = 1 load (using a high efficiency washer)
- Great as a pre-treatment for stains

**38980001** | 947 mL

**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
- Perfect for hard surface cleaning needs with exceptional results
- Leaves behind a clean, invigorating scent

**38140001** | 355 mL

**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 473 mL bottle that fills 237 mL 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**

**38070005** | 473 mL Hand Wash, 2 dispensers



**SINGLE REFILL**

**38010001** | 473 mL Hand Wash



**TWIN PACK REFILL**

**38020005** | two 473 mL Hand Wash





**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 unique properties of dōTERRA On Guard Protective Blend
- Formulated with all-natural organic cane juice and brown rice syrup

**34050001** | 30 drops

**dōTERRA ON GUARD®  
NATURAL WHITENING  
TOOTHPASTE**

Clean teeth gently with the added benefit of therapeutic-grade dōTERRA On Guard essential oil blend.

- Fluoride free formulation
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath and toothbrush
- Boasts the protective benefits of dōTERRA On Guard essential oil blend

**38910001** | 113 g

**41910005** | three 113 g tubes



**dōTERRA ON GUARD® NATURAL  
WHITENING TOOTHPASTE  
SAMPLES**

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

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

**39000001** | 10 samples, 2 g each





# Respiratory support with dōTERRA® BREATHE™ PRODUCTS

Deep breathing is cleansing, freeing, and invigorating. It elevates our minds, and energizes our bodies. It is the essence of life, the reassurance of vitality. The remarkable blend of essential oils found in dōTERRA's Breathe Respiratory Blend maintains feelings of clear airways and easy breathing, especially when seasonal impediments to breathing are high. Now, with the easy application of the new dōTERRA Breathe Vapor Stick, you can quickly enjoy the benefits of this powerful blend anytime, anywhere.

## dōTERRA BREATHE™ VAPOR STICK

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

- Maintains feelings of clear airways and easy breathing
- Provides a cooling, soothing sensation

34290001 | 12,5 g



## dōTERRA BREATHE™ RESPIRATORY DROPS

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

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

35460001 | 30 drops



## dōTERRA BREATHE™ RESPIRATORY BLEND



Breathe is a powerful essential oil blend that maintains feelings of clear airways and easy breathing.

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Ravensara, and Cardamom essential oils
- Maintains feelings of clear airways and easy breathing
- Helps minimize the effects of seasonal threats
- Diffuse or inhale directly when environmental threats are high

49370001 | 15 mL bottle



*Healthy, radiant skin with*  
**dōTERRA® VERÁGE™**

dōTERRA Veráge is an exclusive collection of natural skin care products that nourish your skin, helping to reduce the visible signs of aging while also promoting smooth, supple skin. The advanced plant technology used in Veráge promotes an optimal lipid balance—the same balance found in healthy, youthful-looking skin. Each product is composed of true gifts from the Earth—nourishing plant extracts, pure and potent essential oils, and select natural ingredients. The Veráge Skin Care Collection delivers benefits your skin will love, naturally.





**VERÁGE™ CLEANSER**

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

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

**37380001** | 60 mL

Clinically supported benefits of the Veráge ingredients

- Smoothes skin texture
- Reduces appearance of wrinkles
- Minimizes mechanical creasing
- Minimizes pore appearance
- Evens tone

**VERÁGE™ TONER**

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

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

**37390001** | 50 mL

**VERÁGE™ IMMORTELLE HYDRATING SERUM**

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

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin
- Provides optimal lipid balance for smoother, more youthful-looking skin

**37400001** | 15 mL

**VERÁGE™ MOISTURIZER**

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

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

**37410001** | 30 g



**VERÁGE™ SKIN CARE COLLECTION**

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

**42690001** |

# Keep your skin looking radiant with dōTERRA® ESSENTIAL SKIN CARE

dōTERRA Essential Skin Care is a family of skin care products designed to help keep your skin feeling and looking young, healthy, and gorgeous by maximizing the natural power of essential oils. The Essential Skin Care line includes cutting-edge technologies that complement the careful selection of CPTG Certified Pure Therapeutic Grade® essential oils added in generous proportions to each product. Target the visible signs of aging with dōTERRA Essential Skin Care.



