The Guide to Self-Healing with Essential Oils and Sharing Them with Others

“In addition to their intrinsic benefits to plants and being beautifully fragrant to people, essential oils have been used throughout history in many cultures for their medicinal and therapeutic benefits.”

—dōTERRA

Created by Sara Kraft
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Sarah Love

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Enhancing Your Spiritual Life with doTERRA Essential Oils

“doTERRA Essential Oils can open up many new benefits and insights in every life as they provide you with a greater connection to both the earth and the inner self.”
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Prema Lia Thompson
Your Independent Product Consultant

Prema Lia Thompson is a passionate essential oils user who wants to share their gift with the world. Originally from Southern California, Prema Lia is a published author of three books: *Home is in Your Heart*, *The True Love of Aphrodite and Hercules*, and *Dancing with Mother Earth* who today lives in Vancouver, Washington.

Prema Lia has a Ministerial Bachelor's Degree, and a background in community media, where she wrote, produced and hosted community access television and radio programs in Northern California. While living in Sacramento, she launched her children’s dance company, Creative Expressions. This company facilitated programs where children were able to perform their dance recitals on community television and senior centers.

An ordained minister (non-denominational), Prema Lia teaches educational and healing modalities, including Essential Oils, Herbology, Soul Retrieval work, Soul channeling, and Native American drum journeying. As a workshop coordinator for both children and adults, she utilizes these modalities when coaching individuals to connect with their true inner selves. Prema Lia is a Clairvoyant, Clairaudient, and Clairsentient teacher who helps individuals to open up to their unique inner self as a soul being of light and love. Naturally combining all three abilities, Prema Lia is able to assist individuals who are seeking answers to help themselves grow spiritually.

Prema Lia and her husband, John, offer a variety of services to assist you in your journey toward a brighter future now including a 2-day workshop called *Soul Awakening*.

If you would like to get in contact with an experienced essential oils user and learn more about how they can be applied in your life and home, please contact Prema Lia (Kim) Thompson through her website: [www.prema-ilia.com](http://www.prema-ilia.com). Here you can learn more about how to purchase and apply dōTERRA oils, more about her other gifts, and how to get involved with the Soul Empowerment Workshop and more! Prema Lia also offers membership-free access to dōTERRA essential oils and other products at a discounted wholesale price. Please see the Wholesale and Retail page of this manual for more information.
Enhancing your Spiritual Life with Essential Oils

Using essential oils can be a fantastic way to deepen your spiritual life and engage with yourself in deeper and more powerful ways no matter your beliefs or religion. Essential oils have been used across many different cultures and religions for centuries to create a connection with the powers above or simply to construct the perfect, powerful atmosphere for prayer, praise, or meditation. dōTERRA Certified Pure Therapeutic Grade® Essential Oils can play a powerful role not only in your mental and physical health, but also in your spiritual and emotional wellness.

Essential oils can be used to induce specific desired emotions within yourself or to call upon a particular force or deity. They can help you to work with certain chakra or simply bring you into a relaxed state in which you can reexamine yourself and your life. Whether you chose to use pure single oils such as Frankincense or dōTERRA’s special oil blends like Balance, you can gain many benefits from essential oils.

There are many different uses for essential oils in spiritual pursuits. Practicing with essential oils, you are able to connect with, control, and empower your chakra, call upon powerful forces, such as archangels and faeries, to help you when you require assistance in specific areas of your life, and produce the moods and mentalities you desire when entering prayer or meditation. Essential oils have both the power to ground you firmly in your body and in this moment and to free your mind from fear, anxiety, depression, and stress to help you to refocus your mind on positive and worthy pursuits.

The world has become a place of so many distractions and mixed signals and energies, but learning to counteract these forces by introducing certain essential oils or colors into your life to change your energies and lift your mood and spirit can help to combat these outside forces. Bringing them into your daily practices, as you do with prayer and meditation can help empower you and expand your control over your health and wellness.

Introducing essential oils into your spiritual pursuits will open your mind and spirit up to boundless opportunities for healing and growth.
Introduction to Essential Oils

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and fruit of plants. They can be both beautifully and powerfully fragrant. If you have ever enjoyed the gift of a rose, a walk by a field of lavender, or the smell of freshly cut mint, you have experienced the aromatic qualities of essential oils. In addition to giving plants their distinctive smells, essential oils play a role in plant pollination and provide protection against predators and disease.

Essential oils are non-water-based phytochemicals made up of volatile aromatic compounds. Although they are fat soluble, they do not include fatty lipids or acids found in vegetable and animal oils. Essential oils are very clean and are immediately absorbed by the skin. Pure, unadulterated essential oils are translucent and naturally range in color from crystal clear to deep blue.

Essential oils have been used throughout history in cultures across the world for their medicinal and therapeutic benefits. Modern scientific study and trends toward holistic approaches to wellness are driving a revival in the study of essential oils and their numerous health benefits are being rediscovered.

dōTERRA CPTG (Certified Pure Therapeutic Grade®) essential oils represent the safest, purest, and most beneficial essential oils available today. They are distilled from plants that have been harvested in their prime by experienced growers from around the world for ideal extract composition and efficacy. Experienced essential oil users will immediately recognize the superior quality as naturally safe, purely effective therapeutic-grade dōTERRA essential oils.

History of Essential Oils

Essential oils have been used throughout recorded history for a wide variety of wellness applications. The Egyptians used aromatic essential oils extensively in medical practice, beauty treatment, food preparation, and religious ceremony. Frankincense, sandalwood, myrrh, and cinnamon were considered very valuable cargo and along caravan trade routes they were sometimes exchanged for gold or other valuable goods.

Impacted by the Egyptians, the Greeks used essential oils in therapeutic massage and aromatherapy. The Romans also used aromatic oils to promote health and personal hygiene. Influenced by the Greeks and Romans, as well as Chinese and Indian Ayurvedic use of aromatic herbs, the Persians began to refine distillation
methods for extracting essential oils from aromatic plants. Essential oil extracts were used throughout the dark ages in Europe for their anti-bacterial and fragrant properties, particularly during the Black Plague of the fourteenth century.

During the twentieth and twenty-first centuries, the powerful healing properties of essential oils were once again illustrated. In 1937 a French chemist, Rene-Maurice Gattefosse, healed a badly burned hand with pure lavender oil. Another Frenchman, Gattefosse’s contemporary, Dr. Jean Valnet, used therapeutic-grade essential oils to successfully treat injured soldiers during World War II. Dr. Valnet went on to become a world leader in the development of aromatherapy practices. The modern use of essential oils has grown rapidly as health scientists and medical practitioners continue to research and validate the numerous health and wellness benefits of therapeutic-grade essential oils.

**Uses for Essential Oils**

Essential oils are used for a very wide range of emotional and physical wellness applications. They can be used a single oil at a time or in complex blends depending on user experience and desired benefit. Essential oils are usually administered by one of three methods: aromatic diffusion, topical application, or internal consumption as dietary supplements.

The chart to the right identifies the labels used on dōTERRA essential oils. Before using any new oil, always identify these warnings and insure that your oil is safe to ingest, can used topically, or the amount of carrier oil suggested for safe topical use. These labels are very important to insure your use of essential oils is safe and effective for your body and family. Be sure to use only 100% pure, therapeutic-grade essential oils and follow all label warnings and instructions. Essential oils should not be used in the eyes, inside the ear canal, or in open wounds. If redness or irritation occurs when using essential oils topically, apply any vegetable oil, such as fractionated coconut oil or olive oil, to the affected area. Consult your physician before using essential oils if you are pregnant or under a doctor’s care.
Aromatic Uses

Our sense of smell influences many physiological responses including the stimulation of hormones and other metabolic processes. Aromatherapy is founded on the body's predictable response to specific olfactory stimuli. Essential oils are widely used in aromatherapy applications. Certain essential oils, when diffused into the air, can be very stimulating, while others can be calming and soothing. Beyond emotional benefits, diffusing essential oils can purify the air of unwanted odors and some airborne pathogens.

Low or no-heat essential oil diffusers are recommended as they do not change the chemical structure of the oil being diffused. When using essential oils in dōTERRA diffusers, only three to four drops of oil are necessary to gain the therapeutic benefits. Essential oils can also be used as cleansing and purifying additives to laundry and surface cleaners throughout the home.

Topical Uses

Due to their natural molecular composition, many essential oils are easily absorbed by the skin and can be applied topically. Application of essential oils can have immediate, localized benefit to the target area of application as well as a systemic effect, which can circulate through the body and stimulate an overarching sense of healing and wellness. Some essential oils have restorative and calming properties and can be used effectively with massage and beauty therapy. Others can also be natural disinfectants. It is the chemical structure of essential oils that allows them to be absorbed into the bloodstream via the skin for internal benefit throughout the body.

It is very important to note that using any oil topically in a large dose can cause irritation, particularly when using powerful oils like Cinnamon and Black Pepper—but there is a certain amount of risk when using any oil. If you choose to apply essential oils topically, dōTERRA suggests using their fractionated coconut oil, or another carrier oil, to insure that no skin irritation occurs. Gentler oils can be diluted with only one or two drops of fractionated coconut oil while stronger need three or four drops of carrier for one drop of essential oil.

It is important to note that because all skin types and sensitivities are different, there is not a universal ratio of oil to carrier oil. Begin with more carrier oil and if you feel comfortable, decrease the amount slightly. Always begin applying oils on a very small area of skin to check for irritation before applying to larger or more sensitive areas or to children, pets, or the elderly.
**Internal Uses**

Essential oils can also be used as dietary supplements supporting a variety of healthy conditions. Some essential oils have powerful antioxidant properties, while others help support healthy inflammatory response in cells. Many essential oils are considered safe for dietary use, but some oils should not be taken internally. Do not use any essential oil product internally that does not have the appropriate dietary supplement facts on its label.

When ingesting oils, it is often suggested that one drop of an essential oil be mixed with at least four ounces of water or another liquid. This is to prevent any sort of internal irritation. Again, always begin with a very small ratio and if you are comfortable work your way to larger doses. dōTERRA also offers capsules in which oils can be placed to make ingesting essential oils easier and faster. These capsules are totally free of animal byproducts and are made from vegetable oils alone, this make them a fantastic resource for all essential oil users, whatever their diet may be. For Peppermint oil and the dōTERRA blend OnGuard®, there is also the option of a beadlet, which is a tiny dose of the oil that is safe for ingestion and very easy for even children to swallow.

**The dōTERRA Certified Pure Therapeutic Grade®**

There are a growing number of products claiming either to be or to contain essential oils. They range in price and quality and are found in skin care, cosmetics, aromatherapy, and other products. However, many of these products do not use pure essential oils and instead use fragrant synthetic chemical substitutes to dilute or replace more expensive essential oil extracts. Furthermore, there are no current regulatory standards for the descriptive use of the “therapeutic grade” for products labeled as essential oils.

The CPTG Certified Pure Therapeutic Grade® mark represents the internal standards used by dōTERRA for sourcing and testing pure aromatic botanical extracts using independent testing laboratories. The dōTERRA brand and registered CPTG® mark represent the dōTERRA guarantee of pure essential oil extracts that meet high standards for both purity and material composition as well as accurate product labeling.

dōTERRA therapeutic-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. Proper extraction and quality control methods also ensure that dōTERRA essential oils are free of any contaminants, such as pesticides or other chemical residues. In addition to being pure and natural, CPTG® essential oils are subjected to additional quality testing that ensures the correct composition of the active natural compounds found in each oil. Though an essential oil may be pure, if the right species or part of a plant has not been used, if the plant has not been grown in the right
environment, harvested at the right time, or distilled under the right conditions, the natural chemical makeup of the extraction will not provide as predictable and powerful a benefit. In some cases, the wrong plant part harvested at the wrong time may result in an extract that contains harmful levels of some constituents.

CPTG® essential oils are guaranteed to be pure, natural, and free of synthetic compounds or contaminants. dōTERRA essential oils are subjected to rigorous mass spectrometry and gas chromatography testing to ensure extract composition and activity. dōTERRA essential oils represent the safest and most beneficial essential oils available today.

Safety Precautions

dōTERRA CPTG® essential oils can be used safely by you and your family for a variety of wellness applications. However, there are several safety guidelines that you should follow when using essential oils and essential oil products.

- Be sure to use only pure, therapeutic-grade essential oils and follow all label warnings and instructions.
- If redness or irritation occurs when using essential oils topically, apply a vegetable oil—such as fractionated coconut oil or olive oil—to the affected area. Do NOT use water.
- Essential oils should not be used in the eyes, inside the ear canal, or in open wounds. In the event of accidental contact with the eye, dilute with vegetable oil NOT water.
- Do NOT consume an essential oil internally unless it is labeled with a Supplement Facts box with specific dietary supplements. Please use instructions and warnings.
- Discontinue the use of an essential oil if you experience severe skin, stomach, or respiratory irritation or discomfort.
- When using on children, apply a very small amount of the oil to test skin for sensitivity. Do not use oil on a child’s hand as they may transfer to their eyes or mouth.
- Consult your physician before using essential oils if you are pregnant, under a doctor’s care or have other safety questions regarding essential oils.

It is important to remember that therapeutic-grade essential oils are highly-concentrated plant extracts and should be used with care. Consulting with someone who has experience with essential oils will make your first experience with these compounds more enjoyable and rewarding. As you learn how to use essential oils through personal experience, share your knowledge with others in a safe and responsible way and encourage them to do the same.
Using Essential Oils

Essential oils are the subtle, aromatic and volatile life-force extracted from the flowers, seeds, leaves, stems, bark and roots of herbs, bushes, shrubs and trees, through steam distillation under low pressure and low temperature. Like human beings, they are alive, both chemically and electrically. They have a direct effect on the brain through the olfactory system and skin absorption. Serving the same function as human blood, essential oils are the regenerating, oxygenating and immune defense properties of the plant kingdom.

Essential oils are naturally antibiotic, antiseptic, antibacterial, anti-fungal, antioxidant, anti-parasitic, anti-viral and antidepressant. They are help bring oxygen and nutrients to the cells and assist in the efficient disposal of carbon dioxide and other waste. They increase blood flow, negative ions and ozone, improve the efficiency of the immune system and decrease blood viscosity. Oils enhance brain wave function, improve spiritual awareness and bring about a beautiful balance to the body. Essential oils contain a frequency that is several times greater than the frequency of herbs and food. There is not a single part of the human body and brain that is not helped by the action of essential oils. Aromatherapy is the art and science of the use and application of therapeutic essential oils for physical, mental, emotional and spiritual balance.

**Water Therapies with Essential Oils:**

**Floral Waters**

Floral Waters are aromatherapy’s best-kept secret. They are the exquisite byproducts of the steam distillation of essential oils. Floral waters have the same properties as the essential oils, but in lower concentration. They are gentle, fragrant, and suitable for all ages. Dr. Daniel Penoel, MD, uses floral waters for the healing of wounds, especially with children and animals. They are rehydrating, nurturing and refreshing to the skin. I use lavender floral water to freshen a room, sanitize sheets and pillows in a hotel room, and hydrate my skin. You can spray floral water on your plants and animals to deter pests. Recently, I experienced drinking the pure floral water at a farm where the peppermint was being distilled. Superb! I use the floral waters of basil, German chamomile, clary sage, eucalyptus, juniper, lavender, Melissa, peppermint, spearmint, Idaho tansy and thyme.

**Steam inhalation**

Inhalation of essential oils works well for emotional as well as physical problems. Essential oils have an almost immediate influence on emotions, anxiety, and depression. Physically, it can help with tension, headaches, respiratory problems, colds, sore throat, blocked sinuses and cough. Add up to five drops of an essential oil to a bowl of hot (not
boiling water and inhale the vapors rising from the bowl. To increase the intensity of the oil vapors inhaled, place a towel over the head and bowl. To calm and sedate the nervous system, use lavender. To uplift, use the citrus oils and clary sage. For congestion, use eucalyptus, frankincense, and lemon. To open the sinuses, use spruce or peppermint.

**Facial Saunas**

Facial saunas are effective for releasing dirt and trapped toxins and debris from the skin. People with broken veins, hypersensitive skin or inflammation of any sort, including sunburn, should not take a facial sauna. Use the same method as described for steam inhalation, a bowl of hot water and a towel. Helpful for seborrhea and acne prone skins as well as mature and normal skin. For acne or seborrhea, try Roman chamomile, lemon, tea tree, clary sage, or thyme. For dry skin, use Roman chamomile or cedarwood. Follow the steam treatment by splashing the face with cold water to close the pores.

**Baths**

Adding essential oils to bath water is challenging as oil does not mix with water. For even dispersion, drop in the oils while running the bath, or add 2 to 3 drops of oil to a cup of Epsom salts, sea salt or a bath gel base. I often disperse the oils in milk and create a Cleopatra milk bath! Oils with a high phenol content such as oregano, cinnamon, thyme, clove, lemongrass and bergamot can cause stinging or irritation if not diluted and well-mixed. The same is true for oils high in menthol such as peppermint and eucalyptus.

I use premixed bath gels containing essential oils, which can be used as a liquid soap in the shower as well. I also use a bath gel base to which I add the essential oils of my choice. The base I prefer contains olive oil, vegetable glycerin, floral water, algin, vitamin E, lecithin and wheat germ oil. Some of my favorite bath blends are:

- **Dragon Time**: this is a blend for a woman’s stressful time of the month. It is balancing and uplifting physically and mentally. It blends bergamot, clary sage, geranium, jasmine, lemon, palmarosa, Roman chamomile, rosewood, rose, sandalwood and ylang ylang.

- **Evening Peace**: The oils in this bath gel relaxes fatigued muscles and dampens stress and tension. Contains Bergamot, German chamomile, Roman chamomile, clary sage, geranium, jasmine, lemon, palmarosa, rosewood, rose, sandalwood and ylang ylang.

- **Morning Star**: This is an invigorating blend of essential oils that really gets me going in my morning shower. The uplifting and energizing oils include lemongrass, rosemary, juniper and peppermint.

- **Sensation**: This is a fragrant mix of oils used by Cleopatra to enhance love and increase desire to be close to someone special! Contains rosewood, ylang ylang and jasmine.
**Baby Baths**

The addition of essential oils can enhance the relaxing effects of your baby’s bath. Mix one drop of essential oil into a rich carrier oil such as jojoba, almond or wheat germ oil. Swish the mixture into the bath water and mix well before immersing your baby in the water. Remember; never put the essential oil directly into the water. Add Roman or German chamomile to relax a cranky baby and to promote a good night’s sleep. Lavender is a good choice for calming and sedating the nervous system. Fennel is an excellent choice if your baby is colicky. Choose eucalyptus or rosemary if your baby is congested.

**Water Distillers and Filters**

You can apply oils, like peppermint, lemon, clove and cinnamon to the post-filter side of your water purifier. This will help purify the water.

**Laundry**

Essential oils may be used to enhance the cleanliness and fragrance of your laundry. Recent research has shown that eucalyptus oil kills dust mites. Add twenty-five drops of eucalyptus to each load, or approximately 1/2 ounce to your laundry detergent. Instead of using toxic and irritating softening agents in the dryer, place a washcloth dampened with 10 drops of lavender, lemon, melaleuca, bergamot or other oils.

**Hot Tubs and Saunas**

Hot tubs, Jacuzzis and saunas act as reservoirs for germs, especially if used frequently. Lavender, cinnamon, clove, eucalyptus, thyme, lemon or grapefruit can be used to disinfect and fragrance the water. Use 3 drops per person. For saunas, add several drops of rosemary, thyme, pine or lavender to a spray bottle with water and then spray down the surfaces. The marriage of therapeutic essential oils and water is made in heaven. Like water, essential oils soothe, heal and nurture, reminding us of the bounty of nature’s creation. Enjoy the physical, mental, emotional and spiritual protection and upliftment that are the gift of pure essential oils.

**Symphony of Cells**

To learn more about the way our bodies can benefit from Essential Oils, see the YouTube video *Symphony of Cells* at the following link: [https://www.youtube.com/watch?v=0iEE_aFZljo](https://www.youtube.com/watch?v=0iEE_aFZljo)

Using essential oils can be both profoundly simple and life changing. A large amount of information is readily available for those who wish to increase their knowledge of essential oil applications. To find this information, visit Prema Lia (Kim) Thompson’s website [www.prema-lia.com](http://www.prema-lia.com) or doTERRA’s website [www.doterra.com](http://www.doterra.com).
**Oils and Chakra**

dōTERRA Essential Oils can open up many new insights in every life as they provide a greater connection to both the earth and the inner self. Certain oils have special links with the chakras of the body and help to sooth and open up those areas when they may otherwise be blocked or closed. The first oil listed has the strongest connection, but if you cannot obtain it, the others listed also have a powerful connection with the chakra as well. Essential oils can help us to exert better control over our chakras and free us from many illnesses, mental health problems, and increase our creativity, relationships, and self-image.

**The Root Chakra**

The Root Chakra is responsible for our connection with the energies of the earth, and it is from this chakra that most of our bodily energy comes. This chakra plays a role in procreation and expresses the three vital needs we have for physical life: security, sleep, and sexual intercourse, which all need to be refined and curbed to help us not live merely in the physical world but ascend to the spiritual as well.

**Associated Color:** Red

**Suggested Essential Oils:** Ginger, Clove, Melissa

**The Sacral Chakra**

Both a center for creative, or sexual, energies and negative energies such as gluttony, fear, envy, and hatred, the Sacral Chakra’s energies must be balanced and refined for a healthy life. This Chakra combines love and creativity to create a more powerful force and also gives us access to divine love and its empowerment.

**Associated Color:** Orange

**Suggested Essential Oils:** Clary Sage, Basil, Cinnamon

**The Solar Plexus Chakra**

The Solar Plexus Chakra plays roles in both perception of our own self-worth and in making attachments and friendships with others. It is the fire which burns in each of us and provides solace, self-respect, and strength. Linked to the Sacral and Heart Chakras, it is only with this sense of self-worth that we can combine the energy from all three and are able to make powerful friendships and create the vital ties that connect us with the rest of humanity.

**Associated Color:** Yellow

**Suggested Essential Oils:** Ylang Ylang, Bergamot, Lemon
The Heart Chakra

From the Heart Chakra flows our emotions, both profoundly good and dangerously negative, and it is only through learning to accept both our good and bad sides that we are able to balance the Heart Chakra. It is particularly in tune with curiosity, joy, and passion.

Associated Color: Green or Pink

Suggested Essential Oils: Roman Chamomile  Thyme  Lavender

The Throat Chakra

The Throat Chakra is the center for sexual, or creative, energies as well as communication and speech. Much of the energy in the Throat Chakra comes from the food we ingest and it is therefore very important to be aware of what is being put in our bodies. Linking both the good emotions with the bad, when this chakra is mastered you are better able to refine and control your emotional stability.

Associated Color: Blue

Suggested Essential Oils: Melaleuca  Geranium  Frankincense

The Third Eye Chakra

The Third Eye is associated with both altruistic feelings and higher mental processes. It helps you to access and develop desires to love, give generously, and find greater compassion and patience within yourself. It also invites stronger access to memory, awareness, and creates a connection between the conscious and unconscious minds.

Associated Color: Indigo

Suggested Essential Oils: Myrrh  Lime  Sandalwood

The Crown Chakra

The Crown Chakra, like the Root Chakra, helps us to tap into the natural energies around us, but these energies are those of a divine and transcendental nature. It is the last and most difficult Chakra to open but it can create limitless consciousness. The Crown Chakra is the center of spiritual energy and our sense of who we are in the universe.

Associated Color: White or Violet

Suggested Essential Oils: Cypress  Eucalyptus  Peppermint
Energy, Essential Oils, and Color

Everything in the universe vibrates with a special frequency of its own, and these frequencies are energy itself. Plants, animals, and even humans have their own frequencies, and when we consume other energies, we take them into ourselves and increase our vitality and vibration. Our vibrations reflect and affect our health and wellness, both mentally and physically. Yet in our modern world, we are constantly confronted by the chaos of vibrations from our electronics and other modern factors. When our vibrations meet with those caused by electronics, they can cause us to slow our vibrations, or vibrate at an unhealthy level, causing physical and mental illness.

Luckily, essential oils and simple manipulation of the colors we see in our everyday lives can help us to combat these unwanted vibrations. They can balance our health, increase our moods, and reinvigorate us to face life’s challenges! When you begin to sense a mood downturn or a decrease in health, wear colors and diffuse oils that decrease those feelings. When doing so, you will combat the chaos of society and empower yourself in amazing ways!

Many people feel depression, anxiety, and other emotions that bring down their mood and can even alter their health for the worst. There are dozens of essential oils that you can use to bring your stress down to a controllable level and help you feel much, much better! When you feel a lot of stress or anxiety, be it about work, home life, or anything at all, use essential oils like Serenity and Balance to calm yourself and bring about a sense of tranquility. You can also wear the color blue. A blue top, pretty painted blue nails, or even a vase of beautiful blue lilacs or bluestars around your desk or home can mellow out your vibrations and help you to control your stress!

Depression can feel impossibly hard, but like stress, there are easy ways to lift your mood and help your vibrations increase. Essential oils like Lemon, Wild Orange, and Citrus Bliss will bring a bright pop to your day and lift you out of your depressed mood. Likewise, wearing beautiful, bright colors like orange and yellow—orange creates joy and yellow arouses the mind—are great colors for waking you up and making you feel empowered again!
When feeling any kind of agitation, earthy tones like brown can help you revitalize yourself and feel strong, confident, and safe. When you're spending a day outside your comfort zone, be sure to rub Balance on the bottoms of your feet to keep you feeling calm and grounded. This combination will get you through your hardest days! Also great for getting through tough times is green which is known for inducing tranquility. It relieves stress and reintroduces nature and a sense of the natural into your day. Using soothing oils like Roman Chamomile and Frankincense will help keep you calm and ready for anything.

Reds, pinks, and Whites can bring some zap and power into your day, waking you up and empowering you to retake your hold on your life! Essential oils like Cinnamon, Oregano, and Peppermint will support your awake-and-alive mentality! Try wearing your favorite pair of red shoes or putting on white pants instead of black for an empowering punch to your wardrobe! Soak a toothpick in Cinnamon essential oil and suck on it at your desk to curb hunger and keep you awake all day. Add Oregano essential oil to your lunch for a real treat.

Whatever your day holds or your mind is doing, there are easy, wonderful ways to combat disrupting vibrations and reinvigorate yourself. Essential oils help not only with mood and mentality, but they can even help with your immune system upkeep! Use these techniques to bring a new pop of color and life into your day and you’ll be sure to feel awake, alive, and empowered!
Oils and Faeries

Communing with faeries is a powerful spiritual experience when we are searching for emotional or physical healing, and using essential oils can help not only to form more powerful bonds with these faeries, but can also help us focus on those entities who can provide us with the most effective help. The oils and faeries described in this manual are all of a powerful healing nature and together cover a wide variety of mental, emotional, and physical ailments.

The faeries described were summoned using a pendulum ritual from a park in Kirkland, WA during the Summer Solstice celebrations, when the energy was very powerful. The Summoner first asked the pendulum to connect each of the seven oils with one of the seven chakra and then used this combination to center herself and call upon the faerie associated with this chakra and essential oil combination.

The experience and relationship of human and faerie communication is often a subjective experience and you are encouraged to explore your own oil combinations and create an individualized connection with each oil and faerie. Let the experience below help guide and inform you on your own journey.

The Crown Chakra and Peppermint

The faerie that represents this combination lives in a very snowy, wooded forest. Her spirit is very feminine in nature, and she has long, flowing brown hair. She prefers to wear clothes made of fur to keep warm in her environment. The Peppermint Faerie’s energy is very warm and very powerful, but in a way which is also soothing and reassuring. She is very wise and can provide help and guidance through difficult situations. This faerie is a relatively young spirit, but she is full of power and mystery. She is like a warm hug on a cold day, one that makes you feel safe and secure.

The Third Eye Chakra and Frankincense

This faerie is extremely old and built like a grand maple tree in an old and untouched forest. His energy is very masculine. Birds flock to his branches, and he happily houses them, as well as other creatures including honeybees. His intuition is remarkable and finely tuned as he can see into the past and the future; he is especially talented at divination. The Frankincense Faerie prefers the southern wind, and the autumn is when he is in his prime.

The Throat Chakra and Lemon

This faerie is very bright and energetic, containing very light energy. His energy exudes the aura of small, boyish charm: very happy, playful, and full of energy. He likes to
fly high up in the sky next to the birds and airplanes and he helps to protect them during travel. The Lemon Faerie also likes to fly around with the honeybees, assisting them in the pollination of the Earth. It is advised that you not swat bees because he sometimes takes the form of a bee and as swatting understandably makes him upset, he won't speak to you after making that mistake. In some Native American traditions, the bee symbolizes the importance of stepping back and quietly examining your life.

**The Heart Chakra and Lavender**

This faerie is very tall and attractive, with an extremely curvy and womanly figure which is humanoid in appearance. The Lavender Faerie can help you when you are seeking comfort and protection from emotional harm. She has no permanent home as she travels frequently, especially to comfort those after natural, and other kinds of emotionally exhausting, disasters.

**The Solar Plexus Chakra and Cinnamon**

This faerie is tremendously happy and giggly and loves to make those who are around him laugh and dance. He has red and fiery hair, and possesses a masculine, flirtatious charm. He can be found when the sun is shining or around happy campfires. The Cinnamon Faerie feeds off of and brings with him happiness, sunshine, and warmth. He also enjoys tickling people and making them happy and can be found if you go out on a nice sunshiny day.

**The Sacral Chakra and Marjoram**

This faerie is associated strongly with the ground and helps to bring out your natural instinct and intuition. She possesses a very dark feminine energy, and her appearance is one of dark black hair and dark brown skin tones. She enjoys the wet Earth, but her energy is warm and she inspires a rhythmic dance. The Marjoram Faerie loves poetry, song, and rock concerts. She prefers to fly on the Western winds. She can be shy upon first acquaintance, but when you become close to her she is very kind and amiable.

**The Root Chakra and Ginger**

This faerie loves gardens, especially those that contain carrots, potatoes, beets, radishes, and green onions. He has a very masculine energy, and spends a lot of his time in Scandinavian gardens, although he travels frequently as well. The Ginger Faerie is very powerful, talkative, cute, happy, and loves to help your garden grow. He appreciates offerings of cream, sugar cubes, or beautiful flowers in return for his assistance in your life and garden. One of his appearances is that of a black beetle with symmetrical orange spots on his back.
**Oils and Angels**

We all have angels watching over our lives and guiding us, but in times of particular turbulence or distress, feeling connected with these guiding forces helps us to better find our way out of situations that cause confusion, pain, or fear in our lives. By using essential oils we are able to evoke a powerful connection with the archangels who are able to assist us in the areas where we feel we need the most help. We can summon archangels in our daily lives in small ways to help us and those around us find the help we seek. Filling our lives with the oils and colors of an angel allows us to create a deeper connection and begin a powerful healing process which is both physical and spiritual.

**Archangel Chamuel**

Meaning “he who sees God,” the archangel Chamuel is a protective and connecting force. This angel assists in relationships with friends, family, and colleagues and helps us to build relationships with strong foundations. Chamuel is associated with the color pink.

Chamuel is also often invoked to help with matters of the Heart Chakra and when the two are united you are better capable of loving and healing yourself and those around you. The Heart Chakra is the source of dual emotions and Chamuel helps you to embrace both the good and the bad and understand and control your natural emotional states.

**Suggested Essential Oil:** Roman Chamomile

**Archangel Gabriel**

Gabriel means “God is my strength” and acts as a messenger, playing a powerful role in the lives of artists, communicators, and spiritual messengers. Gabriel also encourages motivation and forward movement, helping us to move forward in our lives, even when we fear the future. This angel is associated with the color white.

Gabriel is associated with the Root Chakra and helps to purify and open the flow of earthly energy in your life. When the archangel and chakra and combined you are better able to purify yourself and embrace your physical needs. Gabriel and the Root Chakra connect you with the Earth and the power and deep sense of calm that comes with that connection.

**Suggested Essential Oil:** Ginger
Archangel Jophiel

Jophiel means "beauty of God" and plays an important role in beauty and the arts. Jophiel is able to lift away feelings of sadness and depression and replace them with glorious radiance and joy. This angel will bring inspiration into your life. Jophiel is associated with the color yellow.

Associated with perhaps the most powerful chakra center, the Crown Chakra, Jophiel can help you to master this very difficult power center and embrace the higher learning and power that it provides your life when you gain the divine level of spiritual freedom.

Suggested Essential Oils: Cypress

Archangel Michael

Meaning “he who is like God,” Michael’s place in our lives is helping us to brave the most difficult or scary times and events in our lives. Michael gives the courage needed to banish fear and move forward with our purpose. He is associated with the color blue.

Michael is in alignment with the Throat Chakra and plays a powerful role in opening this chakra and providing you with more peace, emotional balance, and determination. The Throat Chakra controls a number of complex and powerful emotions including pride, disappointment, thoughtfulness, and determination and with its mastery you are better able to gain a stable emotional footing.

Suggested Essential Oils: Melaleuca

Archangel Raphael

Raphael means “God heals,” and is often associated with healers. This angel also acts as a guide for those on journeys to find truth—particularly doctors searching for special cures. Raphael is associated with the color green.

Connected with the Third-Eye Chakra, Raphael is able to clear your mind and create in you a new inner wisdom and increase your concentration and mental prowess. This angel invites you to embrace your healing abilities and empowers the highest mental processes both intellectual and emotional.

Suggested Essential Oils: Myrrh

Archangel Uriel

Meaning “God’s light,” Uriel is a powerful angel with whom natural disasters are often associated. This angel can give warnings, avert disaster, and help with finding healing
and life again after a tragedy. Uriel is excellent for quick, practical solutions and associated with the color red.

Uriel has influence over the **Solar Plexus Chakra** from which we are given access to a greater sense of peace and a desire and purpose to serve God. Embracing Uriel to clear and shape this part of your life can have powerful transformative effects in both understanding your individuality and in embracing your own reasoning and logical thinking.

**Suggested Essential Oils:** Cinnamon

**Archangel Zadkiel**

Zadkiel means “God’s righteousness” and is the angel called upon when you need benevolence or forgiveness in your life. This angel both helps you to forgive others and seek forgiveness yourself. Zadkiel is associated with violet.

Connected with the **Sacral Chakra**, Zadkiel is able to purify your senses of rhythm and accuracy. Zadkiel is also able to open up creative blockages and empower sexual, or creative, energies within the body. This angel is able to both unblock and help to refine the sexual energies flowing through this chakra and empower you to take control of them.

**Suggested Essential Oils:** Clary Sage
Essential Oils and Prayer

Prayer is a tool often used in times of great emotional excitement. No matter what our feelings are, or to whom or what we are praying, it can be difficult to find the words to express our feelings. Diffused dōTERRA Essential Oils can provide an emotional grounding or help you to find the preferred mental and emotional state for prayer. Be it calm, focused, awake, or enthusiastic, dōTERRA has an oil or blend that can help you to find your emotional center to prepare for prayer.

Most experts agree that before entering any meditative state, one should ground themselves to help control our thoughts and emotions and stop them from wandering. When you can control your energies and thoughts, you are better able to focus your prayers. dōTERRA's blend Balance is perfect for helping rid yourself of anxieties and disconnectedness and firmly root your thoughts in your body and the present. Made of a blend of spruce, rosewood, frankincense, and blue tansy, Balance calms physical and mental anxieties to prepare you for a more fulfilling prayer experience.

During stressful or unpleasant times we may want to say a calm, healing prayer, and using an oil blend like dōTERRA's Serenity can help to calm stress, depression, or other difficult emotions and create the atmosphere we need. Serenity helps us to think clearly with its blend of lavender, sweet marjoram, roman chamomile, ylang ylang, sandalwood and vanilla bean. When diffused into the air you can focus meditatively even in tremulous times.

At other times we desire to have sincere and meditative prayer, but even after grounding we find it difficult to focus our thoughts or find the right words and enthusiasm. At these times blends such as dōTERRA's InTune and Elevation can help us invoke the right atmosphere. InTune is a focus blend that helps us to direct our thoughts with greater power and call upon the correct words for our prayers. Elevation is a blend that lifts the emotional state and can create a brighter, more awake mind and an enthusiastic prayer experience. Elevation can inspire more life in your prayers.
**Moon Cycle, Hormones, and Essential Oils**

As a part of nature ourselves, there are many changes in and around our environment which can massively impact our physical bodies. Not the least of these are the moon cycles, which parallels our hormonal changes each month. dōTERRA Essential Oils can help you to ease the negative effects of the body’s monthly hormone changes. Understanding the moon’s cycles can give us an estimate on what stage we are in each day and better prepare ourselves.

**What is the Moon Cycle?**

There are eight complete phases of the moon cycle:

- New (Dark Moon)—The moon is not visible during this phase
- Waxing Crescent
- First Quarter—Also called a “half-moon”
- Waxing Gibbous
- Full
- Waning Gibbous
- Third Quarter—another “half-moon”, but the side illuminated is the opposite than the side illuminated during the first quarter
- Waning Crescent

The moon cycle is about 28 days long, and each phase can affect our bodies in a physical way. These phases play with our hormones, sleep patterns, and moods which is why many people keep track of the moon cycle on their calendar. The moon cycle directly correlates with the typical 28 day feminine hormonal cycle. The effects the moon cycle can have on our bodies sometimes causes undesired physical symptoms, but using essential oils can help support our bodies during these phases.

**Moon Cycles and the Feminine Spirit—Problems and Effects**

As previously stated, the moon cycle can be directly correlated to the feminine 28-day hormonal cycle. Generally speaking, the hormonal cycle of a woman is 28 days long and goes through phases much like the moon cycle. The moon helps regulate the menstrual cycle, trigger ovulation and fertility, changes emotions, and it affects the way people behave and view the world. Women are connected to the moon by blood, hormones, and soul, and by understanding this we can use measures like aromatherapy to support us through these changes and phases.
Everyone has a unique body system that flows with the moon cycle in different ways, but the phases all correlate as women are connected to the moon. For example, during the full moon phase of the lunar cycle, if a woman is ovulating during the full moon it is a great time to conceive (or conversely a very important time to make sure to use contraceptive), or if she’s bleeding during the full moon this enhances intuition and the development of spiritual life. Becoming more aware of your own body and how the moon phases correlate to your mental and physical self helps you to understand how to use aromatherapy to aid yourself during these monthly change. Engaging with the moon cycle helps you to become more comfortable with your own menstrual cycle and feminine spirit.

Some of the ways the moon cycle can negatively affect the feminine spirit include cramping, polarized mood changes, and other physical symptoms such as headaches.

**Moon Cycles and the Masculine Spirit—Problems and Effects**

While men and masculine energy are more traditionally associated with the sun and its energy, their hormonal systems can also be influenced by the moon phases as well. There is much less information present about male hormonal cycles because little research has been done to study them, but we do know that studies conducted around the world have shown that men secrete their highest levels of sex hormones in October and their lowest levels in April. This is true despite the Australian spring being the North American autumn; men all over the world have demonstrated a similar pattern of hormonal peaks.

Men have monthly hormonal cycles just as women do, but they can be rather unpredictable and have less obvious physical symptoms. Their cycles can follow daily, seasonal and annual rhythms. The masculine hormonal cycle needs to be studied further in-depth, particularly in its relation to the moon cycles, but scientific research has shown that men go through as many, if not more, hormonal changes than women. Symptoms like polarized mood and behavior can occur during the masculine hormonal cycle.

**Essential Oils and Hormone Changes**

Citrus oils such as Lemon, Wild Orange, and Grapefruit are good for helping to balance your inner self during times of high emotional inequities due to hormonal phases. These oils can be used by diluting a few drops of citrus oils every morning into a glass of water, or the water bottle you bring to work with you. dōTERRA’s Citrus Bliss blend, which mixes all of these oils, is great for an aromatic boost during the day. Another delicious way to incorporate these oils is by putting a few drops in your coffee pot or tea kettle after brewing. It adds a nice citrusy flavor and will help balance your stress and emotional levels throughout the day.

Frankincense also plays a role in controlling hormones and calming emotions. It is easily incorporated by simply putting some into your diffuser while working. If this doesn’t
work for you, you can also rub a few drops of Frankincense essential oil on the soles of your feet before going to bed. It will help you to relax and give you peace of mind as you sleep.

**Clary Sage** is excellent for muscle cramps during menstruation. In men it is great for inducing a meditative mindset, and it will help quiet your minds and give you a clear presence for meditation and yoga. It can also relax and clear up your receptor sites. To achieve the relaxing, calming effects of Clary Sage oil you can put it in an oil diffuser. This will balance the heart and mind, help to relax, and it will clear your head gently. Clary Sage Oil can also be taken internally; a few drops diluted in water will help a woman’s premenstrual syndrome symptoms when she enters that phase of her cycle and it also calms the system, acting as a sleep aid. It is not recommended that Clary Sage Oil is taken internally if you have recently ingested any kind of alcohol as there have been many reports of vivid, horrifying nightmares from this combination.

dōTERRA’s **Elevation** and **Ylang Ylang** essential oils can help control the libido. These oils are good for the testosterone imbalances men can experience during their hormonal cycles. These oils are best diffused aromatically; a few drops can go a long way. You are advised to be weary when using these essential oils topically, however, as they may not always mix well with the body’s natural chemistry and smell. Diffuse and enjoy the aroma.

As usual, one of the best remedies is **Peppermint**. It is excellent for cramps, hot flashes, and headaches. A great way to use peppermint oil to ease the symptoms brought on by hormonal change is to dilute several drops of it into a cool, wet washcloth and place it where your body is hot or in pain. Place it on your forehead for headaches, on your back for terrible back cramps, or behind your neck when experiencing hot flashes.

To insure that you always receive the best benefits from essential oils, always use essential oils consistently and routinely, as you would a medication. It is also vital to remember that these guidelines are general and that understanding which oils work best for you as an individual is what matters the most.

**More Information:**

http://www.goodtherapy.org/blog/male-hormonal-cycles-andropause-1009127


http://www.moonphases.info/moon_phases.html

http://i49.servimg.com/u/f49/16/59/69/37/moonph10.jpg
The dōTERRA Lifestyle

As amazing as essential oils are in their own right, when combined with a healthy lifestyle, the effects become even more powerful. Incorporating a healthy diet, physical exercise, stress management, and enough sleep into your routine helps you to become your healthiest, happiest self. Uniting healthy life choices and dōTERRA oils have helped many people to see their health and happiness bettered in the long run.

Although at first it may seem like a lot of work to begin turning around bad habits and forming new, healthy ones, the attempt is entirely worth it. Adding small changes to your daily routine can make a huge impact on your mentality and ability to move with ease and feel more awake. The more small practices you add, the more energetic you’ll feel when starting the next! Essential oils can help you to ease these changes by aiding in digestion, stress management, cleansing, and more!

dōTERRA suggests six steps to help better your overall health:

**Eat Right**

It is recommended that a 2,000 calorie diet should include a minimum of nine fruits and vegetables as rich sources of antioxidants to combat cellular aging caused by free-radical molecules. dōTERRA’s *Lifelong Vitality* products provide supplemental levels of antioxidants, vitamins, minerals and other essential nutrients that may be missing in your diet.

**Exercise**

Exercise and outdoor activities help to keep a lean, healthy body composition. Staying active is as simple as walking every day. Studies suggest that a minimum of 10,000 steps a day will help maintain current weight. dōTERRA’s *Deep Blue Muscle Blend* can help you through your first steps to your marathon finish.

**Rest and Manage Stress**

Seven to nine hours of sleep per night helps maintain a healthy body and alert mind. *Lavender* and *Serenity* essential oils can assist you in reducing stress and relaxing, as well as contribute to a quality night sleep.

**Reduce Toxic Load**

Decreasing exposure to environmental toxins such as infectious microbes, chemical pollutions and poisons, and free-radical molecules can also contribute to health and vitality. dōTERRA’s non-toxic cleaners with proprietary *OnGuard® Defensive Blend* of essential oils can help protect you and your family against harmful effects to your health.
**Informed Self-Care**

Taking responsibility for your health begins with understanding your healthcare options. Customizing a self-care program specific to your individual needs begins with knowledge. dōTERRA is committed to teaching healthy lifestyle principles and providing complimentary wellness products for lifelong vitality.

**Proactive Medical Care**

When confronted with more serious health issues, seek out the counsel of licensed healthcare practitioners to diagnose and treat your condition. Educate yourself and ask lots of questions. Be a proactive participant in the selection of treatments—it’s your health, it’s your choice.

Seeing a medical practitioner is also very important. Essential oils do not replace a licensed doctor, especially for yearly preventive exams and for more severe injuries and allergies. dōTERRA Essential Oils can help you take greater control of your health and understand your body so that you can choose the right doctor and most productive means of treatment. Combine all of your resources for the longest, healthiest, happiest life you can live!
Wholesale and Retail

dōTERRA members have access to a number of wonderful benefits including receiving your oils and other dōTERRA products at a wholesale price as well as gaining access to members-only promotions and sales. Yet many people may choose not to take this route, and for those individuals, two excellent options are available: purchase your dōTERRA oils online at the retail price or contact Prema Lia (Kim) Thompson for the wholesale discount price on any purchases made through her personal dōTERRA business.

Retail Pricing

To avoid the hassle of contacting a consultant, purchasing dōTERRA oils has been made easy. Simply go to www.prema-lio.com/Essential-Oils-and-Natural-Herbs.html and follow the link to the dōTERRA website. From there, you can use your credit or debit card to purchase oils, blends, and other products from dōTERRA’s website at retail prices and have them shipped directly to your home without any intermediary!

This is a fast, efficient way to get all the goodness of dōTERRA delivered to you as quickly as possible!

Wholesale Pricing

Alternatively, Prema Lia offers you the opportunity to purchase dōTERRA Essential Oils at wholesale price, 25% off retail prices, without a membership! If this is the option you would prefer, contact Prema Lia by phone at (360) 984-5173 or email her at homeheart4u@gmail.com to request your oils. For only a small additional shipping cost, Prema Lia will order your oils, receive them at her office in Vancouver, WA, and ship them from there to your home. This process will take a few extra days.

If this is the method of purchase you choose, there are three simple payment options:

1. Send check by mail. Your oils will be sent as soon as the check clears.

2. Call into the office with your credit card and your order will be processed over the phone.

3. Use Prema Lia’s PayPal account, again going to her website at www.prema-lio.com/Essential-Oils-and-Natural-Herbs.html and follow the link to PayPal, to pay with your credit or debit card.

Purchasing dōTERRA essential oils directly from Prema Lia is a fantastic way to gain all the benefits of a dōTERRA membership and try them out before choosing to become a member yourself!
Starting Your Own dōTERRA Business

Independent Product Consultants

dōTERRA’s products are sold exclusively through Independent Product Consultants who, working from home, introduce, educate about, and sell dōTERRA products locally through person-to-person contact and globally through personalized shopping sites. These Consultants share their personal enthusiasm for our products with friends and associates via in-home demonstrations and by referring people to personalized web shopping sites. Each Independent Product Consultant (IPC) pays a $35 registration fee or purchases a membership kit and is then given access to a number of benefits including:

- Ability to purchase products at wholesale prices, 25% below retail prices.
- Earn free product purchase credits in the Loyalty Rewards program.
- Own personalized web shopping site to which you can refer your personal customers and receive retail bonuses for no additional monthly fee.
- Sponsor new consultants and receive additional bonuses on their sales and the sales of consultants they sponsor.
- Access to your own personalized business management web site with no monthly fee.
- Other special product promotions and discounts.

To find out more about how you can become a member and sell dōTERRA products, go to [Prema-lia.com](http://Prema-lia.com) and follow the link dōTERRA Essential Oils & Nature’s Sunshine Herbs to learn more!
Frequently Asked Questions

dōTERRA Questions:

- Are dōTERRA oils certified organic?

  In short, no. However, this is because the oils are imported from around the world and this makes certification difficult. The oils themselves are entirely pure following dōTERRA’s Certified Pure Therapeutic Grade® guidelines. There are no chemical additives and the oils go through several tests including Mass Spectrometry and Gas Chromatography, to ensure that you only receive a pure essential oil.

- How are dōTERRA essential oils collected and distilled?

  dōTERRA oils are collected using a low-heat steam distillation process. Steam is circulated under pressure through plant materials and the essential oils are collected in the steam. As the steam mixture cools, the water and oil naturally separate. These collected oils then continue through more chemical processes to ensure that they meet the CPTG® quality.

  Citrus oils, which come from the rinds of citrus fruit, are extracted by the compression method in which the oils are squeezed from the rinds of the plant.

- What does CPTG® mean?

  CPTG® means Certified Pure Therapeutic Grade®, which is the standard to which dōTERRA oils are held. It means that the oils are purely the aromatic extract and that there are no fillers or artificial ingredients which would lessen the potency of the oil’s healing effects. This also means the oils have gone through rigorous testing to ensure that only the best oils are collected during the right season and when the plant is at its peak. The oils are subjected to seven different tests including Mass Spectrometry and Gas Chromatography to ensure extract composition and activity are up to dōTERRA standards.

- Whom can I contact for more information?

  To get more information about dōTERRA essential oils, see either the dōTERRA webpage at www.doterra.com or visit Prema Lia’s webpage at www.prema-lia.com.

Selling dōTERRA Products:

- Where can I learn more about getting involved with dōTERRA?
Again, see Prema Lia’s webpage ([www.prema-lia.com](http://www.prema-lia.com)) or see dōTERRA Everyday at [http://www.doterraeveryday.com](http://www.doterraeveryday.com). These websites lay out the business plan and provide further information on becoming a dōTERRA Independent Product Consultant.

**Using Oils:**

- **Will an oil still work on me if I don’t like the smell/taste of it?**

  Yes! Even if a particular oil does not appeal to you, their healing and cleansing abilities do still work. In fact, it has been proven that even people without a sense of smell can gain the benefits of aromatherapy! Often an oil can be combined with other scents to make something that is more appealing for an individual sense of smell, and then not only are the benefits of the less appealing oil achieved, but those of the more appealing ones as well!

  Mixing and experimenting with oils is always encouraged, as each body reacts differently to certain oils and blends. Before deciding not to use an oil, try mixing it with other scents to see if you can find something that works better for you!

- **If I am allergic to the plant from which an oil is distilled, can I still use the oil?**

  No. Essential oils are the parts of the plant condensed and distilled to its very essence. The allergic reaction can be triggered by using an essential oil. If you are allergic to a plant, find alternatives to the oil which can produce a similar effect.

- **How do I dilute oils?**

  Diluting oils is very easy. Using a carrier oil—Fractionated Coconut Oil comes highly recommended by dōTERRA as it has a very clean texture, is unscented, and is entirely safe to eat, though vegetable and grapeseed oils can also be used—add three to four drops of carrier oil for every drop of essential oil. When this is done, mix the two thoroughly and test on a small area of skin to determine if the blend is diluted or strong enough before applying widely.

  When using oils internally, it is suggested that only one or two drops be put in eight ounces of liquid and particularly strong oils such as Black Pepper, Cinnamon, or even Peppermint should be further diluted. Using honey, tea, or another liquid to help ease drinking the essential oil is also recommended.

  When using essential oils on children, the elderly, and pets, the dilution ratio should be made much, much smaller. Very light doses of essential oils will go a long way. One drop of essential oil to ten or even twenty drops of carrier oil is a safer place to begin with these age groups.
• Why do I need to dilute oils?

Essential oils are very powerful and pure compounds, and because of this they can cause a burning sensation or other skin irritation. Individuals with sensitive skin will find that essential oils may cause slight irritation and a similar reaction can be found in children, the elderly, and pets. Diluting essential oils makes them easier for bodies to handle.

When beginning with a new essential oil, it is always suggested that an oil be further, not less, diluted and as you grow comfortable with the affect it has on your body you can increase your dosage. This is the safest way to ensure that you have no adverse effects.

• How do I get started using oils in my home?

Getting started is easy. dōTERRA offers a fantastic starter kit which includes three of the most versatile essential oils: peppermint, lavender, and lemon. There are literally over one hundred ways these oils can be used, and they’re very safe and straight-forward. For more information on the dōTERRA starter kit, contact Prema Lia (Kim) Thompson via her webpage www.prema-lia.com.

Once you’ve begun to understand how these oils work in your life, you can look to other areas that could use the help of oils, including in daily cleaning, digestion, and healing minor wounds. The Introductory Kit is a great way to get started understanding oils and also comes with a booklet and an audio CD to help you navigate your way through understanding essential oils.

If you want to begin with more options, dōTERRA offers a number of other kits which offer more oils, blends, and information. They focus on everything from cleaning to healing and come with a dōTERRA membership as well!

It is always encouraged that you begin using essential oils with the help of an experienced essential oils user. Prema Lia (Kim) Thompson is always willing to offer her abundance of knowledge to anyone with questions about using dōTERRA products. For more information on how to get ahold of Prema Lia, visit her website at www.prema-lia.com

• My oil smells different than usual, why? Does it affect the quality?

No. Because dōTERRA oils are completely pure and come from the plant source itself, occasionally there are alterations in the oil’s color and scent. These changes reflect the weather or growing state during the plant’s season. Nevertheless, you can trust that dōTERRA’s CPTG® oils will continue to uphold their high quality and healing abilities even if the scent is slightly altered.
**dōTERRA Resources**

http://www.prema-lia.com  Gain access to dōTERRA essential oils and more! Learn about and purchase essential oils at retail and wholesale prices and gain access to a number of spiritual resources through Prema Lia’s Clairvoyant, Clairsentient, and Clairaudient abilities.

http://www.doterra.com  dōTERRA’s official website. Gives access to company information, essential oils use techniques, and a number of other great resources for introducing yourself and your friends to dōTERRA Essential Oils.

http://www.doterra.com/convention  You can find information about dōTERRA Essential Oil events by visiting the convention page.

http://www.doterra.com/healinghands  In addition to dōTERRA’s Essential Oil business, they also have begun a nonprofit dedicated to bring healing and hope to the world, for providing lives free of disease and poverty, and to ultimately help impoverished cultures to be self-reliant. This site features the latest projects, and information on how to donate, and get involved.

http://www.oilsmentor.com  Oils Mentor provides free access to a number of videos and audio files which can be used to train yourself to safely and effectively employ essential oils and grow your own dōTERRA business.

http://www.doterraeveryday.com  dōTERRA Everyday is your number one site for access to the latest essential oils research, dōTERRA product deals, news, newsletters and magazines, recipes, and more all on one website designed to broaden your knowledge and help you integrate essential oils into every aspect of your life.

http://www.doterraundergraduate.com  Learn the six steps to creating the ideal personalized dōTERRA business and gain access to certifications which will take your business to the next level.

http://www.doterratools.com  dōTERRA Tools provides your dōTERRA business with all the resources it needs to educate and inform your customers with the most up-to-date information and presentation dōTERRA has to offer!

http://www.doterra.com/leadership2014  Each year, dōTERRA holds an IPC leadership retreat. If you are serious about growing your dōTERRA business, you should work to qualify to attend this annual event!

http://www.doterra.com/diamondclub  Diamond Club is a periodic business building incentive for qualifying dōTERRA IPCs to ignite their business by generating new business
and momentum through events. The purpose of Diamond Club is to help IPCs reach Diamond by establishing new leaders and sales teams outside their local area while continuing to support and build their existing home team.

http://www.iamslimandsassy.com Slim & Sassy® is dōTERRA’s unique and all-natural oil blend created to help you lose weight and feel fantastic. This website gives you access to the competition, stories, and weight-loss programs offered by the Slim & Sassy campaign.

http://www.aromatouchtechnique.com The AromaTouch Technique website offers a number of resources for those looking to become certified in the AromaTouch technique, keep up with the latest information and updates on the technique, or participate in a class or convention.

http://doterrablog.com The dōTERRA blog offers a number of tips for using essential oils for cleaning, health, cooking and more!

http://www.everythingessential.me Everything Essential offers an expanded database of symptoms, oils, the best remedies for diseases, and more!

http://mydopro.com This website offers a number of instructional videos. Sign up and make a free account!

http://aromatools.com This website offers access to the most recent Modern Essentials book, which has everything you need to become an essential oil pro!

dōTERRA is also active on the following social media sites:

Facebook: https://www.facebook.com/doterra
LinkedIn: http://www.linkedin.com/company/d-terra
Twitter: https://twitter.com/doterra
YouTube: https://www.youtube.com/user/doTERRAcorp
Pinterest: http://www.pinterest.com/doTERRA/
### Basil Essential Oil
*Ocimum basilicum* 15 mL

Valued for its restorative and calming properties, basil is commonly used for soothing sore muscles and joints, to ease breathing and as a cooling agent for the skin.*

*Wholesale: $20.00  Retail: $26.67*

### Bergamot Essential Oil
*Citrus bergamia* 15 mL

A highly favored oil for its lovely fragrance, bergamot is unique among citrus oils for its calming properties. dōTERRA, in keeping with the CPTG Certified Pure Therapeutic Grade® standard, cold-presses the oil from the rind of the bergamot fruit.

