

The dōTERRA® Essentials



dōTERRA®

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

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



Responsible Sourcing

GROWERS

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



DISTILLERS

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

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

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

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

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





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

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

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

Innovative Scientific Testing (Most Tested, Most Trusted)

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

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

Groundbreaking Medical Research and Partnerships

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

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





Bringing Quality Essential Oils to Your Door

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

Essential Oil Application

You will soon learn that there are hundreds of ways to use dōTERRA® essential oils, including relaxation, personal hygiene, household cleaning, cooking, and more. Every oil has at least one of three application methods: Aromatic (A), Topical (T), or Internal (I). Throughout this guide, you will find that each oil is labeled with one or more of these three methods using the letters A, T, and I. Here is a simple reference guide to help you safely and effectively use the oils in your kit.

Aromatic (A)

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

Topical (T)

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

Internal (I)

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



SKIN SENSITIVITY

Next to every oil you will also find one of the three skin sensitivity descriptors: Neat (N), Sensitive (S), or Dilute (D). Use this key to help you properly use your essential oils according to sensitivity levels.

Neat (N)

The essential oil can be used topically with no dilution.

Sensitive (S)

The essential oil should be diluted for young or sensitive skin.

Dilute (D)

The essential oil should be diluted before using topically.

Essential Oil Safety

dōTERRA pure essential oils are very potent. Whether you are applying oils topically, consuming them internally, or using them aromatically, remember that a little goes a long way. Always follow dōTERRA's usage recommendations. These recommendations can be found in the current Product Guide and on doterra.com.

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



Essential Oil Singles

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



Arborvitae

Known for its exceptional preserving properties, Arborvitae essential oil can help protect against a variety of outside threats and acts as a powerful purifying agent.

Main Benefits:

- Protects against environmental and seasonal threats
- Powerful cleansing and purifying agent
- Natural insect repellent and wood preservative

Uses:

- Mix 10 drops Arborvitae and ½ cup water in spray bottle, spray on surfaces and hands to protect against environmental threats.
- Use during meditation for a sense of peace and calm.
- Apply to wrists and ankles before hiking or outdoor activities.
- Diffuse to purify the air and to repel insects inside the home.
- Mix four drops Arborvitae and two drops Lemon with Fractionated Coconut Oil for a natural wood preservative and polish.

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Basil

A truly versatile oil, Basil is known for its ability to reduce anxious feelings, provide a cooling sensation to the skin, and add flavor to a variety of dishes. Basil is a helpful addition to any essential oil collection.

Main Benefits:

- Supports gastrointestinal health*
- Cooling agent when applied topically to skin
- Reduces anxious feelings and feelings of tension

Uses:

- Apply topically to reduce the appearance of blemishes.
- Diffuse to promote a sense of focus while studying or reading.
- Take one drop internally to provide soothing support during menstrual cycle.*
- Take one drop internally to reduce gas and support gastrointestinal health and function.*
- Combine one drop Basil and one drop Melaleuca with Fractionated Coconut Oil; apply to neck and behind ears for a soothing experience

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



Bergamot

One of the most unique citrus oils, Bergamot is simultaneously calming and uplifting—making it ideal for dissolving sad or anxious feelings. Like other citrus oils, it possesses significant cleansing properties and a pleasant aroma.

Main Benefits:

- Soothes anxious or sad feelings
- Powerful purifying agent for the skin
- Used in massage therapy for its calming benefits

Uses:

- Change regular tea to Earl Grey with the addition of Bergamot.
- Apply to feet before bedtime for a calming and relaxing experience.
- Add one drop to nighttime skincare routine for its purifying benefits.
- Diffuse in classroom, at work, or home when tense feelings or stress levels are high.
- Take one drop internally to support a healthy nervous system and cardiovascular system.*

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Black Pepper

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

Main Benefits:

- Aids digestion*
- Supports healthy circulation*
- Provides antioxidant support*

Uses:

- Diffuse or inhale directly to soothe anxious feelings and uplift the mood.
- Take one drop internally to support healthy blood sugar levels already in normal range.*
- Add to meats, soups, entrées, and salads to enhance food flavor and aid digestion.*
- Create a warming, soothing massage by combining two drops with Fractionated Coconut Oil.
- Take two drops internally when seasonal threats are high to support healthy respiratory function.*

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Blue Tansy

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

Main Benefits:

- Provides targeted soothing comfort
- Provides a cooling, invigorating vapor
- Minimizes the effects of seasonal threats

Uses:

- Apply to minor skin irritations for a soothing effect.
- Use before outdoor activity to protect against seasonal threats.
- Rub on fingers, wrists, shoulders, and neck after a long day of activity.
- Apply to chest with Peppermint to promote feelings of clear breathing.
- Diffuse for a calming effect when you feel like life is getting to be too much.

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Cardamom

Often used to flavor food and beverages, Cardamom essential oil is useful in the kitchen and can also aid in respiratory health and digestion.*

Main Benefits:

- Flavorful spice for cooking and baking
- Promotes clear breathing and respiratory health*
- May help ease indigestion and maintain overall gastrointestinal health*

Uses:

- Diffuse or inhale for a sense of openness and mental clarity.
- Diffuse or apply topically to promote feelings of clear breathing.
- Add one drop to your bath to promote feelings of calm and relaxation.
- Add to bread, smoothies, meats, and salads to enhance food flavor and aid digestion.*
- Take one drop internally as part of a daily health regimen to support healthy gastrointestinal function.*

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Cassia

Known as a warming oil, Cassia can help promote healthy digestion and support a healthy immune system.* With a soothing and spicy scent, Cassia holds unique benefits for the body and mind.