## REVEAL FACIAL SYSTEM

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

- Features dōTERRA citrus essential oils of Lime and Wild Orange to purify the skin
- Tiny polishing beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Nutrient-rich formula helps maintain a radiant complexion

**37340001** | 2 tubes — 50 mL each

## 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 looking healthy and smooth, while other cutting-edge ingredients work to reduce blemishes and discoloration.

- Exfoliant action comes from tiny jojoba beadlets, which first exfoliate the skin and then dissolve to provide unique moisturization properties
- Contains a polyphenol-rich brown and red algae extract shown to promote a reduction in the appearance of brown (age) spots, resulting in more even skin tone and clarity

**37050001** | 75 mL

## FACIAL CLEANSER

With the CPTG Certified Pure Therapeutic Grade® essential oils of Melaleuca and Peppermint, dōTERRA® Facial Cleanser gently washes away impurities and leaves your skin feeling clean, fresh, and smooth. Cruciferous vegetable extracts also work to reduce blemishes while protecting the appearance of the skin.

- Macadamia nut oil conditions the skin
- Proprietary vitamin blend supports overall healthy-looking skin

**37010001** | 120 mL



**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.

- Cocoa seed butter is a nutrient-rich emollient that helps keep skin looking hydrated in addition to acting as a protective conditioning agent that supports healthy-looking skin
- Erythritol provides moisturizing properties to the skin

**37160001** | 50 mL

**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.

- Contains rhizobian, acacia gum, and proprietary oat extracts, which provide immediate “lifting” effects
- Biomimetic peptides help brighten skin and reduce age spots, resulting in a smooth, even complexion

**37040001** | 30 mL

**ANTI-AGING MOISTURIZER**

Cutting-edge ingredients combine with the CPTG essential oils of Lavender, Jasmine, Geranium, and Frankincense to provide an anti-aging moisturizer that does more than moisturize and soften skin. Anti-Aging Moisturizer targets the visible signs of aging, improving skin tone, reducing the appearance of wrinkles as well as helping to keep skin looking young and vibrant.

- Contains ingredients that promote skin rejuvenation, helping reduce the appearance of wrinkles
- A natural, aqueous extract of dormant Summer Snowflake Flower bulbs to promote clearer, more even skin tone

**37030001** | 50 mL

**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.

- Formulated to create the appearance of toned and tightened skin
- Soybean extract is known to promote the appearance of hydrated, healthy-looking skin

**37020001** | 120 mL

**IMMORTELLE** New Look!  
**ANTI-AGING BLEND**

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

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

**37140001** | 10 mL roll-on



**1 SKIN CARE SYSTEM WITH ANTI-AGING MOISTURIZER**

Includes Facial Cleanser, Pore Reducing Toner, Tightening Serum, and Anti-Aging Moisturizer.

**37070001**

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

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

**37060001**



**3 SKIN CARE SYSTEM WITH HYDRATING CREAM**

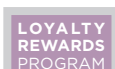
Includes Facial Cleanser, Pore Reducing Toner, Tightening Serum, and Hydrating Cream.

**37250001**

**4 SKIN CARE SYSTEM WITH HYDRATING CREAM ON LOYALTY REWARDS PROGRAM**

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

**37240001**



## Clear, smooth skin starts with **HD CLEAR®**

HD Clear is a line of natural and highly effective products that address problem skin at its core. This three-step system works synergistically to purge skin of impurities; promote a smooth, clear complexion; and help reduce blemishes. Included in each formula are CPTG® essential oils along with specialized plant extracts proven to improve skin texture and appearance. Using HD Clear every day will result in a clear, smooth, healthy-looking complexion.

### 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

### HD CLEAR® TOPICAL BLEND



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

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

49400001 | 10 mL roll-on



### HD CLEAR® KIT

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

42700005

### HD CLEAR® FACIAL LOTION

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

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- Promotes a clear complexion
- Soothes redness and irritation

49410001 | 50 mL





# dōTERRA® WOMEN

dōTERRA Women is a line of products formulated to address the unique and changing health needs of women. Normal hormone levels influence a woman's good health and emotional well-being from her early teens to her transition through menopause. dōTERRA Women gently supports a woman through the menstrual cycle and helps to diminish the normal symptoms of menopause.\* dōTERRA Women supports healthy bones and heart as women age, while the essential oil blend provides temporary relief from heightened emotions related to regular hormone cycles in women. The dōTERRA Women line of products provide natural support throughout the different phases of life.



