



# dōTERRA™

PRODUCT GUIDE | EUROPE  
ENGLISH

# Our Mission

---

At dōTERRA we are committed to sharing the life-enhancing benefits of 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.



## Contents

4	The dōTERRA Story	39	dōTERRA Serenity™
5	CPTG Certified Pure Tested Grade™	40	Deep Blue™
7	What Are Essential Oils?	42	On Guard™
8	Essential Oil Uses	44	dōTERRA™ sun
9	Where to Begin - Kits and Collections	46	Skin Care
13	Essential Oil Singles	52	dōTERRA SPA
20	Essential Oil Blends	54	Essential Hair Care
24	dōTERRA Touch™	56	dōTERRA Healing Hands™
27	Kids Collection	58	MetaPWR™
28	AromaTouch Technique™	60	dōTERRA Lifelong Vitality Pack™
30	Diffusers	61	dōTERRA Loyalty Rewards Program
32	dōTERRA Baby	62	Supplements
34	dōTERRA Deodorants	68	dōTERRA Women
36	Essential Usage	70	Quick Reference
38	dōTERRA Air™		

dōTERRA™ proprietary essential wellness products are marketed by Wellness Advocates through person-to-person sharing, in online, social media and face to face opportunities, and via wellness centres and spas. To place an order, you can choose one of the following options:

- Visit [www.shop.doterra.com](http://www.shop.doterra.com)
- Chat with the Wellness Advocate who introduced you to dōTERRA
- Contact our Member Services Team via [www.doterra.eu](http://www.doterra.eu)

Interested in joining the dōTERRA family? Talk to the Wellness Advocate who introduced you to dōTERRA or visit [www.doterra.eu](http://www.doterra.eu) and select "Join dōTERRA" at the bottom of the home page.



As we launch new products throughout the year, check out the dōTERRA additions web page so you don't miss out on the latest product updates!



# The dōTERRA Story



In 2008, a group of healthcare and business professionals came together with a common vision of sharing the power of pure essential oils with the world. Each understood that essential oils—when properly sourced from optimal regions and thoroughly tested for the highest levels of purity and potency—are the Earth’s gift to humanity. They organised a company and named it dōTERRA, a Latin derivative meaning “Gift of the Earth”. With this gift comes great responsibility to respect the power of each element, the expertise of each grower, and the potential of each contributing community.

dōTERRA focuses on maintaining the highest levels of purity and sustainability as it collaborates with local growers around the world through Co-Impact Sourcing™. This unique model implements long-term, mutually beneficial supplier partnerships where skilled rural farmers oversee plants and growing environments. In return, dōTERRA provides jobs with fair payments, leading to stronger local economies and healthier, stable supply chains.

Each dōTERRA essential oil passes through rigorous CPTG Certified Pure Tested Grade™ testing guided by cutting-edge advancements in essential oil research and testing implementation. dōTERRA benefits from the ever-increasing knowledge and expertise of a Medical Advisory Board made up of global consultants in chemistry, microbiology, botany, research science, physiology and nutritional science.

Since dōTERRA’s beginning, independent Wellness Advocates have shared the life enhancing benefits of dōTERRA CPTG™ essential oils with millions of customers throughout the world.

dōTERRA has emerged as a global integrative health and wellness company and the world’s largest essential oil company.\* By partnering with respected medical professionals and world-renowned research partners, dōTERRA is revolutionising healthcare by integrating conventional medical professionals with alternative approaches to address individualised wellness.

To ensure that dōTERRA never forgets the sacredness of this gift, the dōTERRA Healing Hands Foundation™, a registered charitable organisation in the United States, offers resources and tools to global sourcing communities and charitable organisations for self-reliance, healthcare, education and sanitation, and for the fight against human trafficking.

We respectfully offer this “gift of the Earth” to you and your family.

\*Verified global market leader in the Global Aromatherapy and Essential Oils market

# 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 that are of the correct species, grown in ideal environments, and are 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 are some of the most pure and beneficial oils available in the world today.

Equally stringent standards of safety and efficacy are applied to all dōTERRA 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.





# What are Essential Oils?

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers and other parts of plants. Their fragrance can be both beautiful and powerful. 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 properties. Their unique chemical structure allows them to deliver targeted benefits through topical application and certain oils may be used internally.

## Extraction Methods

Essential oils are most often extracted using 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 separate 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 meticulous extraction process is the careful selection of which plant species, plant parts and harvesting methods will produce the most pure and potent essential oils. 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.





## Uses

Essential oils are used for a very wide range of emotional and physical applications. They can be used individually or in complex blends depending on the specific need and desired results. Using essential oils can be both profoundly simple and life changing at the same time. However, working with an experienced essential oil user will help the novice have a more beneficial and enjoyable experience.

Essential oils contain powerfully concentrated botanical extracts and should be used only 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 carrier 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 to Begin

## Kits and Collections

At dōTERRA, we want to make it easy for you, by providing the essentials you need to best support your home, family and lifestyle. Whether you are at the beginning of your journey or a seasoned oil expert, these carefully crafted kits and collections are the simplest way to bring all the essentials to you!



### 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:

5 ml bottles: Lavender, Lemon, Peppermint



### Family Essentials Kit TOP SELLER

The dōTERRA Family Essentials Kit contains 10 essential oils and blends – the must-have, daily essentials parents need on-hand. Experience the infinite ways that dōTERRA CPTG™ essential oils can help you help your family.

5 ml bottles: Lavender, Lemon, Peppermint, Tea Tree, Oregano, Frankincense, Deep Blue™, dōTERRA Air™, ZenGest™, On Guard™



### Home Essentials Kit TOP SELLER

Improve cleanliness, target problem areas and enjoy a plant-powered alternative to ordinary products from supermarkets. Enhance and transform any household activity with everyday essentials for your home.

5 ml bottle: Deep Blue

15 ml bottles: Frankincense, Lavender, Lemon, Tea Tree, Oregano, Peppermint, dōTERRA Air™, ZenGest™, On Guard™

Other Product: Petal Diffuser



### MetaPWR™ System Kit TOP SELLER

Designed to be used in a system, each MetaPWR product offers a speciality, while also supporting and enhancing the benefits of the other products.

MetaPWR™ Blend 15 ml bottle, MetaPWR™ Beadlets, MetaPWR™ Softgels, MetaPWR™ Assist, MetaPWR™ Advantage

See page 58 for more details.



### Kids Collection

In a base of Fractionated Coconut Oil, each product is ready to use in a handy roll-on, allowing you to confidently care for your children.

10 ml bottles: dōTERRA Thinker™, dōTERRA Calmer™, dōTERRA Stronger™, dōTERRA Rescuer™, dōTERRA Steady™, dōTERRA Brave™, dōTERRA Tamer™

Other Products: Seven Silicone Toppers with Carabiners, Illustrated Flashcards, Carrying Case with Carabiner

See page 27 for more details.



### AromaTouch Diffused Kit

If you're ready to master the AromaTouch Technique™, this kit is perfect for you. AromaTouch combines the unique benefits of human touch with the power of essential oils.

5 ml bottles: dōTERRA Balance™, Lavender, Tea Tree, On Guard™, AromaTouch™, Deep Blue™, Wild Orange, Peppermint

Other Products: Fractionated Coconut Oil (115 ml), Petal Diffuser, dōTERRA Essentials Booklet

See page 28 for more details.



### dōTERRA together™ Kit

At home or in the office, this versatile kit is designed to bring people together through the power of nature. Share Mother Earth's precious gift of essential oils to help you to achieve a better space.

5 ml bottle: dōTERRA Motivate™

15 ml bottles: Eucalyptus, Green Mandarin, Lavender, Lemon, Lemongrass,

Peppermint, Wild Orange, dōTERRA Adaptiv™, dōTERRA Balance™, Citrus Bliss™, On Guard™

Other Products: Laluz Diffuser, dōTERRA Essentials Booklet, Wooden Box



### Daily Habits™ Kit

This kit includes doTERRA essentials designed to make a difference to your daily habits! From household tasks to your work environment, essential oils will become a regular part of your daily routine.

5ml bottles: On Guard™, doTERRA Balance™, Frankincense, Lemon, Lavender

Other Products: Deep Blue Rub™, ZenGest TerraZyme™, PB Assist+™, doTERRA Lifelong Vitality Pack™

Also Available in Vegan.



### Cleanse & Restore Kit

Formulated with the properties and benefits of some of doTERRA's finest proprietary blends and botanical extracts, this kit provides you with a range of products to refresh and revitalise your wellness.

doTERRA Lifelong Vitality Pack™, PB Assist+™, GX Assist™, Zendocrine™ Softgels, ZenGest TerraZyme™, ZenGest™ Softgels, DDR Prime™ Softgels

Also Available in Vegan.



### 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, centre and enlighten your spirit through every breath while strengthening and stretching your body.

5 ml bottles: dōTERRA Anchor™, dōTERRA Align™, dōTERRA Arise™



### dōTERRA Essential Aromatics™ System TOP SELLER

Each delicate blend in this kit contains CPTG Certified Pure Tested Grade™ essential oils that can be used to help you throughout the day.

5 ml bottles: dōTERRA Cheer™, dōTERRA Console™, dōTERRA Forgive™, dōTERRA Motivate™, dōTERRA Passion™, 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 benefits for the entire family and can be applied every day to specific points on the body to help you throughout the day.

10 ml bottles: dōTERRA Cheer™, dōTERRA Console™, dōTERRA Forgive™, dōTERRA Motivate™, dōTERRA Passion™, dōTERRA Peace™



### dōTERRA Touch™ Kit

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

10 ml bottles: Lavender, Peppermint, Frankincense, Tea Tree, Oregano, ZenGest™, dōTERRA Air™, On Guard™, Deep Blue™

# Essential Oil Singles

The dōTERRA™ collection of single essential oils represents the finest aromatic extracts available in the world today. All single oils provide the living essence of their source botanical, which have been nurtured, carefully harvested and gently distilled 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,” Arborvitae is majestic in size and abundant in benefits.

- Has the potential to benefit the skin
- Frequently used in meditation practices



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

Part of the mint family, Basil is a beneficial herb that is commonly used in cooking.

- A versatile flavouring component widely used across the world in a variety of dishes
- 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.

- Frequently used in massage therapy for its calming benefits to the skin
- 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.

- Enhances food flavour
- A versatile flavouring component widely used across the world in savoury dishes, commonly ground from peppercorn form



**Black Spruce**  
PURE ESSENTIAL OIL  
*Picea mariana* | 5 ml

Historically used by Native Americans to promote skin health and as part of their spiritual healing, Black Spruce is a powerful wood essential oil.

- Provides soothing relief to the skin
- Promotes feelings of relaxation and calmness
- Soothes minor skin irritations
- Helps to provide a soothing and comforting massage after strenuous exercise



**Blue Tansy**  
PURE ESSENTIAL OIL  
*Tanacetum annuum* | 5 ml

Blue Tansy essential oil comes from an annual yellow-flowered Mediterranean plant. It's a key ingredient in many doTERRA blends, including doTERRA Balance™ and Deep Blue™.

- Promotes a soothing sensation when applied topically
- Its rich blue colour may stain surfaces, fabrics, and skin, careful use and dilution is recommended
- Add a drop to moisturiser or cleanser to help reduce the appearance of blemishes



**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 in a variety of ways.

- Flavourful spice for cooking and baking
- Cool, minty aroma and herbaceous flavour ideal for soups, salads and seasoning for savoury recipes



**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.

- Used in cooking as a replacement for cinnamon
- Popular ingredient for many different appetisers, breads and desserts



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

Known for its rich hue and warm, woody scent, Cedarwood essential oil provides a myriad of benefits for skin.

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



**Celery Seed**  
PURE ESSENTIAL OIL  
*Apium graveolens* | 15 ml

With usage dating back as early as 5th century China, celery has become a well-known staple in a variety of dishes. The seeds are the primary repository for essential oil, which is extracted using steam distillation.

- Known for its complex, strong, sweet and spicy aroma
- A flavourful addition to a variety of dishes



**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.

- Ideal for dips, sauces and a variety of savoury dishes
- Gives food a fresh, flavourful kick



**Cinnamon**  
PURE ESSENTIAL OIL  
*Cinnamomum zeylanicum* | 5 ml

Cinnamon has a long history of culinary uses, but its essential oil is surprisingly versatile.

- A popular ingredient for different appetisers, breads and desserts
- Can be used to replace ground cinnamon in your favourite recipes



### Citronella

#### PURE ESSENTIAL OIL

*Cymbopogon winterianus* | 15 ml

From the leaf of a tall grass native to Asia, Citronella essential oil has a crisp, fresh aroma. It is an ideal companion for camping, hiking, and anywhere else you might go to experience the beauties of nature.

- May help promote clean skin
- Soothing to both skin and scalp
- Dilute as needed to apply to skin



### Clary Sage

#### PURE ESSENTIAL OIL

*Salvia sclarea* | 15 ml

Clary Sage is known for its soothing and calming properties when applied to the skin.

- Clary Sage essential oil is a key ingredient in doTERRA's proprietary monthly blend, ClaryCalm™
- Promotes feelings of relaxation in preparation for a restful night's sleep
- Promotes healthy-looking hair and scalp



### Clove

#### PURE ESSENTIAL OIL

*Eugenia caryophyllata* | 15 ml

Known as a popular cooking spice, the benefits and uses of clove date back to ancient China and India.

- Frequently used as a cooking spice
- Can be utilised outside of the kitchen with its unique and powerful 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.

- Promotes clear, smooth skin
- Reduces the appearance of blemishes

See page 24 for *Copaiba Touch*



### Coriander

#### PURE ESSENTIAL OIL

*Coriandrum sativum* | 15 ml

A popular cooking spice, just a touch of Coriander essential oil can transform any dish.

- Ideal for savoury recipes
- Enjoy one drop of Coriander internally after eating large meals for minor relief
- Adds herbal flavour to a variety of dishes



### Cypress

#### PURE ESSENTIAL OIL

*Cupressus sempervirens* | 15 ml

Cypress is frequently used in spas and by massage therapists because of its many benefits to the skin.

- Stimulating yet grounding effect on emotions, making it helpful for mood management
- Improves the appearance of oily skin



### Douglas Fir

#### PURE ESSENTIAL OIL

*Pseudotsuga menziesii* | 5 ml

This tall, evergreen fir tree has a sweet and refreshing aroma with a light, lemony note.

