

LIVING

SUMMER MARINADE RECIPES

CREATE DELICIOUS FLAVORS
WITH ESSENTIAL OILS

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ESSENTIAL OIL SAFETY & DAILY USE

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find your **SASSY** PANTS

Reach your weight loss goal and maintain a healthy lifestyle for life.



Slim & Sassy Metabolic Blend®

34270001 | 90 Softgels

\$46.00 retail

31370001 | 15 mL

\$32.67 retail



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dōTERRA PRODUCT GUIDE, see pages 30–39
A quick shopping reference for all products

SLIM & SASSY®

MEET WESTIN: a husband, father of two, and a talented video editor at dōTERRA. After seeing how the Slim & Sassy Lifestyle Competition transformed the lives of our Wellness Advocates, Westin decided to change his lifestyle by competing in the company challenge. With determination, hard work, and the help of Slim & Sassy, Westin shed over 35 pounds in three months.

"Growing up, my family never really enforced any particular diet or nutrition rules, but they always made sure I had plenty of fresh fruits and vegetables with my daily meals. I went through life eating whatever I wanted, whenever I wanted, not worrying about the potential consequences of my choices.

During my last two years of college, while trying to balance classes, a part-time job, and family responsibilities, making time for the gym was not a priority. I tried eating healthy, but somehow ended up eating out frequently and consuming a variety of foods in very large portions."

THE TURNING POINT

A few months ago, I put together the video for Kimberly and Jamey, last year's Slim & Sassy grand prize winners. As I repeatedly viewed their success stories, something struck me. I realized I needed to change my lifestyle in a way that was maintainable.

Throughout this journey, my family has definitely been my biggest inspiration and support. My four-year-old daughter has endless energy and always wants someone to play with her. Last December, I was chasing her up the stairs. I was so winded by the time I reached the top that I had to rest. It was another wake-up call. I needed to get in better shape so that I could play with my kids and be a part of their growth and development.

SETTING GOALS

I initially set a goal to lose 35 pounds, get into the habit of exercising at least three times a week for at least 30 minutes, and develop better eating habits. Throughout the competition, I adjusted my goals by increasing my workout routines and modifying my diet.



MY CURRENT ROUTINE

I drink a TrimShake for breakfast and lunch and lots of water daily. I am now exercising six times a week for about 45 minutes. I watch my portions and very rarely eat sugar or treats. I also take five drops of Slim & Sassy five times a day. I push myself hard because my goals are sincere, and I avoid beating myself up when I miss a workout or eat something less healthy.

dōTERRA REGIMEN

- **SLIM & SASSY TRIMSHAKE**— Can be used as a meal replacement or a healthy treat
(Item No. 35200001)
- **LIFELONG VITALITY PACK**— A staple in everyday routine (Item No. 34210001)
- **MITO2MAX**— Boosts energy (Item No. 35310001)
- **SLIM & SASSY METABOLIC BLEND**— Eliminates cravings and curbs appetite
(Item No. 31370001, Softgels Item No. 34270001)



RESULTS

I have way more energy. I feel confident. My clothes fit better, and I don't have to worry about trying to constantly hide my stomach. Now, I'm better at keeping up with my children. I can make it all the way up the stairs without feeling like I just ran a long race. I am getting better sleep, which has reduced my stress levels and improved my overall productivity.

Lost **35 pounds** in
three months!



WESTIN'S TIPS FOR SUCCESS

Think positively, work hard, and have fun. Losing weight and improving your health isn't worth it if it makes you miserable. Find a way to make changes one step at a time, without putting too much pressure on yourself. If you really want to improve but your end goal seems too daunting, start with something small and don't get discouraged. Even if it takes you years to get the results you want, it's better than doing nothing at all.

1. **Think long term.** If you accept your new diet and exercise plan as actual changes to your lifestyle, you can adjust them as needed but you will maintain the habit without it overwhelming you. It is so easy to politely decline offers of treats and sugar when it's just part of your mental norm.
2. **Get someone to work with you.** My wife helps me keep my goals, and my awesome coworkers are improving their lifestyles even though they are trim and fit already.
3. **Don't get discouraged.** If you are not seeing results, don't get frustrated or worried; keep adjusting your routine until you find something that works for you.
4. **Have a game plan, but be flexible.** I decided to focus on trimming down before building muscle since it's easier to do more effective pushups when you weigh 30 pounds less, but it's different for everyone. As long as you are taking steps to improve, your body can let you know what is good for it.
5. **Don't focus on the numbers.** Even though it is important to get your weight under control, don't believe for a second that losing weight is the true measure of health and fitness.
6. **Use dōTERRA products—they work.** Slim & Sassy, TrimShake, and the LifeLong Vitality are amazing tools that can help you improve your inward health and outward appearance.

Congratulations to **Andrew Marshall** and **Sharmila Lapana**, dōTERRA 2014 Slim & Sassy grand prize winners!

Look for their stories in the upcoming issues.

FINISHING STRONG

Dr. Andrew Osafo, from London, England, is a dentist and a dōTERRA enthusiast who recently ran and conquered his first London Marathon.



Andrew spent the last six miles of the race running alongside an injured batman.



Andrew's Favorite Products

LifeLong Vitality
A staple in my daily wellness needs.

Mito2Max
Used daily for increased energy.

Deep Blue
Applied to feet and chest during training and the race.

Learn more about Andrew's charitable efforts for St. John's Ambulance at justgiving.com/andrewosafo/



A month before the London Marathon, Andrew sustained a painful sport's injury.

As a result, he reduced the intensity of his training. Around the same time, Andrew was introduced to dōTERRA. The products helped him get back on track and power through his first London Marathon.

There's little doubt that I would have struggled to complete the marathon if I had not discovered and used dōTERRA products.

I had so much energy and strength throughout the whole experience. I expected to feel major discomfort and have a long recovery after completing the marathon—I was even planning on taking a few days off work immediately after the race. To my surprise, I was able to return to work the next day.

Find Your Purpose

I never forgot why I was running. It had been one of my lifelong dreams to take part in the London Marathon. **I chose to run the marathon for St. John's Ambulance, a charity that teaches and provides first aid.** I didn't want to let this wonderful organization or the people sponsoring me down.

Instead of thinking about how difficult the race would be, I focused on using the marathon as an opportunity to do new things. I listened to positive, uplifting music and audio books that I had not previously found the time to read.

I met some truly inspiring people during the marathon. The crowds were on our side, providing encouragement and support. The atmosphere was amazing. I feel privileged that I took part in such a memorable event.

Tips for Success

1 Fill your mind with positive thoughts.

Joan of Arc said, "All battles are first won or lost in the mind." Controlling your thoughts is vital. At times, I found it very difficult to continue training. However, reflecting on the benefits of training helped me dispel negativity. I strongly agree with the sentiments of Napoleon Hill, you have to, "believe you can achieve, and you will succeed."

2 Create a game plan.

Once I decided I would run the marathon, I planned out how I would achieve my goal. I cannot stress how important it is to devise a schedule and stick to it. As time goes on, your fitness and stamina improve and so does your confidence in achieving your goal.

3 Listen to your body.

When I got injured a few weeks before the marathon, I knew I needed to adjust my regimen. Your schedule should have enough flexibility in it to cope with setbacks. Attempting to rectify a problem quickly before it gets worse is crucial. I knew I needed to rest more to aid my recovery. It is very important that you look after your body and give it the right fuel.

4 Find what works for you.

Varying the type of exercise you do keeps your training interesting. I found doing interval training helped strengthen my willpower. This was vital when I faced adversity during the marathon.



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 the dōTERRA Scientific Advisory Board.

ask Dr. Hill

Q What is a carrier oil and when should it be used?

A A carrier oil is any lipid-based substance used to dilute essential oils. The most popular varieties are pure vegetable oils, including grape seed, avocado, and almond oils; however, most readily available carrier oils are unstable and go rancid quite easily. I prefer fractionated coconut oil because it is stable at all temperatures and in all environments. It is also non-aromatic and therefore does not alter the aromatic properties of essential oils. Many people mistakenly believe that using carrier oils somehow reduces the effectiveness of the essential oil, when in fact, there are many benefits from diluting oils. Dilution increases the surface area of absorption, enhances absorption through dry skin, and prevents sensitivities. It is never wrong to dilute, especially when using oils with a more potent chemistry. Determining when and how to dilute is a personal decision that should be based on usage preferences, oil chemistry, and personal sensitivity.

Q When can essential oils be stored in plastic?

A We know that essential oils interact with many forms of chemistry, including some plastics. Many varieties of plastics exist, some of which are more impervious to essential oils than others. While this is a concern, not all plastics are as delicate as others and not all essential oils affect plastics in the same way. Citrus oils, in particular, have a chemical composition that is known to interfere with the chemistry of plastics. We should only use plastics that will not breakdown when exposed to essential oils. For instance, dōTERRA uses plastic parts (lids, orifices, diffusers, etc.) that are made of HDPE plastic and will not be broken down by essential oils. Typically, HDPE plastic as well as plastics number 1 (PETE) and 2 are safe for use with essential oils. Another alternative is using vessels made of other materials such as glass or certain metals.

Q How do essential oils interact with our bodies?

A There is a lot of information available on essential oils and their biological activity in the body. We understand more about the physiologic mechanisms of essential oils than ever before. We know that essential oils are lipid soluble and readily absorb through tissue planes and mucosal layers. Not only do essential oils induce localized effects, but they enter systemic circulation regardless of the application method. The safety and effectiveness of each application method has been well validated by scientific evidence. When determining how to apply an essential oil, it is important to use the oils in a context that is comfortable for you. Though the effects may be less pronounced by certain application methods, each application method has powerful health benefits, both locally and systemically.