Main Benefits:

- Creates a warm, uplifting aroma
- Helps promote healthy digestion*
- Supports a healthy immune system and response function*

Uses:

- Diffuse one drop Cassia and one drop Wild Orange for an uplifting aroma.
- Take two drops internally to promote healthy cardiovascular system function.*
- Take one drop internally for added immune support when seasonal threats are high.*
- Add one drop Cassia and one drop Lemon to water to aid digestion and ease hunger cravings.*
- Combine one drop Cassia with Fractionated Coconut Oil and massage into muscles for a warming sensation.

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Cedarwood

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

Main Benefits:

- Promotes relaxation
- Naturally repels insects
- Contains clarifying properties

Uses:

- Before exercising, massage one to two drops onto chest to maintain vitality.
- Diffuse in home, office, or workspace to help promote feelings of confidence.
- Place a few drops on a cotton ball and leave in closets or other areas to keep moths at bay.
- Diffuse at the end of a long day to promote emotional balance and a relaxing environment.
- Improve the appearance of skin imperfections by directly applying one drop to affected area.

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Cilantro

Cilantro essential oil adds a fresh, herbal flavor to a variety of meals and entrées, and has many internal benefits that help with cleansing and digestion.*

Main Benefits:

- Aids in digestion*
- Powerful cleanser and detoxifier*
- Gives food a fresh, herbal flavor

Uses:

- Take one drop internally to calm the nervous system.*
- Take one drop internally to support healthy immune function and response.*
- Apply topically to fingernails and toenails to keep them looking clean and healthy.
- Spice up citrus diffuser blends with Cilantro oil for a fresh, sweet, and herbal aroma.
- Diffuse or apply topically to create a peaceful feeling that supports a restful night's sleep.

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Cinnamon Bark

Taken from fragrant tree bark, Cinnamon essential oil has noteworthy cleansing properties that can promote immune support, healthy metabolic function, and other internal health benefits.*

Main Benefits:

- Cleansing for the mouth and gums
- Helps support healthy metabolic function*
- Promotes a healthy immune system when seasonal threats are high*

Uses:

- Diffuse Cinnamon Bark oil to evoke a warm, welcoming feeling.
- Add one drop to a cup of tea with honey and drink slowly to soothe throat.
- Take two drops internally to promote healthy circulatory and cardiovascular health.*
- Take one drop internally to support healthy blood sugar levels already in normal range.*
- Dilute with dōTERRA® Fractionated Coconut Oil to create a warming massage for cold, achy joints.

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Clary Sage

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

Main Benefits:

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

Uses:

- Take two drops internally to soothe and calm the nervous system.*
- Diffuse at bedtime to promote feelings of calmness and relaxation.
- During a menstrual cycle, apply to abdomen for soothing relief.
- While going through menopause, use in massage to support a healthy mood.
- Combine with Lavender and add to bath water for a stress-relieving experience.

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Clove

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

Main Benefits:

- Cleanses gums and teeth
- Supports cardiovascular health*
- Holds powerful antioxidant properties

Uses:

- Instead of using dry clove, use Clove oil to taste when baking treats.
- Combine with dōTERRA® SPA Hand and Body Lotion for a warming massage.
- Place two drops in water and take internally to support healthy blood circulation.*
- Take two drops internally to support immune, metabolic, cellular, and liver function.*
- Diffuse three drops Clove, one drop Cinnamon Bark, and two drops Wild Orange for an invigorating scent.

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Copaiba

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

Main Benefits:

- Powerful antioxidant*
- Promotes clear, smooth skin and reduces the appearance of blemishes
- Supports the health of the cardiovascular, immune, digestive, nervous, and respiratory systems*

Uses:

- Diffuse or apply topically to promote feelings of clear breathing.
- Take two drops internally to help soothe and calm the nervous system.*
- Add to a moisturizer to enhance the appearance of healthy-looking skin.
- Diffuse one drop Copaiba and two drops Cinnamon for an invigorating aroma.
- After activity, apply Copaiba with Fractionated Coconut Oil to the legs for a soothing massage.

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Coriander

With a fresh, herbaceous aroma, Coriander can be soothing to the mind and body. Helpful for skin, digestion,* and relaxing the body, Coriander oil is as unique as it is useful.

Main Benefits:

- Promotes relaxation
- Promotes healthy digestion*
- Helps maintain a clear complexion

Uses:

- Add one drop to curry recipes for an extra boost in flavor.
- Take two drops internally to maintain healthy liver function.*
- After a short workout, apply Coriander to legs for a soothing massage.
- Take two drops internally to support gastrointestinal health and function.*
- Diffuse two drops Coriander, Peppermint, and dōTERRA Balance® to promote a positive attitude.

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Cypress

The clean, refreshing scent of Cypress essential oil is beneficial for stimulating the emotions, while promoting energy and vitality. Useful for uplifting mood and improving skin conditions, it is important to note that Cypress oil should never be taken internally.

Main Benefits:

- Promotes feelings of energy and vitality
- Improves the appearance of skin, particularly oily skin conditions
- Stimulating yet grounding effect on emotions, making it helpful for mood management

Uses:

- Prior to a long run, apply to feet and legs for an energizing boost.
- Apply two drops Cypress to chest before gardening to promote vitality.
- Diffuse three drops Cypress with three drops Lime for an invigorating scent.
- Place ½ cup Epsom salt and one drop Cypress in a warm bath to relax after a stressful day.
- Apply Cypress to reduce the appearance of blemishes and improve the appearance of oily skin.

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Douglas Fir

Extracted from the branches and leaves of the Douglas Fir tree, Douglas Fir essential oil has many benefits that can assist with breathing, mood, and the appearance of skin.