- Promotes a positive mood and environment when applied topically, helping the user feel uplifted
- Sourced from evergreen fir trees in New Zealand, Douglas Fir oil possesses purifying qualities when applied to the skin



### Eucalyptus

#### PURE ESSENTIAL OIL

*Eucalyptus radiata, polybractea, kochii, loxophleba* and *globulus* | 15 ml

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

- Promotes feelings of relaxation when applied topically
- Add one drop to a moisturiser of your choice and apply to skin in circular motions
- Use alongside Lavender, Douglas Fir and Cypress oils for soothing, relaxing properties



### Fennel

#### PURE ESSENTIAL OIL

*Foeniculum vulgare* | 15 ml

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

- Flavourful addition to soups, dips and salads
- Take one drop of Fennel in water or tea instead of indulging in sweets



### 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.

- May help hydrate and rejuvenate the skin
- Promotes feelings of relaxation and balances mood
- Soothes skin

See page 24 for *Frankincense Touch*



### Geranium

#### PURE ESSENTIAL OIL

*Pelargonium graveolens* | 15 ml

Use of Geranium essential oil dates back to ancient Egypt, where Egyptians used Geranium to beautify skin.

- Helps to promote the appearance of clear, healthy 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.

- A popular kitchen spice used in many dishes from around the world
- Use as a replacement for dried or fresh ginger in sweets like gingerbread and ginger snaps



**Grapefruit**  
PURE ESSENTIAL OIL  
*Citrus X paradisi* | 15 ml

Commonly known for its sour and tangy taste, grapefruit is the rotund, yellow-orange fruit of an evergreen citrus tree.

- Delivers fragrant and exceptionally uplifting flavours to food and drink with its robust, citrus properties
- Tangy, sour food flavouring



**Green Mandarin**  
PURE ESSENTIAL OIL  
*Citrus nobilis* | 15 ml

Pressed from the unripe fruit of the mandarin tree, Green Mandarin essential oil is unique among citrus oils in its flavour and uses.

- Helps to promote soothing feelings
- Incorporate Green Mandarin in your cooking or water for a quick, refreshing burst of flavour



**Guaiacwood**  
PURE ESSENTIAL OIL  
*Bulnesia sarmientoi* | 15 ml

doTERRA sustainably and ethically sources Guaiacwood essential oil from Paraguay. Working with our sourcing partner, we're changing the future of the at-risk Gran Chaco Forest, one of the most biologically diverse areas in the world.

- Utilised in fine fragrances and skincare products for its faintly sweet, earthy scent



**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 blemishes and skin imperfections
- Massage into the temples and back of neck for a soothing sensation
- Promotes a glowing complexion

See page 26 for Helichrysum Touch



**Juniper Berry**  
PURE ESSENTIAL OIL  
*Juniperus communis* | 5 ml

Derived from a coniferous tree, Juniper Berry essential oil has a rich history of traditional uses and benefits.

- Apply one drop topically to promote a clear complexion
- Has a calming, grounding effect when applied topically



**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
- Apply one drop to your beauty routine to promote healthy skin
- Add to bath water to soak away your worries or apply to the temples and the back of the neck

See page 26 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.

- Tangy food flavouring
- Can be used to add a refreshing flavour to water or a myriad of recipes from savoury to sweet desserts
- Uplifting and energising properties that help improve mood



**Lemon Eucalyptus**  
PURE ESSENTIAL OIL  
*Eucalyptus citriodora* | 15 ml

With many topical benefits, Lemon Eucalyptus provides powerful support to the skin. Lemon Eucalyptus is also known for its refreshing aroma that helps create an invigorating environment.

- Supports and helps to purify the skin
- Uplifting and invigorating aroma
- Provides many topical benefits
- Perfect addition to a soothing massage



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

Lemongrass produces a smoky, citrus essential oil that offers a variety of benefits to the user.

- Use in Asian cuisine, soups, teas and curries
- Blends well with Basil, Cardamom or Spearmint
- 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.

- Cold pressed from lime rinds to preserve its delicate nature and useful, potent properties
- Can be used to add a zesty flavour to a myriad of recipes from savoury dishes to sweet desserts
- Tart, sweet food flavouring



**Madagascar Vanilla**  
ABSOLUTE  
*Vanilla planifolia* | 5 ml

Prized since the time of the ancient Aztecs and often used in perfumes, vanilla is one of the most popular aromas in the world and one of the most expensive to produce.

- May be hydrating to the skin due to Fractionated Coconut Oil
- Use as a luxurious, personal fragrance, perfect for any special occasion or as an everyday perfume



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

Also known as "wintersweet" or "joy of the mountains," the herbaceous flavouring of Marjoram oil can be used in a variety of recipes

- Warm, herbaceous cooking additive
- Replace Marjoram essential oil in your next recipe that calls for dried marjoram



**Melissa**  
PURE ESSENTIAL OIL  
*Melissa officinalis* | 15 ml

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

- Helps to calm tension
- When used topically, Melissa can help promote feelings of relaxation
- Rejuvenates skin



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

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

- Helps promote emotional balance and feelings of wellbeing
- Contains unique properties that cleanse and improve skin's appearance
- Soothes skin



**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
- Ideal for soups, salads and seasoning any savoury dish
- Incredibly pungent fragrance and flavour when used in cooking

See page 25 for Oregano Touch



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

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

- Blend with other essential oils for a sweet-smelling, musky perfume or cologne
- Can be used frequently to help soothe and cleanse the skin
- May promote feelings of calmness



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

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

- Refreshing and powerful flavour addition to smoothies, cakes and desserts
- When the summer heat seems to overwhelm you, add one drop of Peppermint oil and a cut fruit like strawberries or limes to a glass of water for a deliciously infused beverage

See page 25 for Peppermint Touch



**Peppermint Beadlets**  
ESSENTIAL OIL BEADLETS  
*Mentha piperita* | 125 beadlets

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

- Keep these convenient beadlets in your purse or child's backpack for added support on-the-go
- 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.

- Applying topically may promote calming and relaxing feelings
- Dilute and apply to skin to help reduce the appearance of skin imperfections
- The relaxing properties of Petitgrain essential oil can be beneficial for a massage



**Pink Pepper**  
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.

- Mildly fruity and peppery oil that is sure to add variation and depth of flavour
- 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
- Has a calming effect when applied to the skin and body



**Rose**  
PURE ESSENTIAL OIL  
*Rosa damascena* | 5 ml

Known as the "Queen of Oils," Rose is one of the most precious essential oils in the world. Rose petals produce a sweet floral aroma, renowned in the perfume and essential oil industries.

- Rose has a sweet floral aroma with uplifting properties
- Reduces the appearance of skin imperfections
- Promotes an even skin tone

See page 26 for Rose Touch



**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 speciality dishes
- Herbaceous and energising scent
- Add to meats and favourite entrées for extra flavouring



**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
- Add two drops to a hot bath to promote relaxation
- Traditionally highly valued in incense and used during meditation practices all over the world to increase mindfulness



**Sandalwood, Hawaiian**  
PURE ESSENTIAL OIL  
*Santalum paniculatum* | 5 ml

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

- Helps improve the appearance of skin and hair
- Frequently used in meditation and yoga for its grounding and uplifting properties when applied topically



**Siberian Fir**  
PURE ESSENTIAL OIL  
*Abies sibirica* | 15 ml

With a fresh, woody scent, Siberian Fir can produce a soothing, calming effect when applied to the skin.

- Provides a soothing effect when used in massage
- Soothes minor skin irritations when applied topically
- Massage for soothing comfort after strenuous activity



**Spanish Sage**  
PURE ESSENTIAL OIL  
*Salvia lavandulifolia* | 15 ml

Derived using steam distillation from Spanish sage leaves and stems, the essential oil has a camphoraceous, herbal and sage-like aroma.

- A great addition to your beauty or skincare routine to benefit from its refreshing properties
- Can be used to support a sense of focus during times of deep concentration



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

Well-known for its sweet and minty flavour, Spearmint is often used in cooking.

- A milder option for when Peppermint essential oil is a bit too strong
- Blends well with Lavender, Rosemary, Basil, Peppermint and Eucalyptus
- Adds flavour to desserts, drinks, salads or entrées



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

Spikenard has been valued for centuries, traditionally used to anoint people of high honour and in the Ayurvedic health practices of India.

- Uplifting aroma that can help promote feelings of relaxation and calmness
- Purifies the skin and promotes a clean, healthy glow when applied topically
- Combine one drop with moisturiser to smooth or soften skin



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

Tangerine has a sweet, tangy aroma, similar to other citrus oils, that is uplifting.

- Its refreshing taste makes Tangerine a tangy addition to any recipe that calls for citrus fruits
- Adds a tangy kick to baked goods
- Blends well with warm and spicy oils like Cinnamon or Clove



**Tea Tree**  
PURE ESSENTIAL OIL  
*Melaleuca alternifolia* | 15 ml

Sometimes called "melaleuca," Tea Tree oil is composed of 90 different compounds and has limitless applications.

- Provides benefits for the hair, skin and fingernails
- Renowned for its cleansing and rejuvenating effects to provide skin with a revitalised freshness

See page 25 for Tea Tree Touch



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

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

- Has a fresh, herbal flavour
- Flavourful, spicy food flavouring
- Great for meat marinades, savoury entrées, breads and more



**Tulsi (Holy Basil)**  
PURE ESSENTIAL OIL  
*Ocimum sanctum* | 5 ml

Reminiscent of freshly cut basil with a hint of clove, the warm, sweet aroma of Tulsi creates an engaging atmosphere.

- Calming, relaxing properties
- May support the appearance of healthy skin



**Turmeric**  
PURE ESSENTIAL OIL  
*Curcuma longa* | 15 ml

Turmeric is an aromatic plant in the ginger family that has been used for centuries in China, India and Sri Lanka. Turmeric has a warm, spicy taste that acts as a great burst of flavour in your favourite savoury meals.

- Turmeric brings a burst of flavour to savoury meals
- 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 essential oil is known for its grounding properties when applied topically
- Use as part of a soothing massage
- Apply to bottom of feet before bedtime to help promote a restful environment before sleep



**Wild Orange**  
PURE ESSENTIAL OIL  
*Citrus sinensis* | 15 ml

Cold pressed from the peel, Wild Orange is one of dōTERRA's top selling essential oils due to its energising aroma and multiple benefits.

- Apply topically to take advantage of Wild Orange's energising properties
- For an invigorating shower, add a few drops of essential oil to a body wash and lather



**Yarrow|Pom**  
ACTIVE BOTANICAL DUO  
30 ml

Yarrow|Pom combines the benefits of blue yarrow essential oil and cold-pressed pomegranate seed oil.

- Yarrow and pomegranate seed can help to moisturise and restore healthy-looking skin and may reduce the appearance of skin imperfections
- Add to your moisturiser for added hydrating benefits



**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
- Popular for its aromatic aroma, Ylang Ylang is used in perfumes and hair care products
- Lifts mood while simultaneously providing a calming effect

All information correct at time of production.



# Essential Oil Blends

dōTERRA essential oil blends are proprietary formulas for targeted wellness applications. They represent the converging wisdom of many years of historic essential oil applications 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 abode™**  
ESSENTIAL OIL BLEND  
15 ml

The signature blend of dōTERRA abode™ is a dynamic combination of CPTG™ essential oils including distilled Lime, Litsea, Cassia, Lemon Eucalyptus, Tea Tree, Arborvitae, Kochii Eucalyptus, Cilantro, Lavandin and Lemon Myrtle.

- Formulated with essential oils known for their cleansing constituents including limonene, geraniol and nerol
- Provides a fresh, citrus aroma



**dōTERRA Adaptiv™**  
CALMING BLEND  
15 ml

dōTERRA Adaptiv™ is a proprietary blend that combines Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli and Sweetgum essential oils. Keep Adaptiv on hand to help comfort you in new surroundings or situations.

- Helps boost mood when applied on the skin
- Soothes the skin
- Calming and relaxing aroma

See page 24 for dōTERRA Adaptiv Touch



**dōTERRA Air™**  
ESSENTIAL OIL BLEND  
15 ml

This minty, invigorating blend has a calming and soothing effect when applied topically. Air is enriched with a combination of oils meant to help cool and enliven the body, providing you with feelings of clear airways.

- Use topically before outdoor activity
- Calms the senses
- Promotes feelings of clear airways

See page 24 for dōTERRA Air Touch



**dōTERRA Air-X™**  
ESSENTIAL OIL BLEND  
15 ml

When applied topically, Air-X™ may help to refresh and purify. The addition of Frankincense essential oil may help to soothe skin while reducing the appearance of imperfections.

- A blend of Litsea, Tangerine, Grapefruit, Frankincense, and Cardamom essential oils
- Has an intense citrusy, woody, and faintly herbal aroma



**dōTERRA Align™**  
CENTRING BLEND  
5 ml

dōTERRA Align™ Centring 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
- Promotes feelings of self-acceptance, trust and fluidity throughout your yoga practice
- Apply on to desired areas to use during yoga practice or anytime during your day



**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
- Encourages a sense of a steady foundation from which to move forward



**dōTERRA Arise™**  
ENLIGHTENING BLEND  
5 ml

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

- Use dōTERRA 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.

- Apply AromaTouch™ to neck and shoulders to promote relaxation
- Produces comforting and relaxing effects
- AromaTouch oil can also be used in the AromaTouch Hand Technique™



**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.

- Infused with Spruce, Ho Wood, Blue Tansy, Blue Chamomile, and Frankincense essential oils
- Produces feelings of tranquility and balance
- Promotes a sense of relaxation and harmony

See page 24 for dōTERRA Balance Touch



**dōTERRA Cheer™**  
UPLIFTING BLEND  
5 ml

Like a ray of sunshine, the dōTERRA Cheer™ Uplifting Blend can provide a positivity boost. The sunshiny, fresh aroma of citrus and spice essential oils will brighten any moment of your day.

- Provides a cheerful boost of happiness and positivity during massage
- Cheer is made up of citrus and spice essential oils, which contribute to its warm, inviting nature

See page 24 for dōTERRA Cheer Touch



**Citrus Bliss™**  
INVIGORATING BLEND  
15 ml

The powerful essences of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine and a hint of Vanilla Absolute are combined to create this unique and harmonious blend that is sure to uplift your mood.

- Start your day off in a positive mood by applying Citrus Bliss™ in the morning to invigorate and energise
- With refreshing properties
- Creates a cheerful aroma during massage



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

ClaryCalm™ provides you with a calming, soothing effect when applied topically and balances mood throughout the month.

- Apply to the abdomen for a soothing massage to bring relief
- Helps soothe and balance heightened emotions
- Provides a cooling sensation when applied topically to the skin



**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.

- Add to Fractionated Coconut Oil and use in a soothing massage
- Invites feelings of hope and positivity
- Combines Frankincense, Patchouli, Ylang Ylang, Labdanum, Amyris, Sandalwood, Rose, Osmanthus

See page 24 for dōTERRA Console Touch



**DDR PRIME™**  
RENEWAL BLEND  
15 ml

DDR Prime™ combines the benefits of Clove, Thyme and Wild Orange essential oils.

- It also includes essential oils such as Frankincense, Lemongrass and Summer Savory
- Add 1-2 drops to citrus drinks, teas or water
- Add a few drops to a veggie capsule



**Deep Blue™**  
SOOTHING BLEND  
5 ml

Deep Blue™ Soothing Blend brings together eight essential oils known to comfort and cool joints and muscles.

