

PRODUCT GUIDE  
EUROPE | ENGLISH

dōTERRA™





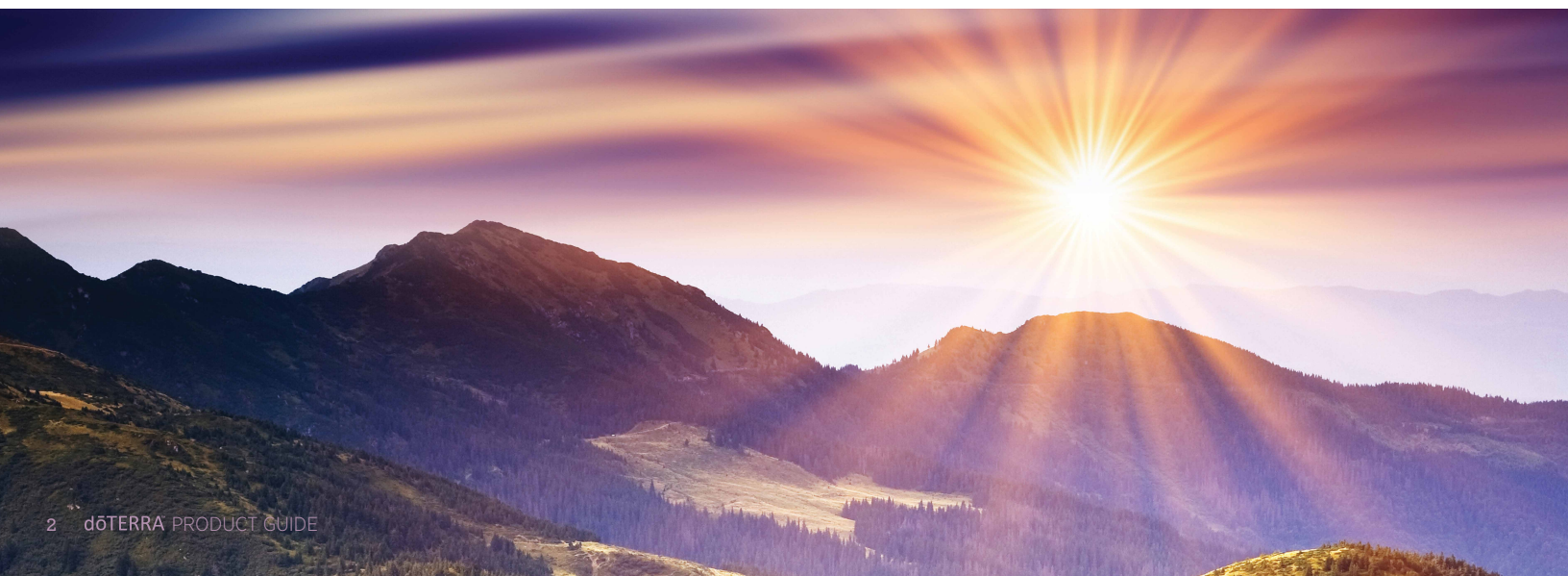
## THE dōTERRA™ STORY

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

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

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

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







## OUR MISSION

*We at dōTERRA are committed to sharing the life-enhancing benefits of tested-grade essential oils with the world. We will do this by:*

- Discovering and developing the world's highest-quality 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 Tested Grade™.
- Distributing our products through Wellness Advocates who, working from home, introduce, educate and sell dōTERRA wellness products locally through person-to-person contact and globally through personalised web shopping sites.
- Providing educational opportunities for all people interested in learning how tested-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 essential oils in modern healthcare practices.

dōTERRA™ proprietary essential wellness products are sold exclusively by Wellness Advocates through person-to-person sharing, personalised websites, and in wellness centres and spas throughout the United States and abroad. To order, talk to the Wellness Advocate who provided you with this product guide or call one of the numbers on the back cover to find an advocate in your area. Wellness Advocate distributorships are available.

**TO ORDER:** See back cover

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

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

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

### **Extraction Methods**

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

Equally important to the carefully controlled extraction process, the meticulous selection of correct plant species and plant parts harvested at the perfect moment when their essential oil compounds are most concentrated, is also required for a quality tested-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 Tested Grade™

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

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

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

### *Tested, trusted.*

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







## Uses

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

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





## 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 essential oils.



### INTRODUCTION TO ESSENTIAL OILS KIT TOP SELLER

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

- Lavender essential oil (5 ml bottle)
- Lemon essential oil (5 ml bottle)
- Peppermint essential oil (5 ml bottle)

#### LAVENDER *Lavandula angustifolia*

- Apply to the bottom of feet or on a pillow before sleeping
- Use with bath salts for a relaxing spa bathing experience
- Lightly apply to soothe sun-exposed skin
- Apply to back, hands, or feet of a restless or agitated child
- Use to calm and soothe occasional skin irritations
- Calm sensitive skin and soothe pores after hair removal
- Apply to dry, 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
- Add to drop of honey and take internally to soothe throat
- Dilute with coconut oil for a daily fingernail conditioning massage
- Add a drop of Lemon and Peppermint to your toothbrush after use
- Diffuse in a room to neutralise odours
- 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*

- Take one drop internally to calm occasional indigestion or upset stomach
- Use with Lemon in water for a healthy, refreshing mouth rinse
- Diffuse aromatically or apply topically for an invigorating vapour
- 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 internally with Lavender and Lemon to protect against seasonal threats
- Diffuse during study time



# ESSENTIAL OIL SINGLES

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





**ARBORVITAE**  
PURE ESSENTIAL OIL  
Thuja plicata | 5 ml

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

- Helps promote clear and healthy-looking skin
- Purifying agent
- Calming aroma



**BASIL**  
PURE ESSENTIAL OIL  
Ocimum basilicum | 15 ml

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

- Helps to keep your skin looking clean, clear, and healthy
- Promotes mental alertness
- Herbaceous food flavouring



**BERGAMOT**  
PURE ESSENTIAL OIL  
Citrus bergamia | 15 ml

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

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



**BLACK PEPPER**  
PURE ESSENTIAL OIL  
Piper nigrum | 5 ml

Stimulating and flavourful, Black Pepper enhances any dish and contains powerful antioxidants.

- Enhances food flavour
- High in monoterpenes and sesquiterpenes
- Provides a warm sensation to the skin when applied topically



**BLUE TANSY**  
PURE ESSENTIAL OIL  
Tanacetum annuum | 5 ml

Blue Tansy essential oil comes from the annual yellow-flowered Mediterranean plant. An important oil in the doTERRA Deep Blue blend, Blue Tansy is soothing to mind and body.

- Promotes a soothing sensation when applied topically
- Its rich blue colour may stain surfaces, fabrics, and skin, careful use and dilution is recommended
- High in chamazulene and sabinene



**CARDAMOM**  
PURE ESSENTIAL OIL  
Elettaria cardamomum | 5 ml

A close relative to ginger, Cardamom is known as an expensive cooking spice and for being beneficial to the digestive system in a variety of ways.

- Flavourful spice for cooking and baking
- Promotes clear breathing
- Helps ease upset stomach



**CASSIA**  
PURE ESSENTIAL OIL  
Cinnamomum cassia | 15 ml

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

- Creates a warm, uplifting aroma
- Used in cooking as a replacement for cinnamon
- Soothes the body when applied topically



**CEDARWOOD**  
PURE ESSENTIAL OIL  
Juniperus virginiana | 15 ml

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

- Provides clarifying properties when added to facial toner or moisturiser
- Helps keep skin looking healthy
- Promotes relaxation



**CILANTRO**  
PURE ESSENTIAL OIL  
Coriandrum sativum | 15 ml

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

- Clearing and clarifying aroma
- Blends well with citrus oils
- Gives food a fresh, flavourful kick



**CINNAMON BARK**  
PURE ESSENTIAL OIL  
Cinnamomum zeylanicum | 5 ml

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

- Soothes throat when added to hot water or tea
- Can be used to replace ground cinnamon in your favourite recipes
- Promotes oral health



**CLARY SAGE**  
PURE ESSENTIAL OIL  
Salvia sclarea | 15 ml

Clary Sage is known for its soothing and calming properties.

- Provides a soothing effect during a woman's menstrual cycle
- Promotes stress-relief when combined with Roman Chamomile and added to bath water
- Promotes healthy-looking hair and scalp



**CLOVE**  
PURE ESSENTIAL OIL  
Eugenia caryophyllata | 15 ml

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

- Promotes healthy teeth and gums
- Frequently used as a cooking spice
- Holds antioxidant properties





### **COPAIBA** PURE ESSENTIAL OIL

Copaifera reticulata, officinalis, coriacea, and langsdorffii | 15 ml

Copaiba is similar to black pepper and has been used in traditional health practices by the natives of Brazil. Copaiba oil is widely used in cosmetic products and perfumes.

- Contains antioxidant properties
- Promotes clear, smooth skin
- Reduces the appearance of blemishes



### **CORIANDER** PURE ESSENTIAL OIL

Coriandrum sativum | 15 ml

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

- Add to oily skin to maintain a clear complexion
- Promotes a soothing effect when applied topically
- Adds herbal flavour to a variety of dishes



### **CYPRESS** PURE ESSENTIAL OIL

Cupressus sempervirens | 15 ml

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

- Invigorates the senses
- Promotes vitality and energy when applied topically
- Improves the appearance of oily skin



### **DOUGLAS FIR** PURE ESSENTIAL OIL

Pseudotsuga menziesii | 5 ml

Sourced from young trees in New Zealand, premium Douglas Fir oil can help promote feelings of clear airways, cleanse the skin, and create an uplifting environment.

- Promotes feelings of clear airways and easy breathing
- Cleansing and purifying to the skin
- Promotes a positive mood and sense of focus



### **EUCALYPTUS** PURE ESSENTIAL OIL

Eucalyptus radiata | 15 ml

Derived from eucalyptus leaves, Eucalyptus essential oil has many beneficial compounds.

- Promotes feelings of relaxation
- Promotes oral health and freshens breath
- Supports feelings of clear airways and easy breathing



### **FENNEL** PURE ESSENTIAL OIL

Foeniculum vulgare | 15 ml

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

- Flavourful addition to soups, dips, and salads
- Calms and soothes when applied topically
- Promotes feelings of confidence and energy



### **FRANKINCENSE** PURE ESSENTIAL OIL

Boswellia carterii, frereana, and sacra | 15 ml

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

- Reduces the appearance of skin imperfections and rejuvenates skin
- Promotes feelings of relaxation and balances mood
- Soothes skin

See page 18 for Frankincense Touch



### **GERANIUM** PURE ESSENTIAL OIL

Pelargonium graveolens | 15 ml

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

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



### **GINGER** PURE ESSENTIAL OIL

Zingiber officinale | 15 ml

doTERRA Ginger essential oil comes from the fresh rhizome of the ginger plant. Ginger is most noted for its sweet flavouring.

- Fragrant and soothing aroma
- A popular kitchen spice used in many dishes from around the world
- Provides a warming sensation on the skin



### **GRAPEFRUIT** PURE ESSENTIAL OIL

Citrus X paradisi | 15 ml

Energising and invigorating, Grapefruit is renowned for its cleansing properties.