The Dr. Recommends



dōTERRA
Fractionated Coconut Oil
Item No.
30260001

Fragrance-free Hand and Body Lotion
Item No.
3610001

Veggie Caps
Item No.
3410001

Zendocrin^e Detoxification Blend

Zendocrin^e helps cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling. It can be used alone or as a dietary supplement available in the softgel form.

Tangerine Peel: Extremely high in limonene, known for its purifying benefits

Rosemary Leaf: Supports a healthy liver and gallbladder

Geranium Plant: Supports the body's natural ability to rid itself of unwanted substances

Juniper Berry: Powerful detoxifier for the body's systems

Cilantro Herb: Supports the body's natural process of eliminating toxins

HOW TO USE

Aromatic | Use three to four drops in the diffuser of your choice.

Internal | Add 1-2 drops to citrus drinks, teas, or water to cleanse and purify the body.
Take 1 softgel 2-3 times daily as needed.

Tip: Consume daily for one week as part of an internal cleansing regimen or to kick-start a weight loss program.

Topical | Apply to abdomen or bottoms of feet to support the body's natural detoxification system.



dōTERRA Sponsors **TIGER RUGBY ACADEMY** *— on Shanghai Tour*



dōTERRA sponsored the **Tiger Rugby Olympic Development Academy** for their most recent tour to China for the Shanghai 7's Tournament, in October 2013. **dōTERRA was displayed proudly on Tiger Rugby apparel worn by the players** during the tournament. This sponsorship opportunity was originally presented to dōTERRA by Paul Holmes, Director of the Tiger Rugby Academy and Presidential Diamond Wellness Advocate. The team played well throughout the tournament, but ultimately lost to the Australian team in the championship cup final.

Tiger Rugby is a collective of players in the United States, most of whom have played or will play international rugby at some point in their career. Since their inception almost seven years ago, Tiger Rugby has routinely sent its squads to tournaments around the globe to bring the universal language of rugby to the masses.



CREATING IMPACT ON THE GO

While in China, Tiger Rugby teamed up with a local organization called SportForAll to provide service to a local school. They were warned that the kids would probably be very stand-offish with the foreigners, but the players had a completely opposite experience. They received a tour of the

in South Africa in 2007, the club has organized at least one charitable event on each of their trips.

dōTERRA wishes the best to the Tiger Rugby Olympic Development Academy. Check out the pictures of the Tiger Rugby Team from their Shanghai Tour.



school, including the classrooms, and learned what the average school day looked like for the kids. They organized some games with SportForAll to play with the children. The players, teachers, and students loved the interaction. James Walker, a director of Tiger Rugby, said, "As coaches and players, we have to remind ourselves constantly how fortunate we are, and there is no better way to do that than to give back directly to those less fortunate. Every tour we do, we strive to leave our host country with the best possible impression of our players, but more importantly, we strive to leave our players with indelible memories and life lessons that they can carry with them as they move on to bigger things." Since their first tour



Making dōTERRA Part of Your Summer Adventures

Whether you are planning a camping trip, making a delicious summer meal, or brainstorming a gift idea, dōTERRA can help. Here are a few suggestions for products and essential oils you can use this summer.

OUTDOOR

- **Deep Blue Rub:** Soothes muscles after a long hike
- **Lavender:** Promotes restful sleep
- **TerraShield:** Protects from bugs
- **DigestZen Softgels:** Alleviates an upset stomach
- **TriEase Seasonal Blend:** Provides relief in case of an adverse reaction to nature
- **Peppermint Beadlets:** Supports clear breathing
- **Lip Balm**
- **On Guard Toothpaste**

Tip: TerraShield™ Repellent Blend has been scientifically shown to repel insects more effectively than other synthetic insect repellents. Apply several drops to exposed skin and openings in clothing before outdoor activity.



ACTIVE LIFESTYLE



- **Mito2Max Energy & Stamina Complex**
- **Slim & Sassy TrimShake:** Provides essential nutrients and helps manage weight
- **LifeLong Vitality Pack:** Helps maintain overall health and wellness
- **Deep Blue Rub Soothing Lotion**

Tip: Take Mito2Max before a long run or any physical activity for increased energy and endurance.

SUMMER ESSENTIAL OILS

* Floral

- Geranium
- Patchouli
- Ylang Ylang



Citrus:

- Wild Orange
- Grapefruit
- Bergamot
- Lime
- Lemon



Diffuser Blend Ideas

- Bergamot and Wild Orange
- Patchouli and Geranium
- Lemon, Grapefruit, and Wild Orange



Fact: The flavor in Earl Grey tea comes from the oil of the bergamot orange.

ESSENTIAL OILS FOR SUMMER COOKING

- | | |
|-----------|-------------|
| Basil | Oregano |
| Cilantro | Lemon |
| Coriander | Lime |
| Thyme | Grapefruit |
| Rosemary | Wild Orange |
| Marjoram | |

CRISP CUCUMBER SALAD

INGREDIENTS:

- 2 cups finely chopped, seeded, peeled cucumber
- ½ cup finely chopped, seeded tomato
- ¼ cup chopped red onion
- 2 tablespoons minced fresh parsley
- 1 jalapeño pepper, seeded and chopped
- 1-2 drops Cilantro essential oil
- 1 garlic clove, minced or pressed
- ¼ cup reduced-fat sour cream
- 2-3 drops Lemon essential oil
- 2-3 drops Lime essential oil
- ¼ teaspoon ground cumin
- ¼ teaspoon seasoned salt
- Black pepper to taste
- Tortilla chips

DIRECTIONS:

1. In small bowl, combine first seven ingredients.
2. In another bowl, combine sour cream, Lemon and Lime essential oils, cumin, and seasoned salt.
3. Pour over cucumber mixture and toss gently to coat. Serve immediately with chips.



AFTER SUN SMOOTHERS



- Lavender
- Melaleuca
- Roman Chamomile
- Peppermint
- Helichrysum

Tip: Apply a couple drops of Peppermint essential oil to the bottoms of the feet and a drop to your drinking water to cool your body during a hot day.

GINGER

THE BENEFITS REVEALED IN MODERN DAY MEDICINE



Ginger was traditionally utilized for nausea, but more recently it has been shown to ease muscle tension in the head and neck.

I am always impressed by the courage exhibited during my discussions with patients and their families in the pre-operation holding area. The intensely anxious mood created when explaining the risks of anesthesia are almost totally dissipated when I change the subject to aromatherapy. Introducing and integrating a technique using Ginger essential oil to ease occasional discomfort allows for a calm and satisfied patient and family experience.

The Power of Ginger

In my career as an anesthesiologist, I have emphasized the use of ginger due to a specific need of my specialty: easing post-operative nausea. I conducted a statistical analysis on 100 of my anesthetized patients evaluated to be at high risk for nausea to prove to myself that the aroma of ginger helps to ease the side-effects of anesthesia. The results were so remarkable that they were published in the *Journal of Aromatherapy* in 2005.

Surgical patients are asked to refrain from eating and drinking fluids for many hours prior to the induction of anesthesia, often leaving them with head tension or nausea. Ginger has been traditionally utilized for nausea, but more recently has been shown to ease muscle tension in the head and neck. In my practice, patients have experienced a relief after applying a drop of Ginger essential oil to their palm and inhaling the aroma.

“Bringing together health-care professionals to encourage further study and application of therapeutic-grade essential oils in modern health-care practices.”

Almost everybody has a story about a food product that contains ginger. Ginger ale, for example, is often used as a remedy for nausea. Recently, my 83-year-old patient asked for a ginger snap to go with the drop of Ginger oil I placed in her palm.

In 2012, research on the same subject was conducted by a university medical center. Their results echoed my own and verified that a blend of ginger, spearmint, peppermint, and cardamom oils can help ease nausea in the recovery room. The author’s conclusion states, “Aromatherapy is a promising, inexpensive, non-invasive treatment that can be administered and controlled by patients as needed.”¹

The Uses of Essential Oils in Medicine

When I first became aware of the profound properties of essential oils, I was working in a medical center with 36 oils already on formulary. The nurses I worked with had become certified practitioners of aromatherapy. After I earned my clinical aromatherapy certification in 2006, I began looking for avenues to teach others about essential oils.

There is an abundance of literature on the clinical applications of essential oils. Human studies using essential oils for various medical issues provide evidence-based clinical trials for the use of essential oils in managing various symptoms and conditions. I find the articles on www.aromaticscience.com to be an important part of the medical aromatherapy presentations that I share with nurses, doctors, patients, and family members.

I am elated as I am introduced to the ever-growing wellness line of products offered by dōTERRA. The dōTERRA mission statement resonates within me in: “Bringing together health-care professionals of traditional and alternative medicine to encourage further study and application of therapeutic-grade essential oils in modern health-care practices.” Just as I have found value and validation in using the essential oils as a physician, you too can find value in using and sharing them in your own element with your families. It is encouraging to read the impressive aromatic science literature and work with dōTERRA in advancing wellness research for mankind.

References

- 1) Anesth Analg. 2012 Mar 5. Aromatherapy as Treatment for Postoperativ Nausea: A Randomized Trial. Hunt R., Dienemann J., Norton HJ., Hartley W., Hudgens A., Stern T., Divine G.From.



Interesting Facts about Ginger

- In ancient times, ginger was used to help treat digestive problems.
- Ginger root contains many essential nutrients and vitamins such as vitamin B-3, vitamin B-6, vitamin C, potassium, copper, and magnesium.
- Ginger essential oil comes from the rhizome, an underground stem commonly known as ginger root.

Primary Uses of Ginger

- Helps ease indigestion and nausea
- Supports overall digestive health
- Soothes achy joints and muscle tension in the head and neck



Dr. James Tad Geiger, MD
Board Certified Anesthesiologist

Dr. Geiger is a board certified anesthesiologist practicing acute care anesthesia. He provides medical aromatherapy presentations and consultations on the safe and effective uses of essential oils in hospitals and surgical centers.