*Wholesale: $27.50  Retail: $36.67*

### Black Pepper Essential Oil
*Piper nigrum* 5 mL

A stimulating and highly antioxidant essential oil which has been shown to improve circulation, aid digestive system, as well as help curb urges to smoke. Black Pepper is also a wonderful flavor but a little goes a long way, use sparingly.

*Wholesale: $22.00  Retail: $29.33*

### Cassia Essential Oil
*Cinnamomum cassia* 15 mL

Cassia, a close relative of cinnamon, is notable for its wonderful fragrance. Cassia has been used for thousands of years for both its calming properties and fragrance.

*Wholesale: $19.00  Retail: $25.33*

### Cilantro Essential Oil
*Coriandrum sativum* 15 mL

Cilantro comes from the leaves of the coriander plant and is a fresh and tasty flavor enhancer used by food connoisseurs. There are also many diverse therapeutic benefits that may be enjoyed, including digestive, antioxidant and stimulating.

*Wholesale: $13.00  Retail: $17.33*

### Cinnamon Essential Oil
*Cinnamomum zeylanicum* 5 mL

Cinnamon's popularity as an essential oil stems from its many therapeutic uses, including cinnamon's cleansing properties and its usefulness with aches and pains.

*Wholesale: $21.00  Retail: $28.00*
**Clary Sage Essential Oil**  
*Salvia sclarea*  
15 mL

Known for its uplifting and mood-lightening attributes, clary sage is also widely used by women to soothe monthly discomfort associated with their menstrual cycles.* It was also studied by noted expert Robert Tisser and for its mood-enhancing properties during massage.

Wholesale: $36.50  
Retail: $48.67

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**Clove Bud Essential Oil**  
*Eugenia caryophyllata*  
15 mL

Clove is much more than a popular cooking spice—it is a favorite among both healthcare professionals and health conscious individuals for its many useful and healing properties. It is also a powerful antioxidant.

Wholesale: $14.00  
Retail: $18.67

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**Coriander Essential Oil**  
*Coriandrum sativum*  
15 mL

Popular across many cultures for various uses, coriander essential oil is extracted from the seed of the coriander plant. Coriander's healthful therapeutic benefits, which can be attributed to its extremely high linalool content, range from digestive support to supporting a healthy insulin response.

Wholesale: $26.00  
Retail: $34.67

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**Cypress Essential Oil**  
*Cupressus sempervirens*  
15 mL

Distilled from the twigs and foliage of the cypress tree, cypress essential oil is popularly used to clear breathing and as a throat gargle. It can also be used to ease tight, tense muscles and used topically to support localized blood flow. A blend of cypress and grapefruit is used in spa therapies for beautifying legs and hips.

Wholesale: $15.50  
Retail: $20.67

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**Eucalyptus Essential Oil**  
*Eucalyptus radiata*  
15 mL

Because of the many influential compounds found in eucalyptus, it is a key ingredient in cough and throat medicines and chest ointments. Eucalyptus is used widely both for its calming and clearing properties as well as to ease breathing.

Wholesale: $14.00  
Retail: $18.67

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**Fennel (Sweet) Essential Oil**  
*Foeniculum vulgare*  
15 mL

Used for centuries for its many health benefits, fennel essential oil has pronounced antioxidant properties and is considered a tonic. It is often used to relieve indigestion (supporting the healthy functions of the stomach), aiding in any kind of digestive trouble and to support improvements to the lymphatic system. Fennel’s sweet yet spicy aroma is balancing and may bring to mind licorice.

Wholesale: $15.00  
Retail: $20.00
Geranium Essential Oil
Pelargonium graveolens 15 mL

Geranium offers outstanding benefits for soothing skin and is a common ingredient in many skin care products. Also useful for joint support and tempering minor aches and pains, geranium's calming effects make it a popular choice for many essential oil users.

Wholesale: $27.00 Retail: $36.00

Ginger Essential Oil
Zingiber officinale 15 mL

Although ginger is an indispensable component of worldwide cuisine, it is most notable for its ability to ease indigestion. Ginger's sweet, citrusy fragrance accompanies a multitude of other therapeutic benefits.

Wholesale: $29.00 Retail: $38.67

Lemon Essential Oil
Citrus limon 15 mL

Another favorite, this essential oil powerhouse is cold pressed from lemon rinds to preserve its delicate nature and potent properties. Lemon is known as a powerful aromatic, topical and internal cleanser and can be used to complement many other oils. Diffusing lemon in a room can cleanse the air and uplift mood. It can also be used on surfaces throughout the home as a non-toxic cleaning booster.

Wholesale: $10.00 Retail: $13.33

Frankincense Essential Oil
Boswellia frereana 15 mL

Perhaps the most precious of the ancient oils, frankincense is highly sought after by modern consumers for its many uses—including relaxation, immune support, and mood enhancement.

Wholesale: $69.75 Retail: $93.00

Helichrysum Essential Oil
Helichrysum italicum 5 mL

One of the most precious and sought-after essential oils, helichrysum has traditionally been used for its soothing and regenerative effects. The rare essential oil of helichrysum is distilled from the flower cluster of an evergreen herb and is highly prized by essential oil users.

Wholesale: $75.00 Retail: $100.00

Grapefruit Essential Oil
Citrus X paradise 15 mL

Grapefruit's fresh, invigorating aroma is sure to uplift the mood and please the senses. Pressed from the rind, grapefruit is more than just a fresh scent—it's cleansing and invigorating properties have made it a favorite among essential oil lovers.

Wholesale: $16.00 Retail: $21.33
**Lemongrass Essential Oil**  
*Cymbopogon flexuosus*  
15 mL

Lemongrass has long been used in Asian and Caribbean cooking due to its subtle lemony flavor and aroma. It has been found to support healthy digestion, and soothe aching muscles.

*Wholesale:* $10.00  
*Retail:* $13.33

**Lavender Essential Oil**  
*Lavandula angustifolia*  
5 mL

Our most popular oil, lavender has been cherished for its unmistakable aroma and its therapeutic properties for thousands of years. Lavender is widely used and acknowledged for its calming and relaxing qualities.

*Wholesale:* $19.00  
*Retail:* $25.00

**Melissa Essential Oil**  
*Melissa officinalis*  
5 mL

Our most expensive and rare oil, Melissa essential oil has a sweet, fresh, citrus-like fragrance and is steam distilled from the fresh flowering tops, leaves and stems of the Melissa officinalis plant. With a wide range of therapeutic properties, Melissa can be used for calming the nerves, addressing stomach discomfort, mood support and seasonal bugs. Because the Melissa plant has an oil yield of less than 1/10 of 1%, it is one of the most commonly adulterated oils.

*Wholesale:* $115.00  
*Retail:* $153.33

**Lime Essential Oil**  
*Citrus aurantifolia*  
15 mL

With its sharp, citrus smell, Lime is one more essential oil to add to your favorites! Lime’s stimulating and refreshing properties can affect mood, as well as being a powerful aromatic, topical and internal cleanser. Lime is also popular for use on joints and for seasonal bugs.

*Wholesale:* $19.00  
*Retail:* $25.00

**Marjoram Essential Oil**  
*Origanum majorana*  
15 mL

Also referred to as “wintersweet” or “joy of the mountains,” marjoram is one of the most common herbs found in kitchens around the world. Valued for its calming properties, marjoram may be applied topically to soothe tired, stressed muscles or to support the respiratory or nervous system.

*Wholesale:* $19.00  
*Retail:* $25.33

**Melaleuca Essential Oil**  
*Melaleuca alternifolia*  
15 mL

Recognized by its more common name “tea tree”, melaleuca has been revered for its cleansing and regenerative properties, especially for the skin. Composed of more than ninety different compounds, melaleuca has limitless therapeutic applications.

*Wholesale:* $19.00  
*Retail:* $25.33
Myrrh Essential Oil
*Commiphora myrrha* 15 mL

Historically, myrrh has been used in many ways—from meditation to embalming in ancient Egypt. Modern herbalists frequently recommend myrrh for its cleansing properties, especially for the mouth and throat. Myrrh is also excellent for calming the skin.

*Wholesale: $52.00  Retail: $69.33*

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Roman Chamomile Essential Oil
*Anthemis nobilis* 5 mL

The most versatile of the chamomiles, Roman chamomile is extracted from the small, white, daisy-like flower of the Roman chamomile plant. Used widely for its calming properties, Roman chamomile is especially soothing to the systems of the body and helps to support a healthy inflammatory response.

*Wholesale: $33.00  Retail: $44.00*

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Patchouli Essential Oil
*Pogostemon cablin* 15 mL

Patchouli oil has an easily recognizable rich musky-sweet fragrance. It can have a grounding, balancing effect on the emotions while providing excellent mood support. Patchouli is also widely used for wounds and tissue repair, as well as in skin care preparations for these same properties.

*Wholesale: $29.50  Retail: 39.33*

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Peppermint Essential Oil
*Mentha piperita* 15 mL

Peppermint is popular in countless forms—from toothpaste to chewing gum. As an essential oil, it is useful to ease breathing and as a digestive aid.

*Wholesale: $20.50  Retail: $27.33*

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Oregano Essential Oil
*Origanum vulgare* 15 mL

Hippocrates, the father of medicine, used oregano as a cleansing agent as well as for digestive and respiratory support. High in antioxidant activity, oregano contains phenolic acids and flavonoids.

*Wholesale: $24.00  Retail: $32.00*

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Rosemary Essential Oil
*Rosmarinus officinalis* 15 mL

Considered sacred by ancient Greeks, Romans, Egyptians and Hebrews, it has been revered by healers for centuries for digestive uses and for muscle aches.

*Wholesale: $14.00  Retail: $18.67*

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Sandalwood Essential Oil
*Santalum album* 5 mL

With a documented history of use of several thousand years and a wide variety of applications, sandalwood is most notable for its smoothing effects on skin and for its mood-enhancing properties.

*Wholesale: $61.75  Retail: $82.33*
Thyme Essential Oil
*Thymus vulgaris* 5 mL

Thyme, familiar to most as a seasoning for cooking, produces an essential oil that has valuable cleansing and clarifying properties. It is also notable for its broad-spectrum activity for winter health.

*Wholesale:* $61.75  *Retail:* $82.33

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Vetiver Essential Oil
*Vetiveria zizanoides* 15 mL

Vetiver is loved for its rich, exotic and complex aroma. Vetiver’s woody, earthy scent balances many other oils. Vetiver also has many uses, including as an antioxidant and for relaxation.

*Wholesale:* $27.50  *Retail:* $36.67

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White Fir Essential Oil
*Abies alba* 15 mL

Derived from the soft needles of the tree, white fir is a favorite among essential oil users for its ability to comfort and soothe muscle aches when applied topically.

*Wholesale:* $20.00  *Retail:* $26.67

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Wild Orange Essential Oil
*Citrus sinensis* 15 mL

Wild orange is excellent for energizing and revitalizing. It is also commonly used as an effective tool for uplifting mood, as well as for its wonderful citrusy aroma.

*Wholesale:* $10.50  *Retail:* $14.00

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Wintergreen Essential Oil
*Gaultheria procumbens* 15 mL

Most modern consumers are familiar with the aroma and flavor of wintergreen due to its popularity in candy and chewing gum. Wintergreen essential oil, however, has much more to offer therapeutically—as a comforting agent for aches and pains, for example.

*Wholesale:* $16.00  *Retail:* $21.33

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Ylang Ylang Essential Oil
*Cananga odorata* 15 mL

Ylang ylang, while famed for its exquisite fragrance and long history as a component of perfumes, has much to offer therapeutically. It is an effective mood uplifting agent as well as having calming properties.

*Wholesale:* $35.25  *Retail:* $47.00
Oil Blends

Aromatouch®
Massage Blend 15 mL

dōTERRA’s proprietary massage blend combines the therapeutic benefits of oils well-known to relax muscles, calm tension, soothe irritated tissue, increase circulation and smooth limbs. AromaTouch combines basil, grapefruit, cypress, marjoram, peppermint and lavender in a perfectly relaxing blend.

Wholesale: $26.00  Retail: $34.67

Balance
Grounding Blend 15 mL

The warm, woody aroma of Balance, dōTERRA’s grounding blend, creates a sense of calm and well-being. We perfectly blend spruce, rosewood, frankincense and blue tansy to offer an enticing fragrance which promotes tranquility and a sense of balance.

Wholesale: $20.00  Retail: $26.67

Breathe
Respiratory Blend 15 mL

dōTERRA essential oils are a perfect way to ease breathing. Breathe is a remarkable blend of essential oils which combine to help you breathe easier. A proprietary blend including laurel leaf, peppermint, eucalyptus, melaleuca, lemon and ravensara cleanses and soothes the airways, and can be applied topically to the chest, back or bottom of feet. Its pleasant aroma is calming to the senses and perfect for nighttime diffusion allowing for restful sleep.

Wholesale: $20.00  Retail: $26.67

ClaryCalm™
Monthly Blend for Women 10 mL

dōTERRA® ClaryCalm™ is a proprietary blend of Certified Pure Therapeutic Grade essential oils that have been traditionally used to balance hormones and manage symptoms of PMS and the transitional phases of menopause. A topical blend of clary sage, lavender, bergamot, Roman chamomile, cedarwood, ylang ylang, geranium, fennel, carrot seed, palmarosa and vitex, ClaryCalm provides respite from cramps, nausea, hot flashes, and the emotional swings sometimes associated with regular hormone cycles in women.

Wholesale: $24.50  Retail: $32.67
Citrus Bliss
Invigorating Blend 15 mL
dōTERRA’s Citrus Bliss invigorating blend merges the benefits of citrus essential oils. We combine powerful essences of wild orange, lemon, grapefruit, mandarin, bergamot, tangerine and clementine with a hint of vanilla to form this unique and harmonious blend. With benefits that extend beyond elevating mood and reducing stress, Citrus Bliss has natural compounds with cleansing properties. Mixed with water, Citrus Bliss is a perfect solution for disinfecting countertops and other surfaces while emitting a fresh, sweet scent.

ATN Wholesale: $15.00 Retail: $20.00

Clear Skin
Topical Blend 10 mL
With a unique blend of essential oils including rosewood, melaleuca, eucalyptus, geranium and lemongrass, along with black cumin seed oil, dōTERRA’s Clear Skin Topical Blend creates an environment unfriendly to bacteria and microbes that cause unsightly and persistent reactions in the skin. Helps control overactive sebaceous glands, soothing irritated skin and assisting in cell rejuvenation helping skin look and feel even and clear.

TN Wholesale: $21.00 Retail: $28.00

Deep Blue®
Soothing Blend 5 mL
According to recent studies, more than half of us are sufferers of ongoing discomfort. Deep Blue is dōTERRA’s soothing solution to this challenge. Wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum and osmanthus work together to ease achy joints and sore muscles. Its effects are deep and penetrating with sustained results. Once gently rubbed into the area of discomfort, Deep Blue’s cool therapeutic benefit will be felt almost immediately.

TS Wholesale: $32.00 Retail: $42.64

Digestzen®
Digestive Blend 15 mL
Many essential oils have been recognized through research as powerful agents to help restore normal balance in the digestive system. DigestZen® takes advantage of these well-established therapeutic compounds in a proprietary blend of pure essential oils. Ginger, peppermint, tarragon, fennel, caraway, coriander and anise each have specific attributes which add to the overall efficacy of this potent blend. When used internally, dōTERRA’s DigestZen® brings soothing digestive relief.

ATIN Wholesale: $31.00 Retail: $41.33
**Elevation™**

*Joyful Blend*  
15mL

Elevation is a blend for those moments when you need to be revitalized. This exciting blend provides essential oils that can elevate your mood and increase your vitality. Elevation is a blend of lavandin, tangerine, elemi, lemon myrtle, melissa, ylang ylang, osmanthus and sandalwood blended flawlessly for an immediate and dramatic effect.

*Wholesale*: $37.00  
*Retail*: $49.33

**Intune™**

*Focus Blend*  
10 mL

A proprietary blend of carefully selected essential oils to enhance focus and support healthy thought processes. Supporting efforts of those with difficulty paying attention and staying on task, these essential oils help sustain focus.

*Wholesale*: $34.50  
*Retail*: $46.00

**Immortelle**

*Anti-Aging Blend*  
10 mL

dōTERRA’s proprietary blend of renewing essential oils, used throughout history for their beautifying benefits, Immortelle Anti-Aging Blend is formulated to protect and nourish skin while helping to reduce inflammation. Supporting skin health at the cellular level, this essential oil blend of frankincense, sandalwood, lavender, myrrh, helichrysum and rose, helps sustain smoother, more radiant and youthful skin.

*Wholesale*: $69.50  
*Retail*: $92.67

**Pasttense®**

*Tension Blend*  
10 mL

Pasttense®, dōTERRA’s proprietary blend for tension and the discomfors associated with headaches, provides calming comfort with wintergreen, lavender, peppermint, frankincense, cilantro, marjoram, Roman chamomile, basil and rosemary. Packaged in roll-on bottle.

*Wholesale*: $18.50  
*Retail*: $24.67

**Whisper™**

*Blend For Women*  
5 mL

dōTERRA’s most appealing essences, Whisper, combines oils which blend with your individual chemistry to create a beautiful and unique fragrance. Contains rose, jasmine, bergamot, cinnamon, cistus, vetiver, ylang ylang, cocoa, vanilla, sandalwood and patchouli.

*Wholesale*: $24.00  
*Retail*: $32.00
**Zendocrine®**
*Detoxification Blend  15 mL*

dōTERRA’s Zendocrine essential oil blend is a proprietary blend of therapeutic-grade essential oils of clove, grapefruit, rosemary and geranium that have been studied for support of healthy liver function. This blend is formulated to be used individually or in combination with the Zendocrine botanical extract complex.

![ATIN]  
*Wholesale: $24.50  Retail: $32.67*

**Purify**
*Cleansing Blend  15 mL*

From bug bites to sneezes, protecting yourself is more important than ever. Purify is dōTERRA’s formidable blend of CPTG essential oils designed to eliminate odors and other contaminates naturally—without toxic additives. Its refreshing aroma quickly eradicates unpleasant odors and clears the air and environment with the essential oils of lemon, lime, pine, citronella, melaleuca, and cilantro.

![ATIN]  
*Wholesale: $18.00  Retail: $24.00*

**Serenity**
*Calming Blend  15 mL*

Serenity is a blend of essential oils with known calming properties which create a sense of well-being and relaxation. Lavender, sweet marjoram, Roman chamomile, ylang ylang, sandalwood and vanilla bean create a subtle aroma ideal for aromatic diffusion or topical application. Applied to the bottom of the feet at bedtime, dōTERRA’s Serenity is an excellent way to support restful sleep. Added to a warm bath Serenity creates the perfect escape with its peaceful, renewing fragrance.

![ATIN]  
*Wholesale: $30.00  Retail: $40.00*

**OnGuard®**
*Protective Blend  15 mL*

OnGuard® is dōTERRA’s unique, proprietary blend formulated to support healthy immune function. A combination of wild orange, clove, cinnamon, eucalyptus and rosemary essential oils offer a fragrant, natural and effective alternative to synthetic options for immune support. OnGuard®, with its unique aroma, is one of our most versatile blends. It is also safe to use on counter tops, as a non-toxic way to cleanse surfaces, or to clear the atmosphere by diffusing. OnGuard® is superb for eliminating and controlling pathogens due to the potency of its constituents.

![ATIS]  
*Wholesale: $32.00  Retail: $42.67*
**Slim & Sassy®**

*Metabolic Blend* 15 mL

dōTERRA’s Slim & Sassy® is a proprietary formula of grapefruit, lemon, peppermint, ginger and cinnamon essential oils. Just add 8 drops to 16 oz. of water and drink between your healthy meals throughout the day to help manage hunger, calm your stomach and lift your mood. Slim & Sassy® is 100% pure essential oils, does not contain diuretics or stimulants, and has zero calories.

**Wholesale: $24.50**  
**Retail: $32.67**

**Terrashield®**

*Repellent Blend* 15 mL

Terrashield® is dōTERRA’s all-natural, super-concentrated insect repellent formulated with a proprietary blend of 15 CPTG® essential oils that have been scientifically shown to repel insects more effectively than other synthetic insect repellents. Just a small amount of super-concentrated Terrashield® will provide powerful coverage and lasts up to 6 hours per application. Terrashield® smells great and can be used safely by everyone in the family without worry.

**Wholesale: $9.50**  
**Retail: $12.67**
**Essential Oil Kits:**

**Enrollment Kits:**

**Cleanse & Restore Enrollment Kit**
*This kit includes: $150.00*

- Lifelong Vitality Pack
- GX Assist®
- PB Assist+®
- Lemon Essential Oil (15 mL)
- dōTERRA IPC Introductory Packet
- Enrollment

**Family Physician® and Slim & Sassy Kit**
*This kit includes: $150.00*

- Family Physician Kit (5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen® and OnGuard®
- Slim & Sassy Essential Oil Blend
- dōTERRA IPC Introductory Packet
- Enrollment

**Family Wellness Kit**
*This kit includes: $250.00*

- Lifelong Vitality Pack
- PastTense® (10 mL)
- Fractionated Coconut Oil
- Family Physician Kit (5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen® and OnGuard®
- OnGuard® Foaming Hand Wash and two dispensers
- dōTERRA IPC Introductory Packet
- Enrollment
Home Essentials Kit
This kit includes: $250.00

- 15 ml Essential Oils: Lavender, Lemon, Melaleuca, Oregano, Peppermint, Breathe, DigestZen®, OnGuard®
- 5 ml Essential Oils: Frankincense, Deep Blue®
- 10 ml Essential Oil Blend: PastTense®
- dōTERRA IPC Introductory Packet
- Enrollment

Premium Essential Oils Kit
This kit includes: $515.00

- 5 ml Essential Oils: Purify, Deep Blue®, Elevation™, Serenity, Balance, Eucalyptus, DigestZen®, Wild Orange, Grapefruit, Lemongrass, Marjoram, AromaTouch®, Oregano
- Aroma Lite Diffuser
- PastTense® (10 mL)
- Fractionated Coconut Oil (4 oz bottle)
- Introduction to Essential Oils audio (5)
- Wooden dōTERRA storage box
- ⅝ Dram sample vials (12 vials)
- dōTERRA IPC Introductory Packet
- Enrollment

Wellness Complete Kit
This kit includes: $525.00

- Lifelong Vitality Pack
- TerraZyme® (15 mL)
- Family Physician Kit (5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen® and OnGuard®)
- Essential Skin Care Kit with Invigorating Scrub
- AromaTouch Technique® Kit: (5 mL bottles of Balance, Lavender, Peppermint, Melaleuca, Wild Orange, AromaTouch®, Deep Blue®, and OnGuard®.
- Lotus Diffuser
- dōTERRA IPC Introductory Packet
- Enrollment
**Oil Sharing Enrollment Kit**

This kit includes: $1,150.00

- **Essential Oils** (15mL unless otherwise noted)
  - 1 Bottle Each: Coriander, Grapefruit, Oregano, Citrus Bliss, Deep Blue (10 mL), Elevation, Serenity
  - 2 Bottles Each: Frankincense, Lemon, Wild Orange, AromaTouch®, Balance, PastTense® (10 mL), Slim & Sassy®
  - 3 Bottles Each: Lavender, Melaleuca, Peppermint, Breathe®, Deep Blue® (5 mL), DigestZen®, OnGuard®

- Lotus Diffuser
- Opportunity Brochure (10)
- Product Guide (10)
- ⅝ Dram Sample Vials (72)
- Cap Stickers for Common Oils (5 Sheets)
- Fractionated Coconut Oil (4 oz. bottle)
- Sample Keychain
dōTERRA IPC Introductory Packet*
- Enrollment

**Natural Solutions Kit**

This kit includes: $550.00

- 5 mL Essential Oils: Serenity®, DigestZen®, Purify®, Melaleuca, Oregano, AromaTouch®, Frankincense, Breathe®, Balance®
- 10 mL Essential Oils: Past Tense®, Clear Skin, Solace
- 15 mL Essential Oils: Lavender, Lemon, Peppermint, OnGuard®, Slim & Sassy®, TerraShield®, Lemongrass
- Fractionated Coconut Oil (4 oz. bottle)
- Lifelong Vitality®
- ZendoCrine® Capsules
- TerraZyme® Capsules
- Clear Skin Foaming Face Wash
- OnGuard® Toothpaste
- Deep Blue® Rub
- Sample Vials
- Lotus Diffuser
- Wooden Box
- Enrollment
Every Oil Enrollment Kit
This kit includes:  
Wholesale: $1,550.00  Retail: $2,066.67
- Essential Oils (15 mL unless otherwise noted)
  - **Singles:** Basil, Bergamot, Cassia, Cinnamon (5 mL), Clary Sage, Clove, Coriander, Cypress, Eucalyptus, Fennel, Frankincense, Geranium, Ginger, Grapefruit, Helichrysum (5 mL), Lavender, Lemon, Lemongrass, Lime, Marjoram, Melaleuca, Melissa (5 mL), Myrrh, Oregano, Patchouli, Peppermint, Roman Chamomile (5 mL), Rosemary, Sandalwood (5 mL), Thyme, Vetiver, White Fir, Wild Orange, Wintergreen, Ylang Ylang
  - **Blends:** AromaTouch®, Balance, Breathe, Citrus Bliss, ClaryCalm™ (10 mL), Clear Skin™ (10 mL), Deep Blue® (5 mL), DigestZen®, Elevation™, Immortelle (10 mL), OnGuard® (5 mL), PastTense® (10 mL), Purify, Serenity, Slim and Sassy®, TerraShield®, Whisper™ (5 mL), Zendocrine®
- Fractionated Coconut Oil (4 oz. Bottle)
- Canvas Bag
- Lotus Diffuser
- dōTERRA IPC Enrollment Packet
- Enrollment

dōTERRA® Diamond Kit
This kit includes:  
Wholesale: 2,500.00  Retail: $3,333.33
- **15 mL Essential Oil Singles:** Basil, Bergamot, Cassia, Clary Sage, Clove, Coriander, Cypress, Eucalyptus, Fennel (Sweet), Frankincense, Geranium, Ginger, Grapefruit, Lavender, Lemon, Lemongrass, Lime, Marjoram, Melaleuca, Myrrh, Oregano, Patchouli, Peppermint, Rosemary, Thyme, Vetiver, White Fir, Wild Orange, Wintergreen, Ylang Ylang
- **15 mL Essential Oil Blends:** AromaTouch®, Balance, Breathe, Citrus Bliss, DigestZen®, Elevation, OnGuard®, Purify, Serenity, Slim & Sassy®, TerraShield®, TerraZyme, Zendocrine®
- **5 mL Essential Oil Singles:** Cinnamon, Helichrysum, Roman Chamomile, Sandalwood, Melissa
- **5 mL Essential Oil Blends:** Deep Blue®, Whisper
- **10 ml Roll-on Bottles:** PastTense®, Clear Skin, Immortelle, ClaryCalm
- **1 Each:** Fractionated Coconut Oil, Canvas Bag with Logo, Introduction to Essential Oils Kit, Family Physician® Kit, Essential Skin Care Kit with Invigorating Scrub, and Lifelong Vitality Nutritional Product Kit, AromaTouch® Kit, Lotus Diffuser, OnGuard®, Lozenges, OnGuard® Foaming Hand Wash with 2 dispensers, PB Assist®+, GX Assist®, Sanobella Shampoo and Conditioner, Citrus Bliss Bath Bar, Serenity Bath Bar, Zendocrine, Hand and Body Lotion, Trim Shake-Chocolate, Trim Shake-Vanilla, Women’s Bone Nutrient Lifetime Complex, Women’s Phytoestrogen
Lifetime Complex, Clear Skin Foaming Face Wash, Deep Blue Rub, Hydrating Cream, OnGuard® Natural Whitening Toothpaste

- **10 Each:** Product Guide, Introduction to Essential Oils Audio CD and Booklets, Family Physician Audio CD and Booklets, Skin Care Brochures, Opportunity Brochures, Slim & Sassy Booklets
- 12 Amber 5/8 Dram Vials
- dōTERRA IPC Introductory Packet

**Leadership Kits**

**EMPOWER Kit (Summer 2014)**
The EMPÔWER Kit makes it easy for you to introduce family and friends to dōTERRA. The kit includes: $50.00

- Twenty issues of dōTERRA Living Magazine, a unique lifestyle magazine packed with product and wellness tips to help you make the most of a healthy dōTERRA lifestyle.
- Twenty 5 mL bottles of dōTERRA Wild Orange essential oil
- Thirty invitation cards allowing attendees of your next event to redeem a copy of dōTERRA Living Magazine and a 5 mL bottle of dōTERRA Wild Orange essential oil.

**Introductory Kit with CD (6 Kits)**
The Introductory Kit with CD (6 Kits) is ideal for anyone who is eager to share with friends and family. These beautifully packaged kits make great gifts and will introduce beginners to the benefits of dōTERRA®’s CPTG Certified Pure Therapeutic Grade essential oils.

This kit includes: Wholesale: $115.00 Retail: $153.33

- 5 mL bottles of Lavender, Lemon, and Peppermint

**Family Physician® Kit (7 Kits)**
The Family Physician® Kit is a collection of ten nurturing essential oils, including six single oils and four blends. The stunning packaged kits make great gifts and will introduce beginners to the benefits of dōTERRA®’s CPTG Certified Pure Therapeutic Grade essential oils.

This kit includes: Wholesale: $750.00 Retail: $1,000.00

- 5 ml bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen®, and OnGuard®
- 7 Family Physician Kits.
**ArōmaTouch Technique® Kit (7 Kits)**
Increase the benefits you experience with CPTG® Essential Oils by incorporating the AromaTouch® Technique into your healthy lifestyle philosophy.  
*Each kit includes:*
- **Wholesale:** $600.00  
- **Retail:** $800.00

- **5 mL Essential Oils:** Balance, Lavender, Peppermint, Melaleuca, Wild Orange, AromaTouch, Deep Blue®, and OnGuard®.
- Also included with each kit is the AromaTouch overview booklet, presentation box.

**Loyalty Rewards Kits**

**Healthy Inside & Out Kit**
*This kit includes:*  
- Lifelong Vitality Pack  
- Essential Skin Care Kit with Invigorating Scrub

**Monthly Vitality Kit**
*This kit includes:*  
- Lifelong Vitality Pack  
- TerraZyme® (15 mL)  
- PastTense® (10 mL)  
- OnGuard® (15 mL)

**Women’s Health Kit**
*This kit includes:*
- **Wholesale:** $69.50  
- **Retail:** $92.67

- Women’s Phytoestrogen Complex (60 capsules)  
- Women’s Bone Nutrient Complex (120 capsules)  
- ClaryCalm™ (10 mL)

**LRP Skin Care System with Hydrating Cream**
dōTERRA’s Skin Care System with Hydrating Cream will create youthful looking skin.  
Formulated with CPTG essential oils specifically chosen to help to diminish signs of aging.  
*This kit includes:*
- **Wholesale:** $110.00  
- **Retail:** $146.67

- Hydrating Cream  
- Facial Cleanser  
- Pore Reducing Toner  
- Tightening Serum
**Lifelong Vitality & Oil Trio Kit**
This kit includes: $120.00
- Lifelong Vitality Pack (1 pack of 3 bottles)
- Lavender Essential Oil (15 mL)
- Lemon Essential Oil (15 mL)
- Peppermint Essential Oil (15 mL)

**LRP 150 Kit**
This kit includes: Wholesale: $165.00 Retail: $220.00
- Lifelong Vitality Pack (1 pack with 3 bottles)
- Deep Blue® Rub (4 oz.)
- Clear Skin Foaming Face Wash (50 mL)
- Citrus Bliss Invigorating Bath Bar (4 oz.)
- Breathe Essential Oil (5 mL)
- Slim & Sassy® Metabolic Blend (15 mL)
- Wild Orange Essential Oil (15 mL)

**5 Essential Oil Favorites**
This kit contains: Wholesale: $102.50 Retail: $136.67
- Lavender 15 mL
- Lemon 15 mL
- Peppermint 15 mL
- Melaleuca 15 mL
- OnGuard® 15 mL

**Essential Skin Care System with Anti-Aging Moisturizer**
dōTERRA® Essential Skin Care is a family of skin care products designed to keep your skin looking young, healthy, and gorgeous. Both a careful selection of CPTG essential oils added in generous proportion to each product and new technologies which complement the essential oils work to target both cellular and mechanical aging.
This kit includes: Wholesale: $110.00 Retail: $146.67
- Essential Skin Care Facial Cleanser
- Pore Reducing Toner
- Anti-Aging Moisturizer
- Tightening Serum
Collections

Cleanse/Renew GX Assist® & PB Assist®+

Use dōTERRA's Cleanse and Renew system to get your digestive system back on track. Start with GX Assist® GI cleansing formula for the first 10 days as a preparatory cleansing step before using PB Assist®+ probiotic defense formula to help maintain a healthy digestive system.

Wholesale: $60.50   Retail: $80.67

dōTERRA Spa Kit

This kit includes:

- Balance Grounding Blend (5 mL)
- Serenity Calming Blend (5 mL)
- Citrus Bliss Invigorating Blend (5 mL)
- Deep Blue Soothing Blend (5 mL)

Wholesale: $59.50   Retail: $79.33

Emergency Preparedness Kit

Being prepared for emergencies gives you and your loved ones the feeling of safety and security. Provide your family members with peace of mind with the dōTERRA® Emergency Preparedness Kit.

This kit includes:

- 15 mL bottles of the oils that are essential for every home: Lavender, Lemon, Peppermint, Melaleuca, Oregano, Breathe, DigestZen®, OnGuard®, Frankincense, TerraShield®, AromaTouch®, Purify, Clove, and Lemongrass
- 5 mL bottle of Deep Blue®
- Fractionated Coconut Oil
- wood storage box
- diffuser
- Family Physician® Audio CD

Wholesale: $450.00   Retail: $600.00
**dōTERRA Travel Kit**

*This kit includes:*

- Lavender Essential Oil (5 mL)
- Wild Orange Essential Oil (5 mL)
- Peppermint Essential Oil (5 mL)
- ArōmaTouch Essential Oil Blend (5 mL)

Wholesale: $33.33  
Retail: $44.00

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**Essential Oil Accessories**

**Aroma Ace with OnGuard®**

*Wholesale: $129.95  
Retail: $173.27*

Enjoy the convenience and flexibility of an advanced aromatherapy system. The Aroma Ace is a powerful, compact, and easy to use Essential Oil Diffuser System. It has built in on/off timers and output volume control for easy adjustments. Made in the USA.

**Aroma Lite Diffuser**

*Wholesale: $89.95  
Retail: $119.93*

Experience the aromatic benefits of dōTERRA essential oils with the dōTERRA Aroma Lite Diffuser. This diffuser releases essential oils through high frequency oscillation for up to eight hours (depending on mist setting). It is designed to be small and compact—perfect for traveling and hotel use. The Aroma Lite Diffuser features four mist output settings and an optional night light.

**Lotus Diffuser**

*Wholesale: $89.95  
Retail $119.93*

The Lotus Diffuser uses a highly efficient real time atomization technology to effectively diffuse essential oils into the environment. The essential oils are atomized into minute ion particles and active oxygen anions, which are more easily absorbed by the human body than oils diffused by conventional diffusers. dōTERRA® is pleased to be the exclusive distributor of the Lotus diffuser to you and your family.
**Fractionated Coconut Oil**
*Cocos nucifera*

Wholesale: $12.00  
Retail: $16.00

dōTERRA®’s Fractionated Coconut Oil is an all-natural carrier oil that readily absorbs into the skin making it an ideal oil for topical therapies. Its feather-light emollient effect provides a soothing barrier without clogging pores and is excellent for dry or troubled skin. It leaves skin feeling silky smooth, not greasy like other vegetable carrier oils. It is completely soluble with all essential oils and is colorless, odorless, and will not stain or go rancid. For topical use.

**Veggie Caps**

Wholesale: $4.00  
Retail: $5.33

These HPMC vegetable capsules are manufactured with state of the art technology to produce a 100% vegetarian derived capsules. Used for customizing individual oil needs.

**Logo Engraved Wooden Box**

Wholesale: $14.95  
Retail: $19.93

Custom-made to hold 25 essential oils, the logo engraved wooden box is lightweight and compact, making it easy to transport your oils wherever you go. It also serves as a beautiful display case for your oils when making presentations.

**Black 8-Vial Keychain**

$6.50

dōTERRA branded key chain conveniently allows for easy access to your favorite oils on-the-go. Comes with eight, empty, amber 5/8 dram vials.

**Purple 8-Vial Keychain**

$6.50

dōTERRA branded key chain conveniently allows for easy access to your favorite oils on-the-go. Comes with eight, empty, amber 5/8 dram vials.
OnGuard® Products

Foaming Hand Wash
16 oz  
Wholesale: $18.50  Retail: $24.67

OnGuard® Foaming Hand Wash is a gentle, healthy alternative to harsh antibacterial soaps made with synthetic ingredients. Fortified with the power of naturally safe CPTG® essential oils, OnGuard® Foaming Hand Wash provides the protective benefits of one of dōTERRA®’s most popular proprietary essential oil blends. OnGuard® Foaming Hand Wash cleans and softens hands with the invigorating blend of essential oils that leave your hands smelling fresh. Conveniently packaged in a 16-oz. refill bottle.

Foaming Hand Wash
16 oz (2 Pack)  
Wholesale: $33.50  Retail: $44.67

The OnGuard® Foaming Hand Wash Twin Pack gives you the convenience of having one at home and one at the office, providing you with OnGuard® protection throughout the day. dōTERRA®’s OnGuard® Foaming Hand Wash is a gentle, healthy alternative to harsh antibacterial soaps made with synthetic ingredients. Fortified with the power of naturally safe CPTG® essential oils, OnGuard® Foaming Hand Wash provides the protective benefits of one of dōTERRA’s most popular proprietary essential oil blends. OnGuard® Foaming Hand Wash cleans and softens hands with the invigorating blend of essential oils that leave your hands smelling fresh. Conveniently packaged in 16-oz. refill bottles.

Foaming Dispenser
Holds 8 oz  
Wholesale: $2.00  Retail: $2.67

The OnGuard® foaming dispenser holds 8-oz. of OnGuard® Foaming Hand Wash and is the most convenient way to dispense foam onto hands. The sleek design makes for a subtly beautiful addition to sinks throughout your home and office providing you with OnGuard® protection throughout the day.

Foaming Dispenser
Holds 8 oz (3 Pack)  
Wholesale: $5.00  Retail: $6.67

Place OnGuard® Foaming Dispensers in every sink around the home and office for OnGuard® protection throughout the day. The OnGuard® foaming dispenser holds 8-oz. of OnGuard® Foaming Hand Wash and is the most convenient way to dispense foam onto hands. The sleek design makes for a subtly beautiful addition to sinks throughout your home and office.
**Foaming Hand Wash with 2 Dispensers**

16 oz; each dispenser holds 8 oz  
**Wholesale:** $22.50  
**Retail:** $30.00

OnGuard® Foaming Hand Wash is conveniently packaged in a 16-oz. refill bottle that fills 8-oz Foaming Dispensers, saving the earth’s resources and your money. Hand-washing is an important health precaution, and placing OnGuard® Foaming Dispensers in every sink around the home and office provides those in your home and workplace with OnGuard® protection throughout the day.

**Protecting Throat Drops**

30 drops  
**Wholesale:** $14.50  
**Retail:** $19.33

Don’t let flu season catch you off guard! dōTERRA®’s OnGuard® Protecting Throat Drops provide a convenient way to benefit from OnGuard® ’s immune-supporting properties. With all-natural organic cane juice and organic brown rice syrup, these drops help defend against pathogenic microbes of the mouth and throat, support fixed and mobile immune function, and can help calm and soothe dry, scratchy throats.

**Natural Whitening Toothpaste**

4 oz  
**Wholesale:** $8.50  
**Retail:** $11.33

dōTERRA®’s fluoride-free toothpaste provides the protective benefits of therapeutic-grade OnGuard® essential oils against germs and other harmful pathogens, while also reducing plaque, and whitening teeth with gentle polishing agents. OnGuard® ’s unique cinnamon-mint flavor, with xylitol, also leaves your breath (and your toothbrush), fresh and clean.

**Cleaner Concentrate**

12 oz  
**Wholesale:** $14.50  
**Retail:** $19.33

OnGuard® Cleaner Concentrate is the natural and safe way to clean your living space while leaving a clean and invigorating scent. Purposely designed to have a wide variety of uses, this specialized formula is derived from plant-based ingredients, with OnGuard® essential oil, for exceptional cleaning power and natural protection. Because it is non-toxic and biodegradable, it is friendly for the whole family as well as the environment.
OnGuard® Laundry Detergent
32 oz  Wholesale: $24.50  Retail: $32.67

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

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

OnGuard® + Softgels
60 softgels  Wholesale: $24.50  Retail: $32.67

Get the immune support your body needs when facing winter threats or elements that can weaken your immune system with the proprietary blend of dōTERRA OnGuard® and Black Pepper, Oregano, and Melissa essential oils.

- Features a unique blend of essential oils in an easily dissolvable, vegetarian softgel.
- Provides additional immune support when needed.
- Protects against environmental threats.

OnGuard® Beadlets
10 mL  Wholesale: $15.00  Retail: $20.00

OnGuard® Beadlets are an easy and convenient way to obtain the immune-boosting benefits of OnGuard® Essential Oil Blend. OnGuard® Beadlets provide a flavorful dose of dōTERRA’s proprietary blend of wild orange, clove, cinnamon, eucalyptus and rosemary, all contained in tiny vegetable beadlets that melt in the mouth quickly to freshen breath and support the immune system. Other Ingredients include coconut oil, palm oil, agar, guar gum, glycerin, sodium, alginate, carrageenan and xylitol. OnGuard® Beadlets are perfect for home use, while traveling, and to boost your family’s immunity - anytime, anywhere.
**Deep Blue Products**

**Deep Blue® Roll On**

10 mL  
Wholesale: $64.00  
Retail: $85.00

According to recent studies, more than half of us are sufferers of ongoing discomfort. Deep Blue® is dōTERRA®’s soothing solution to this challenge. Wintergreen, camphor, peppermint, blue tansy, blue chamomile, helichrysum and osmanthus work together to ease achy joints and sore muscles. Its effects are deep and penetrating with sustained results. Once gently rubbed into the area of discomfort, Deep Blue’s cool therapeutic benefit will be felt almost immediately. **For topical use only.** Packaged for convenient application in a roll-on bottle.

**Deep Blue Rub**

4 oz  
Wholesale: $29.95  
Retail: $39.00

dōTERRA®’s Deep Blue® Rub is a rich, topical cream infused with Deep Blue Soothing Blend of Certified Pure Therapeutic Grade essential oils that provides targeted comfort to tired and sore joints and muscles. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Deep Blue Rub provides a comforting sensation of cooling and warmth to problem areas. With close to 5 ml of dōTERRA’s top-selling Deep Blue essential oil blend, Deep Blue Rub is an essential addition to your bathroom cabinet, gym bag, or first aid kit. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy and is the choice of massage therapists and sports practitioners for applying dōTERRA’s Deep Blue essential oil blend.

**Deep Blue® Rub Samples**

10 Packets  
Wholesale: $5.00  
Retail: $6.67

Deep Blue Rub Samples feature a rich, topical cream infused with a blend of Certified Pure Therapeutic Grade essential oils that provide targeted comfort to tired and sore joints and muscles. Formulated with a proprietary blend of natural plant extracts (wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum, and osmanthus) and other powerful ingredients, Deep Blue Rub provides a comforting sensation, cooling and warmth to problem areas.

Deep Blue Rub Samples are an essential addition to your bathroom cabinet, gym bag, or first aid kit. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy and is the choice of massage therapists and sports practitioners.
Wellness Products

Lifelong Vitality Supplements

Alpha CRS®+

120 Capsules  Wholesale: $69.50  Retail: $92.67

dōTERRA® Alpha CRS®+ Cellular Vitality Complex is a proprietary formula combining potent levels of natural botanical extracts that support healthy cell proliferation and lifespan with important metabolic factors of cellular energy to help you live younger, longer. Alpha CRS+ is formulated to be used daily with xEO Mega and Microplex VMz® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.

Microplex VMz®

120 Capsules  Wholesale: $34.50  Retail: $46.00

dōTERRA®’s Microplex VMz® Food Nutrient Complex is an all-natural, whole-food formula of bioavailable vitamins and minerals that are deficient in our modern diets. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E, and an energy complex of B vitamins presented in a patented glycoprotein matrix. It also contains food-derived minerals of calcium, magnesium, and zinc and trace minerals for optimal bone and metabolic health. Microplex VMz contains dōTERRA’s Tummy Tamer botanical blend of peppermint, ginger, and caraway to calm the stomach for those who may have experienced stomach upset with other vitamin and mineral products. Microplex VMz is encapsulated using sodium lauryl sulfate-free vegetable capsules, does not contain wheat or dairy products, and does not include any animal products.

xEO Mega

120 Capsules  Wholesale: $39.50  Retail: $52.67

dōTERRA® xEO Mega Essential Oil Omega Complex is a unique formula of CPTG Certified Pure Therapeutic Grade® essential oils and proprietary blend of marine and land-sourced omega fatty acids. Omega fatty acids help support healthy joint, cardiovascular, and brain health, support healthy immune function, and have been shown to help mediate healthy inflammatory responses in cells. A single daily dose of xEO Mega provides 1000 milligrams of marine lipids with 340 mg of EPA and 240 mg of DHA and a blend of plant-sourced essential fatty acids. xEO Mega also includes 800 IU of natural vitamin D, 60 IU of natural vitamin E, and 1 mg of pure astaxanthin, a powerful antioxidant carotenoid harvested from microalgae. The bioavailability of the xEO Mega formula is enhanced through a nanosomal lipid assimilation system.
**Lifelong Vitality Pack**  
3 Bottles  
*Wholesale: $74.50  
Retail: $93.13*

dōTERRA’s Lifelong Vitality supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.

Coupled with dōTERRA’s CPTG Certified Pure Therapeutic Grade essential oils and a lifelong commitment to dōTERRA’s wellness lifestyle, they naturally support a lifetime of looking, feeling and living younger, longer.

**Lifelong Vitality & Oil Trio Kit**  
*This kit includes:*

- Lifelong Vitality Pack (1 pack of 3 bottles)
- Lavender Essential Oil (15 mL)
- Lemon Essential Oil (15 mL)
- Peppermint Essential Oil (15 mL)

**Vegan Lifelong Vitality Pack**  
*Wholesale: $79.50  
Retail: $106.00*

dōTERRA’s new Vegan Lifelong Vitality pack includes vEO Mega, a unique 100% Vegan formula of plant omega fatty acids, carotenoids, and natural vitamin E and D. dōTERRA’s Lifelong Vitality supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity. Coupled with dōTERRA’s CPTG Certified Pure Therapeutic Grade essential oils and a lifelong commitment to dōTERRA’s wellness lifestyle, they naturally support a lifetime of looking, feeling and living younger, longer.

**vEO Mega**  
*120 Capsules  
Wholesale: $49.50  
Retail: $66.00*

dōTERRA’s vEO Mega is a revolutionary vegetarian formula blending CPTG Certified Pure Therapeutic Grade® essential oils of clove, frankincense, thyme, cumin, orange, peppermint, ginger, caraway, and German chamomile, with natural plant-sourced essential fatty acids from flax, algae, incha inchi seed, borage, cranberry, pomegranate, pumpkin, and grape seed oils delivering 380 mg ALA and 100 mg DHA per daily serving.
**DigestZen Products**

**DigestZen Softgels**

60 Softgels  
**Wholesale:** $19.50  
**Retail:** $26.00  

dōTERRA DigestZen Softgels are a convenient way to obtain the benefits of the proprietary DigestZen essential oil blend in an easily dissolvable, vegetarian softgel.

- Provides a unique blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Anise, and Coriander essential oils.
- Supports healthy digestive balance and function.
- Provides soothing digestive release for stomach discomfort.

**GX Assist®**

60 Softgels  
**Wholesale:** $26.00  
**Retail:** $34.67  

dōTERRA®’s GX Assist® is a proprietary combination of Certified Pure Therapeutic Grade essential oils and caprylic acid that help support a healthy digestive tract by creating an unfriendly environment for potentially harmful pathogens that can disrupt digestive immunities and cause digestive upset. GX Assist is formulated with therapeutic-grade oregano, melalueca, lemon, lemongrass, peppermint, and thyme essentials oils that have been demonstrated to have in-vitro antimicrobial properties. GX Assist also includes caprylic acid that has been traditionally used as for its specific health-supporting properties in the gut.

**PB Assist®+**

**Wholesale:** $34.50  
**Retail:** $46.00  

PB Assist®+ Probiotic Defense Formula is a proprietary blend of pre-biotic fiber and six strains of probiotic microorganisms in a unique double-layer vegetable capsule delivering 5 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourages culture adhesion and growth. The time-release double-capsule delivery system protects sensitive probiotic cultures from stomach acid. PB Assist+ supports healthy digestive functions and immunities and is safe for use by all members of your family.

**TerraZyme®**

90 Veggie Caps  
**Wholesale:** $37.50  
**Retail:** $50.00  

dōTERRA TerraZyme® Digestive Enzyme Complex is a proprietary blend of active wholefood enzymes and supporting mineral cofactors that are often deficient in cooked, processed, and preservative-laden foods. TerraZyme’s powerful combination of digestive enzymes support the body’s constant production of enzymes critical for healthy biochemical functions including healthy digestion of food nutrients and cellular metabolism of nutrients to energy. TerraZyme includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars and fiber.
Zendocrine® Detoxification Complex
60 Capsules  Wholesale: $24.50  Retail: $32.67

The body's filtering and waste management system is quite capable of managing a certain amount of exposure to toxic influencers. But in a modern world of environmental pollutions and harmful chemicals, the body's filtering system can be significantly challenged. dōTERRA®’s Zendocrine Detoxification Complex is a proprietary blend of 14 active whole-food extracts in a patented enzyme delivery system that supports healthy cleaning and filtering functions of the liver, kidneys, colon, lungs and skin.

Zendocrine Softgels
60 Softgels  Wholesale: $24.50  Retail: $32.67
Zendocrine Softgels support your body's natural detoxification system with a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils. Zendocrine helps cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling. This powerful blend combines Rosemary, Cilantro, and Juniper Berry, known for their detoxifying properties and ability to support healthy liver function, while Tangerine and Geranium have purifying effects against unwanted substances in the body. Zendocrine Softgels provide a quick and easy way to consume dōTERRA’s Zendocrine essential oil blend, whether you’re traveling, in a hurry, or simply like the convenience of a softgel.

Cellular Health

DDR Prime
30 mL  Wholesale: $55.00  Retail: $73.33
dōTERRA's DDR Prime is a proprietary blend of Certified Pure Therapeutic Grade essential oils formulated to support healthy cellular response, repair, and regeneration. As we age, cellular renewal can be slow or be compromised by oxidative damage to cellular DNA. The essential oils in DDR Prime provide antioxidant protection and support a healthy response to cellular stressors.

DDR Prime Liquicaps
60 Liquicaps  Wholesale: $55.00  Retail: $73.33
dōTERRA's DDR Prime is a proprietary blend of Certified Pure Therapeutic Grade essential oils conveniently encapsulated in gelatin capsules to support healthy cellular response, repair, and regeneration. As we age, cellular renewal can be slow or be compromised by oxidative damage to cellular DNA. The essential oils in DDR Prime provide antioxidant protection and support a healthy response to cellular stressors.
**Cellular Energy**

**Mito2Max**

120 Capsules  
*Wholesale: $29.50  Retail: $39.33*

dōTERRA's Mito2Max is a proprietary formula of standardized plant extracts and metabolic cofactors of cellular energy. Mito2Max supports healthy mitochondrial function and aerobic capacity, and improves stamina naturally without the use of harmful stimulants. Use Mito2Max as a healthy long-term alternative to caffeinated drinks and supplements for increased energy and vitality.

**dōTERRA Women**

**Women's Bone Nutrient Complex**

120 Capsules  
*Wholesale: $17.50  Retail: $23.33*

Women begin to build bone mass at an early age reaching a maximum bone density in their late twenties. As a woman ages, bone mass begins to decline and bones become more brittle. Declining bone density and health can be accelerated in women whose diets do not include optimal levels of bone nutrients and whose hormones are out of balance. Not managing harmful estrogen metabolites can also accelerate bone degeneration or wasting. dōTERRA®'s Bone Nutrient Lifetime Complex is a blend of vitamins and minerals that are essential for bone health including vitamins C and D, calcium, magnesium and other trace minerals. Bone Nutrient Lifetime Complex can be used by women (and men) of all ages as a dietary supplement to conveniently increase consumption of the bone nutrients found in healthy foods but often deficient in our modern diets.

**Women's Phytoestrogen Complex**

60 Capsules  
*Wholesale: $39.50  Retail: $52.67*

dōTERRA® Women Phytoestrogen Lifetime Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a woman’s life. Phytoestrogen Lifetime Complex includes a standardized soy extract with genistein, a powerful phytoestrogen that binds with estrogen receptors in cells, and the natural phytoestrogens in pomegranate. It also includes and concentrated extract of flaxseed lignans to help manage potentially harmful metabolites that are produced when estrogen is metabolized in the liver. Balancing hormones and managing harmful metabolites by eating a healthy diet rich in phytoestrogens and other essential nutrients, exercising, and managing weight can help reduce uncomfortable symptoms associated with PMS and the transition through menopause and supports healthy bones, heart, breast tissue, and other body structures and functions as a woman ages.
**Children’s Supplements**

**A2Z Chewables**

60 Tablets  
**Wholesale:** $19.50  
**Retail:** $26.00

dōTERRA A2Z Chewable is a cutting edge product has been specially formulated for the junior in your life, to help build their delicate immune system, while supporting healthy energy levels without the use of stimulants as well as maintaining proper bone and teeth health and overall health and wellness. A2Z Chewable tablets are a great way for juniors to gain that daily nutrition that is needed in their early development stages of life, and encouraging habits of taking a daily multi-vitamin supplement throughout their life, thus maintaining a robust and healthy immune system.

**A2Z & IQ Mega Pack**

2-Pack  
**Wholesale:** $39.50  
**Retail:** $52.67

Inspired by dōTERRA’s LifeLong Vitality Pack, these two products come together, making it easy to enjoy taking omega-3s, whole food nutrients, vitamins, and minerals in convenient liquid and chewable forms. Kids love them because they taste great; adults love them because they are easy to swallow.

**IQ Mega**

150 mL  
**Wholesale:** $34.50  
**Retail:** $46.00

dōTERRA IQ Mega takes the fishy taste out of fish oil with the fresh orange flavor of dōTERRA’s wild orange CPTG essential oil. This great tasting and easy-to-swallow omega supplement provides 1,000 mg of concentrated, pure fish oil per serving. IQ Mega contains essential nutrients EPA and DHA to support healthy brain, cardiovascular, immune, and joint function. IQ Mega is formulated to be used daily with A2Z Chewable.
**Slim & Sassy**

**Slim & Sassy®**  
*Metabolic Blend 15 mL*

dōTERRA’s Slim & Sassy® Metabolic Blend is a proprietary formula of CPTG Certified Pure Therapeutic Grade® essential oils designed to help manage appetite between meals. Slim & Sassy includes a blend of grapefruit, lemon, peppermint, ginger, and cinnamon essential oils. Just add 8 drops to 16 oz. of water (regular size bottle of water) and drink between your healthy meals throughout the day to help manage hunger, calm your stomach, and lift your mood. For aromatic, topical, and internal use.

Wholesale: $24.50  
Retail: $32.67

**Trim Shake - Vanilla**  
*40 Servings*

Vanilla Slim & Sassy® TrimShake is a convenient and delicious shake mix providing the essential nutrients of a healthy meal with only 68 calories per serving. Used as a meal replacement for one or more meals each day, TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise. TrimShake also includes a patented weight-loss ingredient EssentraTrim that has been demonstrated to help with managing the stress hormone cortisol associated with fat storage. TrimShake blends well with water or milk for a low-calorie, low-glycemic, high-fiber satisfying meal alternative with 8 grams of protein per serving.