- Provides a cooling and soothing sensation to targeted areas
- Creates a revitalising, comforting massage experience
- Deep Blue provides a soothing effect that relieves joints and cools muscles



**Deep Blue™**  
SOOTHING BLEND  
10 ml roll-on

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

- The same benefits as Deep Blue Blend in a convenient roll-on bottle
- Produces relaxing effects
- Provides targeted, soothing comfort

See page 24 for Deep Blue Touch



**dōTERRA Forgive™**  
RENEWING BLEND  
5 ml

dōTERRA Forgive™ Renewing Blend of tree and herb essential oils will help you discover the liberating action of forgiving, forgetting and moving on.

- Promotes grounding emotions in your everyday life
- Uplifts and inspires positive thinking
- Promotes feelings of contentment, relief and patience

See page 24 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.

- Easily apply to targeted areas with the convenient roll-on applicator
- Promotes a clear complexion
- Helps keep skin clean, clear and hydrated



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

The carefully selected essential oils in InTune™ Focus Blend work together to support the efforts of staying on task.

- Apply InTune to temples and back of neck before tasks
- Apply with ease using the convenient roll-on bottle
- Supports efforts of paying attention and staying on task



**MetaPWR™**  
ESSENTIAL OIL BLEND  
15 ml

Developed by dōTERRA clinical and medical scientists, the MetaPWR™ blend is formulated with specific balanced ratios of CPTG™ Grapefruit, Lemon, Peppermint, Ginger and Cinnamon essential oils.

- MetaPWR may be stimulating to the senses and help uplift mood when added to recipes
- A beneficial addition to your wellness regimen to complement mindful food choices
- Take in conjunction with the complete MetaPWR System to live your most powerful life



**MetaPWR™ Beadlets**  
ESSENTIAL OIL BEADLETS  
125 beadlets

MetaPWR™ Beadlets are an easy, convenient way to incorporate MetaPWR Essential Oil Blend into your daily wellness and exercise routine. The beadlets fit perfectly in a bag, to store at home or at your desk so you can support mindful eating anytime, anywhere.

- No GMOs, dairy, soy, gluten, preservatives, artificial sweeteners or flavours
- Offers the ideal boost you need before and during a vigorous workout



**dōTERRA Motivate™**  
ENCOURAGING BLEND  
5 ml

We all need a little extra encouragement now and then, and dōTERRA Motivate™ provides exactly that! Fresh, clean and minty, this blend will promote feelings of confidence, optimism and determination.

- Combines citrus and mint essential oils
- Apply in the morning to jump-start your day
- Promotes feelings of confidence, courage and belief

See page 25 for dōTERRA Motivate Touch



**On Guard™**  
ESSENTIAL OIL BLEND  
15 ml

One of dōTERRA's most popular blends, On Guard™ is a must-have because of its incredible benefits. On Guard is a perfect blend to have on-hand throughout the year.

- Adds a warm, citrusy spice to hot drinks and desserts
- Soak sliced apples in a bowl of water with one drop of On Guard for a healthy snack

See page 25 for On Guard Touch



**On Guard™ Beadlets**  
ESSENTIAL OIL BEADLETS  
125 beadlets

On Guard™ Beadlets provide a flavourful dose of dōTERRA's proprietary blend of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary, all contained in tiny vegetable beadlets that dissolve in the mouth.

- Consume in the wintertime, while travelling, or when around large groups of people
- Provides a convenient consumption method for On Guard Essential Oil Blend



**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, dare to try something new, as well as discover renewed joy for the current blessings in your life.

- To help spark creativity, clarity and wonder in your work area, bring Passion with you to work
- Apply to wrists and heart throughout the day to feel inspired and passionate

See page 25 for dōTERRA Passion Touch



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

PastTense™ is a distinctive blend of essential oils known to help promote grounded and balanced emotions. Known to soothe the body, the essential oils in PastTense quickly promote feelings of relaxation and calm.

- Apply with ease using the convenient roll-on bottle
- 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.

- dōTERRA Peace includes relaxing and calming oils such as Lavender, Marjoram, Vetiver and Ylang Ylang
- Promotes feelings of peace and reassurance

See page 25 for dōTERRA Peace Touch



**dōTERRA Purify™**  
REFRESHING BLEND  
15 ml

A favourite among dōTERRA users, Purify™ contains Lemon and Lime essential oils, known for their cleansing properties, along with Siberian Fir.

- Beneficial for irritated skin, Purify has strong cleansing properties that can help soothe skin irritations
- Use Purify to soothe skin irritations such as bug bites and provide relief



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

Salubelle™ Beauty Blend is formulated to support the skin while helping to reduce contributing factors to the appearance of aging skin. These unique essential oils were expertly selected to benefit skin.

- Helps to reduce the appearance of blemishes
- Promotes youthful-looking skin
- Use as part of your morning and night facial routine



**dōTERRA Serenity™**  
RESTFUL BLEND  
15 ml

dōTERRA Serenity™ is a peaceful blend of essential oils that promotes tranquillity and relaxation. dōTERRA Serenity combines essential oils renowned for their ability to calm emotions.

- Serenity can be felt instantly when applied topically
- Add 2-3 drops into a warm bath with Epsom salts to create a relaxing, renewing experience
- Helps create a restful sleeping environment



**dōTERRA SuperMint™**  
MENTHA BLEND  
15 ml

dōTERRA SuperMint™ is formulated with dōTERRA's finest mint oils for a super fusion blend that is crisp, clean and compelling.

- A combination of Peppermint, Japanese Mint, Bergamot Mint and Spearmint essential oils
- Adds a minty boost to sweet or savoury recipes to enliven the taste and senses, at a moment's notice

See page 25 for SuperMint Touch



**SuperMint™ Beadlets**  
ESSENTIAL OIL BEADLETS  
125 beadlets

Get the benefits of SuperMint™ Essential Oil Blend wherever and whenever you need it. Delivering a minty and cooling burst of flavour, let SuperMint beadlets leave you feeling refreshed, especially after large meals to offer light, soothing comfort.

- Provides a convenient way to use the dōTERRA SuperMint Blend at all times of the day
- Can help enliven the senses with its fresh, minty and herbaceous qualities



**TerraShield™**  
OUTDOOR BLEND  
15 ml

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

- Always pack TerraShield when you go on camping trips or to outdoor events
- Combines essential oils historically known to protect against environmental annoyances
- Apply TerraShield to the legs, arms and neck before going outdoors



**TerraShield™ Spray**  
OUTDOOR BLEND  
30 ml

TerraShield™ Spray contains essential oils and other plant oils historically known to provide outdoor protection.

- Its convenient spray bottle makes TerraShield Spray easy to take with you on-the-go
- Can be used by everyone in the family



**Zendocrine™**  
RESTART BLEND  
15 ml

Zendocrine™ is a go-to oil for those looking to begin a lifestyle change. Use Zendocrine daily by adding to a glass of water!

- For food flavouring
- Add 1 drop to citrus drinks, teas or water



**ZenGest™**  
SUPPORTIVE BLEND  
15 ml

This unique blend with Ginger, Peppermint, Caraway and Fennel essential oils is beneficial for stomach discomfort. A must-have oil on-the-go or at home!

- Add 1-2 drops to water or tea after large or heavy meals
- Take ZenGest™ when travelling or on-the-go for convenient support at a moment's notice

See page 25 for ZenGest Touch

# dōTERRA Touch™ Oil Blends

Striking the proper balance between protecting sensitive skin while still delivering the benefits found in essential oils is not just a matter of science, but also of art. dōTERRA Touch has achieved that balance. 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 Adaptiv™  
TOUCH BLEND**  
10 ml roll-on

When you feel the need for a calming boost, dōTERRA Adaptiv™ is your solution. Keep Adaptiv on hand to help comfort you in new surroundings or situations. Use Adaptiv in combination with the Adaptiv Touch for synergistic results.

- Helps boost mood when applied on the skin
- Keep this convenient roll-on in your purse or a child's backpack for use on-the-go!
- Soothes the skin



**dōTERRA Air™  
TOUCH BLEND**  
10 ml roll-on

Experience the benefits of dōTERRA Air™ on-the-go with the gentle and quick application of dōTERRA Air Touch! This minty, invigorating blend has a calming and soothing effect when applied topically.

- Calms the senses
- Promotes feelings of clear airways
- Use in conjunction with other dōTERRA Air products



**dōTERRA Balance™  
TOUCH BLEND**  
10 ml roll-on

The fresh and woody aroma of dōTERRA Balance™ Touch is a perfect go-to-oil when you need a little harmony in your life. This convenient dōTERRA Touch blend is perfect to keep with you whether you're at home or on-the-go!

- Formulated with emotionally beneficial essential oils create a sense of calmness and wellbeing
- Combines Spruce, Ho Wood, Blue Tansy, Blue Chamomile, and Frankincense essential oils



**dōTERRA Cheer™  
TOUCH BLEND**  
10 ml roll-on

dōTERRA Cheer™ Touch combines Fractionated Coconut Oil with the sunny, fresh aroma of dōTERRA Cheer Uplifting Blend. Like a ray of sunshine, Cheer Uplifting Blend can provide a positivity boost.

- Provides a cheerful boost of happiness and positivity during massage
- When applied topically, Cheer may promote feelings of optimism that will invigorate your mood



**dōTERRA Console™  
TOUCH BLEND**  
10 ml roll-on

dōTERRA Console™ Touch promotes feelings of comfort and hope. dōTERRA Console Touch Comforting Blend may aid in bringing joy and happiness into your life.

- Apply to encourage feelings of hope
- All the benefits provided by dōTERRA Console Blend in a convenient roll-on bottle
- Combines Frankincense, Patchouli, Ylang Ylang, Labdanum, Amyris, Sandalwood, Rose, Osmanthus



**Copaiba  
TOUCH BLEND**  
10 ml roll-on

Copaiba oil is widely used in cosmetic products including soaps, creams, lotions and perfumes because of its ability to soothe the skin.

- Combines CPTG™ Copaiba essential oil and Fractionated Coconut Oil
- Copaiba is regarded as one of the most useful essential oils with countless applications and benefits
- Woody, resinous and earthy fragrance



**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.

- Creates a warm, tingly sensation when applied to the skin to provide targeted comfort
- Apply as part of a soothing massage after a long day for rejuvenating effects
- Keep in your gym bag for easy access



**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. The fresh, woody aroma of dōTERRA Forgive Touch Renewing Blend helps to liberate feelings of contentment, relief and patience.

- Convenient and practical roll-on bottle
- Promotes grounding emotions in your everyday life



**Frankincense  
TOUCH BLEND**  
10 ml roll-on

dōTERRA Frankincense Touch provides the renowned benefits of Frankincense essential oil in a convenient roll-on applicator.

- Soothes skin while reducing the appearance of imperfections
- Promotes peaceful, relaxed and satisfied feelings
- Helps to hydrate and rejuvenate the skin



**dōTERRA Hope™  
TOUCH BLEND**  
10 ml roll-on

Floral leaf extracts combine with Wild Orange, Vetiver, Sandalwood, Cedarwood, Bergamot, Pink Pepper and other essential oils in a base of Fractionated Coconut Oil, ready to apply to pulse points and hands.

- Apply to wrists, neck and pulse points for a personalised fragrance
- Keep in bag and apply throughout the day to uplift mood
- Easy and convenient roll-on bottle for easy application throughout the day



**dōTERRA Motivate™  
TOUCH BLEND**  
10 ml roll-on

dōTERRA Motivate™ Touch will help you unleash your creative powers and find the courage that comes from believing in yourself again.

- Promotes feelings of confidence, courage and belief
- dōTERRA Motivate essential oil blend is formulated with oils that inspire the senses
- Combines citrus and mint essential oils



**On Guard™  
TOUCH BLEND**  
10 ml roll-on

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

- Perfect for both children and adults
- Apply On Guard Touch to wrists or pulse points in the morning or evening
- Convenient roll-on bottle is a perfect companion when travelling or on-the-go!



**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.

- Apply Oregano Touch to skin imperfections to target your problem areas
- Rub on the bottoms of feet to deliver the benefits of Oregano essential oil
- Oregano has purifying properties that can help reduce the appearance of blemishes



**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, Ginger, Sandalwood, Jasmine, Vanilla and Damiana
- Inspiring blend with a joyful and exciting aroma when applied topically
- All the benefits of dōTERRA Passion in a convenient roll-on package



**dōTERRA Peace™  
TOUCH BLEND**  
10 ml roll-on

The dōTERRA Peace™ Touch Reassuring 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.

- Promotes feelings of peace, reassurance and contentment
- Creates a comforting aroma perfect for meditation and yoga practices when applied topically
- Use in a soothing massage



**dōTERRA SuperMint™  
TOUCH BLEND**  
10 ml roll-on

When used topically dōTERRA SuperMint™ Touch cools the skin and provides an invigorating, energising aroma.

- Formulated with Peppermint, Japanese Mint, Bergamot Mint and Spearmint essential oils in a base of Fractionated Coconut Oil
- Use as part of a soothing cooling massage to benefit from refreshed feelings post-workout
- Turn to SuperMint Touch to help cool the skin after sun exposure



**Peppermint  
TOUCH BLEND**  
10 ml roll-on

dōTERRA Peppermint Touch combines Peppermint essential oil and Fractionated Coconut Oil to provide a multitude of topical benefits.

- Invigorates and enlivens the senses
- Apply when studying or when waking for a refreshing morning boost
- Convenient Touch format is perfect for travelling and on-the-go



**Tea Tree  
TOUCH BLEND**  
10 ml roll-on

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

- Renowned for its cleansing and rejuvenating effect on the skin
- Provides reinforcing and rejuvenating benefits for the hair, skin and fingernails
- Soothes skin irritation



**dōTERRA Whisper™  
TOUCH BLEND**  
10 ml roll-on

Each essential oil in the blend provides an inviting aroma of its own, but when combined, these oils offer a distinct scent that intrigues the senses of both the wearer and those passing by.

- Provides a warming, musky aroma that entices and intrigues the senses when applied topically
- When applied to the skin, the warm, soft, floral scents are complimented by powerful and dynamic essential oils such as Rose, Hawaiian Sandalwood and Bergamot



**ZenGest™  
TOUCH BLEND**  
10 ml roll-on

ZenGest™ Touch is diluted with dōTERRA Fractionated Coconut Oil to make it gentle on sensitive skin. The convenient roll-on bottle makes ZenGest Touch a must-have oil on-the-go or at home!

- Unique blend of Ginger, Fennel and Coriander essential oils
- Apply to the stomach or bottoms of feet after eating a large or heavy meal
- Have on hand when flying or travelling for convenient support at a moment's notice

# dōTERRA Touch™ Florals

Nature's most coveted floral essential oils, with powerful benefits, have never been more simple and convenient to use. Create your own unique personal fragrance, encourage a positive atmosphere, or promote healthy-looking skin, with ease, through a single application or combination of these precious florals.