Dr. Geiger is the author of *The Sweet Smell of Success: Your Doctor’s Natural Guide to a Longer, Healthier Life.*

Backyard Bash

A GUIDE TO HOSTING A **STRESS-FREE** SUMMER PARTY

PICK A DATE

Choose a time and a day that will be convenient for most people. Don't forget to check the weather.

KEEP IT SIMPLE

It is easy to get overwhelmed when planning an event. Try not to overcomplicate things. Simple doesn't have to mean boring.

DETERMINE A BUDGET

Decide how much you are willing to spend and stick to it. Plan your menu, decorations, and entertainment around the set budget.

INVITE PEOPLE

Facebook Event is the cheapest and one of the easiest ways to spread the word to your friends and family about the upcoming event. In just a matter of clicks, you can send a detailed invite and find out who will be able to make it. You can always go with traditional hard copy invites, although it may be more costly.

PLAN THE MENU

When it comes to planning a menu for a summer party the options are limitless. You can have everything from a BBQ, to just casual finger foods, fresh fruits, salads, appetizers, and refreshing drinks. You can even invite your guests to bring their favorite summer food item to share with others.

ORGANIZE A SHOPPING LIST

Once you figure out your budget, menus, and the theme, make a categorized list of the items and ingredients that you will need to purchase at the store. Try to buy everything you need a day or two in advance.

INVOLVE OTHERS

Ask a couple of friends for help to avoid work overload and potential stress. Give each person a responsibility. For example, one person can help with invitations whereas another can be in charge of the decorations.

CHECK YOUR SUPPLY

Create a check list of all the items that you will need in accordance to the number of guests. Make sure there is enough food, chairs, tables, napkins, cups, and other necessary items.

CREATE THE SPACE

Set specific areas for food and drink tables. If children will be attending, plan on having a safe spot for them to run around and play.

BREAK THE ICE

Add a casual group activity or start an engaging conversation to get your guests interacting with each other while maintaining a comfortable and inviting atmosphere.

fresh caprise salad

Submitted by Adrienne Snyder, NC

Makes approximately 2 servings

INGREDIENTS

- ½ cup cherry tomato halves
- ¼ cup mozzarella cheese ball halves
- 2-3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1-2 drop Basil essential oil
- Mini wooden skewers*
- Fresh basil leaves for garnish

DIRECTIONS:

1. Place tomatoes and cheese in bowl.
2. Top with olive oil and balsamic vinegar.
3. Add Basil essential oil; stir and eat.

*Need a quick and easy appetizer? Thread tomatoes and cheese onto mini wooden skewers and drizzle with balsamic vinegar and olive oil mixture.



wild tropical smoothie

Submitted by Vanessa Zamorano, CA

INGREDIENTS

- 5 drops Wild Orange essential oil
- 1 cup frozen strawberries
- 1 cup frozen mango
- 1 ½ cup pineapple juice

DIRECTIONS:

Mix in a blender; pour and enjoy!



lemon and orange granitas

INGREDIENTS

- 6 large lemons or
4 medium oranges
- Sugar/honey to taste
- 4 cups water
- 2-4 drops Lemon or
Wild Orange essential oil

DIRECTIONS:

1. Clean and wash fruit. Cut off the top quarter and slice a thin bevel off the bottom of the fruit, so they stand up straight.
2. Using a grapefruit knife, carefully remove and save the flesh and juice; be careful not to cut through the bottom. Stand the rinds on a plate or cookie sheet and freeze until solid.
3. Combine scooped out flesh and juice with essential oil in a food processor or blender; pulse until mostly pureed then press mixture through a fine-mesh strainer.
4. Stir in water; add sugar or honey one tablespoon at a time to taste. Pour mixture into large roasting pan or baking dish, large enough that the liquid isn't more than one-inch deep.
5. Freeze for 1-3 hours. Remove mixture from freezer every hour and scrape with two forks to break up ice.
6. When the granita is frozen, rake until glittery. Scoop into frozen lemon or orange shells and serve.





DISTILLERY

Add any oil to your list.

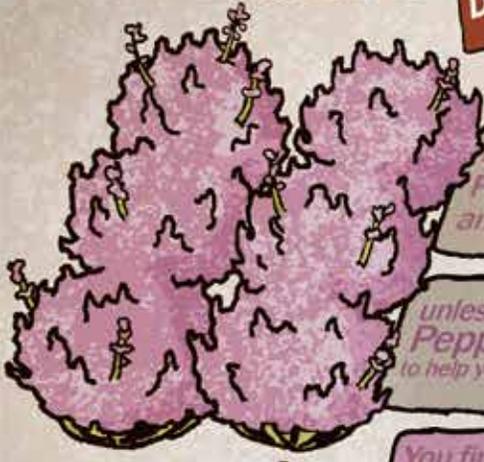
What are the three ingredients in the TriEase Blend?

Trivia

Remove an oil from your list.

What are the benefits of Geranium?

Trivia



Lavender Field: Fall asleep and lose a turn

unless you have Peppermint to help you wake up



You eat old pizza, go back 10 spaces unless you Digest



You find a cache of frankincense, go to the Distillery

Approx. how many Jasmine flowers does it take to make a 5mL bottle of oil?

Trivia

You need to catch your breath... Lose a turn unless you have Breathe.



You found Sicilian lemons, go to the Distillery

START

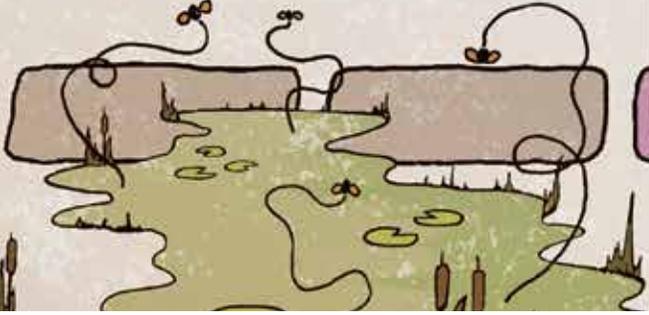


Name 3 oils found in the Citrus Bliss Blend

Trivia

Remove an oil from your list.

Swamp: Go back out of the swamp and lose a turn unless you have Terrashield



If you have you notice a

RULES

1. Choose 3 essential oils to take with you on this journey. Here are some of the oils that may come in handy:

TerraShield *Purify*
InTune *Peppermint*
On Guard *DigestZen*
Clove

2. Place your pieces behind the "START" line. You can use dōTERRA bottles as your pieces.

3. Roll a 6-sided die to determine your movement.

TRIVIA SPACES

Answer a trivia question correctly, and add another essential oil to your list, otherwise lose a turn. You can use any resources to find answers to the trivia questions.

WINNERS

The first person to cross the finish line with 10 essential oils—wins. If you come to the finish line and you don't have enough essential oils, go back to start and keep repeating the course until you reach the finish line with 10 oils.



DUDES WELCOME

The Guy Side of dōTERRA

Who said essential oils were only for women? Even the manliest of men can benefit from the power of essential oils in their lives.

Every man needs a lemon...

Use **Lemon essential oil** to remove gum, oil and grease stains, and sticky residue or to prevent rust and loosen rusty screws.



- Add 2-3 drops on a rag to remove grime from tools and make them look new.
- Get rid of the stale food smell in your Dutch oven by leaving a paper towel with a few drops of **Lemon** until the next use.
- Use **Melaleuca** and **Lemon essential oil** to clean a car battery and polish chrome wheels.



Maintain Your Manliness with Personal Hygiene

Clean Mouth, Fresh Breath

- Use **On Guard Toothpaste** every day to ensure fresh breath and experience the protective benefits of essential oils found in On Guard Blend.
- Pop a **Peppermint Beadlet** for instant fresh breath and confidence.
- Add a couple drops of **On Guard, Melaleuca,** and **Peppermint essential oils** to water for a refreshing mouth rinse.



One for the Beard

Love your facial hair? Use **Root to Tip Serum** to soothe and smooth facial skin and hair.



Toenail Care

Directly apply **Melaleuca** and **Oregano** at the edge of the nail two times daily. You can alternate between **Lemongrass** and **Clove** or **Frankincense** and **Lemon**.

Shaving Tip

Apply **Melaleuca** and **Lavender** mixed with Fractionated Coconut Oil after shaving to soothe irritated skin.



Shoe Deodorizer

Add a few drops of **Purify, Peppermint,** or any **citrus essential oils** onto a paper towel or a used dryer sheet, scrunch, and place in your shoes overnight.



Lifestyle & Health

A strong, healthy body can come in handy—especially when you are trying to raise a family. Taking care of your overall health will give you the strength and energy you need to work, play, and be the best man you can be.

Nutritional Boost

- **LifeLong Vitality** is a nutritional powerhouse for providing your body the essential nutrients it needs.
- Repair and regenerate your body on a cellular level with **DDR Prime**.



Healthy Energy

No need to pound energy drinks; take some **Mito2Max** when you need an extra push for any type of physical activity.



Feeling a little tense after a long day?

Apply some **PastTense** on your temples or neck for a comforting relief.



What man doesn't like to eat?

Take **TerraZyme** with every meal to promote healthy digestion, especially after eating a protein-heavy meal.

If your food choice fails you, don't stress, a **DigestZen Softgel** can help ease indigestion and upset stomach.



Renew overworked muscles with **Lemongrass**, **Deep Blue**, and **Peppermint** after a long day of work, manual labor, or physical activity.