Wholesale: $39.50  
Retail: $52.67
**Trim Shake - Chocolate**

*40 Servings*

Chocolate Slim & Sassy® TrimShake is a convenient and delicious shake mix providing the essential nutrients of a healthy meal with only 68 calories per serving. Used as a meal replacement for one or more meals each day, TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise. TrimShake also includes a patented weight-loss ingredient EssentraTrim that has been demonstrated to help with managing the stress hormone cortisol associated with fat storage. TrimShake blends well with water or milk for a low-calorie, low-glycemic, high-fiber satisfying meal alternative with 8 grams of protein per serving.

Wholesale: $39.50  
Retail: $52.67

**V-Shake**

*40 Servings*

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

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

Wholesale: $39.50  
Retail: $52.67

**Slim & Sassy® Trim Kit—One Vanilla, One Chocolate Trim Shake**

Kick off your weight loss goals with the Slim & Sassy®Trim Kit. Slim down by using Slim & Sassy on a regular basis throughout the day, even topically, together with dōTERRA®’s new Trim Shakes.

This kit includes:

- 4 Slim & Sassy 15 mL blends
- 1 Chocolate Trim Shake
- 2 Vanilla Trim Shake

Wholesale: $155.00  
Retail: $200.00
**Slim & Sassy® Trim Kit—Two Vanilla Trim Shakes**

Kick off your weight loss goals with the Slim & Sassy® Trim Kit. Slim down by using Slim & Sassy on a regular basis throughout the day, even topically, together with dōTERRA®’s new Trim Shakes.

*This kit includes:*

- 4 Slim & Sassy 15 mL blends
- 2 Vanilla Trim Shakes

Wholesale: $155.00    Retail: $200.00

**Slim & Sassy® Trim Kit—Two Chocolate Trim Shakes**

Kick off your weight loss goals with the Slim & Sassy® Trim Kit. Slim down by using Slim & Sassy on a regular basis throughout the day, even topically, together with dōTERRA®’s new Trim Shakes.

*This kit includes:*

- 4 Slim & Sassy 15 mL blends
- 2 Chocolate Trim Shakes

Wholesale: $155.00    Retail: $200.00

**New You Kit—1 Chocolate & 1 Vanilla Trim Shake**

Be ready with all the products you need for the next Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack.

*This kit includes:*

- 4 Slim & Sassy 15 mL blends
- 1 Vanilla Trim Shake
- 1 Chocolate Trim Shake
- Lifelong Vitality Pack

Wholesale: $199.00    Retail: $265.33

**New You Kit—Chocolate Trim Shake**

Be ready with all the products you need for the next Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack.

*This kit includes:*

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71
• 4 Slim & Sassy 15 mL blends
• 2 Chocolate Trim Shakes
• Lifelong Vitality Pack

Wholesale: $199.00  Retail: $265.33

**New You Kit—Vanilla Trim Shake**
Be ready with all the products you need for the next Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack. *This kit includes:*

• 4 Slim & Sassy 15 mL blends
• 2 Vanilla Trim Shake
• Lifelong Vitality Pack

Wholesale: $199.00  Retail: $265.33

**Vegan Slim & Sassy New You Kit**
Be ready with all the products you need for the 2014 Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack. *This kit includes:*

• 4 Slim & Sassy 15 mL blends
• 2 V-Shakes
• Vegan Lifelong Vitality Pack

Wholesale: $204.00  Retail: $272.00

**Slim & Sassy Softgels**

*90 Softgels*
Slim & Sassy Softgels contain dōTERRA’s proprietary Slim & Sassy essential oil blend in convenient softgels to promote weight loss in a healthy, natural way. The flavorful blend of Slim & Sassy contains essential oils known to help manage hunger throughout the day while boosting metabolism and promoting a positive mood.

Wholesale: $34.50  Retail: $46.00
Essential Oils in Everyday Wellness for Your Family and Pets
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Prema Lia Thompson
Your Independent Product Consultant

Prema Lia Thompson is a passionate essential oils user who wants to share their gift with the world. Originally from Southern California, Prema Lia is a published author of three books: *Home is in Your Heart*, *The True Love of Aphrodite and Hercules*, and *Dancing with Mother Earth* who today lives in Kirkland Washington.

Prema Lia has a Ministerial Bachelor's Degree, and a background in community media, where she wrote, produced and hosted community access television and radio programs in Northern California. While living in Sacramento, she launched her children’s dance company, Creative Expressions. This company facilitated programs where children were able to perform their dance recitals on community television and senior centers.

An ordained minister (non-denominational), Prema Lia teaches educational and healing modalities, including Essential Oils, Herbology, Soul Retrieval work, Soul channeling, and Native American drum journeying. As a workshop coordinator for both children and adults, she utilizes these modalities when coaching individuals to connect with their true inner selves. Prema Lia is a Clairvoyant, Clairaudient, and Clairsentient teacher who helps individuals to open up to their unique inner self as a soul being of light and love. Naturally combining all three abilities, Prema Lia is able to assist individuals who are seeking answers to help themselves grow spiritually

Prema Lia and her husband, John, offer a variety of services to assist you in your journey toward a brighter future now including a 2-day workshop called Soul Awakening.

If you would like to get in contact with an experienced essential oils user and learn more about how they can be applied in your life and home, please contact Prema Lia (Kim) Thompson through her website: **www.prema-lia.com**. Here you can learn more about how to purchase and apply dōTERRA oils, more about her other gifts, and how to get involved with the Soul Empowerment Workshop and more! Prema Lia also offers membership-free access to dōTERRA essential oils and other products at a discounted wholesale price. Please see the Wholesale and Retail page of this manual for more information.
Essential Oils in Everyday Wellness for Your Family and Pets

In today’s world people are encouraged not to take their health into their own hands, but to rely on doctors for everything—symptoms both large and small. Often the medications that are prescribed come with lists and lists of side-effects, some of which are even worse than the symptoms you were prescribed the medication to treat in the first place! Essential oils offer a safe alternative to many of the medications prescribed by today’s doctors. dōTERRA’s safe Certified Pure Therapeutic Grade® Essential Oils can replace much of your medicine cabinet with safe substitutes for modern medications. The only side effect will be how great you feel after you’ve used them!

You will be amazed at how easy it is to replace all of the different medicines in your medicine cabinet with dōTERRA products. They provide everything from the power of Peppermint to counter stomach aches and cool fevers to OnGuard® to boost the immune system and counter colds before they even begin!

You can pick from a number of oils to help you develop your own daily healing regime to get the absolute most out of your life! Many oils are able to help with more than one ailment—many dozens! Bring them into your skincare, immune upkeep, everyday ailments, and even into the lives of your children and pets to help heal the whole family!

You will notice yourself feeling better almost immediately and after a few weeks using dōTERRA’s amazing essential oils, you will feel more awake, empowered, and alive than you ever have before! Take your daily healing into your own hands and understand what your body needs and you can learn to balance medications and essential oils to heal yourself in the most effective ways possible!
Introduction to Essential Oils

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and fruit of plants. They can be both beautifully and powerfully fragrant. If you have ever enjoyed the gift of a rose, a walk by a field of lavender, or the smell of freshly cut mint, you have experienced the aromatic qualities of essential oils. In addition to giving plants their distinctive smells, essential oils play a role in plant pollination and provide protection against predators and disease.

Essential oils are non-water-based phytochemicals made up of volatile aromatic compounds. Although they are fat soluble, they do not include fatty lipids or acids found in vegetable and animal oils. Essential oils are very clean and are immediately absorbed by the skin. Pure, unadulterated essential oils are translucent and naturally range in color from crystal clear to deep blue.

Essential oils have been used throughout history in cultures across the world for their medicinal and therapeutic benefits. Modern scientific study and trends toward holistic approaches to wellness are driving a revival in the study of essential oils and their numerous health benefits are being rediscovered.

dōTERRA CPTG (Certified Pure Therapeutic Grade®) essential oils represent the safest, purest, and most beneficial essential oils available today. They are distilled from plants that have been harvested in their prime by experienced growers from around the world for ideal extract composition and efficacy. Experienced essential oil users will immediately recognize the superior quality as naturally safe, purely effective therapeutic-grade dōTERRA essential oils.

History of Essential Oils

Essential oils have been used throughout recorded history for a wide variety of wellness applications. The Egyptians used aromatic essential oils extensively in medical practice, beauty treatment, food preparation, and religious ceremony. Frankincense, sandalwood, myrrh, and cinnamon were considered very valuable cargo and along caravan trade routes they were sometimes exchanged for gold or other valuable goods.

Impacted by the Egyptians, the Greeks used essential oils in therapeutic massage and aromatherapy. The Romans also used aromatic oils to promote health and personal hygiene. Influenced by the Greeks and Romans, as well as Chinese and Indian Ayurvedic use of aromatic herbs, the Persians began to refine distillation
methods for extracting essential oils from aromatic plants. Essential oil extracts were used throughout the dark ages in Europe for their anti-bacterial and fragrant properties, particularly during the Black Plague of the fourteenth century.

During the twentieth and twenty-first centuries, the powerful healing properties of essential oils were once again illustrated. In 1937 a French chemist, Rene-Maurice Gattefosse, healed a badly burned hand with pure lavender oil. Another Frenchman, Gattefosse’s contemporary, Dr. Jean Valnet, used therapeutic-grade essential oils to successfully treat injured soldiers during World War II. Dr. Valnet went on to become a world leader in the development of aromatherapy practices. The modern use of essential oils has grown rapidly as health scientists and medical practitioners continue to research and validate the numerous health and wellness benefits of therapeutic-grade essential oils.

**Uses for Essential Oils**

Essential oils are used for a very wide range of emotional and physical wellness applications. They can be used a single oil at a time or in complex blends depending on user experience and desired benefit. Essential oils are usually administered by one of three methods: aromatic diffusion, topical application, or internal consumption as dietary supplements.

The chart to the right identifies the labels used on dōTERRA essential oils. Before using any new oil, always identify these warnings and insure that your oil is safe to ingest, can used topically, or the amount of carrier oil suggested for safe topical use. These labels are very important to insure your use of essential oils is safe and effective for your body and family. Be sure to use only 100% pure, therapeutic-grade essential oils and follow all label warnings and instructions. Essential oils should not be used in the eyes, inside the ear canal, or in open wounds. If redness or irritation occurs when using essential oils topically, apply any vegetable oil, such as fractionated coconut oil or olive oil, to the affected area. Consult your physician before using essential oils if you are pregnant or under a doctor’s care.
Aromatic Uses

Our sense of smell influences many physiological responses including the stimulation of hormones and other metabolic processes. Aromatherapy is founded on the body's predictable response to specific olfactory stimuli. Essential oils are widely used in aromatherapy applications. Certain essential oils, when diffused into the air, can be very stimulating, while others can be calming and soothing. Beyond emotional benefits, diffusing essential oils can purify the air of unwanted odors and some airborne pathogens.

Low or no-heat essential oil diffusers are recommended as they do not change the chemical structure of the oil being diffused. When using essential oils in dōTERRA diffusers, only three to four drops of oil are necessary to gain the therapeutic benefits. Essential oils can also be used as cleansing and purifying additives to laundry and surface cleaners throughout the home.

Topical Uses

Due to their natural molecular composition, many essential oils are easily absorbed by the skin and can be applied topically. Application of essential oils can have immediate, localized benefit to the target area of application as well as a systemic effect, which can circulate through the body and stimulate an overarching sense of healing and wellness. Some essential oils have restorative and calming properties and can be used effectively with massage and beauty therapy. Others can also be natural disinfectants. It is the chemical structure of essential oils that allows them to be absorbed into the bloodstream via the skin for internal benefit throughout the body.

It is very important to note that using any oil topically in a large dose can cause irritation, particularly when using powerful oils like Cinnamon and Black Pepper—but there is a certain amount of risk when using any oil. If you choose to apply essential oils topically, dōTERRA suggests using their fractionated coconut oil, or another carrier oil, to insure that no skin irritation occurs. Gentler oils can be diluted with only one or two drops of fractionated coconut oil while stronger need three or four drops of carrier for one drop of essential oil.

It is important to note that because all skin types and sensitivities are different, there is not a universal ratio of oil to carrier oil. Begin with more carrier oil and if you feel comfortable, decrease the amount slightly. Always begin applying oils on a very small area of skin to check for irritation before applying to larger or more sensitive areas or to children, pets, or the elderly.
**Internal Uses**

Essential oils can also be used as dietary supplements supporting a variety of healthy conditions. Some essential oils have powerful antioxidant properties, while others help support healthy inflammatory response in cells. Many essential oils are considered safe for dietary use, but some oils should not be taken internally. Do not use any essential oil product internally that does not have the appropriate dietary supplement facts on its label.

When ingesting oils, it is often suggested that one drop of an essential oil be mixed with at least four ounces of water or another liquid. This is to prevent any sort of internal irritation. Again, always begin with a very small ratio and if you are comfortable work your way to larger doses. dōTERRA also offers capsules in which oils can be placed to make ingesting essential oils easier and faster. These capsules are totally free of animal byproducts and are made from vegetable oils alone, this make them a fantastic resource for all essential oil users, whatever their diet may be. For Peppermint oil and the dōTERRA blend OnGuard®, there is also the option of a beadlet, which is a tiny dose of the oil that is safe for ingestion and very easy for even children to swallow.

**The dōTERRA Certified Pure Therapeutic Grade®**

There are a growing number of products claiming either to be or to contain essential oils. They range in price and quality and are found in skin care, cosmetics, aromatherapy, and other products. However, many of these products do not use pure essential oils and instead use fragrant synthetic chemical substitutes to dilute or replace more expensive essential oil extracts. Furthermore, there are no current regulatory standards for the descriptive use of the “therapeutic grade” for products labeled as essential oils.

The CPTG Certified Pure Therapeutic Grade® mark represents the internal standards used by dōTERRA for sourcing and testing pure aromatic botanical extracts using independent testing laboratories. The dōTERRA brand and registered CPTG® mark represent the dōTERRA guarantee of pure essential oil extracts that meet high standards for both purity and material composition as well as accurate product labeling.

dōTERRA therapeutic-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. Proper extraction and quality control methods also ensure that dōTERRA essential oils are free of any contaminants, such as pesticides or other chemical residues. In addition to being pure and natural, CPTG® essential oils are subjected to additional quality testing that ensures the correct composition of the active natural compounds found in each oil. Though an essential oil may be pure, if the right species or part of a plant has not been used, if the plant has not been grown in the right
environment, harvested at the right time, or distilled under the right conditions, the natural chemical makeup of the extraction will not provide as predictable and powerful a benefit. In some cases, the wrong plant part harvested at the wrong time may result in an extract that contains harmful levels of some constituents.

CPTG® essential oils are guaranteed to be pure, natural, and free of synthetic compounds or contaminates. dōTERRA essential oils are subjected to rigorous mass spectrometry and gas chromatography testing to ensure extract composition and activity. dōTERRA essential oils represent the safest and most beneficial essential oils available today.

Safety Precautions
dōTERRA CPTG® essential oils can be used safely by you and your family for a variety of wellness applications. However, there are several safety guidelines that you should follow when using essential oils and essential oil products.

- Be sure to use only pure, therapeutic-grade essential oils and follow all label warnings and instructions.
- If redness or irritation occurs when using essential oils topically, apply a vegetable oil—such as fractionated coconut oil or olive oil—to the affected area. Do NOT use water.
- Essential oils should not be used in the eyes, inside the ear canal, or in open wounds. In the event of accidental contact with the eye, dilute with vegetable oil NOT water.
- Do NOT consume an essential oil internally unless it is labeled with a Supplement Facts box with specific dietary supplements. Please use instructions and warnings.
- Discontinue the use of an essential oil if you experience severe skin, stomach, or respiratory irritation or discomfort.
- When using on children, apply a very small amount of the oil to test skin for sensitivity. Do not use oil on a child’s hand as they may transfer to their eyes or mouth.
- Consult your physician before using essential oils if you are pregnant, under a doctor’s care or have other safety questions regarding essential oils.

It is important to remember that therapeutic-grade essential oils are highly-concentrated plant extracts and should be used with care. Consulting with someone who has experience with essential oils will make your first experience with these compounds more enjoyable and rewarding. As you learn how to use essential oils through personal experience, share your knowledge with others in a safe and responsible way and encourage them to do the same.
**Using Essential Oils**

Essential oils are the subtle, aromatic and volatile life-force extracted from the flowers, seeds, leaves, stems, bark and roots of herbs, bushes, shrubs and trees, through steam distillation under low pressure and low temperature. Like human beings, they are alive, both chemically and electrically. They have a direct effect on the brain through the olfactory system and skin absorption. Serving the same function as human blood, essential oils are the regenerating, oxygenating and immune defense properties of the plant kingdom.

Essential oils are naturally antibiotic, antiseptic, antibacterial, anti-fungal, antioxidant, anti-parasitic, anti-viral and antidepressant. They are help bring oxygen and nutrients to the cells and assist in the efficient disposal of carbon dioxide and other waste. They increase blood flow, negative ions and ozone, improve the efficiency of the immune system and decrease blood viscosity. Oils enhance brain wave function, improve spiritual awareness and bring about a beautiful balance to the body. Essential oils contain a frequency that is several times greater than the frequency of herbs and food. There is not a single part of the human body and brain that is not helped by the action of essential oils. Aromatherapy is the art and science of the use and application of therapeutic essential oils for physical, mental, emotional and spiritual balance.

**Water Therapies with Essential Oils:**

**Floral Waters**

Floral Waters are aromatherapy’s best-kept secret. They are the exquisite byproducts of the steam distillation of essential oils. Floral waters have the same properties as the essential oils, but in lower concentration. They are gentle, fragrant, and suitable for all ages. Dr. Daniel Penoel, MD, uses floral waters for the healing of wounds, especially with children and animals. They are rehydrating, nurturing and refreshing to the skin. I use lavender floral water to freshen a room, sanitize sheets and pillows in a hotel room, and hydrate my skin. You can spray floral water on your plants and animals to deter pests. Recently, I experienced drinking the pure floral water at a farm where the peppermint was being distilled. Superb! I use the floral waters of basil, German chamomile, clary sage, eucalyptus, juniper, lavender, Melissa, peppermint, spearmint, Idaho tansy and thyme.

**Steam inhalation**

Inhalation of essential oils works well for emotional as well as physical problems. Essential oils have an almost immediate influence on emotions, anxiety, and depression. Physically, it can help with tension, headaches, respiratory problems, colds, sore throat, blocked sinuses and cough. Add up to five drops of an essential oil to a bowl of hot (not
boiling water and inhale the vapors rising from the bowl. To increase the intensity of the oil vapors inhaled, place a towel over the head and bowl. To calm and sedate the nervous system, use lavender. To uplift, use the citrus oils and clary sage. For congestion, use eucalyptus, frankincense, and lemon. To open the sinuses, use spruce or peppermint.

**Facial Saunas**

Facial saunas are effective for releasing dirt and trapped toxins and debris from the skin. People with broken veins, hypersensitive skin or inflammation of any sort, including sunburn, should not take a facial sauna. Use the same method as described for steam inhalation, a bowl of hot water and a towel. Helpful for seborrhea and acne prone skins as well as mature and normal skin. For acne or seborrhea, try Roman chamomile, lemon, tea tree, clary sage, or thyme. For dry skin, use Roman chamomile or cedarwood. Follow the steam treatment by splashing the face with cold water to close the pores.

**Baths**

Adding essential oils to bath water is challenging as oil does not mix with water. For even dispersion, drop in the oils while running the bath, or add 2 to 3 drops of oil to a cup of Epsom salts, sea salt or a bath gel base. I often disperse the oils in milk and create a Cleopatra milk bath! Oils with a high phenol content such as oregano, cinnamon, thyme, clove, lemongrass and bergamot can cause stinging or irritation if not diluted and well-mixed. The same is true for oils high in menthol such as peppermint and eucalyptus.

I use premixed bath gels containing essential oils, which can be used as a liquid soap in the shower as well. I also use a bath gel base to which I add the essential oils of my choice. The base I prefer contains olive oil, vegetable glycerin, floral water, algin, vitamin E, lecithin and wheat germ oil. Some of my favorite bath blends are:

**Dragon Time**: this is a blend for a woman’s stressful time of the month. It is balancing and uplifting physically and mentally. It blends bergamot, clary sage, geranium, jasmine, lemon, palmarosa, Roman chamomile, rosewood, rose, sandalwood and ylang ylang.

**Evening Peace**: The oils in this bath gel relaxes fatigued muscles and dampens stress and tension. Contains Bergamot, German chamomile, Roman chamomile, clary sage, geranium, jasmine, lemon, palmarosa, rosewood, rose, sandalwood and ylang ylang.

**Morning Star**: This is an invigorating blend of essential oils that really gets me going in my morning shower. The uplifting and energizing oils include lemongrass, rosemary, juniper and peppermint.

**Sensation**: This is a fragrant mix of oils used by Cleopatra to enhance love and increase desire to be close to someone special! Contains rosewood, ylang ylang and jasmine.
**Baby Baths**

The addition of essential oils can enhance the relaxing effects of your baby’s bath. Mix one drop of essential oil into a rich carrier oil such as jojoba, almond or wheat germ oil. Swish the mixture into the bath water and mix well before immersing your baby in the water. Remember; never put the essential oil directly into the water. Add Roman or German chamomile to relax a cranky baby and to promote a good night’s sleep. Lavender is a good choice for calming and sedating the nervous system. Fennel is an excellent choice if your baby is colicky. Choose eucalyptus or rosemary if your baby is congested.

**Water Distillers and Filters**

You can apply oils, like peppermint, lemon, clove and cinnamon to the post-filter side of your water purifier. This will help purify the water.

**Laundry**

Essential oils may be used to enhance the cleanliness and fragrance of your laundry. Recent research has shown that eucalyptus oil kills dust mites. Add twenty-five drops of eucalyptus to each load, or approximately 1/2 ounce to your laundry detergent. Instead of using toxic and irritating softening agents in the dryer, place a washcloth dampened with 10 drops of lavender, lemon, melaleuca, bergamot or other oils.

**Hot Tubs and Saunas**

Hot tubs, Jacuzzis and saunas act as reservoirs for germs, especially if used frequently. Lavender, cinnamon, clove, eucalyptus, thyme, lemon or grapefruit can be used to disinfect and fragrance the water. Use 3 drops per person. For saunas, add several drops of rosemary, thyme, pine or lavender to a spray bottle with water and then spray down the surfaces. The marriage of therapeutic essential oils and water is made in heaven. Like water, essential oils soothe, heal and nurture, reminding us of the bounty of nature’s creation. Enjoy the physical, mental, emotional and spiritual protection and upliftment that are the gift of pure essential oils.

**Symphony Of Cells**

To learn more about the way our bodies can benefit from Essential Oils, see the YouTube video *Symphony of Cells* at the following link:

https://www.youtube.com/watch?v=0iEE_aFZIjo

Using essential oils can be both profoundly simple and life changing. A large amount of information is readily available for those who wish to increase their knowledge of essential oil applications. To find this information, visit Prema Lia (Kim) Thompson’s website [www.prema-lio.com](http://www.prema-lio.com) or doTERRA’s website [www.doterra.com](http://www.doterra.com).
Symptoms

dōTERRA Essential Oils are so pure and so beneficial that they can be used for any number of wellness applications. From cuts and bruises to strokes and diabetes, essential oils can become a part of your individual daily needs and on special occasions when you need emergency help. Using essential oils is a safe, easy, and pure way to naturally heal and rejuvenate yourself.

Many oils have dozens of benefits to help both acutely and systemically. Using a little Deep Blue topically on your tennis elbow can help aches and pains all throughout your body! Diffusing Peppermint essential oil can wake you up and rejuvenate your mind, but when you add a few drops to your water, it can calm stomach upset.

The power of dōTERRA’s CPTG® is absolutely amazing, and when you see the results, you will want to bring dōTERRA oils into every part of your life!

A

Abdominal Cramps

- AromaTouch—apply topically to problem area
- Basil—apply topically on abdomen
- Clary Sage—apply topically on abdomen
- Deep Blue—apply topically on abdomen
- DigestZen—ingest
- Fennel—apply topically on abdomen
- Lavender—apply topically on abdomen
- Marjoram—apply topically on abdomen
- Peppermint—apply topically on abdomen or ingest
- Wintergreen—apply topically on abdomen

Aching Joints

- AromaTouch—apply topically to problem area
- Balance—apply topically to problem area
- Basil—apply topically to problem area
- Black Pepper—dilute and apply topically to problem area
- Cinnamon—put 2-3 drops on warm town and apply to problem area
- Deep Blue—apply topically to problem area
- Geranium—add to bath for full-body application
- Cilantro—apply topically to problem area
- Frankincense—apply topically to problem area
- Marjoram—apply topically to problem area
- Peppermint—apply topically to problem area
- White Fir—apply topically to problem area
- Wintergreen—apply topically to problem area

**Acne**
- Bergamot—apply topically to problem area or mix with lotion or cleanser and apply topically to problem area
- Cedarwood—apply topically to problem area
- Clear Skin—apply topically to problem area
- Coriander—apply topically to problem area
- Geranium—add to moisturizer and apply topically to problem area
- Grapefruit—apply topically to problem area
- Hawaiian Sandalwood—add to moisturizer and apply topically to problem area
- Helichrysum—apply topically to problem area
- Juniper Berry—apply topically to problem area
- Lime—mix with facial cleanser and apply topically to problem area
- Melaleuca—mix with facial cleanser and apply topically to problem area
- Melissa—apply topically to problem area
- Myrrh—apply topically to problem area
- Roman Chamomile—apply topically to problem area
- Sandalwood—apply topically to problem area
- Thyme—dilute and apply topically to problem area
- Wild Orange—mix with facial cleanser and apply topically to problem area
- Ylang Ylang—add to hot water for steam bath for skin

**Allergies**
- Breathe—disperse aromatically or rub on chest, temples, across forehead, back of neck
- Cinnamon—disperse aromatically
- Citrus Bliss—disperse aromatically
- Clove—disperse aromatically
- Eucalyptus—disperse aromatically
- Lemon—disperse aromatically
- Lemongrass—disperse aromatically
- Marjoram—disperse aromatically
- Melaleuca—disperse aromatically
- Peppermint—disperse aromatically
• Purify—disperse aromatically
• White Fir—disperse aromatically

**Amnesia**
• Balance—disperse aromatically
• Frankincense—disperse aromatically or apply topically to forehead, temples, and back of neck
• Peppermint—disperse aromatically or apply topically to forehead, temples, and back of neck
• Rosemary—disperse aromatically or apply topically to forehead, temples, and back of neck

**Anemia**
• Helichrysum—apply topically to bottoms of feet
• Lemon—apply topically to bottoms of feet
• Lemongrass—apply topically to bottoms of feet

**Anxiety:**
• Balance—apply topically to wrists or neck
• Bergamot—disperse aromatically
• Black Pepper—disperse aromatically
• Cassia—disperse aromatically
• Cedarwood—disperse aromatically
• Citrus Bliss—disperse aromatically
• Clary Sage—disperse aromatically
• Cypress—disperse aromatically
• Elevation—disperse aromatically
• Eucalyptus—disperse aromatically
• Frankincense—disperse aromatically
• Grapefruit—disperse aromatically
• Hawaiian Sandalwood—disperse aromatically
• Helichrysum—apply topically to temples and back of neck
• Lemon—disperse aromatically
• Marjoram—apply topically to back of neck
• Melissa—apply topically to bottoms of feet
• PastTense—apply topically to temples, forehead, back of neck
• Patchouli—disperse aromatically
• Roman Charmomile—add to tea and ingest
- Sandalwood—disperse aromatically
- Serenity—disperse aromatically
- Wild Orange—disperse aromatically

**Appetite Suppressant**
- Cassia—put drop in water to fight sweet cravings
- Fennel—put drop under tongue to fight sweet cravings
- Grapefruit—ingest
- Peppermint—ingest or disperse aromatically
- Slim and Sassy—ingest

**Arthritic Pain**
- AromaTouch—apply topically in massage
- Balance—apply topically to problem area
- Deep Blue—apply topically to problem area
- Lemongrass—apply topically to problem area
- Marjoram—apply topically to problem area
- Peppermint—apply topically to problem area
- White Fir—apply topically to problem area

**Asthma**
- Breathe—disperse aromatically
- Citrus Bliss—disperse aromatically
- Clove—disperse aromatically
- Cypress—disperse aromatically or rub on chest and breathe
- Eucalyptus—disperse aromatically
- Lemongrass—disperse aromatically
- Marjoram—disperse aromatically
- Melaleuca—disperse aromatically
- Peppermint—disperse aromatically
- Purify—disperse aromatically

**Atherosclerosis**
- Lavender—apply topically to problem area
- Lemon—apply topically to problem area
- Rosemary—apply topically to problem area
Athlete’s Foot
• Lemon—apply topically to problem area
• Lemongrass—apply topically to problem area
• Melaleuca—apply topically to problem area
• Oregano—dilute 1:3 with carrier oil and apply topically to problem area

Autism
• Balance—disperse aromatically
• Frankincense—disperse aromatically
• InTune—apply topically to bottoms of feet, temples, forehead, back of neck
• Serenity—disperse aromatically
• Vetiver—disperse aromatically

Back Pain
• AromaTouch—apply topically in massage over problem area
• Balance—apply topically to problem area
• Basil—apply topically to problem area
• Cilantro—apply topically to problem area
• Cinnamon—dilute and apply topically to problem area
• Deep Blue—apply topically to problem area
• Frankincense—apply topically to problem area
• Lemongrass—apply topically to problem area
• Marjoram—apply topically to problem area
• Peppermint—apply topically to problem area
• White Fir—apply topically to problem area
• Wintergreen—apply topically to problem area

Bee Sting
• Fennel—apply topically to problem area
• Lavender—apply topically to problem area

Bell’s Palsy
• Helichrysum—apply topically to problem area and around outside of ear
• Peppermint—apply topically to problem area and around outside of ear
• Rosemary—apply topically to problem area and around outside of ear
**Bleeding**

- Lavender—apply topically to problem area

**Bleeding Gums**

- Cinnamon—mix with water to create mouthwash
- Clove—apply topically to problem area
- Melaleuca—mix with water to create mouthwash or apply topically to problem area
- Myrrh—mix with water to create mouthwash
- OnGuard® Toothpaste—use daily as toothpaste
- Oregano—mix with water for mouthwash

**Blisters on Feet**

- Cassia—dilute and apply topically to problem area
- Fennel—apply topically to problem area
- Frankincense—apply topically to problem area
- Lavender—apply topically to problem area
- Lemon—apply topically to problem area
- Melaleuca—apply topically to problem area

**Bloating**

- DigestZen—ingest
- Frankincense—ingest
- Ginger—ingest
- Marjoram—ingest
- Peppermint—ingest

**Boils**

- Frankincense—apply topically to problem area
- Lavender—apply topically to problem area

**Bone Pain**

- Cypress—apply topically to problem area
- Helichrysum—apply topically to problem area
- Wintergreen—apply topically to problem area
**Bone Spurs**
- Cypress—apply topically to problem area
- Marjoram—apply topically to problem area
- Wintergreen—apply topically to problem area

**Bronchitis**
- Breathe—disperse aromatically
- Clove—disperse aromatically
- Cypress—disperse aromatically
- Frankincense—disperse aromatically
- Lemongrass—disperse aromatically
- Marjoram—disperse aromatically
- Melaleuca—disperse aromatically
- Peppermint—disperse aromatically

**Bruises**
- Cypress—apply topically to bruise
- Fennel—apply topically to bruise
- Frankincense—apply topically to bruise
- Helichrysum—apply topically to bruise
- Lavender—apply topically to bruise

**Bunions**
- Frankincense—apply topically to problem area
- Lemon—apply topically to problem area
- Melaleuca—apply topically to problem area

**Burns**
- Basil—apply topically on problem area
- Fennel—apply topically to problem area
- Frankincense—apply topically to problem area
- Hawaiian Sandalwood—add to moisturizer and apply topically to problem area
- Helichrysum—apply topically to problem area
- Lavender—apply topically to problem area
- Melaleuca—apply topically to problem area


Callouses

- Frankincense—apply topically to problem area
- Lemon—apply topically to problem area
- Melaleuca—apply topically to problem area

Candida

- Melaleuca—apply topically to chest and bottoms of feet
- OnGuard—apply topically to chest and bottoms of feet
- Peppermint—apply topically to chest and on bottoms of feet

Canker Sores

- Fennel—apply topically to problem area
- Helichrysum—apply topically to problem area

Carpal Tunnel Syndrome

- AromaTouch—apply topically to problem area
- Cypress—apply topically to problem area

Cataracts

- Clover—ingest in capsule or apply topically to temples
- Lavender—ingest in capsule or apply topically to temples

Cavities

- Clove—mix with water or toothpaste and apply topically to problem area
- Frankincense—mix with water to create mouthwash
- Melaleuca—mix with water for mouthwash or apply topically to problem area
- Myrrh—apply topically to problem area

Cellulite

- Cypress—apply topically to problem area
- Grapefruit—apply topically to problem area
- Hawaiian Sandalwood—add to moisturizer and apply topically to problem area
- Melaleuca—apply topically to problem area
- Myrrh—apply topically to problem area
- Roman Chamomile—apply topically to problem area
**Chapped Skin**
- Bergamot—apply topically to problem area
- Cassia—dilute and apply topically to problem area
- Cedarwood—apply topically to problem area
- Frankincense—apply topically to problem area
- Hawaiian Sandalwood—add to moisturizer and apply topically to problem area
- Helichrysum—apply topically to problem area
- Juniper Berry—apply topically to problem area
- Lavender—apply topically to problem area
- Melaleuca—apply topically to problem area
- Melissa—apply topically to problem area
- Myrrh—apply topically to problem area
- Roman Charmomile—add to moisturizer and apply topically to problem area

**Chicken Pox**
- Frankincense—apply topically to problem area
- Lavender—apply topically to problem area
- OnGuard®—disperse aromatically, ingest, apply topically to bottoms of feet

**Chronic Fatigue**
- Bergamot—disperse aromatically while sleeping to find deeper rest
- Citrus Bliss—disperse aromatically
- Coriander—disperse aromatically
- Elevation—disperse aromatically
- Eucalyptus—disperse aromatically
- Frankincense—disperse aromatically
- InTune—apply to temples, across forehead, and back of neck
- Lime—disperse aromatically
- Serenity—disperse aromatically while sleeping to help find deeper rest
- White Fir—disperse aromatically
- Wild Orange—disperse aromatically
- Wintergreen—disperse aromatically

**Chronic Pain**
- AromaTouch—apply topically in full body massage or to problem area
- Deep Blue—apply topically to problem area or ingest
- Peppermint—apply topically to problem area or ingest
- Wintergreen—apply topically to problem area or ingest
Clogged pores
- Bergamot—apply topically to problem area
- Cedarwood—apply topically to problem area
- Cilantro—apply topically to problem area
- Clear Skin—apply topically to problem area
- Frankincense—apply topically to problem area
- Geranium—add to moisturizer and apply topically to problem area
- Grapefruit—apply topically to problem area
- Hawaiian Sandalwood—add to moisturizer and apply topically to problem area
- Helichrysum—apply topically to problem area
- Lime—add to facial cleanser and apply topically to problem area
- Melaleuca—add to facial cleanser and apply topically to problem area
- Roman Chamomile—add to moisturizer and apply topically to problem area
- Sandalwood—apply topically to problem area
- Thyme—dilute and apply topically to problem area
- Wild Orange—add to facial cleanser and apply topically to problem area

Cold Sores
- Cilantro—apply topically to problem area
- Frankincense—apply topically to problem area
- Helichrysum—apply topically to problem area
- Lavender—apply topically to problem area
- Lemon—apply topically to problem area

Colic
- Balance—dilute with carrier oil and apply topically to bottoms of feet
- Bergamot—dilute with carrier oil and apply topically to stomach and back
- Clary Sage—dilute with carrier oil and apply topically to stomach and back
- Marjoram—dilute with carrier oil and apply topically to stomach and back
- Ylang Ylang—dilute with carrier oil and apply topically to stomach and back

Colitis
- DigestZen—apply topically over lower abdomen or ingest
- Helichrysum—apply topically over lower abdomen or ingest
- Peppermint—apply topically over lower abdomen or ingest
**Common Cold**

- Breathe—disperse aromatically
- Cassia—disperse aromatically or dilute and ingest
- Cypress—disperse aromatically
- Eucalyptus—disperse aromatically
- Lavender—add few drops to water and slowly heat for steam hood
- Lemon—add to tea and ingest
- OnGuard®—disperse aromatically, ingest, apply topically to bottoms of feet
- Oregano—disperse aromatically or apply topically to bottoms of feet for immune boost
- Peppermint—disperse aromatically
- Purify—disperse aromatically

**Concussion**

- Cypress—ingest
- Elevation—disperse aromatically
- Frankincense—ingest
- InTune—apply topically to bottoms of feet, temples, forehead, back of neck
- Wild Orange—disperse aromatically

**Congestion**

- Breathe—disperse aromatically
- Cinnamon—disperse aromatically
- Clove—disperse aromatically
- Cypress—disperse aromatically
- Eucalyptus—disperse aromatically
- Lavender—apply on back of neck, chest, between eyes
- Lemon—disperse aromatically
- Lemongrass—disperse aromatically
- Marjoram—disperse aromatically
- Melaleuca—disperse aromatically
- Peppermint—disperse aromatically
Conjunctivitis
- Lavender—apply topically around (NOT in) eyes or to bottoms of feet
- Melaleuca—apply topically around (NOT in) eyes or to bottoms of feet

Constipation
- Black Pepper—massage in abdomen

Convulsions
- Balance—apply topically to neck and chest or disperse aromatically
- Clary Sage—apply topically to neck and chest or disperse aromatically
- Lavender—apply topically to neck and chest or disperse aromatically

Corns
- Frankincense—apply topically to problem area
- Lemon—apply topically to problem area
- Melaleuca—apply topically to problem area

Cough
- Breathe—disperse aromatically
- Cypress—disperse aromatically
- Lavender—apply on back of neck, chest, between eyes
- Lemon—add to tea and ingest
- Marjoram—disperse aromatically
- Peppermint—disperse aromatically
- Purify—disperse aromatically

Cramps
- Cypress—apply topically to problem area
- Deep Blue—apply topically to problem area
- Fennel—apply topically to problem area
- Peppermint—apply topically to problem area

Croup
- Lemon—add to tea and ingest
- Peppermint—disperse aromatically
**Cuts**
- Fennel—apply topically to problem area
- Frankincense—apply topically to problem area
- Helichrysum—apply topically to problem area
- Lavender—apply topically to problem area

**Cyst**
- Frankincense—apply topically to problem area
- Oregano—dilute and apply topically to problem area
- Thyme—apply topically to problem area

**Cystitis**
- Clove—ingest
- Cypress—apply topically over bladder
- Lemongrass—ingest
- Thyme—ingest

**Dandruff**
- Patchouli—mix with shampoo and apply topically (rinse out after 2-3 minutes)
- Roman Chamomile—mix with shampoo and apply topically
- Rosemary—mix with shampoo and apply topically
- Sandalwood—apply topically to wet hair
- Ylang Ylang—dilute in fractionated coconut oil and use as conditioner

**Dehydrated Skin**
- Hawaiian Sandalwood—add to moisturizer and apply topically to problem area
- Helichrysum—apply topically to problem area
- Roman Chamomile—add to moisturizer and apply topically to problem area

**Dental Infection**
- Cinnamon—add to water to create mouthwash
- Frankincense—apply topically to problem area
- Oregano—add to water to create mouthwash
**Depression**

- Balance—disperse aromatically
- Bergamot—disperse aromatically
- Citrus Bliss—disperse aromatically
- Clary Sage—disperse aromatically
- Elevation—disperse aromatically
- Eucalyptus—disperse aromatically
- Frankincense—disperse aromatically
- Hawaiian Sandalwood—disperse aromatically
- InTune—apply topically to bottoms of feet, temples, forehead, back of neck
- Lemon—disperse aromatically or apply topically
- Lemongrass—disperse aromatically
- Lime—disperse aromatically
- Mellisa—ingest or apply topically on bottoms of feet
- Patchouli—disperse aromatically or apply topically to bottoms of feet
- Rosemary—disperse aromatically or apply topically to bottoms of feet
- Serenity—disperse aromatically
- Wild Orange—disperse aromatically

**Diabetes**

- Cassia—dilute and ingest
- Coriander—ingest
- Melissa—ingest to help regulate blood sugar

**Diabetic Sores**

- Balance—apply topically to bottoms of feet, over pancreas or disperse aromatically
- Lavender—apply topically to bottoms of feet, over pancreas

**Diarrhea**

- Cassia—dilute and ingest
- Cypress—add a few drops to warm cloth and lay over bladder
- DigestZen—ingest
- Peppermint—add a few drops to warm cloth and lay over bladder
**Digestive Problems**

- Cassia—dilute and ingest
- Cilantro—ingest
- Cypress—add a few drops to warm cloth and lay over bladder
- DigestZen—ingest
- Fennel—ingest
- Frankincense—ingest
- Marjoram—ingest
- Peppermint—ingest or apply to abdomen

**Dizziness**

- Balance—disperse aromatically
- Basil—disperse aromatically or apply topically to temples, back of neck, shoulders
- Cypress—disperse aromatically or apply topically to temples, back of neck, shoulders
- Elevation—disperse aromatically
- Eucalyptus—disperse aromatically or apply topically to temples, back of neck, shoulders
- InTune—apply topically to bottoms of feet, forehead, back of neck, temples
- Peppermint—disperse aromatically or apply topically to temples, back of neck, shoulders
- Serenity—disperse aromatically
- Wild Orange—disperse aromatically

**Dry Skin**

- Bergamot—apply topically to problem area
- Cedarwood—apply topically to problem area
- Hawaiian Sandalwood—add to moisturizer and apply topically to problem area
- Lavender—add to lotion and apply topically to problem area
- Melaleuca—apply topically to problem area

**Ear Infection**

- Basil—rub around ear (do not put directly inside ear!)
- Lavender—warm and mix with olive oil before massaging around ears (not in!)
Eczema
- Bergamot—apply topically to problem area
- Frankincense—apply topically to problem area
- Grapefruit—apply topically to problem area
- Hawaiian Sandalwood—add to moisturizer and apply topically to problem area
- Lavender—apply topically to problem area
- Melaleuca—apply topically to problem area

Epilepsy
- Bergamot—disperse aromatically
- Clary Sage—diffuse aromatically
- Frankincense—diffuse aromatically
- Sandalwood—diffuse aromatically
- Serenity—diffuse aromatically

Exhaustion
- Citrus Bliss—disperse aromatically
- Coriander—disperse aromatically
- Elevation—disperse aromatically
- Eucalyptus—disperse aromatically
- InTune—apply topically to bottoms of feet, temples, forehead, back of neck
- Lemongrass—disperse aromatically
- Peppermint—disperse aromatically
- Wild Orange—disperse aromatically
- Wintergreen—disperse aromatically

Fainting
- Elevation—disperse aromatically
- Eucalyptus—disperse aromatically
- Peppermint—disperse aromatically
- Rosemary—disperse aromatically
- Sandalwood—disperse aromatically
- Wild Orange—disperse aromatically
**Fatigue**
- Elevation—disperse aromatically
- Eucalyptus—disperse aromatically
- Frankincense—disperse aromatically
- InTune—apply topically to bottoms of feet, temples, forehead, back of neck
- Peppermint—disperse aromatically
- Wild Orange—disperse aromatically
- Wintergreen—disperse aromatically

**Fever**
- Eucalyptus—apply topically to forehead, temples, back of neck or disperse aromatically
- Lavender—apply topically to forehead, temples, back of neck or disperse aromatically
- OnGuard®—disperse aromatically, ingest, apply topically to bottoms of feet
- Peppermint—apply topically to forehead, temples, back of neck or disperse aromatically

**Flatulence**
- Cassia—dilute and ingest
- DigestZen—ingest
- Fennel—ingest
- Frankincense—ingest
- Peppermint—ingest

**Flu**
- Breathe—disperse aromatically
- Lavender—add lavender to water and heat to create lavender steam hood
- Lemon—add to tea and ingest
- OnGuard®—disperse aromatically, ingest, apply topically to bottoms of feet
- Oregano—disperse aromatically or apply topically on bottoms of feet for immune boost
- Peppermint—disperse aromatically
- Purify—disperse aromatically

**Food Poisoning**
- Ginger—ingest
- Fennel—ingest
G

**Gastritis**
- Fennel—ingest
- Frankincense—ingest
- Ginger—ingest
- Lemongrass—ingest
- Marjoram—ingest

**Gingivitis**
- Cinnamon—mix with water to create mouthwash
- Clove—mix with water or toothpaste and apply topically to problem area
- Frankincense—apply topically to problem area
- Oregano—mix in mouthwash or toothpaste and apply to problem area

**Gum Disease**
- Cinnamon—mix with water to create mouthwash
- Clove—mix with water or toothpaste and apply topically to problem area
- Frankincense—apply topically to problem area
- Oregano—mix with water for mouthwash and apply topically to problem area

H

**Hair Loss**
- Lavender—dilute in carrier oil and apply topically to scalp each night
- Rosemary—dilute in carrier oil and apply topically to scalp each night
- Thyme—dilute in carrier oil and apply topically to scalp each night

**Hangover**
- Balance—disperse aromatically
- Citrus Bliss—disperse aromatically
- Elevation—disperse aromatically
- Lavender—disperse aromatically or apply topically to neck and over liver
- Peppermint—disperse aromatically or apply topically to neck and over liver
- Rosemary—disperse aromatically or apply topically to neck and over liver
- Wild Orange—disperse aromatically or apply topically to neck
**Head Lice**
- Geranium—add to shampoo
- Lavender—add to shampoo
- Lemon—add to shampoo
- Peppermint—add to shampoo

**Headache**
- Eucalyptus—disperse aromatically
- Lavender—apply topically to temples, back of neck
- PastTense—apply topically to temples, back of neck
- Peppermint—put on temples, across forehead, and on back of neck

**Heartburn**
- DigestZen—ingest
- Ginger—ingest
- Lemon—ingest
- Peppermint—ingest

**Heatstroke**
- Lavender—apply topically to forehead and back of neck
- Peppermint—apply topically to forehead and back of neck

**Hiccups**
- Roman Chamomile—diffuse aromatically or apply topically to chest and stomach
- Cypress—diffuse aromatically or apply topically to chest and stomach
- Lemon—diffuse aromatically or apply topically to chest and stomach

**High Blood Pressure**
- AromaTouch—apply topically in full body massage
- Eucalyptus—diffuse aromatically, ingest, or apply topically in daily massage
- Lavender—diffuse aromatically, ingest, or apply topically in daily full body massage
- Marjoram—diffuse aromatically, ingest, or apply topically in daily full body massage

**Hot Flashes**
- Balance—diffuse aromatically or apply topically to back of neck
- ClaryClear—apply topically to back of the neck
- Clary Sage—diffuse aromatically or apply topically to back of neck
- Peppermint—diffuse aromatically or apply topically to back of neck
Hyperactivity
- Balance—diffuse aromatically
- Lavender—diffuse aromatically
- Serenity—diffuse aromatically
- Vetiver—diffuse aromatically

Hypertension
- AromaTouch—apply topically in full body massage
- Deep Blue—apply topically in full body massage
- Black Pepper—dilute and ingest

Impotence
- Clary Sage—diffuse aromatically or apply topically to temples, wrists, and back of neck
- Sandalwood—diffuse aromatically or apply topically to temples, wrists, and back of neck
- Ylang Ylang—diffuse aromatically or apply topically to temples, wrists, and back of neck

Indigestion
- Cilantro—ingest
- DigestZen—ingest
- Fennel—ingest
- Frankincense—ingest
- Ginger—ingest or disperse aromatically
- Lemongrass—ingest
- Marjoram—ingest
- Peppermint—ingest

Infection
- Cassia—dilute and apply topically to problem area
- Frankincense—apply topically to problem area
- Lavender—apply topically to problem area
**Inflammation**

- AromaTouch—apply topically to problem area
- Basil—apply topically to problem area
- Bergamot—apply topically to problem area
- Coriander—apply topically to problem area
- Deep Blue Soothing Blend—apply topically to problem area
- Eucalyptus—apply topically to problem area
- Fennel—apply topically to problem area
- Frankincense—apply topically to problem area
- Helichrysum—apply topically to problem area
- Immortelle—apply topically to problem area
- Lemongrass—apply topically to problem area
- Marjoram—apply topically to problem area
- Myrrh—apply topically to problem area
- Oregano—apply topically to problem area
- Peppermint—apply topically to problem area
- Rosemary—apply topically to problem area
- Sandalwood—apply topically to problem area
- Thyme—apply topically to problem area
- Wintergreen—apply topically to problem area

**Insect Allergies**

- Bergamot—apply topically to problem area
- Eucalyptus—apply topically to problem area
- Lavender—apply topically to problem area
- Melaleuca—apply topically to problem area

**Insect Repellent**

- Basil—apply topically on skin
- Cedarwood—disperse aromatically, spray on linens, around doors and windows
- Lemongrass—apply topically on skin
- Peppermint—disperse aromatically or apply to cotton balls and place around perimeter of home
- TerraShield—apply topically to arms, legs, neck or spray around doors and windows
**Insomnia**
- Balance—disperse aromatically
- Bergamot—disperse aromatically
- Breathe—disperse aromatically
- Cedarwood—disperse aromatically
- Clary Sage—disperse aromatically
- Eucalyptus—disperse aromatically or apply topically to bottoms of feet
- Lavender—disperse aromatically
- Peppermint—disperse aromatically
- Roman Chamomile—apply topically to bottoms of feet
- Serenity—disperse aromatically

**Itching**
- Fennel—apply topically to problem area
- Lavender—apply topically to problem area
- Oregano—apply topically to problem area
- Peppermint—mix with lavender and apply topically to problem area

**Jet Lag**
- Bergamot—apply topically to bottoms of feet
- Citrus Bliss—disperse aromatically during day to awaken
- Clary Sage—disperse aromatically at night to help sleep
- Peppermint—apply topically to bottoms of feet
- Rosemary—apply topically to bottoms of feet
- Serenity—disperse aromatically at night to help sleep

**Joint Pain**
- AromaTouch—apply topically to problem area
- Balance—apply topically to problem area
- Deep Blue—apply topically to problem area
- Peppermint—apply topically to problem area
**Lactose Intolerance**
- DigestZen—ingest
- Ginger—ingest
- Fennel—ingest
- Lemongrass—ingest
- Peppermint—ingest

**Leg Cramps**
- AromaTouch—apply topically to problem area
- Deep Blue—apply topically to problem area
- Peppermint—apply topically to problem area

**Loss of Appetite**
- Ginger—diffuse aromatically or ingest
- Lavender—diffuse aromatically or ingest
- Wild Orange—diffuse aromatically or ingest

**Measles**
- Lavender—apply topically on spots daily
- Melaleuca—apply topically on spots daily
- Roman Chamomile—apply topically on spots daily
- Rosemary—disperse aromatically

**Menopause**
- ClaryCalm—apply topically to chest, abdomen, or back of the neck or disperse
- Clary Sage—apply topically to feet or pulse points to regulate hormones
- Fennel—apply topically to abdomen
- Geranium—apply topically to bottoms of feet
- Oregano—mix with Thyme and apply to bottoms of feet for hormone balance
**Menstrual Symptoms**
- Balance—disperse aromatically or apply topically to bottoms of feet
- Bergamot—apply topically to bottoms of feet
- ClaryCalm—apply topically to chest, abdomen, or back of the neck or disperse aromatically
- Clary Sage—apply topically to bottoms of feet or pulse points to regulate hormones
- Geranium—apply topically to bottoms of feet
- Elevation—disperse aromatically
- Fennel—apply topically to abdomen
- Peppermint—place a drop on a warm cloth and place on abdomen

**Migraine**
- Frankincense—disperse aromatically
- Pasttense—apply topically to temples, across forehead, and back of neck
- Peppermint—apply topically to temples, across forehead, and back of neck

**Morning Sickness**
- Balance—disperse aromatically
- DigestZen—ingest
- Ginger—disperse aromatically
- Fennel—ingest

**Motion Sickness**
- Balance—disperse aromatically
- DigestZen—ingest
- Ginger—disperse aromatically
- Peppermint—disperse aromatically

**Muscle Pain**
- AromaTouch—apply topically to problem area
- Black Pepper—dilute and apply topically to problem area
- Clove—apply topically to problem area
- Coriander—apply topically to problem area
- Deep Blue—apply topically to problem area
- Geranium—add to bath for full-body soak
- Peppermint—apply topically to problem area
- Rosemary—apply topically to problem area
- Wintergreen—apply topically to problem area or use during massage
**Nausea**
- Balance—disperse aromatically
- DigestZen—ingest
- Ginger—disperse aromatically or ingest
- Myrrh—ingest with water and honey
- Peppermint—disperse aromatically or ingest

**Neck Pain**
- Basil—apply topically to problem area
- Deep Blue—apply topically to problem area
- Helichrysum—apply topically to problem area
- Marjoram—apply topically to problem area

**Nervous Fatigue**
- Cedarwood—disperse aromatically
- Citrus Bliss—disperse aromatically
- Elevation—disperse aromatically
- Lemon—disperse aromatically
- Peppermint—disperse aromatically
- Serenity—disperse aromatically
- Wild Orange—disperse aromatically

**Nose Bleeds**
- Cypress

**Oily Hair**
- Geranium—add to shampoo and apply topically
- Patchouli—add to shampoo and apply topically
- Roman Chamomile—add to shampoo and apply topically
- Rosemary—add to shampoo and apply topically
- Sandalwood—apply topically to wet hair
- Ylang Ylang—dilute in fractionated coconut oil for conditioner
Pain
- Deep Blue—apply topically to problem area
- Lavender—apply topically to problem area

Palpitations
- Lavender—apply topically to chest
- Wild Orange—apply topically to chest
- Ylang Ylang—apply topically to chest

Parasites
- Lavender
- Peppermint—apply topically over problem area

Pet Allergies
- Breathe—disperse aromatically or apply topically to chest, temples, back of neck
- Lavender—ingest, disperse aromatically, or apply topically to back of neck
- Lemon—ingest, disperse aromatically, or apply topically to back of neck
- Melaleuca—disperse aromatically
- Peppermint—ingest, disperse aromatically, or apply topically to back of neck

Rashes
- Helichrysum—apply topically to problem area
- Lavender—apply topically to problem area
- Melaleuca—apply topically to problem area

Scarring
- Frankincense—apply topically to problem area
- Hawaiian Sandalwood—apply topically to problem area
- Helichrysum—apply topically to problem area
- Lavender—apply topically to problem area
- Melaleuca—apply topically to problem area
- Sandalwood—apply topically to problem area
**Seasonal Affective Disorder (SAD)**

- Balance—apply topically to bottoms of feet or disperse aromatically
- Elevation—disperse aromatically
- InTune—apply topically to bottoms of feet, temples, forehead, back of neck
- Patchouli—apply topically to bottoms of feet
- Serenity—disperse aromatically
- Wild Orange—disperse aromatically

**Shingles**

- Melaleuca—apply topically to problem area, on back of neck, and along spine
- Oregano—apply topically to problem area, on back of neck, and along spine
- Rosemary—add to shampoo and apply topically
- Sandalwood—apply topically to problem area, on back of neck, and along spine

**Shock**

- Bergamot—disperse aromatically
- Serenity—disperse aromatically
- White Fir—disperse aromatically
- Wild Orange—disperse aromatically

**Sinus Congestion**

- Breathe—disperse aromatically or apply topically to temples
- Clove—disperse aromatically
- Eucalyptus—disperse aromatically
- Melaleuca—disperse aromatically
- Peppermint—disperse aromatically

**Sinus Headache**

- Balance—disperse aromatically
- Breathe—disperse aromatically or apply topically to temples, across forehead, back of neck
- Eucalyptus—disperse aromatically
- Pasttense—apply topically to temples, across forehead, back of neck
- Peppermint—apply topically to temples, across forehead, and back of neck
- Wintergreen—disperse aromatically

**Smoking**

- Black Pepper—disperse aromatically and ingest
**Sore Throat**
- Eucalyptus—disperse aromatically
- Lemon—add to tea and ingest
- Myrrh—ingest with water and honey
- OnGuard®—ingest
- Oregano—ingest
- Rosemary—disperse aromatically

**Sprains**
- Basil—apply topically to problem area
- Deep Blue—apply topically to problem area
- Lemongrass—apply topically to problem area
- Wintergreen—apply topically to problem area

**Stomachache**
- DigestZen—ingest
- Fennel—ingest
- Frankincense—ingest
- Ginger—ingest
- Myrrh—ingest with water and honey
- Peppermint—ingest

**Strep Throat**
- Clove—add to tea or water and ingest
- Lemon—add to tea or water and ingest
- Myrrh—ingest with water and honey
- OnGuard®—disperse aromatically, ingest, apply topically to bottoms of feet
- Rosemary—disperse aromatically

**Stress**
- Balance—disperse aromatically
- Bergamot—disperse aromatically
- Cedarwood—disperse aromatically
- Citrus Bliss—disperse aromatically
- Coriander—disperse aromatically
- Elevation—disperse aromatically
- Eucalyptus—disperse aromatically
- Geranium—apply topically to insides of wrists and inhale
- Frankincense—dispense aromatically
- Grapefruit—dispense aromatically
- Hawaiian Sandalwood—dispense aromatically
- Helichrysum—apply topically to temples and back of neck
- Juniper Berry—dispense aromatically
- Lavender—dispense aromatically
- Melissa—ingest or use topically apply on the bottoms of feet
- Myrrh—dispense aromatically
- Patchouli—dispense aromatically
- Peppermint—dispense aromatically
- Rosemary—dispense aromatically
- Sandalwood—dispense aromatically
- Serenity—dispense aromatically
- White Fir—dispense aromatically

**Stretch Marks**
- Frankincense—apply topically to problem area
- Geranium—apply topically to problem area
- Helichrysum—apply topically to problem area
- Melaleuca—apply topically to problem area
- Myrrh—apply topically to problem area

**Stroke**
- Cypress—apply topically on temples, forehead, behind ears, and on back of neck or ingest
- Helichrysm—apply topically on temples, forehead, behind ears, and on back of neck or ingest
- Peppermint—apply topically on temples, forehead, behind ears, and on back of neck or ingest

**Sunburn**
- Cedarwood—apply topically to problem area
- Frankincense—apply topically to problem area
- Hawaiian Sandalwood—add to moisturizer and apply topically to problem area
- Juniper Berry—apply topically to problem area
- Lavender—apply topically to problem area
- Melaleuca—apply topically to problem area
- Peppermint—apply topically to problem area
Teething Pain
- Clove—apply topically to problem tooth
- Roman Chamomile—apply topically to problem tooth
- Wintergreen—apply topically to problem tooth

Tennis Elbow
- AromaTouch—apply topically to problem area
- Black Pepper—dilute and apply topically to problem area
- Coriander—apply topically to problem area

Tension Headache
- Helichrysum—apply topically to temples and back of neck
- Pasttense—apply topically to temples, across forehead, back of neck
- Peppermint—apply topically to temples, across forehead, back of neck
- Sandalwood—apply one drop to hands and wrists and inhale
- Serenity—disperse aromatically

Toothache
- Cinnamon—dilute and apply topically to problem area
- Clove—add to water or toothpaste and apply topically to problem area
- Frankincense—apply topically to problem area
- Melaleuca—apply topically to problem area or mix with water for mouthwash
- Myrrh—apply topically to problem area
- Oregano—mix with water for mouthwash or toothpaste and apply to problem area
- Peppermint—apply topically to problem area

Varicose Veins
- Cypress—apply topically to problem area
- Heluchrysum—apply topically to problem area
- Lemongrass—apply topically to problem area
Vertigo
- Balance—disperse aromatically or apply topically to bottoms of feet
- Bergamot—disperse aromatically or apply topically to bottoms of feet
- Geranium—apply topically to tops of and behind ears
- Ginger—apply topically to tops of and behind ears
- Helichrysum—apply topically to tops of and behind ears
- Vertigo—apply topically to temples, forehead, back of neck
- Wild Orange—apply topically to tops of and behind ears or disperse aromatically

Vomiting
- Frankincense—ingest
- Ginger—ingest

W

Warts
- Frankincense—apply topically to problem area
- Lavender—apply topically to problem area
- Helichrysum—apply topically to problem area
- Thyme—dilute and apply topically to problem area

Wasp Sting
- Bergamot—apply topically to problem area
- Lavender—apply topically to problem area
- Purify—apply topically to problem area

Weight Gain
- Grapefruit—ingest
- Patchouli—disperse aromatically
- Slim & Sassy—ingest

Whiplash
- Deep Blue—apply topically to neck, shoulders and back
- Lemongrass—apply topically to neck, shoulders, and back
- Marjoram—apply topically to neck, shoulders, and back
**Worms**
- DigestZen—apply topically to stomach and on bottoms of feet
- Lavender—apply topically to stomach and on bottoms of feet
- Rosemary—apply topically to stomach and on bottoms of feet

**Wounds**
- Frankincense—apply topically to problem area
- Helichrysum—apply topically to problem area
- Lavender—apply topically to problem area
- Melaleuca—apply topically to problem area

**Wrinkles**
- Bergamot—apply topically to problem area
- Cedarwood—apply topically to problem area
- Geranium—boil with water for skin steam hood
- Hawaiian Sandalwood—add to moisturizer and apply topically to problem area
- Helichrysum—apply topically to problem area
- Immortelle—apply topically to problem area
- Juniper Berry—apply topically to problem area
- Myrrh—apply topically to problem area
- Patchouli—add to moisturizer and apply topically to problem area
- Roman Chamomile—add to moisturizer and apply topically to problem area
- Sandalwood—apply topically to problem area
Reflexology

An amazing aspect of our bodies is their interconnectedness. We have found that by placing an essential oil on an easily accessible part of our hands or feet, not only do these oils become systemic, or they enter the bloodstream and circulate around the body, but depending on where they are put, amazingly they benefit specific organs as well.

