

# The dōTERRA<sup>™</sup> Essentials







# dōTERRA™

In 2008, the founders of dōTERRA set out on a mission to make pure, potent, high-quality essential oils that would be easy to use and even easier to share with the world. Since then, thousands of individuals, families and communities have experienced the life-changing power of essential oils by incorporating the use of dōTERRA products into their everyday lives.

With the goal of changing families, communities and the world one drop of oil at a time, dōTERRA has put great effort into carefully planning each step of the essential oil production process. From the planting of seeds to the delivery of essential oils at your doorstep, dōTERRA ensures that every measure is taken to bring you responsibly-sourced, thoroughly-tested, high-quality essential oil products.



# Responsible Sourcing

## **GROWERS**

With a global botanical network that includes growers from over 40 countries, dōTERRA begins the quest for quality essential oils by ensuring that only the best seeds, soil, equipment and growing conditions are used in the oil production process. By partnering with growers who have a deep understanding of native plants, local climate, weather patterns, what seeds and soil to use, the best time to plant, etc., dōTERRA produces pure, potent and safe essential oils. Cutting corners at any point of the growing, harvesting or distilling process will result in lower quality essential oils, which is why dōTERRA relies on the knowledge and expertise of native farmers. Not only does the careful selection of plant sources allow dōTERRA to produce pure and precious essential oils, it also provides jobs for rural farmers who might otherwise experience unfair wages or poor working conditions. When growers partner with dōTERRA, they receive fair pay that allows them to support their business and provide for their family with a sustainable income.





## DISTILLERS

Just as the planting, growing and harvesting portion of the production process is extremely important and delicate, the next step, distillation, is key in preserving the strong aroma and therapeutic benefits of each essential oil. With attention to detail, the proper equipment and a commitment to producing only the best, dōTERRA's distillers play an important role in preserving the delicate chemical profile of each essential oil as it is produced.

dōTERRA uses two types of distillation processes, steam distillation and expression, that have been proven successful for producing pure, quality essential oils.

**Steam distillation:** In this fragile, time-intensive process, water is boiled, creating steam that is passed through the plant material. Then, the steam carries the aromatic compounds from the plant to a collection tube where the steam cools and turns back into water. From there, a pure, clean essential oil can easily be separated from the water.

**Expression:** Also referred to as cold pressing, expression is only used to produce dōTERRA citrus essential oils. During this process, mechanical pressure squeezes the essential oil from the rind of the citrus fruit—producing a pure and potent citrus oil.

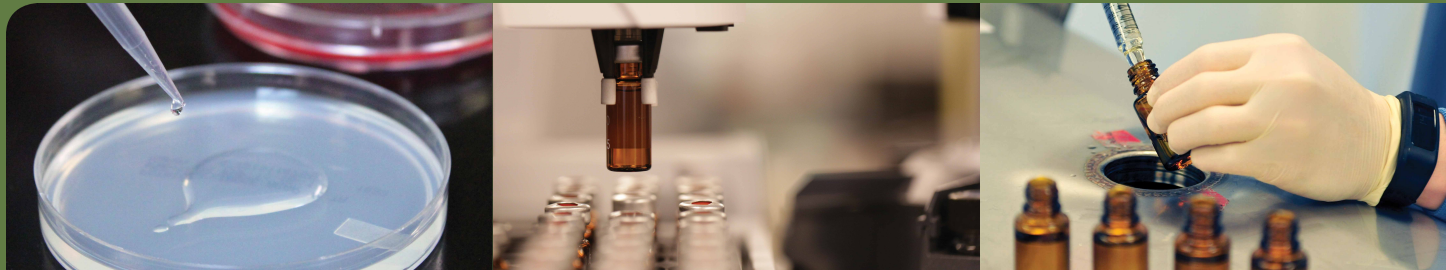
dōTERRA carefully selects artisans from around the world to help produce over 100 different essential oils. Partnering with professionals who know how important the production process is, who will never cut corners and who are committed to producing quality essential oils, allows dōTERRA to continually provide customers with products that are unique, pure and safe.



## Innovative Scientific Testing

After careful harvesting and distillation, each batch of essential oil is sent to dōTERRA's state-of-the-art lab to be tested. To guarantee the highest level of quality, dōTERRA has created the CPTG Certified Pure Tested Grade™ testing process. With rigorous criteria, the CPTG™ standards certify that dōTERRA oils do not contain added fillers or harmful contaminants, but are pure and authentic.

In order to continually provide essential oil users with a high quality product, dōTERRA strives to stay on top of the most current and advanced testing methods for essential oils. Partnering with academic, industry and scientific experts has allowed dōTERRA to create an innovative testing process that exceeds the standards of other essential oil companies.





The dōTERRA lab and trusted third-party labs employ the following tests to ensure that only the highest quality oils are approved for customer use:

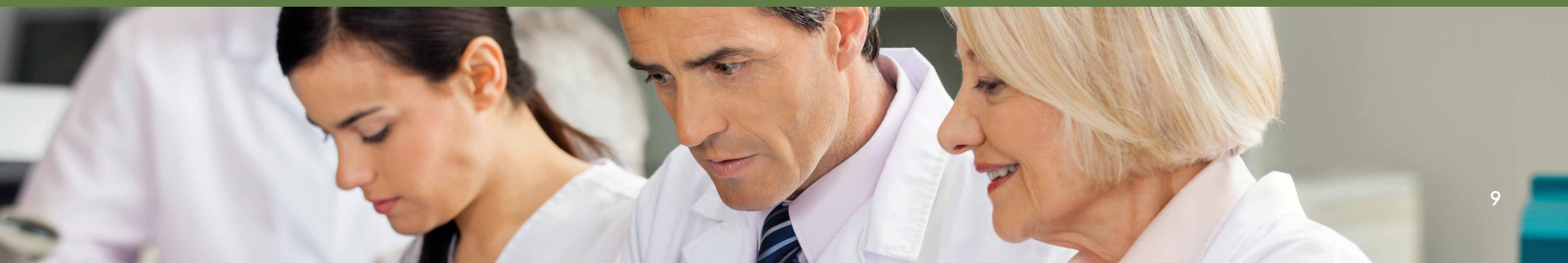
- **Organoleptic Assessment:** An assessment of the appearance, colour and aroma of each oil
- **Specific Gravity:** Verifies the purity and quality of each essential oil
- **Gas Chromatography/Mass Spectroscopy (GC/MS):** Ensures that the chemistry of each oil matches the expected chemical profile
- **Fourier Transform Infrared Spectroscopy (FTIR):** Analyses an oil's material composition to make sure it meets dōTERRA standards
- **Optical Rotation:** Can help to identify synthetic additives that do not show up on other tests
- **Refractive Index:** Measures how light spreads through the oil to ensure it meets dōTERRA standards
- **Contamination Testing:** Oils are tested for harmful contaminants, heavy metals and potentially harmful microorganisms
- **Stability Testing:** Helps to ensure that an essential oil will maintain its purity and efficacy for the length of its intended use

In addition to rigorous testing standards, dōTERRA uses the knowledge and expertise of a scientific advisory board that is comprised of experts in chemistry, microbiology, botany, research science, physiology and nutritional science.

## Groundbreaking Medical Research and Partnerships

In addition to the scientific advisory board that helps dōTERRA remain at the forefront of cutting-edge essential oil testing, dōTERRA remains committed to improving the essential oil experience by partnering closely with professionals in modern healthcare. By partnering with world-renowned medical facilities, clinics and universities, dōTERRA continually provides users with safe and effective ways to use essential oils as a counterpart to modern medicine.

Research plays a significant role in providing dōTERRA users with safe, effective applications for essential oils. dōTERRA forms partnerships with hospitals, research universities and other medical facilities to produce useful research that allows dōTERRA to keep customers safe and informed about the best uses for essential oils. dōTERRA also has a medical advisory board comprised of medical professionals who work to further develop the use of essential oils in healthcare settings.