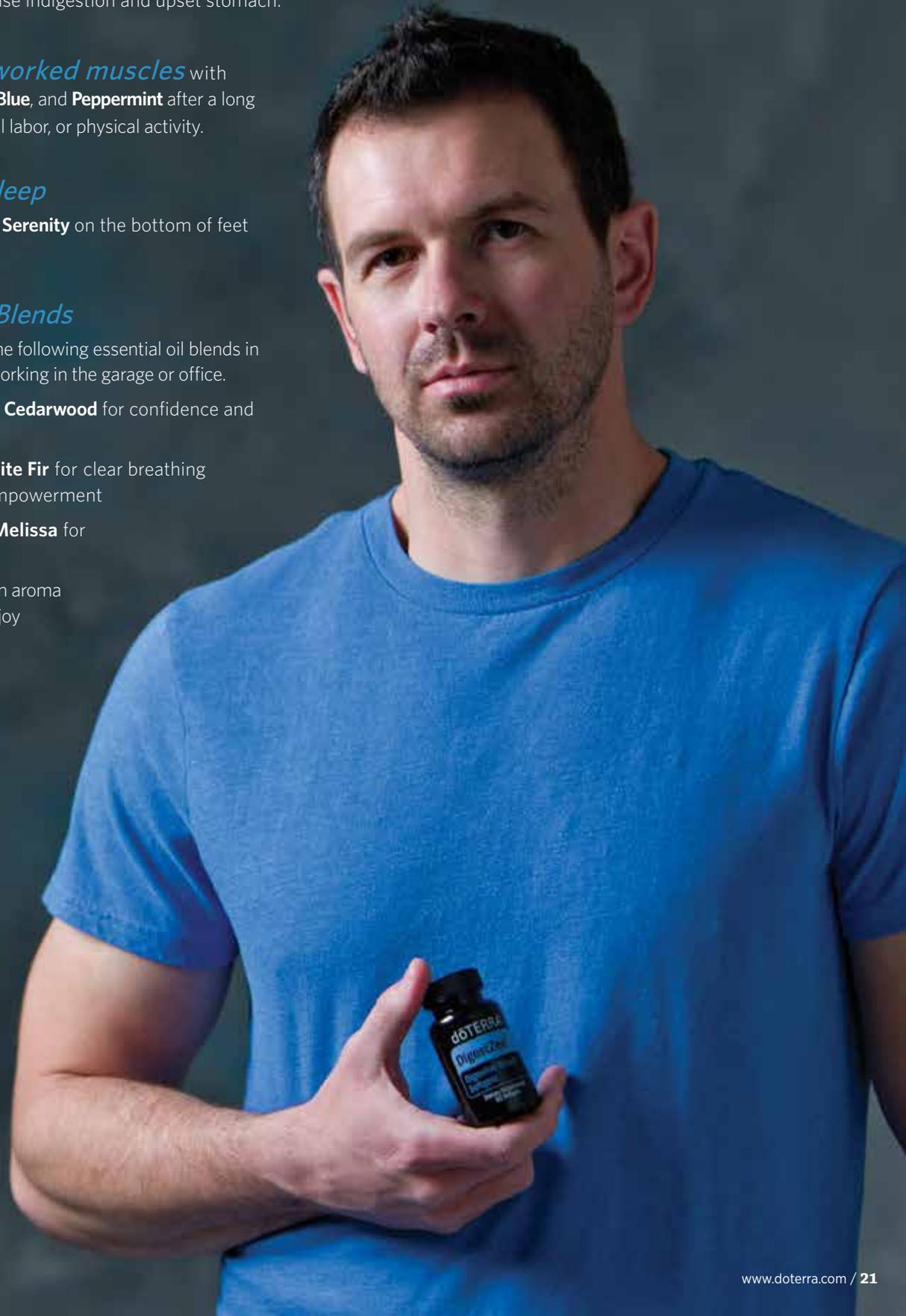


Handsome Sleep
Apply **Lavender** or **Serenity** on the bottom of feet before bedtime.

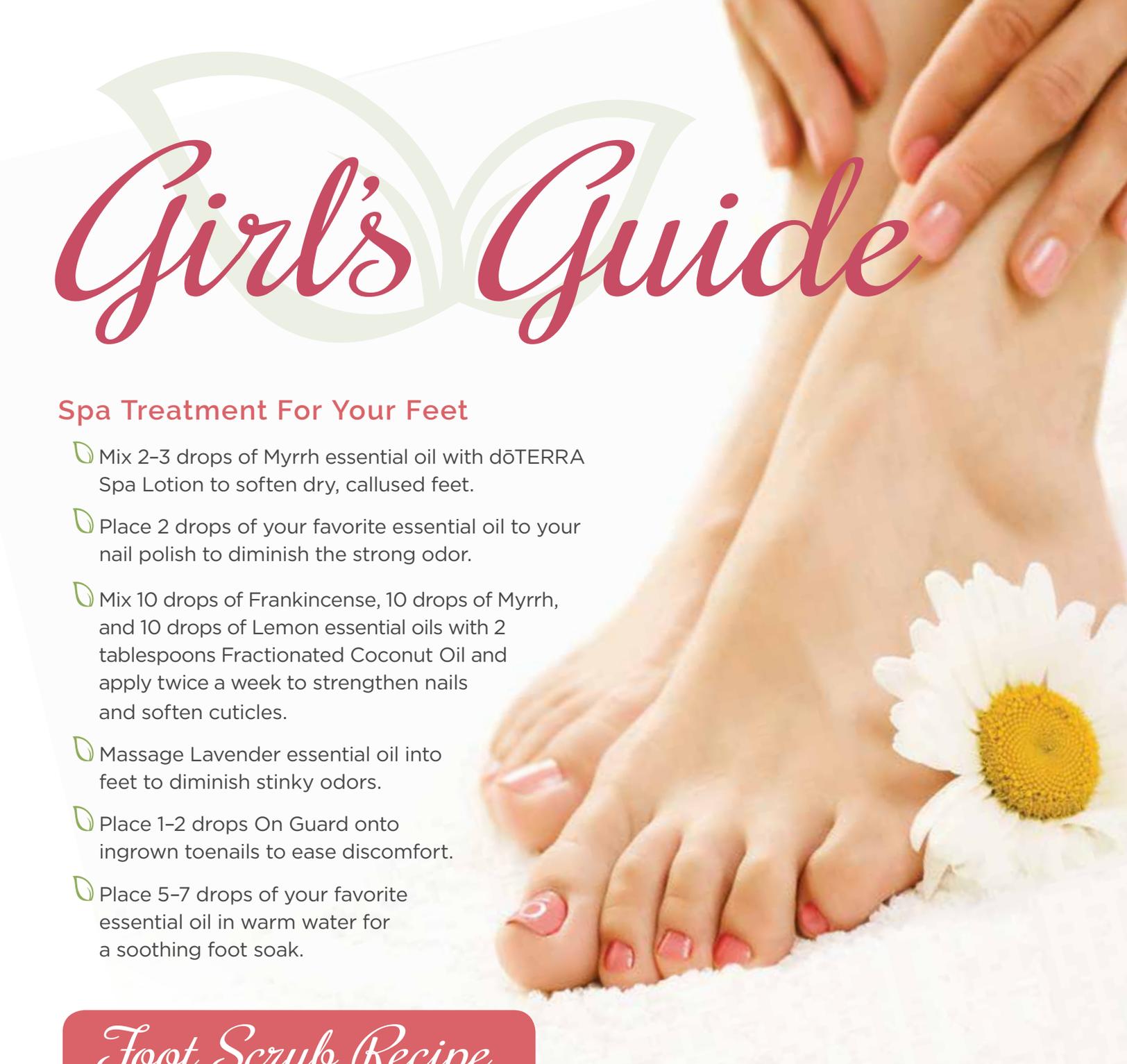


His Diffuser Blends
Add 2-4 drops of the following essential oil blends in the diffuser while working in the garage or office.

- **Wintergreen** and **Cedarwood** for confidence and self esteem
- **Cypress** and **White Fir** for clear breathing and a sense of empowerment
- **Peppermint** or **Melissa** for alertness
- **Lemongrass** for an aroma that most men enjoy



Girl's Guide



Spa Treatment For Your Feet

- 🌿 Mix 2-3 drops of Myrrh essential oil with dōTERRA Spa Lotion to soften dry, callused feet.
- 🌿 Place 2 drops of your favorite essential oil to your nail polish to diminish the strong odor.
- 🌿 Mix 10 drops of Frankincense, 10 drops of Myrrh, and 10 drops of Lemon essential oils with 2 tablespoons Fractionated Coconut Oil and apply twice a week to strengthen nails and soften cuticles.
- 🌿 Massage Lavender essential oil into feet to diminish stinky odors.
- 🌿 Place 1-2 drops On Guard onto ingrown toenails to ease discomfort.
- 🌿 Place 5-7 drops of your favorite essential oil in warm water for a soothing foot soak.

Foot Scrub Recipe

1/3 cup fine sea salt
1 tablespoon walnut shell powder
1 tablespoon pumice powder
1 tablespoon shea butter
1 tablespoon cocoa butter
1 1/2 tablespoon argan oil
1/2 tablespoon sweet almond oil
5 drops Melaleuca essential oil
10 drops Peppermint essential oil

1. Mix shea and cocoa butters, then melt them in a double boiler.
2. Stir argan and sweet almond oils into melted butter.
3. Add essential oils, then stir dry ingredients into the butter and oil mixture.
4. Allow to cool completely. If any of the oil and butter settles on the top, simply re-mix all ingredients with fork. Spoon into a 4-ounce container of your choice.

dōTERRA[®] BLOG SPOTLIGHT

DIY: FAST-FIZZING BATH BOMBS MADE WITH ESSENTIAL OILS CREATE A FUN, FOAMY, AND THERAPEUTIC BATH EXPERIENCE.

Create a spa environment in your home using simple household ingredients and essential oils. Bath bombs are easy to make and fun for both kids and adults. They also make great gifts! Even if you don't have a bathtub, the bath bombs can still be effective in a shower. The water will help dissolve the bath bomb and release the aroma of the essential oils into the steam.