- Uplifts mood
- Tangy, sour food flavouring
- Promotes a sense of focus



### **GREEN MANDARIN** NEW! PURE ESSENTIAL OIL

Citrus nobilis | 15 ml

Pressed from the unripe fruit of the mandarin tree, Green Mandarin has properties that promote soothing feelings and can help to provide support when taken internally.

- Helps to promote soothing feelings
- Take one to two drops to help support healthy immune function and response



### **HELICHRYSUM** PURE ESSENTIAL OIL

Helichrysum italicum | 5 ml

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

- Reduces the appearance of wrinkles
- Massage into the temples and back of neck for a soothing sensation
- Promotes a glowing, youthful complexion



**JUNIPER BERRY**  
PURE ESSENTIAL OIL  
Juniperus communis | 5 ml

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

- Acts as a natural skin toner
- Adds a spicy flavour to sauces and desserts
- Has a calming, grounding effect on emotions



**LAVENDER**  
PURE ESSENTIAL OIL  
Lavandula angustifolia | 15 ml

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

- Widely used for its calming and relaxing qualities
- Soothes occasional skin irritations
- Contains relaxing qualities that can help promote a peaceful sleep

See page 18 for Lavender Touch



**LEMON**  
PURE ESSENTIAL OIL  
Citrus limon | 15 ml

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

- Uplifting and energising properties that help improve mood
- Tangy food flavouring
- Effective addition to house cleaners and soaps



**LEMONGRASS**  
PURE ESSENTIAL OIL  
Cymbopogon flexuosus | 15 ml

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

- Combine with a carrier oil for a soothing massage
- Heightens awareness and promotes positivity
- Smoky, herbaceous food flavouring



**LIME**  
PURE ESSENTIAL OIL  
Citrus aurantifolia | 15 ml

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

- Positively affects mood with stimulating and refreshing properties
- Promotes emotional balance and well-being
- Tart, sweet food flavouring



**MARJORAM**  
PURE ESSENTIAL OIL  
Origanum majorana | 15 ml

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

- Warm, herbaceous cooking additive
- Calming aroma
- Supports overall wellness when taken internally



**MELALEUCA**  
PURE ESSENTIAL OIL  
Melaleuca alternifolia | 15 ml

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

- Provides reinforcing and rejuvenating benefits for the hair, skin, and fingernails
- Cleansing properties
- Supports a healthy complexion

See page 19 for Melaleuca Touch



**MELISSA**  
PURE ESSENTIAL OIL  
Melissa officinalis | 5 ml

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

- Calms tension and nerves
- Promotes relaxation and can help create a restful sleeping environment
- Rejuvenates skin and hair



**MYRRH**  
PURE ESSENTIAL OIL  
Commiphora myrrha | 15 ml

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

- Helps promote emotional balance and feelings of well-being
- Offers cleansing benefits, particularly for the throat and mouth
- Soothes skin while supporting a clear, youthful-looking complexion



**OREGANO**  
PURE ESSENTIAL OIL  
Origanum vulgare | 15 ml

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

- Spicy, herbaceous food flavouring
- Provides antioxidant benefits
- Provides a warming sensation to the skin. (Always dilute with carrier oil before applying directly to skin.)

See page 19 for Oregano Touch



**PATCHOULI**  
PURE ESSENTIAL OIL  
Pogostemon cablin | 15 ml

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

- Provides a grounding, balancing effect on emotions
- Promotes a smooth, glowing complexion
- Reduces the appearance of blemishes, wrinkles or problematic skin



**PEPPERMINT**  
PURE ESSENTIAL OIL  
Mentha piperita | 15 ml

A top-selling favourite, Peppermint provides myriad health benefits.

- Invigorates and enlivens the senses
- Soothes upset stomach
- Promotes oral health

See page 19 for Peppermint Touch





**PEPPERMINT BEADLETS**  
PURE ESSENTIAL OIL  
Mentha piperita | 125 beadlets

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

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



**PETITGRAIN**  
PURE ESSENTIAL OIL  
Citrus aurantium | 15 ml

Petitgrain has a fresh, slightly herbaceous aroma and a variety of uses.

- Calming and relaxing aroma
- Promotes a restful sleep
- Provides antioxidant support



**PINK PEPPER** NEW!  
PURE ESSENTIAL OIL  
Schinus molle | 5 ml

A sacred tree to the Incans, Pink Pepper essential oil is distilled from the fruit of the pink peppercorn tree. A great oil to add spice to your next meal.

- Create a soothing massage by combining one to two drops with doTERRA Fractionated Coconut Oil
- Promotes feelings of alertness
- Pink Pepper can be substituted for Black Pepper for food flavour



**ROMAN CHAMOMILE**  
PURE ESSENTIAL OIL  
Anthemis nobilis | 5 ml

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

- Apply to bottoms of feet at bedtime
- Promotes hair and scalp health
- Creates a sweet, floral scent that is calming to the mind



**ROSEMARY**  
PURE ESSENTIAL OIL  
Rosmarinus officinalis | 15 ml

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

- Adds a savoury, herbaceous flavour to meats and specialty dishes
- Helps reduce occasional fatigue
- Uplifting to the senses



**SANDALWOOD**  
PURE ESSENTIAL OIL  
Santalum album | 5 ml

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

- Helps promote clear and healthy-looking skin
- Reduces the appearance of skin imperfections
- Frequently used in meditation for its grounding and uplifting properties



**SANDALWOOD, HAWAIIAN**  
PURE ESSENTIAL OIL  
Santalum paniculatum | 5 ml

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

- Helps improve the appearance of skin and hair
- Promotes a restful night's sleep when applied before bedtime
- Enhances mood and reduces tension



**SIBERIAN FIR**  
PURE ESSENTIAL OIL  
Abies sibirica | 15 ml

With a fresh, woody scent, Siberian Fir can help balance your emotions and promote positivity.

- Provides a soothing effect when used in massage
- Soothes minor skin irritations when applied topically
- Soothes body aches and sore muscles



**SPEARMINT**  
PURE ESSENTIAL OIL  
Mentha spicata | 15 ml

Well-known for its sweet and minty flavour, Spearmint is often used in cooking, but can also be applied topically.

- Cleanses the mouth and promotes fresh breath
- Promotes a sense of focus and an uplifting mood
- Adds flavour to desserts, drinks, salads or entrées



**SPIKENARD**  
PURE ESSENTIAL OIL  
Nardostachys jatamansi | 5 ml

Spikenard essential oil has a woody, spicy aroma to uplift mood and promote relaxation.

- Uplifting aroma
- Promotes feelings of calmness and relaxation
- Promotes healthy, glowing skin



**TANGERINE**  
PURE ESSENTIAL OIL  
Citrus reticulata | 15 ml

Tangerine has a sweet, tangy aroma, similar to other citrus oils, that is uplifting. Tangerine is known for its cleansing properties.

- Cleansing and purifying
- Adds a tangy kick to baked goods
- Energises and awakens the senses



**THYME**  
PURE ESSENTIAL OIL  
Thymus vulgaris | 15 ml

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

- Stimulating aroma
- Flavourful, spicy food flavouring
- Provides cleansing and purifying effects for the skin



**TURMERIC** NEW!  
PURE ESSENTIAL OIL  
Curcuma longa | 15 ml

Turmeric is beneficial internally for helping to support the immune system's natural functions. Turmeric can help to promote clear, smooth, and radiant-looking skin.

- Use as a spot treatment or an all-over face mask as needed
- Try using 1-2 drops in tea or water for a subtle herbal flavour



**VETIVER**  
PURE ESSENTIAL OIL  
Vetiveria zizanioides | 15 ml

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

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



**WILD ORANGE**  
PURE ESSENTIAL OIL  
Citrus sinensis | 15 ml

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

- Purifying agent
- Refreshes skin
- High in monoterpenes, known for their antioxidant activity



**WINTERGREEN**  
PURE ESSENTIAL OIL  
Gaultheria fragrantissima | 15 ml

Most consumers recognise the aroma and flavour of Wintergreen from its popularity in candy and chewing gum.

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



**YARROW|POM** NEW!  
ACTIVE BOTANICAL DUO  
30 ml

Yarrow|Pom is an expertly crafted proprietary blend of Yarrow essential oil and cold-pressed Pomegranate seed oil designed to be your go-to for soothing skin and providing a calming effect on emotions throughout the day.

- May promote young and healthy-looking skin
- Help reduce the appearance of skin imperfections
- Create a soothing massage experience



**YLANG YLANG**  
PURE ESSENTIAL OIL  
Cananga odorata | 15 ml

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

- Promotes relaxation when used in massage
- Promotes the appearance of healthy skin and hair
- Lifts mood while simultaneously providing a calming effect



# ESSENTIAL OIL BLENDS

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





**dōTERRA AIR™**  
CLEAR BLEND  
15 ml

With a minty, fresh aroma, dōTERRA Air has been specially formulated to provide the user with a cooling, invigorating blend that is known to help minimise the effects of seasonal threats while also providing calming properties.

- Provides an invigorating vapour
- Cools and soothes skin
- Promotes feelings of clear airways and easy breathing

See page 18 for dōTERRA Air Touch



**dōTERRA ALIGN™**  
CENTERING BLEND  
5 ml

dōTERRA Align Centering Blend helps you to trust in yourself and stay open to all possibilities.

- Ideal yoga poses with Align's aroma are Warrior II, Triangle, and Gate pose
- Apply over heart, wrists, and back of neck to promote feelings of self-acceptance and fluidity
- Try using Align whenever you are feeling apathetic and unfocused



**dōTERRA ANCHOR™**  
STEADYING BLEND  
5 ml

dōTERRA Anchor Steadying blend brings a firm trust in yourself so you can approach your practice and life with calming strength.

- The perfect yoga poses to pair with Anchor are Seated Meditation, Seated Twist, and Bhujangasana
- Apply to ankles, base of spine, and bottoms of feet to promote feelings of completeness and calmness
- Use Anchor whenever you are feeling scattered or uprooted



**dōTERRA ARISE™**  
ENLIGHTENING BLEND  
5 ml

dōTERRA's Enlightening blend inspires moments of rising up and reaching for your highest.

- Use Arise while practicing the following yoga poses: standing, arms high and standing side stretch, and Half Moon
- Apply to temples, wrists, and neck to promote feelings of happiness
- Enjoy the benefits of Arise when you are challenging yourself to achieve the next level



**AROMATOUCH™**  
MASSAGE BLEND  
15 ml

Essential oils have long been used for massage, which is why dōTERRA created a proprietary massage blend that improves various massage techniques with the help of relaxing and comforting essential oils.

- Reduces tension
- Produces comforting and relaxing effects
- Improves any massage experience with a soothing aroma



**dōTERRA BALANCE™**  
GROUNDING BLEND  
15 ml

The dōTERRA Balance blend is a subtle combination of essential oils that promotes harmony, tranquility and a sense of relaxation by producing a grounding effect. This blend helps balance emotions and establishes a sense of well-being with an inviting, peaceful aroma.

- Eases anxious or tense feelings
- Produces feelings of tranquility and balance
- Promotes a sense of relaxation and harmony



**dōTERRA CHEER™**  
UPLIFTING BLEND  
5 ml

dōTERRA Cheer's uplifting blend of citrus and spice essential oils provides a cheerful boost of happiness and positivity that will brighten any day.