## CLARYCALM® MONTHLY BLEND FOR WOMEN



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

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, and Vitex essential oils
- Helps balance mood throughout the month

**35270001** | 10 mL roll-on

## BONE NUTRIENT LIFETIME COMPLEX

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

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

**35240001** | 120 capsules

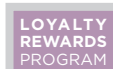


## PHYTOESTROGEN LIFETIME COMPLEX

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

- Includes a standardized soy extract with genistein, a powerful phytoestrogen
- Supports a women's transition to menopause with a concentrated extract of flax seed lignans\*
- Supports healthy bones, heart, breast tissue, and other body structures\*

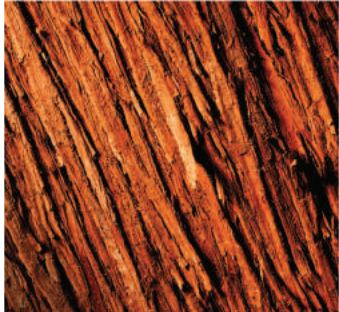
**35260001** | 60 capsules



## WOMEN'S HEALTH KIT

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

**35250005**



*Beautiful, shiny hair with dōTERRA*  
**SALON ESSENTIALS® HAIR CARE**

dōTERRA Salon Essentials® Hair Care products are inspired by the concept that extremely pure botanical extracts combined with the most advanced technological ingredients will provide unparalleled hair care benefits that optimize beautiful hair and a healthy scalp. Carefully selected CPTG® essential oils deliver targeted benefits in all four products. Protecting Shampoo, Smoothing Conditioner, Root to Tip Serum, and Healthy Hold Glaze work collectively or individually to promote healthy, soft, and beautifully shiny hair.



## CLINICALLY SUPPORTED BENEFITS OF THE ESSENTIAL HAIR CARE INGREDIENTS

- Helps protect color-treated hair
- Proven softening effects
- Better conditioning and detangling
- Maintains moisture capacity in both hair and scalp
- Strengthens and smoothes cuticles
- Less hair breakage
- Proprietary blend of essential oils for healthy-looking hair and scalp



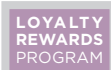
### dōTERRA SALON ESSENTIALS® HAIR CARE SYSTEM

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

36280005 | \_\_\_\_\_

#### LOYALTY REWARDS PRICING

PROTECTING SHAMPOO 2-PACK	36240005	_____
SMOOTHING CONDITIONER 2-PACK	36250005	_____
SHAMPOO AND CONDITIONER	36260005	_____



### 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 | 250 mL

### dōTERRA SALON ESSENTIALS® SMOOTHING CONDITIONER

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

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

36230001 | 250 mL

### 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.

- Provides immediate conditioning, smoothing, and shine
- When hair is untamable, apply for a light hold and perfect, soft style
- Helps keep hair looking healthy even when exposed to sunlight and blow drying
- Heat activated conditioning

36270001 | 120 mL

### 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

36210001 | 30 mL



## dōTERRA Healing Hands FOUNDATION™

The dōTERRA Healing Hands Foundation™ is dōTERRA International's registered 501(c)(3) non-profit organization committed to improving lives through partnering with organizations that offer hope to millions around the world. Healing Hands seeks to bring healing and hope to the world, for lives free of disease and poverty, and to ultimately empower impoverished communities with the tools needed to become self-reliant. dōTERRA International, LLC provides for all overhead and administrative costs of the dōTERRA Healing Hands Foundation, ensuring that 100 percent of all donations go directly to those receiving aid.

◆ For more information, please visit [doterrahealinghands.org](http://doterrahealinghands.org)



### ROSE LOTION

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

36170001 | 100 mL





*Indulge yourself & feel amazing*

# dōTERRA® SPA

dōTERRA® Spa products are designed to provide pampering opportunities that not only care for your body's skin, but also help you feel and look young, healthy, and attractive. With the power of CPTG Certified Pure Therapeutic Grade® essential oils combined with other natural, safe ingredients, you can feel confident and content as you enjoy these luxurious products.