WHAT YOU NEED:

- 1 cup citric acid*
- 1 cup baking soda
- ½ cup cornstarch*
- ½ cup oil (almond oil, olive oil, dōTERRA Fractionated Coconut Oil, etc.)
- 8-10 drops of your favorite essential oil(s)
- silicone mold or saran wrap

* Citric acid can be found at most major supermarkets in the canning section. If necessary, replace the 1 cup of citric acid with ½ cup of cream of tartar.

* Cornstarch can be replaced with arrowroot powder

DIRECTIONS

- 1** In a bowl, add citric acid, baking soda, cornstarch, and oil.
- 2** Add 8-10 drops of the essential oil(s) of your choice.
Note: Choose an essential oil to best suit your needs.
- 3** Mix well with a spoon or with your hands until a soft dough is formed. It should have the consistency of damp sand. At this point you could also add food coloring, dried herbs, or flower petals to the mixture. If the mixture is too wet, try adding a little more baking soda and cornstarch until the consistency is right.
- 4** Put the mixture into a silicone mold. Let it sit for at least 24 hours before removing from mold.
Note: If you don't have a silicone mold, you could use cupcake liners or saran wrap to help mold your bath bombs.
- 5** The bath bombs are ready to use once they are completely dry. To use, just drop them in the tub until they dissolve.

RECOMMENDED ESSENTIAL OILS

CLEAR BREATHING

Deep Blue
Eucalyptus
Peppermint
Cypress
Breathe

CALMING

Serenity
Lavender
Bergamot
Balance

CLEANSING/ ENERGIZING

Lemon
Wild Orange
Grapefruit
Purify
Geranium
Ginger
Melaleuca



For more handy ideas, recipes, and tips, visit: doterrablog.com

The Value of Daily Use



Dr. David K. Hill, Chief Medical Officer and Chairman of the Scientific Advisory Board

The use of essential oils is rewarding and provides many opportunities to appropriately manage individual health. One can either treat specific health symptoms or act through a model of prevention. Effectively using essential oils may provide profound benefits for either scenario. One obvious advantage of essential oil application for wellness is personalization of usage based on individual inclination, health concerns, and even sensitivities. While there may be considerable variance in usage preference, there is general acceptance that using the oils consistently is important to achieving the desired outcomes.

Using a variety of essential oils on a regular basis could be more significant than focusing on oil selection or specific application methods. Routine and deliberate application of essential oils can often increase and even sustain health benefits. Routine exposure can be achieved through aromatic, topical, and internal consumption based on the individual needs and level of expertise.

There are some who express concern over consistent use of essential oils. Although mechanisms of biological action are not completely understood, specific health benefits have been well demonstrated in both clinical and anecdotal environments. There are many scientific reviews and studies that verify that appropriate doses of essential oils are safe and efficacious. Developing a personal understanding of individual tolerance, practicing consistency, and using methods that work best for you will increase the likelihood of achieving successful results.

The following guidelines will help determine how to implement dōTERRA essential oils into a daily model of consistency based on an individual's unique health and lifestyle circumstances.

QUALITY

01

To prevent sensitivities, it is important to use only pure essential oils, such as essential oils that have the dōTERRA CPTG Certified Pure Therapeutic Grade® quality standard. Using altered essential oils dramatically increases the likelihood that a sensitivity or inappropriate response will develop.

CHEMISTRY

02

The chemical structure and reactivity of some essential oil elements makes them more potent than others. Phenols and aldehydes are especially strong. Diluting oils that contain a high proportion of these types of elements or using a lower dose is an excellent way to ensure safe application.

VARIETY

03

A unique feature of essential oils is that they share many of the same therapeutic benefits. There is safety and increased benefit from variety, which is one of the foundational principles of health. Try introducing a wide variety of oils into your personal usage protocol rather than focusing on just one or two main oils.

AMOUNT

04

A common misconception is to assume that more is always better. While this may be true in some instances, it is not true with essential oils. They are highly concentrated and very potent, so a small dose is all that is needed to achieve powerful therapeutic benefits. It is best to use smaller amounts of oil and apply more frequently.

DILUTION

05

There are many benefits to diluting essential oils, including slowing the rate of absorption to prevent sensitivities and increasing the surface area of absorption. I generally recommend a dilution ratio of one drop of essential oil to three drops of carrier oil. This ratio can be altered depending on the chemistry of the oil and the preferences or sensitivities of the user.

PERSONAL CONSIDERATION

06

Certain individuals, such as young children and the elderly, require special precautions when using essential oils because their skin is typically more sensitive. Appropriate dilution modifications or essential oil substitutions should be made to cater to their individual needs.

dōTERRA essential oils
are highly concentrated
and very potent, so a small
dose is all that is needed
to achieve powerful
therapeutic benefits.



Essential Recipes



CHILI LIME MARINADE

- 1 ½ tablespoons fresh cilantro, chopped
- 2 tablespoons honey or agave
- 2 tablespoons water
- 8 drops Lime essential oil
- 1 clove garlic, minced
- 1 tablespoon lemon grass, minced
- 1 tablespoon chili flakes
- 1 ½ tablespoons ginger
- 2 tablespoons coconut oil

**Recommended with shrimp.*

SWEET & SOUR MARINADE

- ½ cup balsamic vinegar
- ½ cup honey
- ½ cup light brown sugar, packed
- ¼ cup low-sodium soy sauce
- 2 garlic cloves, minced
- 8 drops Wild Orange essential oil

**Recommended with pork.*

INDIAN MARINADE

- 1 cup plain whole-milk yogurt
- 2 tablespoons coconut oil
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ½ teaspoon ground coriander
- 1 drop Cinnamon or Clove essential oil

**Recommended with chicken.*



BALSAMIC ROSEMARY MARINADE

½ cup balsamic vinegar
¼ cup olive oil
1 teaspoon salt
2 teaspoons pepper
2 drops Rosemary essential oil

**Recommended with beef.*

HONEY LIME FRUIT DIP

1 cup plain yogurt
2 tablespoons honey
1-2 drops Lime essential oil



GRILLED PINEAPPLE

½ cup brown or coconut palm sugar
½ pineapple peeled, cored, and cut
1 teaspoon ground cinnamon or 1 drop
Cinnamon essential oil

1. Mix brown sugar and cinnamon together in bowl. Pour mixture into a large ziplock bag. Place pineapple pieces in bag and shake until fully coated.
2. Grill 3 to 5 minutes per side.



Geranium

PLANT PART: Whole plant

EXTRACTION METHOD: Steam distillation

Uses of Geranium essential oil date back to ancient Egypt when Egyptians used Geranium oil to beautify skin and for its internal health benefits. In the Victorian era, fresh Geranium leaves were placed at formal dining tables as decorative pieces and to be consumed as a fresh sprig. In fact, the edible leaves and flowers of the plant are often used in desserts, cakes, jellies, and teas. As an essential oil, Geranium has been used to promote clear, healthy skin—making it ideal for skin care products. It also helps calm nerves, ease anxiety, and support a healthy liver.

HOW TO USE

Aromatically

- Diffuse three to four drops to help relieve occasional stress, anxiety, and tension.
- Use in an aromatherapy steam facial to beautify skin.

Internally

- Dilute one drop in 4 fl. oz. of liquid.
- Place a few drops in the veggie capsule and take it with water.

Topically

- Add a drop to your moisturizer to help balance oil production.
- Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to avoid any skin sensitivity.



FUN FACT

A member of the Pelargonium genus of flower species, Geraniums are grown for their beauty and as a staple of the perfume industry. While there are over 200 different varieties of Pelargonium flowers, only a few are used as essential oils.



idea NOTEBOOK



OUTDOOR TIP

Bug Spray Recipe

Submitted by Ashley Brandes, Tennessee

Ingredients

- 55 drops TerraShield
- 25 drops Purify
- ¼ cup witch hazel (to help the oil emulsify)
- Spray bottle

Directions

1. Mix essential oils and witch hazel in spray bottle; fill with water.
2. Spray head to toe.

Geranium Facial Wipes

Revive your face on-the-go

Ingredients

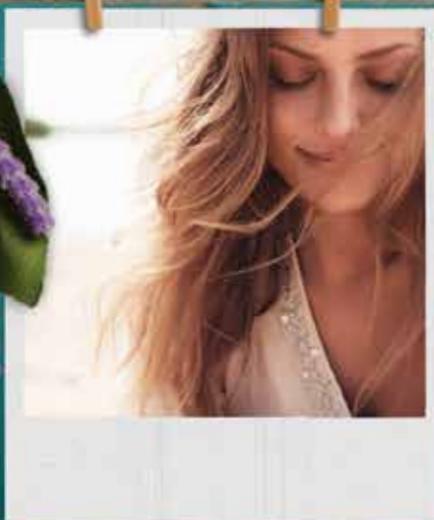
- 2–3 tablespoons witch hazel extract
- 5–8 drops Geranium, Frankincense, or Melaleuca essential oil
- 4 paper towel pieces quartered
- 1 tablespoon Fractionated Coconut Oil*
- Ziplock bag or small Tupperware container

Directions

1. Mix essential oils, witch hazel extract, and Fractionated Coconut Oil together.
2. Soak paper towel pieces with mixture in container of choice.
3. Wipe face for a quick refresher or use as a *makeup remover*.

Note: Instead of paper towels, you can re-use fabric pieces.

*Add Fractionated Coconut Oil for dry skin or for makeup removing purpose.



Salt Water Spray

Get natural beach hair at home

Ingredients

- 1 cup hot water
- 1 teaspoon salt
- 1 teaspoon hair gel
- 1 teaspoon Fractionated Coconut Oil
- 4 drops Lavender essential oil
- 4 drops Rosemary essential oil
- Spray bottle

Directions

Mix all ingredients together in spray bottle, spray hair, scrunch, and enjoy.