- Promotes feelings of optimism
- Improves mood throughout the day
- Creates a cheerful aroma during massage

See page 18 for dōTERRA Cheer Touch



**CITRUS BLISS™**  
INVIGORATING BLEND  
15 ml

Merging the major benefits of citrus essential oils, Citrus Bliss holds energising and refreshing properties that can uplift mood and reduce stress.

- Cleanses and purifies the air
- Helps uplift mood and reduces stress
- Creates a cheerful aroma during massage



**CLARYCALM™**  
SOLACE BLEND  
10 ml roll-on

Designed specifically for women, ClaryCalm works as a soothing aid during a woman's menstrual cycle and helps balance mood and emotions.

- Helps balance mood throughout the month
- Helps soothe and balance heightened emotions
- Provides a soothing effect during a woman's menstrual cycle



**dōTERRA CONSOLE™**  
COMFORTING BLEND  
5 ml

dōTERRA Console Comforting Blend uses sweet floral and tree essential oils to promote feelings of comfort, putting you on a hopeful path of emotional healing.

- Promotes feelings of comfort
- Invites feelings of hope and positivity
- Combines Frankincense, Patchouli, Ylang Ylang, Labdanum, Amyris, Sandalwood, Rose, Osmanthus

See page 18 for dōTERRA Console Touch



**DDR PRIME™**  
RENEWAL BLEND  
15 ml

DDR Prime combines the benefits of Clove, Thyme, and Wild Orange essential oils known for their antioxidant benefits and was created to support the body and cells from oxidative stress.

- May reduce oxidation in the body and promote overall cellular health
- Supports a healthy response to cellular stressors
- Provides antioxidant protection against oxidative stress



**DEEP BLUE™**  
SOOTHING BLEND  
5 ml

Deep Blue Soothing Blend of CPTG Certified Pure Tested Grade™ essential oils, natural plant extracts, and additional helpful ingredients that provide a comforting sensation of cooling and warmth to problem areas.

- Provides a cooling and soothing sensation to targeted areas
- Creates a revitalising, comforting massage experience
- Provides relief to sore, tight muscles





**DEEP BLUE™**  
SOOTHING BLEND  
10 ml roll-on

Formulated to soothe and cool, dōTERRA Deep Blue serves as an enriching blend of oils perfect for a massage after a long day or an intense workout.

- Helps decrease tension
- Produces relaxing effects
- Provides targeted, soothing comfort

See page 18 for Deep Blue Touch



**ELEVATION**  
JOYFUL BLEND  
15 ml

This blend of uplifting essential oils is perfect for revitalising mood, aroma, and atmosphere. When you need a natural pick-me-up, Elevation is the ideal solution.

- Energising and refreshing aroma
- Promotes a revitalising environment
- Elevates mood and increases vitality



**dōTERRA FORGIVE™**  
RENEWING BLEND  
5 ml

The fresh, woody aroma of dōTERRA Forgive helps promote the liberating feelings of contentment, relief, and patience. dōTERRA Forgive Renewing Blend of tree and herb essential oils will help you discover the liberating action of forgiving, forgetting, and moving on.

- Creates a comforting aroma
- Uplifts and inspires positive thinking
- Promotes feelings of contentment, relief, and patience

See page 18 for dōTERRA Forgive Touch



**HD CLEAR™**  
TOPICAL BLEND  
10 ml roll-on

The ultimate blend for troubled skin, HD Clear is made with skin-benefiting essential oils that will help keep the skin looking and feeling smooth, clean, and healthy.

- Helps reduce breakouts
- Promotes a clear complexion
- Helps keep skin clean, clear, and hydrated



**INTUNE™**  
FOCUS BLEND  
10 ml roll-on

The perfect blend for moments of study or concentration, InTune is composed of essential oils that promote a sense of calmness and clarity.

- Promotes a sense of clarity
- Enhances and sustains a sense of focus
- Supports efforts of paying attention and staying on task



**dōTERRA MOTIVATE™**  
ENCOURAGING BLEND  
5 ml

Replace negative emotions with feelings of confidence and courage, with dōTERRA Motivate's unique blend of mint and citrus essential oils.

- Reduces feelings of tension
- Creates an uplifting aroma
- Provides a grounding, balanced effect on emotions

See page 19 for dōTERRA Motivate Touch



**ON GUARD™**  
ESSENTIAL OIL BLEND  
15 ml

The dōTERRA On Guard blend provides a safe, natural way to support your immune system's natural defenses. With a spicy, energising, and uplifting aroma, On Guard is a perfect blend to have on-hand throughout the year.

- Supports immune system's natural defences
- Provides antioxidant benefits
- Energising and uplifting

See page 19 for On Guard Touch



**ON GUARD BEADLETS™**  
ESSENTIAL OIL BEADLETS  
125 beadlets

dōTERRA has created On Guard Beadlets to provide a simple, convenient way to enjoy the immunity-boosting benefits of this essential oil blend.

- Supports healthy immune function
- Provides a convenient consumption method for dōTERRA On Guard Essential Oil Blend
- Freshens breath



**dōTERRA PASSION™**  
INSPIRING BLEND  
5 ml

dōTERRA Passion Inspiring Blend of spice and herb essential oils will help you rekindle excitement in your life. With dōTERRA Passion, you will find the daring to try something new, as well as discover renewed joy for the current blessings in your life.

- Creates a joyful aroma
- Promotes confidence and mental strength
- Improves mood and increases focus

See page 19 for dōTERRA Passion Touch



**PASTTENSE™**  
RELAXATION BLEND  
10 ml roll-on

A cooling, calming blend of essential oils, PastTense is formulated to soothe both mind and body at any time with the convenient use of a roll-on bottle.

- Helps ease feelings of stress
- Promotes feelings of relaxation and calm
- Provides a grounding, balanced effect on emotions



**dōTERRA PEACE™**  
REASSURING BLEND  
5 ml

dōTERRA Peace, a blend of floral and mint essential oils, is a positive reminder you don't have to be perfect to find peace. Slow down, take a deep breath, and reconnect with the composed, collected you.

- Decreases anxious feelings
- Creates a comforting aroma
- Promotes feelings of peace and reassurance

See page 19 for dōTERRA Peace Touch



**PURIFY**  
REFRESHING BLEND  
15 ml

With a combination of refreshing and cleansing essential oils, dōTERRA Purify helps eradicate odours in a natural, safe way.

- Refreshing aroma
- Contains cleansing properties
- Replaces unpleasant odours and clears the air



**SALUBELLE™**  
BEAUTY BLEND  
10 ml roll-on

A proprietary blend of powerfully renewing, rare essential oils used throughout history for their beautifying benefits, dōTERRA Salubelle is formulated to protect and nourish skin while helping reduce contributing factors to the appearance of aging.

- Helps keep skin clean, clear, and hydrated
- Helps reduce the appearance of fine lines and wrinkles
- Helps sustain smoother, more radiant and youthful-looking skin



**dōTERRA SERENITY™**  
RESTFUL BLEND  
15 ml

The dōTERRA Serenity blend is designed to provide immediate relaxation, using essential oils known to calm emotions, reduce tension, and promote a restful sleep.

- Calms the senses
- Reduces feelings of tension
- Helps create a restful sleeping environment



**SMART & SASSY™**  
ACTIVE BLEND  
15 ml

When combined with exercise and healthy eating, Smart & Sassy can be used as part of a weight management plan.

- High limonene content
- Helps manage hunger cravings
- Diuretic free, stimulant free, and calorie free



**TERRASHIELD™**  
OUTDOOR BLEND  
15 ml

TerraShield is a powerful yet safe formula that can be used by every member of the family, outdoors and throughout the home.

- Acts as an effective barrier
- Protects against environmental annoyances
- Protects against indoor and outdoor threats



**TERRASHIELD™ SPRAY**  
OUTDOOR BLEND  
30 ml

TerraShield combines essential oils known for their outdoor protection properties to create a natural and effective oil for outside activities.

- Acts as an effective, natural barrier
- Provides natural outdoor protection
- Natural alternative to chemical sprays and lotions



**WHISPER™**  
BLEND FOR WOMEN  
5 ml

This specialised blend for women emits a soft and musky aroma and creates an individualised fragrance when applied topically.

- Entices and intrigues the senses
- Provides a warming, musky aroma
- Combines with individual's chemistry to create a personal fragrance



**ZENDOCRINE™**  
RESTART BLEND  
15 ml

Zendocrine Restart Blend supports the body's natural ability to rid itself of unwanted substances.

- Supports healthy liver function
- Purifying and detoxifying
- Supports the body's ability to remove unwanted substances



**ZENGEST™**  
SUPPORTIVE BLEND  
15 ml

Known as dōTERRA's tummy-tamer blend, ZenGest holds many benefits for digestive health. The soothing properties of this oil may help ease the uncomfortable effects of an upset stomach.

- Promotes healthy digestion
- Soothes occasional discomfort
- When applied topically to the abdomen, ZenGest calms aches and pains associated with an upset stomach

See page 19 for ZenGest Touch



# TOUCH™ OIL BLENDS

Striking the proper balance between protecting sensitive skin while still delivering the benefits found in essential oils is not just a matter of science, but also of art. dōTERRA Touch has achieved that balance. Making application simple with 10 ml roll-ons, dōTERRA Touch products are ideal for children, adults and especially those with sensitive skin. You can start benefiting from essential oils immediately with these ready-to-use bottles. Enjoy the convenience and benefits of dōTERRA Touch today.



## dōTERRA AIR™ TOUCH BLEND

10 ml roll-on

dōTERRA Air Touch provides the perfect balance of the dōTERRA Air blend with Fractionated Coconut Oil to maintain feelings of easy breathing and clear airways.

- Provides an invigorating vapour
- Cools and soothes skin
- Promotes feelings of clear airways and easy breathing



## dōTERRA CHEER™ TOUCH BLEND

10 ml roll-on

dōTERRA Cheer Touch combines Fractionated Coconut Oil with the sunshiny, fresh aroma of dōTERRA Cheer Uplifting Blend. This convenient and gentle roll-on can be applied to the skin to boost happiness and positivity.

- Promotes feelings of optimism
- Improves mood throughout the day
- Creates a cheerful aroma during massage



## dōTERRA CONSOLE™ TOUCH BLEND

10 ml roll-on

dōTERRA Console Touch promotes feelings of comfort and hope. This proprietary blend combines the sweet and musky aroma of dōTERRA Console Comforting Blend with Fractionated Coconut Oil for gentle application.

- Promotes feelings of comfort
- Invites feelings of hope and positivity
- Combines Frankincense, Patchouli, Ylang Ylang, Labdanum, Amyris, Sandalwood, Rose, Osmanthus



## DEEP BLUE™ TOUCH BLEND

10 ml roll-on

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

- Invigorating aroma
- Soothes sore muscles
- Helps relieve aches and pains during exercise



## dōTERRA FORGIVE™ TOUCH BLEND

10 ml roll-on

dōTERRA Forgive Touch contains the tree and herb essential oils found in our proprietary dōTERRA Forgive blend along with Fractionated Coconut Oil for gentle application and ease of use. dōTERRA Forgive was developed to help you discover the liberating action of forgiving, forgetting, and moving on.