Main Benefits:

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

Uses:

- Place a drop in hands and inhale to calm and re-energize during a stressful day.
- When creating an all-purpose cleaner, add two drops for a natural cleaning boost.
- Combine one drop Douglas Fir with two drops Wintergreen for a relaxing massage.
- Add one drop to body wash for an invigorating aroma and added cleansing benefits.
- Diffuse Douglas Fir with Grapefruit while doing homework to promote a sense of focus.

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Eucalyptus

dōTERRA® Eucalyptus comes from evergreen trees that grow up to 50 feet in height. The chemical structure of Eucalyptus makes it ideal for promoting feelings of clear breathing and for creating a soothing massage.

Main Benefits:

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

Uses:

- Add one drop to moisturizer and apply to skin for revitalizing benefits.
- Place three drops Eucalyptus in bottom of shower to invigorate senses.
- Diffuse Eucalyptus to enjoy purifying properties when foul odors are in the air.
- During menstruation, massage daily onto lower abdomen for soothing support.
- During winter months, diffuse Eucalyptus to promote feelings of clear breathing.

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Fennel

Fennel has a unique licorice aroma and taste, and can be used to flavor desserts or enrich the air with its sweet smell. It can also be taken internally for a variety of powerful health benefits.*

Main Benefits:

- Helps support healthy circulation*
- Supports a healthy respiratory system*
- Promotes healthy digestion and metabolism*

Uses:

- Take two drops internally to promote cellular health.*
- Diffuse Fennel in your home or office to support a productive day.
- Apply one to two drops topically for a calming and soothing effect.
- Take one drop Fennel in water or tea to help fight sweet tooth cravings.*
- Take one drop internally to relieve monthly discomfort during menstruation.*

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Frankincense Touch

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

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Frankincense

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

Main Benefits:

- Helps maintain healthy cellular function*
- Soothes skin while reducing the appearance of imperfections
- Promotes peaceful, relaxing, and satisfied feelings of overall wellness

Uses:

- Take two drops internally to support healthy immune and digestive function.*
- Add two drops to moisturizer to reduce appearance of blemishes and rejuvenate skin.
- Diffuse Frankincense to encourage feelings of peace, satisfaction, and overall wellness.
- Massage Frankincense into hands and feet for a warm, soothing effect after strenuous activity.
- Apply Frankincense to cuticles and nailbeds to maintain healthy-looking fingernails and toenails.

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Geranium

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

Main Benefits:

- Supports vibrant, healthy hair
- Known to naturally repel insects
- Helps promote clear, healthy skin

Uses:

- Apply Geranium to the skin after a shower for a smoothing effect.
- Take one to two drops internally to support a healthy urinary tract.*
- Before spending time outdoors, apply topically to repel insects naturally.
- Apply directly to skin or enjoy an aromatherapy steam facial to beautify the skin.
- Take two drops internally to support healthy blood sugar levels already in normal range.*

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Ginger

dōTERRA® Ginger essential oil comes from the fresh rhizome of the ginger plant. When used as a kitchen spice, the earthy nature of Ginger adds flavor to a variety of dishes, and may help support digestion.*

Main Benefits:

- Supports healthy digestion*
- Helps reduce occasional nausea*
- Reduces bloating, gas, and occasional indigestion*

Uses:

- Diffuse Ginger to help create a sense of equilibrium.
- Use topically for a soothing back or leg massage.
- Use one drop in place of whole ginger in sweet and savory recipes.
- Diffuse or place a drop of Ginger in hands and inhale during winding car rides.
- Take two drops internally to reduce occasional nausea, bloating, gas, and indigestion.*

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Grapefruit

Similar to other citrus oils, Grapefruit is beneficial for uplifting mood, promoting healthy skin, and cleansing or purifying. In addition, it can also help support a healthy metabolism.*

Main Benefits:

- Promotes clear, healthy-looking skin
- Known to support a healthy metabolism*
- Renowned for powerful cleansing and purifying properties

Uses:

- Diffuse for a natural pick-me-up and to promote a sense of focus.
- Add to shampoo for an added cleansing effect and increased shine.
- Add to nightly facial routine to improve the appearance of blemishes. (Avoid UV light)
- Combine with Fractionated Coconut Oil and massage into skin for a soothing experience.
- Add two drops to four ounces of water to promote a healthy metabolism.*

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Helichrysum

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

Main Benefits:

- Promotes a clear, youthful complexion
- Supports healthy cellular function and overall cellular health*
- Supports healthy liver function and internal cleansing properties*

Uses:

- Diffuse to help reduce feelings of mental fatigue.
- Use in oral rinse to help keep gums, teeth, and mouth looking clean and healthy.
- Take two drops internally to maintain healthy cellular function and overall cellular health.*
- Combine with Fractionated Coconut Oil and apply for a cooling effect after a day in the sun.
- Take two drops internally to support immune, cardiovascular, and nervous system function.*

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Jasmine Touch

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

Main Benefits:

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

Uses:

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

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Juniper Berry

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

Main Benefits:

- Acts as a natural skin toner
- Acts as a natural cleansing and detoxifying agent*
- Supports healthy kidney and urinary tract function*

Uses:

- Take two drops internally as a natural antioxidant.*
- Diffuse before bed for a natural calming and grounding effect.
- Apply one drop to the skin to promote a clear, healthy complexion.
- Add one or two drops to water or tea as part of a natural cleansing regimen.*
- Use in an oral rinse to help keep gums, teeth, and mouth looking clean and healthy.