→ share your tip!
email living@doterra.com with your favorite essential oil recipe, idea, or time saver.

PRODUCT GUIDE

ESSENTIAL OIL SINGLES

The dōTERRA collection of single essential oils represents the finest aromatic extracts available in the world today. Each oil provides the living essence of its botanical source, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil is 100 percent 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

A T I N

30010001 | 15 mL
\$26.67 retail



BERGAMOT
ESSENTIAL OIL
Citrus bergamia

A T I S

30790001 | 15 mL
\$36.67 retail



BLACK PEPPER
ESSENTIAL OIL
Piper nigrum

A T I S

41040001 | 5 mL
\$29.33 retail



CASSIA
ESSENTIAL OIL
Cinnamomum cassia

A T I D

30020001 | 15 mL
\$25.33 retail



CEDARWOOD
ESSENTIAL OIL
Juniperus virginiana

A T S

49300001 | 15 mL
\$17.33 retail



CILANTRO
ESSENTIAL OIL
Coriandrum sativum

A T I N

41850001 | 15 mL
\$34.67 retail



CINNAMON
ESSENTIAL OIL
Cinnamomum zeylanicum

A T I D

30030001 | 5 mL
\$28.00 retail



CLARY SAGE
ESSENTIAL OIL
Salvia sclarea

A T I N

30420001 | 15 mL
\$48.67 retail



CLOVE
ESSENTIAL OIL
Eugenia caryophyllata

A T I D

30040001 | 15 mL
\$18.67 retail



CORIANDER
ESSENTIAL OIL
Coriandrum sativum

A T I N

30780001 | 15 mL
\$34.67 retail



CYPRESS
ESSENTIAL OIL
Cupressus sempervirens

A T N

30050001 | 15 mL
\$20.67 retail



EUCALYPTUS
ESSENTIAL OIL
Eucalyptus radiata

A T S

30060001 | 15 mL
\$18.67 retail



FENNEL, SWEET
ESSENTIAL OIL
Foeniculum vulgare

A T I S

41290001 | 15 mL
\$20.00 retail



FRANKINCENSE
ESSENTIAL OIL
Boswellia frereana

A T I N

30070001 | 15 mL
\$93.00 retail



GERANIUM
ESSENTIAL OIL
Pelargonium graveolens

A T I S

30090001 | 15 mL
\$36.00 retail



GINGER
ESSENTIAL OIL
Zingiber officinale

A T I S

30080001 | 15 mL
\$38.67 retail



GRAPEFRUIT
ESSENTIAL OIL
Citrus X paradisi

A T I N

30100001 | 15 mL
\$21.33 retail



HELICHRYSUM
ESSENTIAL OIL
Helichrysum italicum

A T I N

30410001 | 5 mL
\$100.00 retail



JUNIPER BERRY
ESSENTIAL OIL
Juniperus communis

A T I N

49290001 | 5 mL
\$25.33 retail



LAVENDER
ESSENTIAL OIL
Lavendula angustifolia

A T I N

30110001 | 5 mL
\$28.00 retail



LEMON
ESSENTIAL OIL
Citrus limon

A T I N

30120001 | 15 mL
\$13.33 retail



LEMONGRASS
ESSENTIAL OIL
Cymbopogon flexuosus

A T I S

30130001 | 15 mL
\$13.33 retail



LIME
ESSENTIAL OIL
Citrus aurantifolia

A T I S

30870001 | 15 mL
\$17.33 retail



MARJORAM
ESSENTIAL OIL
Origanum majorana

A T I N

30140001 | 15 mL
\$25.33 retail



MELALEUCA
ESSENTIAL OIL
Melaleuca alternifolia

A T I N

30150001 | 15 mL
\$25.33 retail



MELISSA
ESSENTIAL OIL
Melissa officinalis

A T I N

30850001 | 5 mL
\$153.33 retail



MYRRH
ESSENTIAL OIL
Commiphora myrrha

A T I N

30160001 | 15 mL
\$69.33 retail



OREGANO
ESSENTIAL OIL
Origanum vulgare

A T I D

30180001 | 15 mL
\$32.00 retail



PATCHOULI
ESSENTIAL OIL
Pogostemon cablin

A T I N

30890001 | 15 mL
\$39.33 retail



PEPPERMINT
ESSENTIAL OIL
Mentha piperita

A T I S

30190001 | 15 mL
\$27.33 retail



ROMAN CHAMOMILE
ESSENTIAL OIL
Anthemis nobilis

A T I N

30800001 | 5 mL
\$44.00 retail



ROSEMARY
ESSENTIAL OIL
Rosmarinus officinalis

A T I N

30200001 | 15 mL
\$18.67 retail



HAWAIIAN SANDALWOOD
ESSENTIAL OIL
Santalum paniculatum

A T I N

41860001 | 5 mL
\$82.33 retail



SANDALWOOD
ESSENTIAL OIL
Santalum album

A T I N

30210001 | 5 mL
\$82.33 retail



THYME
ESSENTIAL OIL
Thymus vulgaris

A T I D

30220001 | 15 mL
\$36.67 retail



VETIVER
ESSENTIAL OIL
Vetiveria zizanioides

A T I N

30430001 | 15 mL
\$46.00 retail



WHITE FIR
ESSENTIAL OIL
Abies alba

A T N

30250001 | 15 mL
\$26.67 retail



WILD ORANGE
ESSENTIAL OIL
Citrus sinensis

A T I N

30170001 | 15 mL
\$14.00 retail



WINTERGREEN
ESSENTIAL OIL
Gaultheria procumbens

A T S

30230001 | 15 mL
\$21.33 retail



YLANG YLANG
ESSENTIAL OIL
Cananga odorata

A T I N

30240001 | 15 mL
\$47.00 retail

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

PROPRIETARY ESSENTIAL OIL BLENDS

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

 <p>AROMATOUCH® MASSAGE BLEND</p> <p>T N</p> <p>31200001 15 mL \$34.67 retail</p>	 <p>BALANCE GROUNDING BLEND</p> <p>A T N</p> <p>31010001 15 mL \$26.67 retail</p>	 <p>BREATHE RESPIRATORY BLEND</p> <p>A T S</p> <p>31070001 15 mL \$26.67 retail</p>	 <p>CITRUS BLISS INVIGORATING BLEND</p> <p>A T N</p> <p>31020001 15 mL \$20.00 retail</p>	 <p>CLEAR SKIN TOPICAL BLEND</p> <p>T N</p> <p>37170001 15 mL \$28.00 retail</p>
 <p>DEEP BLUE® SOOTHING BLEND</p> <p>T S</p> <p>31380001 10 mL \$85.33 retail</p>	 <p>DIGESTZEN® DIGESTIVE BLEND</p> <p>A T I N</p> <p>31030001 15 mL \$41.33 retail</p>	 <p>ELEVATION™ JOYFUL BLEND</p> <p>A T N</p> <p>31040001 15 mL \$49.33 retail</p>	 <p>IMMORTELE ANTI-AGING BLEND</p> <p>T N</p> <p>37140001 10 mL \$92.67 retail</p>	 <p>INTUNE™ FOCUS BLEND</p> <p>A T N</p> <p>41840001 15 mL \$46.00 retail</p>
 <p>ON GUARD® PROTECTIVE BLEND</p> <p>A T I S</p> <p>31100001 15 mL \$42.67 retail</p>	 <p>PASTENSE® TENSION BLEND</p> <p>A T N</p> <p>31350001 10 mL \$24.67 retail</p>	 <p>PURIFY CLEANSING BLEND</p> <p>A T N</p> <p>31060001 15 mL \$24.00 retail</p>	 <p>SERENITY CALMING BLEND</p> <p>A T N</p> <p>31090001 15 mL \$40.00 retail</p>	 <p>SLIM & SASSY® METABOLIC BLEND</p> <p>A T I S</p> <p>31370001 15 mL \$32.67 retail</p>
 <p>CLARYCALM™ MONTHLY BLEND FOR WOMEN</p> <p>A T N</p> <p>35270001 10 mL \$32.67 retail</p>	 <p>TERRASHIELD® REPELLENT BLEND</p> <p>A T N</p> <p>31190001 15 mL \$12.67 retail</p>	 <p>WHISPER™ BLEND FOR WOMEN</p> <p>A T N</p> <p>31080001 5 mL \$32.00 retail</p>	 <p>ZENDOCRINE® DETOXIFICATION BLEND</p> <p>A T I S</p> <p>31460001 15 mL \$32.67 retail</p>	 <p>PEPPERMINT BEADLET</p> <p>38150001 125 ct. \$15.33 retail</p>

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

SKIN SENSITIVITY **N** Can be used topically with no dilution (NEAT) **S** Dilute for young or sensitive skin (SENSITIVE) **D** Dilute before using topically (DILUTE)

ESSENTIAL USAGE

AROMATIC USE

AROMA LITE DIFFUSER NEW!

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

33130001 | \$119.93 retail

AROMA-ACE™ DIFFUSER

- Easy-to-use timing provides flexibility and convenience
- Output volume control allows you to choose the intensity of your aromatherapy experience
- Preserves the natural essence and complete therapeutic benefits of essential oils by not using heat or water
- Comes with a 15 mL bottle of On Guard® Protective Blend

33030001 | \$173.27 retail

LOTUS DIFFUSER

Distributed exclusively by dōTERRA, the Lotus diffuser features an elegant oil-drop shape and quietly diffuses essential oils for aromatic benefits.

- Uses highly efficient real-time atomization technology to effectively diffuse essential oils
- Atomizes essential oils along with water into ion particles and active oxygen ions, which are more easily absorbed by the body

33010001 | \$119.93 retail



INTERNAL USE TOPICAL USE

VEGGIE CAPS

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

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

34100001 | 160 HPMC capsules
\$5.33 retail

HAND AND BODY LOTION

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

- Fragrance-free, light-weight lotion—perfect for hydrating the skin
- Combine with your favorite essential oils for added benefits

36100001 | 6.7 oz tube
\$19.33 retail

3-PACK

36110001 | Three 6.7 oz tubes
\$39.93 retail

FRACTIONATED COCONUT OIL

T **N**

Ideal for combining with essential oils for topical therapies.