Below are two charts, one for your hands and another for your feet showing where you can place essential oils to benefit you where your body needs them most!
Foot Reflexology Chart & Oil Use Guide

Right Foot

1. Brain, Pineal, & Pituitary
   - Frankincense
   - Immortelle
   - Melissa
   - Patchouli
   - Sandalwood
   - Clove
   - Mryth

2. Parathyroid
   - Frankincense
   - Rosemary
   - Immortelle
   - Vetiver
   - Clove

3. Thyroid
   - Clove
   - Frankincense
   - Helichrysum
   - Imortelle
   - Lemongrass

4. Thymus
   - Cassia
   - Melissa
   - On Guard
   - Rosemary
   - Thyme

5. Breathe
   - Melissa
   - Eucalyptus
   - Peppermint
   - Rosemary
   - AromaTouch

6. Shoulder
   - Birch/Wintergreen
   - Lemongrass
   - Deep Blue
   - Past Tense
   - Frankincense
   - Rose
   - Cypress
   - Solace

7. Heart
   - Lemongrass
   - Rosemary
   - Cinnamon/Cassia

8. Pancreas
   - Rosemary
   - Lemon
   - On Guard
   - Coriander
   - Basil

9. Stomach
   - Ginger
   - Oregano
   - Peppermint
   - Wild Orange

10. Ascending Colon
    - On Guard

11. Transverse Colon
    - AromaTouch
    - Helichrysum
    - Melaleuca
    - Lavender

12. Descending Colon
    - AromaTouch
    - Helichrysum
    - Melaleuca
    - Lavender

13. Small Intestine
    - AromaTouch
    - Helichrysum
    - Melaleuca
    - Lavender

14. Lung

Left Foot

1. Brain
2. Pineal
3. Pituitary
4. Parathyroid
5. Thyroid
6. Thymus
7. Shoulder
8. Heart
9. Pancreas
10. Stomach
11. Small Intestine
12. Ascending Colon
13. Transverse Colon
14. Descending Colon

Outer Ankle - Ovaries or Testes
- Rosemary
- Solace
- Whopper
- Basil
- Yang Yang

Inner Ankle - Uterus or Prostate
- Rosemary
- Solace
- Whopper
- Basil
- Yang Yang

Nerves
- Helichrysum
- Lemongrass
- Clove
- Geranium
- Peppermint
- Roman Chamomile
- Solace

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Moon Cycle, Hormones, and Essential Oils

As a part of nature ourselves, there are many changes in and around our environment which can massively impact our physical bodies. Not the least of these are the moon cycles, which parallels our hormonal changes each month. dōTERRA Essential Oils can help you to ease the negative effects of the body’s monthly hormone changes. Understanding the moon’s cycles can give us an estimate on what stage we are in each day and better prepare ourselves.

What is the Moon Cycle?

There are eight complete phases of the moon cycle:

- New (Dark Moon)—The moon is not visible during this phase
- Waxing Crescent
- First Quarter—Also called a “half-moon”
- Waxing Gibbous
- Full
- Waning Gibbous
- Third Quarter—another “half-moon”, but the side illuminated is the opposite than the side illuminated during the first quarter
- Waning Crescent

The moon cycle is about 28 days long, and each phase can affect our bodies in a physical way. These phases play with our hormones, sleep patterns, and moods which is why many people keep track of the moon cycle on their calendar. The moon cycle directly correlates with the typical 28 day feminine hormonal cycle. The effects the moon cycle can have on our bodies sometimes causes undesired physical symptoms, but using essential oils can help support our bodies during these phases.

Moon Cycles and the Feminine Spirit—Problems and Effects

As previously stated, the moon cycle can be directly correlated to the feminine 28-day hormonal cycle. Generally speaking, the hormonal cycle of a woman is 28 days long and goes through phases much like the moon cycle. The moon helps regulate the menstrual cycle, trigger ovulation and fertility, changes emotions, and it affects the way people behave and view the world. Women are connected to the moon by blood, hormones, and soul, and by understanding this we can use measures like aromatherapy to support us through these changes and phases.
Everyone has a unique body system that flows with the moon cycle in different ways, but the phases all correlate as women are connected to the moon. For example, during the full moon phase of the lunar cycle, if a woman is ovulating during the full moon it is a great time to conceive (or conversely a very important time to make sure to use contraceptive), or if she’s bleeding during the full moon this enhances intuition and the development of spiritual life. Becoming more aware of your own body and how the moon phases correlate to your mental and physical self helps you to understand how to use aromatherapy to aid yourself during these monthly change. Engaging with the moon cycle helps you to become more comfortable with your own menstrual cycle and feminine spirit.

Some of the ways the moon cycle can negatively affect the feminine spirit include cramping, polarized mood changes, and other physical symptoms such as headaches.

**Moon Cycles and the Masculine Spirit—Problems and Effects**

While men and masculine energy are more traditionally associated with the sun and its energy, their hormonal systems can also be influenced by the moon phases as well. There is much less information present about male hormonal cycles because little research has been done to study them, but we do know that studies conducted around the world have shown that men secrete their highest levels of sex hormones in October and their lowest levels in April. This is true despite the Australian spring being the North American autumn; men all over the world have demonstrated a similar pattern of hormonal peaks.

Men have monthly hormonal cycles just as women do, but they can be rather unpredictable and have less obvious physical symptoms. Their cycles can follow daily, seasonal and annual rhythms. The masculine hormonal cycle needs to be studied further in-depth, particularly in its relation to the moon cycles, but scientific research has shown that men go through as many, if not more, hormonal changes than women. Symptoms like polarized mood and behavior can occur during the masculine hormonal cycle.

**Essential Oils and Hormone Changes**

Citrus oils such as Lemon, Wild Orange, and Grapefruit are good for helping to balance your inner self during times of high emotional inequities due to hormonal phases. These oils can be used by diluting a few drops of citrus oils every morning into a glass of water, or the water bottle you bring to work with you. dōTERRA’s Citrus Bliss blend, which mixes all of these oils, is great for an aromatic boost during the day. Another delicious way to incorporate these oils is by putting a few drops in your coffee pot or tea kettle after brewing. It adds a nice citrusy flavor and will help balance your stress and emotional levels throughout the day.

Frankincense also plays a role in controlling hormones and calming emotions. It is easily incorporated by simply putting some into your diffuser while working. If this doesn’t
work for you, you can also rub a few drops of Frankincense essential oil on the soles of your feet before going to bed. It will help you to relax and give you peace of mind as you sleep.

**Clary Sage** is excellent for muscle cramps during menstruation. In men it is great for inducing a meditative mindset, and it will help quiet your minds and give you a clear presence for meditation and yoga. It can also relax and clear up your receptor sites. To achieve the relaxing, calming effects of Clary Sage oil you can put it in an oil diffuser. This will balance the heart and mind, help to relax, and it will clear your head gently. Clary Sage Oil can also be taken internally; a few drops diluted in water will help a woman’s premenstrual syndrome symptoms when she enters that phase of her cycle and it also calms the system, acting as a sleep aid. It is not recommended that Clary Sage Oil is taken internally if you have recently ingested any kind of alcohol as there have been many reports of vivid, horrifying nightmares from this combination.

dōTERRA’s **Elevation** and **Ylang Ylang** essential oils can help control the libido. These oils are good for the testosterone imbalances men can experience during their hormonal cycles. These oils are best diffused aromatically; a few drops can go a long way. dōTERRA’s Dr. Hill advises weariness when using these essential oils topically, however, as they may not always mix well with the body’s natural chemistry and smell. Diffuse and enjoy the aroma.

As usual, one of the best natural healers is **Peppermint**. It is excellent for cramps, hot flashes, and headaches. A great way to use peppermint oil to ease the symptoms brought on by hormonal change is to dilute several drops of it into a cool, wet washcloth and place it where your body is hot or in pain. Place it on your forehead for headaches, on your back for terrible back cramps, or behind your neck when experiencing hot flashes.

To insure that you always receive the best benefits from essential oils, always use essential oils consistently and routinely, as you would a medication. It is also vital to remember that these guidelines are general and that understanding which oils work best for you as an individual is what matters the most.

**More Information:**

http://www.goodtherapy.org/blog/male-hormonal-cycles-andropause-1009127


http://www.moonphases.info/moon_phrases.html

http://i49.servimg.com/u/f49/16/59/69/37/moonph10.jpg
**OnGuard® Products**

OnGuard® is dōTERRA’s unique, proprietary blend formulated to support healthy immune function. Wild Orange essential oil, combined with Clove, Cinnamon, Eucalyptus, and Rosemary offer a fragrant, natural and effective alternative to synthetic options for immune support. OnGuard®, with its unique aroma, is one of dōTERRA’s most versatile blends. It is also safe to use on counter tops, as a non-toxic way to cleanse surfaces, or to clear the atmosphere by diffusing.

This oil blend comes in a number of forms including foaming hand washes and dietary supplements. Using naturally anti-bacterial, fungal, viral, and biotic essential oils, OnGuard® essential oil blend is ideal for cleaning and purifying your home and stopping the spread of colds in their tracks.

The amazing blend of oils in OnGuard® strengthen and empower one another, increasing each other’s strength. It is amazing not only for treating oncoming diseases, but also to help boost our immune system all day long every day and stop us from getting sick at all! Diffusing OnGuard® into the air has actually been shown to kill some airborne pathogens and purify your home, office, or any space where you work and live. It helps not only with your immune system, but also actively works within your body with cell maintenance and balance. In fact, OnGuard® has even been shown to help fight abnormal cell development and stave off cancer!

Taken 3 to 4 times a day for 5 to 10 days, OnGuard® has stopped colds and even the flu with its amazing abilities! Drinking “The Bomb” in water once or twice a day will help keep you healthy and happy.

**The Bomb:**

- 5 drops OnGuard®
- 4 drops Oregano
- 2 drops Peppermint
- 2 drops Frankincense
- 1 drop Lemon
In a world where we are seeing more and more evolution in our pathogens, using essential oils is becoming one of the few ways to keep up with those little bugs and keep you and your family healthy and ready to go even in cold and flu season.

**Products:**

**OnGuard® Foaming Hand Wash:** Hand-washing is an important health precaution—and placing OnGuard® Foaming Dispensers at every sink around the home and office provide those in your home and workplace with OnGuard® protection throughout the day.

**OnGuard® Protecting Throat Drops:** Don’t let flu season catch you off guard! dōTERRA’s OnGuard® Protecting Throat Drops provide a convenient way to benefit from OnGuard® ’s immune-supporting properties.

**OnGuard® Natural Whitening Toothpaste:** dōTERRA’s fluoride-free toothpaste provides the protective benefits of therapeutic-grade OnGuard® essential oils against germs and other harmful pathogens, while also reducing plaque, and whitening teeth with gentle polishing agents.

**OnGuard® Cleaner Concentrate:** OnGuard® Cleaner Concentrate is designed to be the ideal natural cleaner. This powerful essential oil blend is combined with plant-based derivatives that provide a non-toxic and biodegradable way to clean and eliminate odors.

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

**OnGuard® + Softgels:** Get the immune support your body needs when facing winter threats or elements that can weaken your immune system with the proprietary blend of dōTERRA OnGuard® and Black Pepper, Oregano, and Melissa essential oils.

**OnGuard® Beadlets:** OnGuard® Beadlets are an easy and convenient way to obtain the immune-boosting benefits of OnGuard® Essential Oil Blend. They are perfect for home use, while traveling, and to boost your family’s immunity - anytime, anywhere.
Deep Blue® Products

According to recent studies, more than half of us are sufferers of ongoing discomfort. Deep Blue® is dōTERRA’s soothing solution to this challenge. Wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum and osmanthus work together to ease achy joints and sore muscles. Its effects are deep and penetrating with sustained results. Once gently rubbed into the area of discomfort, Deep Blue’s cool therapeutic benefit will be felt almost immediately.

Available in both a pure oil blend and as a rub, dōTERRA’s Deep Blue is fantastic for easing every type of ache and pain from arthritis to minor pains from workouts. The many amazing oils in this blend act as natural relaxants and aspirins to ease the pain and relax our bodies to allow more airflow and faster healing. The oils also have amazing skin-healing properties and can quickly get rid of inflammation to calm even the worst aches.

The Deep Blue® Rub is great for long-term pain or arthritis as it stays on for all-day pain relief. It is a milder and less-concentrated form of the blend, however it reaches just as deep for a wonderful, soothing feeling.

The concentrated Deep Blue® oil blend is great for sudden, sharp, or acute pain. It gets in deep to soothe every kind of pain. Used in very small doses, it cools and soothes not only the area it is applied to, but quickly becomes systemic and finds its way to calm pain and get rid of inflammation all over the body!

Products:

Deep Blue® Rub: dōTERRA’s Deep Blue Rub is a rich, topical cream infused with Deep Blue Soothing Blend of Certified Pure Therapeutic Grade essential oils that provides targeted comfort to tired and sore joints and muscles. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy and is the choice of massage therapists and sports practitioners for applying dōTERRA’s Deep Blue essential oil blend.

Deep Blue® RollOn: Deep Blue is dōTERRA’s soothing solution with Wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum and osmanthus working together to ease achy joints and sore muscles.
dōTERRA Essential Oils are fantastic for creating quick, natural remedies for everyday ailments and replacing commonly used medications in your home! They can provide many of the same benefits without the side-effects of many medications. Below are a few very useful recipes for replacing medications in your home.

**Liquid Morphine:**
- 6 drops Lemongrass
- 6 drops Frankincense
- 6 drops Marjoram
Mix oils in a veggie capsule or in a roller bottle if needed.

**Liquid Xanax:**
- 1 drop Balance
- 1 drop Serenity
Mix oils and apply on the wrists, rub wrists together and inhale.

**Happy Muscle Rub:**
- 3 drops Basil
- 2 drops White Fir
- 2 drops Lavender
- 2 drops Marjoram
Mix oils in fractionated coconut oil and fill roll-on bottle.

**Focus Blend:**
- 10 drops Wild Orange
- 5 drops Peppermint
Mix oils in fractionated coconut oil to fill in roll-on bottle or put in distilled water for a delicious air freshener.
Joyful Blend:
4 drops Elevation
4 drops Bergamot
4 drops Lemon

Mix oils in fractionated coconut oil to fill roll-on bottle or put in distilled water for a delicious air freshener.

Sweet Dreams Blend:
7 drops Serenity
7 drops Roman Chamomile

Mix oils together in fractionated coconut oil to fill roll-on bottle or put in distilled water for a delicious air freshener.

Dandruff Scalp Treatment
½ cup distilled witch hazel
20 drops Eucalyptus
20 drops Rosemary
20 drops Lavender

Combine the witch hazel with the essential oils. Massage approximately 1 tablespoon of the mixture into your scalp every night before going to bed. Continue with the treatment until the dandruff clears.

Acne-Fighting Facial Mask
1 tablespoon finely ground rolled oats
1 tablespoon plain low-fat yogurt
1 teaspoon cosmetic clay
2 drops Lavender
1 drop Eucalyptus

Grind the rolled oats into a fine meal in a blender or clean coffee grinder. Combine the ingredients and mix well. Smooth the mask on to clean skin and remove after 15 minutes with warm, wet washcloth.
Treat Yourself to an Aromatherapy Steam Facial

An aromatherapy steam facial is a great way to feel like you are at a luxurious spa in the comfort of your own home. With only a pot of hot water, a towel, and essential oils, you can easily create your own aromatherapy steam facial that can greatly benefit your skin and sense of well-being.

A steam facial can help work magic on your skin. The steam helps increase circulation and draws blood to the surface of your skin, giving it a nice warm, healthy glow. It also helps to deep clean your pores of any dirt and debris and helps to add moisture to your skin. Not only is it great for your skin—it is also very relaxing and therapeutic as well.

What You Need:

- Large pot or kettle to heat water in
- Large bowl
- Towel
- 5 drops of dōTERRA essential oil

With so many essential oils to choose from, here are a few suggestions for picking the oil or blend best for your skin type. Try different oils and blends to see which is best for you!

Essential Oils for Oil or Troubled Skin:

- Eucalyptus
- Geranium
- Lemongrass
- Melaleuca

Essential Oils for Dry Skin:

- Lavender
- Geranium
- Frankincense

Essential Oils for Normal Skin:

- Lavender
- Geranium
- Sandalwood
- Ylang Ylang
Directions:

1. Wash your face with a gentle face wash to remove any makeup, grease, or dirt.
2. Bring a pot of water to a boil (about 5 cups).
3. Once the water begins to boil, transfer it to a large bowl.
4. Add essential oils to the water.
5. Take a large bath towel and drape it over your head and bowl. This will create a “steam tent.” Position your face 12-18 inches away from water so the steam can go into your nose and skin.
6. Relax and enjoy for 3-5 minutes.
7. Once done, wash face to remove any dirt from pores that may have surfaced, and use a toner, such as dōTERRA’s Pore Reducing Toner, to help further cleanse your pores.
8. Pat skin dry with a clean towel. Repeat once a week.
Childcare

Using essential oils on your children can produce amazing changes in you and your child’s life. dōTERRA offers a wide range of products which are safe for children to use and help in a number of areas which often plague the lives of children and parents: body development, immunity, sleep, and attention and focus.

Much of our brain develops in the earliest stages of life, and it is important to insure that your child is getting the nutrients they need for healthy brain development. Recent studies have shown that nutrients called Omega 3s, which are found most commonly in fish oil, are excellent not only for cognitive development and functioning, but also for overall health. dōTERRA’s IQ Mega is a fish oil supplement which research has shown proves therapeutic in children with ADHD, autism, cystic fibrosis, heart disease, auto-immune disorders, breast and prostate cancer, and it even postpones cognitive decline! They also have similar effects in adults!

Also available are a2z Gummy Multivitamins to support a child’s fruit and vegetable intake. These supplements are made only from completely natural ingredients including pineapple, mango, cherry, strawberry, spinach, tomato, turmeric, and spirulina! They are great not only for children, but support adult diets as well!

Even when the brain and body are functioning perfectly, however, our attention and focus isn’t always top-notch. dōTERRA offers a number of oils that can create a fully-functioning mind and body that are ready to learn, play, and get the most out of life!

As important as nutrient intake is a good night’s sleep. Anyone with children will know that if they had their way, our kid’s bed times would be never, so dōTERRA has created a blend called Serenity for diffusing or application to the bottoms of feet at night. Serenity encourages relaxation and deep REM sleep, necessary for being our best every day! Each oil in this special blend aids in calming and relaxing our bodies naturally and helping us get those eight to ten hours! dōTERRA suggests Balance oil blend for the morning ritual, which helps ground, awaken, and calm our minds and bodies and prepare us for any obstacles in the day ahead!
There are several oil blends that can be diffused or rubbed onto the bottoms of the feet to help revive their focus and attention. Combinations like Peppermint Oil and Citrus Bliss when diffused into the air increase oxygen intake and awaken you and your children. There’s also a new way of taking peppermint in the Peppermint Beadlet, which is a tiny capsule that dissolves in your mouth and immediately starts rejuvenating your mind. Also great for focus is the oil blend called InTune, the Focus Blend. InTune saw great effects in children with ADHD when rubbed on their feet, foreheads, and temples.

Finally, one of the most important parts of our lives, especially when it’s school time, is keeping germs outside the home. Everything we touch in a public place is covered in bacteria, viruses, and other little nasty bugs. dōTERRA’s oils offer a number of natural purifying benefits to our bodies and homes. Particularly important is the oil bed OnGuard®, which fights against harmful bacteria, mold, viruses, disinfects surfaces, and can be used as a hand soap. Better, all the ingredients in the oil also go into the OnGuard® Beadlet which are so tiny that children can swallow them without a problem at the first signs of a cold and they help the immune system fight off anything and everything from swine flu to merca. A number of other single oils can also help clean and disinfect your home including Cinnamon, Frankincense, Lemon, Oregano, and Black Pepper.

Change the way you look at almost every aspect of your children’s lives from attention in school to curing the common cold, dōTERRA has a product that can improve your child’s life in ways about which even they will get excited about!
Pets and Aromatherapy

Like many of the uses for essential oils, use on pets has come up for debate as essential oils have grown more popular—needless to say, there are many reports of success. dōTERRA themselves have not done extensive studies on the use of essential oils on smaller animals such as cats, birds, hamsters, rabbits, and the like, but there are many stories of success on larger animals, like horses and dogs. Like use on humans, essential oils can benefit dogs and horses just as medications from your vet do, but unlike medications, they have few to no unpleasant side-effects!

Like humans, however, essential oils cannot replace proper preventive care and in the case of an emergency, always contact your vet. It is important to talk with your vet about using essential oils. Often there are certain oils to which animals do not respond well. It is therefore very important to be wary of what essential oils are used on what animal and before you introduce an animal to a new essential oil, research and try to understand if that oil and animal are compatible before any use whatsoever.

Dogs

Particularly used in dogs, Frankincense essential oil has proven to help with cancer, tumors, snake bites, wounds, skin abrasions, and seizures. It can also be used for preventative means, keeping cancer at bay and increasing the animal’s overall health. It is suggested that essential oils be used topically and always diluted, as the livers of most animals does not react the way human’s livers do to the presence of essential oils. When using oils topically, use fractionated coconut oil with perhaps a 50:1 FCO to essential oil blend.

Also fantastic for dogs are the aromatic uses of Serenity essential oil blend, which help with anxiety and depression in humans and has been shown to lesson anxiety, reactivity, and even carsickness in dogs. Using Serenity while training your dog is also a fantastic option because it helps the dog feel calm and when they are calm, they are more likely to listen to and learn your commands. Serenity is an oil which should never be ingested, but can be used aromatically and topically to help your pet.

Pet owners know that a constant worry are pests like fleas, ticks and worms. Essential oils naturally repel pests like these and when used on pets, they prove to be powerful deterrents for pest problems. Worms can be treated and prevented by dōTERRA’s DigestZen blend. When put in food it helps support a healthy digestive tract. Ticks and fleas both have an aversion to Lavender, Lemongrass, and Thyme essential oils and there is a very easy recipe for chasing out the critters that plague your dog’s coat: Combine 8 oz. of water in a spray bottle with ½ teaspoon of natural soap and twelve drops of oil. When sprayed on the coat, massaged, and washed away, the pests wash away too!
Finally, many of us love our pets, but have developed mild to severe allergies that keep us separated from our best friends. dōTERRA’s oils significantly lessen the severity of allergic symptoms. When diffusing simple, delicious combinations like Lemon, Lavender, and Peppermint, many people notice their red, itchy eyes and stuffy nose disappear in less than thirty minutes!

**Horses**

Horses can also find relief with essential oils—both emotional and physical. Many horse trainers, owners, and breeders find that training horses can be very difficult, and essential oils like Serenity and Balance are fantastic for keeping young or rowdy horses calm, just like dogs! It’s great for calming both the horse and the rider and creating a powerful emotional bond! Also great are the cooling and bug-repellant properties of essential oils for horses, particularly on hot days when horseflies and mosquitoes are bothering them! Peppermint is amazing for both, as bugs hate the smell and a peppermint bath will cool down your horse after a long run. Essential oils can also be rubbed into achy or painful joints, oils like Peppermint, again, and Basil can soothe inflamed joints.

**Small Animals**

Cats, birds, rabbits, and even small dogs can have adverse responses to too much essential oil, even when it is diffused. Veterinarians believe that this is because their livers cannot metabolize essential oils in the same way humans and larger animals can. This doesn’t mean you can’t use essential oils around them, but there are some important precautions that should be taken when do so.

- If you enjoy diffusing essential oils, always open a window or leave a room scent-free, so if the pet starts to feel unwell, they can escape into another room and breathe some fresh air.
- Always put caps back on bottles so that they aren’t knocked over onto your pet.
- If you begin to notice a bad reaction, call your veterinarian immediately. Blood or urine tests can be done to measure overexposure and toxicity levels.
- Diffusing light amounts of oils for short times or letting your pet smell the oils on your fingers is the best way to expose smaller animals to essential oils.

If you use common sense and make sure your pets don’t get into your oils, they should be able to live happily and healthily alongside any essential oil-using family!

Every member of your family, from the young to the four-legged can see a noticeable difference in the state of their health after using dōTERRA products. Replacing or simply adding essential oils to daily preventive treatment can change your life!
**Slim & Sassy**

*Slim & Sassy* is dōTERRA’s Metabolic Blend created to help you curb cravings and reach your weight loss goals. Slim & Sassy includes a blend of grapefruit, lemon, peppermint, ginger, and cinnamon essential oils. Just add 8 drops to 16 oz. of water (regular size bottle of water) and drink between your healthy meals throughout the day to help manage hunger, calm your stomach, and lift your mood. For aromatic, topical, and dietary use.

Many people are trying to lose weight to become healthier, happier, and more active, and dōTERRA’s Slim & Sassy blend can help you to reach all of your goals in a natural, healthy way without overuse of chemicals, fasting, or other risky weight control practices.

dōTERRA’s Slim & Sassy program not only provides a hunger-curbing essential oil blend, but also *Trim Shakes* in *Chocolate*, *Vanilla*, and *Vegan* varieties. You are also encouraged to use the dōTERRA weight loss plan along with the Slim & Sassy blend! Making use of dōTERRA’s resources has helped hundreds of people lose weight and empower their lives.

The **Slim & Sassy Lifestyle Change Competition** is a yearly competition for all IPCs created by dōTERRA to bring together people who are passionate about losing weight and becoming their best, healthiest selves. The contest runs from January to April each year!

**The Slim & Sassy Weight Loss Program:**

**Fitness Guide**

**Step 1: Determine Your Level of Activity**

Ask yourself:

- What is my current level of activity?
- How often do I want to exercise?
- What motivates me?
- What are my goals? (lose weight, build muscle, increase daily energy, etc.)
**Step 2: Set Attainable Goals**

Do not try to overreach, instead use the acronym S.M.A.R.T. to set reachable goals:

- **Specific**: When setting a goal remember to be clear and detailed.
- **Measurable**: A goal that is measurable shows progress and encourages us to move forward.
- **Attainable**: Be reasonable with yourself.
- **Record**: A goal is just a dream until it is written down.
- **Time-frame**: Set milestones in terms of days, weeks, and months.

**Step 3: Plan Physical Activity**

When planning physical activities, consider the following:

- Activities you enjoy opposed to those you may dread.
- Accessible activities (spend more time doing the activity than getting to it).
- Enlisting the help of a workout partner.
- Making a weekly workout schedule.

**Step 4: Recommended Activity**

**Aerobic Training**

Recommended: 5 days a week

Exercise that uses large muscle groups and increases heart rate.

- Low intensity: walking
- Moderate intensity: jogging
- High intensity: sprinting

*Tip: Aim for 150 minutes of low to moderate intensity or 75 minutes of high intensity aerobic exercise a week.*

**Strength Training**

Recommended: 2 days a week

Exercise that focuses on specific muscle groups.

- Gym: free weights, resistance machines, pull-ups
- Home: push-ups, abdominal crunches, leg squats, resistance bands

*Tip: Strength training will help maintain muscle mass during weight loss; strive to work all major muscle groups for approximately 45 minutes.*
**Flexibility Training**
Recommended: 7 days a week

Increase blood flow to muscles and prevents injury.

- Static Stretching: holding a stretch for 20–60 seconds
- Dynamic Stretching: repeated, controlled muscle movements (arm circles, walking lunges)

*Tip: Try to fit in 10–15 minutes of stretching each day.*

**Weight Loss Tracker**

Use the [Weight Loss Tracker](http://www.iamslimandsassy.com/tracker) found on Slim & Sassy’s website at www.iamslimandsassy.com/tracker. Use the print-out to keep track of how much weight you lose each week and keep yourself setting realistic and healthy goals.

**Meal Plan Chart**

Use dōTERRA’s [Meal Plan Chart](http://www.iamslimandsassy.com/mealplan) to help you plan out meals and eat a healthy and balanced diet every day! Check out their tips and tricks and print out the chart at www.iamslimandsassy.com/mealplan.

**Fatloss Guide**

dōTERRA’s [Fatloss Guide](http://www.iamslimandsassy.com/fatloss) can help you understand exactly how to shave off the inches by eating less or exercising more! Use their chart to help you understand how to lose weight, keep it off, and insure that you meet all of your goals. Find the chart at www.iamslimandsassy.com/fatloss.

**Trim Shake Recipes**

With the delicious [Trim Shake Recipes](http://www.iamslimandsassy.com/trimshakes) dōTERRA has to offer for both vanilla and chocolate, you'll have no problem shaving off the pounds by replacing one meal a day with a healthy, low-calorie Trim Shake! Find all the delicious recipes at www.iamslimandsassy.com/trimshakes.

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**Berries & Cream Shake**

- 1 scoop of vanilla TrimShake
- 1 scoop of ice
- 1 small can of pineapple juice (cook with boiling water)
- 1 handful of mixed berries

Blend and enjoy!
**The Science of Aromatherapy**

Though at first it is very easy to feel skeptical of the benefits and supposed “miracles” of essential oils, medical science and physicians have been doing research on the benefits of incorporating essential oils into your health regimes. A number of resources have surfaced which provide a more scientific insight into why essential oils work as well as they do and the many ways that they can provide a successful alternative to medications.

dōTERRA’s own Dr. David Hill, C.D., has spent an extensive amount of time as the Head of the dōTERRA Scientific Advisory board and has created many of the oil blends for the company. He is at the forefront of the field of integrative medicine and has practiced in a number of well-respected hospitals including Beth Israel and Vanderbilt University Medical Centers. He has spent over a decade reshaping our understanding of essential oils and helping them to find a more common usage in modern western medical practices.

A number of websites dedicated to making scientific research accessible to everyone have emerged in the last few years and dōTERRA has done their part and promoting the increasingly convincing research done to support the powerful medicinal uses for essential oils. Many of the studies employed by dōTERRA can be found at [www.aromaticscience.com](http://www.aromaticscience.com). Another excellent resource is [www.ncbi.nlm.nih.gov/pubmed](http://www.ncbi.nlm.nih.gov/pubmed).

Two other studies which are very telling have been done in the last few years, one on the interactions of Frankincense and the hypothalamus and another on the bacteria-killing powers of two essential oils—Melaleuca and Oregano.

Frankincense, already considered one of the most powerful and useful essential oils has been studied recently and proven to be high in Sesquiterpenes, which allow it to pass through the blood-brain barrier and actively engage with the hypothalamus. The hypothalamus has a very strong olfactory link, hence why smelling an oil like Frankincense when feeling stressed responds and reacts with the brain to change the chemistry and the hormones released by the hypothalamus and alter our mood for the better!

Finally, another study done by Dr. Dave R. Steuer, DMD, MS, MMSc proved the effectiveness of essential oils in defeating bacteria in ways that mainstream medical science has not yet achieved. Bacteria, because they are able to change their genetics and overcome many of our anti-bacterial medications, have in recent decades formed shields called biofilms. Essential oils have the ability to break through their shields naturally. Using Melaleuca, Dr. Steuer was able to destroy the bacteria’s biofilm. When the biofilm was no longer protecting the bacteria, Dr. Steuer used Oregano to break apart the outer wall which holds the bacteria together and destroy it. Together these oils made a very effective anti-bacterial solution, which can be found at [https://www.youtube.com/watch?v=G6btnMLGiU&feature=youtu.be](https://www.youtube.com/watch?v=G6btnMLGiU&feature=youtu.be).
The dōTERRA Lifestyle

As amazing as essential oils are in their own right, when combined with a healthy lifestyle, the effects become even more powerful. Incorporating a healthy diet, physical exercise, stress management, and enough sleep into your routine helps you to become your healthiest, happiest self. Uniting healthy life choices and dōTERRA oils have helped many people to see their health and happiness bettered in the long run.

Although at first it may seem like a lot of work to begin turning around bad habits and forming new, healthy ones, the attempt is entirely worth it. Adding small changes to your daily routine can make a huge impact on your mentality and ability to move with ease and feel more awake. The more small practices you add, the more energetic you’ll feel when starting the next! Essential oils can help you to ease these changes by aiding in digestion, stress management, cleansing, and more!

dōTERRA suggests six steps to help better your overall health:

Eat Right

It is recommended that a 2,000 calorie diet should include a minimum of nine fruits and vegetables as rich sources of antioxidants to combat cellular aging caused by free-radical molecules. dōTERRA’s Lifelong Vitality products provide supplemental levels of antioxidants, vitamins, minerals and other essential nutrients that may be missing in your diet.

Exercise

Exercise and outdoor activities help to keep a lean, healthy body composition. Staying active is as simple as walking every day. Studies suggest that a minimum of 10,000 steps a day will help maintain current weight. dōTERRA’s Deep Blue Muscle Blend can help you through your first steps to your marathon finish.

Rest and Manage Stress

Seven to nine hours of sleep per night helps maintain a healthy body and alert mind. Lavender and Serenity essential oils can assist you in reducing stress and relaxing, as well as contribute to a quality night sleep.

Reduce Toxic Load

Decreasing exposure to environmental toxins such as infectious microbes, chemical pollutions and poisons, and free-radical molecules can also contribute to health and vitality. dōTERRA’s non-toxic cleaners with proprietary OnGuard® Defensive Blend of essential oils can help protect you and your family against harmful effects to your health.
**Informed Self-Care**

Taking responsibility for your health begins with understanding your healthcare options. Customizing a self-care program specific to your individual needs begins with knowledge. dōTERRA is committed to teaching healthy lifestyle principles and providing complimentary wellness products for lifelong vitality.

**Proactive Medical Care**

When confronted with more serious health issues, seek out the counsel of licensed healthcare practitioners to diagnose and treat your condition. Educate yourself and ask lots of questions. Be a proactive participant in the selection of treatments—it’s your health, it’s your choice.

Seeing a medical practitioner is also very important. Essential oils do not replace a licensed doctor, especially for yearly preventive exams and for more severe injuries and allergies. dōTERRA Essential Oils can help you take greater control of your health and understand your body so that you can choose the right doctor and most productive means of treatment. Combine all of your resources for the longest, healthiest, happiest life you can live!
WholeSAle and Retail

dōTERRA members have access to a number of wonderful benefits including receiving your oils and other dōTERRA products at a wholesale price as well as gaining access to members-only promotions and sales. Yet many people may chose not to take this rout, and for those individuals, two excellent options are available: purchase your dōTERRA oils online at the retail price or contact Prema Lia (Kim) Thompson for the wholesale discount price on any purchases made through her personal dōTERRA business.

Retail Pricing

To avoid the hassle of contacting a consultant, purchasing dōTERRA oils has been made easy. Simply go to www.prema-lia.com/Essential-Oils-and-Natural-Herbs.html and follow the link to the dōTERRA website. From there, you can use your credit or debit card to purchase oils, blends, and other products from dōTERRA’s website at retail prices and have them shipped directly to your home without any intermediary!

This is a fast, efficient way to get all the goodness of dōTERRA delivered to you as quickly as possible!

Wholesale Pricing

Alternatively, Prema Lia offers you the opportunity to purchase dōTERRA Essential Oils at wholesale price, 25% off retail prices, without a membership! If this is the option you would prefer, contact Prema Lia by phone at (360) 984-5173 or email her at homeheart4u@gmail.com to request your oils. For only a small additional shipping cost, Prema Lia will order your oils, receive them at her office in Vancouver, WA, and ship them from there to your home. This process will take a few extra days.

If this is the method of purchase you choose, there are three simple payment options:

4. Send check by mail. Your oils will be sent as soon as the check clears.

5. Call into the office with your credit card and your order will be processed over the phone.

6. Use Prema Lia’s PayPal account, again going to her website at www.prema-lia.com/Essential-Oils-and-Natural-Herbs.html and follow the link to PayPal, to pay with your credit or debit card.

Purchasing dōTERRA essential oils directly from Prema Lia is a fantastic way to gain all the benefits of a dōTERRA membership and try them out before choosing to become a member yourself!
Starting Your Own dōTERRA Business

Independent Product Consultants

dōTERRA’s products are sold exclusively through Independent Product Consultants who, working from home, introduce, educate about, and sell dōTERRA products locally through person-to-person contact and globally through personalized shopping sites. These Consultants share their personal enthusiasm for our products with friends and associates via in-home demonstrations and by referring people to personalized web shopping sites. Each Independent Product Consultant (IPC) pays a $35 registration fee or purchases a membership kit and is then given access to a number of benefits including:

- Ability to purchase products at wholesale prices, 25% below retail prices.
- Earn free product purchase credits in the Loyalty Rewards program.
- Own personalized web shopping site to which you can refer your personal customers and receive retail bonuses for no additional monthly fee.
- Sponsor new consultants and receive additional bonuses on their sales and the sales of consultants they sponsor.
- Access to your own personalized business management web site with no monthly fee.
- Other special product promotions and discounts.

To find out more about how you can become a member and sell dōTERRA products, go to Prema-sli.com and follow the link dōTERRA Essential Oils & Nature’s Sunshine Herbs to learn more!
**Frequently Asked Questions**

**dōTERRA Questions:**

- **Are dōTERRA oils certified organic?**

  In short, no. However, this is because the oils are imported from around the world and this makes certification difficult. The oils themselves are entirely pure following dōTERRA’s Certified Pure Therapeutic Grade® guidelines. There are no chemical additives and the oils go through several tests including Mass Spectrometry and Gas Chromatography, to ensure that you only receive a pure essential oil.

- **How are dōTERRA essential oils collected and distilled?**

  dōTERRA oils are collected using a low-heat steam distillation process. Steam is circulated under pressure through plant materials and the essential oils are collected in the steam. As the steam mixture cools, the water and oil naturally separate. These collected oils then continue through more chemical processes to ensure that they meet the CPTG® quality.

  Citrus oils, which come from the rinds of citrus fruit, are extracted by the compression method in which the oils are squeezed from the rinds of the plant.

- **What does CPTG® mean?**

  CPTG® means Certified Pure Therapeutic Grade®, which is the standard to which dōTERRA oils are held. It means that the oils are purely the aromatic extract and that there are no fillers or artificial ingredients which would lessen the potency of the oil's healing effects. This also means the oils have gone through rigorous testing to ensure that only the best oils are collected during the right season and when the plant is at its peak. The oils are subjected to seven different tests including Mass Spectrometry and Gas Chromatography to ensure extract composition and activity are up to dōTERRA standards.

- **Whom can I contact for more information?**

  To get more information about dōTERRA essential oils, see either the dōTERRA webpage at [www.doterra.com](http://www.doterra.com) or visit Prema Lia’s webpage at [www.prema-lia.com](http://www.prema-lia.com).

**Selling dōTERRA Products:**

- **Where can I learn more about getting involved with dōTERRA?**
Again, see Prema Lia’s webpage (www.prema-lia.com) or see dōTERRA Everyday at http://www.doterraeveryday.com. These websites lay out the business plan and provide further information on becoming a dōTERRA Independent Product Consultant.

**Using Oils:**

- **Will an oil still work on me if I don’t like the smell/taste of it?**

  Yes! Even if a particular oil does not appeal to you, their healing and cleansing abilities do still work. In fact, it has been proven that even people without a sense of smell can gain the benefits of aromatherapy! Often an oil can be combined with other scents to make something that is more appealing for an individual sense of smell, and then not only are the benefits of the less appealing oil achieved, but those of the more appealing ones as well!

  Mixing and experimenting with oils is always encouraged, as each body reacts differently to certain oils and blends. Before deciding not to use an oil, try mixing it with other scents to see if you can find something that works better for you!

- **If I am allergic to the plant from which an oil is distilled, can I still use the oil?**

  No. Essential oils are the parts of the plant condensed and distilled to its very essence. The allergic reaction can be triggered by using an essential oil. If you are allergic to a plant, find alternatives to the oil which can produce a similar effect.

- **How do I dilute oils?**

  Diluting oils is very easy. Using a carrier oil—Fractionated Coconut Oil comes highly recommended by dōTERRA as it has a very clean texture, is unscented, and is entirely safe to eat, though vegetable and grapeseed oils can also be used—add three to four drops of carrier oil for every drop of essential oil. When this is done, mix the two thoroughly and test on a small area of skin to determine if the blend is diluted or strong enough before applying widely.

  When using oils internally, it is suggested that only one or two drops be put in eight ounces of liquid and particularly strong oils such as Black Pepper, Cinnamon, or even Peppermint should be further diluted. Using honey, tea, or another liquid to help ease drinking the essential oil is also recommended.

  When using essential oils on children, the elderly, and pets, the dilution ratio should be made much, much smaller. Very light doses of essential oils will go a long way. One drop of essential oil to ten or even twenty drops of carrier oil is a safer place to begin with these age groups.
• **Why do I need to dilute oils?**

    Essential oils are very powerful and pure compounds, and because of this they can cause a burning sensation or other skin irritation. Individuals with sensitive skin will find that essential oils may cause slight irritation and a similar reaction can be found in children, the elderly, and pets. Diluting essential oils makes them easier for bodies to handle.

    When beginning with a new essential oil, it is always suggested that an oil be further, not less, diluted and as you grow comfortable with the affect it has on your body you can increase your dosage. This is the safest way to ensure that you have no adverse effects.

• **How do I get started using oils in my home?**

    Getting started is easy. dōTERRA offers a fantastic starter kit which includes three of the most versatile essential oils: peppermint, lavender, and lemon. There are literally over one hundred ways these oils can be used, and they’re very safe and straight-forward. For more information on the dōTERRA starter kit, contact Prema Lia (Kim) Thompson via her webpage www.prema-lia.com.

    Once you’ve begun to understand how these oils work in your life, you can look to other areas that could use the help of oils, including in daily cleaning, digestion, and healing minor wounds. The Introductory Kit is a great way to get started understanding oils and also comes with a booklet and an audio CD to help you navigate your way through understanding essential oils.

    If you want to begin with more options, dōTERRA offers a number of other kits which offer more oils, blends, and information. They focus on everything from cleaning to healing and come with a dōTERRA membership as well!

    It is always encouraged that you begin using essential oils with the help of an experienced essential oils user. Prema Lia (Kim) Thompson is always willing to offer her abundance of knowledge to anyone with questions about using dōTERRA products. For more information on how to get ahold of Prema Lia, visit her website at www.prema-lia.com

• **My oil smells different than usual, why? Does it affect the quality?**

    No. Because dōTERRA oils are completely pure and come from the plant source itself, occasionally there are alterations in the oil’s color and scent. These changes reflect the weather or growing state during the plant’s season. Nevertheless, you can trust that dōTERRA’s CPTG® oils will continue to uphold their high quality and healing abilities even if the scent is slightly altered.
**dōTERRA Resources**

http://www.prema-lia.com  Gain access to dōTERRA essential oils and more! Learn about and purchase essential oils at retail and wholesale prices and gain access to a number of spiritual resources through Prema Lia’s Clairvoyant, Clairsentient, and Clairaudient abilities.

http://www.doterra.com  dōTERRA’s official website. Gives access to company information, essential oils use techniques, and a number of other great resources for introducing yourself and your friends to dōTERRA Essential Oils.

http://www.doterra.com/convention  You can find information about dōTERRA Essential Oil events by visiting the convention page.

http://www.doterra.com/healinghands  In addition to dōTERRA’s Essential Oil business, they also have begun a nonprofit dedicated to bring healing and hope to the world, for providing lives free of disease and poverty, and to ultimately help impoverished cultures to be self-reliant. This site features the latest projects, and information on how to donate, and get involved.

http://www.oilsmentor.com  Oils Mentor provides free access to a number of videos and audio files which can be used to train yourself to safely and effectively employ essential oils and grow your own dōTERRA business.

http://www.doterraeveryday.com  dōTERRA Everyday is your number one site for access to the latest essential oils research, dōTERRA product deals, news, newsletters and magazines, recipes, and more all on one website designed to broaden your knowledge and help you integrate essential oils into every aspect of your life.

http://www.doterrauiversity.com  Learn the six steps to creating the ideal personalized dōTERRA business and gain access to certifications which will take your business to the next level.

http://www.doterratools.com  dōTERRA Tools provides your dōTERRA business with all the resources it needs to educate and inform your customers with the most up-to-date information and presentation dōTERRA has to offer!

http://www.doterra.com/leadership2014  Each year, dōTERRA holds an IPC leadership retreat. If you are serious about growing your dōTERRA business, you should work to qualify to attend this annual event!

http://www.doterra.com/diamondclub  Diamond Club is a periodic business building incentive for qualifying dōTERRA IPCs to ignite their business by generating new business
and momentum through events. The purpose of Diamond Club is to help IPCs reach Diamond by establishing new leaders and sales teams outside their local area while continuing to support and build their existing home team.

http://www.iamslimandsassy.com Slim & Sassy® is dōTERRA’s unique and all-natural oil blend created to help you lose weight and feel fantastic. This website gives you access to the competition, stories, and weight-loss programs offered by the Slim & Sassy campaign.

http://www.aromatouchtechnique.com The AromaTouch Technique website offers a number of resources for those looking to become certified in the AromaTouch technique, keep up with the latest information and updates on the technique, or participate in a class or convention.

http://doterrablog.com The dōTERRA blog offers a number of tips for using essential oils for cleaning, health, cooking and more!

http://www.everythingessential.me Everything Essential offers an expanded database of symptoms, oils, the best remedies for diseases, and more!

http://mydopro.com This website offers a number of instructional videos. Sign up and make a free account!

http://aromatools.com This website offers access to the most recent Modern Essentials book, which has everything you need to become an essential oil pro!

dōTERRA is also active on the following social media sites:

Facebook: https://www.facebook.com/doterra
LinkedIn: http://www.linkedin.com/company/d-terra
Twitter: https://twitter.com/doterra
YouTube: https://www.youtube.com/user/doTERRAcorp
Pinterest: http://www.pinterest.com/doTERRA/
**Single Oils**

**Basil Essential Oil**  
*Ocimum basilicum*  
15 mL  
Valued for its restorative and calming properties, basil is commonly used for soothing sore muscles and joints, to ease breathing and as a cooling agent for the skin.*  
*Wholesale: $20.00  Retail: $26.67*

**Bergamot Essential Oil**  
*Citrus bergamia*  
15 mL  
A highly favored oil for its lovely fragrance, bergamot is unique among citrus oils for its calming properties. dōTERRA, in keeping with the CPTG Certified Pure Therapeutic Grade® standard, cold-presses the oil from the rind of the bergamot fruit.  
*Wholesale: $27.50  Retail: $36.67*

**Cassia Essential Oil**  
*Cinnamomum cassia*  
15 mL  
Cassia, a close relative of cinnamon, is notable for its wonderful fragrance. Cassia has been used for thousands of years for both its calming properties and fragrance.  
*Wholesale: $19.00  Retail: $25.33*

**Cilantro Essential Oil**  
*Coriandrum sativum*  
15 mL  
Cilantro comes from the leaves of the coriander plant and is a fresh and tasty flavor enhancer used by food connoisseurs. There are also many diverse therapeutic benefits that may be enjoyed, including digestive, antioxidant and stimulating.  
*Wholesale: $13.00  Retail: $17.33*

**Cinnamon Essential Oil**  
*Cinnamomum zeylanicum*  
5 mL  
Cinnamon's popularity as an essential oil stems from its many therapeutic uses, including cinnamon's cleansing properties and its usefulness with aches and pains.  
*Wholesale: $21.00  Retail: $28.00*

**Black Pepper Essential Oil**  
*Piper nigrum*  
5 mL  
A stimulating and highly antioxidant essential oil which has been shown to improve circulation, aid digestive system, as well as help curb urges to smoke. Black Pepper is also a wonderful flavor but a little goes a long way, use sparingly.  
*Wholesale: $22.00  Retail: $29.33*
Clary Sage Essential Oil  
*Salvia sclarea*  
15 mL

Known for its uplifting and mood-lightening attributes, clary sage is also widely used by women to soothe monthly discomfort associated with their menstrual cycles.* It was also studied by noted expert Robert Tisser and for its mood-enhancing properties during massage.

*Wholesale: $36.50  Retail: $48.67*

Clove Bud Essential Oil  
*Eugenia caryophyllata*  
15 mL

Clove is much more than a popular cooking spice—it is a favorite among both healthcare professionals and health conscious individuals for its many useful and healing properties. It is also a powerful antioxidant.

*Wholesale: $14.00  Retail: $18.67*

Coriander Essential Oil  
*Coriandrum sativum*  
15 mL

Popular across many cultures for various uses, coriander essential oil is extracted from the seed of the coriander plant. Coriander’s healthful therapeutic benefits, which can be attributed to its extremely high linalool content, range from digestive support to supporting a healthy insulin response.

*Wholesale: $26.00  Retail: $34.67*

Cypress Essential Oil  
*Cupressus sempervirens*  
15 mL

Distilled from the twigs and foliage of the cypress tree, cypress essential oil is popularly used to clear breathing and as a throat gargle. It can also be used to ease tight, tense muscles and used topically to support localized blood flow. A blend of cypress and grapefruit is used in spa therapies for beautifying legs and hips.

*Wholesale: $15.50  Retail: $20.67*

Eucalyptus Essential Oil  
*Eucalyptus radiata*  
15 mL

Because of the many influential compounds found in eucalyptus, it is a key ingredient in cough and throat medicines and chest ointments. Eucalyptus is used widely both for its calming and clearing properties as well as to ease breathing.

*Wholesale: $14.00  Retail: $18.67*

Fennel (Sweet) Essential Oil  
*Foeniculum vulgare*  
15 mL

Used for centuries for its many health benefits, fennel essential oil has pronounced antioxidant properties and is considered a tonic. It is often used to relieve indigestion (supporting the healthy functions of the stomach), aiding in any kind of digestive trouble and to support improvements to the lymphatic system. Fennel’s sweet yet spicy aroma is balancing and may bring to mind licorice.

*Wholesale: $15.00  Retail: $20.00*
**Geranium Essential Oil**  
*Pelargonium graveolens*  
*15 mL*

Geranium offers outstanding benefits for soothing skin and is a common ingredient in many skin care products. Also useful for joint support and tempering minor aches and pains, geranium's calming effects make it a popular choice for many essential oil users.

*Wholesale: $27.00  Retail: $36.00*

**Ginger Essential Oil**  
*Zingiber officinale*  
*15 mL*

Although ginger is an indispensable component of worldwide cuisine, it is most notable for its ability to ease indigestion. Ginger's sweet, citrusy fragrance accompanies a multitude of other therapeutic benefits.

*Wholesale: $29.00  Retail: $38.67*

**Lemon Essential Oil**  
*Citrus limon*  
*15 mL*

Another favorite, this essential oil powerhouse is cold pressed from lemon rinds to preserve its delicate nature and potent properties. Lemon is known as a powerful aromatic, topical and internal cleanser and can be used to complement many other oils. Diffusing lemon in a room can cleanse the air and uplift mood. It can also be used on surfaces throughout the home as a non-toxic cleaning booster.

*Wholesale: $10.00  Retail: $13.33*

**Frankincense Essential Oil**  
*Boswellia frereana*  
*15 mL*

Perhaps the most precious of the ancient oils, frankincense is highly sought after by modern consumers for its many uses— including relaxation, immune support, and mood enhancement.