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Lavender

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

Main Benefits:

- Soothing for the skin
- Reduces anxious feelings or feelings of tension*
- Provides relaxing qualities that can help promote a peaceful sleep*

Uses:

- Add to shampoo to help keep hair looking thick and healthy.
- Apply one drop to the skin to soothe occasional skin irritation
- Take one drop internally to soothe and calm the nervous system.*
- Diffuse to reduce anxious feelings and to ease feelings of tension.
- Take two drops internally to reduce anxious feelings and promote a peaceful sleep.*

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Lavender Touch

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

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Lemon

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

Main Benefits:

- Supports healthy respiratory function*
- Powerful cleansing and digestive benefits*
- Uplifting and energizing properties that help improve mood

Uses:

- Take two drops internally to assist with seasonal respiratory discomfort.*
- Place a few drops of Lemon on a rag to help remove stubborn, sticky residue.
- Add to a spray bottle of water to clean tables, counter tops, and other surfaces.
- Incorporate into skincare routine to give complexion a refreshed, healthy-looking glow.
- Add two drops to water for a refreshing flavor and to naturally cleanse the body and aid in digestion.*

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Lemongrass

Lemongrass essential oil promotes healthy digestion* and is frequently used in skincare products for its purifying benefits. Lemongrass has an herbaceous aroma that can heighten awareness and is ideal for massage therapy.

Main Benefits:

- Purifies and tones skin
- Promotes healthy digestion*
- Heightens awareness and promotes positivity

Uses:

- Diffuse Lemongrass at an outdoor event to naturally repel insects.
- Combine with Melaleuca and apply to toenails for clean, healthy nails.
- Dilute with Fractionated Coconut Oil and apply after exercise for a refreshing feeling.
- Combine with Peppermint and take internally to support healthy gastrointestinal function.*
- Combine with Fractionated Coconut Oil and apply to muscles and joints for a soothing massage.

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Lime

With natural purifying benefits and a balancing, energizing scent, Lime essential oil can cleanse and uplift when used aromatically, topically, or internally.*

Main Benefits:

- Helps cleanse and purify the skin
- Promotes emotional balance and a sense of well-being
- Provides internal cleansing benefits and supports healthy immune function*

Uses:

- Diffuse Lime to cleanse the air and uplift the mood.
- Take two drops internally to support healthy weight management.*
- Add a drop of Lime to drinking water for enhanced flavor and antioxidant support.*
- Take three drops internally to support healthy respiratory and cardiovascular function.*
- Place a few drops of Lime on a cotton pad to help remove grease spots and sticker residue.

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Marjoram

Valued for its calming nature and positive effect on the body's systems, Marjoram oil is particularly beneficial for supporting a healthy nervous system, immune system, and cardiovascular health.*

Main Benefits:

- Supports a healthy immune system*
- May have a positive effect on the nervous system*
- May help promote a healthy cardiovascular system*

Uses:

- Apply Marjoram oil to feet prior to bedtime.
- Diffuse to help soothe emotions during stressful moments.
- Take two drops internally to support a healthy immune system.*
- Take two drops internally to promote healthy cardiovascular function.*
- Apply to muscles before and after exercising to experience soothing relief.

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Melaleuca Touch

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

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Melaleuca (Tea Tree)

As a cleansing and uplifting oil, Melaleuca holds many benefits when used topically, aromatically, or internally. The aroma of Melaleuca is fresh, green, and uplifting, while the oil itself can be used daily for its cleansing and rejuvenating properties on the skin.

Main Benefits:

- Supports a healthy immune system*
- Provides reinforcing and rejuvenating benefits for the hair, skin, and fingernails
- Uses cleansing properties to protect against environmental and seasonal threats*

Uses:

- Diffuse to help purify and freshen the air.
- Take two drops internally to help support gastrointestinal health.*
- After exercising, apply Melaleuca to achy muscles for soothing relief.
- Add five drops Melaleuca to a spray bottle with water, and use on household surfaces.
- Combine Melaleuca and Cedarwood and apply to face after shaving for an invigorating aftershave.

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Melissa

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

Main Benefits:

- Promotes relaxation and can help create a restful sleeping environment
- Calms feelings of tension or nervousness and promotes emotional well-being
- Holds significant health benefits and may help support a healthy immune system*

Uses:

- Add Melissa to moisturizer to rejuvenate skin.
- Diffuse to create a relaxing environment that encourages a restful night's sleep.
- Add a few drops of Melissa to a spray bottle with water and use on household surfaces.
- Take two drops internally to promote healthy cholesterol levels already in normal range.*
- Take one to two drops internally to support digestive, liver, and cognitive health.*

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Myrrh

Myrrh holds powerful internal and external health benefits. In addition to significant cleansing benefits, this oil has soothing characteristics that are useful for promoting healthy-looking skin and balanced emotions.

Main Benefits:

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

Uses:

- Diffuse to help promote awareness and uplift mood.
- Take two drops internally to support healthy cellular, respiratory, and immune function.*
- Take one to two drops internally to help relax the musculoskeletal system and relieve tension.*
- Add two drops Myrrh, ¼ cup water, and honey to a mug and drink to help ease the stomach.*
- Add one to two drops to moisturizer to help reduce the appearance of fine lines and wrinkles.

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Neroli Touch

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

Main Benefits:

- May help reduce feelings of anxiousness
- Promotes a positive mood while encouraging relaxation
- Soothes skin while supporting a youthful-looking complexion

Uses:

- Apply topically to soothe skin.
- Inhale during difficult situations for a calming aroma.
- Apply to back of neck when experiencing anxious feelings.
- Combine Neroli and Lavender for a relaxing aromatic massage.
- Incorporate into beauty routine for a youthful-looking complexion.

