

dōTERRA®

PRODUCT GUIDE





THE dōTERRA STORY

IN THE SPRING OF 2008, A GROUP OF HEALTHCARE 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 the 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 a 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 with 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." dōTERRA's first offering of 25 single oils and 10 oil blends were 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's therapeutic-grade essential oils at first experience.

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 healthcare 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 healthcare professionals of traditional and alternative medicine to encourage further study and application of therapeutic-grade essential oils in modern healthcare practices



NEW!
**PEPPERMINT
BEADLET**
SEE PAGE 13





NEW!
INTUNE™
FOCUS BLEND
 SEE PAGE 23



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NEW! ESSENTIAL HAIR CARE
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dōTERRA's proprietary essential wellness products are sold exclusively by Independent Product Consultants through person-to-person sharing, personalized web sites, and in wellness centers and spas throughout the World. To order, talk to the product consultant who provided you with this product guide or contact one of the numbers found on the back page to find a consultant in your area. Independent product distributorships are available

TO ORDER CONTACT
europeanorders@doterra.com



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 medicinal and therapeutic benefits. Modern trends towards 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 and are naturally antimicrobial. Their unique chemical structure allows them to pass directly through the skin for immediate systemic response to topical application. And 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 valuable oil, while 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.





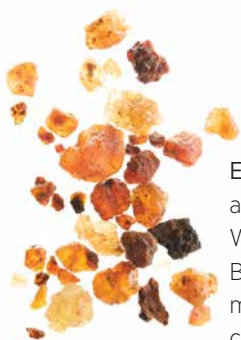
CPTG Certified Pure Therapeutic Grade®

dōTERRA'S CPTG CERTIFIED PURE THERAPEUTIC GRADE ESSENTIAL OILS are 100% 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 their 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's Certified Pure Therapeutic Grade essential oils are cross tested using mass spectrometry and gas chromatography to ensure both 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's 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 of dōTERRA's 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.





dōTERRA®'S NETWORK OF BOTANICAL GROWERS and distillers span the globe from Oman to Corsica, from Sri Lanka to France. 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.



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. 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 100% 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, simply 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.)

APPLICATION METHODS

- A Can be used aromatically
- T Can be used topically

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

The perfect kit for beginners, the Intro to Essential Oils kit includes an introductory audio CD and booklet highlighting the uses of essential oils, and a 5 ml bottle of doTERRA's CPTG® lavender, lemon, and peppermint essential oils. The stunning presentation box also includes suggested uses of the included oils providing you with an immediate experience of the life-changing benefits of essential oils.

32180005



LAVENDER *Lavandula angustifolia*

- Apply to the bottom of feet or on a pillow before sleeping
- Use to calm reaction to a bee sting or bug bite
- Use with bath salts for a relaxing spa bathing experience
- Apply to wrists or inhale when traveling to ease motion upset
- Lightly apply to soothe sunburned or scalded skin
- Apply to back, hands, or feet of a restless or agitated child
- Use to calm and soothe diaper rash
- Calm sensitive skin and soothe pores after hair removal
- Apply to dry, chapped lips before applying lip balm
- Use with peppermint for a healthy scalp massage
- Add to lotion for a stress-relieving hand massage

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
- Apply directly to cold sores for soothing relief
- 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

PEPPERMINT *Mentha piperita*

- Rub on stomach or feet, or take one drop internally to calm indigestion or upset stomach
- Diffuse aromatically or apply topically to open sinuses and airways
- Apply with lavender to sore, tired muscles and joints
- Breathe during a meal to help you feel full
- Add to a cold water compress or foot bath to cool off when overheated
- Inhale as a non-stimulant, invigorating pick-me-up on long drives
- Add to shampoo and conditioner for a stimulating hair and scalp massage
- Use with lavender and lemon during allergy season
- Spritz on child's shirt before study time for alertness



ESSENTIAL OIL SINGLES

dōTERRA®’S COLLECTION OF SINGLE ESSENTIAL OILS REPRESENTS THE FINEST aromatic extracts available in the world today. Each oil provides the living essence of its source botanical, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil is 100% natural and passes strict standards of purity and potency. A beautiful palette of botanical energies, they can be used individually or blended for personalized essential oil therapies.

BASIL
ESSENTIAL OIL
Ocimum basilicum

Valued for its restorative and calming properties, basil is commonly used for soothing sore muscles and joints, to ease breathing and as a cooling agent for the skin.*



30010005 15 ml bottle

BERGAMOT
ESSENTIAL OIL
Citrus bergamia

A highly favored oil for its lovely fragrance, bergamot is unique among citrus oils for its calming properties. dōTERRA, in keeping with the CPTG Certified Pure Therapeutic Grade® standard, cold-presses the oil from the rind of the bergamot fruit.



30790005 15 ml bottle

BLACK PEPPER new!
ESSENTIAL OIL
Piper nigrum

A stimulating and highly antioxidant essential oil which has been shown to improve circulation, aid digestive system, as well as help curb urges to smoke. Black Pepper is also a wonderful flavor enhancer but a little goes a long way — use sparingly.*



41040005 5 ml bottle

CASSIA
ESSENTIAL OIL
Cinnamomum cassia

Cassia, a close relative of cinnamon, is notable for its wonderful fragrance. Cassia has been used for thousands of years for both its calming properties and fragrance.



30000052 15 ml bottle



SINGLE ESSENTIAL OILS

Quick Reference Chart

	APPLICATION		SKIN SENSITIVITY			ORDER #	PAGE
	AROMATIC	TOPICAL	NEAT	SENSITIVE	DILUTE		
BASIL <i>Ocimum basilicum</i>	A	T	N			30010005	8
BERGAMOT <i>Citrus bergamia</i>	A	T		S		30790005	8
BLACK PEPPER <i>Piper nigrum</i> new!	A	T		S		41040005	8
CASSIA <i>Cinnamomum cassia</i>	A	T			D	30020005	8
CILANTRO <i>Coriandrum sativum</i> new!	A	T	N			41850005	8
CINNAMON <i>Cinnamomum zeylanicum</i>	A	T			D	30030005	8
CLARY SAGE <i>Salvia sclarea</i>	A	T	N			30420005	10
CLOVE BUD <i>Eugenia caryophyllata</i>	A	T			D	30040005	10
CORIANDER <i>Coriandrum sativum</i>	A	T	N			30780005	10
CYPRESS <i>Cupressus sempervirens</i>	A	T	N			30050005	10
EUCALYPTUS <i>Eucalyptus radiata</i>	A	T		S		30060005	10
FENNEL, SWEET <i>Foeniculum vulgare</i>	A	T		S		41290005	10
FRANKINCENSE <i>Boswellia frereana</i> top seller	A	T	N			30070005	10
GERANIUM <i>Pelargonium graveolens</i>	A	T		S		30090005	11
GINGER <i>Zingiber officinale</i>	A	T		S		30080005	11
GRAPEFRUIT <i>Citrus X paradisi</i>	A	T	N			30100005	11
HELICHRYSUM <i>Helichrysum italicum</i>	A	T	N			30410005	11
LAVENDER <i>Lavandula angustifolia</i> top seller	A	T	N			30110005	12
LEMON <i>Citrus limon</i> top seller	A	T	N			30120005	12
LEMONGRASS <i>Cymbopogon flexuosus</i>	A	T		S		30130005	12
LIME <i>Citrus aurantifolia</i>	A	T		S		30870005	12
MARJORAM <i>Origanum majorana</i>	A	T	N			30140005	12
MELALEUCA <i>Melaleuca alternifolia</i> top seller	A	T	N			30150005	13
MELISSA <i>Melissa officinalis</i>	A	T	N			30850005	13
MYRRH <i>Commiphora myrrha</i>	A	T	N			30160005	13
OREGANO <i>Origanum vulgare</i> top seller	A	T			D	30180005	13
PATCHOULI <i>Pogostemon cablin</i>	A	T	N			30890005	13
PEPPERMINT <i>Mentha piperita</i> top seller	A	T		S		30190005	13
ROMAN CHAMOMILE <i>Anthemis nobilis</i>	A	T	N			30800005	13
ROSEMARY <i>Rosmarinus officinalis</i>	A	T	N			30200005	14
SANDALWOOD <i>Santalum album</i>	A	T	N			30210005	14
THYME <i>Thymus vulgaris</i>	A	T			D	30220005	14
VETIVER <i>Vetiveria zizanioides</i>	A	T	N			30430005	14
WHITE FIR <i>Abies alba</i>	A	T	N			30250005	15
WILD ORANGE <i>Citrus sinensis</i> top seller	A	T	N			30170005	15
WINTERGREEN <i>Gaultheria procumbens</i>	A	T		S		30230005	15
YLANG YLANG <i>Cananga odorata</i>	A	T	N			30240005	15