# Bringing Quality Essential Oils to Your Door

Every detail of the essential oil production process is designed to achieve one goal: to bring pure, safe, high quality oils to dōTERRA users. dōTERRA knows that dedication to responsibility, efficacy and accuracy will lead to the production of the best essential oils that can truly influence the lives of families everywhere. With quality essential oils, you and your family can find natural solutions to everyday problems and enjoy improved health and wellness—achieving the dōTERRA mission of changing lives with pure essential oils.

# Essential Oil Application

You will soon learn that there are hundreds of ways to use dōTERRA essential oils, including relaxation, personal hygiene, household cleaning, cooking and more. Every oil has at least one of three application methods: Diffusion, Topical or Food Additive. Here is a simple reference guide to help you safely and effectively use the oils in your kit.

## **Diffusion**

The essential oil can be diffused or inhaled directly for a stimulating aromatic experience. Using oils aromatically can help improve mood and purify the air of unwanted odours.

## **Topical**

The essential oil is easily absorbed by the skin and can be safely applied topically by itself, with other topical oils or with carrier oils.

## **Food Additive**

The essential oil can also be used internally to support a variety of health benefits. These internal oils can be used as dietary supplements by placing them inside a veggie capsule or adding them to various food recipes.



# Essential Oil Safety

dōTERRA pure essential oils are very potent. Whether you are applying oils topically, consuming them internally or using them aromatically, remember that a little goes a long way. Always follow dōTERRA's usage recommendations. These recommendations can be found in the current Product Guide and on [doterraeveryday.eu](http://doterraeveryday.eu).

- When using an essential oil topically for the first time, it's a good idea to dilute with carrier oil to see how the oil reacts with your skin. Start with one drop of essential oil and five drops of Fractionated Coconut Oil. You can personalise this ratio with time and experience.
- Some essential oils are very powerful and should always be diluted with a carrier like dōTERRA Fractionated Coconut Oil before putting them on your skin. These oils include: Cassia, Cinnamon, Clove, Geranium, Lemongrass, Oregano and Thyme. These are known as hot oils. When trying these for the first time, consider a dilution ratio of one drop of essential oil to 10 drops of Fractionated Coconut Oil.
- Some essential oils cause photo-sensitivity, which may cause you to sunburn more easily. It's best to stay out of UV light (sunlight or tanning beds) for at least 12 hours after applying them to your skin. These oils include: AromaTouch™, Bergamot, dōTERRA Air™, dōTERRA Cheer™, Citrus Bliss™, Elevation™, dōTERRA Forgive™, Grapefruit, InTune™, Lemon, Lime, dōTERRA Motivate™, dōTERRA On Guard™, Purify, Smart & Sassy™, Wild Orange and Zendocrine™.
- Essential oils are generally safe to apply anywhere on your skin, but there are certain areas that should be avoided. Don't apply oils on or near the inside of the nose, the inner ear, the eyes, broken skin or other sensitive areas.
- If your skin begins to turn red, itch or burn after applying an oil, remove the oil from the skin by gently wiping the area with a soft cloth, then alternate between adding a carrier oil like Fractionated Coconut Oil and gently wiping the area.
- When consuming essential oils internally, a drop or two is all you need at one time. You can add oil directly to water or another liquid or place oil in an empty capsule and swallow.
- Children are generally more sensitive to essential oils than adults. It's best to dilute an essential oil before applying it topically on a child and to start with the feet for application. For babies under two years of age, aromatic application through a diffuser is a good place to start.
- Because dōTERRA oils are so powerful, ensure that they are only used under adult supervision. dōTERRA recommends that you keep your oils in a high, out-of-reach place. Store oils with the included orifice reducer in the bottle and the lid tightly closed.
- If you have any questions about using essential oils for your particular needs, talk to your qualified healthcare provider.





# Essential Oil Singles

Taken from some of the most pure, natural sources on earth, dōTERRA™ essential oil singles aim to bring the potency and simplicity of nature straight into your home. Each dōTERRA single oil has its own unique chemistry and aroma, giving it an exclusive set of benefits for the user. No matter your needs or your preferences, the variety of oils and their uses makes it easy to find a dōTERRA essential oil that provides a natural solution to many of your everyday problems.



# Arborvitae

Our Arborvitae essential oil is sourced from the heartwood of the *Thuja plicata* tree. This unique source of Arborvitae essential oil contains a distinct chemical profile and is uniquely concentrated in methyl thujate. Known as the “tree of life,” Arborvitae is majestic in size and abundant in unique benefits.

## Main Benefits:

- Purifying agent
- Promotes clear, healthy-looking skin
- Peaceful, calming aroma

## Uses:

- Mix one drop Arborvitae and 125 ml water in spray bottle, spray on surfaces and hands.
- Use during meditation for a sense of peace and calm.
- Apply to wrists and ankles before hiking or outdoor activities.
- Mix four drops Arborvitae and two drops Lemon with Fractionated Coconut Oil for a natural wood preservative and polish.
- Combine with Cedarwood and Frankincense to create a homemade cologne.



# Basil

Basil is a culinary must-have that has been used by cultures across the world to enhance the taste of foods. This herb is part of the mint family and is great for adding a fresh, herbal flavour to meats, pastas and entrées.

## Main Benefits:

- Provides a sense of alertness
- Adds fresh, herbal flavour to a variety of dishes
- Peaceful, calming aroma

## Uses:

- After a lively day playing sports or engaging in activity, apply a few drops of Basil oil to the areas of your skin that you feel could use soothing.
- Whisk together one drop Basil oil, olive oil, salt and pepper for a quick, easy salad dressing.
- For a healthier alternative to store-bought sauces, make your own pasta sauce with fresh tomatoes, garlic, one drop Basil and sliced onion.
- Combine Basil oil and Wintergreen oil with a carrier oil then massage onto the back of your neck to relieve stress and cool the skin.





# Bergamot

Bergamot is a delicate citrus plant, requiring special climate and soil in order to thrive. Italians have used Bergamot for years to reduce feelings of stress and to soothe and rejuvenate skin. Bergamot is unique among citrus oils due to its ability to be both uplifting and calming.

## Main Benefits:

- Soothing to the skin
- Used in massage therapy for its calming benefits
- Promotes a positive mood

## Uses:

- Apply to the skin while showering and enjoy its purifying skin benefits.
- Use with dōTERRA Fractionated Coconut Oil for a calming and relaxing massage.
- Apply to feet before bedtime to promote a restful sleep.
- Add one to two drops to your DIY skin care cleanser.
- Change regular tea to Earl Grey with the addition of Bergamot.

# Black Pepper

Most popularly known for its use in the kitchen, Black Pepper essential oil adds a burst of flavour to meals and can be taken internally or used aromatically for a variety of health benefits.

## Main Benefits:

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

## Uses:

- Create a warming, soothing massage by combining two drops with Fractionated Coconut Oil.
- Add one drop to meats, soups, entrées and salads.
- Add a drop of Black Pepper essential oil to steak marinade.
- Combine Black Pepper with Cilantro oil to give your next meal a hint of spice.
- Take one drop internally each day for antioxidant benefits.



# Blue Tansy

Blue Tansy's name is partly derived from its vivid shade of blue. Blue Tansy has a sweet, warm fragrance and a calming effect that can be beneficial to the skin, mind and body. (Dilute to minimise potential staining.)

## Main Benefits:

- Provides targeted soothing comfort
- Helps reduce the appearance of blemishes
- Provides a soothing sensation when applied to the skin

## Uses:

- Massage into skin with Fractionated Coconut Oil or lotion after a long day of work or intense exercise.
- Add one drop to your favourite moisturiser or cleanser.
- Apply to minor skin irritations for a soothing effect.
- Apply to chest with Peppermint to promote feelings of clear breathing.
- Massage sore muscles with Blue Tansy oil and lotion to aid the body in the natural recovery process.
- Add one drop to your teenager's facial toner to diminish the appearance of blemishes.





# Cardamom

Often used to flavour food and beverages, Cardamom essential oil is useful in the kitchen and can also be beneficial for digestive health.

## Main Benefits:

- Flavourful spice for cooking and baking
- May help ease indigestion

## Uses:

- Take one drop internally as part of a daily health regimen.
- Add one drop to your bath to promote feelings of calm and relaxation.
- Add a drop to bread, smoothies, meats and salads to enhance food flavour.
- Apply topically to promote feelings of openness and mental clarity.
- Use Cardmom internally after a large or heavy meal to aid the natural digestion process.