- Promotes feelings of comfort
- Invites feelings of hope and positivity
- Creates a calming environment



## FRANKINCENSE TOUCH BLEND

10 ml roll-on

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

- Soothes irritated skin
- Promotes relaxation
- Protects against environmental annoyances



## HOPE™ TOUCH BLEND

10 ml roll-on

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

- Apply to wrists, neck, and pulse points for a personalised fragrance
- Keep in purse and apply throughout the day to uplift mood
- Creates a calming environment



## JASMINE TOUCH BLEND

10 ml roll-on

dōTERRA Jasmine not only helps reduce the appearance of skin imperfections but it also uplifts and energises.

- Reduces the appearance of skin imperfections
- Can be used as a personal fragrance
- Uplifts mood



## LAVENDER TOUCH BLEND

10 ml roll-on

Widely used for its calming qualities, dōTERRA Lavender Touch provides soothing comfort to the skin while promoting feelings of relaxation.

- Soothes occasional skin irritations
- May be used in cooking to soften citrus flavours
- Calming aroma

**MAGNOLIA** NEW!**TOUCH BLEND**

10 ml roll-on

As a personal fragrance, Magnolia Touch gives an uplifting and refreshing aroma. Add to your daily routine to help keep skin clean and hydrated.

- Combine topically with Bergamot or Ylang Ylang to promote healthy-looking skin
- Roll onto the bottoms of your feet to promote feelings of calm and relaxation

**MELALEUCA****TOUCH BLEND**

10 ml roll-on

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

- Renowned for its cleansing and rejuvenating effect on the skin
- Keeps nails looking healthy and strong
- Soothes skin irritation

**dōTERRA MOTIVATE™  
TOUCH BLEND**

10 ml roll-on

Replace negative emotions with feelings of confidence and courage, with dōTERRA Motivate's unique blend of mint and citrus essential oils.

- Reduces feelings of tension
- Creates an uplifting aroma
- Provides a grounding, balanced effect on emotions

**NEROLI  
TOUCH BLEND**

10 ml roll-on

Soothing to the skin, dōTERRA Neroli Touch is specifically formulated with Fractionated Coconut Oil to provide a positive, calming experience when applied topically.

- Promotes a positive mood
- Soothes skin
- Encourages relaxation

**ON GUARD™  
TOUCH BLEND**

10 ml roll-on

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

- Supports immune system's natural functions
- Natural cleansing product
- Energises and uplifts

**OREGANO  
TOUCH BLEND**

10 ml roll-on

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

- May help support immune system
- Reduces the appearance of blemishes
- Cleansing and purifying agent

**dōTERRA PASSION™  
TOUCH BLEND**

10 ml roll-on

dōTERRA Passion Touch combines Fractionated Coconut Oil with the spice and herb blend of dōTERRA Passion to help you rekindle the excitement in your life.

- Combines Fractionated Coconut Oil, Cardamom, Cinnamon Bark, Ginger, Clove, Sandalwood, Jasmine, Vanilla, and Damiana
- Ignites feelings of excitement, passion, and joy
- Spicy, warm aroma

**dōTERRA PEACE™  
TOUCH BLEND**

10 ml roll-on

In today's fast-paced society, it's easy to feel anxious, overwhelmed, and fearful—no matter what your age. Use dōTERRA Peace Touch Blend to promote feelings of contentment, composure, and reassurance when anxious feelings overwhelm your emotions.

- Promotes feelings of peace, reassurance, and contentment
- Sweet, minty aroma
- Helps relieve tension headaches

**PEPPERMINT  
TOUCH BLEND**

10 ml roll-on

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

- Helps lessen feelings of tension
- Uplifts mood
- Promotes a sense of focus

**ROSE  
TOUCH BLEND**

10 ml roll-on

Using the powerful benefits of Rose essential oil in a convenient roll-on, dōTERRA Rose Touch can be applied throughout the day to uplift your mood or as a part of your skin care routine to promote a healthy-looking complexion.

- Emotionally uplifting
- Balances moisture levels in the skin
- Promotes an even skin tone and healthy complexion

**ZENGEST™  
TOUCH BLEND**

10 ml roll-on

Known as dōTERRA's tummy-tamer blend, ZenGest contains many benefits for digestive health. The soothing properties of this oil blend may help ease the uncomfortable effects of an upset stomach.

- Soothes occasional stomach discomfort
- Promotes healthy digestion
- Apply topically to prevent motion sickness during long car rides



# KITS & COLLECTIONS

dōTERRA has created a selection of essential oil kits and collections designed to bring optimal wellness to every household. Each kit includes carefully-selected oils gently distilled from plants that are nurtured and harvested to meet dōTERRA's strict standards of purity and potency. Enjoy the targeted benefits of your favourite aromas and blends in one convenient package.



## FAMILY ESSENTIALS KIT TOP SELLER

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

- Ten 5 ml bottles of essential oils and blends

Lavender	Oregano	ZenGest™
Lemon	Frankincense	On Guard™
Peppermint	Deep Blue™	
Melaleuca	dōTERRA Air™	





### dōTERRA TOUCH™ KIT

Including nine of our most popular essential oils, (Lavender, Peppermint, Frankincense, Melaleuca, ZenGest, dōTERRA Air, On Guard, Oregano, and Deep Blue) our dōTERRA Touch Kit is a convenient purchase for supporting the whole family's needs.

- Nine 10 ml roll-ons of essential oils and blends
 

Lavender	Melaleuca	On Guard™
Peppermint	ZenGest™	Oregano
Frankincense	dōTERRA Air™	Deep Blue™



### dōTERRA ESSENTIAL AROMATICS™ SYSTEM

TOP SELLER

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

- Six 5 ml bottles of essential oils and blends
 

dōTERRA Motivate™	dōTERRA Passion™	dōTERRA Console™
dōTERRA Cheer™	dōTERRA Forgive™	dōTERRA Peace™



### dōTERRA ESSENTIAL AROMATICS™ TOUCH KIT

The dōTERRA Essential Aromatics Touch line contains six unique essential oil blends combined with Fractionated Coconut Oil in 10 ml roll-ons for convenient and gentle topical application. These proprietary blends provide targeted emotional health benefits for the entire family and can be applied every day to specific points on the body to help balance and brighten your changing moods.

- Six 10 ml roll-on bottles of essential oils and blends
 

dōTERRA Motivate™	dōTERRA Passion™	dōTERRA Console™
dōTERRA Cheer™	dōTERRA Forgive™	dōTERRA Peace™



### dōTERRA YOGA COLLECTION

An exclusive trio of CPTG™ essential oil blends designed by dōTERRA for the yogi in you. dōTERRA Anchor, dōTERRA Align, and dōTERRA Arise are the perfect blends to enhance your life and yoga practice. These blends provide aromas to steady, center, and enlighten your spirit through every breath while strengthening and stretching your body.

- Three 5 ml bottles
 

dōTERRA Anchor	dōTERRA Align	dōTERRA Arise
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# dōTERRA™ KIDS COLLECTION

Whether you are an experienced practitioner or new to essential oils, the dōTERRA Kids Collection is the complete and ready-made “whole body” essential oil toolbox designed to empower caregivers to confidently care for the wellness of little ones.

Formulated specifically for developing minds, bodies, and emotions, these essential oil blends feature unique combinations therapeutically balanced to provide powerful benefits while being gentle on delicate skin.

## dōTERRA KIDS COLLECTION NEW!

Kit includes:

- Six 10 ml roll-on bottles of essential oils and blends  
Brave™ Calmer™ Rescuer™  
Steady™ Stronger™ Thinker™
- Six silicone toppers with carabiners
- Instructional flashcards
- Carrying case with carabiner



### **Brave™** NEW! **COURAGE BLEND** 10 ml roll-on

With a bright and warm aroma, Brave is the perfect blend to invigorate and empower you when you're feeling unmotivated.

- Features Wild Orange, Amyris, Osmanthus, and Cinnamon in a base of Fractionated Coconut Oil
- Use Brave Courage Blend throughout the day to encourage feelings of belief
- Use Brave before new or different situations to promote feelings of courage and confidence



### **Calmer™** NEW! **RESTFUL BLEND** 10 ml roll-on

Calmer Restful Blend promotes a serene atmosphere, allowing bedtime to be a peaceful and welcomed experience.

- Features Lavender, Cananga, Buddha Wood, and Roman Chamomile in a base of Fractionated Coconut Oil
- Try rolling onto wrists, back of neck, or the bottoms of feet at bedtime
- Helps quiet restlessness and promotes a positive and relaxed mood



### **Rescuer™** NEW! **SOOTHING BLEND** 10 ml roll-on

After running, jumping, and playing, rub Rescuer onto your legs, feet, or back to soothe your active body.

- Features Lavender, Spearmint, Copaiba, and Zanthoxylum in a base of Fractionated Coconut Oil
- Massage onto growing or tired legs to reduce feelings of tension
- Provides comforting and soothing relief



**STEADY™** NEW!  
GROUNDING BLEND  
10 ml roll-on

Soothing to the skin and uplifting, Steady is a great everyday blend.

- Features Amyris, Balsam Fir, Coriander, and Magnolia in a base of Fractionated Coconut Oil
- Use Steady to promote feelings of tranquility throughout the day
- Apply to the back of the neck or bottoms of the feet to boost feelings of balance



**STRONGER™** NEW!  
PROTECTIVE BLEND  
10 ml roll-on

Use Stronger on the back of your neck or bottoms of your feet for an added boost or for protection when you are not feeling your best.

- Features Cedarwood, Litsea, Frankincense, and Rose Extract in a base of Fractionated Coconut Oil
- Rejuvenating to the skin; use daily to promote feelings of well-being
- Comforting to occasional skin irritations



**THINKER™** NEW!  
FOCUS BLEND  
10 ml roll-on

When it is time to get creative and focus, use Thinker to support your mind and enhance learning.

- Features Vetiver, Clementine, Peppermint, and Rosemary in a base of Fractionated Coconut Oil
- Keep on hand whenever needed to remain on task and focused
- Roll onto wrists or hands and inhale to promote a sense of clarity and alertness



## *What is the* **AROMATOUCH TECHNIQUE?**

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

The AromaTouch Technique Kit includes 5 ml bottles of dōTERRA Balance™ Grounding Blend, Lavender, Melaleuca, On Guard™ Essential Oil Blend, AromaTouch™ Massage Blend, Deep Blue™ Soothing Blend, Wild Orange, Peppermint, and a bottle of Fractionated Coconut Oil. Equally compelling to novice users and licensed professionals, the AromaTouch Technique represents an exciting new era of essential oil application and benefits.

*"I love sharing and teaching the AromaTouch Technique. Everyone is surprised at how deeply relaxed they feel at the end. It is also a bonus that as you give the oils, you also receive them."*

Becky B., Northampton, United Kingdom





# aromatouch TECHNIQUE™

## 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 eight CPTG oils used in the AromaTouch Technique, as well as the AromaTouch Technique presentation box. You will also receive doTERRA Fractionated Coconut Oil when you purchase this kit.