*Wholesale: $69.75  Retail: $93.00*

**Helichrysum Essential Oil**  
*Helichrysum italicum*  
*5 mL*

One of the most precious and sought-after essential oils, helichrysum has traditionally been used for its soothing and regenerative effects. The rare essential oil of helichrysum is distilled from the flower cluster of an evergreen herb and is highly prized by essential oil users.

*Wholesale: $75.00  Retail: $100.00*

**Grapefruit Essential Oil**  
*Citrus X paradise*  
*15 mL*

Grapefruit's fresh, invigorating aroma is sure to uplift the mood and please the senses. Pressed from the rind, grapefruit is more than just a fresh scent—its cleansing and invigorating properties have made it a favorite among essential oil lovers.

*Wholesale: $16.00  Retail: $21.33*
**Lemongrass Essential Oil**  
*Cymbopogon flexuosus*  
15 mL  
Lemongrass has long been used in Asian and Caribbean cooking due to its subtle lemony flavor and aroma. It has been found to support healthy digestion, and soothe aching muscles.  
*Wholesale: $10.00  Retail: $13.33*

**Lavender Essential Oil**  
*Lavandula angustifolia*  
5 mL  
Our most popular oil, lavender has been cherished for its unmistakable aroma and its therapeutic properties for thousands of years. Lavender is widely used and acknowledged for its calming and relaxing qualities.  
*Wholesale: $19.00  Retail: $25.00*

**Melissa Essential Oil**  
*Melissa officinalis*  
5 mL  
Our most expensive and rare oil, Melissa essential oil has a sweet, fresh, citrus-like fragrance and is steam distilled from the fresh flowering tops, leaves and stems of the Melissa officinalis plant. With a wide range of therapeutic properties, Melissa can be used for calming the nerves, addressing stomach discomfort, mood support and seasonal bugs. Because the Melissa plant has an oil yield of less than 1/10 of 1%, it is one of the most commonly adulterated oils.  
*Wholesale: $115.00  Retail: $153.33*  

**Lime Essential Oil**  
*Citrus aurantifolia*  
15 mL  
With its sharp, citrus smell, Lime is one more essential oil to add to your favorites! Lime’s stimulating and refreshing properties can affect mood, as well as being a powerful aromatic, topical and internal cleanser. Lime is also popular for use on joints and for seasonal bugs.  
*Wholesale: $19.00  Retail: $17.33*

**Marjoram Essential Oil**  
*Origanum majorana*  
15 mL  
Also referred to as “wintersweet” or “joy of the mountains,” marjoram is one of the most common herbs found in kitchens around the world. Valued for its calming properties, marjoram may be applied topically to soothe tired, stressed muscles or to support the respiratory or nervous system.  
*Wholesale: $19.00  Retail: $25.33*

**Melaleuca Essential Oil**  
*Melaleuca alternifolia*  
15 mL  
Recognized by its more common name “tea tree”, melaleuca has been revered for its cleansing and regenerative properties, especially for the skin. Composed of more than ninety different compounds, melaleuca has limitless therapeutic applications.  
*Wholesale: $19.00  Retail: $25.33*
**Myrrh Essential Oil**  
*Commiphora myrrha*  
15 mL  

Historically, myrrh has been used in many ways—from meditation to embalming in ancient Egypt. Modern herbalists frequently recommend myrrh for its cleansing properties, especially for the mouth and throat. Myrrh is also excellent for calming the skin.  

**Wholesale:** $52.00  
**Retail:** $69.33

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**Roman Chamomile Essential Oil**  
*Anthemis nobilis*  
5 mL  

The most versatile of the chamomiles, Roman chamomile is extracted from the small, white, daisy-like flower of the Roman chamomile plant. Used widely for its calming properties, Roman chamomile is especially soothing to the systems of the body and helps to support a healthy inflammatory response.  

**Wholesale:** $33.00  
**Retail:** $44.00

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**Patchouli Essential Oil**  
*Pogostemon cablin*  
15 mL  

Patchouli oil has an easily recognizable rich musky-sweet fragrance. It can have a grounding, balancing effect on the emotions while providing excellent mood support. Patchouli is also widely used for wounds and tissue repair, as well as in skin care preparations for these same properties.  

**Wholesale:** $29.50  
**Retail:** $39.33

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**Peppermint Essential Oil**  
*Mentha piperita*  
15 mL  

Peppermint is popular in countless forms—from toothpaste to chewing gum. As an essential oil, it is useful to ease breathing and as a digestive aid.  

**Wholesale:** $20.50  
**Retail:** $27.33

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**Oregano Essential Oil**  
*Origanum vulgare*  
15 mL  

Hippocrates, the father of medicine, used oregano as a cleansing agent as well as for digestive and respiratory support. High in antioxidant activity, oregano contains phenolic acids and flavonoids.  

**Wholesale:** $24.00  
**Retail:** $32.00

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**Rosemary Essential Oil**  
*Rosmarinus officinalis*  
15 mL  

Considered sacred by ancient Greeks, Romans, Egyptians and Hebrews, it has been revered by healers for centuries for digestive uses and for muscle aches.  

**Wholesale:** $14.00  
**Retail:** $18.67

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**Sandalwood Essential Oil**  
*Santalum album*  
5 mL  

With a documented history of use of several thousand years and a wide variety of applications, sandalwood is most notable for its smoothing effects on skin and for its mood-enhancing properties.  

**Wholesale:** $61.75  
**Retail:** $82.33
Thyme Essential Oil
*Thymus vulgaris* 5 mL

Thyme, familiar to most as a seasoning for cooking, produces an essential oil that has valuable cleansing and clarifying properties. It is also notable for its broad-spectrum activity for winter health.

*Wholesale:* $61.75  *Retail:* $82.33

Vetiver Essential Oil
*Vetiveria zizanoides* 15 mL

Vetiver is loved for its rich, exotic and complex aroma. Vetiver’s woody, earthy scent balances many other oils. Vetiver also has many uses, including as an antioxidant and for relaxation.

*Wholesale:* $27.50  *Retail:* $36.67

White Fir Essential Oil
*Abies alba* 15 mL

Derived from the soft needles of the tree, white fir is a favorite among essential oil users for its ability to comfort and soothe muscle aches when applied topically.

*Wholesale:* $20.00  *Retail:* $26.67

Wild Orange Essential Oil
*Citrus sinensis* 15 mL

Wild orange is excellent for energizing and revitalizing. It is also commonly used as an effective tool for uplifting mood, as well as for its wonderful citrusy aroma.

*Wholesale:* $10.50  *Retail:* $14.00

Wintergreen Essential Oil
*Gaultheria procumbens* 15 mL

Most modern consumers are familiar with the aroma and flavor of wintergreen due to its popularity in candy and chewing gum. Wintergreen essential oil, however, has much more to offer therapeutically—as a comforting agent for aches and pains, for example.

*Wholesale:* $16.00  *Retail:* $21.33

Ylang Ylang Essential Oil
*Cananga odorata* 15 mL

Ylang ylang, while famed for its exquisite fragrance and long history as a component of perfumes, has much to offer therapeutically. It is an effective mood uplifting agent as well as having calming properties.

*Wholesale:* $35.25  *Retail:* $47.00
Oil Blends

**Aromatouch®**
*Massage Blend* 
*15 mL*

dōTERRA’s proprietary massage blend combines the therapeutic benefits of oils well-known to relax muscles, calm tension, soothe irritated tissue, increase circulation and smooth limbs. AromaTouch combines our CPTG® essential oils of basil, grapefruit, cypress, marjoram, peppermint and lavender in a perfectly relaxing blend which adds many important benefits to various massage techniques.

**Wholesale:** $26.00  
**Retail:** $34.67

**Balance**
*Grounding Blend*  
*15 mL*

Everyone experiences moments of disconnectedness or anxiety. The warm, woody aroma of Balance, dōTERRA’s grounding blend, creates a sense of calm and well-being. We perfectly blend spruce, rosewood, frankincense and blue tansy to offer an enticing fragrance which promotes tranquility and a sense of balance.

**Wholesale:** $20.00  
**Retail:** $26.67

**Breathe**
*Respiratory Blend*  
*15 mL*

Respiratory issues are prevalent in modern society. dōTERRA essential oils are a perfect way to ease breathing consistently for a sustained benefit. Breathe is a remarkable blend of CPTG essential oils which combine to do just that—help you breathe easier. A proprietary blend including laurel leaf, peppermint, eucalyptus, melaleuca, lemon and ravensara cleanses and soothes the airways, and can easily be applied topically to the chest, back or bottom of feet. Its pleasant aroma is calming to the senses and perfect for nighttime diffusion allowing for restful sleep.

**Wholesale:** $20.00  
**Retail:** $26.67
**ClaryCalm™**  
*Monthly Blend for Women  10 mL*

dōTERRA® ClaryCalm™ is a proprietary blend of Certified Pure Therapeutic Grade essential oils that have been traditionally used to balance hormones and manage symptoms of PMS and the transitional phases of menopause. A topical blend of clary sage, lavender, bergamot, Roman chamomile, cedarwood, ylang ylang, geranium, fennel, carrot seed, palmarosa and vitex, ClaryCalm provides temporary respite from cramps, nausea, hot flashes, and the emotional swings sometimes associated with regular hormone cycles in women.

*Wholesale: $24.50  Retail: $32.67*

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**Citrus Bliss**  
*Invigorating Blend  15 mL*  
dōTERRA®’s Citrus Bliss invigorating blend merges the benefits of citrus essential oils. We combine powerful essences of wild orange, lemon, grapefruit, mandarin, bergamot, tangerine and clementine with a hint of vanilla to form this unique and harmonious blend. With benefits that extend beyond elevating mood and reducing stress, Citrus Bliss has natural, potent compounds with cleansing properties. Mixed with water, Citrus Bliss is a perfect solution for disinfecting countertops and other surfaces while emitting a fresh, sweet scent.

*Wholesale: $15.00  Retail: $20.00*

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**Clear Skin**  
*Topical Blend  10 mL*

With a unique blend of essential oils including rosewood, melaleuca, eucalyptus, geranium and lemongrass, along with black cumin seed oil, dōTERRA’s Clear Skin Topical Blend creates an environment unfriendly to bacteria and microbes that cause unsightly and persistent reactions in the skin. Beneficial properties include controlling overactive sebaceous glands, soothing irritated skin and assisting in cell rejuvenation helping skin look and feel even and clear.

*Wholesale: $21.00  Retail: $28.00*
**Deep Blue®**
* Sooting Blend 5 mL

According to recent studies, more than half of us are sufferers of ongoing discomfort. Deep Blue is dōTERRA®’s soothing solution to this challenge. Wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum and osmanthus work together to ease achy joints and sore muscles. Its effects are deep and penetrating with sustained results. Once gently rubbed into the area of discomfort, Deep Blue’s cool therapeutic benefit will be felt almost immediately.

| Wholesale: $32.00 | Retail: $42.64 |

**DigestZen®**
* Digestive Blend 15 mL

Many essential oils have been recognized through research as powerful agents to help restore normal balance in the digestive system. DigestZen takes advantage of these well-established therapeutic compounds in a proprietary blend of pure essential oils. Ginger, peppermint, tarragon, fennel, caraway, coriander and anise each have specific attributes which add to the overall efficacy of this potent blend. When used internally, dōTERRA’s DigestZen brings soothing digestive relief.

| Wholesale: $31.00 | Retail: $41.33 |

**Elevation™**
* Joyful Blend 15 mL

Elevation is the perfect blend for those moments when you need to be revitalized. This exciting blend provides an invigorating combination of CPTG® essential oils that can elevate your mood and increase your vitality. Elevation is a blend of lavandin, tangerine, elemi, lemon myrtle, melissa, ylang ylang, osmanthus and sandalwood blended flawlessly for an immediate and dramatic effect.

| Wholesale: $37.00 | Retail: $49.33 |

**Intune™**
* Focus Blend 10 mL

A proprietary blend of carefully selected essential oils combined to enhance focus and support healthy thought processes. Supporting efforts of those with difficulty paying attention and staying on task, these essential oils help sustain focus.

| Wholesale: $34.50 | Retail: $46.00 |
**Immortelle**  
*Anti-Aging Blend*  
10 mL  
dōTERRA’s 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 to reduce inflammation—a major contributor to the aging process. Supporting skin health at the cellular level, this essential oil blend of frankincense, sandalwood, lavender, myrrh, helichrysum and rose, helps sustain smoother, more radiant and youthful skin.

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**PastTense®**  
*Tension Blend*  
10 mL  
PastTense, dōTERRA’s proprietary blend for tension and the discomforts associated with headaches, provides calming comfort with the strength of CPTG® essential oils of wintergreen, lavender, peppermint, frankincense, cilantro, marjoram, Roman chamomile, basil and rosemary. Packaged for convenient application in a roll-on bottle.

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**Whisper™**  
*Blend For Women*  
5 mL  
A blend of dōTERRA’s most appealing essences, Whisper combines several CPTG essential oils which blend with your individual chemistry to create a beautiful and unique personal fragrance. Contains rose, jasmine, bergamot, cinnamon, cistus, vetiver, ylang ylang, cocoa, vanilla, sandalwood and patchouli.

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**Zendocrine®**  
*Detoxification Blend*  
15 mL  
dōTERRA’s Zendocrine essential oil blend is a proprietary blend of therapeutic-grade essential oils of clove, grapefruit, rosemary and geranium that have been studied for support of healthy liver function. This blend is formulated to be used individually or in combination with the Zendocrine botanical extract complex.

|   | Wholesale: $24.50 | Retail: $32.67 |
**Purify**  
*Cleansing Blend*  
*15 mL*

From bug bites to sneezes, protecting yourself is more important than ever. Purify is dōTERRA’s formidable blend of CPTG essential oils designed to eliminate odors and other contaminants naturally—without toxic additives. Its refreshing aroma quickly eradicates unpleasant odors and clears the air and environment with the essential oils of lemon, lime, pine, citronella, melaleuca, and cilantro.

![ATN]  
*Wholesale: $18.00  Retail: $24.00*

**Serenity**  
*Calming Blend*  
*15 mL*

Serenity is a blend of essential oils with known calming properties which create a sense of well-being and relaxation. Lavender, sweet marjoram, Roman chamomile, ylang ylang, sandalwood and vanilla bean create a subtle aroma ideal for aromatic diffusion or topical application. Applied to the bottom of the feet at bedtime, dōTERRA’s Serenity is an excellent way to support restful sleep. Added to a warm bath Serenity creates the perfect escape with its peaceful, renewing fragrance.

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*Wholesale: $30.00  Retail: $40.00*

**OnGuard®**  
*Protective Blend*  
*15 mL*

OnGuard® is dōTERRA’s unique, proprietary blend formulated to support healthy immune function. A combination of wild orange, clove, cinnamon, eucalyptus and rosemary essential oils offer a fragrant, natural and effective alternative to synthetic options for immune support. OnGuard®, with its unique aroma, is one of our most versatile blends. It is also safe to use on counter tops, as a non-toxic way to cleanse surfaces, or to clear the atmosphere by diffusing. OnGuard® is superb for eliminating and controlling pathogens due to the potency of its constituents.

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*Wholesale: $32.00  Retail: $42.67*
**Slim & Sassy®**  
*Metabolic Blend 15 mL*

dōTERRA’s Slim & Sassy is a proprietary formula of grapefruit, lemon, peppermint, ginger and cinnamon essential oils. Just add 8 drops to 16 oz. of water and drink between your healthy meals throughout the day to help manage hunger, calm your stomach and lift your mood. Slim & Sassy is 100% pure essential oils, does not contain diuretics or stimulants, and has zero calories.  

Wholesale: $24.50  
Retail: $32.67

**Terrashield®**  
*Repellent Blend 15 mL*

TerraShield is dōTERRA’s all-natural, super-concentrated insect repellent formulated with a proprietary blend of 15 CPTG Certified Pure Therapeutic Grade® essential oils that have been scientifically shown to repel insects more effectively than other synthetic insect repellents. Just a small amount of super-concentrated TerraShield will provide powerful coverage and lasts up to 6 hours per application. TerraShield smells great and can be used safely by everyone in the family without worry.  

Wholesale: $9.50  
Retail: $12.67
**Essential Oil Kits:**

**Enrollment Kits:**

**Cleanse & Restore Enrollment Kit**  
*This kit includes: $150.00*

- Lifelong Vitality Pack
- GX Assist®
- PB Assist+®
- Lemon Essential Oil (15 mL)
- dōTERRA IPC Introductory Packet
- Enrollment

**Family Physician® and Slim & Sassy Kit**  
*This kit includes: $150.00*

- Family Physician Kit (5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen®, and OnGuard®)
- Slim & Sassy Essential Oil Blend
- dōTERRA IPC Introductory Packet
- Enrollment

**Family Wellness Kit**  
*This kit includes: $250.00*

- Lifelong Vitality Pack
- PastTense® (10 mL)
- Fractionated Coconut Oil
- Family Physician Kit (5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen®, and OnGuard®)
- OnGuard® Foaming Hand Wash and two dispensers
- dōTERRA IPC Introductory Packet
- Enrollment
**Home Essentials Kit**

This kit includes: $250.00

- **15 mL Essential Oils**: Lavender, Lemon, Melaleuca, Oregano, Peppermint, Breathe, DigestZen®, OnGuard®
- **5 mL Essential Oils**: Frankincense, Deep Blue®
- **10 mL Essential Oil Blend**: PastTense®
- dōTERRA IPC Introductory Packet
- Enrollment

**Premium Essential Oils Kit**

This kit includes: $515.00

- **5 mL Essential Oils**: Purify, Deep Blue®, Elevation™, Serenity, Balance, Eucalyptus, DigestZen®, Wild Orange, Grapefruit, Lemongrass, Marjoram, AromaTouch®, Oregano
- **15 mL Essential Oils**: Lavender, Peppermint, Lemon, OnGuard®®, Melaleuca, Citrus Bliss, Breathe, Frankincense, Slim & Sassy®, Lime
- Aroma Lite Diffuser
- PastTense® (10 mL)
- Fractionated Coconut Oil (4 oz bottle)
- Introduction to Essential Oils audio (5)
- Wooden dōTERRA storage box
- ⅝ Dram sample vials (12 vials)
- dōTERRA IPC Introductory Packet
- Enrollment

**Wellness Complete Kit**

This kit includes: $525.00

- Lifelong Vitality Pack
- TerraZyme® (15 mL)
- Family Physician Kit (5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen® and OnGuard®)
- Essential Skin Care Kit with Invigorating Scrub
- AromaTouch Technique® Kit: (5 mL bottles of Balance, Lavender, Peppermint, Melaleuca, Wild Orange, AromaTouch®, Deep Blue®, and OnGuard®.
- Lotus Diffuser
- dōTERRA IPC Introductory Packet
- Enrollment
**Oil Sharing Enrollment Kit**

*This kit includes: $1,150.00*

- **Essential Oils** (15mL unless otherwise noted)
  - **1 Bottle Each:** Coriander, Grapefruit, Oregano, Citrus Bliss, Deep Blue (10 mL), Elevation, Serenity
  - **2 Bottles Each:** Frankincense, Lemon, Wild Orange, AromaTouch®, Balance, PastTense® (10 mL), Slim & Sassy®
  - **3 Bottles Each:** Lavender, Melaleuca, Peppermint, Breathe®, Deep Blue® (5mL), DigestZen®, OnGuard®

- Lotus Diffuser
- Opportunity Brochure (10)
- Product Guide (10)
- ⅝ Dram Sample Vials (72)
- Cap Stickers for Common Oils (5 Sheets)
- Fractionated Coconut Oil (4 oz. bottle)
- Sample Keychain
- dōTERRA IPC Introductory Packet*
- Enrollment

**Natural Solutions Kit**

*This kit includes: $550.00*

- **5 mL Essential Oils:** Serenity®, DigestZen®, Purify®, Melaleuca, Oregano, AromaTouch®, Frankincense, Breathe®, Balance®
- **10 mL Essential Oils:** Past Tense®, Clear Skin, Solace
- **15 mL Essential Oils:** Lavender, Lemon, Peppermint, OnGuard® ®, Slim & Sassy®, TerraShield®, Lemongrass
- Fractionated Coconut Oil (4 oz. bottle)
- Lifelong Vitality®
- ZendoCrine® Capsules
- TerraZyme® Capsules
- Clear Skin Foaming Face Wash
- OnGuard® Toothpaste
- Deep Blue® Rub
- Sample Vials
- Lotus Diffuser
- Wooden Box
- Enrollment
Every Oil Enrollment Kit
This kit includes:  Wholesale: $1,550.00  Retail: $2,066.67
- Essential Oils (15 mL unless otherwise noted)
  - **Singles:** Basil, Bergamot, Cassia, Cinnamon (5 mL), Clary Sage, Clove, Coriander, Cypress, Eucalyptus, Fennel, Frankincense, Geranium, Ginger, Grapefruit, Helichrysum (5 mL), Lavender, Lemon, Lemongrass, Lime, Marjoram, Melaleuca, Melissa (5 mL), Myrrh, Oregano, Patchouli, Peppermint, Roman Chamomile (5 mL), Rosemary, Sandalwood (5 mL), Thyme, Vetiver, White Fir, Wild Orange, Wintergreen, Ylang Ylang
  - **Blends:** AromaTouch®, Balance, Breathe, Citrus Bliss, ClaryCalm™ (10 mL), Clear Skin™ (10 mL), Deep Blue® (5 mL), DigestZen®, Elevation™, Immortelle (10 mL), OnGuard® (5 mL), PastTense® (10 mL), Purify, Serenity, Slim and Sassy®, TerraShield®, Whisper™ (5 mL), Zendocrine®
- Fractionated Coconut Oil (4 oz. Bottle)
- Canvas Bag
- Lotus Diffuser
- dōTERRA IPC Enrollment Packet
- Enrollment

dōTERRA® Diamond Kit
This kit includes:  Wholesale: 2,500.00  Retail: $3,333.33
- **15 mL Essential Oil Singles:** Basil, Bergamot, Cassia, Clary Sage, Clove, Coriander, Cypress, Eucalyptus, Fennel (Sweet), Frankincense, Geranium, Ginger, Grapefruit, Lavender, Lemon, Lemongrass, Lime, Marjoram, Melaleuca, Myrrh, Oregano, Patchouli, Peppermint, Rosemary, Thyme, Vetiver, White Fir, Wild Orange, Wintergreen, Ylang Ylang
- **15 mL Essential Oil Blends:** AromaTouch®, Balance, Breathe, Citrus Bliss, DigestZen®, Elevation, OnGuard®, Purify, Serenity, Slim & Sassy®, TerraShield®, TerraZyme, Zendocrine®
- **5 mL Essential Oil Singles:** Cinnamon, Helichrysum, Roman Chamomile, Sandalwood, Melissa
- **5 mL Essential Oil Blends:** Deep Blue®, Whisper
- **10 ml Roll-on Bottles:** PastTense®, Clear Skin, Immortelle, ClaryCalm
- **1 Each:** Fractionated Coconut Oil, Canvas Bag with Logo, Introduction to Essential Oils Kit, Family Physician® Kit, Essential Skin Care Kit with Invigorating Scrub, and Lifelong Vitality Nutritional Product Kit, AromaTouch® Kit, Lotus Diffuser, OnGuard® Lozenges, OnGuard® Foaming Hand Wash with 2 dispensers, PB Assist®+, GX Assist®, Sanobella Shampoo and Conditioner, Citrus Bliss Bath Bar, Serenity Bath Bar, Zendocrine, Hand and Body Lotion, Trim Shake-Chocolate, Trim Shake-Vanilla, Women’s Bone Nutrient Lifetime Complex, Women’s Phytoestrogen
Leadership Kits

**EMPOWER Kit (Summer 2014)**
The EMPÔWER Kit makes it easy for you to introduce family and friends to dōTERRA. The kit includes: $50.00
- Twenty issues of dōTERRA Living Magazine, a unique lifestyle magazine packed with product and wellness tips to help you make the most of a healthy dōTERRA lifestyle.
- Twenty 5 mL bottles of dōTERRA Wild Orange essential oil
- Thirty invitation cards allowing attendees of your next event to redeem a copy of dōTERRA Living Magazine and a 5 mL bottle of dōTERRA Wild Orange essential oil.

**Introductory Kit with CD (6 Kits)**
The Introductory Kit with CD (6 Kits) is ideal for anyone who is eager to share with friends and family. These beautifully packaged kits make great gifts and will introduce beginners to the benefits of dōTERRA®’s CPTG Certified Pure Therapeutic Grade essential oils.

_This kit includes:_
- Wholesale: $115.00  Retail: $153.33
  - 5 mL bottles of Lavender, Lemon, and Peppermint

**Family Physician® Kit (7 Kits)**
The Family Physician® Kit is a collection of ten nurturing essential oils, including six single oils and four blends. The stunning packaged kits make great gifts and will introduce beginners to the benefits of dōTERRA®’s CPTG Certified Pure Therapeutic Grade essential oils.

_This kit includes:_
- Wholesale: $750.00  Retail: $1,000.00
  - 5 ml bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen®, and OnGuard®
  - 7 Family Physician Kits.
**ArōmaTouch Technique® Kit (7 Kits)**

Increase the benefits you experience with CPTG® Essential Oils by incorporating the ArōmaTouch® Technique into your healthy lifestyle philosophy.

*Each kit includes:*

- Wholesale: $600.00  
  Retail: $800.00

  - **5 mL Essential Oils:** Balance, Lavender, Peppermint, Melaleuca, Wild Orange, ArōmaTouch, Deep Blue®, and OnGuard®.
  - Also included with each kit is the AromaTouch overview booklet, presentation box.

**Loyalty Rewards Kits**

**Healthy Inside & Out Kit**

*This kit includes: $180.00*

- Lifelong Vitality Pack
- Essential Skin Care Kit with Invigorating Scrub

**Monthly Vitality Kit**

*This kit includes: $160.00*

- Lifelong Vitality Pack
- TerraZyme® (15 mL)
- PastTense® (10 mL)
- OnGuard® (15 mL)

**Women's Health Kit**

*This kit includes:*

- Wholesale: $69.50  
  Retail: $92.67

  - Women's Phytoestrogen Complex (60 capsules)
  - Women's Bone Nutrient Complex (120 capsules)
  - ClaryCalm™ (10 mL)

**LRP Skin Care System with Hydrating Cream**

dōTERRA's Skin Care System with Hydrating Cream will create youthful looking skin.

*Formulated with CPTG essential oils specifically chosen to help to diminish signs of aging.*

*This kit includes: Wholesale: $110.00  
  Retail: $146.67*

  - Hydrating Cream
  - Facial Cleanser
  - Pore Reducing Toner
  - Tightening Serum
**Lifelong Vitality & Oil Trio Kit**

This kit includes: $120.00
- Lifelong Vitality Pack (1 pack of 3 bottles)
- Lavender Essential Oil (15 mL)
- Lemon Essential Oil (15 mL)
- Peppermint Essential Oil (15 mL)

**LRP 150 Kit**

This kit includes: Wholesale: $165.00 Retail: $220.00
- Lifelong Vitality Pack (1 pack with 3 bottles)
- Deep Blue® Rub (4 oz.)
- Clear Skin Foaming Face Wash (50 mL)
- Citrus Bliss Invigorating Bath Bar (4 oz.)
- Breathe Essential Oil (5 mL)
- Slim & Sassy® Metabolic Blend (15 mL)
- Wild Orange Essential Oil (15 mL)

**5 Essential Oil Favorites**

This kit contains: Wholesale: $102.50 Retail: $136.67
- Lavender 15 mL
- Lemon 15 mL
- Peppermint 15 mL
- Melaleuca 15 mL
- OnGuard® 15 mL

**Essential Skin Care System with Anti-Aging Moisturizer**

dōTERRA® Essential Skin Care is a family of skin care products designed to keep your skin looking young, healthy, and gorgeous. Both a careful selection of CPTG essential oils added in generous proportion to each product and new technologies which complement the essential oils work to target both cellular and mechanical aging.

This kit includes: Wholesale: $110.00 Retail: $146.67
- Essential Skin Care Facial Cleanser
- Pore Reducing Toner
- Anti-Aging Moisturizer
- Tightening Serum
**Collections**

**Cleanse/Renew GX Assist® & PB Assist®+**

Use dōTERRA's Cleanse and Renew system to get your digestive system back on track. Start with GX Assist® GI cleansing formula for the first 10 days as a preparatory cleansing step before using PB Assist®+ probiotic defense formula to help maintain a healthy digestive system.

*Wholesale: $60.50  Retail: $80.67*

**dōTERRA Spa Kit**

*This kit includes:*

- Balance Grounding Blend (5 mL)
- Serenity Calming Blend (5 mL)
- Citrus Bliss Invigorating Blend (5 mL)
- Deep Blue Soothing Blend (5 mL)

*Wholesale: $59.50  Retail: $79.33*

**Emergency Preparedness Kit**

Being prepared for emergencies gives you and your loved ones the feeling of safety and security. Provide your family members with peace of mind with the dōTERRA® Emergency Preparedness Kit.

*This kit includes:*

- 15 mL bottles of the oils that are essential for every home: Lavender, Lemon, Peppermint, Melaleuca, Oregano, Breathe, DigestZen®, OnGuard®, Frankincense, TerraShield®, AromaTouch®, Purify, Clove, and Lemongrass
- 5 mL bottle of Deep Blue®
- Fractionated Coconut Oil
- wood storage box
- diffuser
- Family Physician® Audio CD

*Wholesale: $450.00  Retail: $600.00*
**dōTERRA Travel Kit**

*This kit includes:*

- Lavender Essential Oil (5 mL)
- Wild Orange Essential Oil (5 mL)
- Peppermint Essential Oil (5 mL)
- ArōmaTouch Essential Oil Blend (5 mL)

Wholesale: $33.33  
Retail: $44.00

**Essential Oil Accessories**

**Aroma Ace with OnGuard®**

*Wholesale: $129.95  
Retail: $173.27*

Enjoy the convenience and flexibility of an advanced aromatherapy system. The Aroma-Ace is a powerful, compact, and easy to use Essential Oil Diffuser System. It has built in on/off timers and output volume control for easy adjustments. Made in the USA.

**Aroma Lite Diffuser**

*Wholesale: $89.95  
Retail: $119.93*

Experience the aromatic benefits of dōTERRA essential oils with the dōTERRA Aroma Lite Diffuser. This diffuser releases essential oils through high frequency oscillation for up to eight hours (depending on mist setting). It is designed to be small and compact—perfect for traveling and hotel use. The Aroma Lite Diffuser features four mist output settings and an optional night light.

**Lotus Diffuser**

*Wholesale: $89.95  
Retail: $119.93*

The Lotus Diffuser uses a highly efficient real time atomization technology to effectively diffuse essential oils into the environment. The essential oils are atomized into minute ion particles and active oxygen anions, which are more easily absorbed by the human body than oils diffused by conventional diffusers. dōTERRA® is pleased to be the exclusive distributor of the Lotus diffuser to you and your family.
**Fractionated Coconut Oil**
*Cocos nucifera*

**Wholesale: $12.00**  **Retail: $16.00**

dōTERRA®’s Fractionated Coconut Oil is an all-natural carrier oil that readily absorbs into the skin making it an ideal oil for topical therapies. Its feather-light emollient effect provides a soothing barrier without clogging pores and is excellent for dry or troubled skin. It leaves skin feeling silky smooth, not greasy like other vegetable carrier oils. It is completely soluble with all essential oils and is colorless, odorless, and will not stain or go rancid. For topical use.

**Veggie Caps**

**Wholesale: $4.00**  **Retail: $5.33**

These HPMC vegetable capsules are manufactured with state of the art technology to produce a 100% vegetarian derived capsules. Used for customizing individual oil needs.

**Logo Engraved Wooden Box**

**Wholesale: $14.95**  **Retail: $19.93**

Custom-made to hold 25 essential oils, the logo engraved wooden box is lightweight and compact, making it easy to transport your oils wherever you go. It also serves as a beautiful display case for your oils when making presentations.

**Black 8-Vial Keychain**

$6.50

dōTERRA branded key chain conveniently allows for easy access to your favorite oils on-the-go. Comes with eight, empty, amber 5/8 dram vials.

**Purple 8-Vial Keychain**

$6.50

dōTERRA branded key chain conveniently allows for easy access to your favorite oils on-the-go. Comes with eight, empty, amber 5/8 dram vials.
**OnGuard® Products**

**Foaming Hand Wash**
16 oz  
*Wholesale: $18.50  Retail: $24.67*

OnGuard® Foaming Hand Wash is a gentle, healthy alternative to harsh antibacterial soaps made with synthetic ingredients. Fortified with the power of naturally safe CPTG® essential oils, OnGuard® Foaming Hand Wash provides the protective benefits of one of dōTERRA®’s most popular proprietary essential oil blends. OnGuard® Foaming Hand Wash cleans and softens hands with the invigorating blend of essential oils that leave your hands smelling fresh. Conveniently packaged in a 16-oz. refill bottle.

**Foaming Hand Wash**
16 oz (2 Pack)  
*Wholesale: $33.50  Retail: $44.67*

The OnGuard® Foaming Hand Wash Twin Pack gives you the convenience of having one at home and one at the office, providing you with OnGuard® protection throughout the day. dōTERRA®’s OnGuard® Foaming Hand Wash is a gentle, healthy alternative to harsh antibacterial soaps made with synthetic ingredients. Fortified with the power of naturally safe CPTG® essential oils, OnGuard® Foaming Hand Wash provides the protective benefits of one of dōTERRA’s most popular proprietary essential oil blends. OnGuard® Foaming Hand Wash cleans and softens hands with the invigorating blend of essential oils that leave your hands smelling fresh. Conveniently packaged in 16-oz. refill bottles.

**Foaming Dispenser**
Holds 8 oz  
*Wholesale: $2.00  Retail: $2.67*

The OnGuard® foaming dispenser holds 8-oz. of OnGuard® Foaming Hand Wash and is the most convenient way to dispense foam onto hands. The sleek design makes for a subtly beautiful addition to sinks throughout your home and office providing you with OnGuard® protection throughout the day.

**Foaming Dispenser**
Holds 8 oz (3 Pack)  
*Wholesale: $5.00  Retail: $6.67*

Place OnGuard® Foaming Dispensers in every sink around the home and office for OnGuard® protection throughout the day. The OnGuard® foaming dispenser holds 8-oz. of OnGuard® Foaming Hand Wash and is the most convenient way to dispense foam onto hands. The sleek design makes for a subtly beautiful addition to sinks throughout your home and office.
**Foaming Hand Wash with 2 Dispensers**

16 oz; each dispenser holds 8 oz  
Wholesale: $22.50  
Retail: $30.00

OnGuard® Foaming Hand Wash is conveniently packaged in a 16-oz. refill bottle that fills 8-oz Foaming Dispensers, saving the earth’s resources and your money. Hand-washing is an important health precaution, and placing OnGuard® Foaming Dispensers in every sink around the home and office provides those in your home and workplace with OnGuard® protection throughout the day.

**Protecting Throat Drops**

30 drops  
Wholesale: $14.50  
Retail: $19.33

Don’t let flu season catch you off guard! dōTERRA’s OnGuard® Protecting Throat Drops provide a convenient way to benefit from OnGuard® ’s immune-supporting properties. With all-natural organic cane juice and organic brown rice syrup, these drops help defend against pathogenic microbes of the mouth and throat, support fixed and mobile immune function, and can help calm and soothe dry, scratchy throats.

**Natural Whitening Toothpaste**

4 oz  
Wholesale: $8.50  
Retail: $11.33

dōTERRA’s fluoride-free toothpaste provides the protective benefits of therapeutic-grade OnGuard® essential oils against germs and other harmful pathogens, while also reducing plaque, and whitening teeth with gentle polishing agents. OnGuard® ’s unique cinnamon-mint flavor, with xylitol, also leaves your breath (and your toothbrush), fresh and clean.

**Cleaner Concentrate**

12 oz  
Wholesale: $14.50  
Retail: $19.33

OnGuard® Cleaner Concentrate is the natural and safe way to clean your living space while leaving a clean and invigorating scent. Purposely designed to have a wide variety of uses, this specialized formula is derived from plant-based ingredients, with OnGuard® essential oil, for exceptional cleaning power and natural protection. Because it is non-toxic and biodegradable, it is friendly for the whole family as well as the environment.
**OnGuard® Laundry Detergent**

32 oz  
**Wholesale:** $24.50  
**Retail:** $32.67

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

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

**OnGuard® + Softgels**

60 softgels  
**Wholesale:** $24.50  
**Retail:** $32.67

Get the immune support your body needs when facing winter threats or elements that can weaken your immune system with the proprietary blend of dōTERRA OnGuard® and Black Pepper, Oregano, and Melissa essential oils.

- Features a unique blend of essential oils in an easily dissolvable, vegetarian softgel.
- Provides additional immune support when needed.
- Protects against environmental threats.

**OnGuard® Beadlets**

10 mL  
**Wholesale:** $15.00  
**Retail:** $20.00

OnGuard® Beadlets are an easy and convenient way to obtain the immune-boosting benefits of OnGuard® Essential Oil Blend. OnGuard® Beadlets provide a flavorful dose of dōTERRA’s proprietary blend of wild orange, clove, cinnamon, eucalyptus and rosemary, all contained in tiny vegetable beadlets that melt in the mouth quickly to freshen breath and support the immune system. Other Ingredients include coconut oil, palm oil, agar, guar gum, glycerin, sodium, alginate, carrageenan and xylitol. OnGuard® Beadlets are perfect for home use, while traveling, and to boost your family’s immunity - anytime, anywhere.
**Deep Blue Products**

**Deep Blue® Roll On**

| 10 mL | Wholesale: $64.00 | Retail: $85.00 |

According to recent studies, more than half of us are sufferers of ongoing discomfort. Deep Blue® is dōTERRA®’s soothing solution to this challenge. Wintergreen, camphor, peppermint, blue tansy, blue chamomile, helichrysum and osmanthus work together to ease achy joints and sore muscles. Its effects are deep and penetrating with sustained results. Once gently rubbed into the area of discomfort, Deep Blue’s cool therapeutic benefit will be felt almost immediately. **For topical use only.** Packaged for convenient application in a roll-on bottle.

**Deep Blue Rub**

| 4 oz | Wholesale: $29.95 | Retail: $39.00 |

dōTERRA®’s Deep Blue® Rub is a rich, topical cream infused with Deep Blue Soothing Blend of Certified Pure Therapeutic Grade essential oils that provides targeted comfort to tired and sore joints and muscles. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Deep Blue Rub provides a comforting sensation of cooling and warmth to problem areas. With close to 5 ml of dōTERRA’s top-selling Deep Blue essential oil blend, Deep Blue Rub is an essential addition to your bathroom cabinet, gym bag, or first aid kit. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy and is the choice of massage therapists and sports practitioners for applying dōTERRA's Deep Blue essential oil blend.

**Deep Blue® Rub Samples**

| 10 Packets | Wholesale: $5.00 | Retail: $6.67 |

Deep Blue Rub Samples feature a rich, topical cream infused with a blend of Certified Pure Therapeutic Grade essential oils that provide targeted comfort to tired and sore joints and muscles. Formulated with a proprietary blend of natural plant extracts (wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum, and osmanthus) and other powerful ingredients, Deep Blue Rub provides a comforting sensation, cooling and warmth to problem areas.

Deep Blue Rub Samples are an essential addition to your bathroom cabinet, gym bag, or first aid kit. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy and is the choice of massage therapists and sports practitioners.
Wellness Products

Lifelong Vitality Supplements

Alpha CRS®+
120 Capsules  Wholesale: $69.50  Retail: $92.67

dōTERRA® Alpha CRS®+ Cellular Vitality Complex is a proprietary formula combining potent levels of natural botanical extracts that support healthy cell proliferation and lifespan with important metabolic factors of cellular energy to help you live younger, longer. Alpha CRS+ is formulated to be used daily with xEO Mega and Microplex VMz® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.

Microplex VMz®
120 Capsules  Wholesale: $34.50  Retail: $46.00

dōTERRA®’s Microplex VMz® Food Nutrient Complex is an all-natural, whole-food formula of bioavailable vitamins and minerals that are deficient in our modern diets. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E, and an energy complex of B vitamins presented in a patented glycoprotein matrix. It also contains food-derived minerals of calcium, magnesium, and zinc and trace minerals for optimal bone and metabolic health. Microplex VMz contains dōTERRA’s Tummy Tamer botanical blend of peppermint, ginger, and caraway to calm the stomach for those who may have experienced stomach upset with other vitamin and mineral products. Microplex VMz is encapsulated using sodium lauryl sulfate-free vegetable capsules, does not contain wheat or dairy products, and does not include any animal products.

xEO Mega
120 Capsules  Wholesale: $39.50  Retail: $52.67

dōTERRA® xEO Mega Essential Oil Omega Complex is a unique formula of CPTG Certified Pure Therapeutic Grade® essential oils and proprietary blend of marine and land-sourced omega fatty acids. Omega fatty acids help support healthy joint, cardiovascular, and brain health, support healthy immune function, and have been shown to help mediate healthy inflammatory responses in cells. A single daily dose of xEO Mega provides 1000 milligrams of marine lipids with 340 mg of EPA and 240 mg of DHA and a blend of plant-sourced essential fatty acids. xEO Mega also includes 800 IU of natural vitamin D, 60 IU of natural vitamin E, and 1 mg of pure astaxanthin, a powerful antioxidant carotenoid harvested from microalgae. The bioavailability of the xEO Mega formula is enhanced through a nanosomal lipid assimilation system.
**Lifelong Vitality Pack**
3 Bottles  
Wholesale: $74.50  
Retail: $93.13

dōTERRA’s Lifelong Vitality supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.

Coupled with dōTERRA’s CPTG Certified Pure Therapeutic Grade essential oils and a lifelong commitment to dōTERRA’s wellness lifestyle, they naturally support a lifetime of looking, feeling and living younger, longer.

**Lifelong Vitality & Oil Trio Kit**

*This kit includes:*

- Lifelong Vitality Pack (1 pack of 3 bottles)
- Lavender Essential Oil (15 mL)
- Lemon Essential Oil (15 mL)
- Peppermint Essential Oil (15 mL)

**Vegan Lifelong Vitality Pack**

Wholesale: $79.50  
Retail: $106.00

dōTERRA’s new Vegan Lifelong Vitality pack includes vEO Mega, a unique 100% Vegan formula of plant omega fatty acids, carotenoids, and natural vitamin E and D. dōTERRA’s Lifelong Vitality supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity. Coupled with dōTERRA’s CPTG Certified Pure Therapeutic Grade essential oils and a lifelong commitment to dōTERRA’s wellness lifestyle, they naturally support a lifetime of looking, feeling and living younger, longer.

**vEO Mega**

120 Capsules  
Wholesale: $49.50  
Retail: $66.00

dōTERRA’s vEO Mega is a revolutionary vegetarian formula blending CPTG Certified Pure Therapeutic Grade® essential oils of clove, frankincense, thyme, cumin, orange, peppermint, ginger, caraway, and German chamomile, with natural plant-sourced essential fatty acids from flax, algae, incha inchi seed, borage, cranberry, pomegranate, pumpkin, and grape seed oils delivering 380 mg ALA and 100 mg DHA per daily serving.
**DigestZen Products**

**DigestZen Softgels**

60 Softgels  
**Wholesale:** $19.50  
**Retail:** $26.00

dōTERRA DigestZen Softgels are a convenient way to obtain the benefits of the proprietary DigestZen essential oil blend in an easily dissolvable, vegetarian softgel.

- Provides a unique blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Anise, and Coriander essential oils.
- Supports healthy digestive balance and function.
- Provides soothing digestive release for stomach discomfort.

**GX Assist®**

60 Softgels  
**Wholesale:** $26.00  
**Retail:** $34.67

dōTERRA®’s GX Assist® is a proprietary combination of Certified Pure Therapeutic Grade essential oils and caprylic acid that help support a healthy digestive tract by creating an unfriendly environment for potentially harmful pathogens that can disrupt digestive immunities and cause digestive upset. GX Assist is formulated with therapeutic-grade oregano, melalueca, lemon, lemongrass, peppermint, and thyme essentials oils that have been demonstrated to have in-vitro antimicrobial properties. GX Assist also includes caprylic acid that has been traditionally used as for its specific health-supporting properties in the gut.

**PB Assist®+**

**Wholesale:** $34.50  
**Retail:** $46.00

PB Assist®+ Probiotic Defense Formula is a proprietary blend of pre-biotic fiber and six strains of probiotic microorganisms in a unique double-layer vegetable capsule delivering 5 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourages culture adhesion and growth. The time-release double-capsule delivery system protects sensitive probiotic cultures from stomach acid. PB Assist+ supports healthy digestive functions and immunities and is safe for use by all members of your family.

**TerraZyme®**

90 Veggie Caps  
**Wholesale:** $37.50  
**Retail:** $50.00

dōTERRA TerraZyme® Digestive Enzyme Complex is a proprietary blend of active wholefood enzymes and supporting mineral cofactors that are often deficient in cooked, processed, and preservative-laden foods. TerraZyme’s powerful combination of digestive enzymes support the body’s constant production of enzymes critical for healthy biochemical functions including healthy digestion of food nutrients and cellular metabolism of nutrients to energy. TerraZyme includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars and fiber.
Zendocrine® Detoxification Complex
60 Capsules  Wholesale: $24.50  Retail: $32.67

The body's filtering and waste management system is quite capable of managing a certain amount of exposure to toxic influencers. But in a modern world of environmental pollutions and harmful chemicals, the body's filtering system can be significantly challenged. dōTERRA®’s Zendocrine Detoxification Complex is a proprietary blend of 14 active whole-food extracts in a patented enzyme delivery system that supports healthy cleaning and filtering functions of the liver, kidneys, colon, lungs and skin.

Zendocrine Softgels
60 Softgels  Wholesale: $24.50  Retail: $32.67

Zendocrine Softgels support your body's natural detoxification system with a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils. Zendocrine helps cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling. This powerful blend combines Rosemary, Cilantro, and Juniper Berry, known for their detoxifying properties and ability to support healthy liver function, while Tangerine and Geranium have purifying effects against unwanted substances in the body. Zendocrine Softgels provide a quick and easy way to consume dōTERRA’s Zendocrine essential oil blend, whether you’re traveling, in a hurry, or simply like the convenience of a softgel.

Cellular Health

DDR Prime
30 mL  Wholesale: $55.00  Retail: $73.33

dōTERRA’s DDR Prime is a proprietary blend of Certified Pure Therapeutic Grade essential oils formulated to support healthy cellular response, repair, and regeneration. As we age, cellular renewal can be slow or be compromised by oxidative damage to cellular DNA. The essential oils in DDR Prime provide antioxidant protection and support a healthy response to cellular stressors.

DDR Prime Liquicaps
60 Liquicaps  Wholesale: $55.00  Retail: $73.33

dōTERRA’s DDR Prime is a proprietary blend of Certified Pure Therapeutic Grade essential oils conveniently encapsulated in gelatin capsules to support healthy cellular response, repair, and regeneration. As we age, cellular renewal can be slow or be compromised by oxidative damage to cellular DNA. The essential oils in DDR Prime provide antioxidant protection and support a healthy response to cellular stressors.
**Cellular Energy**

**Mito2Max**

120 Capsules  
**Wholesale:** $29.50  
**Retail:** $39.33

dōTERRA's Mito2Max is a proprietary formula of standardized plant extracts and metabolic cofactors of cellular energy. Mito2Max supports healthy mitochondrial function and aerobic capacity, and improves stamina naturally without the use of harmful stimulants. Use Mito2Max as a healthy long-term alternative to caffeinated drinks and supplements for increased energy and vitality.

**dōTERRA Women**

**Women's Bone Nutrient Complex**

120 Capsules  
**Wholesale:** $17.50  
**Retail:** $23.33

Women begin to build bone mass at an early age reaching a maximum bone density in their late twenties. As a woman ages, bone mass begins to decline and bones become more brittle. Declining bone density and health can be accelerated in women whose diets do not include optimal levels of bone nutrients and whose hormones are out of balance. Not managing harmful estrogen metabolites can also accelerate bone degeneration or wasting. dōTERRA®’s Bone Nutrient Lifetime Complex is a blend of vitamins and minerals that are essential for bone health including vitamins C and D, calcium, magnesium and other trace minerals. Bone Nutrient Lifetime Complex can be used by women (and men) of all ages as a dietary supplement to conveniently increase consumption of the bone nutrients found in healthy foods but often deficient in our modern diets.

**Women's Phytoestrogen Complex**

60 Capsules  
**Wholesale:** $39.50  
**Retail:** $52.67

dōTERRA® Women Phytoestrogen Lifetime Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a woman’s life. Phytoestrogen Lifetime Complex includes a standardized soy extract with genistein, a powerful phytoestrogen that binds with estrogen receptors in cells, and the natural phytoestrogens in pomegranate. It also includes and concentrated extract of flaxseed lignans to help manage potentially harmful metabolites that are produced when estrogen is metabolized in the liver. Balancing hormones and managing harmful metabolites by eating a healthy diet rich in phytoestrogens and other essential nutrients, exercising, and managing weight can help reduce uncomfortable symptoms associated with PMS and the transition through menopause and supports healthy bones, heart, breast tissue, and other body structures and functions as a woman ages.
Children's Supplements

A2Z Chewables
60 Tablets  Wholesale: $19.50  Retail: $26.00
dōTERRA A2Z Chewable is a cutting edge product has been specially formulated for the junior in your life, to help build their delicate immune system, while supporting healthy energy levels without the use of stimulants as well as maintaining proper bone and teeth health and overall health and wellness. A2Z Chewable tablets are a great way for juniors to gain that daily nutrition that is needed in their early development stages of life, and encouraging habits of taking a daily multi-vitamin supplement throughout their life, thus maintaining a robust and healthy immune system.

A2Z & IQ Mega Pack
2-Pack  Wholesale: $39.50  Retail: $52.67
Inspired by dōTERRA's LifeLong Vitality Pack, these two products come together, making it easy to enjoy taking omega-3s, whole food nutrients, vitamins, and minerals in convenient liquid and chewable forms. Kids love them because they taste great; adults love them because they are easy to swallow.

IQ Mega
150 mL  Wholesale: $34.50  Retail: $46.00
dōTERRA IQ Mega takes the fishy taste out of fish oil with the fresh orange flavor of dōTERRA's wild orange CPTG essential oil. This great tasting and easy-to-swallow omega supplement provides 1,000 mg of concentrated, pure fish oil per serving. IQ Mega contains essential nutrients EPA and DHA to support healthy brain, cardiovascular, immune, and joint function. IQ Mega is formulated to be used daily with A2Z Chewable.
**Slim & Sassy**

**Slim & Sassy®**

*Metabolic Blend     15 mL*

dōTERRA®’s Slim & Sassy® Metabolic Blend is a proprietary formula of CPTG Certified Pure Therapeutic Grade® essential oils designed to help manage appetite between meals. Slim & Sassy includes a blend of grapefruit, lemon, peppermint, ginger, and cinnamon essential oils. Just add 8 drops to 16 oz. of water (regular size bottle of water) and drink between your healthy meals throughout the day to help manage hunger, calm your stomach, and lift your mood. For aromatic, topical, and internal use.

Wholesale: $24.50  Retail: $32.67

**Trim Shake - Vanilla**

*40 Servings*

Vanilla Slim & Sassy® Trim Shake is a convenient and delicious shake mix providing the essential nutrients of a healthy meal with only 68 calories per serving. Used as a meal replacement for one or more meals each day, Trim Shake can help you lose unwanted fat stores through calorie restriction and regular exercise. Trim Shake also includes a patented weight-loss ingredient EssentraTrim that has been demonstrated to help with managing the stress hormone cortisol associated with fat storage. Trim Shake blends well with water or milk for a low-calorie, low-glycemic, high-fiber satisfying meal alternative with 8 grams of protein per serving.

Wholesale: $39.50  Retail: $52.67
**Trim Shake - Chocolate**

**40 Servings**

Chocolate Slim & Sassy® TrimShake is a convenient and delicious shake mix providing the essential nutrients of a healthy meal with only 68 calories per serving. Used as a meal replacement for one or more meals each day, TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise. TrimShake also includes a patented weight-loss ingredient EssentraTrim that has been demonstrated to help with managing the stress hormone cortisol associated with fat storage. TrimShake blends well with water or milk for a low-calorie, low-glycemic, high-fiber satisfying meal alternative with 8 grams of protein per serving.

Wholesale: $39.50  
Retail: $52.67

**V-Shake**

**40 Servings**

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

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

Wholesale: $39.50  
Retail: 52.67

**Slim & Sassy® Trim Kit—One Vanilla, One Chocolate Trim Shake**

Kick off your weight loss goals with the Slim & Sassy®Trim Kit. Slim down by using Slim & Sassy on a regular basis throughout the day, even topically, together with dōTERRA®’s new Trim Shakes.

This kit includes:

- 4 Slim & Sassy 15 mL blends
- 1 Chocolate Trim Shake
- 2 Vanilla Trim Shake

Wholesale: $155.00  
Retail: $200.00
Slim & Sassy® Trim Kit—Two Vanilla Trim Shakes
Kick off your weight loss goals with the Slim & Sassy® Trim Kit. Slim down by using Slim & Sassy on a regular basis throughout the day, even topically, together with dōTERRA®’s new Trim Shakes.
This kit includes:
- 4 Slim & Sassy 15 mL blends
- 2 Vanilla Trim Shakes

Wholesale: $155.00 Retail: $200.00

Slim & Sassy® Trim Kit—Two Chocolate Trim Shakes
Kick off your weight loss goals with the Slim & Sassy® Trim Kit. Slim down by using Slim & Sassy on a regular basis throughout the day, even topically, together with dōTERRA®’s new Trim Shakes.
This kit includes:
- 4 Slim & Sassy 15 mL blends
- 2 Chocolate Trim Shakes

Wholesale: $155.00 Retail: $200.00

New You Kit—1 Chocolate & 1 Vanilla Trim Shake
Be ready with all the products you need for the next Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack.
This kit includes:
- 4 Slim & Sassy 15 mL blends
- 1 Vanilla Trim Shake
- 1 Chocolate Trim Shake
- Lifelong Vitality Pack

Wholesale: $199.00 Retail: $265.33

New You Kit—Chocolate Trim Shake
Be ready with all the products you need for the next Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack.
This kit includes:
- 4 Slim & Sassy 15 mL blends
- 2 Chocolate Trim Shakes
- Lifelong Vitality Pack

Wholesale: $199.00  Retail: $265.33

**New You Kit—Vanilla Trim Shake**
Be ready with all the products you need for the next Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack. This kit includes:

- 4 Slim & Sassy 15 mL blends
- 2 Vanilla Trim Shake
- Lifelong Vitality Pack

Wholesale: $199.00  Retail: $265.33

**Vegan Slim & Sassy New You Kit**
Be ready with all the products you need for the 2014 Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack. This kit includes:

- 4 Slim & Sassy 15 mL blends
- 2 V-Shakes
- Vegan Lifelong Vitality Pack

Wholesale: $204.00  Retail: $272.00

**Slim & Sassy Softgels**

*90 Softgels*
Slim & Sassy Softgels contain dōTERRA’s proprietary Slim & Sassy essential oil blend in convenient softgels to promote weight loss in a healthy, natural way. The flavorful blend of Slim & Sassy contains essential oils known to help manage hunger throughout the day while boosting metabolism and promoting a positive mood.

Wholesale: $34.50  Retail: $46.00
Essential Oils for Everyday Cleaning

“dōTERRA offers an amazing line of cleaning products including OnGuard® Detergent and OnGuard® All Purpose Spray which are made from natural materials and can replace all of your toxic cleaners.”
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Prema Lia Thompson
Your Independent Product Consultant

Prema Lia Thompson is a passionate essential oils user who wants to share their gift with the world. She lives in Kirkland, Washington and is originally from Southern California. Prema Lia is a published author of three books: *Home is in Your Heart*, *The True Love of Aphrodite and Hercules*, and *Dancing with Mother Earth*.

Prema Lia has a Ministerial Bachelor’s Degree, and a background in community media, where she wrote, produced and hosted community access television and radio programs in Northern California. While living in Sacramento, she launched her children’s dance company, Creative Expressions. This company facilitated programs where children were able to perform their dance recitals on community television and at senior centers.

An ordained minister (non-denominational), Prema Lia teaches educational and healing modalities, including Essential Oils, Herbology, Soul Retrieval work, Soul channeling, and Native American drum journeying. As a workshop coordinator for both children and adults, she utilizes these modalities when coaching individuals to connect with their true, inner selves. Prema Lia is a Clairvoyant, Clairaudient, and Clairsentient teacher who helps individuals open up to their unique inner self as a soul being of light and love. Naturally combining all three abilities, Prema Lia is able to assist individuals who are seeking ways to help themselves grow spiritually.