### CITRUS BLISS® HAND LOTION

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

- Light, uplifting scent with a kiss of vanilla and a bouquet of citrus essential oils
- Perfect size to tote in the car, take to the office, or put in a purse or bag
- Contains natural plant extracts that leave skin feeling soft and hydrated

**36200001** | 75 mL tube

### HAND AND BODY LOTION

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

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

**36100001** | 200 mL tube

### 3-PACK

**36110005** | three 200 mL tubes

### LIP BALM WITH PEPPERMINT & WILD ORANGE

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

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

**36190001** | 4,5 mL



# dōTERRA DAILY VITALITY

There are more and more health concerns with the lack of nutrients in the foods we eat because we are so reliant on processed and convenience food. There is also a concern now with many of the supplements on the market because of companies trying to pack too much into a pill. Mega dosing on some nutrients, in addition to lack of other nutrients, is not good. Now there is a daily alternative with the right balance.



Save more than 35% by purchasing all three products in the Lifelong Vitality Pack or Lifelong Vitality Vegan Pack on your Loyalty Rewards order! Join as a dōTERRA member and save even more!



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

20640001



## 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 response to oxidative stress\*
- Features botanical extracts, carotenoids, and polyphenols as well as a cellular energy blend\*

34180001 | 120 vegetable capsules



MADE WITH SLS-FREE  
VEGETABLE CAPSULES



## xEO MEGA® NEW FORMULA! 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 omega-3 oils and carotenoids.

- Supports cardiovascular, immune, joint, and brain health\*
- Delivers equal ratio of EPA and DHA from sustainable fish and calamari oil concentrates, and Echium oil with SDA and GLA fatty acids
- Complete spectrum of carotenoids and vitamin E for antioxidant protection, plus vitamin D\*
- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils

34310001 | 120 softgels



MADE WITH VEGETARIAN  
SOFTGELS

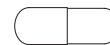


## MICROPLEX MVp™ NEW FORMULA! FOOD NUTRIENT COMPLEX

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

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

34320001 | 120 vegetable capsules



MADE WITH SLS-FREE  
VEGETABLE CAPSULES





**dōTERRA DAILY NUTRIENT PACK™**  
 MICROPLEX MVp™ AND xEO MEGA®

20650001

LOYALTY  
 REWARDS  
 PROGRAM

LOYALTY  
 REWARDS  
 PROGRAM

## Customize and Save

Purchase one Daily Nutrient Pack or one Lifelong Vitality Pack on a Loyalty Rewards Order, then add up to two of any combination of the featured items at a significant savings.

### BUY 1 DAILY NUTRIENT OR LIFELONG VITALITY PACK



OR



### THEN ADD UP TO 2 OF ANY COMBINATION OF THE ITEMS BELOW AT REDUCED PRICES

Mito2 Max



Deep Blue  
 Polyphenol



# dōTERRA® Specialized SUPPLEMENTS

Biological, environmental, and physiological factors all contribute to each individual's unique nutritional health needs. This means that some require an additional nutritional boost in some areas. Through cutting-edge scientific development, dōTERRA has provided a way to give that extra boost with specialized supplements. These supplements can be used in addition to the LifeLong Vitality pack to enhance certain functions.

## MITO2MAX® NEW FORMULA! ENERGY & STAMINA COMPLEX

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

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

34350001 | 60 vegetable capsules



MADE WITH SLS-FREE VEGETABLE CAPSULES



## DEEP BLUE NEW! POLYPHENOL COMPLEX™

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

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

34360001 | 60 vegetable capsules



MADE WITH SLS-FREE VEGETABLE CAPSULES



## VEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

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

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

34260001 | 120 liquicaps



MADE WITH VEGETARIAN LIQUICAPS



## NÖVOPRIME™ SOFTGELS ESSENTIAL OIL CELLULAR COMPLEX

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

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

34410005 | 60 softgels



MADE WITH VEGETARIAN SOFTGELS

\*Oligonol® is a trademark of AminoUp Chemical Co., LTD.



**DIGESTZEN® SOFTGELS****DIGESTIVE BLEND**

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.\*

- Soothes occasional stomach upset and eases indigestion\*
- Supports healthy gastrointestinal function\*
- Promotes healthy digestion\*

**35430001** | 60 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS

**TRIEASE® SOFTGELS****SEASONAL BLEND**

TriEase Softgels were developed to protect against seasonal and environmental elements and to support 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 respiratory function when combined together.\*

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

**49310001** | 60 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS

**ON GUARD®+ SOFTGELS****PROTECTIVE BLEND**

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 seasonal threats are high, or to protect against elements that can weaken the immune system.\*

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

**35420001** | 60 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS

**ZENDOCRINE® SOFTGELS****DETOXIFICATION BLEND**

Zendocrine Softgels help cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling.\* Zendocrine Softgels provide an easy and convenient way to consume Zendocrine essential oil blend, a proprietary formula that helps detoxify the body, promote healthy liver function, and support a healthy endocrine system.\*

- Supports the body's natural ability to rid itself of unwanted substances\*
- Purifying and detoxifying to the body's systems\*
- Supports healthy endocrine system function\*
- Promotes healthy liver function\*

**34280001** | 60 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS



\*This product is not intended to diagnose, treat, cure, or prevent any disease.