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

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)

CILANTRO **new!** ESSENTIAL OIL

Coriandrum sativum

Cilantro comes from the leaves of the coriander plant and is a fresh and tasty flavor enhancer used by food connoisseurs. There are also many diverse therapeutic benefits that may be enjoyed, including digestive, antioxidant and stimulating.*



41850005

15 ml bottle

CINNAMON ESSENTIAL OIL

Cinnamomum zeylanicum

Cinnamon is most well known for its extensive use as a spice in flavoring food. However, its popularity as an essential oil stems from its many therapeutic uses, including cinnamon's cleansing properties and its usefulness with aches and pains.*



30030005

5 ml bottle

CLARY SAGE ESSENTIAL OIL

Salvia sclarea

Known for its uplifting and mood-lightening attributes, clary sage is also widely used by women to soothe monthly discomfort associated with their menstrual cycles.* It was also studied by noted expert Robert Tisserand for its mood-enhancing properties during massage.



30420005

15 ml bottle

CLOVE BUD ESSENTIAL OIL

Eugenia caryophyllata

Clove is much more than a popular cooking spice—it is a favorite among both healthcare professionals and health conscious individuals for its many useful and healing properties. It is also a powerful antioxidant.



30040005

15 ml bottle

CORIANDER ESSENTIAL OIL

Coriandrum sativum

Popular across many cultures for various uses, coriander essential oil is extracted from the seed of the coriander plant. Coriander's healthful therapeutic benefits, which can be attributed to its extremely high linalool content, range from digestive support to supporting a healthy insulin response.*



30780005

15 ml bottle

CYPRESS ESSENTIAL OIL

Cupressus sempervirens

Distilled from the twigs and foliage of the cypress tree, cypress essential oil is popularly used to clear breathing and as a throat gargle. It can also be used to ease tight, tense muscles and used topically to support localized blood flow.* A blend of cypress and grapefruit is used in spa therapies for beautifying legs and hips.



30050005

15 ml bottle

EUCALYPTUS ESSENTIAL OIL

Eucalyptus radiata

Because of the many influential compounds found in eucalyptus, it is a key ingredient in cough and throat medicines and chest ointments. Eucalyptus is used widely both for its calming and clearing properties as well as to ease breathing.*



30060005

15 ml bottle

FENNEL (SWEET) ESSENTIAL OIL

Foeniculum vulgare

Used for centuries for its many health benefits, fennel essential oil has pronounced antioxidant properties and is considered a tonic. It is often used to relieve indigestion (supporting the healthy functions of the stomach), aiding in any kind of digestive trouble and to support improvements to the lymphatic system. Fennel's sweet yet spicy aroma is balancing and may bring to mind licorice.*



41290005

15 ml bottle

FRANKINCENSE ESSENTIAL OIL **top seller**

Boswellia frereana

Perhaps the most precious of the ancient oils, frankincense is highly sought after by modern consumers for its many uses—including relaxation, immune support, and mood enhancement.*



30070005

15 ml bottle



PRODUCT HIGHLIGHT

frankincense

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



“Very few oils offer the versatility and reliability of frankincense. Its results have been proven through literally thousands of years of research and usage. I have no doubts that when I use my dōTERRA® frankincense oil that it is 100% safe, reliable, and effective with no adverse side effects. I use it with absolute confidence that I am giving my family the best. I can’t ask for more than that.”

Katy C., Kansas, USA

GERANIUM ESSENTIAL OIL

Pelargonium graveolens

Geranium offers outstanding benefits for soothing skin and is a common ingredient in many skin care products. Also useful for joint support and tempering minor aches and pains, geranium’s calming effects make it a popular choice for many essential oil users.*



30090005

15 ml bottle

GINGER ESSENTIAL OIL

Zingiber officinale

Although ginger is an indispensable component of worldwide cuisine, it is most notable for its ability to ease indigestion.* Ginger’s sweet, citrusy fragrance accompanies a multitude of other therapeutic benefits.



30080005

15 ml bottle

GRAPEFRUIT ESSENTIAL OIL

Citrus X paradisi

Grapefruit’s fresh, invigorating aroma is sure to uplift the mood and please the senses. Pressed from the rind, grapefruit is more than just a fresh scent—its cleansing and invigorating properties have made it a favorite among essential oil lovers.



30100005

15 ml bottle

HELICHRYSUM ESSENTIAL OIL

Helichrysum italicum

One of the most precious and sought-after essential oils, helichrysum has traditionally been used for its soothing and regenerative effects.* The rare essential oil of helichrysum is distilled from the flower cluster of an evergreen herb and is highly prized by essential oil users.



30410005

5 ml bottle

APPLICATION METHODS **A** Can be used aromatically **T** Can be used topically

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)



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 16 oz. of therapeutic-grade essential oil.

LAVENDER
ESSENTIAL OIL top seller

Lavandula angustifolia

Our most popular oil, lavender has been cherished for its unmistakable aroma and its therapeutic properties for thousands of years. Lavender is widely used and acknowledged for its calming and relaxing qualities.



30110005 15 ml bottle

LEMON
ESSENTIAL OIL top seller

Citrus limon

Another favorite, this essential oil powerhouse is cold pressed from lemon rinds to preserve its delicate nature and potent properties. Lemon is known as a powerful aromatic, topical and internal cleanser and can be used to complement many other oils. Diffusing lemon in a room can cleanse the air and uplift mood. It can also be used on surfaces throughout the home as a non-toxic cleaning booster.



30120005 15 ml bottle

LEMONGRASS
ESSENTIAL OIL

Cymbopogon flexuosus

Lemongrass has long been used in Asian and Caribbean cooking due to its subtle lemony flavor and aroma. It has been found to support healthy digestion, and soothe aching muscles.*



30130005 15 ml bottle

LIME
ESSENTIAL OIL

Citrus aurantifolia

With its sharp, citrus smell, Lime is one more essential oil to add to your favorites! Lime's stimulating and refreshing properties can affect mood, as well as being a powerful aromatic, topical and internal cleanser. Lime is also popular for use on joints and for seasonal bugs.*



30870005 15 ml bottle

MARJORAM
ESSENTIAL OIL

Origanum majorana

Also referred to as "wintersweet" or "joy of the mountains," marjoram is one of the most common herbs found in kitchens around the world. Valued for its calming properties, marjoram may be applied topically to soothe tired, stressed muscles or to support the respiratory or nervous system.*



30140005 15 ml bottle

MELALEUCA ESSENTIAL OIL top seller

Melaleuca alternifolia

Recognized by its more common name "tea tree", melaleuca has been revered for its cleansing and regenerative properties,* especially for the skin. Composed of more than ninety different compounds, melaleuca has limitless therapeutic applications.