## Cassia

A close relative to Cinnamon, Cassia has a strong, spicy aroma that can be used in small quantities to transform any essential oil blend. Cassia has been used for thousands of years to maintain physical health and promote emotional well-being.

### Main Benefits:

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

### Uses:

- Use Cassia as a replacement for Cinnamon in pies and breads or by itself in a myriad of entrées and desserts.
- Combine one drop Cassia with Fractionated Coconut Oil and massage into muscles for a warming sensation.
- Combine with Clove and Ginger during cold months for a warm, soothing scent.
- Combine one drop with Lemon oil in a glass of water and drink in the morning before breakfast.

# Cedarwood

Cedarwood emits a warm and woody aroma that inspires feelings of wellness and vitality and is often used during massage to relax and soothe.

## Main Benefits:

- Promotes relaxation
- Helps keep skin looking healthy
- Contains clarifying properties

## Uses:

- During your facial routine, add one to two drops to your facial toner or moisturiser to promote clear, healthy-looking skin.
- Place a few drops on a cotton ball and leave in closets or other areas to keep moths at bay.
- Add Cedarwood oil to bathwater for a relaxing spa experience.
- Before exercising, massage one to two drops onto chest to maintain vitality.
- Combine with lotion and lather on skin to evoke feelings of wellness.
- Improve the appearance of skin imperfections by directly applying one drop to affected area.





# Cilantro

Cilantro essential oil adds a fresh, herbal flavour to a variety of meals and entrées and has many internal benefits.

## Main Benefits:

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

## Uses:

- After eating a large or heavy meal, mix one drop of Cilantro oil with 125 ml of liquid and drink slowly.
- Try replacing herb cilantro with one drop Cilantro oil in all of your favourite guacamole, salsa, salad and dip recipes.
- Apply topically to fingernails and toenails to keep them looking clean and healthy.
- Spice up citrus diffuser blends with Cilantro oil for a fresh, sweet and herbal aroma.



# Cinnamon Bark

Cinnamon is frequently used in mouth rinses and gums and has a long history of culinary uses, adding spice to desserts, entrées and hot drinks. Due to its high content of cinnamaldehyde, only one drop is needed for internal benefits.

## Main Benefits:

- Promotes oral health
- Enhances the flavour of drinks, breads, desserts and entrées
- Provides a warm, soothing sensation when applied topically

## Uses:

- Add one drop to a cup of tea with honey and drink slowly to soothe throat.
- Add one drop to 100 ml of water and gargle for an effective mouth rinse and fresh breath.
- In your next recipe including cinnamon, replace ground cinnamon with Cinnamon oil for a delightfully spicy flavour.
- Dilute with Fractionated Coconut Oil to create a warming massage for cold, achy joints.
- In a large pot of water, mix Cinnamon oil, Clove oil and fresh anise. Simmer on low for one hour and enjoy the warm, welcoming scent.



# Clary Sage

Widely known for its calming abilities, Clary Sage oil is relaxing, soothing and balancing – particularly when used to calm and soothe the skin.

## Main Benefits:

- Promotes a restful night's sleep
- Promotes healthy-looking hair and scalp
- Holds significant soothing benefits for the skin

## Uses:

- During a menstrual cycle, apply to abdomen for soothing relief.
- While going through menopause, use in massage to support a healthy mood.
- Combine with Lavender and add to bath water for a stress-relieving experience.
- Add to shampoo or conditioner to promote healthy hair and scalp.
- Combine with Fractionated Coconut Oil to massage, soothe or rejuvenate skin.





# Clove

Along with significant internal benefits, the warming and cleansing characteristics of Clove make this energising, stimulating oil useful in everyday life.

## Main Benefits:

- Helps clean teeth and gums
- Frequently used as a cooking spice
- Holds antioxidant properties

## Uses:

- Due to its warm, spicy characteristics, Clove essential oil makes the perfect addition to your favourite autumn or holiday recipes.
- Before brushing your teeth, place one drop of Clove oil in 125 ml of water and gargle for 30 seconds.
- Add a drop to your toothbrush before adding toothpaste to promote clean teeth and fresh breath.
- Combine with lotion for a warming massage.
- Instead of using dry clove, use Clove oil to taste when baking treats.



# Copaiba

Copaiba essential oil is derived from the resin of the Copaiba tree and has been used in traditional health practices by the natives of Brazil. Copaiba oil is widely used in cosmetic products and perfumes.

## Main Benefits:

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

## Uses:

- Add to a moisturiser to enhance the appearance of healthy-looking skin.
- Blend with Cinnamon oil for an invigorating aroma.
- After strenuous activity, apply Copaiba with Fractionated Coconut Oil to the legs for a soothing massage.
- Place one drop into the tub for a relaxing, skin-rejuvenating bath.



# Coriander

With a fresh, herbaceous aroma, Coriander can be soothing to the mind and body. Coriander seeds have been used internally for centuries due to its high linalool content.

## Main Benefits:

- Adds herbal flavour to a variety of dishes
- Promotes relaxation
- Helps maintain a clear complexion

## Uses:

- Enjoy one drop in water after eating large meals.
- Consume one drop daily to promote internal wellness and vitality.
- Apply to oily skin to maintain a clear-looking complexion.
- Massage into the back of neck or bottom of feet to promote feelings of relaxation.
- After a short workout, apply to legs for a soothing massage.



# Cypress

The clean, refreshing scent of Cypress essential oil is beneficial for stimulating the emotions, while promoting energy and vitality. Useful for uplifting mood and improving skin conditions, it is important to note that Cypress oil should not be taken internally.

## Main Benefits:

- Promotes feelings of energy and vitality
- Improves the appearance of skin
- Assists with daily mood management

## Uses:

- Prior to a long run, apply to feet and legs for an energising boost.
- Apply two drops Cypress to chest before gardening to promote vitality.
- Combine with Epsom salt in a warm bath to relax after a long, stressful day.
- Apply Cypress to reduce the appearance of blemishes and improve the appearance of oily skin.





# Eucalyptus

dōTERRA Eucalyptus comes from evergreen trees that grow up to 150 meters in height. The chemical structure of Eucalyptus makes it ideal for promoting feelings of clear breathing and for creating a soothing massage.

## Main Benefits:

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

## Uses:

- Add one drop to a moisturiser of your choice and apply to skin in circular motions.
- Place three drops Eucalyptus in bottom of shower to invigorate senses.
- During menstruation, massage daily onto lower abdomen for soothing support.
- Add one drop to a cotton ball and place in shoes, garment drawers or other places that accumulate unpleasant odours.
- Mix with Lemon and Peppermint for a revitalising scent.

# Fennel

The history of Fennel use dates back to ancient times when Roman warriors were said to have consumed Fennel to make them strong and ready for battle. Fennel is best known for its distinct licorice flavour and aroma.

## Main Benefits:

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

## Uses:

- Apply one to two drops topically for a calming and soothing effect.
- Take one drop Fennel in water or tea when trying to avoid processed sugar and sweets.
- Dilute with a carrier oil and rub on lower abdomen during long car rides to prevent motion sickness.
- To support digestion, consume Fennel oil on a daily basis.







### Frankincense Touch

Enjoy the benefits of Frankincense in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

## Frankincense

Because of its chemical makeup, Frankincense oil holds significant renewing properties that give it a wide variety of uses. For centuries, Frankincense has been used for its soothing and beautifying characteristics—particularly for rejuvenating the skin and promoting feelings of relaxation.

### Main Benefits:

- Soothes skin
- Reduces the appearance of imperfections
- Promotes peaceful, relaxing and satisfied feelings of overall wellness

### Uses:

- Add two drops to moisturiser to reduce appearance of blemishes and rejuvenate skin.
- Massage Frankincense into hands and feet for a warm, soothing effect after strenuous activity.
- Apply Frankincense to cuticles and nailbeds to maintain healthy-looking fingernails and toenails.
- Combine Frankincense with a carrier oil in a small spray bottle and use as a daily perfume.
- Apply to pulse points to unwind and relax.