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

30260001 | 4 oz
\$16.00 retail

PRODUCT GUIDE



REVEAL FACIAL SYSTEM NEW!

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

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

37340001 | 2 tubes—1.7 oz each | \$80.00 retail

FACIAL CLEANSER

Leave your skin feeling clean, fresh, and smooth with the dōTERRA Facial Cleanser.

- Features Melaleuca and Peppermint CPTG® essential oils to gently cleanse and lift away impurities
- Cruciferous vegetable extracts work to inhibit skin irritation and reduce oxidative stress

37010001 | 4 oz /120 mL | \$22.00 retail

PORE REDUCING TONER

dōTERRA Pore Reducing Toner contains CPTG® essential oils and cutting-edge ingredients to help visibly reduce the size of pores and restore the skin's pH.

- Features Lavender, Ylang Ylang, and German Chamomile essential oils
- Calms sensitive skin and inhibits skin irritation
- Reduces oxidative stress to skin cells

37020001 | 4 oz /120 mL | \$23.33 retail

IMMORTELE ANTI-AGING BLEND



This powerful blend of anti-aging essential oils nourishes and protects skin for a smooth, radiant, youthful-looking complexion.

- Features the renewing power of rare essential oils—Frankincense, Hawaiian Sandalwood, Lavender, Myrrh, Helichrysum, and Rose
- Reduces the appearance of fine lines and wrinkles
- Helps reduce inflammation, a contributing factor to aging skin
- Supports skin at the cellular level

37140001 | 10 ml roll-on | \$92.67 retail

TIGHTENING SERUM

Tighten and smooth your skin naturally with CPTG Certified Pure Therapeutic Grade® essential oils.

- Features Frankincense, Hawaiian Sandalwood, and Myrrh essential oils
- Promotes skin hydration
- Increases skin clarity for firmer, younger-looking skin
- Provides short- and long-term tightening benefits to reduce the appearance of fine lines and wrinkles

37040001 | 1 oz | \$66.00 retail

HYDRATING CREAM

dōTERRA Hydrating Cream is packed with emollient-rich ingredients and effective anti-aging combatants for smooth, luxurious skin.

- Designed to assist the rejuvenation of mature skin and reduce the visible signs of aging
- Aids in strengthening and restoring balance to the skin
- Perfect for day or night use

37160001 | 1.7 oz | \$46.00 retail

ANTI-AGING MOISTURIZER

Win the aging battle with the combination of cutting-edge ingredients and CPTG® essential oils.

- Features Lavender, Jasmine, Geranium, and Frankincense essential oils
- Moisturizes and softens skin
- Improves skin elasticity and tone to reduce the appearance of wrinkles
- Helps prevent the future signs of mechanical aging

37030001 | 1.7 oz | \$46.00 retail

INVIGORATING SCRUB

Make the exfoliating step of your beauty regimen a refreshing, aromatic experience with dōTERRA Invigorating Scrub.

- Features Grapefruit and Peppermint essential oils and cutting-edge ingredients
- Gently exfoliates your skin, leaving it invigorated and energized
- Features jojoba and cruciferous vegetable extracts that work to protect and smooth while also preventing irritation and discoloration

37050001 | 2.5 oz | \$24.00 retail

CLEAR SKIN FOAMING FACE WASH

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

- Designed to thoroughly cleanse without stripping away natural moisture
- Contains ingredients that will leave the skin clean without clogging pores
- Creates a harmonious balance necessary for beautifully clear skin

37180001 | 1.7 oz | \$21.00 retail

CLEAR SKIN TOPICAL BLEND



Clear Skin promotes a clear and healthy complexion with essential oils renowned for their skin-beneficial properties.

- Unique blend of Rosewood, Melaleuca, Eucalyptus, Geranium, and Lemongrass
- Helps control overactive sebaceous glands
- Promotes clear, smooth skin
- Soothes skin irritations.

37170001 | 10 mL roll on | \$28.00 retail

CLEAR SKIN SET

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

37190001 | \$40.00 retail

TOTAL SKIN CARE KIT

Contains one each of dōTERRA 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.

37230001 | \$276.33 retail



HAIR CARE

SALON ESSENTIALS PROTECTING SHAMPOO

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

- Features a gentle lathering and cleansing boost from Wild Orange and Lime essential oils and plant extracts
- Gently removes impurities collected on the hair and scalp
- Lightly moisturizes hair, leaving it salon soft and touchable
- Provides antioxidant protection against UV damage, which can cause fading in color-treated hair

36220001	8.34 oz
\$26.00 retail	

SALON ESSENTIALS SMOOTHING CONDITIONER

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

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

36230001	8.34 oz
\$30.67 retail	

SALON ESSENTIALS HEALTHY HOLD GLAZE

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

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

36270001	4 oz
\$24.00 retail	

SALON ESSENTIALS ROOT TO TIP SERUM

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

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

36210001	30 mL
\$46.67 retail	



quick shopping reference for all products

U.S. RETAIL PRICING



SALON ESSENTIALS HAIR CARE SYSTEM

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

36280001	\$103.33 retail
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PROTECTING SHAMPOO 2-PACK	36240001	\$32.67 retail
SMOOTHING CONDITIONER 2-PACK	36250001	\$38.67 retail
SHAMPOO AND CONDITIONER	36260001	\$37.33 retail

SPA

HAND AND BODY LOTION

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

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

36100001	6.7 oz tube
\$19.33 retail	

3-PACK

36110001	Three 6.7 oz tubes
\$39.93 retail	

CITRUS BLISS INVIGORATING BATH BAR

Enter a state of bliss as you clean your body with the Citrus Bliss Invigorating Bath Bar.

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

36130001	4 oz
\$9.32 retail	

LIP BALM WITH PEPPERMINT & WILD ORANGE

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

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

36190001	.15 oz
\$6.33 retail	

SERENITY CALMING BATH BAR

Luxuriate as you enjoy the serene, calming influence of the Serenity Calming Bath Bar.

- Provides the benefits of Serenity Calming Blend
- Cleans and conditions your skin naturally with coconut and safflower oils and shea butter

36140001	4 oz
\$9.32 retail	

HEALING HANDS LOTION

Become part of furthering the cause of the dōTERRA Healing Hands Foundation by purchasing the lovely scented Healing Hands lotion infused with Bulgarian Rose CPTG® essential oil that will not only soften the skin and emit a beautiful aroma, but will also benefit the life of someone in need. The full purchase price of \$20 will be donated to the dōTERRA Healing Hands Foundation to assist those in need throughout the world. Your heart and your skin will be softened.

36170001	3.3 oz
\$20.00 retail	

CITRUS BLISS HAND LOTION

NEW!

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

- Light, uplifting scent with a kiss of vanilla and a bouquet of citrus essential oils
- Perfect size to tote in the car, take to the office, or put in a purse or bag
- Provides hands with important antioxidants, botanicals, and humectants

36200001	2.5 fl oz tube
\$8.67 retail	

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

PRODUCT GUIDE

ON GUARD® PRODUCTS

ON GUARD® FOAMING HAND WASH

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

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

ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

38070001 | 16 oz Hand Wash, 2 dispensers

SINGLE REFILL

38010001 | 16 oz Hand Wash

TWIN PACK REFILL

38020001 | 16 oz Hand Wash

ON GUARD® TOP SELLER PROTECTIVE BLEND



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

31100001 | 15 mL bottle

\$42.67 retail

ON GUARD® NATURAL WHITENING TOOTHPASTE

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

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

38910001 | 4.2 oz

\$11.33 retail

ON GUARD® PROTECTING THROAT DROPS

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

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

34050001 | 30 drops

\$19.33 retail

ON GUARD® CLEANER CONCENTRATE

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

- Features a non-toxic, biodegradable formula safe for the entire family
- Combines plant-based derivatives with the powerful On Guard Protective Blend
- Perfect for hard surface cleaning needs with exceptional results

38140001 | 12 fl oz

\$19.33 retail



ON GUARD® LAUNDRY DETERGENT NEW!

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

- Each naturally sourced enzyme targets and gently removes specific types of stains
- Contains 10 mL of On Guard Protective Blend (over \$28 retail value) for an added cleaning boost
- Safe for the environment and the whole family
- 64 loads in each bottle; 1 tablespoon = 1 load (using a high efficiency washer)
- Great as a pre-treatment for stains

38980001 | 32 fl oz

\$32.67 retail

ON GUARD® BEADLET NEW!

On Guard Beadlets provide an easy and convenient way to obtain the immune-boosting benefits of On Guard Protective Blend.

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

35410001 | 125 beadlets

\$20.00 retail

ON GUARD®+ SOFTGELS NEW!

On Guard + Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa essential oils for additional immune support. On Guard+ is a great way to strengthen and maintain healthy immune function when seasonal threats are high or to protect against elements that can weaken the immune system.

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

35420001 | 60 vegetarian softgels

\$32.67 retail

DEEP BLUE®



DEEP BLUE® TOP SELLER
SOOTHING BLEND



A synergistic blend of CPTG® essential oils, Deep Blue provides instant relief for the occasional discomfort of tired, sore, and worn-down muscles.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, and Osmanthus essential oils
- Apply directly to area to relieve occasional joint and muscle pain

31050001	5 mL bottle
\$42.67 retail	
31380001	10 mL roll on
\$85.33 retail	

DEEP BLUE® RUB
SOOTHING LOTION

Infused with Deep Blue Soothing Blend, Deep Blue Rub provides targeted comfort to the occasional pain associated with tired and sore joints and muscles.