30150005

15 ml bottle

MELISSA ESSENTIAL OIL

Melissa officinalis

Our most expensive and rare oil, Melissa essential oil has a sweet, fresh, citrus-like fragrance and is steam distilled from the fresh flowering tops, leaves and stems of the Melissa officinalis plant. With a wide range of therapeutic properties, Melissa can be used for calming the nerves, addressing stomach discomfort, mood support and seasonal bugs. Because the Melissa plant has an oil yield of less than 1/10 of 1%, it is one of the most commonly adulterated oils.*



30850005

5 ml bottle

MYRRH ESSENTIAL OIL

Commiphora myrrha

Historically, myrrh has been used in many ways—from meditation to embalming in ancient Egypt. Modern herbalists frequently recommend myrrh for its cleansing properties, especially for the mouth and throat. Myrrh is also excellent for calming the skin.



30160005

15 ml bottle

OREGANO ESSENTIAL OIL top seller

Origanum vulgare

Hippocrates, the father of medicine, used oregano as a cleansing agent as well as for digestive and respiratory support. High in antioxidant activity, oregano contains phenolic acids and flavonoids.



30180005

15 ml bottle

PATCHOULI ESSENTIAL OIL

Pogostemon cablin

Patchouli oil has an easily recognizable rich musky-sweet fragrance. It can have a grounding, balancing effect on the emotions while providing excellent mood support. Patchouli is also widely used for wounds and tissue repair, as well as in skin care preparations for these same properties.*



30890005

15 ml bottle

PEPPERMINT ESSENTIAL OIL top seller

Mentha piperita

Peppermint is popular in countless forms—from toothpaste to chewing gum. As an essential oil, it is useful to ease breathing and as a digestive aid.*



30190005

15 ml bottle

ROMAN CHAMOMILE ESSENTIAL OIL

Anthemis nobilis

The most versatile of the chamomiles, Roman chamomile is extracted from the small, white, daisy-like flower of the Roman chamomile plant. Used widely for its calming properties, Roman chamomile is especially soothing to the systems of the body and helps to support a healthy inflammatory response.*



30800005

5 ml bottle

PEPPERMINT BEADLET new!

Through a unique and exclusive process, dōTERRA has captured the therapeutic benefits of peppermint essential oil in the convenience of a soft gelatin beadlet. Each tiny beadlet delivers a refreshing burst of peppermint as it quickly dissolves, invigorating your senses as you breathe in the cooling aroma of pure peppermint essential oil. More than a breath mint, dōTERRA Peppermint Beadlets can be used for oral care, respiratory health, digestive comfort, and all other situations in which peppermint essential oil is used internally.*

38150005

125 beadlets





“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 - can change my clients’ mood and helps me focus on what matters.”

Jacqueline L.,
Victoria, Australia

ROSEMARY
ESSENTIAL OIL

Rosmarinus officinalis

Considered sacred by ancient Greeks, Romans, Egyptians and Hebrews, rosemary has been revered by healers for centuries for its digestive uses and for muscle aches and pains.*



30200005

15 ml bottle

SANDALWOOD
ESSENTIAL OIL

Santalum album

With a documented history of use of several thousand years and a wide variety of applications, sandalwood is most notable for its smoothing effects on skin and for its mood-enhancing properties.*



30210005

5 ml bottle

THYME
ESSENTIAL OIL

Thymus vulgaris

Thyme, familiar to most as a common seasoning for cooking, produces an essential oil that has valuable cleansing and clarifying properties. It is also notable for its broad-spectrum activity for winter health.



30220005

15 ml bottle

VETIVER
ESSENTIAL OIL

Vetiveria zizanioides

Vetiver is loved for its rich, exotic and complex aroma. Used extensively in perfumes as a base note and fixative, vetiver’s woody, earthy scent complements many other essential oils. Vetiver also has many therapeutic uses, including as an antioxidant and for relaxation.



30430005

15 ml bottle



PRODUCT HIGHLIGHT

wild orange

dōTERRA®'s wild orange essential oil comes from the thick rinds of oranges grown in citrus groves of the Dominican Republic. It is 100% natural, preservative and pesticide free, and never diluted with more commonly used citrus oils of inferior quality.

APPLICATION METHODS **A** Can be used aromatically **T** Can be used topically

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)

WHITE FIR ESSENTIAL OIL

Abies alba

Derived from the soft needles of the tree, white fir is a favorite among essential oil users for its ability to comfort and soothe muscle aches and pains when applied topically.



30250005

15 ml bottle

WILD ORANGE ESSENTIAL OIL top seller

Citrus sinensis

Cold-pressed from the orange peel, wild orange is excellent for energizing and revitalizing. It is also commonly used as an effective tool for uplifting mood, as well as for its wonderful citrusy aroma.



30170005

15 ml bottle

WINTERGREEN ESSENTIAL OIL

Gaultheria procumbens

Most modern consumers are familiar with the aroma and flavor of wintergreen due to its popularity in candy and chewing gum. Wintergreen essential oil, however, has much more to offer therapeutically—as a comforting agent for aches and pains, for example.*



30230005

15 ml bottle

YLANG YLANG ESSENTIAL OIL

Cananga odorata

Ylang ylang, while famed for its exquisite fragrance and long history as a component of perfumes, has much to offer therapeutically. It is an effective mood uplifting agent as well as having calming properties.



30240005

15 ml bottle



dōTERRA® + FAMILY PHYSICIAN® KIT



NATURE'S MEDICINE CABINET—dōTERRA's 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's Certified Pure Therapeutic Grade® essential oils can help you help your family.

FAMILY PHYSICIAN KIT top seller

dōTERRA's Family Physician Kit is a collection of ten nurturing essential oils, including six single oils and four oil blends. The stunning box includes tips for using the oils, as well as an audio CD featuring dōTERRA's Chief Medical Officer, Dr. David K. Hill. In this audio presentation, Dr. Hill teaches listeners how to care for their family's everyday health needs with simple and safe methods using the ten nurturing essential oils. The kit includes a 5 ml bottle of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue, Breathe, DigestZen and On Guard to help families address a multitude of health issues.

32790005

dōTERRA® + FAMILY PHYSICIAN® KIT



FRANKINCENSE ESSENTIAL OIL FROM OMAN

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

- Use to clean and dress minor cuts, bites, and sores
- Apply to neck and forehead with lavender and peppermint to help calm stress and headaches
- Apply to the bottom of the feet or take internally in capsules to support immune function
- Use with a carrier 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 calm anxiety and soothe emotions
- Apply topically to soothe irritated skin and lips
- Massage on back or bottom of feet and apply a drop to pillow at bedtime
- Apply immediately to help calm reaction to a bee sting or bug bite



LEMON ESSENTIAL OIL

Clean and Freshen

- Diffuse in a room to neutralize odors and elevate mood
- Use to clean kitchen counters and stainless steel appliances



PEPPERMINT ESSENTIAL OIL

Cool and Invigorate

- 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 calm headaches



MELALEUCA ESSENTIAL OIL

First Aid for the Skin

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



OREGANO ESSENTIAL OIL

Natural Immune Support

- Use several drops for periodic immune support*
- Dilute and apply to bottom of feet of kids and adults as a natural defense
- Use as part of a monthly cleansing regimen for GI health



DEEP BLUE® SOOTHING BLEND

Muscle and Joint Support

- Apply directly to tired, aching joints
- Rub on muscles before and after exercise to reduce discomfort
- Use with carrier oil for a therapeutic deep-tissue massage