# Geranium

Long used for its beautifying properties, Geranium essential oil is extremely beneficial for improving the appearance of hair and skin. It has also been known to help reduce stressful feelings and calm the nerves.

## Main Benefits:

- Supports vibrant, healthy hair
- Promotes clear, healthy skin
- Beneficial for both dry and oily hair

## Uses:

- Apply Geranium to skin after a shower for a smoothing effect.
- Before spending time outdoors, apply topically.
- Apply directly to skin or enjoy an aromatherapy steam facial to beautify the skin.
- Add a few drops to your bottle of shampoo or conditioner or make your own deep hair conditioner.
- Combine with facial and body lotions for an uplifting, floral scent.



# Ginger

dōTERRA Ginger essential oil comes from the fresh rhizome of the ginger plant. When used as a kitchen spice, the earthy nature of Ginger adds flavour to a variety of dishes.

## Main Benefits:

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

## Uses:

- Use Ginger oil in your favourite sweet and savoury dishes.
- Use in a variety of recipes, including salad dressings or marinades for steak or chicken.
- During a long car ride, put a drop of Ginger on a cotton ball and place in a cup holder.
- Apply over lower abdomen for a soothing massage.





# Grapefruit

Commonly known for its sour and tangy taste, grapefruit is the rotund, yellow-orange fruit of an evergreen citrus tree. Grapefruit essential oil is derived from the rind of this fruit and is cherished for its many uses and benefits.

## Main Benefits:

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

## Uses:

- Add one drop to 125 ml of water and drink right after waking for a natural pick-me-up.
- Add to shampoo for an added cleansing effect and increased shine.
- Add to nightly facial routine to improve the appearance of blemishes.
- Combine with Fractionated Coconut Oil and massage into skin for a soothing experience.



# Helichrysum

Praised for its skin-rejuvenating benefits, Helichrysum oil promotes a youthful, glowing complexion while helping reduce blemishes. The oil has also been used since ancient times for herbal health practices due to its many health benefits.

## Main Benefits:

- Promotes a clear, youthful complexion
- Reduces the appearance of blemishes
- Reduces feelings of mental fatigue

## Uses:

- Combine with Fractionated Coconut Oil and apply for a cooling effect after a day in the sun.
- Add one to two drops to your facial moisturiser to reduce the appearance of wrinkles and to promote a glowing, youthful complexion.
- Massage into temples and back of neck for a soothing sensation.
- Apply to pulse points when motivation is lacking or extra focus is required.



## Jasmine Touch

Regarded as the “King of Flowers,” Jasmine is prized for its highly fragrant aroma and ability to help reduce the appearance of skin imperfections and promote a healthy-looking, glowing complexion.

### **Main Benefits:**

- Uplifts the mood
- Reduces the appearance of skin imperfections
- Promotes a healthy-looking, glowing complexion

### **Uses:**

- Apply topically to skin imperfections.
- Apply after a morning shower to help ease into the day.
- Use in massage for a soothing, relaxing experience.
- Apply to wrists and neck for a unique personal fragrance.
- Add to skincare routine for a healthy-looking complexion.

# Juniper Berry

Taken from the berry of a coniferous tree, Juniper Berry essential oil offers superb emotional and physical benefits and can also be used to cleanse and purify the air.

## Main Benefits:

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

## Uses:

- Add a drop to water or citrus drinks for a boost of flavour.
- Take one drop internally each day as a natural antioxidant.
- Combine with citrus oils for a refreshing, clean aroma.
- Use in an oral rinse to help keep gums, teeth and mouth looking clean and healthy.
- Apply one drop to skin to promote a healthy complexion.



# Lavender

The floral, airy scent of Lavender essential oil can produce calming, soothing and relaxing benefits. Because it provides the user with comforting benefits for several areas of the body and mind, Lavender oil has seemingly limitless applications.

## Main Benefits:

- Soothes occasional skin irritations
- Reduces the appearance of skin imperfections
- Provides relaxing qualities that can help promote a peaceful sleep

## Uses:

- Add to shampoo to help keep hair looking thick and healthy.
- Apply one drop to the skin to soothe occasional skin irritation.
- Combine a few drops with water in a spray bottle and spritz on your pillow before bedtime.
- Massage your child's feet with Lavender oil to promote a restful sleep.
- Add Lavender oil to your natural cosmetic recipes to mask the scent of other ingredients.

## Lavender Touch

Enjoy the benefits of Lavender in a base of Fractionated Coconut oil. Ideal for children and individuals with sensitive skin.







# Lemon

Renowned for its cleansing and invigorating abilities, Lemon is a top-selling dōTERRA favourite because of its versatility. Whether it is used as a natural purifying agent in the body or in the home, Lemon essential oil holds countless benefits for any user.

## Main Benefits:

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

## Uses:

- Add Lemon oil to your water for a refreshing taste or as an alternative to sodas and sugary drinks.
- Add to your favourite treats and dessert recipes for a sweet and zesty punch.
- Add one to two drops of Lemon oil in a spray bottle of cleaning solution for an invigorating scent while you clean tables, counter tops and other surfaces.
- Combine with hand soap and scrub hands well, especially after working with grease and grime.

# Lemongrass

Lemongrass has an herbaceous aroma that can heighten awareness and is ideal for massage therapy. For years, Lemongrass has been used in Asian cuisine for soups, teas and curries as well as with fish, poultry, beef and seafood.

## Main Benefits:

- Smoky, herbaceous food flavouring
- Purifying and toning
- Heightens awareness and promotes positivity

## Uses:

- Make your own candles with Lemongrass oil and place outside during picnics and outdoor events.
- Use to flavour entrées and meat dishes.
- Dilute oil, then rub or spritz on skin before going outside.
- Combine with Melaleuca and apply to toenails for clean, healthy nails.
- Dilute with Fractionated Coconut Oil and apply after exercise for a refreshing feeling.
- Combine with Fractionated Coconut Oil and apply to muscles and joints for a soothing massage.



# Lime

Cold-pressed from the peel of fresh limes, dōTERRA Lime essential oil is refreshing and energising in both aroma and taste.

## Main Benefits:

- Tart, sweet food flavouring
- Positively affects mood with stimulating and refreshing properties
- Purifies the air

## Uses:

- Add a drop of Lime to slushies, smoothies and drinks for a zesty kick.
- Add a drop to homemade or store-bought salsa.
- Combine with a facial cleanser or shampoo for added cleansing properties.
- Place a few drops of Lime on a cotton pad to help remove grease spots and sticker residue.
- Add a drop of Lime to drinking water for antioxidant benefits.





## Marjoram

Commonly recognised for its ability to spice foods, Marjoram essential oil is a unique cooking additive. The herbaceous flavouring of Marjoram oil can be used in soups, stews, dressings and sauces.

### Main Benefits:

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

### Uses:

- Add one drop Marjoram essential oil in your next recipe that calls for dried marjoram.
- Apply to the back of the neck to lessen feelings of stress.
- Apply to a restless child's feet prior to a nap.
- Apply to muscles before and after exercise.

## Melaleuca Touch

Enjoy the benefits of Melaleuca in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.



# Melaleuca

More commonly known as “Tea Tree,” Melaleuca essential oil has over 92 different compounds and limitless applications. The aroma of Melaleuca is fresh, green and uplifting, while the oil itself can be used daily for its cleansing and rejuvenating properties on the skin.

### Main Benefits:

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

### Uses:

- After exercising, apply Melaleuca to achy muscles for soothing relief.
- Add five drops of Melaleuca to a spray bottle with water and use on household surfaces.
- Combine Melaleuca and Cedarwood and apply to face after shaving for an invigorating aftershave.
- For occasional skin irritations, apply one to two drops of Melaleuca oil onto affected area.
- Use diluted in place of harsh, drying creams for acne and eczema relief.

# Melissa

A rare oil that is difficult to source and produce, Melissa holds a variety of health benefits and is known for positively affecting mood and calming nervous or tense feelings.