## *dōTERRA*® Children's SUPPLEMENTS

Inspired by the dōTERRA Lifelong Vitality Pack, these products make it easy to enjoy taking omega-3s, whole food nutrients, vitamins, and minerals in convenient liquid and chewable forms. Kids love them because they taste great; adults love them because they are easy to swallow.

### **dōTERRA a2z CHEWABLE™**

Designed for children and adults who have difficulty swallowing capsules, a2z provides the nutrients your body needs for optimal health.\*

- Combines a blend of B vitamins with vitamins A, C, and E
- Features botanical extracts and is formulated to be used with IQ Mega
- Supports healthy immunity and provides antioxidant protection\*
- Promotes healthy cell development and longevity when taken daily\*

**35330001** | 60 tablets

### **IQ MEGA®**

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

- Provides 1,000 mg omega-3s per serving
- Supports healthy brain, cardiovascular, immune, and joint function\*
- Formulated to be used with a2z chewable

**35320001** | 150 mL







## DigestZen®

# DIGESTIVE HEALTH

Lifelong health is very much dependent on digestive health. A properly functioning digestive system is not only essential for food nutrient absorption, but also performs critical immune and detoxification functions in the body. Compromised digestive function can result in energy deficiencies, compromised immunities, weight gain, and gastrointestinal discomfort. The DigestZen line of digestive health products provides targeted solutions for optimal digestive function and comfort.\*



### DIGESTZEN TERRAZYME® top seller

#### DIGESTIVE ENZYME COMPLEX

DigestZenTerraZyme 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



MADE WITH SLS-FREE  
VEGETABLE CAPSULES



### GX ASSIST®

#### GI CLEANSING FORMULA

Cleanse your GI tract before starting on 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 by creating an unfriendly environment for potential threats\*
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist+ Probiotic Defense Formula\*

**35040001** | 60 softgels



MADE WITH ENTERIC SOFTGELS



### 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 (fructooligosaccharides) that encourage culture adhesion and growth\*
- Time-release double capsule delivery system is designed to help protect sensitive probiotic cultures from stomach acid
- Supports healthy digestive function and immunity\*

**35160001** | 30 vegetable capsules



MADE WITH SLS-FREE  
VEGETABLE CAPSULES



**DIGESTZEN®** top seller  
**DIGESTIVE BLEND**



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

- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Aids in the digestion of foods\*
- Maintains a healthy gastro-intestinal tract\*
- Soothes occasional stomach upset\*

**31030001** | 15 mL bottle

**DIGESTZEN®**  
**SOFTGELS**

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

- Soothes occasional stomach upset and eases indigestion\*
- Supports healthy gastrointestinal function\*
- Promotes healthy digestion\*

**35430001** | 60 vegetarian softgels



**DIGESTTAB™** NEW!  
**CHEWABLE TABLETS**

DigestTab is a calcium carbonate tablet that is 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 provide relief from occasional sour stomach\*
- Provides 200 mg of calcium per tablet

**34380001** | 100 chewable tablets

\*This product is not intended to diagnose, treat, cure, or prevent any disease.





### ZENDOCRINE® DETOXIFICATION BLEND



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

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

**31460001** | 15 mL bottle

### 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



MADE WITH SLS-FREE  
VEGETABLE CAPSULES

### ZENDOCRINE® SOFTGELS DETOXIFICATION BLEND

Zendocrin Softgels help cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling.\* Zendocrin Softgels provide an easy and convenient way to consume Zendocrin essential oil blend, a proprietary formula that helps detoxify the body, promote healthy liver function, and support a healthy endocrine system.\*

- Supports the body's natural ability to rid itself of unwanted substances\*
- Supports healthy endocrine system function\*
- Promotes healthy liver function\*

**34280001** | 60 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS



## *Daily Fruits and Vegetables* **TERRAGREENS®**

According to the U.S. Center for Disease Control and Prevention, 67,5 percent of adults eat fruit less than two times daily, and 73,7 percent eat vegetables less than three times per day, which is far less than what is recommended. dōTERRA has put together a powdered greens mix that dismisses any excuse you have for not increasing your daily intake of fruits and vegetables. It's fast, easy, and so convenient. Just one scoop and 250 mL of water will give you a boost of fruits and vegetables to help supplement the nutrition we all know that we're lacking. Best of all, it's naturally flavored with CPTG® essential oils.