Prema Lia and her husband, John, offer a variety of services to assist you in your journey toward a brighter future, now including a 2-day workshop called *Soul Awakening*.

If you would like to get in contact with an experienced essential oils user and learn more about how they can be applied in your life and home, please contact Prema Lia (Kim) Thompson through her website: [www.prema-lia.com](http://www.prema-lia.com). Here you can learn more about how to purchase and apply dōTERRA oils, more about her other gifts, and how to get involved with the Soul Empowerment Workshop and more! Prema Lia also offers membership-free access to dōTERRA essential oils and other products at a discounted wholesale price. Please see the Wholesale and Retail page of this manual for more information.
Every day the body is exposed to toxins, they are in water, food, and even in air; eliminating them is one of the most important things that can be done in your daily life to begin healing yourself and working on your body’s daily upkeep. Some of the biggest producers of unhealthy toxins are everyday cleaners. They are full of unhealthy toxins that cover counters, fill the air, and contaminate water. To begin feeling truly well, you must first eliminate as many of these toxins as you can from your home and life. doTERRA natural cleaners are a fantastic way to start!

doTERRA offers an amazing line of cleaning products, including OnGuard® Detergent and OnGuard® All Purpose Spray which are made from natural materials and can replace all of your more toxic cleaners. Essential oils are safe for children and pets, unlike many popular cleaners; they also smell fresher and can provide other healthy effects! Diffusing doTERRA’s Purify in your home not only can eliminate airborne pathogens and unwanted orders, but it can uplift your mood and decrease stress and anxiety!

Essential oils can be used throughout your home as you clean; from the antibacterial properties of Eucalyptus to chasing away unwanted critters with Peppermint, essential oils can change the way you clean and eliminate all of those unwanted chemicals from your home!
Introduction to Essential Oils

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and fruit of plants. They can be both beautifully and powerfully fragrant. If you have ever enjoyed the gift of a rose, a walk by a field of lavender, or the smell of freshly cut mint, you have experienced the aromatic qualities of essential oils. In addition to giving plants their distinctive smells, essential oils play a role in plant pollination and provide protection against predators and disease.

Essential oils are non-water-based phytochemicals made up of volatile aromatic compounds. Although they are fat soluble, they do not include fatty lipids or acids found in vegetable and animal oils. Essential oils are very clean and are immediately absorbed by the skin. Pure, unadulterated essential oils are translucent and naturally range in color from crystal clear to deep blue.

Essential oils have been used throughout history in cultures across the world for their medicinal and therapeutic benefits. Modern scientific study and trends toward holistic approaches to wellness are driving a revival in the study of essential oils and their numerous health benefits are being rediscovered.

dōTERRA CPTG (Certified Pure Therapeutic Grade®) essential oils represent the safest, purest, and most beneficial essential oils available today. They are distilled from plants that have been harvested in their prime by experienced growers from around the world for ideal extract composition and efficacy. Experienced essential oil users will immediately recognize the superior quality as naturally safe, purely effective therapeutic-grade dōTERRA essential oils.

History of Essential Oils

Essential oils have been used throughout recorded history for a wide variety of wellness applications. The Egyptians used aromatic essential oils extensively in medical practice, beauty treatment, food preparation, and religious ceremony. Frankincense, sandalwood, myrrh, and cinnamon were considered very valuable cargo and along caravan trade routes they were sometimes exchanged for gold or other valuable goods.

Impacted by the Egyptians, the Greeks used essential oils in therapeutic massage and aromatherapy. The Romans also used aromatic oils to promote health and personal hygiene. Influenced by the Greeks and Romans, as well as Chinese and Indian Ayurvedic use of aromatic herbs, the Persians began to refine distillation
methods for extracting essential oils from aromatic plants. Essential oil extracts were used throughout the dark ages in Europe for their anti-bacterial and fragrant properties, particularly during the Black Plague of the fourteenth century.

During the twentieth and twenty-first centuries, the powerful healing properties of essential oils were once again illustrated. In 1937 a French chemist, Rene-Maurice Gattefosse, healed a badly burned hand with pure lavender oil. Another Frenchman, Gattefosse’s contemporary, Dr. Jean Valnet, used therapeutic-grade essential oils to successfully treat injured soldiers during World War II. Dr. Valnet went on to become a world leader in the development of aromatherapy practices. The modern use of essential oils has grown rapidly as health scientists and medical practitioners continue to research and validate the numerous health and wellness benefits of therapeutic-grade essential oils.

**Uses for Essential Oils**

Essential oils are used for a very wide range of emotional and physical wellness applications. They can be used a single oil at a time or in complex blends depending on user experience and desired benefit. Essential oils are usually administered by one of three methods: aromatic diffusion, topical application, or internal consumption as dietary supplements.

The chart to the right identifies the labels used on doTERRA essential oils.

Before using any new oil, always identify these warnings and insure that your oil is safe to ingest, can used topically, or the amount of carrier oil suggested for safe topical use. These labels are very important to insure your use of essential oils is safe and effective for your body and family. Be sure to use only 100% pure, therapeutic-grade essential oils and follow all label warnings and instructions. Essential oils should not be used in the eyes, inside the ear canal, or in open wounds. If redness or irritation occurs when using essential oils topically, apply any vegetable oil, such as fractionated coconut oil or olive oil, to the affected area. Consult your physician before using essential oils if you are pregnant or under a doctor’s care.
**Aromatic Uses**

Our sense of smell influences many physiological responses including the stimulation of hormones and other metabolic processes. Aromatherapy is founded on the body's predictable response to specific olfactory stimuli. Essential oils are widely used in aromatherapy applications. Certain essential oils, when diffused into the air, can be very stimulating, while others can be calming and soothing. Beyond emotional benefits, diffusing essential oils can purify the air of unwanted odors and some airborne pathogens.

Low or no-heat essential oil diffusers are recommended as they do not change the chemical structure of the oil being diffused. When using essential oils in dōTERRA diffusers, only three to four drops of oil are necessary to gain the therapeutic benefits. Essential oils can also be used as cleansing and purifying additives to laundry and surface cleaners throughout the home.

**Topical Uses**

Due to their natural molecular composition, many essential oils are easily absorbed by the skin and can be applied topically. Application of essential oils can have immediate, localized benefit to the target area of application as well as a systemic effect, which can circulate through the body and stimulate an overarching sense of healing and wellness. Some essential oils have restorative and calming properties and can be used effectively with massage and beauty therapy. Others can also be natural disinfectants. It is the chemical structure of essential oils that allows them to be absorbed into the bloodstream via the skin for internal benefit throughout the body.

It is very important to note that using any oil topically in a large dose can cause irritation, particularly when using powerful oils like Cinnamon and Black Pepper—but there is a certain amount of risk when using any oil. If you choose to apply essential oils topically, dōTERRA suggests using their fractionated coconut oil, or another carrier oil, to insure that no skin irritation occurs. Gentler oils can be diluted with only one or two drops of fractionated coconut oil while stronger need three or four drops of carrier for one drop of essential oil.

It is important to note that because all skin types and sensitivities are different, there is not a universal ratio of oil to carrier oil. Begin with more carrier oil and if you feel comfortable, decrease the amount slightly. Always begin applying oils on a very small area of skin to check for irritation before applying to larger or more sensitive areas or to children, pets, or the elderly.
**Internal Uses**

Essential oils can also be used as dietary supplements supporting a variety of healthy conditions. Some essential oils have powerful antioxidant properties, while others help support healthy inflammatory response in cells. Many essential oils are considered safe for dietary use, but some oils should not be taken internally. Do not use any essential oil product internally that does not have the appropriate dietary supplement facts on its label.

When ingesting oils, it is often suggested that one drop of an essential oil be mixed with at least four ounces of water or another liquid. This is to prevent any sort of internal irritation. Again, always begin with a very small ratio and if you are comfortable work your way to larger doses. dōTERRA also offers capsules in which oils can be placed to make ingesting essential oils easier and faster. These capsules are totally free of animal byproducts and are made from vegetable oils alone, this make them a fantastic resource for all essential oil users, whatever their diet may be. For Peppermint oil and the dōTERRA blend OnGuard®®, there is also the option of a beadlet, which is a tiny dose of the oil that is safe for ingestion and very easy for even children to swallow.

**The dōTERRA Certified Pure Therapeutic Grade®**

There are a growing number of products claiming either to be or to contain essential oils. They range in price and quality and are found in skin care, cosmetics, aromatherapy, and other products. However, many of these products do not use pure essential oils and instead use fragrant synthetic chemical substitutes to dilute or replace more expensive essential oil extracts. Furthermore, there are no current regulatory standards for the descriptive use of the “therapeutic grade” for products labeled as essential oils.

The CPTG Certified Pure Therapeutic Grade® mark represents the internal standards used by dōTERRA for sourcing and testing pure aromatic botanical extracts using independent testing laboratories. The dōTERRA brand and registered CPTG® mark represent the dōTERRA guarantee of pure essential oil extracts that meet high standards for both purity and material composition as well as accurate product labeling.

dōTERRA therapeutic-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. Proper extraction and quality control methods also ensure that dōTERRA essential oils are free of any contaminants, such as pesticides or other chemical residues. In addition to being pure and natural, CPTG® essential oils are subjected to additional quality testing that ensures the correct composition of the active natural compounds found in each oil. Though an essential oil may be pure, if the right species or part of a plant has not been used, if the plant has not been grown in the right
environment, harvested at the right time, or distilled under the right conditions, the natural chemical makeup of the extraction will not provide as predictable and powerful a benefit. In some cases, the wrong plant part harvested at the wrong time may result in an extract that contains harmful levels of some constituents.

CPTG® essential oils are guaranteed to be pure, natural, and free of synthetic compounds or contaminates. dōTERRA essential oils are subjected to rigorous mass spectrometry and gas chromatography testing to ensure extract composition and activity. dōTERRA essential oils represent the safest and most beneficial essential oils available today.

Safety Precautions

dōTERRA CPTG® essential oils can be used safely by you and your family for a variety of wellness applications. However, there are several safety guidelines that you should follow when using essential oils and essential oil products.

- Be sure to use only pure, therapeutic-grade essential oils and follow all label warnings and instructions.
- If redness or irritation occurs when using essential oils topically, apply a vegetable oil—such as fractionated coconut oil or olive oil—to the affected area. Do NOT use water.
- Essential oils should not be used in the eyes, inside the ear canal, or in open wounds. In the event of accidental contact with the eye, dilute with vegetable oil NOT water.
- Do NOT consume an essential oil internally unless it is labeled with a Supplement Facts box with specific dietary supplements. Please use instructions and warnings.
- Discontinue the use of an essential oil if you experience severe skin, stomach, or respiratory irritation or discomfort.
- When using on children, apply a very small amount of the oil to test skin for sensitivity. Do not use oil on a child’s hand as they may transfer to their eyes or mouth.
- Consult your physician before using essential oils if you are pregnant, under a doctor’s care or have other safety questions regarding essential oils.

It is important to remember that therapeutic-grade essential oils are highly-concentrated plant extracts and should be used with care. Consulting with someone who has experience with essential oils will make your first experience with these compounds more enjoyable and rewarding. As you learn how to use essential oils through personal experience, share your knowledge with others in a safe and responsible way and encourage them to do the same.
Using Essential Oils

Essential oils are the subtle, aromatic and volatile life-force extracted from the flowers, seeds, leaves, stems, bark and roots of herbs, bushes, shrubs and trees, through steam distillation under low pressure and low temperature. Like human beings, they are alive, both chemically and electrically. They have a direct effect on the brain through the olfactory system and skin absorption. Serving the same function as human blood, essential oils are the regenerating, oxygenating and immune defense properties of the plant kingdom.

Essential oils are naturally antibiotic, antiseptic, antibacterial, anti-fungal, antioxidant, anti-parasitic, anti-viral and antidepressant. They are help bring oxygen and nutrients to the cells and assist in the efficient disposal of carbon dioxide and other waste. They increase blood flow, negative ions and ozone, improve the efficiency of the immune system and decrease blood viscosity. Oils enhance brain wave function, improve spiritual awareness and bring about a beautiful balance to the body. Essential oils contain a frequency that is several times greater than the frequency of herbs and food. There is not a single part of the human body and brain that is not helped by the action of essential oils. Aromatherapy is the art and science of the use and application of therapeutic essential oils for physical, mental, emotional and spiritual balance.

Water Therapies with Essential Oils:

Floral Waters

Floral Waters are aromatherapy's best-kept secret. They are the exquisite byproducts of the steam distillation of essential oils. Floral waters have the same properties as the essential oils, but in lower concentration. They are gentle, fragrant, and suitable for all ages. Dr. Daniel Penoel, MD, uses floral waters for the healing of wounds, especially with children and animals. They are rehydrating, nurturing and refreshing to the skin. I use lavender floral water to freshen a room, sanitize sheets and pillows in a hotel room, and hydrate my skin. You can spray floral water on your plants and animals to deter pests. Recently, I experienced drinking the pure floral water at a farm where the peppermint was being distilled. Superb! I use the floral waters of basil, German chamomile, clary sage, eucalyptus, juniper, lavender, Melissa, peppermint, spearmint, Idaho tansy and thyme.

Steam inhalation

Inhalation of essential oils works well for emotional as well as physical problems. Essential oils have an almost immediate influence on emotions, anxiety, and depression. Physically, it can help with tension, headaches, respiratory problems, colds, sore throat, blocked sinuses and cough. Add up to five drops of an essential oil to a bowl of hot (not
boiling) water and inhale the vapors rising from the bowl. To increase the intensity of the oil vapors inhaled, place a towel over the head and bowl. To calm and sedate the nervous system, use lavender. To uplift, use the citrus oils and clary sage. For congestion, use eucalyptus, frankincense, and lemon. To open the sinuses, use spruce or peppermint.

**Facial Saunas**

Facial saunas are effective for releasing dirt and trapped toxins and debris from the skin. People with broken veins, hypersensitive skin or inflammation of any sort, including sunburn, should not take a facial sauna. Use the same method as described for steam inhalation, a bowl of hot water and a towel. Helpful for seborrhea and acne prone skins as well as mature and normal skin. For acne or seborrhea, try Roman chamomile, lemon, tea tree, clary sage, or thyme. For dry skin, use Roman chamomile or cedarwood. Follow the steam treatment by splashing the face with cold water to close the pores.

**Baths**

Adding essential oils to bath water is challenging as oil does not mix with water. For even dispersion, drop in the oils while running the bath, or add 2 to 3 drops of oil to a cup of Epsom salts, sea salt or a bath gel base. I often disperse the oils in milk and create a Cleopatra milk bath! Oils with a high phenol content such as oregano, cinnamon, thyme, clove, lemongrass and bergamot can cause stinging or irritation if not diluted and well-mixed. The same is true for oils high in menthol such as peppermint and eucalyptus.

I use premixed bath gels containing essential oils, which can be used as a liquid soap in the shower as well. I also use a bath gel base to which I add the essential oils of my choice. The base I prefer contains olive oil, vegetable glycerin, floral water, algin, vitamin E, lecithin and wheat germ oil. Some of my favorite bath blends are:

**Dragon Time:** this is a blend for a woman’s stressful time of the month. It is balancing and uplifting physically and mentally. It blends bergamot, clary sage, geranium, jasmine, lemon, palmarosa, Roman chamomile, rosewood, rose, sandalwood and ylang ylang.

**Evening Peace:** The oils in this bath gel relaxes fatigued muscles and dampens stress and tension. Contains Bergamot, German chamomile, Roman chamomile, clary sage, geranium, jasmine, lemon, palmarosa, rosewood, rose, sandalwood and ylang ylang.

**Morning Star:** This is an invigorating blend of essential oils that really gets me going in my morning shower. The uplifting and energizing oils include lemongrass, rosemary, juniper and peppermint.

**Sensation:** This is a fragrant mix of oils used by Cleopatra to enhance love and increase desire to be close to someone special! Contains rosewood, ylang ylang and jasmine.
**Baby Baths**

The addition of essential oils can enhance the relaxing effects of your baby’s bath. Mix one drop of essential oil into a rich carrier oil such as jojoba, almond or wheat germ oil. Swish the mixture into the bath water and mix well before immersing your baby in the water. Remember; never put the essential oil directly into the water. Add Roman or German chamomile to relax a cranky baby and to promote a good night’s sleep. Lavender is a good choice for calming and sedating the nervous system. Fennel is an excellent choice if your baby is colicky. Choose eucalyptus or rosemary if your baby is congested.

**Water Distillers and Filters**

You can apply oils, like peppermint, lemon, clove and cinnamon to the post-filter side of your water purifier. This will help purify the water.

**Laundry**

Essential oils may be used to enhance the cleanliness and fragrance of your laundry. Recent research has shown that eucalyptus oil kills dust mites. Add twenty-five drops of eucalyptus to each load, or approximately 1/2 ounce to your laundry detergent. Instead of using toxic and irritating softening agents in the dryer, place a washcloth dampened with 10 drops of lavender, lemon, melaleuca, bergamot or other oils.

**Hot Tubs and Saunas**

Hot tubs, Jacuzzis and saunas act as reservoirs for germs, especially if used frequently. Lavender, cinnamon, clove, eucalyptus, thyme, lemon or grapefruit can be used to disinfect and fragrance the water. Use 3 drops per person. For saunas, add several drops of rosemary, thyme, pine or lavender to a spray bottle with water and then spray down the surfaces. The marriage of therapeutic essential oils and water is made in heaven. Like water, essential oils soothe, heal and nurture, reminding us of the bounty of nature’s creation. Enjoy the physical, mental, emotional and spiritual protection and upliftment that are the gift of pure essential oils.

**Symphony Of Cells**

To learn more about the way our bodies can benefit from Essential Oils, see the YouTube video *Symphony of Cells* at the following link: https://www.youtube.com/watch?v=0iEE_aFZljo

Using essential oils can be both profoundly simple and life changing. A large amount of information is readily available for those who wish to increase their knowledge of essential oil applications. To find this information, visit Prema Lia (Kim) Thompson’s website [www.prema-lia.com](http://www.prema-lia.com) or dōTERRA’s website [www.doterra.com](http://www.doterra.com).
Detoxify Your Home

Common cleaning products are full of poisons, toxins, and chemicals which, while they do a good job of cleaning our homes, also throw chemicals onto our surfaces and into our air; these chemicals eventually find their way into our bodies and alter our health for the worse.

dōTERRA offers a number of oils which have decontaminating properties as well as hand soaps, laundry detergents, and a number of other products which help to detoxify your home. They replace dangerous chemicals with safer, environmentally friendly essential oils that support the overall health of your household; they are safer for children, pets, and even adult bodies.

Mixing with some water for cleaning surfaces, adding to your detergent, and even washing windows and leather with essential oils is a great way to lessen your exposure to dangerous toxins and purify your body. dōTERRA’s essential oils smell much better than bleach, Windex, and other chemical-smelling cleaners. They leave you and your home awake and rejuvenated—just like cleaning ought.

Oils and Blends

Antibacterial Essential Oils

<table>
<thead>
<tr>
<th>Cypress</th>
<th>Peppermint</th>
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<tr>
<td>Eucalyptus</td>
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<td>Marjoram</td>
<td>Wild Orange</td>
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<td>Melaleuca</td>
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Antiviral Essential Oils

| Cinnamon | Melaleuca |
| Clove | Oregano |
| Eucalyptus | Sandalwood |
| Lavender | Thyme |
| Lemon | |
**Anti-Fungal Essential Oils**

- Eucalyptus
- Lavender
- Lemon
- Melaleuca

- Patchouli
- Sage
- Sandalwood
- Thyme

**Antibiotic Essential Oils**

- Bergamot
- Clove
- Eucalyptus
- Lavender
- Lemon

- Lime
- Melaleuca
- Oregano
- Patchouli
- Roman Chamomile

Using these great essential oils will purify your home and make cleaning less of a chore! Even better, dōTERRA offers some great, natural cleaners in their OnGuard® product line that you don’t even have to make yourself! Whether you are washing clothes, doing the dishes, or doing a whole-house vacuum, there are hundreds of ways you can replace classic chemical cleaners with wonderful essential oils!

Amazingly, diffusing some essential oils, particularly Purify, can even combat some airborne pathogens, including the common cold, the flu, and some dusts that can cause allergies! Essential oils clean and purify without greasy residue, without unpleasant odors, and they are free from dangerous chemicals!
Essential Oil Recipes for Home Cleaning

**Window and Mirror Cleaner:** 1 cup white vinegar, 1 cup water, 10 drops Lemon essential oil combined in a spray bottle—shake well before use.

**Dusting Spray:** 1 cup olive oil, 1 cup vinegar, 15 drops Lemon essential oils mixed in spray bottle. Spray on cloth before dusting.

**Stovetop Cleaner:** ¼ cup baking soda, ¼ cup table salt, 1 tablespoon apple cider vinegar, 2 tablespoons water, 4 to 5 drops of Purify Cleansing Blend to form paste and leave on for at least fifteen minutes. Then, using a sponge, scrub the mixture into the grime. Remove excess cleaner and wipe surface clean.

**All-Purpose Spray:** ¼ cup white vinegar, 1 ¾ cups water, 30 drops of essential oils, ¼ teaspoon borax in spray bottle. Be sure to shake thoroughly.

**Suggested Essential Oil Combinations:**
- 15 drops each of Lavender and Lemon
- 10 drops each of Eucalyptus, Peppermint, and Wild Orange
- 30 drops of OnGuard® blend
- 15 drops each of Grapefruit and OnGuard®

**Mattress Cleaner:** place 1 cup baking soda and 10 drops of essential oil in a mason jar with a lid and shake to distribute oils in baking soda, then put mixture into sifter and sift across your mattress. Leave it on the mattress for at least an hour and once the mixture has sat, use a vacuum hose to remove mixture from mattress.

**Suggested Essential Oils:**
- Lavender
- Eucalyptus
- Peppermint,
- Clove
- Rosemary
OnGuard® Products

OnGuard® is dōTERRA’s unique, proprietary blend formulated to support healthy immune function. Wild Orange essential oil, combined with Clove, Cinnamon, Eucalyptus, and Rosemary offer a fragrant, natural and effective alternative to synthetic options for immune support. OnGuard®, with its unique aroma, is one of dōTERRA’s most versatile blends. It is also safe to use on counter tops, as a non-toxic way to cleanse surfaces, or to clear the atmosphere by diffusing.

This oil blend comes in a number of forms, including foaming hand washes and dietary supplements. Using naturally anti-bacterial, anti-fungal, anti-viral, and anti-biotic essential oils, OnGuard® essential oil blend is ideal for cleaning and purifying your home and stopping the spread of colds.

The amazing blend of oils in OnGuard® strengthen and empower one another, increasing each other’s strength. It is amazing not only for treating oncoming diseases, but also to help boost our immune system all day long, every day, and stop us from getting sick at all! Diffusing OnGuard® into the air has actually been shown to kill some airborne pathogens and purify your home, office, or any space where you work and live. It helps not only with your immune system, but also actively works within your body to improve cell maintenance and balance. OnGuard® has even been shown to help fight abnormal cell development and stave off cancer!

Taken 3 to 4 times a day for 5 to 10 days, OnGuard® can stop colds and even the flu with its amazing abilities! Drinking “The Bomb” in water once or twice a day will help keep you healthy and happy.

The Bomb:

5 drops OnGuard®
4 drops Oregano
2 drops Peppermint
2 drops Frankincense
1 drop Lemon
In a world where we are seeing more and more evolution in our pathogens, using essential oils is becoming one of the few ways to keep up with those little bugs and keep you and your family healthy and ready to go even in cold and flu season.

**Products:**

**OnGuard® Foaming Hand Wash:** Hand-washing is an important health precaution—and placing OnGuard® Foaming Dispensers at every sink around the home and office provide those in your home and workplace with OnGuard® protection throughout the day.

**OnGuard® Protecting Throat Drops:** Don’t let flu season catch you off guard! doTERRA’s OnGuard® Protecting Throat Drops provide a convenient way to benefit from OnGuard®’s immune-supporting properties.

**OnGuard® Natural Whitening Toothpaste:** doTERRA’s fluoride-free toothpaste provides the protective benefits of therapeutic-grade OnGuard® essential oils against germs and other harmful pathogens, while also reducing plaque and whitening teeth with gentle polishing agents.

**OnGuard® Cleaner Concentrate:** OnGuard® Cleaner Concentrate is designed to be the ideal natural cleaner. This powerful essential oil blend is combined with plant-based derivatives that provide a non-toxic and biodegradable way to clean and eliminate odors.

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

**OnGuard® + Softgels:** Get the immune support your body needs when facing winter threats that can weaken your immune system with the proprietary blend of doTERRA OnGuard® and Black Pepper, Oregano, and Melissa essential oils.

**OnGuard® Beadlets:** OnGuard® Beadlets are an easy and convenient way to obtain the immune-boosting benefits of OnGuard® Essential Oil Blend. They are perfect for home use, while traveling, and to boost your family’s immunity – anytime and anywhere.
Essential Oils in Your Office

Essential oils can have a number of fantastic uses in not only our health and cleaning, but also in the atmosphere of our lives and homes. Using oils aromatically can rid our homes and offices of allergens or simply as air fresheners also provides all of the other benefits of the oils. Using them in food as well, particularly Oregano, Cinnamon, and Basil, get you both the benefits of an essential oil and vibrant, natural flavor to dishes without artificial additives and other negative effects.

When dealing with both allergens and unpleasant scents in the home or office, diffusing essential oils is a great way to clear the air, stimulate the mind, calm stress and anxiety, and even help you to concentrate better! Diffusing blends like OnGuard®, Breathe, Citrus Bliss, Elevation, or Purify can help freshen a room, ease allergy symptoms, and even destroy airborne pathogens!

dōTERRA offers two different diffusers for any home or office which emit essential oils into the air for a fresh, aromatic experience:

Aroma-Ace™ Diffuser
The Aroma-Ace provides state-of-the-art diffusion technology which preserves the natural essence and complete therapeutic benefits of essential oils by effectively transforming them into a micro-fine vapor without the use of heat or water. These micro-particles permeate the air and may remain suspended for hours fully intact with all of their natural benefits. A 15 ml bottle of dōTERRA’s OnGuard® Protective Blend comes with each Aroma-Ace essential oil diffuser.

Lotus Diffuser
The Lotus diffuser uses a highly efficient real time atomization technology to effectively diffuse essential oils into the environment. The essential oils are atomized along with water into minute ion particles and active oxygen ions, which are more easily absorbed by the human body than oils diffused by conventional diffusers. dōTERRA is pleased to be the exclusive distributor of the Lotus diffuser to you and your family.

Aroma Lite Diffuser
The Aroma Lite Diffuser releases essential oils through high frequency oscillation for up to eight hours (depending on mist setting). It is designed to be small and compact—perfect for travel and hotel use. This diffuser features four mist output settings and an optional night light.
Cooking with Essential Oils

Cooking with essential oils is another great way to use them in your home or office. Replace fresh basil in recipes with a few drops of Basil essential oil or try replacing the cinnamon in your apple pie with Cinnamon essential oil. dōTERRA’s blog (www.doterrablog.com) offers a number of fantastic recipes that employ essential oils, such as these delicious gems!

Herbed Pasta Salad

1 (16oz) pkg. bow-tie pasta
2 cups grape tomatoes, quartered
7 oz fresh mozzarella, cubed
1 medium sweet yellow bell pepper, diced
½ small red onion, chopped
½ cup of pickled banana pepper rings
1 (2 ¼ oz) black olive slices
8 slices salami, chopped
½ cup fresh basil, thinly shredded

Dressing:

3/4 cup olive oil
3/4 cup red wine vinegar
1 garlic clove
1 tsp. salt
1/2 tsp. pepper
2 drops Basil essential oil

Directions:

1. Cook pasta according to package instructions. Drain and rinse in cold water.
2. In a large bowl, combine all ingredients leaving dressing until last.
3. Mix dressing ingredients in a blender until emulsified.
4. Serve in a large bowl and enjoy!
Garlic and Herb Canapes

Small load of french bread
4 Tbsp of butter
1 rounded tsp of chopped garlic
2 drops of Oregano essential oil
1 drop of Thyme essential oil
2 drops of Basil essential oil
2 tomatoes
1 Tbsp chopped chives or green onion
Salt and pepper to taste

Directions:
Mix butter, garlic, essential oils, salt and pepper, then spread mixture on sliced French bread. Garnish with a tomato slice and fresh cut chive.

Delicious Flavored Cocoa

1 cup water
5 tsp. cocoa powder
Sweetener to taste
1 to 2 Tbsp. agave
1 tsp. vanilla or almond extract
3 cups almond milk

Heat water, cocoa powder, and sweetener on stove until ingredients are smooth. Add vanilla and milk and bring to a simmer.

After creating the perfect homemade cocoa, add a delicious essential oil flavor twist to create a new favorite. dōTERRA suggests amazing, aromatic concoctions such as Wild Orange, Peppermint, Cinnamon, or Lavender to mix up your favorite winter treat!
**Strawberry Coconut Creams:**

1 pound strawberries  
1 (5.3 oz.) coconut Greek yogurt  
1 drop dōTERRA Wild Orange essential oil  
Desired toppings: cocoa nibs, sliced almonds, granola, etc.

**Directions:**

Mix Greek yogurt with essential oil. Hull strawberries and fill with yogurt mixture. Top with desired toppings.

**OnGuard® Pumpkin Smoothie:**

1 cup almond milk (or milk of choice)  
½ cup pumpkin puree  
½ cup vanilla yogurt  
2 frozen bananas  
1 teaspoon vanilla extract  
1 teaspoon pumpkin pie seasoning  
2-3 drops OnGuard® Protective Blend  
1 cup ice

**Directions:**

Combine all ingredients into blender and blend until smooth.

dōTERRA Essential Oils add delicious low-calorie flavor to your favorite dishes. With essential oils you can add fresh-tasting herbs like basil, oregano, and peppermint to any dish even when they aren’t in season! Try these great twists on fresh, classic recipes and experience a new, healthier diet!
Childcare

Using essential oils on your children can produce amazing changes in you and your child’s life. dōTERRA offers a wide range of products which are safe for children to use and help in a number of areas which often plague the lives of children and parents: body development, immunity, sleep, and attention and focus.

Much of our brain develops in the earliest stages of life, and it is important to insure that you child is getting the nutrients they need for healthy brain development. Recent studies have shown that nutrients called Omega 3s, which are found most commonly in fish oil, are excellent not only for cognitive development and functioning, but also in overall health. dōTERRA’s IQ Mega is a fish oil supplement which research has proven therapeutic in children with ADHD, autism, cystic fibrosis, heart disease, auto-immune disorders, breast and prostate cancer, and even postpones cognitive decline! They also have similar effects in adults!

Also available are a2z Gummy Multivitamins to support a child’s fruit and vegetable intake. These supplements are made only from natural ingredients, including pineapple, mango, cherry, strawberry, spinach, tomato, turmeric, and spirulina! They are great not only for children, but for adults as well!

Even when the brain and body are functioning perfectly our attention and focus isn’t always top-notch. dōTERRA offers a number of oils that can create a fully-functioning mind and body that are ready to learn, play, and get the most out of life!

As important as nutrient intake is a good night’s sleep. Anyone with children knows that if the kids had their way, their bedtimes would be non-existant, so dōTERRA has created a blend called Serenity for diffusing or application to the bottoms of feet at night. Serenity encourages relaxation and deep REM sleep, which is necessary for being our best every day! Each oil in this special blend aids in calming and relaxing our bodies naturally and helps us get those eight to ten hours! dōTERRA suggests Balance oil blend for the morning ritual, which helps ground, awaken, and calm our minds and bodies and prepare us for any obstacles in the day ahead!
There are several oil blends that can be diffused or rubbed onto the bottoms of the feet to help revive focus and attention. Combinations like Peppermint Oil and Citrus Bliss, when diffused into the air, increase oxygen intake and awaken you and your children. There’s also a new way of taking peppermint in the Peppermint Beadlet, which is a tiny capsule that dissolves in your mouth and immediately starts rejuvenating your mind. Also, great for focus is the oil blend called InTune, the Focus Blend. InTune saw great effects in children with ADHD when rubbed on their feet, foreheads, and temples.

Finally, one of the most important things we can do for our health, especially when school rolls around, is keeping germs outside the home. Everything we touch in a public place is covered in bacteria, viruses, and other little nasty bugs. dōTERRA’s oils offer a number of natural purifying benefits to our bodies and homes. Particularly important is the oil bed OnGuard®, which fights against harmful bacteria, mold, viruses, disinfects surfaces, and can be used as a hand soap. Even better, all the ingredients in the oil also go into the OnGuard® Beadlet, which are so tiny that children can swallow them without a problem at the first signs of a cold and they help the immune system fight off anything and everything from swine flu to merca. A number of other single oils can also help clean and disinfect your home including, Cinnamon, Frankincense, Lemon, Oregano, and Black Pepper.

Change the way you look at almost every aspect of your children’s lives; from attention in school to curing the common cold, dōTERRA has a product that can improve your child’s life in ways even they will get excited about!
Pets and Aromatherapy

Like many of the uses for essential oils, use on pets has been debated as essential oils have grown more popular—needless to say, there are many reports of success. doTERRA themselves have not done extensive studies on the use of essential oils on smaller animals such as cats, birds, hamsters, rabbits, and the like, but there are many stories of success on larger animals, like horses and dogs. Like use on humans, essential oils can benefit dogs and horses just as medications from your vet do, but unlike medications, they have few to no unpleasant side-effects!

Like humans, however, essential oils cannot replace proper preventive care and in the case of an emergency always contact your vet. It is important to talk with your vet about using essential oils. Often there are certain oils to which animals do not respond well. It is therefore very important to be weary of what essential oils are used on what animal. Before you introduce an animal to a new essential oil, research and try to understand if that oil and animal are compatible.

Dogs

Particularly used for dogs, Frankincense essential oil has proven to help with cancer, tumors, snake bites, wounds, skin abrasions, and seizures. It can also be used for preventative means, keeping cancer at bay and increasing the animal’s overall health. It is suggested that essential oils be used topically and always diluted, as the livers of most animals do not react the way human’s livers do to the presence of essential oils. When using oils topically, use fractionated coconut oil with perhaps a 50:1 FCO to essential oil blend.

Also fantastic for dogs are the aromatic uses of Serenity essential oil blend, which help with anxiety and depression in humans and has been shown to lesson anxiety, reactivity, and even carsickness in dogs. Using Serenity while training your dog is also a fantastic option because it helps the dog feel calm, and when they are calm they are more likely to listen to and learn your commands. Serenity is an oil which should never be ingested, but can be used aromatically and topically to help your pet.

Pet owners know that pests like fleas, ticks and worms are a constant worry. Essential oils naturally repel pests like these and when used on pets, they prove to be powerful deterrents. Worms can be treated and prevented by doTERRA’s DigestZen blend. When put in food it helps support a healthy digestive tract. Ticks and fleas both have an aversion to Lavender, Lemongrass, and Thyme essential oils and there is a very easy recipe for chasing out the critters that plague your dog’s coat: Combine 8 oz. of water in a spray bottle with ½ teaspoon of natural soap and twelve drops of oil. When sprayed on the coat, massaged, and washed away, the pests wash away too!
Finally, many of us love our pets, but have developed mild to severe allergies that keep us separated from our best friends. dōTERRA’s oils significantly lessen the severity of allergic symptoms. When diffusing simple, delicious combinations like Lemon, Lavender, and Peppermint, many people notice their red, itchy eyes and stuffy nose disappear in less than thirty minutes!

**Horses**

Horses can also find relief with essential oils—both emotional and physical. Many horse trainers, owners, and breeders find that training horses can be very difficult, and essential oils like Serenity and Balance are fantastic for keeping young or rowdy horses calm, just like dogs! It’s great for calming both the horse and the rider and creating a powerful emotional bond! Other benefits are the cooling and bug-repellant properties of essential oils for horses, particularly on hot days when horseflies and mosquitoes are bothering them! Peppermint is amazing for both, as bugs hate the smell and a peppermint bath will cool down your horse after a long run. Essential oils like Peppermint and Basil can also soothe achy or painful joints.

**Small Animals**

Cats, birds, rabbits, and even small dogs can have adverse responses to too much essential oil, even when it is diffused. Veterinarians believe that this is because their livers cannot metabolize essential oils in the same way humans and larger animals can. This doesn't mean you can't use essential oils around them, but there are some important precautions that should be taken when doing so.

- If you enjoy diffusing essential oils, always open a window or leave a room scent-free, so if the pet starts to feel unwell they can escape into another room and breathe some fresh air.

- Always put caps back on bottles so that they aren’t knocked over onto your pet.

- If you begin to notice a bad reaction, call your veterinarian immediately. Blood or urine tests can be done to measure overexposure and toxicity levels.

- Diffusing light amounts of oils for short times or letting your pet smell the oils on your fingers is the best way to expose smaller animals to essential oils.

If you use common sense and make sure your pets don’t get into your oils, they should be able to live happily and healthily alongside any essential oil-using family!

Every member of your family, from the young to the four-legged can see a noticeable difference in the state of their health after using dōTERRA products. Replacing or simply adding essential oils to daily preventive treatment can change your life!
The Science of Aromatherapy

Though at first it is very easy to feel skeptical of the supposed “miracles” of essential oils, medical science and physicians have been doing more and more research on the benefits of incorporating essential oils into your health regime. A number of resources have surfaced which provide a more scientific insight into why essential oils work as well as they do and the many ways that they are superior to many of the more toxic medications which have become popular.

dōTERRA’s own Dr. David Hill, CD, has spent an extensive amount of time as the had of the dōTERRA Scientific Advisory board and has created many of the oil blends for the company. He is at the forefront of the field of integrative medicine and has practiced in a number of well-respected hospitals including Beth Israel and Vanderbilt University Medical Centers. He has spent over a decade reshaping our understanding of essential oils and helping them to find a more common usage in modern western medical practices.

A number of websites dedicated to making scientific research accessible to everyone have emerged in the last few years and dōTERRA has done their part in promoting the increasingly convincing research done to support the powerful medicinal uses for essential oils. Many of the studies employed by dōTERRA can be found at www.aromaticscience.com. Another excellent resource is www.ncbi.nlm.nih.gov/pubmed.

Two other studies which are very telling have been done in the last few years, one on the interactions of Frankincense and the hypothalamus and another on the bacteria-killing powers of two essential oils—Melaleuca and Oregano.

Frankincense, already considered one of the most powerful and useful essential oils, has been studied recently and proven to be high in Sesquiterpenes, which allows it to pass through the blood-brain barrier and actively engage with the hypothalamus. The hypothalamus has a very strong olfactory link, which is why smelling an oil like Frankincense reacts with the brain to change the chemistry and the hormones released by the hypothalamus and alter our mood for the better!

Finally, another study done by Dr. Dave R. Steuer, DMD, MS, MMSc proved the effectiveness of essential oils in defeating bacteria in ways that mainstream medical science has not yet achieved. Bacteria, because they are able to change their genetics and overcome many of our anti-bacterial medications, have in recent decades formed shields called biofilms. Essential oils have the ability to break through their shields naturally. Using Melaleuca, Dr. Steuer was able to destroy the bacteria’s biofilm. When the biofilm was no longer protecting the bacteria, Dr. Steuer used Oregano to break apart the outer wall which holds the bacteria together and destroy it. Together these oils made a very effective anti-bacterial solution.
The dōTERRA Lifestyle

As amazing as essential oils are in their own right, when combined with a healthy lifestyle, the effects become even more powerful. Incorporating a healthy diet, physical exercise, stress management, and enough sleep into your routine helps you to become your healthiest, happiest self. Uniting healthy life choices and dōTERRA oils have helped many people to see their health and happiness bettered in the long run.

Although at first it may seem like a lot of work to begin turning around bad habits and forming new, healthy ones, the attempt is entirely worth it. Adding small changes to your daily routine can make a huge impact on your mentality and ability to move with ease and feel more awake. The more small practices you add, the more energetic you’ll feel when starting the next! Essential oils can help you to ease these changes by aiding in digestion, stress management, cleansing, and more!

dōTERRA suggests six steps to help better your overall health:

**Eat Right**

It is recommended that a 2,000 calorie diet should include a minimum of nine fruits and vegetables as rich sources of antioxidants to combat cellular aging caused by free-radical molecules. dōTERRA’s Lifelong Vitality products provide supplemental levels of antioxidants, vitamins, minerals and other essential nutrients that may be missing in your diet.

**Exercise**

Exercise and outdoor activities help to keep a lean, healthy body composition. Staying active is as simple as walking every day. Studies suggest that a minimum of 10,000 steps a day will help maintain current weight. dōTERRA’s Deep Blue Muscle Blend can help you through your first steps to your marathon finish.

**Rest and Manage Stress**

Seven to nine hours of sleep per night helps maintain a healthy body and alert mind. Lavender and Serenity essential oils can assist you in reducing stress and relaxing, as well as contribute to a quality night sleep.

**Reduce Toxic Load**

Decreasing exposure to environmental toxins such as infectious microbes, chemical pollutions and poisons, and free-radical molecules can also contribute to health and vitality. dōTERRA’s non-toxic cleaners with proprietary OnGuard® Defensive Blend of essential oils can help protect you and your family against harmful effects to your health.
**Informed Self-Care**

Taking responsibility for your health begins with understanding your healthcare options. Customizing a self-care program specific to your individual needs begins with knowledge. dōTERRA is committed to teaching healthy lifestyle principles and providing complimentary wellness products for lifelong vitality.

**Proactive Medical Care**

When confronted with more serious health issues, seek out the counsel of licensed healthcare practitioners to diagnose and treat your condition. Educate yourself and ask lots of questions. Be a proactive participant in the selection of treatments—it’s your health, it’s your choice.

Seeing a medical practitioner is also very important. Essential oils do not replace a licensed doctor, especially for yearly preventive exams and for more severe injuries and allergies. dōTERRA Essential Oils can help you take greater control of your health and understand your body so that you can choose the right doctor and most productive means of treatment. Combine all of your resources for the longest, healthiest, happiest life you can live!
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Wholesale and Retail

dōTERRA members have access to a number of wonderful benefits including receiving your oils and other dōTERRA products at a wholesale price as well as gaining access to members-only promotions and sales. Yet many people may chose not to take this rout, and for those individuals, two excellent options are available: purchase your dōTERRA oils online at the retail price or contact Prema Lia (Kim) Thompson for the wholesale discount price on any purchases made through her personal dōTERRA business.

Retail Pricing

To avoid the hassle of contacting a consultant, purchasing dōTERRA oils has been made easy. Simply go to www.prema-lia.com/Essential-Oils-and-Natural-Herbs.html and follow the link to the dōTERRA website. From there, you can use your credit or debit card to purchase oils, blends, and other products from dōTERRA's website at retail prices and have them shipped directly to your home without any intermediary!

This is a fast, efficient way to get all the goodness of dōTERRA delivered to you as quickly as possible!

Wholesale Pricing

Alternatively, Prema Lia offers you the opportunity to purchase dōTERRA Essential Oils at wholesale price, 25% off retail prices, without a membership! If this is the option you would prefer, contact Prema Lia by phone at (360) 984-5173 or email her at homeheart4u@gmail.com to request your oils. For only a small additional shipping cost, Prema Lia will order your oils, receive them at her office in Vancouver, WA, and ship them from there to your home. This process will take a few extra days.

If this is the method of purchase you choose, there are three simple payment options:

7. Send check by mail. Your oils will be sent as soon as the check clears.

8. Call into the office with your credit card and your order will be processed over the phone.

9. Use Prema Lia’s PayPal account, again going to her website at www.prema-lia.com/Essential-Oils-and-Natural-Herbs.html and follow the link to PayPal, to pay with your credit or debit card.

Purchasing dōTERRA essential oils directly from Prema Lia is a fantastic way to gain all the benefits of a dōTERRA membership and try them out before choosing to become a member yourself!
Starting Your Own dōTERRA Business

Independent Product Consultants

dōTERRA’s products are sold exclusively through Independent Product Consultants who, working from home, introduce, educate about, and sell dōTERRA products locally through person-to-person contact and globally through personalized shopping sites. These Consultants share their personal enthusiasm for our products with friends and associates via in-home demonstrations and by referring people to personalized web shopping sites. Each Independent Product Consultant (IPC) pays a $35 registration fee or purchases a membership kit and is then given access to a number of benefits including:

- Ability to purchase products at wholesale prices, 25% below retail prices.
- Earn free product purchase credits in the Loyalty Rewards program.
- Own personalized web shopping site to which you can refer your personal customers and receive retail bonuses for no additional monthly fee.
- Sponsor new consultants and receive additional bonuses on their sales and the sales of consultants they sponsor.
- Access to your own personalized business management web site with no monthly fee.
- Other special product promotions and discounts.

To find out more about how you can become a member and sell dōTERRA products, go to Prema-ilia.com and follow the link dōTERRA Essential Oils & Nature’s Sunshine Herbs to learn more!
Frequently Asked Questions

dōTERRA Questions:

- Are dōTERRA oils certified organic?

In short, no. However, this is because the oils are imported from around the world and this makes certification difficult. The oils themselves are entirely pure following dōTERRA's Certified Pure Therapeutic Grade® guidelines. There are no chemical additives and the oils go through several tests including Mass Spectrometry and Gas Chromatography, to ensure that you only receive a pure essential oil.

- How are dōTERRA essential oils collected and distilled?

dōTERRA oils are collected using a low-heat steam distillation process. Steam is circulated under pressure through plant materials and the essential oils are collected in the steam. As the steam mixture cools, the water and oil naturally separate. These collected oils then continue through more chemical processes to ensure that they meet the CPTG® quality.

Citrus oils, which come from the rinds of citrus fruit, are extracted by the compression method in which the oils are squeezed from the rinds of the plant.

- What does CPTG® mean?

CPTG® means Certified Pure Therapeutic Grade®, which is the standard to which dōTERRA oils are held. It means that the oils are purely the aromatic extract and that there are no fillers or artificial ingredients which would lessen the potency of the oil's healing effects. This also means the oils have gone through rigorous testing to ensure that only the best oils are collected during the right season and when the plant is at its peak. The oils are subjected to seven different tests including Mass Spectrometry and Gas Chromatography to ensure extract composition and activity are up to dōTERRA standards.

- Whom can I contact for more information?

To get more information about dōTERRA essential oils, see either the dōTERRA webpage at www.doterra.com or visit Prema Lia's webpage at www.prema-ria.com.

Selling dōTERRA Products:

- Where can I learn more about getting involved with dōTERRA?
Again, see Prema Lia’s webpage (www.prema-lia.com) or see dōTERRA Everyday at http://www.doterraeveryday.com. These websites lay out the business plan and provide further information on becoming a dōTERRA Independent Product Consultant.

Using Oils:

• Will an oil still work on me if I don’t like the smell/taste of it?

Yes! Even if a particular oil does not appeal to you, their healing and cleansing abilities do still work. In fact, it has been proven that even people without a sense of smell can gain the benefits of aromatherapy! Often an oil can be combined with other scents to make something that is more appealing for an individual sense of smell, and then not only are the benefits of the less appealing oil achieved, but those of the more appealing ones as well!

Mixing and experimenting with oils is always encouraged, as each body reacts differently to certain oils and blends. Before deciding not to use an oil, try mixing it with other scents to see if you can find something that works better for you!

• If I am allergic to the plant from which an oil is distilled, can I still use the oil?

No. Essential oils are the parts of the plant condensed and distilled to its very essence. The allergic reaction can be triggered by using an essential oil. If you are allergic to a plant, find alternatives to the oil which can produce a similar effect.

• How do I dilute oils?

Diluting oils is very easy. Using a carrier oil—Fractionated Coconut Oil comes highly recommended by dōTERRA as it has a very clean texture, is unscented, and is entirely safe to eat, though vegetable and grapeseed oils can also be used—add three to four drops of carrier oil for every drop of essential oil. When this is done, mix the two thoroughly and test on a small area of skin to determine if the blend is diluted or strong enough before applying widely.

When using oils internally, it is suggested that only one or two drops be put in eight ounces of liquid and particularly strong oils such as Black Pepper, Cinnamon, or even Peppermint should be further diluted. Using honey, tea, or another liquid to help ease drinking the essential oil is also recommended.

When using essential oils on children, the elderly, and pets, the dilution ratio should be made much, much smaller. Very light doses of essential oils will go a long way. One drop of essential oil to ten or even twenty drops of carrier oil is a safer place to begin with these age groups.
• Why do I need to dilute oils?

Essential oils are very powerful and pure compounds, and because of this they can cause a burning sensation or other skin irritation. Individuals with sensitive skin will find that essential oils may cause slight irritation and a similar reaction can be found in children, the elderly, and pets. Diluting essential oils makes them easier for bodies to handle.

When beginning with a new essential oil, it is always suggested that an oil be further, not less, diluted and as you grow comfortable with the affect it has on your body you can increase your dosage. This is the safest way to ensure that you have no adverse effects.

• How do I get started using oils in my home?

Getting started is easy. dōTERRA offers a fantastic starter kit which includes three of the most versatile essential oils: peppermint, lavender, and lemon. There are literally over one hundred ways these oils can be used, and they’re very safe and straightforward. For more information on the dōTERRA starter kit, contact Prema Lia (Kim) Thompson via her webpage www.prema-lia.com.

Once you’ve begun to understand how these oils work in your life, you can look to other areas that could use the help of oils, including in daily cleaning, digestion, and healing minor wounds. The Introductory Kit is a great way to get started understanding oils and also comes with a booklet and an audio CD to help you navigate your way through understanding essential oils.

If you want to begin with more options, dōTERRA offers a number of other kits which offer more oils, blends, and information. They focus on everything from cleaning to healing and come with a dōTERRA membership as well!

It is always encouraged that you begin using essential oils with the help of an experienced essential oils user. Prema Lia (Kim) Thompson is always willing to offer her abundance of knowledge to anyone with questions about using dōTERRA products. For more information on how to get ahold of Prema Lia, visit her website at www.prema-lia.com.

• My oil smells different than usual, why? Does it affect the quality?

No. Because dōTERRA oils are completely pure and come from the plant source itself, occasionally there are alterations in the oil’s color and scent. These changes reflect the weather or growing state during the plant’s season. Nevertheless, you can trust that dōTERRA’s CPTG® oils will continue to uphold their high quality and healing abilities even if the scent is slightly altered.
**dōTERRA Resources**

**http://www.prema- lia.com** Gain access to dōTERRA essential oils and more! Learn about and purchase essential oils at retail and wholesale prices and gain access to a number of spiritual resources through Prema Lia’s Clairvoyant, Clairsentient, and Clairaudient abilities.

**http://www.doterra.com** dōTERRA’s official website. Gives access to company information, essential oils use techniques, and a number of other great resources for introducing yourself and your friends to dōTERRA Essential Oils.

**http://www.doterra.com/convention** You can find information about dōTERRA Essential Oil events by visiting the convention page.

**http://www.doterra.com/healinghands** In addition to dōTERRA’s Essential Oil business, they also have begun a nonprofit dedicated to bring healing and hope to the world, for providing lives free of disease and poverty, and to ultimately help impoverished cultures to be self-reliant. This site features the latest projects, and information on how to donate, and get involved.

**http://www.oilsmentor.com** Oils Mentor provides free access to a number of videos and audio files which can be used to train yourself to safely and effectively employ essential oils and grow your own dōTERRA business.

**http://www.doterraeveryday.com** dōTERRA Everyday is your number one site for access to the latest essential oils research, dōTERRA product deals, news, newsletters and magazines, recipes, and more all on one website designed to broaden your knowledge and help you integrate essential oils into every aspect of your life.

**http://www.doterrauniversity.com** Learn the six steps to creating the ideal personalized dōTERRA business and gain access to certifications which will take your business to the next level.

**http://www.doterratools.com** dōTERRA Tools provides your dōTERRA business with all the resources it needs to educate and inform your customers with the most up-to-date information and presentation dōTERRA has to offer!

**http://www.doterra.com/leadership2014** Each year, dōTERRA holds an IPC leadership retreat. If you are serious about growing your dōTERRA business, you should work to qualify to attend this annual event!

**http://www.doterra.com/diamondclub** Diamond Club is a periodic business building incentive for qualifying dōTERRA IPCs to ignite their business by generating new business
and momentum through events. The purpose of Diamond Club is to help IPCs reach Diamond by establishing new leaders and sales teams outside their local area while continuing to support and build their existing home team.

http://www.iamslimandsassy.com Slim & Sassy® is dōTERRA’s unique and all-natural oil blend created to help you lose weight and feel fantastic. This website gives you access to the competition, stories, and weight-loss programs offered by the Slim & Sassy campaign.

http://www.aromatouchtechnique.com The AromaTouch Technique website offers a number of resources for those looking to become certified in the AromaTouch technique, keep up with the latest information and updates on the technique, or participate in a class or convention.

http://doterrablog.com The dōTERRA blog offers a number of tips for using essential oils for cleaning, health, cooking and more!

http://www.everythingessential.me Everything Essential offers an expanded database of symptoms, oils, the best remedies for diseases, and more!

http://mydopro.com This website offers a number of instructional videos. Sign up and make a free account!

http://aromatools.com This website offers access to the most recent Modern Essentials book, which has everything you need to become an essential oil pro!

dōTERRA is also active on the following social media sites:

Facebook: https://www.facebook.com/doterra
LinkedIn: http://www.linkedin.com/company/d-terra
Twitter: https://twitter.com/doterra
YouTube: https://www.youtube.com/user/doTERRAcorp
Pinterest: http://www.pinterest.com/doTERRA/
## Single Oils

### Basil Essential Oil
*Ocimum basilicum*  
15 mL

Valued for its restorative and calming properties, basil is commonly used for soothing sore muscles and joints, to ease breathing and as a cooling agent for the skin.\(^*\)

*Wholesale: $20.00  Retail: $26.67*

### Bergamot Essential Oil
*Citrus bergamia*  
15 mL

A highly favored oil for its lovely fragrance, bergamot is unique among citrus oils for its calming properties. dōTERRA, in keeping with the CPTG Certified Pure Therapeutic Grade® standard, cold-presses the oil from the rind of the bergamot fruit.\(^*\)

*Wholesale: $27.50  Retail: $36.67*

### Black Pepper Essential Oil
*Piper nigrum*  
5 mL

A stimulating and highly antioxidant essential oil which has been shown to improve circulation, aid digestive system, as well as help curb urges to smoke. Black Pepper is also a wonderful flavor but a little goes a long way, use sparingly.

*Wholesale: $22.00  Retail: $29.33*

### Cassia Essential Oil
*Cinnamomum cassia*  
15 mL

Cassia, a close relative of cinnamon, is notable for its wonderful fragrance. Cassia has been used for thousands of years for both its calming properties and fragrance.

*Wholesale: $19.00  Retail: $25.33*

### Cilantro Essential Oil
*Coriandrum sativum*  
15 mL

Cilantro comes from the leaves of the coriander plant and is a fresh and tasty flavor enhancer used by food connoisseurs. There are also many diverse therapeutic benefits that may be enjoyed, including digestive, antioxidant and stimulating.

*Wholesale: $13.00  Retail: $17.33*

### Cinnamon Essential Oil
*Cinnamomum zeylanicum*  
5 mL

Cinnamon's popularity as an essential oil stems from its many therapeutic uses, including cinnamon's cleansing properties and its usefulness with aches and pains.

*Wholesale: $21.00  Retail: $28.00*
Clary Sage Essential Oil
*Salvia sclarea* 15 mL

Known for its uplifting and mood-lightening attributes, clary sage is also widely used by women to soothe monthly discomfort associated with their menstrual cycles.* It was also studied by noted expert Robert Tisser and for its mood-enhancing properties during massage.

*Wholesale:* $36.50   *Retail:* $48.67

Clove Bud Essential Oil
*Eugenia caryophyllata* 15 mL

Clove is much more than a popular cooking spice—it is a favorite among both healthcare professionals and health conscious individuals for its many useful and healing properties. It is also a powerful antioxidant.

*Wholesale:* $14.00   *Retail:* $18.67

Coriander Essential Oil
*Coriandrum sativum* 15 mL

Popular across many cultures for various uses, coriander essential oil is extracted from the seed of the coriander plant. Coriander's healthful therapeutic benefits, which can be attributed to its extremely high linalool content, range from digestive support to supporting a healthy insulin response.