## Main Benefits:

- Promotes relaxation and can help create a restful sleeping environment
- Calms feelings of tension or nervousness
- Rejuvenates skin and hair

## Uses:

- Add to moisturiser or a spray bottle with water and spritz on face to rejuvenate skin and refresh the mind.
- Rub on forehead, shoulders or chest for feelings of calmness and to promote emotional well-being.
- Before a nerve-racking speech, presentation or performance, apply one to two drops of Melissa essential oil to the palms of your hands and breathe slowly and deeply.
- Create your own potpourri with Melissa oil and keep on your bedside table.



# Myrrh

Myrrh essential oil is derived from the gummy resin of the small, thorny Myrrh tree and has been used for centuries for its many health benefits. Ancient records show that Myrrh was deemed so valuable that at times it was valued at its weight in gold.

## Main Benefits:

- 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

## Uses:

- Add two drops Myrrh, 125 ml warm water and honey to a mug and drink slowly to soothe an itchy or sore throat.
- Add one drop to toothpaste for added cleansing benefits.
- Apply on pulse points before studying or sitting down to work to promote awareness and lift mood.
- Add to moisturiser to help reduce the appearance of fine lines and wrinkles.



# Neroli Touch

Neroli essential oil is derived from the flowers of the bitter orange tree. The aroma of Neroli essential oil has been known to support relaxation, uplift mood, reduce feelings of anxiousness and promote overall well-being.

## Main Benefits:

- Promotes a positive mood
- Encourages relaxation
- Soothes skin while supporting a youthful-looking complexion

## Uses:

- Combine Neroli and Lavender for a relaxing aromatic massage.
- Apply to back of neck to ease tension.
- Incorporate into beauty routine for a youthful glow.
- Apply to pulse points before a job interview to calm nerves and boost confidence.





# Oregano

Oregano is one of the most potent essential oils and has been used for centuries in traditional practices. Extracted from the fragrant leaves of the oregano plant *origanum vulgare*, Oregano essential oil has made its way into cookbooks and cabinets around the world.

## Main Benefits:

- Spicy, herbaceous food flavouring
- Provides antioxidant benefits
- Provides a warming sensation to the skin

## Uses:

- Put one drop in place of dried oregano in spaghetti sauce, pizza sauce or on a roast.
- Add ten drops to a spray bottle with water for a counter cleansing spray.
- Dilute with dōTERRA Fractionated Coconut Oil and apply to skin to reduce the appearance of blemishes.
- Combine Oregano oil with other Italian seasonings like basil, rosemary and thyme.

## Oregano Touch

Enjoy the benefits of Oregano in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.





# Patchouli

Recognised for its full, musky-sweet scent, Patchouli essential oil holds significant benefits for the skin while also providing a balancing, grounding effect on emotions.

## Main Benefits:

- Helps balance emotions
- Promotes a glowing, smooth complexion
- Helps reduce skin imperfections, blemishes and the appearance of wrinkles

## Uses:

- Apply to daily moisturiser to help reduce the appearance of blemishes.
- Blend with other essential oils for a sweet-smelling, musky perfume or cologne.
- Combine with equal parts Peppermint oil and apply to the forehead, temples or back of the neck after a long day of work.
- Combine 1 g baking soda, 25 ml water, one drop Peppermint oil and one drop Patchouli oil to create a mouth rinse for everyday use.

# Peppermint

Consistently one of dōTERRA's best sellers, Peppermint essential oil has a wide range of benefits from soothing skin to flavouring desserts and entrées to freshening breath. Peppermint oil is always useful to have on hand.

## Main Benefits:

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

## Uses:

- Combine with Fractionated Coconut Oil and massage into neck and shoulders to relieve feelings of tension.
- Add to cold water compress or foot bath to cool off when overheated.
- Apply to pulse points with a carrier oil when feeling fatigued or low energy.
- Use a drop of Peppermint with Lemon oil in water for a refreshing mouth rinse.
- Add a drop to a cup of warm tea and drink slowly to soothe an upset stomach.



## Peppermint Touch

Enjoy the benefits of Peppermint in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

## Peppermint Beadlets

These vegetarian beadlets provide all the benefits of Peppermint and freshen breath.



## Petitgrain

Petitgrain essential oil is derived from the bitter orange tree, which has a long history of use in traditional health practices. Petitgrain delivers calming and relaxing benefits to ease feelings of tension and stress.

### Main Benefits:

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

### Uses:

- Before going to bed, add a few drops of Petitgrain along with Lavender or Bergamot to pillows and bedding.
- Popular among men and women, Petitgrain can be used in body sprays, lotions and colognes for a customised floral scent.
- Place a few drops on a scrubbing towel or loofah along with soap and enjoy a relaxing scent while you shower.

# Roman Chamomile

Although commonly used to add flavour to tea, Roman Chamomile has a calming effect that can be beneficial to the skin, mind and body.

## Main Benefits:

- Promotes youthful-looking skin
- Promotes hair and scalp health
- Creates a sweet, floral scent that is calming to the mind

## Uses:

- Apply to chest to encourage feelings of well-being.
- Apply to the bottom of feet prior to bedtime.
- Add one drop of Roman Chamomile to moisturiser for a smoothing effect.
- Create your own bath bomb using Roman Chamomile and Epsom salt.



# Rose Touch

The labour-intensive and delicate process of harvesting and distilling rose petals produces a sweet aroma that's renowned in the perfume and essential oil industries. Rose Touch can promote a healthy, even skin tone and can be used as a romantic, personal fragrance.

## Main Benefits:

- Emotionally uplifting
- Helps balance moisture levels in skin
- Reduces the appearance of skin imperfections

## Uses:

- Apply to neck and wrists as a personal fragrance.
- Use in massage for an elevating, enriching experience.
- Apply to neck and bottom of feet for an emotional uplift.
- Add to nightly skincare routine to help balance moisture levels in the skin.
- Apply to areas of concern twice daily to reduce the appearance of skin imperfections.



# Rosemary

Along with its culinary applications, Rosemary has many benefits. Long revered by experts, Rosemary was considered sacred by the ancient Greek, Roman, Egyptian and Hebrew cultures. Rosemary's herbaceous and energising scent is frequently used in aroma and massage therapy.

## Main Benefits:

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

## Uses:

- Add one drop of Rosemary to meats and entrées for extra flavouring.
- Combine with Fractionated Coconut oil and apply during massage.
- Apply to pulse points while studying to help maintain concentration.
- Use during a scalp massage to promote an abundant-looking head of hair.
- Combine Rosemary, Frankincense and Epsom salts for a rejuvenating bath.



# Hawaiian Sandalwood/ Sandalwood

Sandalwood essential oil is cherished for its many skin-benefiting properties and its ability to promote emotional well-being by dissipating tense feelings.

## Main Benefits:

- Promotes healthy-looking, smooth skin
- Reduces the appearance of skin imperfections
- Frequently used in meditation for its grounding and uplifting properties

## Uses:

- Apply two drops to wet hair to help restore moisture and shine.
- Add two drops to a hot bath to promote relaxation and reduce stress.
- Apply two drops to a steam facial to help skin feel nourished and rejuvenated.
- Place two drops on the AC vent in the car to maintain a calm alertness while driving.







## Siberian Fir

With a scent reminiscent of Christmas trees and tranquil forests, Siberian Fir has long been recognised for producing comforting, stabilising feelings and stimulating the senses.

### Main Benefits:

- Produces a soothing, calming effect
- Creates feelings of empowerment, energy and stability
- Helps the body relax while stimulating the senses

### Uses:

- Apply topically to skin to help soothe minor skin irritation.
- Combine with Fractionated Coconut Oil for an invigorating massage.
- Massage into skin after vigorous physical activity for soothing comfort.
- Add one to two drops to the shower floor to help evoke feelings of confidence and vigour.

# Spearmint

Well known for its sweet and minty flavour, Spearmint is often used in cooking, but can also be applied topically. Spearmint is a milder alternative to other mint essential oils.

## Main Benefits:

- Cleanses the mouth and promotes fresh breath
- Promotes a sense of focus
- Flavourful addition to candies, gums and desserts

## Uses:

- Create your own mint candies using Spearmint oil, sugar, water and agave syrup.
- Massage on back of neck to relieve tight muscles.
- Add one drop to desserts, drinks, salads or entrées.
- Apply a drop of Spearmint oil to your finger and run along your lips after applying a layer of lip balm.