## Helichrysum TOUCH BLEND

10 ml roll-on

Also referred to as the Everlasting or Immortal Flower, Helichrysum is commonly used in cosmetic products for its ability to give a rejuvenating appearance to the skin.

- Promotes a clear-looking complexion with its renewing and restoring properties
- Provides a honey-sweet scent that creates a soothing sensation when applied topically



## Jasmine TOUCH BLEND

10 ml roll-on

Experience the esteemed fragrance and the many cosmetic benefits that Jasmine oil offers in this convenient roll-on blend.

- Reduces the appearance of skin imperfections
- Can be used as a personal fragrance
- Incorporate into your skin care routine for a bright-looking complexion



## 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
- Roll on the skin to benefit
- Use to encourage calm and relaxing feelings



## Magnolia TOUCH BLEND

10 ml roll-on

Magnolia essential oil has a fruity and floral aroma and may help to promote calm and soothing feelings. Combined with Fractionated Coconut Oil, Magnolia Touch is moisturising and soothing to the skin.

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



## Neroli TOUCH BLEND

10 ml roll-on

Neroli Touch can be used to soothe skin and reduce the appearance of blemishes. Neroli is also known to encourage relaxation and uplift mood.

- Promotes a positive mood
- Soothes skin
- Encourages relaxation



## Rose TOUCH BLEND

10 ml roll-on

Rose Touch provides an affordable and convenient way to experience the benefits of Rose essential oil, one of the most precious essential oils in the world.

- Rose Touch roller bottle makes usage both affordable and convenient
- Helps balance moisture levels in skin, which will keep your skin looking its best
- Apply to neck and wrists as a sweet, floral personal fragrance



# 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 their little ones.

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



### dōTERRA Brave™ COURAGE BLEND

10 ml roll-on

With a bright and warm aroma, dōTERRA 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



### dōTERRA Calmer™ RESTFUL BLEND

10 ml roll-on

dōTERRA 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
- Roll on to skin to promote feelings of calm and a peaceful mood
- Apply Calmer to encourage tranquility throughout the day



### dōTERRA Rescuer™ SOOTHING BLEND

10 ml roll-on

After a busy day of activity, apply dōTERRA Rescuer™ Soothing Blend for a relaxing sensation.

- Features Lavender, Spearmint, Copaiba and Zanthoxylum in a base of Fractionated Coconut Oil
- Rescuer includes oils that can help you reduce feelings of tension
- Massage into shoulders, neck and back for comforting feelings



### dōTERRA Steady™ GROUNDING BLEND

10 ml roll-on

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

- Features Amyris, Balsam Fir, Coriander and Magnolia in a base of Fractionated Coconut Oil
- Steady Grounding Blend has a soft, inviting, and slightly fruity aroma that can help soothe feelings when applied topically
- Promotes feelings of calmness and brings a sense of balance to your mood



### dōTERRA Stronger™ PROTECTIVE BLEND

10 ml roll-on

dōTERRA Stronger™ works as the perfect blend for daily resilience or at times that you are not feeling your best.

- Features Cedarwood, Litsea, Frankincense and Rose Extract in a base of Fractionated Coconut Oil
- Roll on to hands, knees and feet after a long day of activity
- Promotes healthy-looking skin



### dōTERRA Tamer™ DIGESTIVE BLEND

10 ml roll-on

dōTERRA Tamer™ contains the unique benefits of CPTG™ essential oils such as Spearmint, Japanese Peppermint and Ginger in a base of dōTERRA Fractionated Coconut Oil. Together these oils help to provide comfort after eating a large meal.

- Calming aroma may help to provide targeted comfort when you need it the most
- Provides a soothing abdominal massage
- Easily apply to targeted areas with the convenient roll-on applicator



### dōTERRA Thinker™ FOCUS BLEND

10 ml roll-on

To create a supportive and positive environment for enhanced creativity and focus, incorporate dōTERRA Thinker™ into your daily learning activities.

- Features Vetiver, Clementine, Peppermint and Rosemary in a base of Fractionated Coconut Oil
- Apply when studying or working on a complex project to remain on task
- Roll onto wrists or hands and inhale to promote a sense of clarity and alertness



### dōTERRA Kids Collection

Kit includes:

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

dōTERRA Brave™	dōTERRA Stronger™
dōTERRA Calmer™	dōTERRA Tamer™
dōTERRA Rescuer™	dōTERRA Thinker™
dōTERRA Steady™	
- Seven silicone toppers with carabiners
- Illustrated flashcards
- Carrying case with carabiner

# What is the AromaTouch Technique™?

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

The AromaTouch Technique Kit includes 5 ml bottles of dōTERRA Balance™ Grounding Blend, Lavender, Tea Tree, 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 alike, the AromaTouch Technique represents an exciting new era of essential oil application and benefits.





# aromatouch TECHNIQUE™

## AromaTouch Technique™ Kit

Increase the benefits you experience with CPTG™ essential oils by incorporating the AromaTouch Technique into your wellness rituals. 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 dōTERRA Fractionated Coconut Oil when you purchase this kit.

Also available: AromaTouch Diffused Enrolment Kit, featuring a Petal Diffuser.



### STEP 1



### STEP 2



### STEP 3



### STEP 4



# Diffusers

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



## dōTERRA Volo™ Diffuser

The beautiful dōTERRA Volo™ Ultrasonic Diffuser comes in onyx and marble finishes, perfect for any room in the home or office. The Volo has a handcrafted polyresin stone top with a custom diamond pattern and features optional light settings: light-free, warm and bright amber.

- One-hour, three-hour and six-hour settings, even when using the highest mist output
- Up to 14 hours on lowest mist output



## dōTERRA Roam™ Diffuser

The outer shell of the dōTERRA Roam™ Diffuser is made with natural, polished ground stone, making each diffuser unique. The rest of the diffuser is made from an eco-friendly post-consumer recycled resin, which adds to its simple, natural beauty.

- Cord-free and battery-powered options (battery charging dock included)
- Includes both continuous and intermittent (5 minutes ON, 5 minutes OFF) output
- Gently mists a room up to 25 m<sup>2</sup> and has a water capacity of 100 ml



## dōTERRA Laluz™ Diffuser

Turn any space into a luxurious retreat with dōTERRA Laluz™. The Laluz is more than just a diffuser – it's a sleek design statement for your home.

- One-, two-, and four-hour settings, even when using the highest mist output
- Reaches up to 30 m<sup>2</sup>
- Up to 8 hours on lowest mist output
- Optional mood light settings: dim, bright warm, lavender



## Pilōt™ Diffuser

Convenient and mess-free, Pilōt™ is perfect for smaller spaces. The diffuser's compact, neutral design complements every setting.

- Rechargeable battery, so you don't have to worry about finding a nearby plug socket
- Customisable output – four-hour continuous and up to eight hours of intermittent diffusion
- Responsibly created, incorporating eco-friendly materials



### dōTERRA Dawn™ Aroma-Humidifier

The dōTERRA Dawn™ Aroma-Humidifier is designed to create the ultimate level of comfort in any room. Its smart sleep mode maintains ideal humidity levels throughout the night, helping create the perfect environment for a good night's sleep.

- Continuously diffuses for up to 22 hours
- Add water and essential oils without having to remove any lids or cover
- Low noise level
- Automatic safety shut-off
- Dimensions: 15 x 27 cm
- Water Capacity: 1.8 l



### dōTERRA Petal™ 2.0 Diffuser

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>





## dōTERRA Baby

dōTERRA Baby products are a safe, effective way to care for your baby's soft hair and delicate skin. Our products are formulated with your baby in mind.



### dōTERRA Baby Diaper Cream

60 g

Safe and effective, dōTERRA Baby Diaper Cream spreads easily on delicate skin to help treat and prevent diaper rash. Infused with a unique blend of CPTG™ Lavender, Carrot Seed and Tea Tree essential oils, dōTERRA Baby Diaper Cream helps to soothe and maintain healthy-looking skin. Additionally, rich Muiyao Shea Butter works to moisturise, leaving skin soft and smooth. Protect your little ones with this gentle cream designed specifically for baby's delicate skin.

- CPTG Lavender, Carrot Seed and Tea Tree essential oils help to soothe and maintain healthy-looking skin
- Absorbs easily onto delicate skin to help treat and prevent diaper rash
- Carefully designed for baby's sensitive skin

### dōTERRA Baby Hair & Body Wash

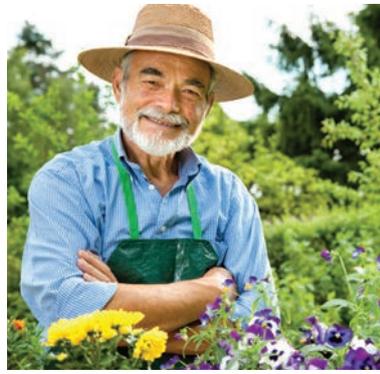
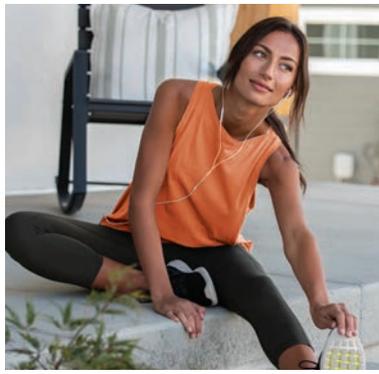
295 ml

dōTERRA Baby Hair and Body Wash is a safe, effective way to cleanse your baby from their head to their tiny toes. This foaming, tear-free wash combines simple, gentle ingredients. A calming blend of vanilla extract with CPTG™ Lavender and Roman Chamomile essential oils leave babies, toddlers and even big kids with that light, newborn scent. Designed with a convenient, easy-to-use pump, dōTERRA Baby Hair & Body Wash makes bath time effortless and simple so you have more time to focus on splashing in the bathtub with your little ones.

- Contains a calming blend of vanilla extract with CPTG Lavender and Roman Chamomile essential oils
- Simple, gentle ingredients
- Tear-free

All information correct at time of production.

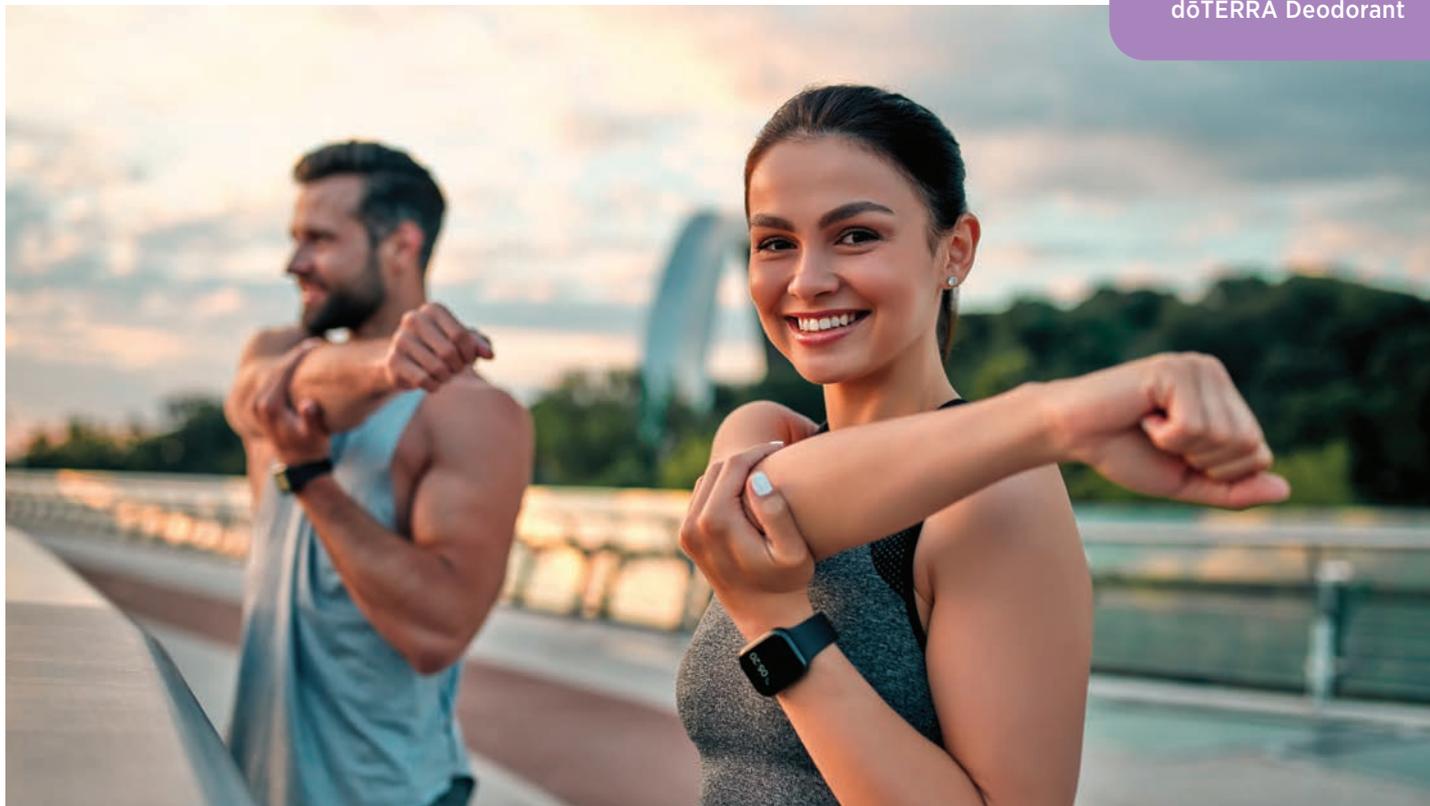




# dōTERRA Deodorant

dōTERRA has specially created safe and effective deodorants that help you beat the heat and stay fresh throughout the day. Playing with the kids, running to catch a bus, or training for that half marathon just got a bit easier.





**dōTERRA Deodorant**  
INFUSED WITH dōTERRA BALANCE™  
75 g

Our deodorant infused with dōTERRA Balance™ Essential Oil combines baking soda to actively protect against odour while tapioca absorbs moisture for long-lasting freshness.

- Features CPTG™ essential oils of Spruce, Ho Leaf, Frankincense, Blue Tansy, Blue Chamomile and Osmanthus
- Tapioca starch aids in absorbing underarm moisture, helping you feel fresh and dry throughout the day
- Baking soda helps to neutralise and prevent odours

**dōTERRA Deodorant**  
INFUSED WITH CITRUS BLISS™  
75 g

Our deodorant infused with Citrus Bliss™ features a proprietary blend of essential oils, combined with baking soda to actively protect against odour while tapioca absorbs moisture for long-lasting freshness.