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Oregano

Oregano has long been used in traditional health practices for its ability to boost the immune system, cleanse and purify, and offer powerful antioxidants.*

Main Benefits:

- Provides the body with powerful antioxidants*
- Holds significant immune-boosting properties*
- Can support healthy digestion and respiratory function*

Uses:

- Take two drops internally to relax the musculoskeletal system.*
- Dilute with dōTERRA® Fractionated Coconut Oil and apply directly to skin to help reduce the appearance of blemishes.
- Add 10 drops to a spray bottle with water for a counter cleansing spray.
- Replace one tablespoon of dry oregano with one drop of Oregano oil in Italian dishes.
- Take two drops internally to support the nervous system and cardiovascular function.*

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Oregano Touch

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

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Patchouli

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

Main Benefits:

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

Uses:

- Diffuse for a grounding effect and to balance emotions.
- Apply to daily moisturizer to help reduce the appearance of blemishes
- Blend with other essential oils for a sweet-smelling, musky perfume or cologne.
- Combine with equal parts Peppermint oil and apply to the forehead, temples, or back of the neck after a long day of work.
- Combine ½ teaspoon baking soda, two tablespoons water, two drops Peppermint oil, and one drop Patchouli oil to create a mouth rinse.

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Peppermint

Consistently one of dōTERRA®'s best sellers, Peppermint oil has a wide range of benefits from soothing the occasional upset stomach, to freshening breath, to promoting clear breathing.* Peppermint essential oil is always useful to have on hand.

Main Benefits:

- Invigorates and enlivens the senses
- Promotes healthy respiratory function and clear breathing*
- Soothes the occasional upset stomach and promotes digestive health*

Uses:

- Massage into neck and shoulders to relieve feelings of tension.
- Add to cold water compress or foot bath to cool off when overheated.
- Diffuse five drops Peppermint oil when feeling fatigued or low on energy.
- Take two drops internally to soothe occasional upset stomach and promote digestive health.*
- Place Peppermint in a spray bottle and spritz around windows and doors to repel bugs naturally.

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Peppermint Touch

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

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Peppermint Beadlets

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

Petitgrain

A unique oil derived from the bitter orange tree, Petitgrain is beneficial for cleaning purposes and can support healthy nervous system and immune system function, among other internal health benefits.*

Main Benefits:

- May provide antioxidant support*
- May help promote restful sleep*
- May support healthy immune, nervous system, and cardiovascular function*

Uses:

- Combine Petitgrain with Fractionated Coconut Oil for a relaxing massage.
- Take two drops internally to help support healthy digestive system function.*
- Dilute and apply to skin to help reduce the appearance of skin imperfections.
- Add one drop to a glass of water to enjoy the internal benefits and a refreshing flavor.
- Take one drop internally to help calm the nervous system and promote restful sleep.*

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Roman Chamomile

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

Main Benefits:

- May help support a healthy immune system*
- Promotes youthful-looking skin and healthy-looking hair
- Creates a sweet, floral scent that is calming to the mind

Uses:

- Apply to chest to encourage feelings of well-being.
- Diffuse or apply to the bottom of feet prior to bedtime.
- Take two drops internally to help soothe the body systems.*
- Add one to two drops of Roman Chamomile to moisturizer for a smoothing effect.
- Diffuse to soothe anger and irritability when feeling agitated or in a contentious situation.

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Rose Touch

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

Main Benefits:

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

Uses:

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

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Rosemary

Commonly used for aromatherapy and culinary purposes, Rosemary also has a myriad of benefits for the body including support of healthy digestion, internal organ function, and reducing tension or fatigue.*

Main Benefits:

- Adds a savory, herbaceous flavor to meats and specialty dishes
- Helps reduce occasional fatigue and feelings of nervous tension*
- Supports healthy digestion, respiratory function, and internal organ function*

Uses:

- Diffuse to naturally repel insects.
- Diffuse while studying to help maintain concentration.
- Use during a scalp massage to promote an abundant-looking head of hair.
- Combine Rosemary, Frankincense, and Epsom salts for a rejuvenating bath.
- Combine Rosemary and Lavender in a veggie capsule and take internally to help reduce stress.*

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Hawaiian Sandalwood/ Sandalwood

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

Main Benefits:

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

Uses:

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

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Siberian Fir

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

Main Benefits:

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

Uses:

- Apply topically to skin to help soothe minor skin irritation.
- Combine with Fractionated Coconut Oil for an invigorating massage.
- Diffuse to reduce stress when working through difficult circumstances.
- Massage into skin after vigorous physical activity for soothing comfort.
- Add one to two drops to the shower floor to help evoke feelings of empowerment and energy.

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Spearmint

Well known for its sweet and minty flavor, Spearmint is often used in cooking, but can also be applied topically or used aromatically for a variety of powerful benefits. Spearmint is a milder alternative to other mint essential oils.

Main Benefits:

- Cleanses the mouth and promotes fresh breath
- Promotes a sense of focus and uplifts the mood
- Promotes digestion and helps reduce occasional stomach upset*

Uses:

- Diffuse to naturally repel insects.
- Massage on back of neck during times of stress and tension.
- Add three to four drops to the shower for a refreshing uplift.
- Add one drop of Spearmint oil to desserts, drinks, salads, or entrées.
- Take two drops internally to promote digestion and help reduce occasional stomach upset.*

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Spikenard

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

Main Benefits:

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

Uses:

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

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Tangerine

Tangerine has a long history of use in herbal health practices and is known to support healthy digestion and metabolism.* Tangerine's sweet, tangy aroma helps soothe anxious feelings and manage stress.