# Spikenard

Historically used for relaxation and uplifting mood, Spikenard essential oil promotes calming feelings and can be purifying for the skin.

## Main Benefits:

- Promotes calming, grounding and relaxing feelings
- Purifies the skin and promotes a clean, healthy glow
- Produces an uplifting aroma that can help elevate mood

## Uses:

- Apply to toenails for clean, healthy nails.
- Add Spikenard to a warm foot bath to promote relaxation.
- Combine one drop Spikenard with moisturiser to smooth or soften skin.
- Use with Fractionated Coconut Oil and massage into abdomen to promote vitality.
- Add one drop to shampoo and massage into hair and scalp to promote youthful-looking hair.



# Tangerine

Tangerine has a long history of use in herbal health practices. Tangerine's sweet, tangy aroma helps soothe anxious feelings and manage stress.

## Main Benefits:

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

## Uses:

- Use in an all-purpose spray to help remove grease and leave behind a refreshing scent.
- Add one drop to water or juice for antioxidant support.
- Create a garbage disposal rinse with baking soda, castile soap and Tangerine oil.
- Combine with yogurt and cottage cheese for a uniquely flavourful fruit dip.



# Thyme

For centuries, Thyme has been used across nations and cultures for incense in holy temples, ancient embalming practices and warding off nightmares. Just as its history is rich with a variety of uses, Thyme's diverse benefits and uses continue today.

## Main Benefits:

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

## Uses:

- During flu season or winter months, take one drop daily with water, tea or food to promote general wellness.
- Create an inexpensive, all-natural deodorant using Thyme oil, baking soda, cornflour and coconut oil.
- Use a drop of Thyme with olive oil and mixed veggies and bake in the oven for a delightful side dish to any meal.
- Use as a replacement for dried thyme.





# Vetiver

Derived from a thick grass, Vetiver essential oil is ideal for creating a peaceful environment as it is known to have a grounding, calming effect on emotions.

## Main Benefits:

- Emits a rich, woody scent
- High in sesquiterpenes, known for their grounding properties
- Promotes restful sleep

## Uses:

- Add two drops to a warm bath for deep relaxation.
- After a difficult day at school, help your child relax by applying Vetiver oil to their neck and feet.
- Apply to bottom of feet after a day of standing as part of a soothing massage.
- Use a toothpick to help get the desired amount of Vetiver out of the bottle – a little goes a long way.

# Wild Orange

Cold pressed from the peel, Wild Orange is one of dōTERRA's top selling essential oils due to its energising aroma and multiple benefits. The orange rind is full of antioxidants that help maintain overall health.

## Main Benefits:

- Uplifting to the mind and body
- Refreshes skin
- High in monoterpenes, known for their antioxidant activity

## Uses:

- Add a few drops of Wild Orange to unscented lotion and apply all over the body.
- For an invigorating shower, add a few drops of Wild Orange essential oil to a body wash.
- For an energising boost, dispense one to two drops in the palm of your hand along with equal parts Peppermint and Frankincense. Rub palms together and inhale deeply from palms, then rub on the back of neck.
- Use in combination with Lemon oil to eliminate unpleasant odours around your home or in the car.





# Wintergreen

The minty Wintergreen essential oil is extracted from the leaves of a creeping shrub and contains a unique chemical component called methyl salicylate. This chemical contains strong, soothing properties and naturally occurs in only two plants worldwide—birch and wintergreen.

## Main Benefits:

- Uplifting and stimulating
- Helps produce a warming sensation
- Frequently used in gum, confectionery and toothpaste

## Uses:

- Place one drop on toothbrush with a small amount of toothpaste and brush teeth and gums for one minute then rinse with water.
- Add to facial cleanser to reduce the appearance of blemishes.
- Add one drop Wintergreen to a warm bath to unwind and relieve tension.
- Apply to a cotton ball and add to gym bag, rubbish-bin or other areas to mask odour.
- Combine Wintergreen and Fractionated Coconut Oil for a warming, soothing massage.





# Ylang Ylang

A sweet, floral essential oil, Ylang Ylang uses nourishing and protective properties to benefit skin and hair while uplifting mood by reducing feelings of stress and promoting a positive outlook.

## Main Benefits:

- Supports healthy skin and hair
- Lifts mood while simultaneously providing a calming effect
- Helps lessen tension and stress while promoting positivity

## Uses:

- Apply Ylang Ylang to the back of the neck for a calming, uplifting effect.
- Massage Ylang Ylang into scalp to increase the appearance of healthy, shiny hair.
- Add two drops to a warm bath with Epsom salt to relieve stress and promote relaxation.
- Add one drop to a dryer sheet or wool dryer ball for extra fresh clothing.





# Essential Oil Blends

In order to further harness the power of essential oils, dōTERRA has created a series of proprietary essential oil blends that combine several single essential oils with other natural ingredients to help the user achieve a more specific, desired effect. Because they combine the best characteristics from several oils, dōTERRA essential oil blends are an integral part of any essential oil collection.



### dōTERRA Air™ Touch

Enjoy the benefits of dōTERRA Air™ in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

## dōTERRA Air™ Essential Oil Blend

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.

### Main Benefits:

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

### Uses:

- Apply directly to chest when seasonal threats are high.
- Combine with Epsom salts in a warm bath for a soothing sensation.
- Add three drops to shower floor for an aroma that promotes vitality.
- Use topically before outdoor activities to protect against the effects of seasonal changes.

# AromaTouch™

## Massage Blend

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.

### Main Benefits:

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

### Uses:

- Combine with Epsom salt and add to a hot bath for relaxation.
- Apply before a yoga class to create a calm environment while meditating and relaxing.
- Apply to neck and shoulders to lessen tension.
- Use in conjunction with the AromaTouch Technique™ or the AromaTouch Hand Technique™.



# dōTERRA Balance™

## Grounding Blend

The dōTERRA Balance blend is a subtle combination of essential oils that promotes harmony, tranquillity 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.

### Main Benefits:

- May help ease anxious or tense feelings
- Produces feelings of tranquillity and balance
- Promotes a sense of relaxation and harmony

### Uses:

- Apply to neck and wrists to help ease anxious feelings.
- Combine with Epsom salts in a warm bath for relaxation.
- Apply one drop to your yoga mat to create a calm, relaxing environment.
- Apply to the bottom of feet to lessen feelings of stress throughout the day.
- Apply topically before bed to promote a restful sleep and peaceful dreams.



**dōTERRA Cheer™ Touch**

Enjoy the benefits of dōTERRA Cheer™ in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.



## dōTERRA Cheer™ Uplifting Blend

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

**Main Benefits:**

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

**Uses:**

- Apply to neck and wrists for an uplift when feeling down.
- Use during a massage to promote happiness.
- Apply to a cotton ball and place in car's AC vent for an energising aroma while driving.
- Place on bottoms of feet in the morning to promote feelings of optimism and cheerfulness.

# Citrus Bliss™

## Invigorating Blend

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

### Main Benefits:

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

### Uses:

- Place on bottoms of feet in the morning to invigorate and energise.
- Place two to three drops on dryer sheets to give laundry a refreshing aroma.
- Combine with Lavender and Peppermint oil and rub on temples to promote focus.
- Add to Fractionated Coconut Oil and use in an uplifting massage that helps reduce stress.
- Combine with water in a spray bottle to create a homemade air freshener for the bathroom and kitchen.







## ClaryCalm™ Essential Oil Blend

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

### Main Benefits:

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

### Uses:

- Apply during moments of heat for a cooling, soothing effect.
- Apply to the abdomen for a soothing massage during a menstrual cycle.
- Place on bottoms of feet to help balance emotions throughout the month.
- Apply to neck and wrists and breathe deeply to soothe heightened emotions.

# dōTERRA Console™

## Comforting Blend

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.

### Main Benefits:

- Promotes feelings of comfort
- Invites feelings of hope and positivity
- Creates a comforting aroma

### Uses:

- Add to Fractionated Coconut Oil and use in a soothing massage.
- Apply to neck and wrists to provide feelings of hope when feeling down.
- Apply to a cotton ball and place in car's AC vent for a soothing aroma while driving.
- Place on bottoms of feet in the morning to promote feelings of comfort and hope.