- Features CPTG™ essential oils of Wild Orange Peel, Lemon Peel, Grapefruit Peel, Lime Peel, Mandarin Peel, Tangerine Peel, Clementine Peel and Bergamot Peel
- Tapioca starch aids in absorbing underarm moisture, helping you feel fresh and dry throughout the day
- Baking soda helps to neutralise and prevent odours

**dōTERRA Deodorant**  
INFUSED WITH DOUGLAS FIR AND GREEK ORANGE  
75 g

This gentle deodorant features dōTERRA CPTG™ essential oils of Douglas Fir and Greek Orange. These essential oils are also combined with magnesium, which helps to actively protect against odour, and tapioca, which helps to absorb moisture for long-lasting freshness.

- Features CPTG essential oils of Douglas Fir and Greek Orange, which help to promote a positive, energetic mood throughout the day
- Tapioca starch aids in absorbing underarm moisture, helping you feel fresh and dry throughout the day
- Magnesium may protect against odours

# Essential Usage

The benefits of CPTG™ essential oils can be realised through several delivery methods. dōTERRA helps facilitate the different options for the use of essential oils in their various forms by providing quality products that follow traditional and historical applications, as well as modern 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



## 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

All information correct at time of production.



# Personal Care

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.



## Ginger Drops

30 drops

dōTERRA Ginger Drops deliver the benefits of CPTG™ Ginger essential oil in the convenience of a natural lozenge. The sweet and spicy flavour of Ginger is blended with a splash of Lemon essential oil to boost the flavourful profile of the lozenge.

- Convenient, great-tasting lozenge
- Includes the benefits of Lemon and Ginger essential oils
- Easy to have on-hand when travelling or whenever you need it the most



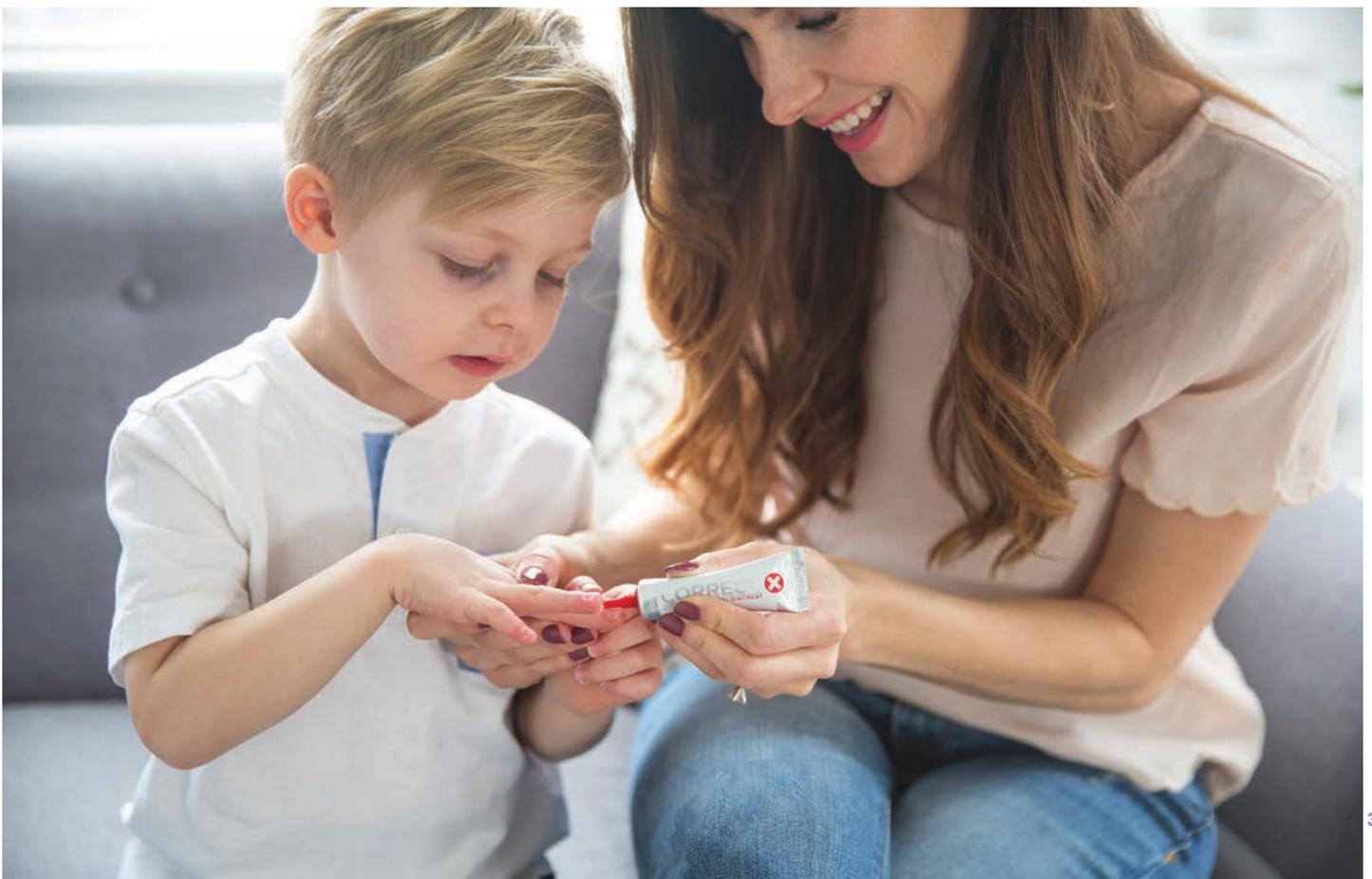
## Correct-X™ Essential Ointment

15 ml

Correct-X™ is a multi-purpose ointment that helps soothe and keep skin clean while it's recovering from distress. This petroleum-free, preservative-free ointment is gentle and non-irritating, making it ideal for sensitive skin.

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

All information correct at time of production.





# dōTERRA Air™

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 helps to maintain feelings of clear airways and easy breathing, helping you to feel comfortable all year round.



**dōTERRA Air™**  
ESSENTIAL OIL BLEND  
15 ml

This minty, invigorating blend has a calming and soothing effect when applied topically. dōTERRA Air™ is enriched with a combination of oils meant to help cool and enliven the body, providing you with feelings of clear airways.

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

See page 24 for dōTERRA Air™ Touch



**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
- Use as a fast, mess-free alternative to the dōTERRA Air blend
- Keep them on-hand in your purse or travel bag for targeted support on the go



**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 topically
- Quick, convenient delivery system

# dōTERRA Serenity™

dōTERRA Serenity™ is a peaceful blend of essential oils that promotes tranquillity and relaxation. The effects of this serene blend can be felt instantly, transporting you to a state of blissful repose. dōTERRA Serenity combines essential oils renowned for their ability to lessen feelings of tension and calm emotions.



## dōTERRA Serenity™ RESTFUL BLEND

15 ml

dōTERRA Serenity™ calms emotions while creating a sense of peace and wellbeing.

- Features Lavender, Cedarwood, Ylang Ylang, Marjoram, Vetiver, Vanilla extract
- Promotes feelings of relaxation and a restful sleeping environment
- Serenity can be felt instantly when applied topically



## dōTERRA Serenity™ Softgels RESTFUL COMPLEX

60 vegetarian softgels

dōTERRA Serenity™ Softgels allow you to easily experience the benefits of dōTERRA Serenity Restful Blend by uniquely combining the well-researched benefits of Lavender essential oil and L-Theanine, with lemon balm, passionflower and chamomile extracts in a vegetarian softgel.

 Made with  
vegetarian softgels

## Serenity Combo Pack

15 ml bottle and 1 bottle softgels

All information correct at time of production.





# Deep Blue™

The Deep Blue™ proprietary blend is a soothing combination of CPTG Certified Pure Tested Grade™ essentials oils, created to provide soothing effects and targeted benefits. Available in a range of formats to support you where you need it most.



## 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.

- Apply as part of a soothing massage
- Deep Blue provides a soothing effect that relieves joints and cools muscles

See page 24 for Deep Blue Touch



## dōTERRA Deep Blue™ Stick

Infused with Deep Blue™ Soothing Blend containing CPTG™ essential oils, plus the beneficial properties of Copaiba, the Deep Blue Stick offers powerful, targeted relief in a fast-acting solid. Quick-drying so it can be applied before, during, or after a workout, the Deep Blue Stick is soothing, convenient and effective.

- Delivers temporary, targeted relief to problem areas
- Includes moisturising emollients that leave skin feeling soft and non-greasy



**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
- Designed to help soothe, relax and naturally comfort 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 Deep Blue Rub™ in a convenient 10-pack carton. Enjoy sharing its soothing power at sporting events, the gym, or on-the-go.



**Deep Blue**  
**Polyphenol Complex™**  
60 vegetable capsules

The brand name Deep Blue™ is synonymous with soothing support. It only makes sense that an ingestible supplement would complement the topical benefits of the Deep Blue product line.

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

 Made with SLS-free vegetable capsules

All information correct at time of production.



# On Guard™

On Guard™ is one of the most popular and versatile dōTERRA 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™** TOP SELLER  
**ESSENTIAL OIL BLEND**  
 15 ml

One of dōTERRA's most popular blends, On Guard™ is a must-have because of its incredible benefits.

- Adds a warm, citrusy spice to hot drinks and desserts
- Soak sliced apples in a bowl of water with one drop of On Guard for a healthy snack

See page 25 for On Guard Touch



**On Guard™ Beadlets**  
 125 beadlets

On Guard™ Beadlets provide a flavourful dose of dōTERRA's proprietary blend of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary, all contained in tiny vegetable beadlets that dissolve in the mouth.

- Provides a convenient way to obtain the unique benefits of On Guard Essential Oil Blend
- Flavourful dose of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary essential oils



**On Guard™ Drops**  
 120 g

Enjoy the convenience of these great-tasting drops.

- Easy to have on-hand when you need it the most
- Features On Guard™ Essential Oil Blend
- Formulated with natural organic cane sugar and brown rice syrup



**On Guard™+ Softgels**  
 60 vegetarian softgels

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

 Made with vegetarian softgels



**On Guard™ Toothpaste**  
 125 g

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

- Fluoride-free formulation
- Peppermint essential oil combined with the On Guard proprietary blend, leaves your breath cinnamon-mint fresh

**On Guard™ Toothpaste Samples**  
 Ten samples, 2 g each



**On Guard™ Dental Floss**  
 50 m

Double dipped in CPTG™ On Guard Essential Oil Blend, this nylon dental floss helps remove plaque which has shown to reduce tooth decay.



### On Guard™ Mouthwash

473 ml

The powerful properties of On Guard™ – a proprietary CPTG™ essential oil blend – combine the benefits of Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary and Myrrh to promote oral cleanliness.

- Proprietary On Guard essential oil blend of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary cleanses the mouth
- Miswak extract helps maintain clean teeth by reducing excessive plaque build-up
- Use On Guard Mouthwash to promote teeth and gum cleanliness



### On Guard™ Hand Purifying Mist

27 ml

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
- 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™ Foaming Hand Wash

473 ml

On Guard™ Foaming Hand Wash cleans hands while providing an invigorating aroma of essential oils that leaves your hands smelling fresh and citrus clean.

- Conveniently packaged in a 473 ml bottle that fills 237 ml foaming dispensers
- Formulated with the unique 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



### On Guard™ Cleaner Concentrate

355 ml

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

- No preservatives added, helping to provide a effective household cleaning product
- Combines plant-based derivatives with On Guard Essential Oil Blend



### On Guard™ Laundry Detergent

947 ml

On Guard™ Laundry Detergent is an ultraconcentrated 6X laundry detergent that utilises the power of On Guard and bio-originated enzymes to target and lift stains for amazingly clean clothes.

- Contains 10 ml of On Guard essential oil
- Unique, natural-based bio-originated enzyme blend
- 64 loads in each bottle

# dōTERRA™ sun

---

Every dōTERRA™ sun product is vegan-friendly, reef-safe, and free of synthetic ingredients—including phthalates, oxybenzone and synthetic fragrances. Enjoy mineral-based sun protection that delivers incredible benefits, so your skin looks and acts as young as you feel.





**dōTERRA™ sun Face + Body Mineral Sunscreen Lotion**  
150 ml

dōTERRA sun Face and Body Mineral Sunscreen Lotion contains Red Mandarin, Magnolia, Lemongrass, Ylang Ylang, Carrot Seed, Frankincense and Helichrysum essential oils for a wonderfully light and cheerful aroma. The nourishing, hydrating and soothing formula glides across skin and offers up to 80 minutes of water-resistant protection - apply generously before a day out in the sun for head-to-toe coverage.

- Delivers SPF 30 protection in a smooth, moisturising cream
- Contains non-nano zinc oxide, avocado oil, aloe vera, raspberry seed oils and vitamin E



**dōTERRA™ sun Body Mineral Sunscreen Spray**  
170 ml

Floral aromas of Magnolia, Ylang Ylang and Helichrysum come together with Red Mandarin, Lemongrass, Carrot Seed and Frankincense for a light, uplifting aroma. It's packaged in an aluminium, non-aerosol spray bottle that delivers a continuous mist for easy, all-over coverage for up to 80 minutes.

- Delivers SPF 30 protection in a lightweight, moisturising mineral spray
- Contains non-nano zinc oxide, avocado oil, aloe vera, raspberry seed oils and vitamin E



**dōTERRA™ sun Face + Body Mineral Sunscreen Stick**  
50 g

Say hello to the ultimate, mess-free sun protection with our Face and Body Mineral Sunscreen Stick. Featuring essential oils of Red Mandarin, Magnolia, Lemongrass, Ylang Ylang, Carrot Seed, Frankincense and Helichrysum, this sunscreen stick offers moisturising, protecting qualities.

- Delivers SPF 30 protection in an easy-to-use stick
- Nourishing, intensely hydrating formula is dermatologically tested and water-resistant for up to 80 minutes



**dōTERRA™ sun After Sun Body Spray**  
170 g

The hydrating properties of hyaluronic acid and the soothing qualities of aloe vera combine with the arnica montana flower extract for a deeply moisturising formula. The addition of Copaiba, Lavender, Lemongrass, Peppermint, Japanese Peppermint, Helichrysum, Sandalwood, Blue Tansy, Frankincense and Coriander essential oils offer a fresh and bright, yet grounding and subtle aroma.

- Provides skin-soothing, cooling relief
- Contains aloe vera, hyaluronic acid, green tea and vitamin E
- Nourishing, intensely hydrating formula is dermatologically tested and water-resistant
- Easy and convenient spray bottle for easy application throughout the day



# dōTERRA Veráge™



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.



**Veráge™ Cleanser**

60 ml

Veráge™ Cleanser leaves skin feeling clean and soft while its fresh, herbaceous aroma energises the senses.