BREATHE RESPIRATORY BLEND

Respiratory Support

- Apply topically to chest and neck to help clear lungs and sinuses
- Diffuse or add to humidifier at bedtime for more restful sleep
- Apply to chest or bottom of feet for seasonal respiratory discomfort



DIGESTZEN® DIGESTIVE BLEND

Digestive Support

- Rub on stomach to ease digestive discomfort, nausea, or motion sickness
- Use at meal times to support healthy, comfortable digestion
- Apply to the bottom of feet of children to help ease digestive issues



ON GUARD® PROTECTIVE BLEND

Natural Defense

- Dilute and gargle morning and night as a protective mouth rinse
- Use morning and night for daily immune support*
- Dilute in spray bottle to clean doorknobs, telephones, and other community surfaces
- Diffuse in a room to eliminate airborne pathogens*





AROMATOUCH® TECHNIQUE

A CLINICAL APPROACH TO ESSENTIAL OIL APPLICATION

1
STRESS MANAGEMENT



2
IMMUNE SUPPORT



3
INFLAMMATORY RESPONSE



4
HOMEOSTASIS





AROMATOUCH® TECHNIQUE KIT

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 8 CPTG oils used in the AromaTouch Technique, as well as the AromaTouch overview booklet and presentation box. You will also receive doTERRA®'s Fractionated Coconut Oil (120 ml) when you purchase this kit.

32570005



doTERRA®'S AROMATOUCH® TECHNIQUE IS A simple step-by-step method of applying therapeutic grade essential oils topically to produce a profound whole-body wellness experience. The many benefits of the AromaTouch Technique include stress management, immune support and autonomic balance.

The AromaTouch Technique Kit includes 5 ml bottles of doTERRA's Balance Grounding Blend, lavender, melaleuca, On Guard® Protective Blend, AromaTouch® Massage Blend, Deep Blue® Soothing Blend, wild orange, peppermint and a 4 oz 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 health benefits.*

AROMATOUCH® PROFESSIONAL KIT

Savings of 75€ and £65 over buying three AT Kits. Three times the oils of the AT Kit, for nearly 1/3 the cost.

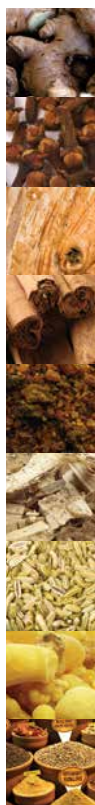
32730005



"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'S ESSENTIAL OIL BLENDS ARE PROPRIETARY FORMULAS FOR TARGETED wellness applications. They represent the converging wisdom of many years of therapeutic essential oil experience and validation of a growing body of research and scientific study. Harnessing the inherent living energies of plants, each formula is synergistically balanced to enhance product potency and benefits and contains only CPTG Certified Pure Therapeutic Grade® essential oils.

AROMATOUGH® MASSAGE BLEND

dōTERRA's proprietary massage blend combines the therapeutic benefits of oils well-known to relax muscles, calm tension, soothe irritated tissue, increase circulation and smooth limbs. AromaTouch combines our CPTG® essential oils of basil, grapefruit, cypress, marjoram, peppermint and lavender in a perfectly relaxing blend which adds many important benefits to various massage techniques.*



31200005

15 ml bottle

BALANCE GROUNDING BLEND

Everyone experiences moments of disconnectedness or anxiety. The warm, woody aroma of Balance, dōTERRA's grounding blend, creates a sense of calm and well-being. We perfectly blend spruce, rosewood, frankincense and blue tansy to offer an enticing fragrance which promotes tranquility and a sense of balance.



31010005

15 ml bottle

BREATHE top seller RESPIRATORY BLEND

Respiratory issues are prevalent in modern society. dōTERRA essential oils are a perfect way to ease breathing consistently for a sustained benefit. Breathe is a remarkable blend of CPTG essential oils which combine to do just that—help you breathe easier. A proprietary blend including laurel leaf, peppermint, eucalyptus, melaleuca, lemon and ravensara cleanses and soothes the airways, and can easily be applied topically to the chest, back or bottom of feet. Its pleasant aroma is calming to the senses and perfect for nighttime diffusion allowing for restful sleep.*



31070005

15 ml bottle



ESSENTIAL OIL BLENDS

Quick Reference Chart

	APPLICATION		SKIN SENSITIVITY			ORDER #	PAGE
	AROMATIC	TOPICAL	NEAT	SENSITIVE	DILUTE		
AROMATOUCH® <i>Massage Blend</i> (cypress, marjoram, peppermint, basil, grapefruit, lavender)		T	N			31200005	20
BALANCE <i>Grounding Blend</i> (spruce, rosewood, frankincense and blue tansy in a base of fractionated coconut oil)	A	T	N			31010005	20
BREATHE <i>Respiratory Blend</i> top seller (laurel leaf, peppermint, eucalyptus radiata, ravensara, melaleuca alternifolia, lemon.)	A	T		S		31070005	20
CITRUS BLISS <i>Invigorating Blend</i> (wild orange, lemon, grapefruit, mandarin, bergamot, tangerine, clementine with vanilla absolute)	A	T	N			31020005	22
CLEAR SKIN <i>Topical Blend</i> (black cumin seed oil, and rosewood, melaleuca, eucalyptus, geranium, lemongrass essential oils)		T	N			37170005	22
DEEP BLUE® <i>Soothing Blend</i> top seller (wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum, osmanthus)		T		S		31050005	22
DIGESTZEN® <i>Digestive Blend</i> top seller (ginger, peppermint, tarragon, fennel, caraway, coriander, anise)	A	T	N			31030005	22
ELEVATION™ <i>Joyful Blend</i> (lavandin, tangerine, elemi, lemon myrtle, melissa, ylang ylang, osmanthus, sandalwood)	A	T	N			31040005	22
IMMORTELLE <i>Anti-Aging Blend</i> (frankincense, sandalwood, lavender, myrrh, helichrysum and rose)		T	N			37140005	23
INTUNE™ <i>Focus Blend</i> new! (amyris, patchouli, frankincense, lime, ylang ylang, sandalwood (Hawaiian), Roman chamomile)	A	T	N			41840005	23
ON GUARD® <i>Protective Blend</i> top seller (wild orange, clove, cinnamon, eucalyptus radiata, rosemary)	A	T		S		31100005	23
PASTTENSE® <i>Tension Blend</i> (wintergreen, lavender, peppermint, frankincense, cilantro, marjoram, Roman chamomile, basil, rosemary)	A	T	N			31350005	23
PURIFY <i>Cleansing Blend</i> (lemon, lime, pine, citronella, melaleuca alternifolia, cilantro)	A	T	N			31060005	23
SERENITY <i>Calming Blend</i> (lavender, sweet marjoram, Roman chamomile, ylang ylang, sandalwood with vanilla bean extract)	A	T	N			31090005	23
SLIM & SASSY® <i>Metabolic Blend</i> top seller (grapefruit, lemon, peppermint, ginger, cinnamon)	A	T		S		31370005	23
SOLACE™ <i>Monthly Blend for Women</i> (clary sage, lavender, bergamot, Roman chamomile, cedarwood, ylang ylang, geranium, fennel, carrot seed, palmarosa Guatemala, vitex)	A	T	N			35270005	24
TERRASHIELD® <i>Repellent Blend</i> (a proprietary blend of 15 certified pure therapeutic-grade essential oils in a base of pure fractionated coconut oil)	A	T	N			31190005	24
WHISPER™ <i>Blend for Women</i> (patchouli, bergamot, sandalwood, cinnamon, vetiver, ylang ylang with absolutes of rose, jasmine, cistus, cocoa and vanilla)	A	T	N			31080005	24
ZENDOCRINE® <i>Detoxification Blend</i> (clove, grapefruit, rosemary, geranium)	A	T		S		31460005	24

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

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)



"I use Breathe Respiratory Blend on the bottom of my child's feet at night when they have a cough, and they sleep the whole night through. I don't have to wake them up during the night to give them more syrup. I really appreciate this natural alternative for my family."