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

38900001	4 oz
\$39.00 retail	

DEEP BLUE® RUB
SAMPLES **NEW!**

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

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

38950001	Ten 2 mL samples
\$6.67 retail	

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



LOYALTY REWARDS PROGRAM

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

34210001 | \$93.13 retail

LOYALTY REWARDS PROGRAM

LIFELONG VITALITY VEGAN PACK
DIETARY SUPPLEMENTS INCLUDING ALPHA CRS+®, MICROPLEX VMz®, AND vEO MEGA

34250001 | \$106.00 retail



ALPHA CRS+®
CELLULAR VITALITY COMPLEX

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

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

34180001 | 120 Vegetable Capsules
\$92.67 retail



xEO MEGA®
ESSENTIAL OIL OMEGA COMPLEX

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

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

34190001 | 120 Softgels
\$52.67 retail



MICROPLEX VMz®
FOOD NUTRIENT COMPLEX

dōTERRA® Microplex VMz is an all-natural, whole-food formula of bioavailable vitamins and minerals often deficient in modern diets.

- Includes a balanced blend of vitamins A, C, E and a B vitamin complex
- Contains food-derived minerals and organic trace minerals to support bone and metabolic health
- Optimizes nutrient absorption with a whole-food blend and an enzyme delivery system
- Features the dōTERRA Tummy Tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach
- Encapsulated in vegetable capsules and does not contain wheat, dairy, animal products, or synthetic ingredients

34200001 | 120 Vegetable Capsules
\$46.00 retail



vEO MEGA®
ESSENTIAL OIL OMEGA COMPLEX

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

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

34260001 | 120 Softgels
\$66.00 retail

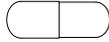
MITO2MAX™
ENERGY & STAMINA COMPLEX

Mito2Max is a healthy, long-term alternative to caffeinated drinks and supplements for increased energy and vitality.

- Formulated with standardized plant extracts and metabolic cofactors of cellular energy
- Supports healthy mitochondrial function and aerobic capacity
- Improves stamina naturally without the use of harmful stimulants

35310001 | 120 capsules

\$39.33 retail



MADE WITH SLS-FREE
VEGETABLE CAPSULES

DDR PRIME SOFTGELS™
ESSENTIAL OIL CELLULAR COMPLEX

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

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

41740001 | 60 capsules

\$73.33 retail



MADE WITH VEGETARIAN SOFTGELS

DDR PRIME™
ESSENTIAL OIL CELLULAR COMPLEX

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

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

41510001 | 30 mL bottle

\$73.33 retail

TriEase™ NEW!
SEASONAL BLEND SOFTGELS

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

- Promotes clear breathing and healthy respiratory function
- Cleanses the body's systems
- Provides calming and balancing effects, both internally and externally

49310001 | 60 Softgels

\$30.00 retail



PRODUCT GUIDE

CHILDREN'S SUPPLEMENTS

a2z CHEWABLE

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

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

35330001	60 tablets
\$26.00 retail	

IQ MEGA™

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

- Provides 1,000 mg of concentrated, pure fish oil per serving
- Supports healthy brain, cardiovascular, immune, and joint function
- Formulated to be used with a2z chewable

35320001	150 mL
\$46.00 retail	



DIGESTZEN® TOP SELLER DIGESTIVE BLEND



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

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

31030001	15 mL bottle
\$41.33 retail	

DIGESTZEN® SOFTGELS

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

35430001	60 vegetarian softgels
\$26.00 retail	



ZENDOCRINE® DETOXIFICATION BLEND



Support your body's natural detoxification systems with Zendocrin.

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

31460001	15 mL bottle
\$32.67 retail	

ZENDOCRINE® SOFTGELS

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

34280001	60 vegetarian softgels
\$32.67 retail	



DIGESTIVE HEALTH



TERRAZYME® TOP SELLER DIGESTIVE ENZYME COMPLEX

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

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

35110001	90 vegetable capsules
\$50.00 retail	

ZENDOCRINE® DETOXIFICATION COMPLEX

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

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

35120001	60 vegetable capsules
\$32.67 retail	



PB ASSIST+® PROBIOTIC DEFENSE FORMULA

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

- Delivers 5 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourage culture adhesion and growth
- Time-release double capsule delivery protects sensitive probiotic cultures from stomach acid
- Supports healthy digestive function and immunity

35160001	30 vegetable capsules
\$46.00 retail	



GX ASSIST® GI CLEANSING FORMULA

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

- Features Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme essential oils as well as caprylic acid
- Helps support a healthy digestive tract by creating an unfriendly environment for potentially harmful pathogens
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist Probiotic Defense Formula

35040001	60 softgels
\$34.67 retail	





WOMEN'S HEALTH



WOMEN'S HEALTH KIT

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

35250001 | \$92.67 retail

PHYTOESTROGEN LIFETIME COMPLEX™

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

- Includes a standardized soy extract with genistein, a powerful phytoestrogen
- Helps manage potentially harmful metabolites produced by estrogen metabolism with a concentrated extract of flax seed lignans
- Supports healthy bones, heart, breast tissue, and other body structures

35260001 | 60 capsules
\$52.67 retail



BONE NUTRIENT LIFETIME COMPLEX™

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

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

35240001 | 120 capsules
\$23.33 retail



CLARYCALM™ MONTHLY BLEND FOR WOMEN



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

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, and Vitex essential oils
- Helps balance hormones
- Provides temporary respite from cramps, nausea, hot flashes, and emotional swings

35270001 | 10 mL roll on
\$32.67 retail

SLIM & SASSY®

SLIM & SASSY TRIM KIT

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

40770001 | 1 Chocolate, 1 Vanilla
\$200 retail

35280001 | 2 Chocolate
\$200 retail

35290001 | 2 Vanilla
\$200 retail

SLIM & SASSY TOP SELLER METABOLIC BLEND



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

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

31370001 | 15 mL bottle
\$32.67 retail

SLIM & SASSY® SOFTGELS NEW!

34270001 | 120 vegetarian softgels
\$46.00 retail

SLIM & SASSY TRIMSHAKE™

Slim & Sassy TrimShake is a convenient, delicious shake mix that provides essential nutrients.

- TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise
- Includes the patented weight-management ingredient EssentraTrim® to help reduce food cravings and overeating
- Includes Solathin®, a special protein extract that supports increased feelings of satiety
- Blends well with nonfat dairy, almond, rice, or soy milk or water

35180001 | Vanilla
\$52.67 retail

35200001 | Chocolate
\$52.67 retail

V SHAKE NEW!

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

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

35440001 |
\$52.67 retail



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dōTERRA

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www.doterra.com

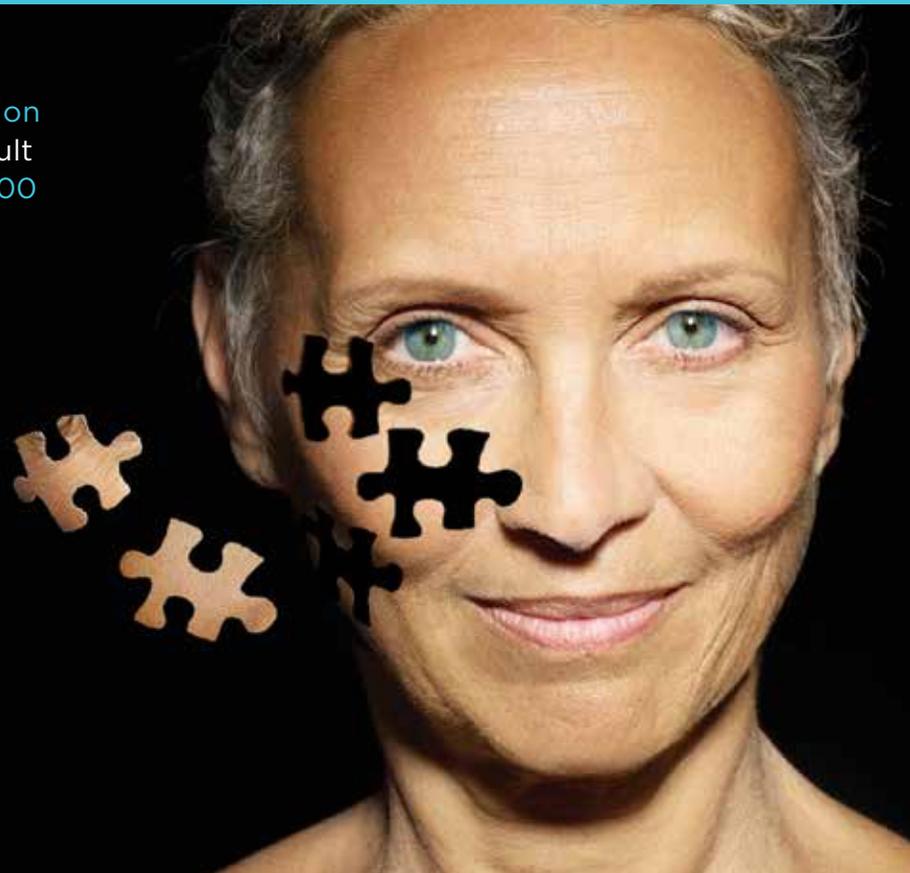
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DDR PRIME

Essential Oil Cellular Complex

There are anywhere from **75 to 100 trillion cells** in the human body. An average adult human **loses** somewhere between **200,000 and 3,000,000 cells** per second.

*-Steve Mack, Molecular and Cell Biology, Children's Hospital
Oakland Research Institute*



Don't CELL Yourself Short.

Support. Repair. Rebuild.

To Order:	41740001	60 Capsules
	\$73.33 retail	
	41510001	30 mL
	\$73.33 retail	



dōTERRA®

CPTG Certified Pure Therapeutic Grade®