### STEP 1



### STEP 2



### STEP 3



### STEP 4





# DIFFUSERS

Designed to bring you optimum relaxation and therapeutic benefits, dōTERRA's diffusers are user-friendly, health-promoting devices for your family and home. Transform any space into a serene, uplifting environment by diffusing your favourite CPTG™ essential oils.





### PETAL 2.0 DIFFUSER NEW!

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

- 2 and 6 hour continuous and 12 hour intermittent (5 minutes on, 5 minutes off) diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 33 m<sup>2</sup>



### dōTERRA LUMO DIFFUSER

Transform any room into a serene or uplifting environment by diffusing CPTG™ essential oils with a custom-designed, nature-inspired, ultrasonic diffuser.

- Seven lighting colour options
- Customisable output—2 or 5 hours continuous, 10 hours intermittent (4 minutes on/4 minutes off)
- Coverage of up to 50 m<sup>2</sup>



### LOTUS DIFFUSER

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

- 1-, 2-, and 3-hour diffuser settings
- Covers up to 30 m<sup>2</sup>
- Provides a decorative piece to any home or office



# ESSENTIAL USAGE

The benefits of CPTG™ essential oils can be realised 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 follow usage recommendations to ensure safe application.



## VEGGIE CAPS

160 capsules

Customise your essential oil supplement regime with vegetarian capsules that absorb quickly and easily.

- Free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products
- Made of inert vegetable ingredients



MADE WITH SLS-FREE  
VEGETABLE CAPSULES



## FRACTIONATED COCONUT OIL

115 ml

Ideal for combining with essential oils for topical use.

- Feather-light emollient
- Completely soluble with all essential oils; odourless, colourless, and non-staining



## dōTERRA™ SPA HAND & BODY LOTION

200 ml

Indulge your skin in dōTERRA Spa Hand & Body Lotion—a light, non-greasy formula that contains Jojoba and Macadamia Seed Oils, Murumuru and Cupuassu Seed Butters, and nourishing plant extracts.

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

## dōTERRA™ SPA HAND & BODY LOTION 3-PACK

three 200 ml tubes



# PERSONAL CARE

Free from the harmful ingredients found in many mainstream products, dōTERRA helps users tackle common issues while providing a personal body care experience through the use of essential oils. Each dōTERRA product aims to nourish the skin, making it easy for users to achieve their goals.



## NATURAL DEODORANT

50 g

dōTERRA Natural Deodorant is a natural formula infused with Cypress, Melaleuca, Cedarwood, and Bergamot essential oils. These powerful essential oils inhibit underarm odour while leaving a fresh, clean scent. dōTERRA Natural Deodorant is a safe, natural option for preventing odour throughout the day and can be used by both men and women.

- Beeswax provides a protective barrier while allowing skin to breathe, and contributes to the product's smooth application
- Coconut oil contains fatty-acids, known for their nourishing properties and ability to keep skin looking smooth and healthy



## CORRECT-X™ ESSENTIAL OINTMENT

15 ml

Correct-X is a topical ointment that assists with various skin conditions. This multi-purpose ointment provides a moisture barrier that helps protect against additional damage while simultaneously soothing and hydrating the skin. This petroleum and preservative free ointment absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin.

- Safe and easy to use
- Utilises CPTG essential oils of Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender



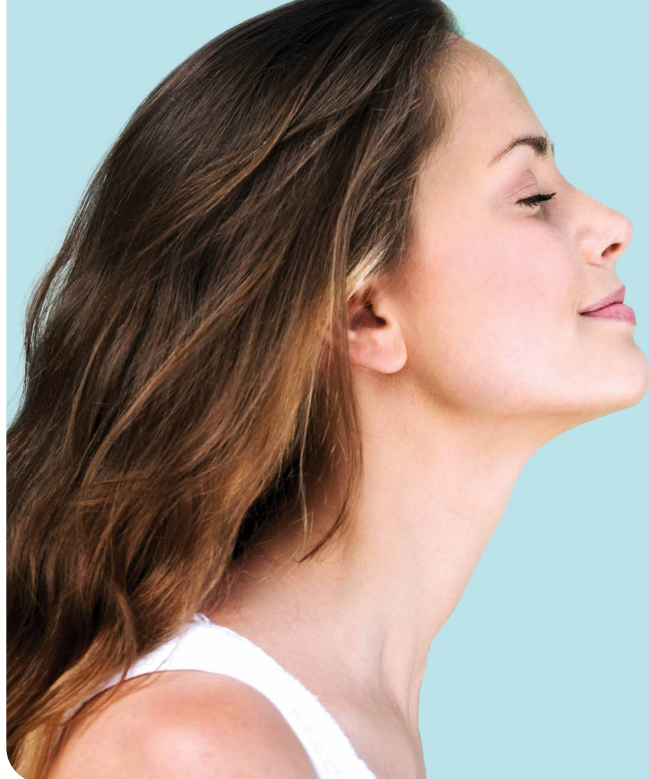




## dōTERRA AIR™ PRODUCTS

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





### dōTERRA AIR™ CLEAR BLEND

15 ml

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

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Ravensara, and Cardamom essential oils
- May help minimise the effects of seasonal threats
- Promotes a restful sleep



### dōTERRA AIR™ DROPS

30 drops

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

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



### dōTERRA AIR™ VAPOUR STICK

12.5 g

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

- Provides invigorating vapour
- Provides a cooling, soothing effect
- Frequently used to ease uncomfortable symptoms associated with sinus congestion



# DEEP BLUE™ PRODUCTS

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





### DEEP BLUE™ RUB SOOTHING LOTION

120 ml

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

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

### DEEP BLUE™ RUB SAMPLES

ten 2 ml samples

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

- Formulated with Deep Blue Soothing Blend
- Easy to share and convenient to take on-the-go

### DEEP BLUE POLYPHENOL COMPLEX™

60 vegetable capsules

Now Deep Blue has a nutritional supplement that contains powerful polyphenols.

- Features patent-pending, formula boswellia extract
- Includes proprietary, standardised extracts of Ginger, Curcumin, Resveratrol, and other polyphenols to soothe and comfort

### DEEP BLUE™ TOP SELLER SOOTHING BLEND

5 ml | 10 ml roll-on

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

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







## dōTERRA SERENITY™ PRODUCTS

In today's fast-paced society, we all experience occasional sleeplessness, and few of us obtain the recommended eight or more hours of sleep each night. When used together, dōTERRA Serenity Softgels and dōTERRA Serenity Restful Blend provide a natural and safe solution for individuals who have occasional difficulty falling and staying asleep. Formulated with essential oils known for their ability to help calm the mind and body, this powerful duo works to promote a restful and satisfying night's sleep.

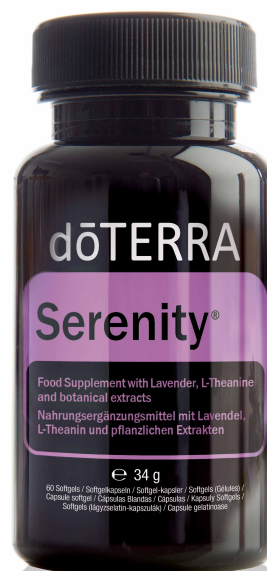




**dōTERRA SERENITY™  
RESTFUL BLEND**  
15 ml

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

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



**dōTERRA SERENITY™ SOFTGELS**  
**RESTFUL COMPLEX**  
60 vegetarian softgels

dōTERRA Serenity is a unique blend of Lavender essential oil, L-Theanine and botanical extracts. L-Theanine, a natural component of tea, is a non-dietary amino acid that promotes relaxation. Combined with the calming properties of Lavender, dōTERRA Serenity is a natural alternative to other food supplements of its kind.

- Promotes relaxation without the harsh side effects of artificial sleep aids
- One softgel 30 minutes before bed may help encourage a more restful night's sleep

**SERENITY COMBO PACK**  
15 ml bottle and 1 bottle softgels



# ON GUARD™ PRODUCTS

On Guard is one of the most popular and versatile dōTERRA™ CPTG Certified Pure Tested Grade™ essential oil blends. The proprietary combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils is an active component in a first line of defense for your home and body. The On Guard blend has been integrated into a variety of dōTERRA products to provide diverse ways to use its powerful benefits.



## ON GUARD™ MOUTHWASH NEW!

The powerful benefits of the proprietary CPTG™ essential oil blend of Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary, and Myrrh combined with other natural ingredients promote support for healthy oral integrity.

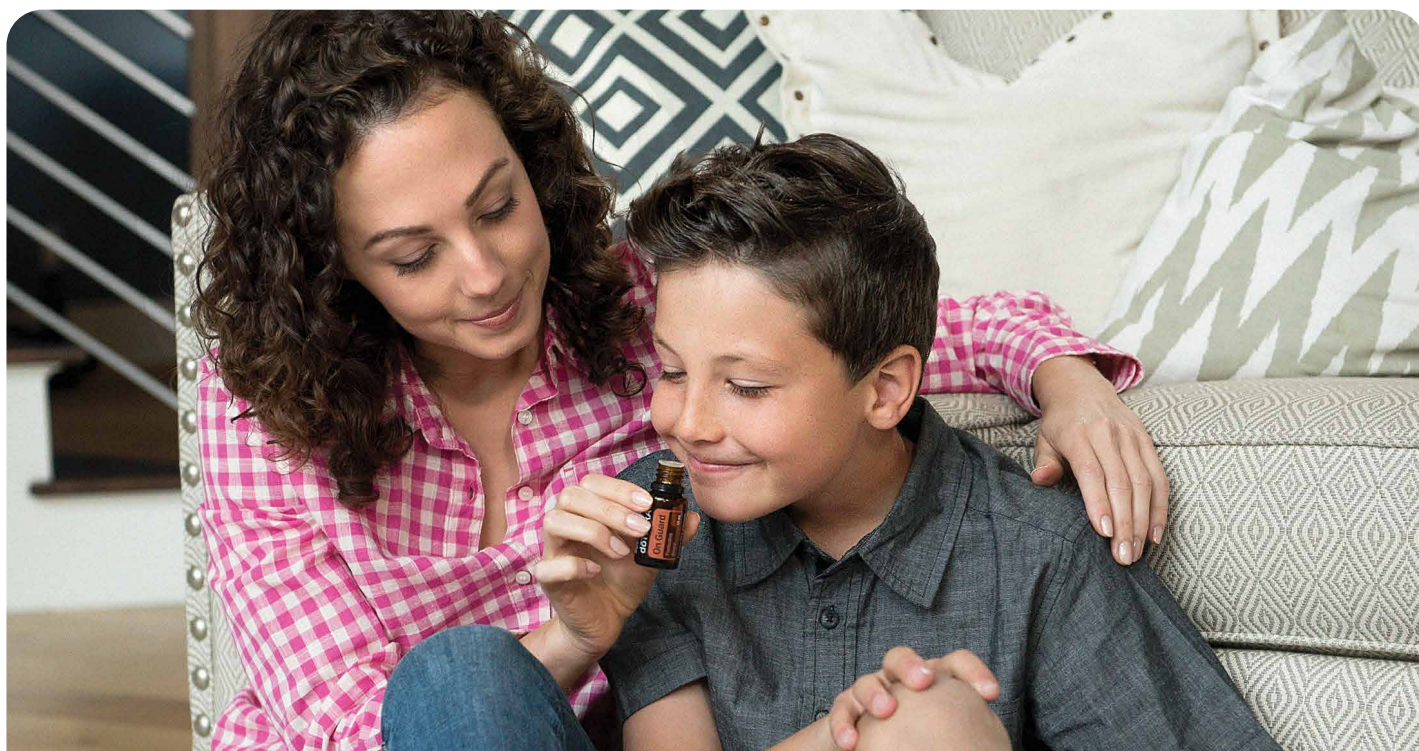
- Proprietary dōTERRA On Guard essential oil blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary cleanses and soothes mouth
- Miswak extract helps maintain clean teeth by reducing excessive plaque build-up
- Use dōTERRA On Guard Mouthwash after meals to freshen breath and brighten smile
- Use dōTERRA On Guard Mouthwash to promote healthy teeth and gum integrity



## ON GUARD™ HAND PURIFYING MIST NEW!

dōTERRA On Guard Hand Purifying Mist purifies hands with its cleansing effect on the skin through an extremely fine, quick drying mist. This is a convenient mist perfect for travelling, school, work, and on-the-go families.