Main Benefits:

- Cleansing and purifying
- Supports a healthy immune system*
- Supports healthy digestion and metabolism*

Uses:

- Diffuse to help purify and cleanse the air.
- Use in an all-purpose spray to cleanse and purify surfaces.
- Add to water or tea to support a healthy immune system.*
- Apply topically to wrists and neck for an uplifting, energizing aroma.
- Take two drops internally to support healthy digestion and metabolism.*

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

Thyme

This potent, warm, herbaceous essential oil holds cleansing benefits that are particularly helpful for purifying the skin, and a chemical makeup that supports a healthy immune system.*

Main Benefits:

- Helps promote a healthy immune system*
- Provides the skin with cleansing and purifying effects
- Cleansing to the gastrointestinal tract and digestive system*

Uses:

- Apply topically or diffuse outdoors to naturally repel insects.
- Add Thyme to an oral hygiene routine to support oral health.
- Add to your winter health routine to support a healthy immune system.*
- Dilute with dōTERRA® Fractionated Coconut Oil and massage into abdomen to ease symptoms of normal menstruation in women.
- Take internally to help support cardiovascular, circulatory, and respiratory systems.*

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Vetiver

Derived from a thick grass, Vetiver essential oil is ideal for creating a peaceful environment as it is known to have a grounding, calming effect on emotions. In addition to calming emotions and promoting restful sleep, Vetiver can also offer immune-supporting properties when taken internally.*

Main Benefits:

- Helps support the immune system*
- Produces a calming, grounding effect on emotions
- Emits a rich, woody scent that promotes a soothing environment

Uses:

- Add two drops to a warm bath for deep relaxation.
- Diffuse to promote relaxation during times of stress.
- Apply to bottom of feet to help promote a restful night's sleep.
- Apply to bottom of feet after a day of standing as part of a soothing massage.
- Take one drop Vetiver and one drop Lemon internally for immune-supporting properties.*

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Wild Orange

Like many other citrus oils, Wild Orange essential oil is well known for its cleansing and purifying properties. Additionally, Wild Orange has an uplifting and refreshing aroma and offers multiple health benefits.

Main Benefits:

- Supports healthy immune function*
- Powerful antioxidant for maintaining health*
- Cleansing when used topically, aromatically, or internally

Uses:

- Diffuse to help purify the air and for an uplifting aroma.
- Add to water for added flavor and to promote overall health.*
- Combine 10 drops Wild Orange with water in a spray bottle to cleanse and purify surfaces.
- Take two drops internally during cold temperatures to support a healthy immune system.*
- Place one drop Wild Orange, Peppermint, and Frankincense in hands and inhale deeply for an energizing aroma.

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Wintergreen

With the main chemical component of methyl salicylate, Wintergreen essential oil contains soothing and renewing properties that can be received when applied to skin or diffused.

Main Benefits:

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

Uses:

- Add to facial cleanser to reduce the appearance of blemishes.
- Massage into neck and shoulders for a quick pick-me-up and to reduce stress.
- Add one drop Wintergreen to a warm bath to unwind and relieve tension
- Apply to a cotton ball and add to gym bag, trash can, or other areas to mask odor.
- Combine Wintergreen and Fractionated Coconut Oil for a warming, soothing massage.

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Ylang Ylang

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

Main Benefits:

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

Uses:

- Diffuse with Lavender to promote a restful sleep.
- Take two drops internally to increase antioxidant support in the body.*
- Apply Ylang Ylang to the back of the neck for a calming, uplifting effect.
- Massage Ylang Ylang into scalp to increase the appearance of healthy, shiny hair.
- Add two drops to a warm bath with Epsom salt to relieve stress and promote relaxation.

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Essential Oil Blends

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



AromaTouch® Massage Blend

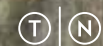
Essential oils have long been used for massage, which is why dōTERRA® created a proprietary massage blend that improves various massage techniques with the help of relaxing and comforting essential oils.

Main Benefits:

- Can help lessen tension
- Produces comforting and relaxing effects
- Improves any massage experience with a soothing aroma

Uses:

- Diffuse AromaTouch to create a luxurious spa environment.
- Combine with Epsom salt and add to a hot bath for relaxation.
- Diffuse to create a calm environment when meditating or relaxing.
- Apply to neck and shoulders to promote relaxation and lessen tension.
- Use in conjunction with the AromaTouch Technique or the AromaTouch Hand Technique.



dōTERRA Balance® Grounding Blend

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

Main Benefits:

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

Uses:

- Apply to neck and wrists to help ease anxious feelings.
- Combine with Epsom salts in a warm bath for relaxation.
- Diffuse to create a calm environment when meditating or practicing yoga.
- Apply to the bottom of feet to lessen feelings of stress throughout the day.
- Apply topically before bed to promote a restful sleep and peaceful dreams.





dōTERRA Breathe® Touch

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

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dōTERRA Breathe® Blend

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

Main Benefits:

- Provides a cooling, invigorating vapor
- Minimizes the effects of seasonal threats
- Promotes feelings of clear airways and easy breathing

Uses:

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

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dōTERRA Cheer® Touch

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

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dōTERRA Cheer® Uplifting Blend

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

Main Benefits:

- Promotes feelings of optimism
- Counteracts negative emotions
- Creates a cheerful aroma during massage

Uses:

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

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Citrus Bliss® Invigorating Blend