### dōTERRA Console™ Touch

Enjoy the benefits of dōTERRA Console™ in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.



## dōTERRA Deep Blue™ Roll-On

Enjoy the benefits of Deep Blue in a 10 ml Roll-on.



## dōTERRA Deep Blue™ Touch

Enjoy the benefits of Deep Blue in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

# Deep Blue™ Soothing Blend

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.

### Main Benefits:

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

### Uses:

- Diffuse for an invigorating scent during a workout.
- Massage into lower back after a day of heavy lifting.
- Rub on fingers, wrists, shoulders and neck after a long workday.
- Dilute Deep Blue with Fractionated Coconut Oil and massage into growing kids' legs.
- Apply to feet and knees before and after exercise for an invigorating and cooling effect.



# Elevation

## Joyful Blend

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.

### Main Benefits:

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

### Uses:

- Add to Fractionated Coconut Oil and use in a revitalising massage.
- Apply Elevation to pulse points to promote feelings of confidence and self-worth.
- Add a few drops to a warm bath for a soothing, uplifting experience.
- Rub one drop between palms to help reduce feelings of stress.
- Add a few drops to a wet paper towel and wipe down kitchen surfaces for a positive, energising scent in the home.

# dōTERRA Forgive™ Renewing Blend

The fresh, woody aroma of dōTERRA Forgive helps promote the liberating feelings of contentment, relief and patience.

## Main Benefits:

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

## Uses:

- Apply to neck and wrists for feelings of patience and relief.
- Apply to a cotton ball and place in car's AC vent for a calming aroma.
- Place on bottoms of feet in the morning to promote feelings of patience.
- Use during a massage to counteract negative emotions and promote feelings of serenity.



## dōTERRA Forgive™ Touch

Enjoy the benefits of dōTERRA Forgive™ in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.



## HD Clear™ Topical Blend

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.

### Main Benefits:

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

### Uses:

- Use daily to help reduce breakouts.
- Implement in facial routine to help keep skin clean and clear.
- Apply to face to create a clean, smooth canvas before using moisturiser.
- Apply the HD Clear blend to affected areas to help reduce skin imperfections.
- Implement during teenage years, using morning and night, to maintain clean skin.

# dōTERRA™ Hope Touch

This distinct essential oil blend's inviting scent is only one thing that makes dōTERRA Hope Touch truly unique. With each application of its uplifting scent, individuals support the dōTERRA Healing Hands Foundation, which donates to experts in extraction operations and anti-child-trafficking efforts.

## Main Benefits:

- Energising and refreshing aroma
- Uplifts mood when applied topically
- Provides a unique personal fragrance

## Uses:

- Apply to neck for a refreshing aroma.
- Apply to wrists for a personalised fragrance.
- Use in conjunction with a massage to energise and uplift.
- Keep on hand and apply throughout the day to uplift mood.
- Roll on a sachet and keep in drawers to give clothes a clean aroma.



# InTune™ Focus Blend

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

## Main Benefits:

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

## Uses:

- Use topically on wrists to promote a sense of focus during the workday.
- Apply to bottom of children's feet to encourage focus and the ability to stay on task.
- Use topically during daily slumps to re-energise and provide clarity to get moving again.
- Apply to temples and back of neck before a study session that requires serious concentration.





## dōTERRA Motivate™ Touch

Enjoy the benefits of dōTERRA Motivate™ in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

# dōTERRA Motivate™ Encouraging Blend

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

### Main Benefits:

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

### Uses:

- Use during a massage to ease feelings of stress.
- Apply to pulse points while working on a project to stay motivated.
- Use topically before a sporting event or other competitions.
- Place on bottoms of feet in the morning to promote feelings of courage.
- Apply to neck or shirt collar to instil feelings of confidence before a presentation.



## dōTERRA On Guard™ Touch

Enjoy the benefits of dōTERRA On Guard in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

# dōTERRA On Guard™ Essential Oil Blend

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, dōTERRA On Guard is a perfect blend to have on hand throughout the year.

### Main Benefits:

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

### Uses:

- Take two drops internally for a quick immune boost.
- Use a cloth soaked in water and one to two drops On Guard to wipe down kitchen and bathroom surfaces.
- Create an all-purpose cleaner by combining with water in a spray bottle.
- Add a drop to laundry for an additional cleansing boost and fresh scent.
- Dilute with Fractionated Coconut Oil and rub on hands as a natural cleanser.

## dōTERRA On Guard™ Beadlet

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

# dōTERRA Passion™

## Inspiring Blend

The dōTERRA Passion blend helps rekindle feelings of excitement, passion and joy.

### Main Benefits:

- Creates a joyful aroma
- Ignites feelings of excitement and passion
- Promotes confidence and mental strength

### Uses:

- Apply before work to spark creativity and clarity.
- Use during a massage to ignite feelings of passion.
- Mix dōTERRA Passion with a non-scented lotion and apply all over to begin the day feeling energised and enthusiastic.
- Apply to wrists and heart throughout the day to feel inspired and passionate.

### dōTERRA Passion™ Touch

Enjoy the benefits of dōTERRA Passion™ in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.



# PastTense™ Relaxation Blend

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.

## Main Benefits:

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

## Uses:

- Apply to back of neck before travel to calm emotions.
- Use topically at work or home to ease feelings of stress.
- Place on bottoms of feet in the morning for help staying on task.
- Massage into shoulders, neck and back for a cooling, soothing sensation.
- Apply to back of neck and temples to calm the mind.



# dōTERRA Peace™

## Reassuring Blend

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.

### Main Benefits:

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

### Uses:

- Use in conjunction with dōTERRA Console™ for extra comfort and contentment.
- Apply to neck and wrists to provide feelings of peace.
- Add to Fractionated Coconut Oil and use in a soothing massage.
- Apply to a cotton ball and place in car's AC vent for a soothing aroma.
- Place on bottoms of feet in the morning to promote feelings of comfort and reassurance.

### dōTERRA Peace™ Touch

Enjoy the benefits of dōTERRA Peace™ in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.





## Purify Refreshing Blend

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

### Main Benefits:

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

### Uses:

- Apply topically to soothe irritation from a bug bite.
- Freshen smaller rooms by placing a few drops on a cotton ball and putting it into the air vent.
- Add a drop to laundry for an additional cleansing boost and fresh scent.
- Add ten drops to water in a spray bottle and use to wipe down countertops and other surfaces.



## Salubelle™ Beauty Blend

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

### Main Benefits:

- 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

### Uses:

- Rub under arms before working out or outdoor activity.
- Use to soothe and cool skin after a day at the beach or pool.
- Use topically for a clean, smooth canvas before moisturising.
- Apply to back of neck and earlobes to help lessen feelings of tension.
- Use as part of an anti-aging skincare routine to help promote a glowing complexion.

# dōTERRA Serenity™ Restful Blend

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

## Main Benefits:

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

## Uses:

- Use at night to calm a restless child.
- Apply to back of neck to promote calm feelings.
- Use as part of a massage to promote relaxation and decrease stress.
- Apply to bottoms of feet at bedtime to help unwind.
- Combine with Epsom salts in a warm bath for a relaxing, renewing sensation.





# Smart & Sassy™

## Active Blend

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

### Main Benefits:

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

### Uses:

- Add to any healthy weight management program.
- Consume with water before meals to help control appetite and overeating.
- Add a few drops to your favourite smoothie to help you feel full longer.
- Massage into stomach, hips and thighs for a soothing, warming effect.
- Add to water or tea and drink before working out for a revitalising energy boost.



## TerraShield™ Spray

TerraShield Spray comes in a convenient and easy to apply 30 ml spray bottle.



# TerraShield™ Outdoor Blend

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

### Main Benefits:

- Acts as an effective, natural barrier
- Provides natural outdoor protection
- Protects against environmental annoyances

### Uses:

- Diffuse in home during summer months.
- Diffuse on patio for small outdoor gatherings.
- Apply to bare skin before the next family excursion.
- Apply for an effective, natural barrier when outdoors.
- Spray around doors and windowsills.