Angela M., Montana, USA

DEEP BLUE* top seller
SOOTHING BLEND

According to recent studies, more than half of us are sufferers of ongoing discomfort. Deep Blue is dōTERRA®'s soothing solution to this challenge. Wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum and osmanthus work together to ease achy joints and sore muscles. Its effects are deep and penetrating with sustained results. Once gently rubbed into the area of discomfort, Deep Blue's cool therapeutic benefit will be felt almost immediately.*



31050005 5 ml bottle
31380005 10 ml roll on

DIGESTZEN* top seller
DIGESTIVE BLEND

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



31030005 15 ml bottle

ELEVATION*
JOYFUL BLEND

Elevation is the perfect blend for those moments when you need to be revitalized. This exciting blend provides an invigorating combination of CPTG® essential oils that can elevate your mood and increase your vitality. Elevation is a blend of lavandin, tangerine, elemi, lemon myrtle, melissa, ylang ylang, osmanthus and sandalwood blended flawlessly for an immediate and dramatic effect.



31040005 15 ml bottle

CITRUS BLISS
INVIGORATING BLEND

dōTERRA®'s Citrus Bliss invigorating blend merges the benefits of citrus essential oils. We combine powerful essences of wild orange, lemon, grapefruit, mandarin, bergamot, tangerine and clementine with a hint of vanilla to form this unique and harmonious blend. With benefits that extend beyond elevating mood and reducing stress, Citrus Bliss has natural, potent compounds with cleansing properties. Mixed with water, Citrus Bliss is a perfect solution for disinfecting countertops and other surfaces while emitting a fresh, sweet scent.



31020005 15 ml bottle



CLEAR SKIN
TOPICAL BLEND

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



37170005 10 ml roll on

IMMORTELE ANTI-AGING BLEND

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



37140005

10 ml roll on

INTUNE™ **new!** FOCUS BLEND

A proprietary blend of carefully selected essential oils combined to enhance focus and support healthy thought processes. Supporting efforts of those with difficulty paying attention and staying on task, these essential oils help sustain focus.



41840005

10 ml roll on

ON GUARD® PROTECTIVE BLEND

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



31100005

15 ml bottle

PASTTENSE® TENSION BLEND

PastTense, dōTERRA's proprietary blend for tension and the discomforts associated with headaches, provides calming comfort with the strength of CPTG® essential oils of wintergreen, lavender, peppermint, frankincense, cilantro, marjoram, Roman chamomile, basil and rosemary. Packaged for convenient application in a roll-on bottle.



31350005

10 ml roll on

PURIFY CLEANSING BLEND

From bug bites to sneezes, protecting yourself is more important than ever. Purify is dōTERRA's formidable blend of CPTG essential oils designed to eliminate odors and other contaminants naturally—without toxic additives. Its refreshing aroma quickly eradicates unpleasant odors and clears the air and environment with the essential oils of lemon, lime, pine, citronella, melaleuca, and cilantro.



31060005

15 ml bottle

SERENITY CALMING BLEND

Serenity is a blend of essential oils with known calming properties which create a sense of well-being and relaxation. Lavender, sweet marjoram, Roman chamomile, ylang ylang, sandalwood and vanilla bean create a subtle aroma ideal for aromatic diffusion or topical application. Applied to the bottom of the feet at bedtime, dōTERRA's Serenity is an excellent way to support restful sleep. Added to a warm bath Serenity creates the perfect escape with its peaceful, renewing fragrance.



31090005

15 ml bottle

SLIM & SASSY® **top seller** METABOLIC BLEND

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



31370005

15 ml bottle





APPLICATION METHODS **A** Can be used aromatically **T** Can be used topically

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)

SOLACE™
MONTHLY BLEND FOR WOMEN

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

A**T****N**

3527000510 ml roll on

TERRASHIELD®
REPELLENT BLEND

TerraShield is doTERRA's all-natural, super-concentrated insect repellent formulated with a proprietary blend of 15 CPTG Certified Pure Therapeutic Grade® essential oils that have been scientifically shown to repel insects more effectively than other synthetic insect repellents. Just a small amount of super-concentrated TerraShield will provide powerful coverage and lasts up to 6 hours per application. TerraShield smells great and can be used safely by everyone in the family without worry.

A**T****N**

3119000515 ml bottle

WHISPER™
BLEND FOR WOMEN

A blend of doTERRA's most appealing essences, Whisper combines several CPTG essential oils which blend with your individual chemistry to create a beautiful and unique personal fragrance. Contains rose, jasmine, bergamot, cinnamon, cistus, vetiver, ylang ylang, cocoa, vanilla, sandalwood and patchouli.

A**T****N**

310800055 ml bottle

ZENDOCRINE®
DETOXIFICATION BLEND

doTERRA's Zendocrnine essential oil blend is a proprietary blend of therapeutic-grade essential oils of clove, grapefruit, rosemary and geranium that have been studied for support of healthy liver function. This blend is formulated to be used individually or in combination with the Zendocrnine botanical extract complex.*

A**T****N**

3146000515 ml

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

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

ACCORDING TO RECENT STUDIES, ONGOING discomfort is something more than half of us are experiencing on a daily basis. dōTERRA[®]'s soothing combination of CPTG Certified Pure Therapeutic Grade[®] essential oils of wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum and osmanthus become an ally for achy muscles by offering penetrating and sustained results from discomfort. Available as a cream or roll-on for easy application, sore joints and muscles will not want to be without this therapeutic and soothing blend.*



DEEP BLUE[®] top seller **SOOTHING BLEND**

The synergistic blend of CPTG[®] essential oils wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum and osmanthus work together providing instant relief for tired, sore and worn down muscles. Just two or three drops of this cooling therapeutic blend of oils, applied neat directly on the area of discomfort, will revolutionize your daily work out and restore confidence in weary joints and muscles.*



31050005
31380005

5 ml bottle
10 ml roll on

DEEP BLUE[®] RUB

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

38900005 120 ml



Support immune function with
ON GUARD PRODUCTS

ON GUARD IS ONE OF dōTERRA’S MOST POPULAR AND versatile CPTG® Certified Pure Therapeutic Grade oil blends. The proprietary combination of wild orange, clove, cinnamon, eucalyptus and rosemary essential oils are active components of a first line of defense to control pathogens. 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. The latest opportunity to enjoy On Guard protection is in the Cleaner Concentrate for a naturally clean home.



ON GUARD® PROTECTING THROAT DROPS

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

34050005

30 drops



ON GUARD® CLEANER CONCENTRATE

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

38140005

355 ml bottle



ON GUARD® NATURAL WHITENING TOOTHPASTE

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

38910005

125 g



MULTI-PURPOSE CLEANER:
Mix 2 Tbsp (30 ml) of concentrate per 720 ml of water



LAUNDRY:
Use 1 Tbsp (15 ml) of concentrate with detergent to help eliminate odors and microbes



DISHES:
Mix 3 Tbsp (45 ml) of concentrate per gallon of water



BATHROOMS:
Mix 3 Tbsp (45 ml) of concentrate per 355 ml of water



TOUGH JOBS:
Apply concentrate directly on designated area and let soak. Avoid direct use of concentrate on hardwood floors and natural stone.