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

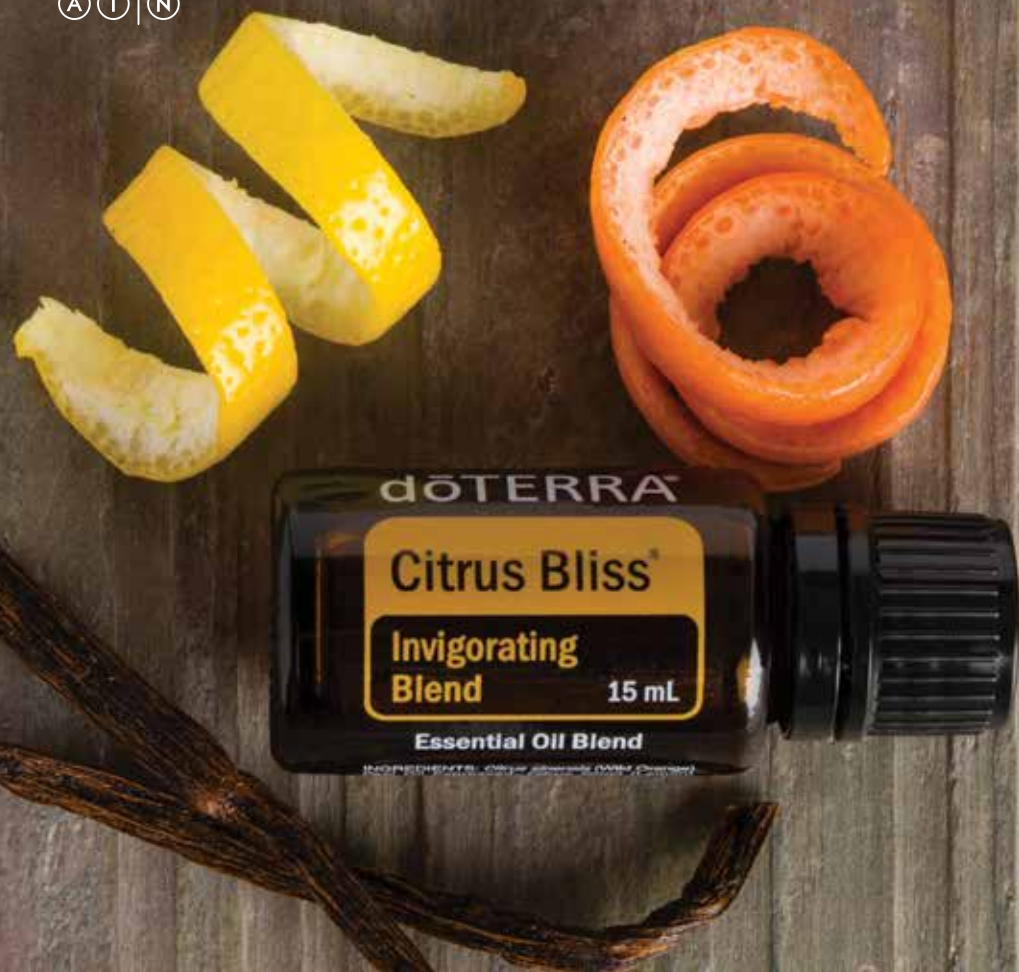
Main Benefits:

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

Uses:

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

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ClaryCalm® Monthly Blend for Women

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

Main Benefits:

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

Uses:

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

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dōTERRA Console® Comforting Blend

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

Main Benefits:

- Promotes feelings of comfort
- Counteracts negative emotions of grief
- Creates a comforting aroma when diffused

Uses:

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

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dōTERRA Console® Touch

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



dōTERRA Deep Blue® Roll-On

Enjoy the benefits of Deep Blue in a 10mL roll-on.

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dōTERRA Deep Blue® Touch

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

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Deep Blue® Soothing Blend

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

Main Benefits:

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

Uses:

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

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DigestZen® Digestive Blend

Known as dōTERRA®'s tummy tamer blend, DigestZen holds many benefits for digestive health. The soothing properties of this oil can ease the uncomfortable effects of occasional indigestion or upset stomach.*

Main Benefits:

- Promotes a healthy digestive system*
- Soothes occasional indigestion and motion sickness*
- Helps reduce gas, bloating, and occasional indigestion*

Uses:

- Take internally to ease feelings of queasiness.
- Add to water or tea to help maintain a healthy gastrointestinal tract.*
- Keep on hand when enjoying heavy meals to help promote digestion.*
- Use internally or topically before a long flight or road trip for a calming effect.
- Dilute with Fractionated Coconut Oil and use for a soothing abdominal massage.

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**dōTERRA
DigestZen® Touch**
Enjoy the benefits of DigestZen in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

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Elevation Joyful Blend

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

Main Benefits:

- Energizing and refreshing aroma
- Promotes a revitalizing environment
- Elevates mood and increases vitality

Uses:

- Add to Fractionated Coconut Oil and use in a revitalizing massage.
- Diffuse Elevation to promote feelings of confidence and self-worth.
- Add a few drops to a warm bath for a soothing, uplifting experience.
- Rub one drop between palms and inhale to help reduce feelings of stress.
- Diffuse Elevation in the morning to create a positive, energizing mood in the home.

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dōTERRA Forgive® Renewing Blend

The fresh, woody aroma of dōTERRA Forgive Renewing Blend helps to counteract emotions of anger and guilt, while promoting the liberating feelings of contentment, relief, and patience.

Main Benefits:

- Creates a comforting aroma when diffused
- Counteracts negative emotions of anger and guilt
- Promotes feelings of contentment, relief, and patience

Uses:

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

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dōTERRA Forgive® Touch

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

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HD Clear® Topical Blend

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

Main Benefits:

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

Uses:

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

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dōTERRA® Hope Touch

This distinct essential oil blend's inviting scent is only one thing that makes dōTERRA Hope Touch truly unique. With each application of its uplifting scent individuals support experts in extraction operations and anti-child-trafficking efforts who have come together to bring an end to child slavery.