*Wholesale:* $26.00   *Retail:* $34.67

Cypress Essential Oil
*Cupressus sempervirens* 15 mL

Distilled from the twigs and foliage of the cypress tree, cypress essential oil is popularly used to clear breathing and as a throat gargle. It can also be used to ease tight, tense muscles and used topically to support localized blood flow. A blend of cypress and grapefruit is used in spa therapies for beautifying legs and hips.

*Wholesale:* $15.50   *Retail:* $20.67

Eucalyptus Essential Oil
*Eucalyptus radiata* 15 mL

Because of the many influential compounds found in eucalyptus, it is a key ingredient in cough and throat medicines and chest ointments. Eucalyptus is used widely both for its calming and clearing properties as well as to ease breathing.

*Wholesale:* $14.00   *Retail:* $18.67

Fennel (Sweet) Essential Oil
*Foeniculum vulgare* 15 mL

Used for centuries for its many health benefits, fennel essential oil has pronounced antioxidant properties and is considered a tonic. It is often used to relieve indigestion (supporting the healthy functions of the stomach), aiding in any kind of digestive trouble and to support improvements to the lymphatic system. Fennel’s sweet yet spicy aroma is balancing and may bring to mind licorice.

*Wholesale:* $15.00   *Retail:* $20.00
Geranium Essential Oil
Pelargonium graveolens  15 mL
Geranium offers outstanding benefits for soothing skin and is a common ingredient in many skin care products. Also useful for joint support and tempering minor aches and pains, geranium's calming effects make it a popular choice for many essential oil users.

Wholesale: $27.00    Retail: $36.00

Ginger Essential Oil
Zingiber officinale  15 mL
Although ginger is an indispensable component of worldwide cuisine, it is most notable for its ability to ease indigestion. Ginger's sweet, citrusy fragrance accompanies a multitude of other therapeutic benefits.

Wholesale: $29.00    Retail: $38.67

Lemon Essential Oil
Citrus limon  15 mL
Another favorite, this essential oil powerhouse is cold pressed from lemon rinds to preserve its delicate nature and potent properties. Lemon is known as a powerful aromatic, topical and internal cleanser and can be used to complement many other oils. Diffusing lemon in a room can cleanse the air and uplift mood. It can also be used on surfaces throughout the home as a non-toxic cleaning booster.

Wholesale: $10.00    Retail: $13.33

Frankincense Essential Oil
Boswellia frereana  15 mL
Perhaps the most precious of the ancient oils, frankincense is highly sought after by modern consumers for its many uses—including relaxation, immune support, and mood enhancement.

Wholesale: $69.75    Retail: $93.00

Helichrysum Essential Oil
Helichrysum italicum  5 mL
One of the most precious and sought-after essential oils, helichrysum has traditionally been used for its soothing and regenerative effects. The rare essential oil of helichrysum is distilled from the flower cluster of an evergreen herb and is highly prized by essential oil users.

Wholesale: $75.00    Retail: $100.00

Grapefruit Essential Oil
Citrus X paradise  15 mL
Grapefruit's fresh, invigorating aroma is sure to uplift the mood and please the senses. Pressed from the rind, grapefruit is more than just a fresh scent—its cleansing and invigorating properties have made it a favorite among essential oil lovers.

Wholesale: $16.00    Retail: $21.33
**Lemongrass Essential Oil**  
*Cymbopogon flexuosus*  
15 mL

Lemongrass has long been used in Asian and Caribbean cooking due to its subtle lemony flavor and aroma. It has been found to support healthy digestion, and soothe aching muscles.

*Wholesale:* $10.00  
*Retail:* $13.33

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**Lavender Essential Oil**  
*Lavandula angustifolia*  
5 mL

Our most popular oil, lavender has been cherished for its unmistakable aroma and its therapeutic properties for thousands of years. Lavender is widely used and acknowledged for its calming and relaxing qualities.

*Wholesale:* $19.00  
*Retail:* $25.00

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**Melissa Essential Oil**  
*Melissa officinalis*  
5 mL

Our most expensive and rare oil, Melissa essential oil has a sweet, fresh, citrus-like fragrance and is steam distilled from the fresh flowering tops, leaves and stems of the Melissa officinalis plant. With a wide range of therapeutic properties, Melissa can be used for calming the nerves, addressing stomach discomfort, mood support and seasonal bugs. Because the Melissa plant has an oil yield of less than 1/10 of 1%, it is one of the most commonly adulterated oils.

*Wholesale:* $115.00  
*Retail:* $153.33

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**Lime Essential Oil**  
*Citrus aurantifolia*  
15 mL

With its sharp, citrus smell, Lime is one more essential oil to add to your favorites! Lime’s stimulating and refreshing properties can affect mood, as well as being a powerful aromatic, topical and internal cleanser. Lime is also popular for use on joints and for seasonal bugs.

*Wholesale:* $19.00  
*Retail:* $25.00

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**Marjoram Essential Oil**  
*Origanum majorana*  
15 mL

Also referred to as “wintersweet” or “joy of the mountains,” marjoram is one of the most common herbs found in kitchens around the world. Valued for its calming properties, marjoram may be applied topically to soothe tired, stressed muscles or to support the respiratory or nervous system.

*Wholesale:* $19.00  
*Retail:* $25.33

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**Melaleuca Essential Oil**  
*Melaleuca alternifolia*  
15 mL

Recognized by its more common name “tea tree”, melaleuca has been revered for its cleansing and regenerative properties, especially for the skin. Composed of more than ninety different compounds, melaleuca has limitless therapeutic applications.

*Wholesale:* $19.00  
*Retail:* $25.33
**Myrrh Essential Oil**  
*Commiphora myrrha*  
15 mL  

Historically, myrrh has been used in many ways—from meditation to embalming in ancient Egypt. Modern herbalists frequently recommend myrrh for its cleansing properties, especially for the mouth and throat. Myrrh is also excellent for calming the skin.

**Wholesale:** $52.00  
**Retail:** $69.33

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**Roman Chamomile Essential Oil**  
*Anthemis nobilis*  
5 mL  

The most versatile of the chamomiles, Roman chamomile is extracted from the small, white, daisy-like flower of the Roman chamomile plant. Used widely for its calming properties, Roman chamomile is especially soothing to the systems of the body and helps to support a healthy inflammatory response.

**Wholesale:** $33.00  
**Retail:** $44.00

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**Patchouli Essential Oil**  
*Pogostemon cablin*  
15 mL  

Patchouli oil has an easily recognizable rich musky-sweet fragrance. It can have a grounding, balancing effect on the emotions while providing excellent mood support. Patchouli is also widely used for wounds and tissue repair, as well as in skin care preparations for these same properties.

**Wholesale:** $29.50  
**Retail:** $39.33

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**Peppermint Essential Oil**  
*Mentha piperita*  
15 mL  

Peppermint is popular in countless forms—from toothpaste to chewing gum. As an essential oil, it is useful to ease breathing and as a digestive aid.

**Wholesale:** $20.50  
**Retail:** $27.33

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**Oregano Essential Oil**  
*Origanum vulgare*  
15 mL  

Hippocrates, the father of medicine, used oregano as a cleansing agent as well as for digestive and respiratory support. High in antioxidant activity, oregano contains phenolic acids and flavonoids.

**Wholesale:** $24.00  
**Retail:** $32.00

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**Rosemary Essential Oil**  
*Rosmarinus officinalis*  
15 mL  

Considered sacred by ancient Greeks, Romans, Egyptians and Hebrews, it has been revered by healers for centuries for digestive uses and for muscle aches.

**Wholesale:** $14.00  
**Retail:** $18.67

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**Sandalwood Essential Oil**  
*Santalum album*  
5 mL  

With a documented history of use of several thousand years and a wide variety of applications, sandalwood is most notable for its smoothing effects on skin and for its mood-enhancing properties.

**Wholesale:** $61.75  
**Retail:** $82.33
**Thyme Essential Oil**  
*Thymus vulgaris*  
5 mL

Thyme, familiar to most as a seasoning for cooking, produces an essential oil that has valuable cleansing and clarifying properties. It is also notable for its broad-spectrum activity for winter health.

*Wholesale: $61.75  Retail: $82.33*

**Vetiver Essential Oil**  
*Vetiveria zizanoides*  
15 mL

Vetiver is loved for its rich, exotic and complex aroma. Vetiver’s woody, earthy scent balances many other oils. Vetiver also has many uses, including as an antioxidant and for relaxation.

*Wholesale: $27.50  Retail: $36.67*

**White Fir Essential Oil**  
*Abies alba*  
15 mL

Derived from the soft needles of the tree, white fir is a favorite among essential oil users for its ability to comfort and soothe muscle aches when applied topically.

*Wholesale: $20.00  Retail: $26.67*

**Wild Orange Essential Oil**  
*Citrus sinensis*  
15 mL

Wild orange is excellent for energizing and revitalizing. It is also commonly used as an effective tool for uplifting mood, as well as for its wonderful citrusy aroma.

*Wholesale: $10.50  Retail: $14.00*

**Wintergreen Essential Oil**  
*Gaultheria procumbens*  
15 mL

Most modern consumers are familiar with the aroma and flavor of wintergreen due to its popularity in candy and chewing gum. Wintergreen essential oil, however, has much more to offer therapeutically—as a comforting agent for aches and pains, for example.

*Wholesale: $16.00  Retail: $21.33*

**Ylang Ylang Essential Oil**  
*Cananga odorata*  
15 mL

Ylang ylang, while famed for its exquisite fragrance and long history as a component of perfumes, has much to offer therapeutically. It is an effective mood uplifting agent as well as having calming properties.

*Wholesale: $35.25  Retail: $47.00*
Oil Blends

Aromatouch®
Massage Blend 15 mL
dōTERRA’s proprietary massage blend combines the therapeutic benefits of oils well-known to relax muscles, calm tension, soothe irritated tissue, increase circulation and smooth limbs. AromaTouch combines our CPTG® essential oils of basil, grapefruit, cypress, marjoram, peppermint and lavender in a perfectly relaxing blend which adds many important benefits to various massage techniques.

Wholesale: $26.00 Retail: $34.67

Balance
Grounding Blend
15 mL
Everyone experiences moments of disconnectedness or anxiety. The warm, woody aroma of Balance, dōTERRA’s grounding blend, creates a sense of calm and well-being. We perfectly blend spruce, rosewood, frankincense and blue tansy to offer an enticing fragrance which promotes tranquility and a sense of balance.

Wholesale: $20.00 Retail: $26.67

Breathe
Respiratory Blend 15 mL
Respiratory issues are prevalent in modern society. dōTERRA essential oils are a perfect way to ease breathing consistently for a sustained benefit. Breathe is a remarkable blend of CPTG essential oils which combine to do just that—help you breathe easier. A proprietary blend including laurel leaf, peppermint, eucalyptus, melaleuca, lemon and ravensara cleanses and soothes the airways, and can easily be applied topically to the chest, back or bottom of feet. Its pleasant aroma is calming to the senses and perfect for nighttime diffusion allowing for restful sleep.

Wholesale: $20.00 Retail: $26.67
**ClaryCalm™**
*Monthly Blend for Women  10 mL*

dōTERRA® ClaryCalm™ is a proprietary blend of Certified Pure Therapeutic Grade essential oils that have been traditionally used to balance hormones and manage symptoms of PMS and the transitional phases of menopause. A topical blend of clary sage, lavender, bergamot, Roman chamomile, cedarwood, ylang ylang, geranium, fennel, carrot seed, palmarosa and vitex, ClaryCalm provides temporary respite from cramps, nausea, hot flashes, and the emotional swings sometimes associated with regular hormone cycles in women.

*Wholesale: $24.50  Retail: $32.67*

**Citrus Bliss**
*Invigorating Blend  15 mL*  dōTERRA®’s Citrus Bliss invigorating blend merges the benefits of citrus essential oils. We combine powerful essences of wild orange, lemon, grapefruit, mandarin, bergamot, tangerine and clementine with a hint of vanilla to form this unique and harmonious blend. With benefits that extend beyond elevating mood and reducing stress, Citrus Bliss has natural, potent compounds with cleansing properties. Mixed with water, Citrus Bliss is a perfect solution for disinfecting countertops and other surfaces while emitting a fresh, sweet scent.

*Wholesale: $15.00  Retail: $20.00*

**Clear Skin**
*Topical Blend  10 mL*

With a unique blend of essential oils including rosewood, melaleuca, eucalyptus, geranium and lemongrass, along with black cumin seed oil, dōTERRA’s Clear Skin Topical Blend creates an environment unfriendly to bacteria and microbes that cause unsightly and persistent reactions in the skin. Beneficial properties include controlling overactive sebaceous glands, soothing irritated skin and assisting in cell rejuvenation helping skin look and feel even and clear.

*Wholesale: $21.00  Retail: $28.00*
**Deep Blue®**

*Soothing Blend*  
5 mL

According to recent studies, more than half of us are sufferers of ongoing discomfort. Deep Blue is dōTERRA®’s soothing solution to this challenge. Wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum and osmanthus work together to ease achy joints and sore muscles. Its effects are deep and penetrating with sustained results. Once gently rubbed into the area of discomfort, Deep Blue’s cool therapeutic benefit will be felt almost immediately.

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**Digestzen®**

*Digestive Blend*  
15 mL

Many essential oils have been recognized through research as powerful agents to help restore normal balance in the digestive system. DigestZen takes advantage of these well-established therapeutic compounds in a proprietary blend of pure essential oils. Ginger, peppermint, tarragon, fennel, caraway, coriander and anise each have specific attributes which add to the overall efficacy of this potent blend. When used internally, dōTERRA’s DigestZen brings soothing digestive relief.

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**Elevation™**

*Joyful Blend*  
15 mL

Elevation is the perfect blend for those moments when you need to be revitalized. This exciting blend provides an invigorating combination of CPTG® essential oils that can elevate your mood and increase your vitality. Elevation is a blend of lavandin, tangerine, elemi, lemon myrtle, melissa, ylang ylang, osmanthus and sandalwood blended flawlessly for an immediate and dramatic effect.

<table>
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<tr>
<th>ATN</th>
<th>Wholesale: $37.00</th>
<th>Retail: $49.33</th>
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**Intune™**

*Focus Blend*  
10 mL

A proprietary blend of carefully selected essential oils combined to enhance focus and support healthy thought processes. Supporting efforts of those with difficulty paying attention and staying on task, these essential oils help sustain focus.

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<th>ATN</th>
<th>Wholesale: $34.50</th>
<th>Retail: $46.00</th>
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Immortelle
Anti-Aging Blend    10 mL

doTERRA’s 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 to reduce inflammation—a major contributor to the aging process. Supporting skin health at the cellular level, this essential oil blend of frankincense, sandalwood, lavender, myrrh, helichrysum and rose, helps sustain smoother, more radiant and youthful skin.

Wholesale: $69.50  Retail: $92.67

PastTense®
Tension Blend    10 mL

PastTense, doTERRA’s proprietary blend for tension and the discomforts associated with headaches, provides calming comfort with the strength of CPTG® essential oils of wintergreen, lavender, peppermint, frankincense, cilantro, marjoram, Roman chamomile, basil and rosemary. Packaged for convenient application in a roll-on bottle.

Wholesale: $18.50  Retail: $24.67

Whisper™
Blend For Women    5 mL

A blend of doTERRA’s most appealing essences, Whisper combines several CPTG essential oils which blend with your individual chemistry to create a beautiful and unique personal fragrance. Contains rose, jasmine, bergamot, cinnamon, cistus, vetiver, ylang ylang, cocoa, vanilla, sandalwood and patchouli.

Wholesale: $24.00  Retail: $32.00

Zendocrine®
Detoxification Blend    15 mL

doTERRA’s Zendocrine essential oil blend is a proprietary blend of therapeutic-grade essential oils of clove, grapefruit, rosemary and geranium that have been studied for support of healthy liver function. This blend is formulated to be used individually or in combination with the Zendocrine botanical extract complex.

Wholesale: $24.50  Retail: $32.67
Purify
Cleansing Blend 15 mL

From bug bites to sneezes, protecting yourself is more important than ever. Purify is dōTERRA’s formidable blend of CPTG essential oils designed to eliminate odors and other contaminants naturally—without toxic additives. Its refreshing aroma quickly eradicates unpleasant odors and clears the air and environment with the essential oils of lemon, lime, pine, citronella, melaleuca, and cilantro.

Wholesale: $18.00  Retail: $24.00

Serenity
Calming Blend 15 mL

Serenity is a blend of essential oils with known calming properties which create a sense of well-being and relaxation. Lavender, sweet marjoram, Roman chamomile, ylang ylang, sandalwood and vanilla bean create a subtle aroma ideal for aromatic diffusion or topical application. Applied to the bottom of the feet at bedtime, dōTERRA’s Serenity is an excellent way to support restful sleep. Added to a warm bath Serenity creates the perfect escape with its peaceful, renewing fragrance.

Wholesale: $30.00  Retail: $40.00

OnGuard®
Protective Blend 15 mL

OnGuard® is dōTERRA’s unique, proprietary blend formulated to support healthy immune function. A combination of wild orange, clove, cinnamon, eucalyptus and rosemary essential oils offer a fragrant, natural and effective alternative to synthetic options for immune support. OnGuard®, with its unique aroma, is one of our most versatile blends. It is also safe to use on counter tops, as a non-toxic way to cleanse surfaces, or to clear the atmosphere by diffusing. OnGuard® is superb for eliminating and controlling pathogens due to the potency of its constituents.

Wholesale: $32.00  Retail: $42.67
**Slim & Sassy®**
*Metabolic Blend 15 mL*

dōTERRA’s Slim & Sassy is a proprietary formula of grapefruit, lemon, peppermint, ginger and cinnamon essential oils. Just add 8 drops to 16 oz. of water and drink between your healthy meals throughout the day to help manage hunger, calm your stomach and lift your mood. Slim & Sassy is 100% pure essential oils, does not contain diuretics or stimulants, and has zero calories.

**Terrashield®**
*Repellent Blend 15 mL*

terraShield is dōTERRA’s all-natural, super-concentrated insect repellent formulated with a proprietary blend of 15 CPTG Certified Pure Therapeutic Grade® essential oils that have been scientifically shown to repel insects more effectively than other synthetic insect repellents. Just a small amount of super-concentrated TerraShield will provide powerful coverage and lasts up to 6 hours per application. TerraShield smells great and can be used safely by everyone in the family without worry.
**Essential Oil Kits:**

**Enrollment Kits:**

**Cleanse & Restore Enrollment Kit**
*This kit includes: $150.00*
- Lifelong Vitality Pack
- GX Assist®
- PB Assist+®
- Lemon Essential Oil (15 mL)
- dōTERRA IPC Introductory Packet
- Enrollment

**Family Physician® and Slim & Sassy Kit**
*This kit includes: $150.00*
- Family Physician Kit (5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen® and OnGuard®)
- Slim & Sassy Essential Oil Blend
- dōTERRA IPC Introductory Packet
- Enrollment

**Family Wellness Kit**
*This kit includes: $250.00*
- Lifelong Vitality Pack
- PastTense® (10 mL)
- Fractionated Coconut Oil
- Family Physician Kit (5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen® and OnGuard®)
- OnGuard® Foaming Hand Wash and two dispensers
- dōTERRA IPC Introductory Packet
- Enrollment
**Home Essentials Kit**
*This kit includes:* $250.00

- **15 mL Essential Oils:** Lavender, Lemon, Melaleuca, Oregano, Peppermint, Breathe, DigestZen®, OnGuard®
- **5 mL Essential Oils:** Frankincense, Deep Blue®
- **10 mL Essential Oil Blend:** PastTense®
- dōTERRA IPC Introductory Packet
- Enrollment

**Premium Essential Oils Kit**
*This kit includes:* $515.00

- **5 mL Essential Oils:** Purify, Deep Blue®, Elevation™, Serenity, Balance, Eucalyptus, DigestZen®, Wild Orange, Grapefruit, Lemongrass, Marjoram, AromaTouch®, Oregano
- **15 mL Essential Oils:** Lavender, Peppermint, Lemon, OnGuard®®, Melaleuca, Citrus Bliss, Breathe, Frankincense, Slim & Sassy®, Lime
- Aroma Lite Diffuser
- PastTense® (10 mL)
- Fractionated Coconut Oil (4 oz bottle)
- Introduction to Essential Oils audio (5)
- Wooden dōTERRA storage box
- ½ Dram sample vials (12 vials)
- dōTERRA IPC Introductory Packet
- Enrollment

**Wellness Complete Kit**
*This kit includes:* $525.00

- Lifelong Vitality Pack
- TerraZyme® (15 mL)
- Family Physician Kit (5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen® and OnGuard®®)
- Essential Skin Care Kit with Invigorating Scrub
- AromaTouch Technique® Kit: (5 mL bottles of Balance, Lavender, Peppermint, Melaleuca, Wild Orange, AromaTouch®, Deep Blue®, and OnGuard®®)
- Lotus Diffuser
- dōTERRA IPC Introductory Packet
- Enrollment
**Oil Sharing Enrollment Kit**

*This kit includes: $1,150.00*

- **Essential Oils** (15mL unless otherwise noted)
  - 1 Bottle Each: Coriander, Grapefruit, Oregano, Citrus Bliss, Deep Blue (10 mL), Elevation, Serenity
  - 2 Bottles Each: Frankincense, Lemon, Wild Orange, AromaTouch®, Balance, PastTense® (10 mL), Slim & Sassy®
  - 3 Bottles Each: Lavender, Melaleuca, Peppermint, Breathe®, Deep Blue® (5 mL), DigestZen®, OnGuard®

- Lotus Diffuser
- Opportunity Brochure (10)
- Product Guide (10)
- ⅝ Dram Sample Vials (72)
- Cap Stickers for Common Oils (5 Sheets)
- Fractionated Coconut Oil (4 oz. bottle)
- Sample Keychain
- dōTERRA IPC Introductory Packet*
- Enrollment

**Natural Solutions Kit**

*This kit includes: $550.00*

- **5 mL Essential Oils**: Serenity®, DigestZen®, Purify®, Melaleuca, Oregano, AromaTouch®, Frankincense, Breathe®, Balance®
- **10 mL Essential Oils**: Past Tense®, Clear Skin, Solace
- **15 mL Essential Oils**: Lavender, Lemon, Peppermint, OnGuard®®, Slim & Sassy®, TerraShield®, Lemongrass
- Fractionated Coconut Oil (4 oz. bottle)
- Lifelong Vitality®
- ZendoCrine® Capsules
- TerraZyme® Capsules
- Clear Skin Foaming Face Wash
- OnGuard® Toothpaste
- Deep Blue® Rub
- Sample Vials
- Lotus Diffuser
- Wooden Box
- Enrollment
**Every Oil Enrollment Kit**

*This kit includes:*

- Essential Oils (15 mL unless otherwise noted)
  - **Singles:** Basil, Bergamot, Cassia, Cinnamon (5 mL), Clary Sage, Clove, Coriander, Cypress, Eucalyptus, Fennel, Frankincense, Geranium, Ginger, Grapefruit, Helichrysum (5 mL), Lavender, Lemon, Lemongrass, Lime, Marjoram, Melaleuca, Melissa (5 mL), Myrrh, Oregano, Patchouli, Peppermint, Roman Chamomile (5 mL), Rosemary, Sandalwood (5 mL), Thyme, Vetiver, White Fir, Wild Orange, Wintergreen, Ylang Ylang
  - **Blends:** AromaTouch®, Balance, Breathe, Citrus Bliss, ClaryCalm™ (10 mL), Clear Skin™ (10 mL), Deep Blue® (5 mL), DigestZen®, Elevation™, Immortelle (10 mL), OnGuard® (5 mL), PastTense® (10 mL), Purify, Serenity, Slim and Sassy®, TerraShield®, Whisper™ (5 mL), Zendocrine®
- Fractionated Coconut Oil (4 oz. Bottle)
- Canvas Bag
- Lotus Diffuser
- dōTERRA IPC Enrollment Packet
- Enrollment

**dōTERRA® Diamond Kit**

*This kit includes:*

- **15 mL Essential Oil Singles:** Basil, Bergamot, Cassia, Clary Sage, Clove, Coriander, Cypress, Eucalyptus, Fennel (Sweet), Frankincense, Geranium, Ginger, Grapefruit, Lavender, Lemon, Lemongrass, Lime, Marjoram, Melaleuca, Myrrh, Oregano, Patchouli, Peppermint, Rosemary, Thyme, Vetiver, White Fir, Wild Orange, Wintergreen, Ylang Ylang
- **15 mL Essential Oil Blends:** AromaTouch®, Balance, Breathe, Citrus Bliss, DigestZen®, Elevation, OnGuard®, Purify, Serenity, Slim & Sassy®, TerraShield®, TerraZyme, Zendocrine®
- **5 mL Essential Oil Singles:** Cinnamon, Helichrysum, Roman Chamomile, Sandalwood, Melissa
- **5 mL Essential Oil Blends:** Deep Blue®, Whisper
- **10 ml Roll-on Bottles:** PastTense®, Clear Skin, Immortelle, ClaryCalm
- **1 Each:** Fractionated Coconut Oil, Canvas Bag with Logo, Introduction to Essential Oils Kit, Family Physician® Kit, Essential Skin Care Kit with Invigorating Scrub, and Lifelong Vitality Nutritional Product Kit, AromaTouch® Kit, Lotus Diffuser, OnGuard® Lozenges, OnGuard® Foaming Hand Wash with 2 dispensers, PB Assist®+, GX Assist®, Sanobella Shampoo and Conditioner, Citrus Bliss Bath Bar, Serenity Bath Bar, Zendocrine, Hand and Body Lotion, Trim Shake-Chocolate, Trim Shake-Vanilla, Women's Bone Nutrient Lifetime Complex, Women's Phytoestrogen
Lifetime Complex, Clear Skin Foaming Face Wash, Deep Blue Rub, Hydrating Cream, OnGuard® Natural Whitening Toothpaste

- **10 Each:** Product Guide, Introduction to Essential Oils Audio CD and Booklets, Family Physician Audio CD and Booklets, Skin Care Brochures, Opportunity Brochures, Slim & Sassy Booklets
- 12 Amber 5/8 Dram Vials
- dōTERRA IPC Introductory Packet

**Leadership Kits**

**EMPOWER Kit (Summer 2014)**
The EMPŌWER Kit makes it easy for you to introduce family and friends to dōTERRA.
The kit includes: $50.00

- Twenty issues of dōTERRA Living Magazine, a unique lifestyle magazine packed with product and wellness tips to help you make the most of a healthy dōTERRA lifestyle.
- Twenty 5 mL bottles of dōTERRA Wild Orange essential oil
- Thirty invitation cards allowing attendees of your next event to redeem a copy of dōTERRA Living Magazine and a 5 mL bottle of dōTERRA Wild Orange essential oil.

**Introductory Kit with CD (6 Kits)**
The Introductory Kit with CD (6 Kits) is ideal for anyone who is eager to share with friends and family. These beautifully packaged kits make great gifts and will introduce beginners to the benefits of dōTERRA®’s CPTG Certified Pure Therapeutic Grade essential oils.

_This kit includes:_

- **Wholesale:** $115.00  
  - **Retail:** $153.33
  - **5 mL bottles** of Lavender, Lemon, and Peppermint

**Family Physician® Kit (7 Kits)**
The Family Physician® Kit is a collection of ten nurturing essential oils, including six single oils and four blends. The stunning box includes tips for using the oils, as well as an audio CD featuring dōTERRA®’s Chief Medical Officer, Dr. David K. Hill. In this audio presentation, Dr. Hill teaches listeners how to care for their family’s everyday health needs with simple and safe methods using the ten essential oils included in this kit.

_This kit includes:_

- **Wholesale:** $750.00  
  - **Retail:** $1,000.00
  - **5 ml bottles** of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen®, and OnGuard®
  - 7 Family Physician Kits.
**ArōmaTouch Technique® Kit (7 Kits)**
Increase the benefits you experience with CPTG® Essential Oils by incorporating the AromaTouch® Technique into your healthy lifestyle philosophy.

*Each kit includes:*  
- **Wholesale:** $600.00  
- **Retail:** $800.00

- **5 mL Essential Oils:** Balance, Lavender, Peppermint, Melaleuca, Wild Orange, AromaTouch, Deep Blue®, and OnGuard®.
- Also included with each kit is the AromaTouch overview booklet, presentation box.

**Loyalty Rewards Kits**

**Healthy Inside & Out Kit**
*This kit includes:*  
- $180.00

- Lifelong Vitality Pack
- Essential Skin Care Kit with Invigorating Scrub

**Monthly Vitality Kit**
*This kit includes:*  
- $160.00

- Lifelong Vitality Pack
- TerraZyme® (15 mL)
- PastTense® (10 mL)
- OnGuard® (15 mL)

**Women’s Health Kit**
*This kit includes:*  
- Wholesale: $69.50  
- Retail: $92.67

- Women’s Phytoestrogen Complex (60 capsules)
- Women’s Bone Nutrient Complex (120 capsules)
- ClaryCalm™ (10 mL)

**LRP Skin Care System with Hydrating Cream**
dōTERRA’s Skin Care System with Hydrating Cream will create youthful looking skin.
Formulated with CPTG essential oils specifically chosen to help to diminish signs of aging.
*This kit includes:*  
- Wholesale: $110.00  
- Retail: $146.67

- Hydrating Cream
- Facial Cleanser
- Pore Reducing Toner
- Tightening Serum
**Lifelong Vitality & Oil Trio Kit**

This kit includes: $120.00

- Lifelong Vitality Pack (1 pack of 3 bottles)
- Lavender Essential Oil (15 mL)
- Lemon Essential Oil (15 mL)
- Peppermint Essential Oil (15 mL)

**LRP 150 Kit**

This kit includes: Wholesale: $165.00 Retail: $220.00

- Lifelong Vitality Pack (1 pack with 3 bottles)
- Deep Blue® Rub (4 oz.)
- Clear Skin Foaming Face Wash (50 mL)
- Citrus Bliss Invigorating Bath Bar (4 oz.)
- Breathe Essential Oil (5 mL)
- Slim & Sassy® Metabolic Blend (15 mL)
- Wild Orange Essential Oil (15 mL)

**5 Essential Oil Favorites**

This kit contains: Wholesale: $102.50 Retail: $136.67

- Lavender 15 mL
- Lemon 15 mL
- Peppermint 15 mL
- Melaleuca 15 mL
- OnGuard® 15 mL

**Essential Skin Care System with Anti-Aging Moisturizer**

dōTERRA® Essential Skin Care is a family of skin care products designed to keep your skin looking young, healthy, and gorgeous. Both a careful selection of CPTG essential oils added in generous proportion to each product and new technologies which complement the essential oils work to target both cellular and mechanical aging.

This kit includes: Wholesale: $110.00 Retail: $146.67

- Essential Skin Care Facial Cleanser
- Pore Reducing Toner
- Anti-Aging Moisturizer
- Tightening Serum
Collections

Cleanse/Renew GX Assist® & PB Assist®+

Use dōTERRA's Cleanse and Renew system to get your digestive system back on track. Start with GX Assist® GI cleansing formula for the first 10 days as a preparatory cleansing step before using PB Assist®+ probiotic defense formula to help maintain a healthy digestive system.

Wholesale: $60.50  Retail: $80.67

dōTERRA Spa Kit

This kit includes:

- Balance Grounding Blend (5 mL)
- Serenity Calming Blend (5 mL)
- Citrus Bliss Invigorating Blend (5 mL)
- Deep Blue Soothing Blend (5 mL)

Wholesale: $59.50  Retail: $79.33

Emergency Preparedness Kit

Being prepared for emergencies gives you and your loved ones the feeling of safety and security. Provide your family members with peace of mind with the dōTERRA® Emergency Preparedness Kit.

This kit includes:

- 15 mL bottles of the oils that are essential for every home: Lavender, Lemon, Peppermint, Melaleuca, Oregano, Breathe, DigestZen®, OnGuard®, Frankincense, TerraShield®, AromaTouch®, Purify, Clove, and Lemongrass
- 5 mL bottle of Deep Blue®
- Fractionated Coconut Oil
- wood storage box
- diffuser
- Family Physician® Audio CD

Wholesale: $450.00  Retail: $600.00
**dōTERRA Travel Kit**

*This kit includes:*

- Lavender Essential Oil (5 mL)
- Wild Orange Essential Oil (5 mL)
- Peppermint Essential Oil (5 mL)
- ArōmaTouch Essential Oil Blend (5 mL)

Wholesale: $33.33  
Retail: $44.00

**Essential Oil Accessories**

**Aroma Ace with OnGuard®**

*Wholesale: $129.95  
Retail: $173.27*

Enjoy the convenience and flexibility of an advanced aromatherapy system. The Aroma-Ace is a powerful, compact, and easy to use Essential Oil Diffuser System. It has built in on/off timers and output volume control for easy adjustments. Made in the USA.

**Aroma Lite Diffuser**

*Wholesale: $89.95  
Retail: $119.93*

Experience the aromatic benefits of dōTERRA essential oils with the dōTERRA Aroma Lite Diffuser. This diffuser releases essential oils through high frequency oscillation for up to eight hours (depending on mist setting). It is designed to be small and compact—perfect for traveling and hotel use. The Aroma Lite Diffuser features four mist output settings and an optional night light.

**Lotus Diffuser**

*Wholesale: $89.95  
Retail $119.93*

The Lotus Diffuser uses a highly efficient real time atomization technology to effectively diffuse essential oils into the environment. The essential oils are atomized into minute ion particles and active oxygen anions, which are more easily absorbed by the human body than oils diffused by conventional diffusers. dōTERRA® is pleased to be the exclusive distributor of the Lotus diffuser to you and your family.
**Fractionated Coconut Oil**
*Cocos nucifera*

dōTERRA®’s Fractionated Coconut Oil is an all-natural carrier oil that readily absorbs into the skin making it an ideal oil for topical therapies. Its feather-light emollient effect provides a soothing barrier without clogging pores and is excellent for dry or troubled skin. It leaves skin feeling silky smooth, not greasy like other vegetable carrier oils. It is completely soluble with all essential oils and is colorless, odorless, and will not stain or go rancid. For topical use.

**Veggie Caps**

*Wholesale: $4.00  Retail: $5.33*

These HPMC vegetable capsules are manufactured with state of the art technology to produce a 100% vegetarian derived capsules. Used for customizing individual oil needs.

**Logo Engraved Wooden Box**

*Wholesale: $14.95  Retail: $19.93*

Custom-made to hold 25 essential oils, the logo engraved wooden box is lightweight and compact, making it easy to transport your oils wherever you go. It also serves as a beautiful display case for your oils when making presentations.

**Black 8-Vial Keychain**

*$6.50*

dōTERRA branded key chain conveniently allows for easy access to your favorite oils on-the-go. Comes with eight, empty, amber 5/8 dram vials.

**Purple 8-Vial Keychain**

*$6.50*

dōTERRA branded key chain conveniently allows for easy access to your favorite oils on-the-go. Comes with eight, empty, amber 5/8 dram vials.
**OnGuard® Products**

**Foaming Hand Wash**  
16 oz  
*Wholesale: $18.50  Retail: $24.67*

OnGuard® Foaming Hand Wash is a gentle, healthy alternative to harsh antibacterial soaps made with synthetic ingredients. Fortified with the power of naturally safe CPTG® essential oils, OnGuard® Foaming Hand Wash provides the protective benefits of one of dōTERRA’s most popular proprietary essential oil blends. OnGuard® Foaming Hand Wash cleans and softens hands with the invigorating blend of essential oils that leave your hands smelling fresh. Conveniently packaged in a 16-oz. refill bottle.

**Foaming Hand Wash**  
16 oz (2 Pack)  
*Wholesale: $33.50  Retail: $44.67*

The OnGuard® Foaming Hand Wash Twin Pack gives you the convenience of having one at home and one at the office, providing you with OnGuard® protection throughout the day. dōTERRA’s OnGuard® Foaming Hand Wash is a gentle, healthy alternative to harsh antibacterial soaps made with synthetic ingredients. Fortified with the power of naturally safe CPTG® essential oils, OnGuard® Foaming Hand Wash provides the protective benefits of one of dōTERRA’s most popular proprietary essential oil blends. OnGuard® Foaming Hand Wash cleans and softens hands with the invigorating blend of essential oils that leave your hands smelling fresh. Conveniently packaged in 16-oz. refill bottles.

**Foaming Dispenser**  
Holds 8 oz  
*Wholesale: $2.00  Retail: $2.67*

The OnGuard® foaming dispenser holds 8-oz. of OnGuard® Foaming Hand Wash and is the most convenient way to dispense foam onto hands. The sleek design makes for a subtly beautiful addition to sinks throughout your home and office providing you with OnGuard® protection throughout the day.

**Foaming Dispenser**  
Holds 8 oz (3 Pack)  
*Wholesale: $5.00  Retail: $6.67*

Place OnGuard® Foaming Dispensers in every sink around the home and office for OnGuard® protection throughout the day. The OnGuard® foaming dispenser holds 8-oz. of OnGuard® Foaming Hand Wash and is the most convenient way to dispense foam onto hands. The sleek design makes for a subtly beautiful addition to sinks throughout your home and office.
Foaming Hand Wash with 2 Dispensers
16 oz; each dispenser holds 8 oz  Wholesale: $22.50  Retail: $30.00
OnGuard® Foaming Hand Wash is conveniently packaged in a 16-oz. refill bottle that fills 8-oz Foaming Dispensers, saving the earth’s resources and your money. Hand-washing is an important health precaution, and placing OnGuard® Foaming Dispensers in every sink around the home and office provides those in your home and workplace with OnGuard® protection throughout the day.

Protecting Throat Drops
30 drops  Wholesale: $14.50  Retail: $19.33
Don’t let flu season catch you off guard! dōTERRA®’s OnGuard® Protecting Throat Drops provide a convenient way to benefit from OnGuard®’s immune-supporting properties. With all-natural organic cane juice and organic brown rice syrup, these drops help defend against pathogenic microbes of the mouth and throat, support fixed and mobile immune function, and can help calm and soothe dry, scratchy throats.

Natural Whitening Toothpaste
4 oz  Wholesale: $8.50  Retail: $11.33
dōTERRA®’s fluoride-free toothpaste provides the protective benefits of therapeutic-grade OnGuard® essential oils against germs and other harmful pathogens, while also reducing plaque, and whitening teeth with gentle polishing agents. OnGuard®’s unique cinnamon-mint flavor, with xylitol, also leaves your breath (and your toothbrush), fresh and clean.

Cleaner Concentrate
12 oz  Wholesale: $14.50  Retail: $19.33
OnGuard® Cleaner Concentrate is the natural and safe way to clean your living space while leaving a clean and invigorating scent. Purposely designed to have a wide variety of uses, this specialized formula is derived from plant-based ingredients, with OnGuard® essential oil, for exceptional cleaning power and natural protection. Because it is non-toxic and biodegradable, it is friendly for the whole family as well as the environment.
**OnGuard® Laundry Detergent**

32 oz  
Wholesale: $24.50  
Retail: $32.67

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

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

**OnGuard® + Softgels**

60 softgels  
Wholesale: $24.50  
Retail: $32.67

Get the immune support your body needs when facing winter threats or elements that can weaken your immune system with the proprietary blend of dōTERRA OnGuard® and Black Pepper, Oregano, and Melissa essential oils.

- Features a unique blend of essential oils in an easily dissolvable, vegetarian softgel.
- Provides additional immune support when needed.
- Protects against environmental threats.

**OnGuard® Beadlets**

10 mL  
Wholesale: $15.00  
Retail: $20.00

OnGuard® Beadlets are an easy and convenient way to obtain the immune-boosting benefits of OnGuard® Essential Oil Blend. OnGuard® Beadlets provide a flavorful dose of dōTERRA’s proprietary blend of wild orange, clove, cinnamon, eucalyptus and rosemary, all contained in tiny vegetable beadlets that melt in the mouth quickly to freshen breath and support the immune system. Other Ingredients include coconut oil, palm oil, agar, guar gum, glycerin, sodium, alginate, carrageenan and xylitol. OnGuard® Beadlets are perfect for home use, while traveling, and to boost your family’s immunity - anytime, anywhere.
Deep Blue Products

Deep Blue® Roll On
10 mL
Wholesale: $64.00 Retail: $85.00

According to recent studies, more than half of us are sufferers of ongoing discomfort. Deep Blue® is dōTERRA®’s soothing solution to this challenge. Wintergreen, camphor, peppermint, blue tansy, blue chamomile, helichrysum and osmanthus work together to ease achy joints and sore muscles. Its effects are deep and penetrating with sustained results. Once gently rubbed into the area of discomfort, Deep Blue’s cool therapeutic benefit will be felt almost immediately. For topical use only. Packaged for convenient application in a roll-on bottle.

Deep Blue Rub
4 oz
Wholesale: $29.95 Retail: $39.00

dōTERRA®’s Deep Blue® Rub is a rich, topical cream infused with Deep Blue Soothing Blend of Certified Pure Therapeutic Grade essential oils that provides targeted comfort to tired and sore joints and muscles. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Deep Blue Rub provides a comforting sensation of cooling and warmth to problem areas. With close to 5 ml of dōTERRA’s top-selling Deep Blue essential oil blend, Deep Blue Rub is an essential addition to your bathroom cabinet, gym bag, or first aid kit. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy and is the choice of massage therapists and sports practitioners for applying dōTERRA’s Deep Blue essential oil blend.

Deep Blue® Rub Samples
10 Packets
Wholesale: $5.00 Retail: $6.67

Deep Blue Rub Samples feature a rich, topical cream infused with a blend of Certified Pure Therapeutic Grade essential oils that provide targeted comfort to tired and sore joints and muscles. Formulated with a proprietary blend of natural plant extracts (wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum, and osmanthus) and other powerful ingredients, Deep Blue Rub provides a comforting sensation, cooling and warmth to problem areas.

Deep Blue Rub Samples are an essential addition to your bathroom cabinet, gym bag, or first aid kit. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy and is the choice of massage therapists and sports practitioners.
Wellness Products

Lifelong Vitality Supplements

**Alpha CRS®+**

120 Capsules  Wholesale: $69.50  Retail: $92.67

dōTERRA® Alpha CRS®+ Cellular Vitality Complex is a proprietary formula combining potent levels of natural botanical extracts that support healthy cell proliferation and lifespan with important metabolic factors of cellular energy to help you live younger, longer. Alpha CRS+ is formulated to be used daily with xEO Mega and Microplex VMz® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.

**Microplex VMz®**

120 Capsules  Wholesale: $34.50  Retail: $46.00

dōTERRA®’s Microplex VMz® Food Nutrient Complex is an all-natural, whole-food formula of bioavailable vitamins and minerals that are deficient in our modern diets. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E, and an energy complex of B vitamins presented in a patented glycoprotein matrix. It also contains food-derived minerals of calcium, magnesium, and zinc and trace minerals for optimal bone and metabolic health. Microplex VMz contains dōTERRA’s Tummy Tamer botanical blend of peppermint, ginger, and caraway to calm the stomach for those who may have experienced stomach upset with other vitamin and mineral products. Microplex VMz is encapsulated using sodium lauryl sulfate-free vegetable capsules, does not contain wheat or dairy products, and does not include any animal products.

**xEO Mega**

120 Capsules  Wholesale: $39.50  Retail: $52.67

dōTERRA® xEO Mega Essential Oil Omega Complex is a unique formula of CPTG Certified Pure Therapeutic Grade® essential oils and proprietary blend of marine and land-sourced omega fatty acids. Omega fatty acids help support healthy joint, cardiovascular, and brain health, support healthy immune function, and have been shown to help mediate healthy inflammatory responses in cells. A single daily dose of xEO Mega provides 1000 milligrams of marine lipids with 340 mg of EPA and 240 mg of DHA and a blend of plant-sourced essential fatty acids. xEO Mega also includes 800 IU of natural vitamin D, 60 IU of natural vitamin E, and 1 mg of pure astaxanthin, a powerful antioxidant carotenoid harvested from microalgae. The bioavailability of the xEO Mega formula is enhanced through a nanosomal lipid assimilation system.
**Lifelong Vitality Pack**

3 Bottles  
Wholesale: $74.50  
Retail: $93.13

dōTERRA’s Lifelong Vitality supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.

Coupled with dōTERRA’s CPTG Certified Pure Therapeutic Grade essential oils and a lifelong commitment to dōTERRA’s wellness lifestyle, they naturally support a lifetime of looking, feeling and living younger, longer.

**Lifelong Vitality & Oil Trio Kit**

*This kit includes:*

- Lifelong Vitality Pack (1 pack of 3 bottles)
- Lavender Essential Oil (15 mL)
- Lemon Essential Oil (15 mL)
- Peppermint Essential Oil (15 mL)

**Vegan Lifelong Vitality Pack**

Wholesale: $79.50  
Retail: $106.00

dōTERRA’s new Vegan Lifelong Vitality pack includes vEO Mega, a unique 100% Vegan formula of plant omega fatty acids, carotenoids, and natural vitamin E and D. dōTERRA’s Lifelong Vitality supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity. Coupled with dōTERRA’s CPTG Certified Pure Therapeutic Grade essential oils and a lifelong commitment to dōTERRA’s wellness lifestyle, they naturally support a lifetime of looking, feeling and living younger, longer.

**vEO Mega**

120 Capsules  
Wholesale: $49.50  
Retail: $66.00

dōTERRA’s vEO Mega is a revolutionary vegetarian formula blending CPTG Certified Pure Therapeutic Grade® essential oils of clove, frankincense, thyme, cumin, orange, peppermint, ginger, caraway, and German chamomile, with natural plant-sourced essential fatty acids from flax, algae, incha inchi seed, borage, cranberry, pomegranate, pumpkin, and grape seed oils delivering 380 mg ALA and 100 mg DHA per daily serving.
**DigestZen Products**

**DigestZen Softgels**

60 Softgels  
**Wholesale: $19.50  Retail: $26.00**  
dōTERRA DigestZen Softgels are a convenient way to obtain the benefits of the proprietary DigestZen essential oil blend in an easily dissolvable, vegetarian softgel.

- Provides a unique blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Anise, and Coriander essential oils.
- Supports healthy digestive balance and function.
- Provides soothing digestive release for stomach discomfort.

**GX Assist®**

60 Softgels  
**Wholesale: $26.00  Retail: $34.67**  
dōTERRA®’s GX Assist® is a proprietary combination of Certified Pure Therapeutic Grade essential oils and caprylic acid that help support a healthy digestive tract by creating an unfriendly environment for potentially harmful pathogens that can disrupt digestive immunities and cause digestive upset. GX Assist is formulated with therapeutic-grade oregano, melalueca, lemon, lemongrass, peppermint, and thyme essentials oils that have been demonstrated to have in-vitro antimicrobial properties. GX Assist also includes caprylic acid that has been traditionally used as for its specific health-supporting properties in the gut.

**PB Assist®+**

**Wholesale: $34.50  Retail: $46.00**  
PB Assist®+ Probiotic Defense Formula is a proprietary blend of pre-biotic fiber and six strains of probiotic microorganisms in a unique double-layer vegetable capsule delivering 5 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourages culture adhesion and growth. The time-release double-capsule delivery system protects sensitive probiotic cultures from stomach acid. PB Assist+ supports healthy digestive functions and immunities and is safe for use by all members of your family.

**TerraZyme®**

90 Veggie Caps  
**Wholesale: $37.50  Retail: $50.00**  
dōTERRA TerraZyme® Digestive Enzyme Complex is a proprietary blend of active wholefood enzymes and supporting mineral cofactors that are often deficient in cooked, processed, and preservative-laden foods. TerraZyme’s powerful combination of digestive enzymes support the body’s constant production of enzymes critical for healthy biochemical functions including healthy digestion of food nutrients and cellular metabolism of nutrients to energy. TerraZyme includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars and fiber.
Zendocrine® Detoxification Complex
60 Capsules       Wholesale: $24.50       Retail: $32.67
The body’s filtering and waste management system is quite capable of managing a certain amount of exposure to toxic influencers. But in a modern world of environmental pollutions and harmful chemicals, the body’s filtering system can be significantly challenged. dōTERRA®’s Zendocrine Detoxification Complex is a proprietary blend of 14 active whole-food extracts in a patented enzyme delivery system that supports healthy cleaning and filtering functions of the liver, kidneys, colon, lungs and skin.

Zendocrine Softgels
60 Softgels       Wholesale: $24.50       Retail: $32.67
Zendocrine Softgels support your body’s natural detoxification system with a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils. Zendocrine helps cleanse the body of toxins and free radicals that can slow the body’s systems down, leaving a heavy, weighted feeling. This powerful blend combines Rosemary, Cilantro, and Juniper Berry, known for their detoxifying properties and ability to support healthy liver function, while Tangerine and Geranium have purifying effects against unwanted substances in the body. Zendocrine Softgels provide a quick and easy way to consume dōTERRA’s Zendocrine essential oil blend, whether you’re traveling, in a hurry, or simply like the convenience of a softgel.

Cellular Health

DDR Prime
30 mL            Wholesale: $55.00       Retail: $73.33
dōTERRA’s DDR Prime is a proprietary blend of Certified Pure Therapeutic Grade essential oils formulated to support healthy cellular response, repair, and regeneration. As we age, cellular renewal can be slow or be compromised by oxidative damage to cellular DNA. The essential oils in DDR Prime provide antioxidant protection and support a healthy response to cellular stressors.

DDR Prime Liquicaps
60 Liquicaps      Wholesale: $55.00       Retail: $73.33
dōTERRA’s DDR Prime is a proprietary blend of Certified Pure Therapeutic Grade essential oils conveniently encapsulated in gelatin capsules to support healthy cellular response, repair, and regeneration. As we age, cellular renewal can be slow or be compromised by oxidative damage to cellular DNA. The essential oils in DDR Prime provide antioxidant protection and support a healthy response to cellular stressors.
Cellular Energy

Mito2Max
120 Capsules Wholesale: $29.50 Retail: $39.33
dōTERRA's Mito2Max is a proprietary formula of standardized plant extracts and metabolic cofactors of cellular energy. Mito2Max supports healthy mitochondrial function and aerobic capacity, and improves stamina naturally without the use of harmful stimulants. Use Mito2Max as a healthy long-term alternative to caffeinated drinks and supplements for increased energy and vitality.

dōTERRA Women

Women's Bone Nutrient Complex
120 Capsules Wholesale: $17.50 Retail: $23.33
Women begin to build bone mass at an early age reaching a maximum bone density in their late twenties. As a woman ages, bone mass begins to decline and bones become more brittle. Declining bone density and health can be accelerated in women whose diets do not include optimal levels of bone nutrients and whose hormones are out of balance. Not managing harmful estrogen metabolites can also accelerate bone degeneration or wasting. dōTERRA®'s Bone Nutrient Lifetime Complex is a blend of vitamins and minerals that are essential for bone health including vitamins C and D, calcium, magnesium and other trace minerals. Bone Nutrient Lifetime Complex can be used by women (and men) of all ages as a dietary supplement to conveniently increase consumption of the bone nutrients found in healthy foods but often deficient in our modern diets.

Women's Phytoestrogen Complex
60 Capsules Wholesale: $39.50 Retail: $52.67
dōTERRA® Women Phytoestrogen Lifetime Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a woman’s life. Phytoestrogen Lifetime Complex includes a standardized soy extract with genistein, a powerful phytoestrogen that binds with estrogen receptors in cells, and the natural phytoestrogens in pomegranate. It also includes and concentrated extract of flaxseed lignans to help manage potentially harmful metabolites that are produced when estrogen is metabolized in the liver. Balancing hormones and managing harmful metabolites by eating a healthy diet rich in phytoestrogens and other essential nutrients, exercising, and managing weight can help reduce uncomfortable symptoms associated with PMS and the transition through menopause and supports healthy bones, heart, breast tissue, and other body structures and functions as a woman ages.
Children’s Supplements

A2Z Chewables

60 Tablets  Wholesale: $19.50  Retail: $26.00

dōTERRA A2Z Chewable is a cutting edge product has been specially formulated for the junior in your life, to help build their delicate immune system, while supporting healthy energy levels without the use of stimulants as well as maintaining proper bone and teeth health and overall health and wellness. A2Z Chewable tablets are a great way for juniors to gain that daily nutrition that is needed in their early development stages of life, and encouraging habits of taking a daily multi-vitamin supplement throughout their life, thus maintaining a robust and healthy immune system.

A2Z & IQ Mega Pack

2-Pack  Wholesale: $39.50  Retail: $52.67

Inspired by dōTERRA’s LifeLong Vitality Pack, these two products come together, making it easy to enjoy taking omega-3s, whole food nutrients, vitamins, and minerals in convenient liquid and chewable forms. Kids love them because they taste great; adults love them because they are easy to swallow.

IQ Mega

150 mL  Wholesale: $34.50  Retail: $46.00

dōTERRA IQ Mega takes the fishy taste out of fish oil with the fresh orange flavor of dōTERRA’s wild orange CPTG essential oil. This great tasting and easy-to-swallow omega supplement provides 1,000 mg of concentrated, pure fish oil per serving. IQ Mega contains essential nutrients EPA and DHA to support healthy brain, cardiovascular, immune, and joint function. IQ Mega is formulated to be used daily with A2Z Chewable.
**Slim & Sassy**

**Slim & Sassy®**  
*Metabolic Blend 15 mL*

dōTERRA®’s Slim & Sassy® Metabolic Blend is a proprietary formula of CPTG Certified Pure Therapeutic Grade® essential oils designed to help manage appetite between meals. Slim & Sassy includes a blend of grapefruit, lemon, peppermint, ginger, and cinnamon essential oils. Just add 8 drops to 16 oz. of water (regular size bottle of water) and drink between your healthy meals throughout the day to help manage hunger, calm your stomach, and lift your mood. For aromatic, topical, and internal use.

Wholesale: $24.50  
Retail: $32.67

**Trim Shake - Vanilla**  
*40 Servings*

Vanilla Slim & Sassy® TrimShake is a convenient and delicious shake mix providing the essential nutrients of a healthy meal with only 68 calories per serving. Used as a meal replacement for one or more meals each day, TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise. TrimShake also includes a patented weight-loss ingredient EssentraTrim that has been demonstrated to help with managing the stress hormone cortisol associated with fat storage. TrimShake blends well with water or milk for a low-calorie, low-glycemic, high-fiber satisfying meal alternative with 8 grams of protein per serving.

Wholesale: $39.50  
Retail: $52.67
**Trim Shake - Chocolate**

*40 Servings*

Chocolate Slim & Sassy® TrimShake is a convenient and delicious shake mix providing the essential nutrients of a healthy meal with only 68 calories per serving. Used as a meal replacement for one or more meals each day, TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise. TrimShake also includes a patented weight-loss ingredient EssentraTrim that has been demonstrated to help with managing the stress hormone cortisol associated with fat storage. TrimShake blends well with water or milk for a low-calorie, low-glycemic, high-fiber satisfying meal alternative with 8 grams of protein per serving.

Wholesale: $39.50  
Retail: $52.67

**V-Shake**

*40 Servings*

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

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

Wholesale: $39.50  
Retail: $52.67

**Slim & Sassy® Trim Kit—One Vanilla, One Chocolate Trim Shake**

Kick off your weight loss goals with the Slim & Sassy®Trim Kit. Slim down by using Slim & Sassy on a regular basis throughout the day, even topically, together with doTERRA’s new Trim Shakes.

*This kit includes:*  
- 4 Slim & Sassy 15 mL blends
- 1 Chocolate Trim Shake
- 2 Vanilla Trim Shake

Wholesale: $155.00  
Retail: $200.00
**Slim & Sassy® Trim Kit—Two Vanilla Trim Shakes**

Kick off your weight loss goals with the Slim & Sassy® Trim Kit. Slim down by using Slim & Sassy on a regular basis throughout the day, even topically, together with dōTERRA®’s new Trim Shakes.

*This kit includes:*

- 4 Slim & Sassy 15 mL blends
- 2 Vanilla Trim Shakes

Wholesale: $155.00  Retail: $200.00

**Slim & Sassy® Trim Kit—Two Chocolate Trim Shakes**

Kick off your weight loss goals with the Slim & Sassy® Trim Kit. Slim down by using Slim & Sassy on a regular basis throughout the day, even topically, together with dōTERRA®’s new Trim Shakes.

*This kit includes:*

- 4 Slim & Sassy 15 mL blends
- 2 Chocolate Trim Shakes

Wholesale: $155.00  Retail: $200.00

**New You Kit—1 Chocolate & 1 Vanilla Trim Shake**

Be ready with all the products you need for the next Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack.