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

ZEN DELUXE DIFFUSER

Made from natural wood, it combines the aesthetics of nature with a soft glowing light to create a peaceful and tranquil environment. In addition this system allows you to plug in your favourite music from your Ipad or MP3 player. Set the system timer for automated diffusion of scents and sounds that you will love.

- Light effect in 6 colors (Red, Orange, Yellow, Blue, Green, Purple)
- Choice of 2 natural sounds and 3 musical pieces
- Remote control & Sleep timer function
- Low water level indicator
- Power: AC/DC adaptor (included) with appropriate EU/UK plugs.

33120005

ZENBOW DIFFUSER

The Zenbow benefits from colour changing mood lighting which easily moves through a rainbow of colours whilst 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 also comes with a 1-year manufacturer's warranty.

33110005

LOTUS DIFFUSER

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

33010005





TOPICAL USE

HAND AND BODY LOTION

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

36100005 200 ml

3-PACK

36110005 (Three 200 ml tubes)





Healthy, radiant skin with dōTERRA® **ESSENTIAL SKIN CARE**

dōTERRA® ESSENTIAL SKIN CARE IS A FAMILY OF SKIN CARE PRODUCTS designed to maximize the natural power of essential oils in helping to keep your skin feeling and looking young, healthy, and gorgeous. In addition to a careful selection of CPTG Certified Pure Therapeutic Grade® essential oils added in generous proportion to each product, the Essential Skin Care line includes cutting-edge technologies which complement the essential oils in targeting the visible signs of both cellular and mechanical aging.

CLINICALLY SUPPORTED BENEFITS OF THE ESSENTIAL SKIN CARE INGREDIENTS

- Stimulates collagen production
- Smoothes skin texture
- Reduces appearance of wrinkles
- Minimizes mechanical creasing
- Minimizes pore appearance
- Evens tone, reduces discoloration
- Protects against further damage
- Improves cellular hydration and nutrition



HYDRATING CREAM

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

37160005

50 ml



dōTERRA'S "NONE OF THE BAD" INGREDIENT PHILOSOPHY

When formulating Essential Skin Care products, dōTERRA will NEVER use the following:

Artificial colors	Sodium laureth sulfate (SLES)
Diethanolamine (DEA)	Sodium lauryl sulfate (SLS)
Formaldehyde donors	Toluene
Parabens	Triethanolamine (TEA)
Phthalates	Animal testing
Propylene glycol	

"I have extremely sensitive skin and cannot use many skin care products, but I had no reaction to dōTERRA's products and they left my skin feeling soft and smooth and looking more radiant. Oh, how I wish I had these products ten years ago!"

Tahna L., Colorado, USA



FACIAL CLEANSER

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

37010005 120 ml

PORE REDUCING TONER

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

37020005 120 ml

ANTI-AGING MOISTURIZER

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

37030005 50 ml

INVIGORATING SCRUB

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

37050005 75 ml

THE ESSENTIAL ANTI-AGING COLLECTION




CLEAR SKIN



1	FACIAL CLEANSER A gentle cleanser formulated to freshen skin and remove impurities.				
CLEANSE	USAGE: Dispense cleanser into palm of hand. Apply to dry face and neck in a circular motion. Rinse with warm water and towel dry.		ESSENTIAL OILS Melaleuca and Peppermint	EVEN TONE/CLARITY Cruciferous Vegetable Extract	RADIANCE/HYDRATION Vitamin Blend
	CLEAR SKIN FOAMING FACE WASH Gently, yet thoroughly cleanses problematic skin without stripping natural moisture.				
	USAGE: Apply to damp face, morning and evening for gentle cleansing. Rinse with water.	ESSENTIAL OILS Rosewood, Eucalyptus Globulus, Geranium, Lemongrass, Melaleuca	EVEN TONE/CLARITY Black Cumin Seed Oil, Glycyrrhiza Inflata Root Extract, Candida Bombicola		CELL RENEWAL/PURIFY Willow Bark Extract Magnolia Grandiflora Bark Extract
2	PORE REDUCING TONER A calming toner that soothes and balances the pH of the skin while visibly reducing the size of pores.				
TONE	USAGE: After cleansing, lightly apply to face using a cotton pad.	ESSENTIAL OILS Lavender, Ylang ylang, German chamomile	FIRMNESS/WRINKLES Soybean Extract	EVEN TONE/CLARITY Pumpkin Seed Extract, Cruciferous Vegetable Extract	RADIANCE/HYDRATION Soybean Extract Vitamin Blend
3	IMMORTELE Supporting skin health at the cellular level, these essential oils help sustain smoother more radiant, and youthful skin.				
TARGET	USAGE: Apply sparingly to face and neck, after cleansing, prior to serum and/or moisturizer. Pay special attention to age spots, fine lines and wrinkles. Dilute with fractionated coconut oil or other pure vegetable oil to calm any skin sensitivity.			ESSENTIAL OILS Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum and Rose	
	CLEAR SKIN Formulated with essential oils specifically targeted to improve the texture and tone of the skin.				
	USAGE: After cleansing with Clear Skin Foaming Face Wash, apply sparingly to face and any troubled areas.			ESSENTIAL OILS Rosewood, Melaleuca, Eucalyptus Globulus, Geranium and Lemongrass	
	TIGHTENING SERUM An age-fighting serum that tightens and smoothes naturally to increase skin luminosity.				
	USAGE: Apply to face and neck in an upward, outward motion.	ESSENTIAL OILS Frankincense, Sandalwood Myrrh	FIRMNESS/WRINKLES Rhizobian and Acacia Gum Extracts, Oat Kernal Extract	EVEN TONE/CLARITY Brown Algae Extract Biomimetic Peptides	RADIANCE/HYDRATION Vitamin Blend Proprietary Perfluorocarbon
4	ANTI-AGING MOISTURIZER An anti-aging moisturizer that targets the visible signs of aging by reducing the appearance of fine lines and wrinkles, stimulating collagen, speeding cell renewal, and slowing the signs of mechanical aging.				
NOURISH	USAGE: Apply with a light touch over face and neck.	ESSENTIAL OILS Lavender, Jasmine Geranium, Frankincense	FIRMNESS/WRINKLES Matrikine Messaging Patented Hyaluronic Acid Spherulites, Proprietary Octapeptides	EVEN TONE/CLARITY Summer Snowflake Bulb Extract, Cruciferous Vegetable Extract	RADIANCE/HYDRATION Vitamin Blend, Patented Hyaluronic Acid Spherulites, Grapeseed Extract
	HYDRATING CREAM Packed with emollient-rich ingredients and effective anti-aging combatants for smooth and luxuriously-hydrated skin.				
	USAGE: Apply with a light touch over face and neck.	ESSENTIAL OILS Lavender, Jasmine Geranium, Frankincense	FIRMNESS/WRINKLES Milk Peptide Complex Retinol Ester	EVEN TONE/CLARITY Brown Algae Extract Vitamin C Ester	RADIANCE/HYDRATION Oat Protein, Vitamin Blend Cocoa Butter

2-3 TIMES PER WEEK

EXFOLIATE /POLISH	INVIGORATING SCRUB An energizing scrub which invigorates and exfoliates leaving skin soft and smooth.			
	USAGE: Massage moderate amount over wet skin for up to one minute. Rinse with warm water.	ESSENTIAL OILS Grapefruit Peppermint	EVEN TONE/CLARITY Cruciferous Vegetable Extract, Brown Algae Extract, Red Algae extract	RADIANCE/HYDRATION Jojoba Beads Vitamin Blend
	 Certified Pure Therapeutic Grade®		The essential oils used in the dōTERRA Essential Skin Care line represent the safest and most beneficial oils available on the market today. 100% pure with no artificial fillers or contaminants, our essential oils are tested to guarantee extract purity and composition potency of each batch.	

clearskin...