- Infused with moisturising apple extract
- dōTERRA On Guard Essential Oil Blend provides an invigorating citrus spice aroma
- Spray on airline armrests and tray tables when travelling
- Mist yoga mats and other gym equipment to purify surface before use





### ON GUARD™ DROPS

30 drops

Enjoy the convenience of these great-tasting throat drops.

- Helps calm and soothe occasional dry, scratchy throats
- Features dōTERRA On Guard Essential Oil Blend
- Formulated with natural organic cane sugar and brown rice syrup

### ON GUARD™ TOOTHPASTE

113 g

Clean teeth with the added benefit of On Guard Essential Oil Blend.

- Fluoride-free formulation
- Unique cinnamon-mint flavour mixed with xylitol for fresh and clean breath and toothbrush

### ON GUARD™ TOOTHPASTE SAMPLES

ten samples, 2 g each

### ON GUARD™+ SOFTGELS

60 vegetarian softgels

On Guard+ Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa essential oils.

### ON GUARD™ ESSENTIAL OIL BLEND

15 ml

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

### ON GUARD™ CLEANER CONCENTRATE

355 ml

The ideal cleaner, On Guard Cleaner Concentrate is fortified with On Guard Essential Oil Blend.

- Features a biodegradable formula perfect for the entire family
- Combines plant-based derivatives with On Guard Essential Oil Blend

### ON GUARD™ BEADLETS

125 beadlets

On Guard Beadlets are an easy, flavourful way to support your immune system's naturally occurring defenses. Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary come together in tiny vegetable beadlets that dissolve in the mouth.

- Provides a convenient way to obtain the unique benefits of On Guard Essential Oil Blend
- Freshens breath

### ON GUARD™ LAUNDRY DETERGENT

947 ml

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

- Contains 10 ml of On Guard essential oil
- Safe for the environment and the whole family
- 64 loads in each bottle

### ON GUARD™ FOAMING HAND WASH

473 ml

Keep your hands clean with the power of On Guard Essential Oil Blend.

- Conveniently packaged in a 473 ml bottle that fills 237 ml foaming dispensers
- Formulated with the unique dōTERRA On Guard Essential Oil Blend

### ON GUARD™ FOAMING HAND WASH WITH 2 DISPENSERS

473 ml hand wash, 2 dispensers

### SINGLE REFILL

473 ml hand wash

### TWIN PACK REFILL

two 473 ml hand wash



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

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Veráge is an exclusive system of natural skin care products that nourish and hydrate skin and reduce the visible signs of aging. The advanced plant technology used in Veráge promotes the appearance of an optimal lipid balance—the same balance found in healthy, youthful-looking skin. Each product is composed of true gifts from the Earth: nourishing plant extracts, pure and potent CPTG™ essential oils and select, natural ingredients. The dōTERRA Veráge Skin Care Collection delivers results you can see and feel, naturally.



**VERÁGE™ CLEANSER**

60 ml

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

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

**VERÁGE™ TONER**

50 ml

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

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

**VERÁGE™ IMMORTELLE HYDRATING SERUM**

15 ml

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

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

**VERÁGE™ MOISTURISER**

30 ml

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

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

**VERÁGE™ SKIN CARE COLLECTION**

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

**CLINICALLY SUPPORTED BENEFITS OF THE VERÁGE INGREDIENTS**

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





# dōTERRA ESSENTIAL SKIN CARE

dōTERRA Essential Skin Care is a family of skin care products designed to keep your skin feeling and looking young, healthy, and gorgeous by maximising the natural power of carefully selected CPTG Certified Pure Tested Grade™ essential oils combined with cutting-edge ingredient technologies and natural extracts in each product. Target the visible signs of aging and prevent future signs of aging with dōTERRA Essential Skin Care.



**FACIAL CLEANSER**  
118 ml

dōTERRA Facial Cleanser contains CPTG™ essential oils of Melaleuca and Peppermint, known for their ability to purify and tone skin and support a healthy complexion. Natural cleansers of Yucca Root Extract and Soapbark Extract gently wash away impurities leaving skin looking clean, fresh, and smooth.



**INVIGORATING SCRUB**  
70 g

Experience fresh, renewed skin with dōTERRA Invigorating Scrub. Grapefruit and Peppermint CPTG™ essential oils make exfoliating a refreshing, aromatic experience while jojoba esters polish your skin. Botanicals of Mandarin Orange extract, Jasmine extract, and Greater Burdock extract tone, smooth, and hydrate skin.



**TIGHTENING SERUM**  
30 ml

Featuring CPTG™ essential oils of Frankincense, Hawaiian Sandalwood, and Myrrh, dōTERRA Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration. Natural extracts and gums combine with powerful ingredients for firmer, younger-looking skin.





### HYDRATING CREAM

48 g

The intensive moisture your skin has been waiting for. dōTERRA Hydrating Cream is packed with emollient-rich ingredients and probiotics to provide intense hydration and nourishment to the skin, helping reduce the appearance of fine lines and wrinkles and aiding with skin barrier renewal for suppler, younger-looking skin. Its rich formula provides an immediate burst of active moisture without leaving an oily residue. Carefully chosen ingredients are designed to rejuvenate the look of mature skin, as well as to help reduce the visible signs of aging due to both natural and environmental causes. Probiotics nourish skin's natural biome, helping restore skin's natural health and beauty. Perfect for day or night use.



### ANTI-AGING EYE CREAM

15 ml

dōTERRA Anti-Aging Eye Cream combines clinically proven ingredients with CPTG™ essential oils of Frankincense, Ylang Ylang, and Blue Tansy to target the signs of aging around the delicate eye area, helping to reduce the appearance of fine lines and wrinkles over time. This innovative formula moisturises, decreases the appearance of dark circles, and improves skin firmness and tone. Bakuchiol is a plant-based ingredient that helps reduce the appearance of fine lines and wrinkles and protects skin from the future signs of aging. The unique steel rollerball applicator cools and soothes under-eye skin helping reduce the appearance of puffiness and dark circles while gently applying cream to targeted areas.



### SALUBELLE BEAUTY BLEND

10 ml roll-on

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

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



### BRIGHTENING GEL

30 ml

CPTG™ essential oils of FCF Bergamot, Juniper Berry, and Melissa combine with natural extracts, vitamins, and cutting-edge ingredient technologies to brighten and even skin tone. dōTERRA Brightening Gel is a gentle and effective way to noticeably brighten the skin by reducing the appearance of dark spots and hyperpigmentation without the harsh chemicals used in other brightening products. Can be used as an all-over facial product or to target dark spots.



### ANTI-AGING MOISTURISER

50 ml

dōTERRA Anti-Aging Moisturiser combines cutting-edge ingredients with the CPTG™ essential oils of Lavender, Jasmine, Geranium, and Frankincense to moisturise and soften skin while providing anti-aging benefits. Peptides and botanicals target the visible signs of aging by improving skin tone and moisturising the skin, helping to keep skin looking young and vibrant and helping reduce future visible signs of normal aging.



### PORE REDUCING TONER

118 ml

Formulated to visibly reduce the appearance of pores, dōTERRA Pore Reducing Toner contains CPTG Certified Pure Tested Grade™ essential oils of Lavender, Ylang Ylang, and German Chamomile to calm sensitive skin while innovative fruit and plant extracts tone and balance the skin, increase hydration, and visibly reduce the appearance of pores to support a healthy-looking complexion.



## dōTERRA HD CLEAR™

HD Clear is a three-step system that works synergistically, with each product building on the next to thoroughly cleanse and purify the skin and deliver optimal hydration for a balanced moisture level. Made with pure plant extracts, the ingredients in HD Clear are gentle and calming to the skin, but powerfully effective. Using HD Clear every day will help reduce the appearance of blemishes, promote a clear, healthy complexion, and soothe the skin. HD Clear provides a natural solution for problem skin of all ages.





### HD CLEAR™ TOPICAL BLEND

10 ml roll-on

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

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

### HD CLEAR™ FOAMING FACE WASH

50 ml

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

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

### HD CLEAR™ FACIAL LOTION

50 ml

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

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- Natural ingredients help target blemishes for clear and clean skin

### HD CLEAR™ KIT

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



# dōTERRA™ SPA

dōTERRA SPA is a line of essential oil-infused products that provide an aromatic spa experience at home. Each product has been carefully formulated with natural ingredients to leave skin feeling soft, smooth and fresh throughout the day.



## REFRESHING BODY WASH

250 ml

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

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



## REPLENISHING BODY BUTTER

198 g

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

- High in monoterpenes, Wild Orange possesses stimulating and purifying qualities
- Douglas Fir essential oil is purifying to the skin and promotes a positive mood
- Frankincense essential oil is rejuvenating to the skin and has a balancing effect on emotions



## MOISTURISING BATH BAR

113 g

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

- Bergamot essential oil purifies and soothes skin
- Grapefruit has an energising scent that uplifts mood
- Jojoba seed oil deeply moisturises

*Also available in 3-pack*







## HYDRATING BODY MIST NEW!

125 ml

Feel completely rehydrated all over your body! The benefits of our Beautiful Captivating essential oil blend combine with the nourishing properties of coconut, sunflower, avocado, and passion fruit. This hydrating mist will help improve overall appearance of healthy-looking and radiant skin.

- Provides the uplifting and energising benefits of CPTG™ Beautiful Captivating essential oil blend
- The oils of Sunflower, Avocado, and Passion Fruit help soothe, soften, and hydrate skin for an overall healthy glow
- Caprylic/Capric Triglyceride (coconut derived), conditions and maintains the skin's natural barrier



## HAND AND BODY LOTION

200 ml

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

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

*Also available in 3-pack*



## LIP BALM

Original, Tropical, or Herbal | 4.5 g

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

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

*Also available in 3-pack, one of each flavour*



## DETOXIFYING MUD MASK

113.4 g

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

- Infused with Myrrh, Juniper Berry, and Grapefruit essential oils – known for their ability to promote healthy-looking, smooth skin
- Shea butter provides moisturisation and balances the skin



## CITRUS BLISS™ HAND LOTION

75 ml

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

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



## BODY SCRUB

226 g

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

- Wild Orange and Grapefruit help revitalise the skin
- Ginger essential oil has warming properties for a soothing effect on the skin



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

The soothing and cleansing properties that make essential oils useful for so many of our daily tasks also make them useful for maintaining clean, healthy-looking hair. By using hair products that have been infused with potent essential oils, you can easily promote soft, shiny locks, without exposing yourself to the harsh ingredients typically found in regular haircare products.