Main Benefits:

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

Uses:

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

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Immortelle® Anti-Aging Blend

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

Main Benefits:

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

Uses:

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

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InTune® Focus Blend

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

Main Benefits:

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

Uses:

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

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dōTERRA Motivate® Touch

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

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dōTERRA Motivate® Encouraging Blend

Replace negative emotions like guilt and pessimism with feelings of confidence and courage, with the dōTERRA Motivate Encouraging Blend of mint and citrus essential oils.

Main Benefits:

- Helps ease feelings of stress
- Creates an uplifting aroma when diffused
- Provides a grounding, balanced effect on emotions

Uses:

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

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dōTERRA On Guard® Touch

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

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dōTERRA On Guard® Protective Blend

The dōTERRA On Guard Protective Blend provides a safe, natural way to protect and maintain a healthy immune system.* With a spicy, energizing, uplifting aroma, and a chemical makeup that protects against environmental threats, dōTERRA On Guard is a smart choice for supporting healthy immune function.*

Main Benefits:

- Helps support healthy respiratory function*
- Supports the body's natural antioxidant defenses*
- Provides protection against environmental and seasonal threats*

Uses:

- Take two drops internally for a quick immune boost.*
- Diffuse to cleanse the air and provide a sweet, spicy aroma.
- Create an all-purpose cleaner by combining with water in a spray bottle.
- Add a drop to laundry for an additional cleansing boost and fresh scent.
- Dilute with Fractionated Coconut Oil and rub on hands as a natural cleanser.

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dōTERRA On Guard® Beadlet

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

dōTERRA Passion® Inspiring Blend

When feelings of boredom and disinterest take over, the dōTERRA Passion Inspiring Blend will help rekindle feelings of excitement, passion, and joy.

Main Benefits:

- Creates a joyful aroma
- Ignites feelings of excitement and passion
- Counteracts negative feelings of boredom

Uses:

- Diffuse to spark creativity and clarity
- Use during a massage to ignite feelings of passion.
- Diffuse to begin the day feeling energized and enthusiastic.
- Place on bottoms of feet in the morning to counteract feelings of boredom.
- Apply to wrists and heart throughout the day to feel inspired and passionate.

(A)(T)(S)

dōTERRA Passion Touch

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

(A)(T)(N)

PastTense® Tension Blend

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

Main Benefits:

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

Uses:

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

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dōTERRA Peace® Reassuring Blend

dōTERRA Peace 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.

Main Benefits:

- Counteracts anxious and fearful emotions
- Creates a comforting aroma when diffused
- Promotes feelings of peace and reassurance

Uses:

- Diffuse to provide comfort during times of difficulty.
- Apply to neck and wrists to provide feelings of peace.
- Add to Fractionated Coconut Oil and use in a soothing massage.
- Apply to a cotton ball and place in car's AC vent for a soothing aroma.
- Place on bottoms of feet in the morning to promote feelings of comfort and reassurance.

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dōTERRA Peace Touch

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





Purify Cleansing Blend

With a combination of refreshing and cleansing essential oils, Purify is unmatched in purification properties and can help eradicate unwanted odors throughout the home.

Main Benefits:

- Refreshing aroma
- Protects against environmental threats
- Replaces unpleasant odors and clears the air

Uses:

- Diffuse to cleanse the air of unwanted odors.
- Apply topically to soothe irritation from a bug bite.
- Apply to a cotton ball and place in car's AC vent for a refreshing aroma.
- Add a drop to laundry for an additional cleansing boost and fresh scent.
- Add 10 drops to water in a spray bottle and use to wipe down countertops and other surfaces.



dōTERRA Serenity® Restful Blend

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

Main Benefits:

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

Uses:

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



Slim & Sassy® Metabolic Blend

When combined with exercise and healthy eating, Slim & Sassy Metabolic Blend can be used as part of a weight management plan to boost metabolism, manage hunger cravings, and much more.*

Main Benefits:

- Promotes healthy metabolism*
- Helps manage hunger cravings*
- Diuretic free, stimulant free, and calorie free*

Uses:

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

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TerraShield® Spray

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



TerraShield® Outdoor Blend

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

Main Benefits:

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

Uses:

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

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Whisper® Blend for Women

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

Main Benefits:

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

Uses:

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

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Zendocrine®

This detoxification blend uses essential oils with detoxifying properties to support the healthy cleansing and filtering functions of some of the body's major organs.*

Main Benefits:

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

Uses:

- Apply topically to stomach for a soothing massage.
- Place three to four drops in a diffuser to freshen a room.
- Add one drop to water or tea to support healthy liver function.*
- Take one drop internally for a week to kick-start a lifestyle change.*
- Add to a cleanse to help support healthy cleansing and filtering functions.*

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



dōTERRA[®] WELLNESS PRODUCTS

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

dōTERRA Breathe® Products

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



Deep Blue® Products

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



dōTERRA On Guard® Products

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



dōTERRA Lifelong Vitality Pack®

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



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

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

Main Benefits:*

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

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

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

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

Digestive Health

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



dōTERRA® Specialized 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 specialized supplements.



dōTERRA® Women Supplements

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



dōTERRA® Children's Supplements

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



dōTERRA® Weight Management

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



dōTERRA Salon Essentials®

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





dōTERRA® Personal Care

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

Skin Care

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

Each dōTERRA skincare product aims to nourish the skin with the help of essential oils and other natural ingredients, making it easy for users to achieve healthy, glowing skin.





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.



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