- Wild Orange and Basil are widely known for their ability to cleanse
- Tea Tree is renowned for its cleansing and rejuvenating effect on the skin

**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.

- Prep and refresh skin with the combined effect of CPTG essential oils and plant extracts that tighten, tone and smooth
- The second step in the Veráge Skin Care Regimen, this toner prepares skin for the rich emollients found in Veráge Hydrating Serum and Moisturiser
- 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 a specialised plant technology to promote optimal lipid balance for more youthful-looking skin.

- Utilises the CPTG essential oils found in the popular dōTERRA Salubelle™ blend for radiant skin
- The lipid complex goes above and beyond a typical moisturiser by using lipids similar to those naturally found in youthful skin

**Veráge™ Moisturiser**

30 ml

Great for all skin types, Veráge™ Moisturiser combines the CPTG™ essential oils of Geranium and Juniper Berry, the absolutes of Jasmine and Sea Buckthorn Berry, and plant extracts to promote deep hydration and skin nourishment.

- Sea Buckthorn Berry and Shea Butter nourish and smooth skin

**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 the appearance of blemishes
- Helps promote youthful-looking skin
- Minimises pore appearance
- Evens tone



# Yarrow|Pom

The synergy of Yarrow essential oil and cold-pressed Pomegranate seed oil sets the new standard for vitality and radiant skin. Yarrow essential oil and Pomegranate seed oil are the foundation of the dōTERRA Yarrow|Pom collection: Yarrow|Pom Active Botanical Duo and Yarrow|Pom Body Renewal Serum. The Yarrow|Pom products are truly impactful, delivering a powerful botanical approach to overall wellness. This scientifically developed product line is revolutionary; a fresh approach to beauty.



## Yarrow|Pom 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.

- Use as part of your skin care routine to help promote healthy, young-looking skin or reduce the appearance of blemishes
- Add to your moisturiser for added hydrating benefits
- Create a soothing massage experience

## Yarrow|Pom BODY RENEWAL SERUM 100 ml

Yarrow|Pom Body Renewal Serum is a luxuriously silky serum packed with powerful bioactive compounds to provide you with the best in skin care and beauty. Yarrow essential oil and cold-pressed Pomegranate Seed Oil work synergistically to promote healthy-looking skin. Other CPTG™ essential oils included in this serum are Roman Chamomile, Yuzu, Peppermint and Cananga. Oils of Jojoba, Sunflower, and Grape Seed provide deep moisturising benefits. Additionally, Coffee Seed Extract and Pomegranate esters may help to enhance skin brightness and improve the appearance of skin for a vibrant head-to-toe glow.

- Yarrow essential oil promotes the look of healthy skin
- Jojoba, Sunflower, Avocado, Grape Seed oils increase skin hydration
- Coffee Seed Extract is a skin conditioning agent and helps increase the appearance of smooth skin
- Yarrow|Pom Body Renewal Serum is packed with powerful bioactive compounds

All information correct at time of production.



# 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

HD Clear™ Topical Blend promotes a clear, smooth complexion for skin of all ages. Formulated with Black Cumin Seed Oil and CPTG™ essential oils, this formula can be applied to targeted areas on the face and body.

- Features a unique blend of black cumin seed oil as well as CPTG™ essential oils of Ho Wood, Tea Tree, Eucalyptus, Geranium and Litsea
- Promotes a clear complexion, helping skin feel smooth and cleansed

## HD Clear™ Foaming Face Wash

50 ml

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

- Tea tree is renowned for its ability to purify skin
- A specialised algae extract helps to moisturise the skin

## HD Clear™ Facial Lotion

50 ml

HD Clear™ Facial Lotion is a light, non-greasy moisturiser that absorbs quickly and fosters blemish-free skin all day long. Made with botanical extracts and CPTG™ essential oils, this proprietary formula improves skin texture, provides optimal hydration, and promotes a clear complexion.

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Tea Tree, Eucalyptus, Geranium and Litsea
- Naturally derived amino acids work to improve skin texture

*Not suitable for a vegan lifestyle*

## HD Clear™ Kit

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

*Not suitable for a vegan lifestyle*



# 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 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 Essential Skin Care Facial Cleanser is designed to be used daily, morning and night, to help keep the skin clean and pure. Natural cleansers of Sodium Cocoyl Isethionate and Stearic Acid gently wash away impurities, leaving skin looking clean, fresh and smooth. This cleanser also contains Tea Tree and Peppermint CPTG™ essential oils, known for their refreshing aromas, to make your facial care experience all the more enjoyable.

## Invigorating Scrub

70 g  
Experience fresh, renewed skin with dōTERRA Invigorating Scrub. As part of our Essential Skin Care line, the Invigorating Scrub includes CPTG™ essential oils of Grapefruit and Peppermint to create a refreshing aromatic experience. Jojoba esters, also found in the Invigorating Scrub, work to polish your skin while botanicals of Mandarin Orange Extract, Jasmine Extract and Greater Burdock Extract help to tone and hydrate.

## Tightening Serum

30 ml  
Featuring CPTG™ essential oils of Frankincense, Hawaiian Sandalwood and Myrrh, dōTERRA Tightening Serum is scientifically formulated to promote skin hydration while reducing the appearance of skin imperfections. The Tightening Serum tightens and smooths skin with natural extracts and other carefully selected ingredients that are scientifically proven to help you achieve firmer, younger-looking skin.

*Not suitable for a vegan lifestyle*

All information correct at time of production.





### Hydrating Cream

48 g

The intensive moisture your skin has been waiting for, dōTERRA's Hydrating Cream is packed with emollient-rich ingredients to provide intense hydration and nourishment to the skin. Our Hydrating Cream helps to reduce the appearance of skin imperfections, aids with skin barrier renewal for youthful-looking skin, and its rich formula provides a burst of active moisture without leaving an oily residue. Carefully chosen ingredients were designed to rejuvenate the skin, as well as to help reduce the visible signs of aging. Use day and night.



### 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 and improves skin firmness and tone. The unique steel rollerball applicator cools and soothes under-eye skin helping reduce the appearance of puffiness while gently applying cream to targeted areas.

*Not suitable for a vegan lifestyle*



### Salubelle™ BEAUTY BLEND

10 ml roll-on

This proprietary blend combines rare essential oils that have been used throughout history for their beautifying benefits. Salubelle™ Beauty Blend is formulated to support the skin while helping to reduce contributing factors to the appearance of aging skin. These unique essential oils were expertly selected to benefit skin. The convenient roll-on application makes it easy to apply the Salubelle blend on the face, neck and décolletage.

- Helps to reduce the appearance of blemishes
- Promotes youthful-looking skin



### Brightening Gel

30 ml

CPTG™ essential oils of FCF (furocoumarin free) 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

No matter your age, it is always important to care for your skin, and the dōTERRA Anti-Aging Moisturiser can help you get the job done. This moisturiser combines cutting-edge ingredients with the CPTG™ essential oils of Lavender, Jasmine, Geranium and Frankincense. Working together, these ingredients may promote the sensation of soft, healthy skin.



### Pore Reducing Toner

118 ml

Formulated to visibly reduce the appearance of pores, dōTERRA Pore Reducing Toner contains CPTG™ essential oils of Lavender, Ylang Ylang and German Chamomile to soothe skin. Additionally, innovative fruit and plant extracts tone and balance the skin, increase hydration, and support a healthy-looking 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.



## Balance™ Bath Bar

113 g

The dōTERRA Balance™ Bath Bar features dōTERRA Balance Grounding Blend to create a calming and balancing experience. Using a proprietary combination of CPTG™ essential oils including Black Spruce, Ho Wood, Frankincense, Blue Tansy and German Chamomile, the bath bar provide a warm and woody aroma.

- African black soap, a combination of shea nut butter, coconut oil, palm kernel oil and cocoa husk, helps improve feelings of hydration in the skin
- Sunflower oil, an emollient in the soap, hydrates and rejuvenates the skin
- Combines CPTG essential oils of Black Spruce, Ho Wood, Frankincense, Blue Tansy and German Chamomile



## 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. Enjoy a rich, cleansing, aromatic spa experience with dōTERRA's truly original bath bar.

- Bergamot essential oil purifies and soothes skin
- Grapefruit has an energising scent that uplifts mood
- Jojoba seed oil deeply moisturises
- Keep next to your bath tub for easy access



## Serenity™ Bath Bar

113 g

The dōTERRA SPA Serenity™ Bath Bar provides a one-of-a-kind feel, lather, aroma and cleansing experience. Infused with the calming and relaxing aroma of our dōTERRA Serenity™ Restful Blend, this bath bar will transport you to a state of blissful repose.

- dōTERRA Serenity essential oil blend promotes a calming environment
- Jojoba seed oil is known for its quick absorption and ability to deeply moisturise
- Vegetable-derived glycerine hydrates skin and helps retain moisture while providing a smooth application of gentle suds
- Aloe leaf juice is moisturising, soothing, and softening to the skin
- Natural kaolin clay gives the bar a beautiful lavender hue



## Citrus Bliss™ Invigorating Bath Bar

113 g

Citrus Bliss™ Invigorating Bath Bar creates an uplifting, purifying experience and delivers an energising boost to your daily routine. The unique, proprietary essential oil blend of Citrus Bliss harmoniously creates an elevated aroma.

- Formulated with Citrus Bliss Invigorating Blend of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine and Clementine to help you relax and uplift your mood
- Exfoliating sunflower wax beads and orange peel powder naturally soften, smooth, and stimulate skin rejuvenation
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds



### Citrus Bliss™ Hand Lotion

75 ml

This light, moisturising formula with conditioning emollients and natural botanical extracts will keep your skin healthy and hydrated. Known for its uplifting aroma, Citrus Bliss™ proprietary blend enhances this lotion with energising and refreshing properties.

- Non-greasy formula provides moisture for hands
- 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

### Detoxifying Mud Mask

113.4 g

Indulge your skin in revered gifts from the Earth – CPTG™ essential oils, earth clays, purifying minerals and nourishing botanicals.

- Infused with Myrrh, Juniper Berry and Grapefruit essential oils, known for their cleansing and smoothing benefits
- Shea butter promotes feelings of hydrated skin

### 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 leaves skin looking healthy, soft and smooth

Also available in 3-pack

### Hydrating Body Mist

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.

- Helps skin feel clean and nourished with its refreshing scent
- 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

### 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. The Original blend features Wild Orange and Peppermint essential oils. Our Herbal Lip Balm contains the invigorating herbal blend of lemon verbena, Marjoram and Spearmint essential oils. Experience the scents of paradise with Ylang Ylang, clementine and Lime essential oils found in our Tropical blend.

- 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

Not suitable for a vegan lifestyle

### 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 provides an uplifting, grounding aroma
- Grapefruit has an energising and refreshing scent that uplifts 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.

- Wild Orange, Douglas Fir and Frankincense essential oils provide uplifting aromatic benefits
- Shea butter deeply moisturises while promoting supple skin
- Jojoba seed oil absorbs quickly into the skin to moisturise, hydrate and help soften

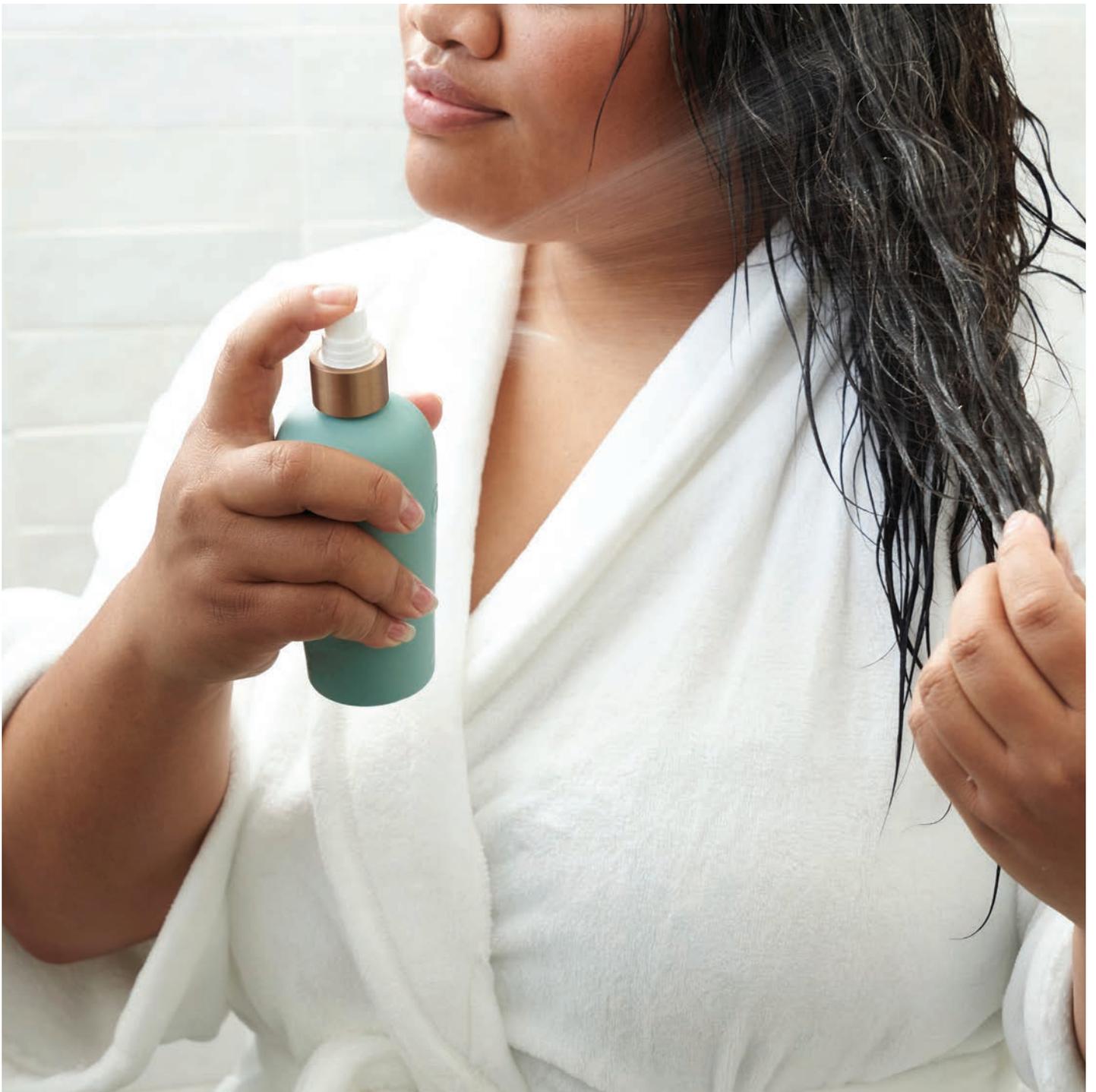
Not suitable for a vegan lifestyle

### Exfoliating Body Scrub

226 g

The dōTERRA SPA Exfoliating Body Scrub is a indulgent body scrub. Using sugar cane, it gently exfoliates and polishes skin, leaving a healthy glow.