CLEAR SKIN FOAMING FACE WASH

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

37180005

50 ml bottle

CLEAR SKIN TOPICAL BLEND

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



37170005

10 ml roll on

CLEAR SKIN SET

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

37190005



1



2



3



FREE!

4



5



FREE!

1 TOTAL SKIN CARE KIT

Contains one of each of dōTERRA's skin care products including Facial Cleanser, Clear Skin Foaming Face Wash, Pore Reducing Toner, Immortelle, Clear Skin Topical Blend, Tightening Serum, Anti-Aging Moisturizer, Hydrating Cream, and Invigorating Scrub.

37230005

2 SKIN CARE SYSTEM WITH ANTI-AGING MOISTURIZER

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

37070005

3 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!

37060005

LOYALTY
REWARDS
PROGRAM

4 SKIN CARE SYSTEM WITH HYDRATING CREAM

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

37250005

5 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!

37240005

LOYALTY
REWARDS
PROGRAM



Beautiful, shiny hair with
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 therapeutic 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 to protect color treated hair
- Proven softening effects
- Better conditioning and detangling
- Less hair breakage
- Maintain moisture capacity in both hair and scalp
- Antioxidant action
- Strengthen and smooths cuticle
- Proprietary blend of essential oils for healthy hair and scalp



SALON ESSENTIALS HAIR CARE SYSTEM **new!**

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
SMOOTHING CONDITIONER 2-PACK
SHAMPOO AND CONDITIONER

36240005

36250005

36260005

SALON ESSENTIALS **new!** PROTECTING SHAMPOO

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

36220005

250 ml

SALON ESSENTIALS **new!** PROTECTING CONDITIONER

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

36230005

250 ml

SALON ESSENTIALS **new!** HEALTHY HOLD GLAZE

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

36270005

120 ml

SALON ESSENTIALS **new!** ROOT TO TIP SERUM

dōTERRA Salon Essentials Root to Tip Serum is a professional formula infused with carefully chosen CPTG essential oils of lavender, peppermint, marjoram, cedar wood, lavandin, rosemary, niaouli, and eucalyptus China. Providing a healthy environment for scalp and maximizing the strength and shine of hair, this serum is powerful and lightweight for extended protection and hydration without weighing hair down or leaving an oily residue.

36210005

30 ml bottle



Indulge yourself & feel amazing **dōTERRA® SPA**

dōTERRA® SPA PRODUCTS ARE DESIGNED TO PROVIDE pampering opportunities which 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 safe and content as you enjoy these luxurious products.

HAND AND BODY LOTION

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

36100005 200 ml

3-PACK

36110005 (Three 200 ml tubes)

CITRUS BLISS INVIGORATING BATH BAR

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

36130005 113 g

SERENITY CALMING BATH BAR

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

36140005 113 g

LIP BALM WITH PEPPERMINT & WILD ORANGE

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

36190005 4.5 ml





dōTERRA's Lifelong Vitality SUPPLEMENTS

dōTERRA'S LIFELONG VITALITY SUPPLEMENTS ARE FORMULATED with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity. Coupled with dōTERRA's CPTG Certified Pure Therapeutic Grade® essential oils and a lifelong commitment to dōTERRA's wellness lifestyle, they naturally support a lifetime of looking, feeling and living younger, longer.

ALPHA CRS+® CELLULAR VITALITY COMPLEX

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

34180005

120 vegetable capsules

MADE WITH SLS-FREE
VEGETABLE CAPSULES

xEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

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

34190005

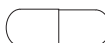
120 liquid capsules

MICROPLEX VMz® FOOD NUTRIENT COMPLEX

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

34200005

120 vegetable capsules

MADE WITH SLS-FREE
VEGETABLE CAPSULES



THREE DIETARY SUPPLEMENTS, ONE REVOLUTIONARY PROGRAM FOR LIFELONG VITALITY AND WELLNESS

LIFELONG VITALITY PACK INGREDIENT HIGHLIGHTS	LIFELONG VITALITY BENEFITS
<ul style="list-style-type: none"> • Powerful cellular longevity blend of Boswellic Acids, Baicalin, Silymarin, Resveratrol, Curcumin, Ellagic Acid, and Proanthocyanidins from Grape Seeds • Potent levels of metabolic factors of cellular energy and performance: Acetyl-L-Carnitine, Alpha-Lipoic Acid, Coenzyme Q10 and Quercetin • Certified Pure Therapeutic Grade essential oil blend of Clove, Frankincense, Thyme, Cumin, Orange, Peppermint, Ginger, Caraway and German Chamomile • Proprietary omega fatty acid blend of Marine Lipids, Flax Seed, Borage Seed, Cranberry Seed and Pomegranate Seed oils delivered via a Nanosomal Lipid Assimilation System™ in a liqicap • Balanced blend of whole-food vitamins presented in a patented glycoprotein matrix and whole-food minerals as yeast delivered via a patented Enzyme Assimilation System™ • Additional carotenoid antioxidant protection from Lutein, Lycopene, Natural Alpha and Beta Carotene, and Astaxanthin • dōTERRA's Tummy Tamer™ digestive blend of herbs and digestive enzymes 	<ul style="list-style-type: none"> • Cellular Longevity/Lifespan* • Cellular Inflammatory Response* • Cellular Energy/Metabolism* • Powerful DNA Protection* • Network Antioxidant Defense* • Immune System Support* • Stress Management* • Cardiovascular Health* • Bone and Joint Health* • Brain/Cognitive Health* • Digestive Health*

"I previously paid over \$200 for supplements that claimed to be the best of the best, but after using dōTERRA's supplements, I am experiencing increased energy, alertness, vitality, and endurance like never before."

Phillip B., California



LOYALTY REWARDS PRICING

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

34210005

60 PV





dōTERRA®'s Specialized SUPPLEMENTS

BIOLOGICAL, ENVIRONMENTAL, AND PHYSIOLOGICAL FACTORS ALL CONTRIBUTE to each individual's nutritional health needs being unique. 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 through specialized supplements. These supplements can be used in addition to the LifeLong Vitality pack to enhance certain functions.

MITO2MAX™ ENERGY & STAMINA COMPLEX

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

35310005

120 vegetable capsules



MADE WITH SLS-FREE
VEGETABLE CAPSULES

NÖVOPRIME™ **new!** ESSENTIAL OIL CELLULAR COMPLEX

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

41740005

60 liquid capsules





dōTERRA's Children's **SUPPLEMENTS**

INSPIRED BY dōTERRA'S LIFELONG VITALITY PACK, THESE NEW 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.

A2Z CHEWABLE

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

35330005

60 chewables

IQ MEGA™

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

35320005

150 ml bottle





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 targets hormonal factors associated with degenerative conditions connected with menopause and aging, while the essential oil blend provides temporary relief from the emotional and physical symptoms related to regular hormone cycles in women.*The dōTERRA Women line of products provide natural support throughout the different phases of life.

**PHYTOESTROGEN
LIFETIME COMPLEX™**

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

35260005 60 vegetable capsules

MADE WITH SLS-FREE
VEGETABLE CAPSULES

**BONE NUTRIENT
LIFETIME COMPLEX™**

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

35240005 120 vegetable capsules

MADE WITH SLS-FREE
VEGETABLE CAPSULES

**SOLACE™
MONTHLY BLEND FOR WOMEN**

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

A

T

N

35270005 10 ml roll on

LOYALTY
REWARDS
PROGRAM

WOMEN’S HEALTH KIT

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

35250005

42 dōTERRA® ESSENTIAL WELLNESS

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

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 chronic energy deficiencies, compromised immunities and allergic reactions, weight gain and gastrointestinal discomfort. The DigestZen line of digestive health products provides targeted solutions for optimal digestive function and comfort.