### **TERRAGREENS®**

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

- Blend of leafy greens and super fruits
- Chock full of naturally occurring vitamins, minerals, and antioxidants
- Flavored with Lemon and Ginger CPTG essential oils

**60120001** | 300 g





## Weight management with **SLIM & SASSY®**

The dōTERRA® Slim & Sassy line of products encourages overall health and wellness through the attainment and maintenance of healthy body weight.\* Take advantage of a wide range of benefits by incorporating the Slim & Sassy Metabolic Blend, contrōl, TrimShake, and our premier line of supplements into your lifestyle!

### 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



### SLIM & SASSY® SOFTGELS

Slim & Sassy Softgels contain dōTERRA®'s 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.\*

- Supports healthy metabolism\*
- Helps manage hunger cravings\*
- Promotes healthy digestion\*
- Perfect for any weight management program

34270001 | 90 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS



\*This product is not intended to diagnose, treat, cure, or prevent any disease.



**SLIM & SASSY CONTRÖL™ INSTANT MIX**

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

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

**34150001** | 30 sachets



**SLIM & SASSY CONTRÖL BARS**

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

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

**34330001** | 10 apple cinnamon bars

**34340001** | 10 lemon bars

**34370001** | 10 apricot bars

**CONTRÖL BAR 3-PACK**

**20900001** | 10 bars of each flavor

\*Appethyl™ is a trademark of Greenleaf Medical AB





*"I use Slim and Sassy oil, TrimShake, and the Lifelong Vitality Pack daily. I have more energy to do my daily responsibilities. I have self-esteem to hold conversations about the oils I use. I'm not ashamed to look people in the eye when talking to them about wellness now that I'm doing it myself!"*

Beth P., Danville, AL

### 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
35200001	chocolate

40770005	1 chocolate, 1 vanilla
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35280005	2 chocolate
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35290005	2 vanilla
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20270005	2 V shakes
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### 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	
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### SLIM & SASSY® TRIM KIT

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

## ESSENTRATRIM®<sup>†</sup>

125 mg of EssentraTrim®, a patented extract of Ashwagandha that has been clinically demonstrated to help control stress-induced appetite, overeating, and carbohydrate cravings, helps support blood sugar levels already in the normal range, and enhances energy levels while helping to alleviate fatigue during dieting and exercise.

<sup>†</sup>Essentra Trim is a registered trademark of Nutra Genesis LLC

## SOLATHIN®<sup>‡</sup>

Slim & Sassy® TrimShake includes 50 mg of Solathin® per serving, a special protein extract from natural food sources that supports an increased feeling of satiety. Solathin® has also been demonstrated to help control snacking between meals, portion control, and feeling full faster and longer. Along with being an excellent source of protein, Solathin® is also hypo-allergenic and enhances the flavor and texture of TrimShake.

<sup>‡</sup>Solathin is a registered trademark of Cyvex Nutrition







LOYALTY  
REWARDS  
PROGRAM



## The dōTERRA® LOYALTY REWARDS PROGRAM

Do you have a favorite dōTERRA product you cannot live without? Would you enjoy the convenience of receiving dōTERRA Lifelong Vitality Supplements automatically each month? Would you like to earn free product every time you place an order? The dōTERRA Loyalty Rewards Program (LRP) provides a convenient way to receive an automatic monthly order of your favorite dōTERRA products delivered directly to your home. Each month you participate in the Loyalty Rewards Program, you earn an increasing number of LRP credits that can be used as cash to purchase product—earn up to 30 percent on qualified LRP orders! You can change the products in your monthly order or cancel your LRP agreement at any time without obligation. Talk to the Independent Product Consultant who gave you this product guide or call dōTERRA via the most convenient method below for more complete program information.

dōTERRA®

CPTG Certified Pure Therapeutic Grade®

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