- Sweet almond oil serves as a moisturiser and provides a smooth glide across the skin
- Sunflower oil smooths and softens skin



## Essential 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 hair care 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 Protecting Shampoo 500 ml

dōTERRA Protecting Shampoo is a gentle and invigorating cleanser, leaving hair feeling fresh and soft. Infused with essential oils of Peppermint, Eucalyptus, Tea Tree and Spearmint, this shampoo is free from harsh chemicals, including sulfates, silicones and parabens. Use with dōTERRA Daily Conditioner for optimum results.

- dōTERRA Protecting Shampoo is formulated to be used every day
- Gentle and safe for colour-treated hair



### dōTERRA Daily Conditioner 500 ml

dōTERRA Daily Conditioner is lightweight, leaving hair looking smooth and healthy. Nurturing and nourishing, it is beneficial for all hair types. Infused with refreshing CPTG™ Peppermint, Eucalyptus, Tea Tree and Spearmint essential oils, dōTERRA Daily Conditioner complements your dōTERRA haircare routine.

- Formulated to condition, protect and preserve colour vibrancy
- dōTERRA Daily Conditioner is designed to be used every day
- Free from sulfates, silicones and phthalates



### dōTERRA Leave-In Conditioner 237 ml

Created for all hair types, dōTERRA Leave-In Conditioner smooths, protects and detangles for a natural shine. Free from harsh chemicals and infused with CPTG™ Wild Orange, Lime, Blue Tansy and Magnolia essential oils along with Osmanthus extract, the easy-to-use spray helps to add moisture, eliminates tangles and can protect hair from the heat of styling.

- Easy-to-use spray and no-rinse formula
- Can detangle and soften hair

### Hair Care Trio Kit

This kit contains dōTERRA Protecting Shampoo (500 ml), dōTERRA Daily Conditioner (500 ml), dōTERRA Leave-In Conditioner (237 ml).

All information correct at time of production.





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.

\*dōTERRA Healing Hands Foundation is a US foundation.





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. As dōTERRA's most valuable essential oil, Rose makes this hand lotion unique in scent and benefits to the skin.

- Sunflower and macadamia seed oils are known for their exceptional moisturising properties and ability to retain moisture in the skin
- Non-greasy formula provides moisture for hands



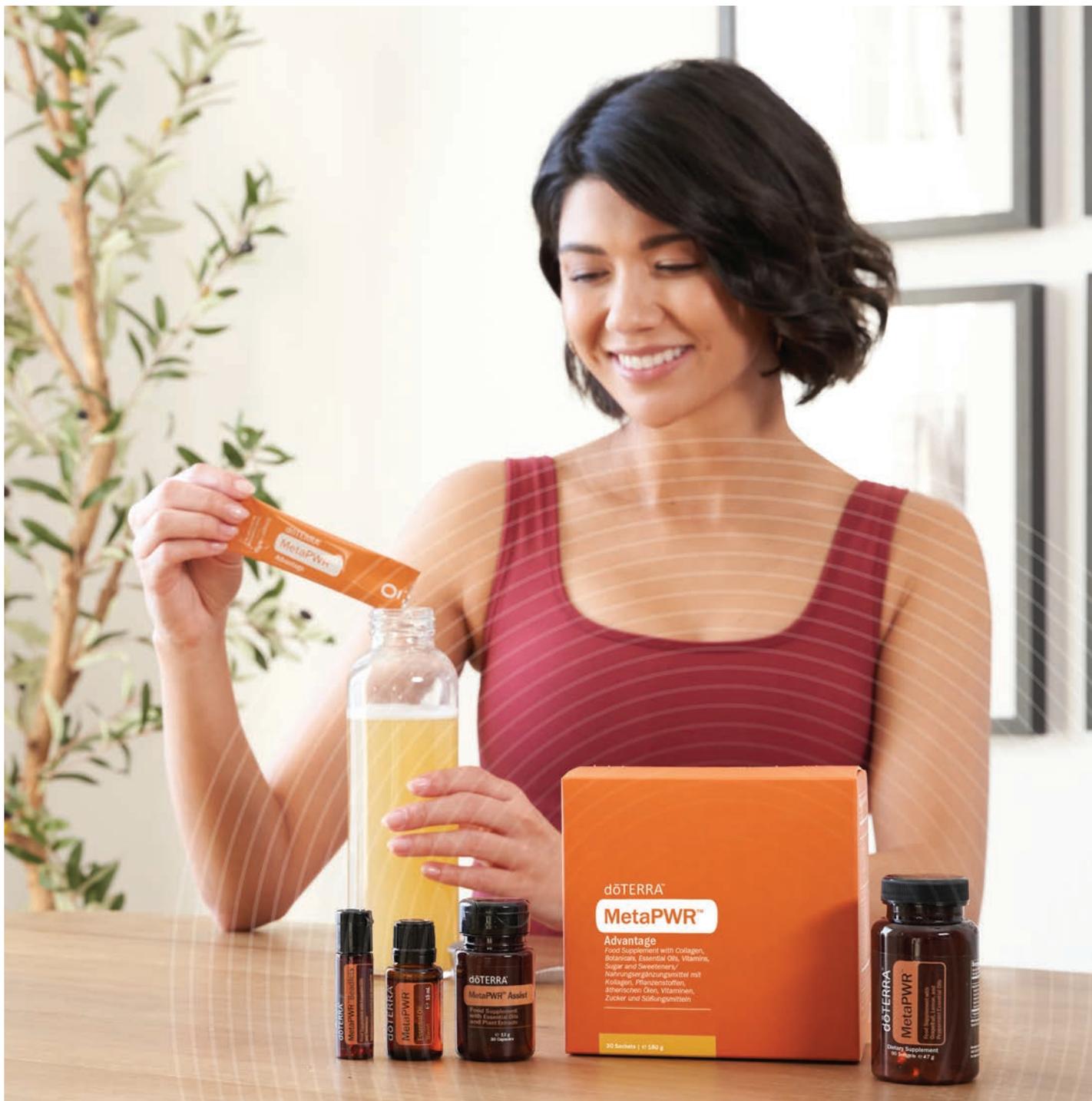
**dōTERRA Hope™ Touch**  
10 ml roll-on

Floral leaf extracts combine with Wild Orange, Vetiver, Sandalwood, Cedarwood, Bergamot, Pink Pepper and other essential oils in a base of Fractionated Coconut Oil, ready to apply to pulse points and hands.

- Apply to wrists, neck and pulse points for a personalised fragrance
- Keep in purse and apply throughout the day to uplift mood
- Easy and convenient roll-on bottle for easy application throughout the day

# MetaPWR™

The MetaPWR™ System helps you live your most powerful life, supporting your metabolism, energy and health. Designed to be used as a system, each product offers a speciality, while also supporting and enhancing the benefits of the other products in the line. The MetaPWR System can maximise and optimise the effects of the wellness lifestyle choices you make.



## Benefits of the Entire MetaPWR™ System:

- No GMOs, dairy, soy, gluten, preservatives, artificial sweeteners or flavours
- Every product in this system features the MetaPWR™ Essential Oil Blend as a key ingredient
- This synergistic blend has been scientifically optimised and tested for maximum metabolic impact



### MetaPWR™ ESSENTIAL OIL BLEND

15 ml

Developed by dōTERRA clinical and medical scientists, the MetaPWR™ blend is formulated with specific balanced ratios of CPTG™ Grapefruit, Lemon, Peppermint, Ginger and Cinnamon essential oils.

- MetaPWR may be stimulating to the senses and help uplift mood when added to recipes
- A beneficial addition to your wellness regimen to complement mindful food choices

### MetaPWR™ Beadlets ESSENTIAL OIL BEADLETS

125 beadlets

MetaPWR™ Beadlets are an easy, convenient way to incorporate MetaPWR Essential Oil Blend into your daily wellness and exercise routine. The beadlets fit perfectly in a bag, to store at home or at your desk so you can support mindful eating anytime, anywhere.

- Offers the ideal boost you need before and during a vigorous workout
- A convenient beadlet format to experience the benefits of MetaPWR Essential Oil Blend wherever you go

### MetaPWR™ Softgels

90 softgels

dōTERRA's clinical researchers have created this convenient, easy to consume tapioca softgel, containing our proprietary MetaPWR™ Essential Oil Blend. Featuring balanced ratios of Grapefruit, Lemon, Peppermint, Ginger and Cinnamon essential oils, these softgels have been formulated to help the user reach toward optimum digestion and aid internal stability to achieve peak physical performance.

- A must-have supplement to kick-start your wellness ahead of an extensive exercise programme or high-intensity workout
- MetaPWR Softgels support mindful eating



### MetaPWR™ Assist

30 capsules

Make food more nutritionally valuable with MetaPWR Assist. Each capsule contains mulberry leaf extract, Berberine, cinnamon bark powder and the proprietary MetaPWR Essential Oil Blend. When taken before the largest meal of the day, this powerful supplementation to your daily wellness routine has the greatest impact on your body.

- Mulberry leaf can contribute to the maintenance of the carbohydrate metabolism balance of the body\*



\*These health claims are still under the decision of the EU and EFSA.

### MetaPWR™ Advantage

30 sachets

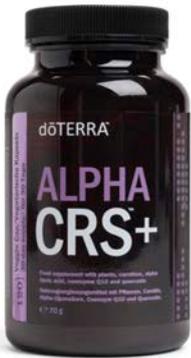
MetaPWR Advantage contains nine types of collagen tripeptides from marine sources and NMN (Nicotinamide mononucleotide) which may contribute to the production of NADH and NAD+. Delivered in a tasty, powdered format, take MetaPWR Advantage to fortify your overall body composition from the inside out.

- NAD+ ensures proper cell function so we can age in a healthy way
- Collagen can help with the appearance of skin by promoting density, helping to increase firmness and improving hydration

*Not suitable for a vegan diet*

# Lifelong Vitality Supplements

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

dōTERRA Alpha CRS™+ is a proprietary formula that combines potent levels of natural botanical extracts. Alpha CRS+ is formulated to be used daily with xEO Mega or vEO Mega and Microplex VMz to promote wellness.

- Promotes wellness
- Contains a proprietary blend exclusive to dōTERRA that includes powerful polyphenols
- Combines natural botanical extracts



## 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



## 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
- Provides a spectrum of carotenoids
- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway and German Chamomile essential oils



Not suitable for a vegan diet



## vEO Mega™ Essential Oil Omega Complex

120 liqicaps

vEO Mega™ is a revolutionary formula that blends CPTG™ essential oils with plant and algae-sourced omega 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 microalgae carotenoid extract of pure astaxanthin and other carotenoids



### LOYALTY REWARDS PROGRAM

The following items are only available through the Loyalty Rewards Program (LRP) (see next page for details)

## dōTERRA Lifelong Vitality Pack

Standard

dōTERRA Lifelong Vitality Pack™ Dietary Supplements including Alpha CRS™+, Microplex VMz™ and xEO Mega™



## dōTERRA Lifelong Vitality Pack

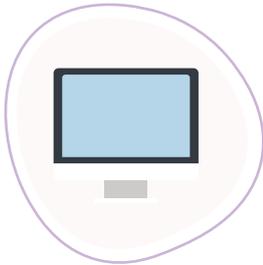
Vegan

dōTERRA Lifelong Vitality Vegan Pack™ Dietary Supplements including Alpha CRS™+, Microplex VMz™ and vEO Mega™



## dōTERRA Loyalty Rewards Program

Would you enjoy the convenience of receiving the dōTERRA Lifelong Vitality Pack automatically each month? Would you like to begin earning 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.



### Order

Customise and place your monthly Loyalty Orders



### Earn Points

Qualify for Loyalty Points when you place an order of at least 50 PV\*



### Get Free Product

Use your Loyalty Points towards free dōTERRA products



### Product Of The Month

Get your free Product of the Month by placing an order of at least 125 PV\*

\*PV is a product value given to every product.

For more information on the Loyalty Rewards Program visit [dotterra.eu](https://dotterra.eu)

## Personalise Your Wellness Journey

buy one of the following



Lifelong Vitality Pack™

OR



Lifelong Vitality Vegan Pack™

OR



Daily Nutrient Pack™

and choose up to 3 of any combination of the items listed below at reduced prices



Mito2Max™



Deep Blue Polyphenol Complex™



xEO Mega™



Microplex VMz™



PB Assist™+



TerraZyme™

When placing your LRP order please check to see the latest supplement options available to choose from. Products may vary from what is displayed.



# ZenGest Supplements

---

Using proprietary essential oil blends, each product in the ZenGest™ product line is designed so you use them at home or on-the-go. Explore the entire range of ZenGest products to experience their supportive benefits.





### DigestTab™ Chewable Tablets

100 chewable tablets

ZenGest™ is one of dōTERRA's most popular blends due to its many benefits. Now, this incredibly effective blend is available in a convenient, chewable tablet.

- Calcium carbonate tablet infused with ZenGest Supportive Blend of Ginger, Fennel, Coriander, Peppermint, and other essential oils



Chewable Tablet



### ZenGest™ GX Assist™

60 softgels

GX Assist™ is a combination of CPTG Certified Pure Tested Grade™ essential oils and caprylic acid.

- GX Assist contains a proprietary blend of dōTERRA CPTG™ essential oils of Oregano, Tea Tree, Lemon, Lemongrass, Peppermint and Thyme
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist+™ Food Supplement



Made with vegetarian softgels

Not suitable for a vegan diet



### Zengest™ PB Assist+™

30 capsules

Probiotic means "for life" and probiotics have been consumed for thousands of years. PB Assist+™ is a proprietary formula of pre-biotic fibre and six strains of probiotic microorganisms in a unique double-layer vegetable capsule.

- Unique double-layer vegetable capsule delivery system
- Delivers active probiotic cultures and soluble pre-biotic FOS (fructooligosaccharides)



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, Fennel, Caraway, Coriander and Anise essential oils
- Aids in offering soothing relief



Made with vegetarian softgels



### ZenGest™ TerraZyme™

90 capsules

ZenGest™ TerraZyme™ is a proprietary combination of enzymes that are most likely deficient in the modern diet. Terrazyme will help you enjoy the benefits of a healthy diet by helping to ensure that your body gets the nutrients it needs.

- Sodium lauryl sulfate-free HPMC vegetable capsules



Made with SLS-free vegetable capsules

# 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.





### CP+ Softgels

60 softgels

CP+ Softgels are formulated with Copaiba as a flavouring in a base of olive oil, offering a convenient way to enjoy its multiple benefits in the form of a vegetarian softgel. This unique combination may help to soothe and comfort the digestive system.

- Your daily dose of wellness in an easy-to-swallow softgel
- Perfect to use in conjunction with dōTERRA's wide range of supplements

 Made with vegetarian softgels



### DDR Prime™ Softgels

60 softgels

DDR Prime™ includes Frankincense, Wild Orange, Litsea, Thyme, Clove, Summer Savory, Niaouli and Lemongrass essential oils. DDR Prime Softgels are easy to swallow and provide an easy and convenient method for consuming DDR Prime essential oil blend – anytime, anywhere.