DIGESTZEN® top seller DIGESTIVE BLEND

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



31030005

15 ml bottle

MADE WITH SLS-FREE
VEGETABLE CAPSULES

ZENDOCRINE® DETOXIFICATION BLEND

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



31460005

15 ml bottle

TERRAZYME® top seller DIGESTIVE ENZYME COMPLEX

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

35110005

90 vegetable capsules

MADE WITH SLS-FREE
VEGETABLE CAPSULES

PB ASSIST+® PROBIOTIC DEFENSE FORMULA

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

35160005

30 double layer
vegetable capsulesMADE WITH SLS-FREE
VEGETABLE CAPSULES

ZENDOCRINE® DETOXIFICATION COMPLEX

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

35120005

60 vegetable capsules

MADE WITH SLS-FREE
VEGETABLE CAPSULES

GX ASSIST® GI CLEANSING FORMULA

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

35040005

30 softgels





Weight loss with **SLIM & SASSY®**

dōTERRA®'S 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, Trim Shake, and our premier line of supplements into your lifestyle!



REAL RESULTS ➔ IN JUST 4 MONTHS**

Ruth lost 42 pounds, 29 inches.
Jonathan lost 49 lbs, 27.5 overall inches.

**Results not typical, individual results may vary. Losing weight is a combination of reducing caloric intake and increasing physical activity. Using dōTERRA's Slim & Sassy products will not result in weight loss unless combined with regular dieting and exercise. Healthy and sustainable weight loss will not typically exceed 2 to 3 pounds a week. Consult your physician before beginning a more rigorous dieting or exercise program.



"I am a big fan of Slim & Sassy. Slim & Sassy gives me energy during my workouts, decreases my cravings for sweets, and revs up my metabolism all day long. I have fallen in love with this little bottle of oil and so has everyone else I share it with! I am just now starting to rub it on my "trouble areas" after my morning shower. As I prepared for Mrs. Utah America, this was the ticket to take off those last few stubborn pounds. I looked and felt my best! I even won the swimsuit competition! Slim & Sassy is my new best friend!"

CAROL ANN GUEST, MRS. UTAH AMERICA 2011

SLIM & SASSY[®] TRIM KIT

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

40770005	1 Chocolate, 1 Vanilla
35280005	2 Chocolate
35290005	2 Vanilla

SLIM & SASSY[®] top seller METABOLIC BLEND

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



31370005 15 ml bottle

SLIM & SASSY[®] TRIMSHAKE™

Slim & Sassy TrimShake is a convenient and delicious shake mix providing the essential nutrients of a healthy meal* with only 125 calories per serving. Used as a meal replacement for one or more meals each day, TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise. TrimShake also includes a patented weight-loss ingredient EssentraTrim that has been demonstrated to help with managing the stress hormone cortisol associated with fat storage.* TrimShake blends well with water or milk for a low-calorie, low-glycemic, high-fiber satisfying meal alternative† with 16 grams of protein and 5 grams of fiber per serving in a 20 serving canister.

35200005	Chocolate
35180005	Vanilla

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



ESSENTRA[®]TRIM

TrimShake includes 250 mg of Essentra[®]Trim, a patented extract of Ashwagandha that has been clinically demonstrated to help control stress-induced appetite, overeating and carbohydrate cravings. It also helps support blood sugar levels already in the normal range and enhances energy levels while helping to alleviate fatigue during dieting and exercise.*



Live Younger, Longer **dōTERRA STYLE**

dōTERRA'S ESSENTIAL OILS, DIETARY SUPPLEMENTS, AND HEALTHY personal care products are the perfect complement to a healthy lifestyle that includes eating right, exercising, resting and managing stress, and limiting your exposure to toxic influencers in your environment. With dōTERRA, you can take a proactive approach to keeping yourself healthy for a long life of vitality and wellness.*



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

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

"I am excited that through dōTERRA many have learned how easy it can be to develop positive health practices. Essential oils and nutrition play vital roles for our body's resilience and can be easily incorporated into daily health routines. It is my experience that individuals who consistently use essential oils and other dōTERRA products, in combination with healthy lifestyle choices, have improved health outcomes."

—DR. DAVID K. HILL



**DR. TORY PARKER,
DIRECTOR, RESEARCH & DEVELOPMENT**

With experience in both the academia and supplement industry, Dr. Parker is an expert in food processing, food chemistry, biochemistry, physiology and nutrition.

"As a professor of nutrition, I was always amazed by the beautiful complexity of something as seemingly simple as an orange. One of the things I learned was it was the whole package that made it so powerful, not just any one part. dōTERRA products offer a profound contribution to health and well-being. For example, the combination of ingredients in the Lifelong Vitality Pack makes it synergistic, or greater than the sum of its parts. It is like the orange I mentioned, but with a synergy that comes from the most effective ingredients available."

—DR. TORY PARKER

dōTERRA'S WELLNESS LIFESTYLE

LIFESTYLE



1. EAT RIGHT

It is recommended that a 2,000 calorie diet should include a minimum of 9 servings of fruits and vegetables as rich sources of antioxidants to combat cellular aging caused by free-radical molecules. dōTERRA's Lifelong Vitality products provide supplemental levels of antioxidants, vitamins, minerals and other essential nutrients that may be missing in your diet.



2. EXERCISE

Eating less and exercising more helps to keep a lean, healthy body composition. Staying active is as simple as walking every day. Studies suggest that a minimum of 10,000 steps a day will help maintain current weight. dōTERRA's Deep Blue Muscle Blend can help you through your first steps to your marathon finish.



3. REST & MANAGE STRESS

7-9 hours of sleep per day helps maintain a healthy body and alert mind. Lavender and Serenity essential oils can assist you in reducing stress and relaxing, as well as, contributing to quality sleep.



4. REDUCE TOXIC LOAD

Decreasing exposure to environmental toxins such as infectious microbes, chemical pollutions and poisons, and free-radical molecules can also contribute to health and vitality. dōTERRA's non-toxic cleaners with proprietary On Guard Defensive Blend of essential oils can help protect you and your family against harmful influencers to your health.



5. INFORMED SELF CARE

Taking responsibility for your health begins with understanding your healthcare options. Customizing a self-care program specific to your individual needs begins with knowledge. dōTERRA is committed to teaching healthy lifestyle principles and providing complimentary wellness products for lifelong vitality.



6. PROACTIVE MEDICAL CARE

When confronted with more serious health issues, seek out the counsel of licensed healthcare practitioners to diagnose and treat your condition. Educate yourself and ask lots of questions. Be a proactive participant in the selection of treatments—it's your health, it's your choice.

HEALTHCARE



The dōTERRA® LOYALTY REWARDS PROGRAM

DO YOU HAVE A FAVORITE dōTERRA PRODUCT YOU CANNOT LIVE WITHOUT? Would you enjoy the convenience of receiving dōTERRA's Lifelong Vitality Supplements automatically each month? Would you like to earn free product every time you place an order with dōTERRA? dōTERRA's 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 will earn an increasing number of LRP credits that can be used as cash to purchase product—earn up to 30% 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 product consultant who gave you this product guide or call 1-800-411-8151 for more complete program information.

dōTERRA®

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CP **TG** Certified Pure Therapeutic Grade®