## BENEFITS OF THE ESSENTIAL HAIR CARE INGREDIENTS

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

### dōTERRA SALON ESSENTIALS™ ROOT TO TIP SERUM

30 ml

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

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

### dōTERRA SALON ESSENTIALS™ PROTECTING SHAMPOO

250 ml

Enjoy the professional formulation of CPTG™ essential oils, gentle cleansers, and botanical extracts in dōTERRA Salon Essentials 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 moisturises hair, leaving it salon soft and touchable

### dōTERRA SALON ESSENTIALS™ SMOOTHING CONDITIONER

250 ml

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

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



### SHAMPOO/CONDITIONER SAMPLES

ten companion sets

LOYALTY  
REWARDS  
PROGRAM

### SHAMPOO 2-PACK

two 250 ml bottles

### CONDITIONER 2-PACK

two 250 ml bottles

### SHAMPOO AND CONDITIONER

one 250 ml bottle of each





# dōTERRA Healing Hands™

dōTERRA Healing Hands brings healing and hope to the world by providing global communities with the tools needed to become self-reliant. Through projects addressing the needs of microcredit lending; access to healthcare, education, sanitation and clean water; and fighting child sex-trafficking, individuals are empowered and lives are changed. Join us in these efforts. dōTERRA provides for all overhead and administrative costs of the foundation, ensuring that 100 percent of all donations go directly to those receiving aid.







The net purchase price of dōTERRA Hope Touch or dōTERRA Spa Rose Hand Lotion is donated to a dōTERRA Healing Hands initiative.



**dōTERRA™ SPA  
ROSE HAND LOTION**  
100 ml

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

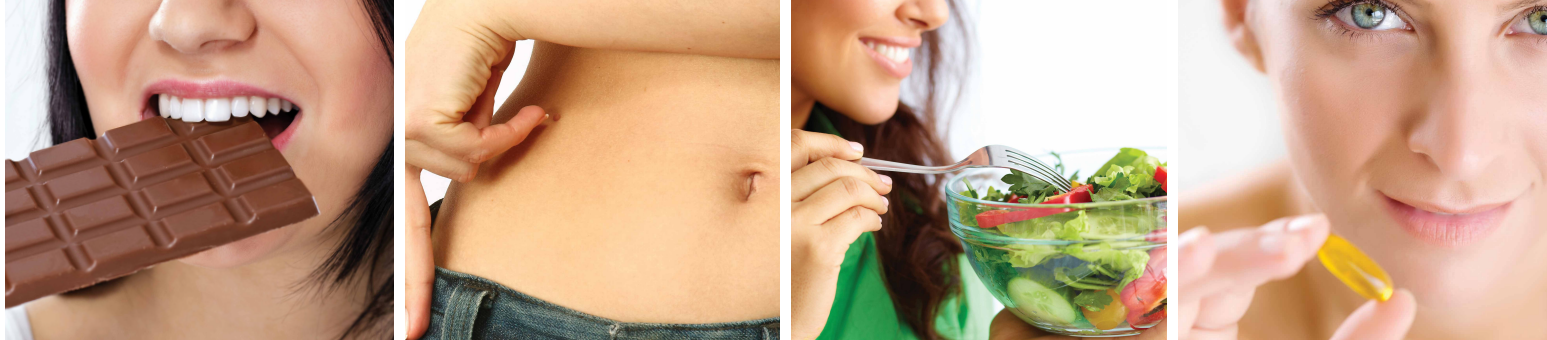
- Sunflower and macadamia seed oils are known for their exceptional moisturising properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth



**dōTERRA HOPE™ TOUCH**  
10 ml roll-on

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

- Apply to wrists, neck and pulse points for a personalised fragrance
- Keep in purse and apply throughout the day to uplift mood
- Calms the senses and reduces anxious feelings



## *dōTERRA™ Digestive* **SUPPLEMENTS**

It is often difficult to avoid stomach discomfort and digestive woes, but essential oils provide a safe, natural way to help soothe this kind of occasional internal distress. Using proprietary essential oil blends, each product in the ZenGest™ product line is designed to help with a different area of gastrointestinal discomfort and can provide the body with other benefits as well.







### DIGESTTAB™ CHEWABLE TABLETS

100 chewable tablets

DigestTab™ Chewable Tablets are calcium carbonate tablets that are infused with ZenGest Supportive Blend to deliver the benefits of ZenGest, as well as the acid-neutralising benefits of calcium carbonate.

- Use with or between meals as needed for relief from occasional stomach upset
- Helps relieve occasional sour stomach
- Provides 200 mg of calcium per tablet



### ZENGEST™ GX ASSIST™ FOOD SUPPLEMENT

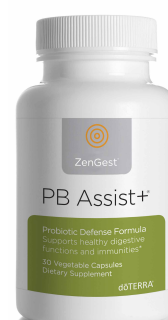
60 softgels

Cleanse your GI tract before starting PB Assist+ with this combination of CPTG™ essential oils.

- Features Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme essential oils as well as caprylic acid\*
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist+ Food Supplement\*



MADE WITH ENTERIC SOFTGELS



### ZENGEST™ PB ASSIST+™ FOOD SUPPLEMENT

30 capsules

This proprietary formula of prebiotic fibre and six strains of probiotic organisms is safe for the entire family.

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



MADE WITH SLS-FREE VEGETABLE CAPSULES



### ZENGEST™ SOFTGELS

60 softgels

The well-recognised essential oils in ZenGest are known for their soothing properties. ZenGest Softgels are a convenient and easy way to obtain the benefits of the proprietary ZenGest blend.

- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Eases feelings of stomach upset



MADE WITH VEGETARIAN SOFTGELS



### ZENGEST TERRAZYME™ DIGESTIVE COMPLEX

90 capsules

ZenGest TerraZyme Digestive Complex is a valuable supplement for daily digestive health. TerraZyme supports your body's natural digestive processes and contains dōTERRA's popular tummy-tamer blend of Peppermint, Ginger, and Caraway Seed.

- Supports breakdown of food nutrients
- Eases occasional stomach upset
- Contains 10 whole-food enzymes



MADE WITH SLS-FREE VEGETABLE CAPSULES



### ZENGEST ZENDOCRINE COMPLEX

60 capsules

Zendocrine Complex is a proprietary blend of whole-food extracts that support your body's natural detoxification processes. Each whole-food extract was selected specifically to support major organs responsible for ridding toxins from the body.

- Supports healthy cleansing and filtering functions in the body
- Provides whole-food extracts for improved wellness and vitality



MADE WITH SLS-FREE VEGETABLE CAPSULES

\*Not meant to replace a healthy diet.



## *dōTERRA™ Specialised* **SUPPLEMENTS**

Biological, environmental and physiological factors all contribute to an individual's health. This means that each individual may require additional help in a unique area. Through cutting-edge scientific development, dōTERRA has provided that extra boost of support through specialised supplements.





### DEEP BLUE™ POLYPHENOL COMPLEX

60 capsules

A nutritional supplement that contains powerful polyphenols created to help with occasional soreness and discomfort.

- Features patent-pending, formula boswellia extract
- Can be used in tandem with Deep Blue Rub™ or Deep Blue Soothing Blend



MADE WITH SLS-FREE  
VEGETABLE CAPSULES



### DDR PRIME™ RENEWAL BLEND

15 ml

DDR Prime combines the benefits of Clove, Thyme, and Wild Orange essential oils known for their antioxidant benefits and was created to support the body and cells from oxidative stress.

- May reduce oxidation in the body and promote overall cellular health\*



### DDR PRIME™ SOFTGELS

60 softgels

DDR Prime combines the benefits of Clove, Thyme, and Wild Orange essential oils known for their antioxidant benefits and was created to support the body and cells from oxidative stress.

- Contains Clove, Thyme, and Wild Orange essential oils



MADE WITH  
VEGETARIAN SOFTGELS



### MITO2MAX™ COMPLEX

60 capsules

Mito2Max is a proprietary formula of standardised plant extracts and metabolic cofactors made to support your busy lifestyle. Use as a long-term alternative to caffeinated drinks and supplements.

- Free of stimulants; not habit forming
- Promotes a positive mood



MADE WITH SLS-FREE  
VEGETABLE CAPSULES



### TRIEASE™ SOFTGELS

60 softgels

Each softgel contains equal parts Lemon, Lavender, and Peppermint essential oils. Now with specially-formulated TriEase Softgels, all three beneficial essential oils can be consumed quickly and easily when travelling or attending outdoor events.

- Convenient, easy-to-consume supplement for daily health



MADE WITH  
VEGETARIAN SOFTGELS



### ZENDOCRINE™ SOFTGELS

60 softgels

Support your body's natural detoxification systems with Zendocrin Softgels. Use Zendocrin as a way to jump-start a lifestyle change or simply add to an existing healthy-living regime.

- Features a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils
- Essential oil blend provides a cleansing aroma to the senses to promote a clear, fresh feeling



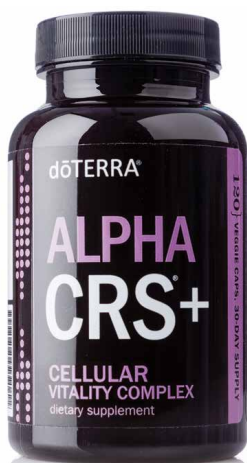
MADE WITH  
VEGETARIAN SOFTGELS

\*Not meant to replace a healthy diet.



## dōTERRA™ LIFELONG VITALITY PACK™

This powerful collection of daily supplements quickly became one of dōTERRA's most popular line of products. The core products of the dōTERRA Lifelong Vitality Pack—xEO Mega™, Microplex VMz™ and Alpha CRS™+ — are designed to help you on your journey to improved vitality and wellness. With essential nutrients, metabolism benefits and powerful antioxidants, these supplements work together to promote energy, health and lifelong vitality.



### ALPHA CRS™ + CELLULAR VITALITY COMPLEX

120 capsules

Alpha CRS™+ Cellular Vitality Complex contains a proprietary blend of polyphenols including baicalin from scutellaria root, resveratrol from Polygonum cuspidatum, ellagic acid from pomegranate, proanthocyanidins from grape seeds, curcumin from turmeric root, and silymarin from milk thistle. This natural blend promotes overall well-being.

- Made with sodium lauryl sulfate-free vegetable capsules; does not contain milk, wheat, or animal products
- Formulated to be used daily with xEO Mega™ or vEO Mega™ and Microplex VMz



MADE WITH SLS-FREE  
VEGETABLE CAPSULES



### MICROPLEX VMz™ FOOD NUTRIENT COMPLEX

120 capsules

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

- Includes a balanced blend of vitamins A,C, and E, and a B-vitamin complex
- Contains food-derived minerals and organic trace minerals
- Optimises nutrient absorption with a whole-food blend and an enzyme delivery system
- Features the dōTERRA tummy-tamer blend of Peppermint, Ginger, and Caraway Seed



MADE WITH SLS-FREE  
VEGETABLE CAPSULES



### xEO MEGA™ ESSENTIAL OIL OMEGA COMPLEX

120 softgels

xEO Mega is a revolutionary formula that blends CPTG essential oils with natural marine- and plant-sourced omega-3 oils and carotenoids.