# Whisper™

## Blend for Women

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

### Main Benefits:

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

### Uses:

- Diffuse in the evening for a warming aroma.
- Apply to wrists to create a personal fragrance that will stay all day.
- Place on terracotta jewellery for a long-lasting scent that promotes relaxation.
- Combine with unscented lotion to moisturise the skin and invigorate the senses.
- Apply one drop to hands and rub on scarves and clothing to experience calming emotions.





# Zendocrine™ Restart Blend

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

## Main Benefits:

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

## Uses:

- Apply topically to stomach for a soothing massage.
- Place three to four drops in a diffuser to freshen a room.
- Add one drop to water or tea.
- Take one drop internally for a week to kick-start a lifestyle change.
- Apply to abdomen or bottoms of feet to support the body's natural detoxification system.

# ZenGest™

## Supportive Blend

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.

### Main Benefits:

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

### Uses:

- Take internally to ease feelings of queasiness.
- Add to water or tea to help maintain your body's natural digestive processes.
- Keep on hand when enjoying heavy or large meals.
- Use internally before a long flight or road trip for a calming effect.
- Dilute with Fractionated Coconut Oil and use for a soothing abdominal massage.

### dōTERRA ZenGest™ Touch

Enjoy the benefits of ZenGest in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.





# dōTERRA Wellness Products

dōTERRA offers a wide range of wellness products that are trusted by families and healthcare professionals alike. By anticipating needs and creating essential oil-based product solutions, dōTERRA is helping promote wellness and create a natural, non-toxic environment that allows individuals and families to live healthy, vibrant lives.





## dōTERRA Air™ Products

Revered for their cool, refreshing aroma, dōTERRA Air products are designed to help the user maintain feelings of easy breathing and clear airways, among other benefits. Each dōTERRA Air product includes some variation of the dōTERRA Air blend and the variety of this collection makes it easy for the user to reap the desired benefits through several different application methods.

# dōTERRA On Guard™ Products

Designed to protect and promote a healthy home, the dōTERRA On Guard collection uses essential oils with powerful cleansing properties to help purify your home. From laundry to hygiene to cleaning the kitchen counter, the products in the dōTERRA On Guard collection are powerful enough to provide serious cleansing benefits, yet safe enough for the entire family.







## Deep Blue™ Products

With unique cooling, soothing and comforting benefits, products in the Deep Blue collection are consistently some of dōTERRA's top sellers. Each product in this line uses the Deep Blue Soothing Blend to lend a variety of soothing benefits to several areas of the body. In addition to significant comforting characteristics, Deep Blue products are popular because of the invigorating, minty aroma they give off during use.

# Digestive Health

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.









# 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 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.





# dōTERRA Weight Management

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.

# 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.



Like any successful supplement system, the dōTERRA Lifelong Vitality Pack is designed to be used in conjunction with healthy habits like regular exercise, healthy eating, proper rest, stress management, avoiding toxins and more. Although we cannot control factors like our genetics or predispositions for disease, there are many factors relating to aging and wellness that we can control. The dōTERRA Lifelong Vitality Pack provides the support you need to continue a healthy life as you tackle the effects of aging.

Discover what so many others have already experienced by taking advantage of the liberating benefits that come from using the dōTERRA Lifelong Vitality products.

**Main Benefits:**

- General wellness and vitality
- Antioxidant
- Energy
- Bone health
- Immune function
- Stress management
- Cardiovascular health
- Healthy hair, skin and nails
- Eye, brain, nervous system support
- Liver function and digestive health
- Lung and respiratory health
- Gentle on stomach
- Non-GMO, gluten-free, dairy-free

**xEO Mega**—Combining dōTERRA essential oils with natural marine-and plant-sourced omega-3 oils and carotenoids, this dietary supplement offers important nutrients that promote healthy function of many of the major organs of the body.

**Microplex VMz**—This product lives up to a high-standard of vitamin and mineral supplementation as it provides bioavailable vitamins and minerals that are absent in most modern diets.

**Alpha CRS+**—This cellular vitality complex is formulated with natural botanical extracts to specifically support healthy cell function.





# dōTERRA Women Supplements

dōTERRA Women is formulated to address the unique and changing health needs of women. This line provides natural support throughout the different phases of a woman's life.

# dōTERRA™ Essential Skin Care

Because everyone's skin is different, dōTERRA has designed several skin care products to help users tackle common skin problems while promoting a healthy complexion through the use of essential oils.





dōTERRA<sup>®</sup> ESSENTIAL SKIN CARE

## PORE REDUCING TONER

DIMINISHES THE APPEARANCE OF PORES

LAVENDER, YLANG YLANG & GERMAN CHAMOMILE

e 118ml

dōTERRA<sup>®</sup> ESSENTIAL SKIN CARE

## BRIGHTENING GEL

BRIGHTENS AND EVENS SKIN TONE

BERGAMOT, JUNIPER BERRY, & MELISSA

e 30ml

dōTERRA<sup>®</sup> ESSENTIAL SKIN CARE

## ANTI-AGING MOISTURIZER

REDUCES THE SIGNS OF AGING

LAVENDER, JASMINE, GERANIUM, & FRANKINCENSE

e 50ml

dōTERRA<sup>®</sup> ESSENTIAL SKIN CARE

## INVIGORATING SCRUB

EXFOLIATES AND POLISHES SKIN

GRAPEFRUIT & PEPPERMINT

e 70g



## Veráge™ Skin Care Collection

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.

## HD Clear™ Facial Kit

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.







## dōTERRA 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.

# 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.







## dōTERRA Salon Essentials™

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.

# dōTERRA™ 30-Day Cleanse

The dōTERRA **30-Day Cleanse** was created to help rid your body of toxic load and to support the overall function of the body's systems and organs. There are three 10-day phases: **Activate, Reset, Renew**.



## xEO Mega™

This dietary supplement combines essential oils with natural marine and plant sourced omega-3 oils and carotenoids that promote healthy function of many of the major organs of the body.

- Take 2 softgels with morning meal and 2 softgels with evening meal for a total of 4.

## Microplex VMz™

This product lives up to a high standard of vitamin and mineral supplementation as it provides bioavailable vitamins and minerals that are absent in most modern diets.

- Take 2 capsules with morning meal and 2 capsules with evening meal for a total of 4.

## Alpha CRS™+

This cellular vitality complex is formulated with natural botanical extracts to specifically support healthy cell function.

- Take 2 capsules with morning meal and 2 capsules with evening meal for a total of 4.

## ZenGest TerraZyme™

This product is a proprietary blend of active whole-food enzymes that support healthy digestion and metabolism of enzyme-deficient, processed food.

- Take 1 capsule with each meal for a total of 3.

## Zendocrine™ Blend Softgels

This detoxification complex is a proprietary blend of whole-food extracts that support healthy cleansing and filtering functions of the liver, kidneys, colon, lungs and skin.

- Take 1 softgel with morning meal and 1 softgel with evening meal for a total of 2.

## GX Assist™

This GI cleansing formula is a combination of essential oils and caprylic acid to help support a healthy digestive tract by creating an unfriendly environment for potential threats.

- Take 1 softgel with evening meal.

## PB Assist™+

This probiotic defence formula is blend of pre-biotic fibre and six strains of probiotic microorganisms that promotes a positive balance and proliferation of beneficial bacteria

- Take 3 capsules with evening meal.

## DDR Prime™ Softgels

This essential oil, cellular complex is a proprietary blend of essential oils combined to support cellular health, function and renewal.

- Take 1 softgel with morning meal and 1 softgel with evening meal for a total of 2.

## Lemon Essential Oil

This essential oil naturally cleanses the body and aids in digestion.

- Add 2 drops to 240 ml of water 5 times per day for a total of 10 drops.

# (1) Activate

1 2 3 4 5 6 7 8 9 10

Days 1-30

Days 1-30

Days 1-30

Days 1-30

Days 1-10

# (2) Reset

11 12 13 14 15 16 17 18 19 20

Days 11-20

# (3) Renew

21 22 23 24 25 26 27 28 29 30

Days 21-30

Days 21-30

Days 1-30

dōTERRA™

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