- All the benefits of DDR Prime in an easy-to-swallow softgel

 Made with vegetarian softgels

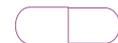


### Mito2Max™

60 capsules

Everybody can relate to feeling sluggish and dragging through the day, just waiting for it to end. A popular dōTERRA supplement, Mito2Max™ helps support you for whatever your day has in store for you.

- Keep on hand in your purse or travel bag for convenient support on-the-go

 Made with SLS-free vegetable capsules



### TerraGreens

300g

dōTERRA TerraGreens combines extracts from whole food fruits and vegetables, superfruits and CPTG™ essential oils – resulting in this proprietary blend. This powdered mix packs a boost of fruits and vegetables extracts and can be an easy and convenient addition to each day!

- Ingredients that support overall health
- Convenient mix that can be added to any beverage



### 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.

- Quick and easy consumption when you need it the most

 Made with vegetarian softgels



### Turmeric Dual Chamber Capsules

60 softgels

dōTERRA is the first to combine Turmeric essential oil and Turmeric extract in a specially-designed, dual-chamber capsule. The result is a revolutionary product of bioactive plant compounds, creating a uniquely powerful synergy of turmerones and curcuminoids.

- Available in a convenient, ingestible format, each capsule contains 2 drops of Turmeric essential oil
- By bringing together the Turmeric essential oil and the Turmeric extract, the effectiveness of each component is maximised

 Made with SLS-free vegetable capsules



### Zendocrine™ Softgels

60 softgels

Zendocrine™ Softgels provide a quick and easy way to consume the dōTERRA Zendocrine Restart Blend, whether you're travelling, in a rush, or simply like the convenience of a softgel!

- Features a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry and Cilantro essential oils
- Easy way to consume Zendocrine Restart Blend

 Made with vegetarian softgels



# dōTERRA Children's Supplements

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





### dōTERRA a2z Chewable™

60 tablets

dōTERRA a2z Chewable™ is a proprietary formula of ingredients developed for those who have difficulty swallowing capsules.

- Combines a blend of B vitamins with vitamins A, C and E
- Created especially for children, in a convenient, tasty form
- Delicious daily chewable with a sweet watermelon flavour



Chewable Tablet

*Not suitable for a vegan diet*

### PB Assist™ Jr.

30 sachets

PB Assist™ Jr. is a powdered probiotic supplement designed for children or adults who have trouble swallowing pills. These probiotics have been blended into a delicious powder that can be poured directly into the mouth for a fun and tasty way to integrate probiotics into anyone's daily routine.

- A delicious, easy-to-use product that kids love
- Includes a unique blend of six different probiotic strains, specifically selected for their benefits for children

### 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.

- Delivers 1,300 mg of pure, concentrated, molecularly-filtered, and completely deodorised marine lipids with 900 mg of DHA and 400 mg of EPA per daily serving
- Formulated to be used with dōTERRA a2z Chewable tablets
- Formulated with dōTERRA CPTG™ Wild Orange essential oil

*Not suitable for a vegan diet*

# 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 wellbeing from her early teens to her transition through menopause. The dōTERRA Women line of products provides women with monthly support and throughout all the different phases of life.



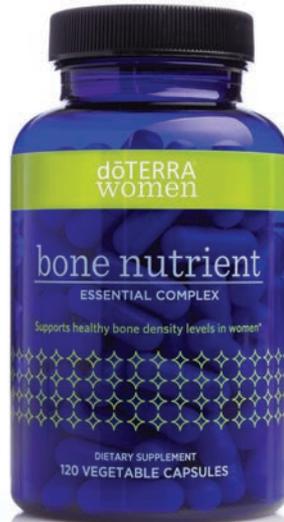


**ClaryCalm™**  
SOLACE BLEND

10 ml roll-on

ClaryCalm™ is a proprietary blend of essential oils that provides a soothing and calming effect.

- 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
- ClaryCalm can be used to balance emotions



**Bone Nutrient**  
**Essential Complex**

120 capsules

dōTERRA Women Bone Nutrient Essential Complex is a blend of vitamins and minerals specifically chosen to benefit women.

- Includes bioavailable forms of vitamins C and D, calcium, magnesium and other trace minerals



*Not suitable for a vegan diet*



**Phytoestrogen**  
**Essential Complex**

60 capsules

dōTERRA Women Phytoestrogen Essential Complex is a blend of standardised plant phytoestrogens and concentrated flax seed lignans formulated with women in mind.

- Formulated with a standardised pomegranate extract
- All-natural formula made with sodium lauryl sulfate-free HPMC vegetable capsules



**Women's Health Kit**

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



Only available through the Loyalty Rewards Program (LRP) (see page 61 for details)

All information correct at time of production.



# Essential Oils Quick Reference

The quick reference tables over the next few pages will help you to

- understand how a particular oil is registered, supporting you in using the product in the best way.
- discover which oils are in your favourite category – do you love florals, mints or spices?
- learn which are hot oils and citrus oils and why this is important.

**What is Oil Registration?** To follow regulations across Europe, all of our oils are registered under one of two categories: food flavouring or skincare (cosmetic). The details that we give about each oil are decided by the category of registration.

**I've heard the phrase 'hot oil' – what does this mean?** Some essential oils are very powerful and should always be diluted with a carrier oil, such as Fractionated Coconut Oil, before putting them on your skin. These are known as 'hot oils'.

**Can citrus oils cause photo-sensitivity?** Some citrus oils can cause photo-sensitivity, which cause you to sunburn more easily. It's best to stay out of any UV light (sunlight or tanning beds) for at least 12 hours after applying them to your skin.

ESSENTIAL OILS	REGISTRATION		OIL CATEGORY						
	Food Flavouring	Skincare	Citrus	Floral	Herbs/Grasses	Mints	Spices	Wood	"Hot" Oils
<b>Arborvitae</b> <i>Thuja plicata</i>		●						●	
<b>Basil</b> <i>Ocimum basilicum</i>	●				●				
<b>Bergamot</b> <i>Citrus bergamia</i>		●	●						
<b>Black Pepper</b> <i>Piper nigrum</i>	●						●		
<b>Black Spruce</b> <i>Picea mariana</i>		●						●	
<b>Blue Tansy</b> <i>Tanacetum annuum</i>		●		●					
<b>Cardamom</b> <i>Elettaria cardamomum</i>	●						●		
<b>Cassia</b> <i>Cinnamomum cassia</i>	●						●		●
<b>Cedarwood</b> <i>Juniperus virginiana</i>		●						●	

ESSENTIAL OILS	REGISTRATION		OIL CATEGORY						
	Food Flavouring	Skincare	Citrus	Floral	Herbs/Grasses	Mints	Spices	Wood	"Hot" Oils
<b>Celery Seed</b> <i>Apium graveolens</i>	●				●				
<b>Cilantro</b> <i>Coriandrum sativum</i>	●				●				
<b>Cinnamon</b> <i>Cinnamomum zeylanicum</i>	●						●		●
<b>Citronella</b> <i>Cymbopogon winterianus</i>		●			●				
<b>Clary Sage</b> <i>Salvia sclarea</i>		●			●				
<b>Clove</b> <i>Eugenia caryophyllata</i>	●						●		●
<b>Copaiba</b> <i>Copaifera reticulata, officinalis, and langsdorffii</i>		●						●	
<b>Coriander</b> <i>Coriandrum sativum</i>	●				●				
<b>Cypress</b> <i>Cupressus sempervirens</i>		●						●	
<b>Douglas Fir</b> <i>Pseudotsuga menziesii</i>		●						●	
<b>Eucalyptus</b> <i>Eucalyptus radiata, polybractea, kochii, loxophleba and globulus</i>		●						●	
<b>Fennel</b> <i>Foeniculum vulgare</i>	●						●		
<b>Frankincense</b> <i>Boswellia carterii, frereana, and sacra</i>		●						●	
<b>Geranium</b> <i>Pelargonium graveolens</i>		●		●					
<b>Ginger</b> <i>Zingiber officinale</i>	●						●		
<b>Grapefruit</b> <i>Citrus X paradisi</i>	●		●						
<b>Green Mandarin</b> <i>Citrus nobilis</i>	●		●						
<b>Guaiacwood</b> <i>Bulnesia sarmientoi</i>		●						●	

ESSENTIAL OILS	REGISTRATION		OIL CATEGORY						
	Food Flavouring	Skincare	Citrus	Floral	Herbs/Grasses	Mints	Spices	Wood	"Hot" Oils
<b>Helichrysum</b> <i>Bulnesia sarmientoi</i>		●		●					
<b>Jasmine Touch</b> <i>Jasminum grandiflorum</i>		●		●					
<b>Juniper Berry</b> <i>Juniperus communis</i>		●					●		
<b>Lavender</b> <i>Lavandula angustifolia</i>		●		●					
<b>Lemon</b> <i>Citrus limon</i>	●		●						
<b>Lemon Eucalyptus</b> <i>Eucalyptus citriodora</i>		●						●	
<b>Lemongrass</b> <i>Cymbopogon flexuosus</i>	●				●				
<b>Lime</b> <i>Citrus aurantifolia</i>	●		●						
<b>Madagascar Vanilla</b> <i>Vanilla planifolia</i>		●		●					
<b>Magnolia Touch</b> <i>Michelia alba</i>		●		●					
<b>Marjoram</b> <i>Origanum majorana</i>	●				●				
<b>Melissa</b> <i>Melissa officinalis</i>		●		●					
<b>Myrrh</b> <i>Commiphora myrrha</i>		●						●	
<b>Neroli</b> <i>Citrus x aurantium</i>		●		●					
<b>Oregano</b> <i>Origanum vulgare</i>	●				●				●
<b>Patchouli</b> <i>Pogostemon cablin</i>		●			●				
<b>Peppermint</b> <i>Mentha piperita</i>	●					●			
<b>Petitgrain</b> <i>Citrus aurantium</i>		●	●						

ESSENTIAL OILS	REGISTRATION		OIL CATEGORY						
	Food Flavouring	Skincare	Citrus	Floral	Herbs/Grasses	Mints	Spices	Wood	"Hot" Oils
<b>Pink Pepper</b> <i>Schinus molle</i>	●						●		
<b>Roman Chamomile</b> <i>Anthemis nobilis</i>		●		●					
<b>Rose</b> <i>Rosa damascena</i>		●		●					
<b>Rosemary</b> <i>Rosmarinus officinalis</i>	●				●				
<b>Sandalwood</b> <i>Santalum album</i>		●						●	
<b>Sandalwood, Hawaiian</b> <i>Santalum paniculatum</i>		●						●	
<b>Siberian Fir</b> <i>Abies sibirca</i>		●						●	
<b>Spanish Sage</b> <i>Salvia lavandulifolia</i>		●						●	
<b>Spearmint</b> <i>Mentha spicata</i>	●					●			
<b>Spikenard</b> <i>Nardostachys jatamansi</i>		●						●	
<b>Tangerine</b> <i>Citrus reticulata</i>	●		●						
<b>Tea Tree</b> <i>Melaleuca alternifolia</i>		●						●	
<b>Thyme</b> <i>Thymus vulgaris</i>	●				●				●
<b>Tulsi (Holy Basil)</b> <i>Ocimum sanctum</i>		●			●				
<b>Turmeric</b> <i>Curcuma longa</i>	●						●		
<b>Vetiver</b> <i>Vetiveria zizanioides</i>		●						●	
<b>Wild Orange</b> <i>Citrus sinensis</i>		●	●						
<b>Yarrow Pom Active Botanical Duo</b>		●		●					
<b>Ylang Ylang</b> <i>Cananga odorata</i>		●		●					

# Essential Oils Blends Quick Reference

**What is Oil Registration?** To follow regulations across Europe, all of our oils are registered under one of two categories: food flavouring or skincare (cosmetic). The details that we give about each oil are decided by the category of registration.

**Can citrus oils cause photo-sensitivity?** Some citrus oils can cause photo-sensitivity, which cause you to sunburn more easily. It's best to stay out of any UV light (sunlight or tanning beds) for at least 12 hours after applying them to your skin.

ESSENTIAL OIL BLENDS	REGISTRATION		OIL CATEGORY					
	Food Flavouring	Skincare	Citrus	Floral	Herbs/Grasses	Mints	Spices	Wood
dōTERRA abōde™		●	●				●	●
dōTERRA Adaptiv™		●	●	●		●		●
dōTERRA Air™		●	●		●	●		●
Air-X™		●	●				●	●
dōTERRA Align™		●	●		●	●		
dōTERRA Anchor™		●					●	●
dōTERRA Arise™		●	●					●
AromaTouch™		●	●		●	●		
dōTERRA Balance™		●		●				●
dōTERRA Brave™		●	●				●	●
dōTERRA Calmer™		●		●				●
dōTERRA Cheer™		●	●				●	
Citrus Bliss™		●	●					
ClaryCalm™		●	●	●				
dōTERRA Console™		●		●				●

ESSENTIAL OIL BLENDS	REGISTRATION		OIL CATEGORY					
	Food Flavouring	Skincare	Citrus	Floral	Herbs/Grasses	Mints	Spices	Wood
DDR Prime™	●		●		●		●	●
Deep Blue™		●		●		●		
dōTERRA Forgive™		●	●		●			●
HD Clear™		●		●	●			●
dōTERRA Hope™		●	●	●			●	●
InTune™		●	●	●				●
MetaPWR™	●		●			●	●	
dōTERRA Motivate™		●	●		●	●		
On Guard™	●		●		●		●	
dōTERRA Passion™		●		●			●	●
PastTense™		●		●	●	●		
dōTERRA Peace™		●		●	●			●
dōTERRA Purify™		●	●		●			●
Salubelle™		●		●				●
dōTERRA Serenity™		●		●				●
dōTERRA SuperMint™	●					●		
TerraShield™		●			●	●		●
Zendocrine™	●		●		●		●	
ZenGest™	●					●	●	
dōTERRA Whisper™		●	●	●			●	●



As we launch new products throughout the year, check out the dōTERRA additions web page so you don't miss out on the latest product updates!

**dōTERRA**<sup>™</sup>

Please note that products featured in this brochure are subject to change and may vary from what is displayed. Visit [shop.doterra.com](http://shop.doterra.com) for the latest information.

Except as indicated, all words with trademark or registered trademark symbols are trademarks or registered trademarks of dōTERRA Holdings, LLC. EU EN Product Guide

dōTERRA UK Office, Altius House, 1 North Fourth Street, Milton Keynes, MK9 1DG, United Kingdom | [doterra.eu](http://doterra.eu)  
dōTERRA Global Limited, 32 Molesworth Street, Dublin 2, Ireland

© 2023 dōTERRA Holdings, LLC, 389 S 1300 W St. Pleasant Grove, UT 84062 USA



v8 EU EN

60225012