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



MADE WITH  
VEGETARIAN SOFTGELS



### vEO MEGA™ ESSENTIAL OIL OMEGA COMPLEX

120 liquicaps

vEO Mega is a revolutionary, 100 percent vegetarian-friendly formula blending CPTG Certified Pure Tested 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
- Includes a unique form of the carotenoid astaxanthin



MADE WITH  
VEGETARIAN LIQUICAPS





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

LOYALTY  
REWARDS  
PROGRAM



**dōTERRA LIFELONG VITALITY VEGAN PACK™ DIETARY SUPPLEMENTS INCLUDING ALPHA CRS™+, MICROPLEX VMZ™, AND xEO MEGA™**

LOYALTY  
REWARDS  
PROGRAM

## PERSONALISED WELLNESS PROGRAM

LOYALTY  
REWARDS  
PROGRAM

### Customise and Save

With the purchase of one dōTERRA Lifelong Vitality Pack™ or one dōTERRA Daily Nutrient Pack™ via the Loyalty Rewards Program, choose up to 2 additional targeted supplements at a significant savings.

**BUY 1 dōTERRA LIFELONG VITALITY PACK OR dōTERRA DAILY NUTRIENT PACK**



OR



OR



**AND CHOOSE UP TO 2 OF ANY COMBINATION OF THE ITEMS LISTED BELOW AT REDUCED PRICES**

Mito2Max™

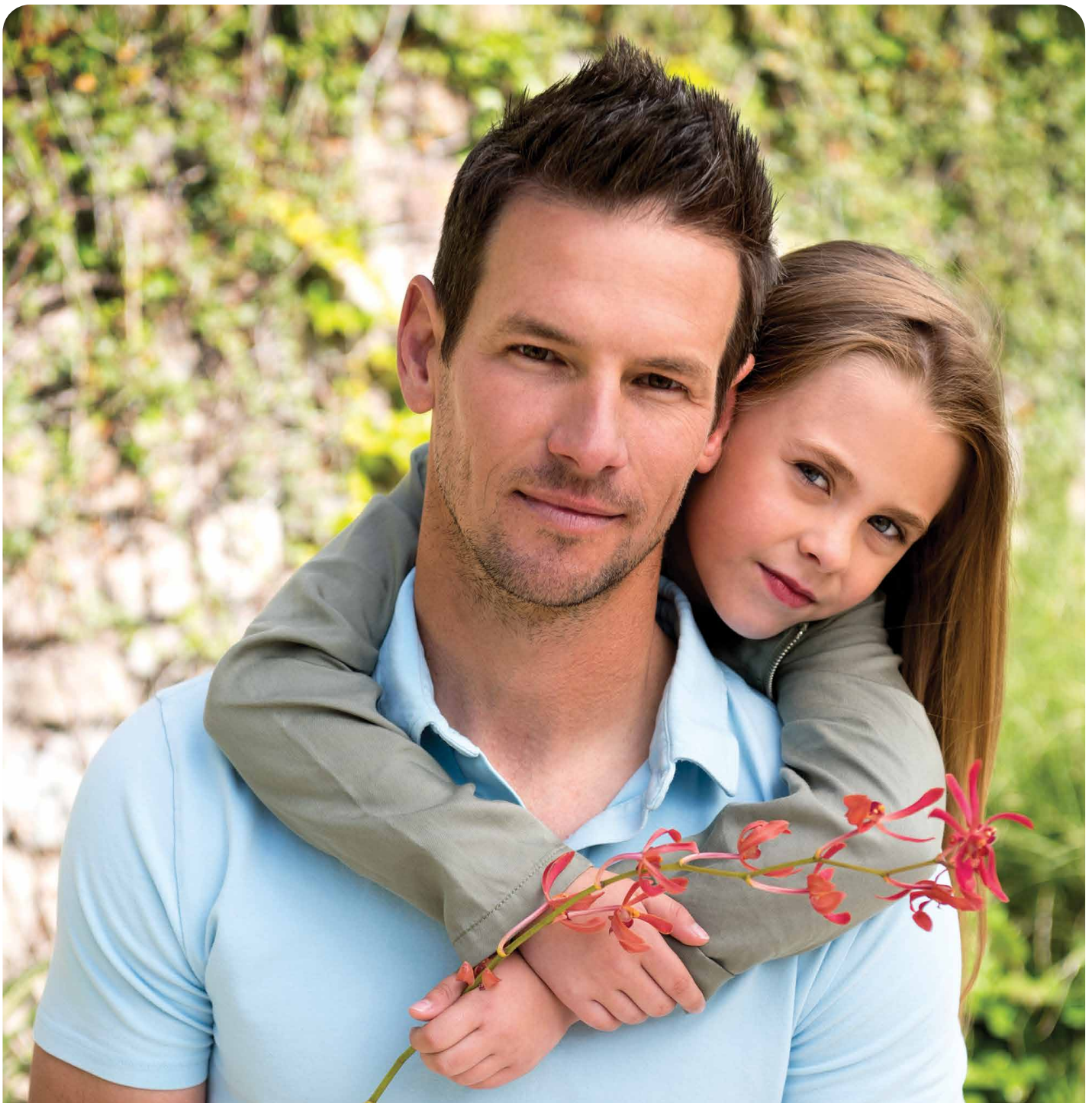


Deep Blue  
Polyphenol  
Complex™



## *dōTERRA™ Children's* **SUPPLEMENTS**

dōTERRA Children's Supplements support a child's growth by providing them with omega-3s, whole-food nutrients, vitamins and minerals in an enjoyable, convenient form.







### dōTERRA A2Z CHEWABLE™

60 tablets

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

- Combines a blend of B vitamins with vitamins A, C, and E
- Features botanical extracts and is formulated to be used with IQ Mega
- New watermelon flavour

### PB ASSIST™ JR

30 sachets

PB Assist Jr. is a powdered probiotic supplement designed for children or adults who have trouble swallowing pills. It includes up to 5 billion live cells of a unique blend of six different probiotic strains, specifically selected for their benefits among children. Pour one sachet directly into the mouth for a fun, tasty way to consume probiotics.\*

- Helps support a balance of beneficial, friendly flora in the stomach
- Supports the gastrointestinal tract
- Promotes absorption of nutrients from food and drink

### IQ MEGA™

150 ml

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

- Provides over 1,500 mg of omega-3s per serving
- Formulated to be used with dōTERRA a2z Chewable tablets
- Provides important modulating nutrients for improved immune function

\*Not meant to replace a healthy diet.



## SMART & SASSY™

Because of their internal benefits, essential oils can be a helpful part of weight management when combined with healthy eating and good exercise. dōTERRA has created a series of weight management products that use the gentle yet powerful nature of essential oils to aid in healthy weight loss.







**SMART & SASSY™**  
ACTIVE BLEND  
15 ml

Smart & Sassy is a proprietary blend of Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon. Makes a flavourful addition to any beverage and is a great alternative to artificial sweeteners and sugary drinks. Support your weight-maintenance goals with Smart & Sassy essential oil blend.

- Diuretic-, stimulant-, and calorie-free
- Supports a healthy lifestyle
- Promotes a positive mood



**SMART & SASSY™**  
SOFTGELS  
90 softgels

Smart & Sassy Softgels contain the proprietary Smart & Sassy essential oil blend in convenient softgels to promote weight management. The flavourful blend of Smart & Sassy contains essential oils to support a healthy lifestyle and promote a positive mood.



# dōTERRA™ WOMEN

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





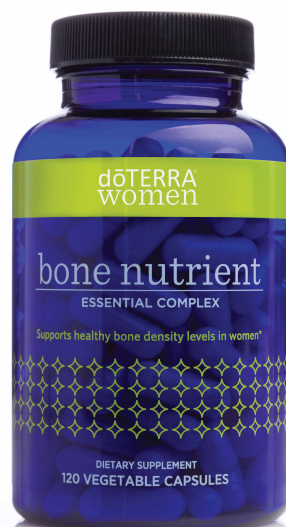


### CLARYCALM™ SOLACE BLEND

10 ml roll-on

dōTERRA ClaryCalm is a proprietary blend of essential oils that provides a soothing and calming effect. ClaryCalm utilises FCF (furanocoumarin-free) Bergamot essential oil to prevent sun sensitivity.

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



### BONE NUTRIENT ESSENTIAL COMPLEX

120 capsules

dōTERRA Women Bone Nutrient Essential Complex is a blend of vitamins and minerals important for bone health.

- Perfect for men and women of all ages
- Includes bioavailable forms of vitamins C and D, calcium, magnesium and other trace minerals



MADE WITH SLS-FREE  
VEGETABLE CAPSULES



### PHYTOESTROGEN ESSENTIAL COMPLEX

60 capsules

dōTERRA Women Phytoestrogen Essential Complex's blend of natural plant extracts help with the natural hormone fluctuations that occur throughout different phases of a woman's life.

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



MADE WITH SLS-FREE  
VEGETABLE CAPSULES

LOYALTY  
REWARDS  
PROGRAM

### WOMEN'S HEALTH KIT

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



# The dōTERRA™ LOYALTY REWARDS PROGRAM

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

## dōTERRA EUROPE MEMBER SERVICES:

Belgium	+3228085160	contact by phone	Italiano	+39 0426270026	assistenzaclienti@doterra.com
Български	+35 924917289	bulgaria@doterra.com	Magyar	+36 18088058	hungary@doterra.com
Čeština	+42 228882251	zakaznickyservis@doterra.com	Nederlands	+31 208085094	klantenservice@doterra.com
Dansk	+45 89881085	kundeservice@doterra.com	Norsk	+47 21959499	kundesupport@doterra.com
Deutsch	+49 3056796808	kundendienst@doterra.com	Polski	+48 22 30 79 764	polska@doterra.com
Deutsch (Austria)	+43 720115368	kundendienst@doterra.com	Português	+35 1308800575	portugues@doterra.com
Deutsch (Swiss)	+41 (43) 508 28 78	kundendienst@doterra.com	Română	+40 316303696	romania@doterra.com
English (Ireland)	+35 316917051	europeanorders@doterra.com	русский	+7 4996092601	russian@doterra.com
English (U.K.)	+44 2033180064	europeanorders@doterra.com	Slovenčina	+421 233056269	zakaznickyservis@doterra.com
Español	+34 911235514	espana@doterra.com	Slovensko	+38 682880204	storitvezastranke@doterra.com
Français	+33 182888834	france@doterra.com	Suomi	+35 8942454216	asiakaspalvelu@doterra.com
Israel	+97 237630839	israel@doterra.com	Svenska	+46852507011	sverige@doterra.com

dōTERRA™

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dōTERRA UK Office, Altius House, 1 North Fourth Street, Milton Keynes, MK9 1DG, United Kingdom  
© 2019 dōTERRA Holdings, LLC, 389 S 1300 W St. Pleasant Grove, UT 84062 • dōTERRA.com



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