*This kit includes:*

- 4 Slim & Sassy 15 mL blends
- 1 Vanilla Trim Shake
- 1 Chocolate Trim Shake
- Lifelong Vitality Pack

Wholesale: $199.00  Retail: $265.33

**New You Kit—Chocolate Trim Shake**

Be ready with all the products you need for the next Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack.

*This kit includes:*

- 4 Slim & Sassy 15 mL blends
- 1 Chocolate Trim Shake
- Lifelong Vitality Pack
- 4 Slim & Sassy 15 mL blends
- 2 Chocolate Trim Shakes
- Lifelong Vitality Pack

Wholesale: $199.00  Retail: $265.33

**New You Kit—Vanilla Trim Shake**

Be ready with all the products you need for the next Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack. This kit includes:

- 4 Slim & Sassy 15 mL blends
- 2 Vanilla Trim Shake
- Lifelong Vitality Pack

Wholesale: $199.00  Retail: $265.33

**Vegan Slim & Sassy New You Kit**

Be ready with all the products you need for the 2014 Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack. This kit includes:

- 4 Slim & Sassy 15 mL blends
- 2 V-Shakes
- Vegan Lifelong Vitality Pack

Wholesale: $204.00  Retail: $272.00

**Slim & Sassy Softgels**

90 Softgels

Slim & Sassy Softgels contain dōTERRA’s proprietary Slim & Sassy essential oil blend in convenient softgels to promote weight loss in a healthy, natural way. The flavorful blend of Slim & Sassy contains essential oils known to help manage hunger throughout the day while boosting metabolism and promoting a positive mood.

Wholesale: $34.50  Retail: $46.00
Starting Your Own dōTERRA Business and Changing Your Life
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Prema Lia Thompson
Your Independent Product Consultant

Prema Lia Thompson is a passionate essential oils user who wants to share their gift with the world. Originally from Southern California, Prema Lia is a published author of three books: *Home is in Your Heart*, *The True Love of Aphrodite and Hercules*, and *Dancing with Mother Earth* who today lives in Kirkland Washington.

Prema Lia has a Ministerial Bachelor's Degree, and a background in community media, where she wrote, produced and hosted community access television and radio programs in Northern California. While living in Sacramento, she launched her children’s dance company, Creative Expressions. This company facilitated programs where children were able to perform their dance recitals on community television and senior centers.

An ordained minister (non-denominational), Prema Lia teaches educational and healing modalities, including Essential Oils, Herbology, Soul Retrieval work, Soul channeling, and Native American drum journeying. As a workshop coordinator for both children and adults, she utilizes these modalities when coaching individuals to connect with their true inner selves. Prema Lia is a Clairvoyant, Clairaudient, and Clairsentient teacher who helps individuals to open up to their unique inner self as a soul being of light and love. Naturally combining all three abilities, Prema Lia is able to assist individuals who are seeking answers to help themselves grow spiritually.

Prema Lia and her husband, John, offer a variety of services to assist you in your journey toward a brighter future now including a 2-day workshop called *Soul Awakening*.

If you would like to get in contact with an experienced essential oils user and learn more about how they can be applied in your life and home, please contact Prema Lia (Kim) Thompson through her website: [www.prema-lia.com](http://www.prema-lia.com). Here you can learn more about how to purchase and apply dōTERRA oils, more about her other gifts, and how to get involved with the Soul Empowerment Workshop and more! Prema Lia also offers membership-free access to dōTERRA essential oils and other products at a discounted wholesale price. Please see the Wholesale and Retail page of this manual for more information.
Starting Your Own dōTERRA Business and Changing Your Life

dōTERRA has been changing the lives of thousands of people since its inception in the spring of 2008. Through dōTERRA’s Independent Product Consultant program, you too can become a part of a company dedicated to changing the world’s approach to holistic medical practices and introduce new healing techniques into the lives of your family, friends, and neighbors.

dōTERRA is committed to sharing the life-enhancing benefits of therapeutic-grade essential oils and essential oil enhanced wellness products with the world. They uphold these intentions by:

- Discovering and developing the world’s highest-quality, therapeutic-grade essential oil products through a leveraged network of highly-educated and experienced botanists, chemists, health scientists, and health-care professionals.

- Producing our essential oil products to the highest standard of quality, purity, and safety used in the industry—CPTG Certified Pure Therapeutic Grade®.

- Distributing our products through Independent Product Consultants who, working from home, introduce, educate, and sell dōTERRA® wellness products locally through person-to-person contact and globally through personalized web shopping sites.

- Providing educational opportunities for all people interested in learning how therapeutic-grade essential oils can be used as a self-care wellness alternative.

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

By joining with dōTERRA, you can begin your own business, either on the side or dedicating your full time to it, and gain sales compensations for your work. Join one of the largest, most influential and cutting-edge essential oil producers and sellers in the world and begin changing your life and the lives of those around you today!
Introduction to Essential Oils

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and fruit of plants. They can be both beautifully and powerfully fragrant. If you have ever enjoyed the gift of a rose, a walk by a field of lavender, or the smell of freshly cut mint, you have experienced the aromatic qualities of essential oils. In addition to giving plants their distinctive smells, essential oils play a role in plant pollination and provide protection against predators and disease.

Essential oils are non-water-based phytochemicals made up of volatile aromatic compounds. Although they are fat soluble, they do not include fatty lipids or acids found in vegetable and animal oils. Essential oils are very clean and are immediately absorbed by the skin. Pure, unadulterated essential oils are translucent and naturally range in color from crystal clear to deep blue.

Essential oils have been used throughout history in cultures across the world for their medicinal and therapeutic benefits. Modern scientific study and trends toward holistic approaches to wellness are driving a revival in the study of essential oils and their numerous health benefits are being rediscovered.

dōTERRA CPTG (Certified Pure Therapeutic Grade®) essential oils represent the safest, purest, and most beneficial essential oils available today. They are distilled from plants that have been harvested in their prime by experienced growers from around the world for ideal extract composition and efficacy. Experienced essential oil users will immediately recognize the superior quality as naturally safe, purely effective therapeutic-grade dōTERRA essential oils.

History of Essential Oils

Essential oils have been used throughout recorded history for a wide variety of wellness applications. The Egyptians used aromatic essential oils extensively in medical practice, beauty treatment, food preparation, and religious ceremony. Frankincense, sandalwood, myrrh, and cinnamon were considered very valuable cargo and along caravan trade routes they were sometimes exchanged for gold or other valuable goods.

Impacted by the Egyptians, the Greeks used essential oils in therapeutic massage and aromatherapy. The Romans also used aromatic oils to promote health and personal hygiene. Influenced by the Greeks and Romans, as well as Chinese and Indian Ayurvedic use of aromatic herbs, the Persians began to refine distillation
methods for extracting essential oils from aromatic plants. Essential oil extracts were used throughout the dark ages in Europe for their anti-bacterial and fragrant properties, particularly during the Black Plague of the fourteenth century.

During the twentieth and twenty-first centuries, the powerful healing properties of essential oils were once again illustrated. In 1937 a French chemist, Rene-Maurice Gattefosse, healed a badly burned hand with pure lavender oil. Another Frenchman, Gattefosse’s contemporary, Dr. Jean Valnet, used therapeutic-grade essential oils to successfully treat injured soldiers during World War II. Dr. Valnet went on to become a world leader in the development of aromatherapy practices. The modern use of essential oils has grown rapidly as health scientists and medical practitioners continue to research and validate the numerous health and wellness benefits of therapeutic-grade essential oils.

**Uses for Essential Oils**

Essential oils are used for a very wide range of emotional and physical wellness applications. They can be used a single oil at a time or in complex blends depending on user experience and desired benefit. Essential oils are usually administered by one of three methods: aromatic diffusion, topical application, or internal consumption as dietary supplements.

The chart to the right identifies the labels used on dōTERRA essential oils. Before using any new oil, always identify these warnings and insure that your oil is safe to ingest, can used topically, or the amount of carrier oil suggested for safe topical use. These labels are very important to insure your use of essential oils is safe and effective for your body and family. Be sure to use only 100% pure, therapeutic-grade essential oils and follow all label warnings and instructions. Essential oils should not be used in the eyes, inside the ear canal, or in open wounds. If redness or irritation occurs when using essential oils topically, apply any vegetable oil, such as fractionated coconut oil or olive oil, to the affected area. Consult your physician before using essential oils if you are pregnant or under a doctor’s care.
**Aromatic Uses**

Our sense of smell influences many physiological responses including the stimulation of hormones and other metabolic processes. Aromatherapy is founded on the body's predictable response to specific olfactory stimuli. Essential oils are widely used in aromatherapy applications. Certain essential oils, when diffused into the air, can be very stimulating, while others can be calming and soothing. Beyond emotional benefits, diffusing essential oils can purify the air of unwanted odors and some airborne pathogens.

Low or no-heat essential oil diffusers are recommended as they do not change the chemical structure of the oil being diffused. When using essential oils in dōTERRA diffusers, only three to four drops of oil are necessary to gain the therapeutic benefits. Essential oils can also be used as cleansing and purifying additives to laundry and surface cleaners throughout the home.

**Topical Uses**

Due to their natural molecular composition, many essential oils are easily absorbed by the skin and can be applied topically. Application of essential oils can have immediate, localized benefit to the target area of application as well as a systemic effect, which can circulate through the body and stimulate an overarching sense of healing and wellness. Some essential oils have restorative and calming properties and can be used effectively with massage and beauty therapy. Others can also be natural disinfectants. It is the chemical structure of essential oils that allows them to be absorbed into the bloodstream via the skin for internal benefit throughout the body.

It is very important to note that using any oil topically in a large dose can cause irritation, particularly when using powerful oils like Cinnamon and Black Pepper—but there is a certain amount of risk when using any oil. If you choose to apply essential oils topically, dōTERRA suggests using their fractionated coconut oil, or another carrier oil, to insure that no skin irritation occurs. Gentler oils can be diluted with only one or two drops of fractionated coconut oil while stronger need three or four drops of carrier for one drop of essential oil.

It is important to note that because all skin types and sensitivities are different, there is not a universal ratio of oil to carrier oil. Begin with more carrier oil and if you feel comfortable, decrease the amount slightly. Always begin applying oils on a very small area of skin to check for irritation before applying to larger or more sensitive areas or to children, pets, or the elderly.
Internal Uses

Essential oils can also be used as dietary supplements supporting a variety of healthy conditions. Some essential oils have powerful antioxidant properties, while others help support healthy inflammatory response in cells. Many essential oils are considered safe for dietary use, but some oils should not be taken internally. Do not use any essential oil product internally that does not have the appropriate dietary supplement facts on its label.

When ingesting oils, it is often suggested that one drop of an essential oil be mixed with at least four ounces of water or another liquid. This is to prevent any sort of internal irritation. Again, always begin with a very small ratio and if you are comfortable work your way to larger doses. dōTERRA also offers capsules in which oils can be placed to make ingesting essential oils easier and faster. These capsules are totally free of animal byproducts and are made from vegetable oils alone, this make them a fantastic resource for all essential oil users, whatever their diet may be. For Peppermint oil and the dōTERRA blend OnGuard®, there is also the option of a beadlet, which is a tiny dose of the oil that is safe for ingestion and very easy for even children to swallow.

The dōTERRA Certified Pure Therapeutic Grade®

There are a growing number of products claiming either to be or to contain essential oils. They range in price and quality and are found in skin care, cosmetics, aromatherapy, and other products. However, many of these products do not use pure essential oils and instead use fragrant synthetic chemical substitutes to dilute or replace more expensive essential oil extracts. Furthermore, there are no current regulatory standards for the descriptive use of the “therapeutic grade” for products labeled as essential oils.

The CPTG Certified Pure Therapeutic Grade® mark represents the internal standards used by dōTERRA for sourcing and testing pure aromatic botanical extracts using independent testing laboratories. The dōTERRA brand and registered CPTG® mark represent the dōTERRA guarantee of pure essential oil extracts that meet high standards for both purity and material composition as well as accurate product labeling.

dōTERRA therapeutic-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. Proper extraction and quality control methods also ensure that dōTERRA essential oils are free of any contaminants, such as pesticides or other chemical residues. In addition to being pure and natural, CPTG® essential oils are subjected to additional quality testing that ensures the correct composition of the active natural compounds found in each oil. Though an essential oil may be pure, if the right species or part of a plant has not been used, if the plant has not been grown in the right
environment, harvested at the right time, or distilled under the right conditions, the natural chemical makeup of the extraction will not provide as predictable and powerful a benefit. In some cases, the wrong plant part harvested at the wrong time may result in an extract that contains harmful levels of some constituents.

CPTG® essential oils are guaranteed to be pure, natural, and free of synthetic compounds or contaminants. dōTERRA essential oils are subjected to rigorous mass spectrometry and gas chromatography testing to ensure extract composition and activity. dōTERRA essential oils represent the safest and most beneficial essential oils available today.

Safety Precautions

dōTERRA CPTG® essential oils can be used safely by you and your family for a variety of wellness applications. However, there are several safety guidelines that you should follow when using essential oils and essential oil products.

- Be sure to use only pure, therapeutic-grade essential oils and follow all label warnings and instructions.
- If redness or irritation occurs when using essential oils topically, apply a vegetable oil—such as fractionated coconut oil or olive oil—to the affected area. Do NOT use water.
- Essential oils should not be used in the eyes, inside the ear canal, or in open wounds. In the event of accidental contact with the eye, dilute with vegetable oil NOT water.
- Do NOT consume an essential oil internally unless it is labeled with a Supplement Facts box with specific dietary supplements. Please use instructions and warnings.
- Discontinue the use of an essential oil if you experience severe skin, stomach, or respiratory irritation or discomfort.
- When using on children, apply a very small amount of the oil to test skin for sensitivity. Do not use oil on a child’s hand as they may transfer to their eyes or mouth.
- Consult your physician before using essential oils if you are pregnant, under a doctor’s care or have other safety questions regarding essential oils.

It is important to remember that therapeutic-grade essential oils are highly-concentrated plant extracts and should be used with care. Consulting with someone who has experience with essential oils will make your first experience with these compounds more enjoyable and rewarding. As you learn how to use essential oils through personal experience, share your knowledge with others in a safe and responsible way and encourage them to do the same.
Using Essential Oils

Essential oils are the subtle, aromatic and volatile life-force extracted from the flowers, seeds, leaves, stems, bark and roots of herbs, bushes, shrubs and trees, through steam distillation under low pressure and low temperature. Like human beings, they are alive, both chemically and electrically. They have a direct effect on the brain through the olfactory system and skin absorption. Serving the same function as human blood, essential oils are the regenerating, oxygenating and immune defense properties of the plant kingdom.

Essential oils are naturally antibiotic, antiseptic, antibacterial, anti-fungal, antioxidant, anti-parasitic, anti-viral and antidepressant. They are help bring oxygen and nutrients to the cells and assist in the efficient disposal of carbon dioxide and other waste. They increase blood flow, negative ions and ozone, improve the efficiency of the immune system and decrease blood viscosity. Oils enhance brain wave function, improve spiritual awareness and bring about a beautiful balance to the body. Essential oils contain a frequency that is several times greater than the frequency of herbs and food. There is not a single part of the human body and brain that is not helped by the action of essential oils. Aromatherapy is the art and science of the use and application of therapeutic essential oils for physical, mental, emotional and spiritual balance.

Water Therapies with Essential Oils:

Floral Waters

Floral Waters are aromatherapy’s best-kept secret. They are the exquisite byproducts of the steam distillation of essential oils. Floral waters have the same properties as the essential oils, but in lower concentration. They are gentle, fragrant, and suitable for all ages. Dr. Daniel Penoel, MD, uses floral waters for the healing of wounds, especially with children and animals. They are rehydrating, nurturing and refreshing to the skin. I use lavender floral water to freshen a room, sanitize sheets and pillows in a hotel room, and hydrate my skin. You can spray floral water on your plants and animals to deter pests. Recently, I experienced drinking the pure floral water at a farm where the peppermint was being distilled. Superb! I use the floral waters of basil, German chamomile, clary sage, eucalyptus, juniper, lavender, Melissa, peppermint, spearmint, Idaho tansy and thyme.

Steam inhalation

Inhalation of essential oils works well for emotional as well as physical problems. Essential oils have an almost immediate influence on emotions, anxiety, and depression. Physically, it can help with tension, headaches, respiratory problems, colds, sore throat, blocked sinuses and cough. Add up to five drops of an essential oil to a bowl of hot (not
boiling) water and inhale the vapors rising from the bowl. To increase the intensity of the oil vapors inhaled, place a towel over the head and bowl. To calm and sedate the nervous system, use lavender. To uplift, use the citrus oils and clary sage. For congestion, use eucalyptus, frankincense, and lemon. To open the sinuses, use spruce or peppermint.

**Facial Saunas**

Facial saunas are effective for releasing dirt and trapped toxins and debris from the skin. People with broken veins, hypersensitive skin or inflammation of any sort, including sunburn, should not take a facial sauna. Use the same method as described for steam inhalation, a bowl of hot water and a towel. Helpful for seborrhea and acne prone skins as well as mature and normal skin. For acne or seborrhea, try Roman chamomile, lemon, tea tree, clary sage, or thyme. For dry skin, use Roman chamomile or cedarwood. Follow the steam treatment by splashing the face with cold water to close the pores.

**Baths**

Adding essential oils to bath water is challenging as oil does not mix with water. For even dispersion, drop in the oils while running the bath, or add 2 to 3 drops of oil to a cup of Epsom salts, sea salt or a bath gel base. I often disperse the oils in milk and create a Cleopatra milk bath! Oils with a high phenol content such as oregano, cinnamon, thyme, clove, lemongrass and bergamot can cause stinging or irritation if not diluted and well-mixed. The same is true for oils high in menthol such as peppermint and eucalyptus.

I use premixed bath gels containing essential oils, which can be used as a liquid soap in the shower as well. I also use a bath gel base to which I add the essential oils of my choice. The base I prefer contains olive oil, vegetable glycerin, floral water, algin, vitamin E, lecithin and wheat germ oil. Some of my favorite bath blends are:

**Dragon Time:** this is a blend for a woman’s stressful time of the month. It is balancing and uplifting physically and mentally. It blends bergamot, clary sage, geranium, jasmine, lemon, palmarosa, Roman chamomile, rosewood, rose, sandalwood and ylang ylang.

**Evening Peace:** The oils in this bath gel relaxes fatigued muscles and dampens stress and tension. Contains Bergamot, German chamomile, Roman chamomile, clary sage, geranium, jasmine, lemon, palmarosa, rosewood, rose, sandalwood and ylang ylang.

**Morning Star:** This is an invigorating blend of essential oils that really gets me going in my morning shower. The uplifting and energizing oils include lemongrass, rosemary, juniper and peppermint.

**Sensation:** This is a fragrant mix of oils used by Cleopatra to enhance love and increase desire to be close to someone special! Contains rosewood, ylang ylang and jasmine.
**Baby Baths**

The addition of essential oils can enhance the relaxing effects of your baby’s bath. Mix one drop of essential oil into a rich carrier oil such as jojoba, almond or wheat germ oil. Swish the mixture into the bath water and mix well before immersing your baby in the water. Remember; never put the essential oil directly into the water. Add Roman or German chamomile to relax a cranky baby and to promote a good night’s sleep. Lavender is a good choice for calming and sedating the nervous system. Fennel is an excellent choice if your baby is colicky. Choose eucalyptus or rosemary if your baby is congested.

**Water Distillers and Filters**

You can apply oils, like peppermint, lemon, clove and cinnamon to the post-filter side of your water purifier. This will help purify the water.

**Laundry**

Essential oils may be used to enhance the cleanliness and fragrance of your laundry. Recent research has shown that eucalyptus oil kills dust mites. Add twenty-five drops of eucalyptus to each load, or approximately 1/2 ounce to your laundry detergent. Instead of using toxic and irritating softening agents in the dryer, place a washcloth dampened with 10 drops of lavender, lemon, melaleuca, bergamot or other oils.

**Hot Tubs and Saunas**

Hot tubs, Jacuzzis and saunas act as reservoirs for germs, especially if used frequently. Lavender, cinnamon, clove, eucalyptus, thyme, lemon or grapefruit can be used to disinfect and fragrance the water. Use 3 drops per person. For saunas, add several drops of rosemary, thyme, pine or lavender to a spray bottle with water and then spray down the surfaces. The marriage of therapeutic essential oils and water is made in heaven. Like water, essential oils soothe, heal and nurture, reminding us of the bounty of nature’s creation. Enjoy the physical, mental, emotional and spiritual protection and upliftment that are the gift of pure essential oils.

**Symphony Of Cells**

To learn more about the way our bodies can benefit from Essential Oils, see the YouTube video *Symphony of Cells* at the following link:  
https://www.youtube.com/watch?v=0iEE_aFZjo

Using essential oils can be both profoundly simple and life changing. A large amount of information is readily available for those who wish to increase their knowledge of essential oil applications. To find this information, visit Prema Lia (Kim) Thompson’s website [www.prema-lio.com](http://www.prema-lio.com) or dōTERRA’s website [www.doterra.com](http://www.doterra.com).
Starting Your Own dōTERRA Business

Independent Product Consultants

dōTERRA’s products are sold exclusively through Independent Product Consultants who, working from home, introduce, provide information about, and sell dōTERRA products locally through person-to-person contact and globally through personalized shopping sites. The dōTERRA home-based business opportunity provides a part-time income for many Independent Product Consultants. These Consultants share their personal enthusiasm for our products with friends and associates via in-home demonstrations and by referring people to personalized web shopping sites. Others enjoy significantly higher sales commissions with a full-time commitment to building global customer organizations and by sponsoring and mentoring other Independent Product Consultants for which they receive additional sales bonuses.

Each Independent Product Consultant (IPC) pays a $35 registration fee or purchases a membership kit and is then given access to a number of benefits, including:

- Ability to purchase products at wholesale prices, 25% below retail prices.
- Earn free product purchase credits in the Loyalty Rewards program.
- Own personalized web shopping site to which you can refer your personal customers and receive retail bonuses for no additional monthly fee.
- Sponsor new consultants and receive additional bonuses on their sales and the sales of consultants they sponsor.
- Access to your own personalized business management web site with no monthly fee.
- Other special product promotions and discounts.

Sales Compensation Plan

There are two ways to earn commissions as you build your home-based dōTERRA business as an IPC. First, receive retail profits on the purchases of your retail and preferred customers, and second, receive commissions on the sales of IPC that you personally sponsor and on the sales of the consultants they sponsor.
Retail Profits are the difference between your customers’ and preferred customers’ retail purchases and your consultant wholesale prices. IPCs earn 25% profit on the purchases made by retail customers. Additionally, a Preferred Member Sponsor Bonus of up to 25% on the PV from purchases made by preferred members.

Additionally, a **Fast Start Bonus** is rewarded when you enroll a new IPC in your business organization. You are immediately rewarded with 20% on purchases and sales made within the new IPCs first 60 days. This bonus is paid weekly and applies three generations deep for the new enrollee’s first 60 days.

Another bonus exists for you as you enroll new IPCs in your organization—**The Power of 3**. There are three stages to this bonus and each stage is paid out every month as long as the required structure is maintained. You must be a participant in the dōTERRA Loyalty Rewards Program (explained below) with a monthly
order of at least 100 PV. Each month, you must have three first-level IPCs who also have a Loyalty Rewards order of at least 100 PV. If these qualifications are met, you will receive a $50 bonus in addition to your other bonuses. To qualify for the $50 bonus, you must also have a Team Volume of at least 600 PV. To qualify for the second Power of 3 bonus of $250, simply help three consultants on your first level qualify for the $50 bonus themselves. To qualify for the third and final reward, help three consultants on your first level qualify for the $250 bonus. By doing so, you will receive a $1,500 bonus. These bonuses will continue so long as this structure is maintained.

Finally, there are the **Organization Leadership Bonuses** which come as you grow your business and participate in leadership activities. Bonuses are provided up to 7% of the sales of seven levels and beyond in your business organization. There are also company sales pools available to qualified consultant leaders who are paid commissions on 6% of total company commissionable sales volume in each market.

**Loyalty Rewards Program**

The dōTERRA Loyalty Rewards Program provides credits based on each purchase of up to 30% of purchase total which can be used like cash to purchase dōTERRA products. The longer you are a member of the loyalty rewards program, the higher percentage of credits you will be able to earn:

<table>
<thead>
<tr>
<th>Months 1 to 3</th>
<th>Months 4 to 6</th>
<th>Months 7 to 9</th>
<th>Months 10 to 12</th>
<th>Months 13+</th>
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<tbody>
<tr>
<td>10%</td>
<td>15%</td>
<td>20%</td>
<td>25%</td>
<td>30%</td>
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</tbody>
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Additional benefits are also offered:

- No-hassle, automatic shipment of dōTERRA products you use on a monthly basis
- Receive up to 30% of the PV value of your monthly LRP order
- Use your LRP product credits as cash to purchase dōTERRA products
- Freedom to change your LRP order up to your monthly ship date
- Convenient way to meet monthly PV and bonus qualification requirements
- Powerful loyalty incentive for new customers and consultants you personally sponsor
- View Loyalty Rewards points online in your mydoterra.com back office.
**Terms and Conditions:**

- Minimum LRP order of 50 PV to earn monthly product credits
- No maximum monthly credit accumulation limit
- Product credits expire 12 months from the date of issue
- Product credits can be used to purchase full PV products only
- Product credits can be redeemed over the phone by calling 1-800-411-8151
- Redemption orders cannot be combined with other product orders
- A redemption fee of $3 per 100 credits, applicable taxes, and shipping and handling charges will apply
- Must be an LRP participant for 60 days before credits can be redeemed
- All product credits will be immediately cancelled with LRP cancellation
- Product credits have no PV or cash redemption value and are not transferrable
- Products purchased with LRP credits are not for resale

**Founder’s Club**

The doTERRA Founders’ Club is a generous, limited-time earning opportunity for Independent Product Consultants who meet specific business growth requirements during the launch phase of a particular market. For each country or region, the first 25 Independent Product Consultants who qualify based on the terms of each country or region will become members of that market’s Founders’ Club and share a pool of total market sales volume (percent varies per market) for perpetuity as long as the IPC maintains the original qualifying sales and maintenance requirements. Founders’ Club members will also be recognized for as long as they maintain these requirements.
Membership

A dōTERRA membership comes with a number of fantastic benefits including the ability to purchase dōTERRA products at a discounted, wholesale price which is 25% off of the retail price. Becoming a member also gives you access to a number of rewards programs, which accumulate credit over time for up to 30% of your total purchase to be turned into credits to use on other dōTERRA products! There are two methods for becoming a member.

Option One:

Simply purchase the oils you want, your first purchase will be at retail price, and pay a one-time $35 membership fee. After paying this fee you gain access to the following:

- Purchasing oils at wholesale prices
- Ability to become an Independent Product Consultant and earn money back on essential oils that you sell
- Access to the Loyalty Rewards Program
- Access to other great product deals

Option Two:

Instead of paying a membership fee in addition to your essential oil purchase, option two gives you the opportunity to purchase one of nine dōTERRA essential oil kits. These enrollments kits give you everything you need to begin introducing dōTERRA Essential Oils into your life. These kits include a number of oils, information packets, and more. The enrollment fee is included with the price of the kit, and is automatic. This is a great option for joining as each kit has everything needed to start using oils in the home and spreading the word about dōTERRA in your neighborhood!
FAMILY PHYSICIAN AND SLIM & SASSY KIT
- Family Physician Kit: 5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue*, Breathe, DigestZen*, and On Guard*
- Slim & Sassy
- dōTERRA Wellness Advocate Introductory Packet*
- Enrollment
4049 $150.00 110 PV

HOME ESSENTIALS KIT
- Frankincense (5 mL)
- Lavender
- Lemon
- Melaleuca
- Oregano
- Peppermint
- Breathe
- DigestZen*
- On Guard*
- Deep Blue* (5 mL)
- PastTense* (10 mL)
- dōTERRA Wellness Advocate Introductory Packet*
- Enrollment
4118 $250.00 220 PV

WELLNESS COMPLETE KIT
- Lifelong Vitality Pack
- TerraZyme*
- Family Physician Kit: 5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue*, Breathe, DigestZen*, and On Guard*
- Essential Skin Care Kit with Invigorating Scrub
- Aroma Touch Technique* Kit: 5 mL bottles of Balance, Lavender, Peppermint, Melaleuca, Wild Orange, AromaTouch*, Deep Blue*, On Guard* and Fractionated Coconut Oil
- Aroma Lite Diffuser
- dōTERRA Wellness Advocate Introductory Packet*
- Enrollment
3299 $525.00 400 PV

PREMIUM ESSENTIAL OILS KIT
- Aroma Lite Diffuser
- 5 mL essential oils: Purify, Deep Blue*, Elevation*, Serenity, Balance, Eucalyptus, DigestZen*, Wild Orange, Lemongrass, Marjoram, AromaTouch*, Oregano
- 15 mL essential oils: Lavender, Peppermint, Lemon, On Guard*, Melaleuca, Citrus Bliss, Breathe, Frankincense, Slim & Sassy*, Lime
- 10 mL PastTense*
- Fractionated Coconut Oil (4 oz bottle)
- Introduction to Essential Oils audio (5)
- Wooden dōTERRA storage box
- 5 Dram sample vials (12 vials)
- dōTERRA Wellness Advocate Introductory Packet*
- Enrollment
32040001 $515.00 400 PV
NATURAL SOLUTIONS KIT

ESSENTIAL OILS:

• 5 mL bottles:  
  Serenity  
  DigestZen  
  Purify  
  Melaleuca  
  Oregano  
  AromaTouch  
  Frankincense  
  Breathe  
  Balance

• 15 mL bottles:  
  Lavender  
  Lemon  
  Peppermint  
  On Guard  
  Slim & Sassy  
  TerraShield  
  Lemongrass

• 10 mL bottles:  
  PastTense  
  Clear Skin  
  Clary Calm

• LIFE LONG VITALITY
• ZENDOCRINE CAPSULES
• TERRAZYME
• CLEAR SKIN FOAMING FACE WASH
• ON GUARD® TOOTHPASTE
• DEEP BLUE RUB
• FRACTIONATED COCONUT OIL (4 OZ)
• SAMPLE VIALS
• AROMA LITE DIFFUSER
• WOODEN BOX
• ENROLLMENT
• doTERRA WELLNESS ADVOCATE INTRODUCTORY PACKET*

SAVE $89.38

41640001  $550.00  400 PV
OIL SHARING KIT

ESSENTIAL OILS: Oils are 15 mL unless otherwise noted

• 1 BOTTLE EACH:
  - Coriander
  - Grapefruit
  - Oregano
  - Citrus Bliss
  - Deep Blue* (10 mL)
  - Elevation*
  - Serenity

• 2 BOTTLES EACH:
  - Frankincense
  - Lemon
  - Wild Orange
  - AromaTouch*
  - Balance
  - PastTense* (10 mL)
  - Slim & Sassy*

• 3 BOTTLES EACH:
  - Lavender
  - Melaleuca
  - Peppermint
  - Breathe
  - Deep Blue* (5 mL)
  - DigestZen*
  - On Guard*

• AROMA LITE DIFFUSER
• OPPORTUNITY BROCHURE (10)
• PRODUCT GUIDE (10)
• % DRAM SAMPLE VIALS (72 VIALS)
• CAP STICKERS FOR COMMON OILS (5 SHEETS)
• FRACTIONATED COCONUT OIL (4 OZ)
• SAMPLE KEYCHAIN
• dōTERRA® WELLNESS ADVOCATE INTRODUCTORY PACKET*
• ENROLLMENT

409900001  $1,150.00  1,000 PV

SAVE $130.45
**EVERY OIL KIT**

**ESSENTIAL OIL SINGLES:** (15 mL unless otherwise noted)
- Basil
- Bergamot
- Black Pepper (5 mL)
- Cassia
- Cedarwood
- Cinnamon Bark (5 mL)
- Clary Sage
- Clove
- Coriander
- Cypress
- Eucalyptus
- Fractionated Coconut Oil
- Frankincense
- Geranium
- Ginger
- Grapefruit
- Helichrysum (5 mL)
- Juniper Berry (5 mL)
- Lemon
- Lemongrass
- Lime
- Marjoram
- Melaleuca
- Melissa (5 mL)
- Myrrh
- Oregano
- Patchouli
- Peppermint
- Roman Chamomile (5 mL)
- Rosemary
- Hawaiian Sandalwood (5 mL)
- Thyme
- Vetiver
- White Fir
- Wild Orange
- Wintergreen
- Ylang ylang

**ESSENTIAL OIL BLENDS:** (15 mL unless otherwise noted)
- AromaTouch®
- Balance
- Breathe
- Citrus Bliss
- ClaryCalm™ (10 mL)
- Clear Skin™ (10 mL)
- Deep Blue® (5 mL)
- DigestZen®
- Elevation™
- Immortelle (10 mL)
- InTune Focus Blend (10 mL)
- On Guard® (5 mL)
- PastTense® (10 mL)
- Purify
- Serenity
- Slim and Sassy®
- TerraShield®
- Whisper™ (5 mL)
- ZENDocrine®

**BUSINESS TOOLS:**
- Canvas Bag
- Aroma Lite Diffuser
- doTERRA Wellness Advocate Introductory Packet*

60070001 $1550.00 1400 PV

**SAVE $246.15**
**DIAMOND KIT**

**ESSENTIAL OIL SINGLES:** (15 mL unless otherwise noted)
- Basil
- Bergamot
- Black Pepper (5 mL)
- Cassia
- Cedarwood
- Cilantro
- Cinnamon Bark (5 mL)
- Clary Sage
- Clove
- Coriander
- Cypress
- Eucalyptus
- Fennel
- Fractionated Coconut Oil
- Frankincense
- Geranium
- Ginger
- Grapefruit
- Helichrysum (5 mL)
- Juniper Berry (5 mL)
- Lavender
- Lemon
- Lemongrass
- Lime
- Marjoram
- Melissa (5 mL)
- Myrrh
- Oregano
- Patchouli
- Peppermint
- Roman Chamomile (5 mL)
- Rosemary
- Hawaiian Sandalwood (5 mL)
- Thyme
- Verbena
- White Fir
- Wild Orange
- Wintergreen
- Ylang Ylang

**ESSENTIAL OIL BLENDS:** (15 mL unless otherwise noted)
- AromaTouch™
- Balance
- Breathe
- Citrus Bliss
- ClaryCalm™ (10 mL)
- Clear Skin™ (10 mL)
- DigestZen™ (5 mL)
- Elevation™
- Immortelle (10 mL)
- Intune Focus Blend (10 mL)
- PastTense® (10 mL)
- Purify
- Serenity
- Slim and Sassy™
- TerraShield™
- Whisper™ (5 mL)
- Zendocrine™

**DEEP BLUE COLLECTION:**
- Deep Blue® (5 mL)
- Deep Blue Rub
- Deep Blue Rub Samples

**PEPPERMINT COLLECTION:**
- Peppermint
- Peppermint Beadlet

**ON GUARD® COLLECTION:**
- On Guard®
- On Guard® Beadlet
- On Guard® Cleaner Concentrate
- On Guard® Protecting Throat Drops
- On Guard® Laundry Detergent
- On Guard® Foaming Wash with 2 dispensers
- On Guard® Tooth Paste
- On Guard® + Softgels
- TerraZyme®
- Zendocrine® Complex
- Zendocrine® Softgels
- Trim Shake Chocolate
- Trim Shake Vanilla
- Slim & Sassy® Softgels
- TriEase® Seasonal Softgels

**WELLNESS:**
- A2Z Chewable
- IQ Mega
- Lifelong Vitality Pack
dōTERRA Women’s Line
- DDR Prime Softgels
- MITO2MAX™ Complex
- Digestzen Softgels
- PB Assist®
- GX Assist®

**PERSONAL CARE:**
- Salon Essentials Protecting Shampoo
- Salon Essentials Smoothing Conditioner
- Salon Essentials Healthy Hold Glaze
- Salon Essentials Root to Tip Serum
- Reveal Facial System

**ACCESSORIES:**
- ½ Dram Sample Vials (12 vials)
- Canvas Bag
- Aroma Lite Diffuser

**ESSENTIAL OIL KITS:**
- AromaTouch® Kit,
  Family Physician® Kit, Intro to Essentials Kit
  80060001. $2500.00 2000 PV
The doTERRA Lifestyle

As amazing as essential oils are in their own right, when combined with a healthy lifestyle, the effects become even more powerful. Incorporating a healthy diet, physical exercise, stress management, and enough sleep into your routine helps you to become your healthiest, happiest self. Uniting healthy life choices and doTERRA oils have helped many people to see their health and happiness bettered in the long run.

Although at first it may seem like a lot of work to begin turning around bad habits and forming new, healthy ones, the attempt is entirely worth it. Adding small changes to your daily routine can make a huge impact on your mentality and ability to move with ease and feel more awake. The more small practices you add, the more energetic you’ll feel when starting the next! Essential oils can help you to ease these changes by aiding in digestion, stress management, cleansing, and more!

doTERRA suggests six steps to help better your overall health:

**Eat Right**

It is recommended that a 2,000 calorie diet should include a minimum of nine fruits and vegetables as rich sources of antioxidants to combat cellular aging caused by free-radical molecules. doTERRA’s Lifelong Vitality products provide supplemental levels of antioxidants, vitamins, minerals and other essential nutrients that may be missing in your diet.

**Exercise**

Exercise and outdoor activities help to keep a lean, healthy body composition. Staying active is as simple as walking every day. Studies suggest that a minimum of 10,000 steps a day will help maintain current weight. doTERRA’s Deep Blue Muscle Blend can help you through your first steps to your marathon finish.

**Rest and Manage Stress**

Seven to nine hours of sleep per night helps maintain a healthy body and alert mind. Lavender and Serenity essential oils can assist you in reducing stress and relaxing, as well as contribute to a quality night sleep.

**Reduce Toxic Load**

Decreasing exposure to environmental toxins such as infectious microbes, chemical pollutions and poisons, and free-radical molecules can also contribute to health and vitality. doTERRA’s non-toxic cleaners with proprietary OnGuard® Defensive Blend of essential oils can help protect you and your family against harmful effects to your health.
**Informed Self-Care**

Taking responsibility for your health begins with understanding your healthcare options. Customizing a self-care program specific to your individual needs begins with knowledge. dōTERRA is committed to teaching healthy lifestyle principles and providing complimentary wellness products for lifelong vitality.

**Proactive Medical Care**

When confronted with more serious health issues, seek out the counsel of licensed healthcare practitioners to diagnose and treat your condition. Educate yourself and ask lots of questions. Be a proactive participant in the selection of treatments—it’s your health, it’s your choice.

Seeing a medical practitioner is also very important. Essential oils do not replace a licensed doctor, especially for yearly preventive exams and for more severe injuries and allergies. dōTERRA Essential Oils can help you take greater control of your health and understand your body so that you can choose the right doctor and most productive means of treatment. Combine all of your resources for the longest, healthiest, happiest life you can live!
The dōTERRA Lifestyle

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dōTERRA suggests six steps to help better your overall health.

**Eat Right**

It is recommended that a 2,000 calorie diet should include a minimum of nine of fruits and vegetables as rich sources of antioxidants to combat cellular aging caused by free-radical molecules. dōTERRA’s *Lifelong Vitality* products provide supplemental levels of antioxidants, vitamins, minerals and other essential nutrients that may be missing in your diet.

**Exercise**

Exercise and outdoor activities help to keep a lean, healthy body composition. Staying active is as simple as walking every day. Studies suggest that a minimum of 10,000 steps a day will help maintain current weight. dōTERRA’s *Deep Blue Muscle Blend* can help you through your first steps to your marathon finish.

**Rest and Manage Stress**

Seven to Nine hours of sleep per day helps maintain a healthy body and alert mind. *Lavender* and *Serenity* essential oils can assist you in reducing stress and relaxing, as well as contributing to a quality night sleep.

**Reduce Toxic Load**

Decreasing exposure to environmental toxins such as infectious microbes, chemical pollutions and poisons, and free-radical molecules can also contribute to health and vitality. dōTERRA’s non-toxic cleaners with proprietary *OnGuard® Defensive Blend* of
essential oils can help protect you and your family against harmful influencers to your health.

**Informed Self-Care**

Taking responsibility for your health begins with understanding your healthcare options. Customizing a self-care program specific to your individual needs begins with knowledge. dōTERRA is committed to teaching healthy lifestyle principles and providing complimentary wellness products for lifelong vitality.

**Proactive Medical Care**

When confronted with more serious health issues, seek out the counsel of licensed healthcare practitioners to diagnose and treat your condition. Educate yourself and ask lots of questions. Be a proactive participant in the selection of treatments—it's your health, it's your choice.

Seeing a medical practitioner is also very important. Essential oils do not replace a licensed doctor, especially for yearly preventive exams and for more severe injuries and allergies. dōTERRA Essential Oils can help you take greater control of your health and understand your body so that you can choose the right doctor and most productive means of treatment. Combine all of your resources for the longest, healthiest, happiest life you can live!
**Wholesale and Retail**

dōTERRA members have access to a number of wonderful benefits including receiving your oils and other dōTERRA products at a wholesale price as well as gaining access to members-only promotions and sales. Yet many people may chose not to take this rout, and for those individuals, two excellent options are available: purchase your dōTERRA oils online at the retail price or contact Prema Lia (Kim) Thompson for the wholesale discount price on any purchases made through her personal dōTERRA business.

**Retail Pricing**

To avoid the hassle of contacting a consultant, purchasing dōTERRA oils has been made easy. Simply go to www.prema-lia.com/Essential-Oils-and-Natural-Herbs.html and follow the link to the dōTERRA website. From there, you can use your credit or debit card to purchase oils, blends, and other products from dōTERRA’s website at retail prices and have them shipped directly to your home without any intermediary!

This is a fast, efficient way to get all the goodness of dōTERRA delivered to you as quickly as possible!

**Wholesale Pricing**

Alternatively, Prema Lia offers you the opportunity to purchase dōTERRA Essential Oils at wholesale price, 25% off retail prices, without a membership! If this is the option you would prefer, contact Prema Lia by phone at (360) 984-5173 or email her at homeheart4u@gmail.com to request your oils. For only a small additional shipping cost, Prema Lia will order your oils, receive them at her office in Vancouver, WA, and ship them from there to your home. This process will take a few extra days.

If this is the method of purchase you choose, there are three simple payment options:

10. Send check by mail. Your oils will be sent as soon as the check clears.

11. Call into the office with your credit card and your order will be processed over the phone.

12. Use Prema Lia’s PayPal account, again going to her website at www.prema-lia.com/Essential-Oils-and-Natural-Herbs.html and follow the link to PayPal, to pay with your credit or debit card.

Purchasing dōTERRA essential oils directly from Prema Lia is a fantastic way to gain all the benefits of a dōTERRA membership and try them out before choosing to become a member yourself!
Starting Your Own dōTERRA Business

Independent Product Consultants

dōTERRA’s products are sold exclusively through Independent Product Consultants who, working from home, introduce, educate about, and sell dōTERRA products locally through person-to-person contact and globally through personalized shopping sites. These Consultants share their personal enthusiasm for our products with friends and associates via in-home demonstrations and by referring people to personalized web shopping sites. Each Independent Product Consultant (IPC) pays a $35 registration fee or purchases a membership kit and is then given access to a number of benefits including:

- Ability to purchase products at wholesale prices, 25% below retail prices.
- Earn free product purchase credits in the Loyalty Rewards program.
- Own personalized web shopping site to which you can refer your personal customers and receive retail bonuses for no additional monthly fee.
- Sponsor new consultants and receive additional bonuses on their sales and the sales of consultants they sponsor.
- Access to your own personalized business management web site with no monthly fee.
- Other special product promotions and discounts.

To find out more about how you can become a member and sell dōTERRA products, go to Prema- lia.com and follow the link dōTERRA Essential Oils & Nature’s Sunshine Herbs to learn more!
**Frequently Asked Questions**

**dōTERRA Questions:**

- Are dōTERRA oils certified organic?

  In short, no. However, this is because the oils are imported from around the world and this makes certification difficult. The oils themselves are entirely pure following dōTERRA’s Certified Pure Therapeutic Grade® guidelines. There are no chemical additives and the oils go through several tests including Mass Spectrometry and Gas Chromatography, to ensure that you only receive a pure essential oil.

- How are dōTERRA essential oils collected and distilled?

  dōTERRA oils are collected using a low-heat steam distillation process. Steam is circulated under pressure through plant materials and the essential oils are collected in the steam. As the steam mixture cools, the water and oil naturally separate. These collected oils then continue through more chemical processes to ensure that they meet the CPTG® quality.

  Citrus oils, which come from the rinds of citrus fruit, are extracted by the compression method in which the oils are squeezed from the rinds of the plant.

- What does CPTG® mean?

  CPTG® means Certified Pure Therapeutic Grade®, which is the standard to which dōTERRA oils are held. It means that the oils are purely the aromatic extract and that there are no fillers or artificial ingredients which would lessen the potency of the oil’s healing effects. This also means the oils have gone through rigorous testing to ensure that only the best oils are collected during the right season and when the plant is at its peak. The oils are subjected to seven different tests including Mass Spectrometry and Gas Chromatography to ensure extract composition and activity are up to dōTERRA standards.

- Whom can I contact for more information?

  To get more information about dōTERRA essential oils, see either the dōTERRA webpage at [www.doterra.com](http://www.doterra.com) or visit Prema Lia’s webpage at [www.prema- lia.com](http://www.prema-lia.com).

**Selling dōTERRA Products:**

- Where can I learn more about getting involved with dōTERRA?
Again, see Prema Lia’s webpage (www.prema- lia.com) or see dōTERRA Everyday at http://www.doterraeveryday.com. These websites lay out the business plan and provide further information on becoming a dōTERRA Independent Product Consultant.

**Using Oils:**

- **Will an oil still work on me if I don’t like the smell/taste of it?**

  Yes! Even if a particular oil does not appeal to you, their healing and cleansing abilities do still work. In fact, it has been proven that even people without a sense of smell can gain the benefits of aromatherapy! Often an oil can be combined with other scents to make something that is more appealing for an individual sense of smell, and then not only are the benefits of the less appealing oil achieved, but those of the more appealing ones as well!

  Mixing and experimenting with oils is always encouraged, as each body reacts differently to certain oils and blends. Before deciding not to use an oil, try mixing it with other scents to see if you can find something that works better for you!

- **If I am allergic to the plant from which an oil is distilled, can I still use the oil?**

  No. Essential oils are the parts of the plant condensed and distilled to its very essence. The allergic reaction can be triggered by using an essential oil. If you are allergic to a plant, find alternatives to the oil which can produce a similar effect.

- **How do I dilute oils?**

  Diluting oils is very easy. Using a carrier oil—Fractionated Coconut Oil comes highly recommended by dōTERRA as it has a very clean texture, is unscented, and is entirely safe to eat, though vegetable and grapeseed oils can also be used—add three to four drops of carrier oil for every drop of essential oil. When this is done, mix the two thoroughly and test on a small area of skin to determine if the blend is diluted or strong enough before applying widely.

  When using oils internally, it is suggested that only one or two drops be put in eight ounces of liquid and particularly strong oils such as Black Pepper, Cinnamon, or even Peppermint should be further diluted. Using honey, tea, or another liquid to help ease drinking the essential oil is also recommended.

  When using essential oils on children, the elderly, and pets, the dilution ratio should be made much, much smaller. Very light doses of essential oils will go a long way. One drop of essential oil to ten or even twenty drops of carrier oil is a safer place to begin with these age groups.
- **Why do I need to dilute oils?**

  Essential oils are very powerful and pure compounds, and because of this they can cause a burning sensation or other skin irritation. Individuals with sensitive skin will find that essential oils may cause slight irritation and a similar reaction can be found in children, the elderly, and pets. Diluting essential oils makes them easier for bodies to handle.

  When beginning with a new essential oil, it is always suggested that an oil be further, not less, diluted and as you grow comfortable with the affect it has on your body you can increase your dosage. This is the safest way to ensure that you have no adverse effects.

- **How do I get started using oils in my home?**

  Getting started is easy. dōTERRA offers a fantastic starter kit which includes three of the most versatile essential oils: peppermint, lavender, and lemon. There are literally over one hundred ways these oils can be used, and they’re very safe and straight-forward. For more information on the dōTERRA starter kit, contact Prema Lia (Kim) Thompson via her webpage www.prema-lia.com.

  Once you’ve begun to understand how these oils work in your life, you can look to other areas that could use the help of oils, including in daily cleaning, digestion, and healing minor wounds. The Introductory Kit is a great way to get started understanding oils and also comes with a booklet and an audio CD to help you navigate your way through understanding essential oils.

  If you want to begin with more options, dōTERRA offers a number of other kits which offer more oils, blends, and information. They focus on everything from cleaning to healing and come with a dōTERRA membership as well!

  It is always encouraged that you begin using essential oils with the help of an experienced essential oils user. Prema Lia (Kim) Thompson is always willing to offer her abundance of knowledge to anyone with questions about using dōTERRA products. For more information on how to get ahold of Prema Lia, visit her website at www.prema-lia.com.

- **My oil smells different than usual, why? Does it affect the quality?**

  No. Because dōTERRA oils are completely pure and come from the plant source itself, occasionally there are alterations in the oil’s color and scent. These changes reflect the weather or growing state during the plant’s season. Nevertheless, you can trust that dōTERRA’s CPTG® oils will continue to uphold their high quality and healing abilities even if the scent is slightly altered.
**dōTERRA Resources**

http://www.prema-lia.com Gain access to dōTERRA essential oils and more! Learn about and purchase essential oils at retail and wholesale prices and gain access to a number of spiritual resources through Prema Lia’s Clairvoyant, Clairsentient, and Clairaudient abilities.

http://www.doterra.com dōTERRA’s official website. Gives access to company information, essential oils use techniques, and a number of other great resources for introducing yourself and your friends to dōTERRA Essential Oils.

http://www.doterra.com/convention You can find information about dōTERRA Essential Oil events by visiting the convention page.

http://www.doterra.com/healinghands In addition to dōTERRA’s Essential Oil business, they also have begun a nonprofit dedicated to bring healing and hope to the world, for providing lives free of disease and poverty, and to ultimately help impoverished cultures to be self-reliant. This site features the latest projects, and information on how to donate, and get involved.

http://www.oilsmentor.com Oils Mentor provides free access to a number of videos and audio files which can be used to train yourself to safely and effectively employ essential oils and grow your own dōTERRA business.

http://www.doterraeveryday.com dōTERRA Everyday is your number one site for access to the latest essential oils research, dōTERRA product deals, news, newsletters and magazines, recipes, and more all on one website designed to broaden your knowledge and help you integrate essential oils into every aspect of your life.

http://www.doterraundergraduate.com Learn the six steps to creating the ideal personalized dōTERRA business and gain access to certifications which will take your business to the next level.

http://www.doterratools.com dōTERRA Tools provides your dōTERRA business with all the resources it needs to educate and inform your customers with the most up-to-date information and presentation dōTERRA has to offer!

http://www.doterra.com/leadership2014 Each year, dōTERRA holds an IPC leadership retreat. If you are serious about growing your dōTERRA business, you should work to qualify to attend this annual event!

http://www.doterra.com/diamondclub Diamond Club is a periodic business building incentive for qualifying dōTERRA IPCs to ignite their business by generating new business
and momentum through events. The purpose of Diamond Club is to help IPCs reach Diamond by establishing new leaders and sales teams outside their local area while continuing to support and build their existing home team.

http://www.iamslimandsassy.com Slim & Sassy® is dōTERRA’s unique and all-natural oil blend created to help you lose weight and feel fantastic. This website gives you access to the competition, stories, and weight-loss programs offered by the Slim & Sassy campaign.

http://www.aromatouchtechnique.com The AromaTouch Technique website offers a number of resources for those looking to become certified in the AromaTouch technique, keep up with the latest information and updates on the technique, or participate in a class or convention.

http://doterrablog.com The dōTERRA blog offers a number of tips for using essential oils for cleaning, health, cooking and more!

http://www.everythingessential.me Everything Essential offers an expanded database of symptoms, oils, the best remedies for diseases, and more!

http://mydopro.com This website offers a number of instructional videos. Sign up and make a free account!

http://aromatools.com This website offers access to the most recent Modern Essentials book, which has everything you need to become an essential oil pro!

dōTERRA is also active on the following social media sites:

Facebook: https://www.facebook.com/doterra
LinkedIn: http://www.linkedin.com/company/d-terra
Twitter: https://twitter.com/doterra
YouTube: https://www.youtube.com/user/doTERRAcorp
Pinterest: http://www.pinterest.com/doTERRA/
**DōTERRA Product Guide**

**Single Oils**

**Basil Essential Oil**  
*Ocimum basilicum*  
15 mL  
Valued for its restorative and calming properties, basil is commonly used for soothing sore muscles and joints, to ease breathing and as a cooling agent for the skin.*  
Wholesale: $20.00   Retail: $26.67

**Bergamot Essential Oil**  
*Citrus bergamia*  
15 mL  
A highly favored oil for its lovely fragrance, bergamot is unique among citrus oils for its calming properties. dōTERRA, in keeping with the CPTG Certified Pure Therapeutic Grade® standard, cold-presses the oil from the rind of the bergamot fruit.’  
Wholesale: $27.50   Retail: $36.67

**Black Pepper Essential Oil**  
*Piper nigrum*  
5 mL  
A stimulating and highly antioxidant essential oil which has been shown to improve circulation, aid digestive system, as well as help curb urges to smoke. Black Pepper is also a wonderful flavor but a little goes a long way, use sparingly.  
Wholesale: $22.00   Retail: $29.33

**Cassia Essential Oil**  
*Cinnamomum cassia*  
15 mL  
Cassia, a close relative of cinnamon, is notable for its wonderful fragrance. Cassia has been used for thousands of years for both its calming properties and fragrance.  
Wholesale: $19.00   Retail: $25.33

**Cilantro Essential Oil**  
*Coriandrum sativum*  
15 mL  
Cilantro comes from the leaves of the coriander plant and is a fresh and tasty flavor enhancer used by food connoisseurs. There are also many diverse therapeutic benefits that may be enjoyed, including digestive, antioxidant and stimulating.  
Wholesale: $13.00   Retail: $17.33

**Cinnamon Essential Oil**  
*Cinnamomum zeylanicum*  
5 mL  
Cinnamon’s popularity as an essential oil stems from its many therapeutic uses, including cinnamon’s cleansing properties and its usefulness with aches and pains.  
Wholesale: $21.00   Retail: $28.00
**Clary Sage Essential Oil**  
*Salvia sclarea*  
15 mL

Known for its uplifting and mood-lightening attributes, clary sage is also widely used by women to soothe the monthly discomfort associated with their menstrual cycles.* It was also studied by noted expert Robert Tisser and for its mood-enhancing properties during massage.

*Wholesale: $36.50  Retail: $48.67*

**Clove Bud Essential Oil**  
*Eugenia caryophyllata*  
15 mL

Clove is much more than a popular cooking spice—it is a favorite among both healthcare professionals and health conscious individuals for its many useful and healing properties. It is also a powerful antioxidant.

*Wholesale: $14.00  Retail: $18.67*

**Coriander Essential Oil**  
*Coriandrum sativum*  
15 mL

Popular across many cultures for various uses, coriander essential oil is extracted from the seed of the coriander plant. Coriander’s healthful therapeutic benefits, which can be attributed to its extremely high linalool content, range from digestive support to supporting a healthy insulin response.

*Wholesale: $26.00  Retail: $34.67*

**Cypress Essential Oil**  
*Cupressus sempervirens*  
15 mL

Distilled from the twigs and foliage of the cypress tree, cypress essential oil is popularly used to clear breathing and as a throat gargle. It can also be used to ease tight, tense muscles and used topically to support localized blood flow. A blend of cypress and grapefruit is used in spa therapies for beautifying legs and hips.

*Wholesale: $15.50  Retail: $20.67*

**Eucalyptus Essential Oil**  
*Eucalyptus radiata*  
15 mL

Because of the many influential compounds found in eucalyptus, it is a key ingredient in cough and throat medicines and chest ointments. Eucalyptus is used widely both for its calming and clearing properties as well as to ease breathing.

*Wholesale: $14.00  Retail: $18.67*

**Fennel (Sweet) Essential Oil**  
*Foeniculum vulgare*  
15 mL

Used for centuries for its many health benefits, fennel essential oil has pronounced antioxidant properties and is considered a tonic. It is often used to relieve indigestion (supporting the healthy functions of the stomach), aiding in any kind of digestive trouble and to support improvements to the lymphatic system. Fennel’s sweet yet spicy aroma is balancing and may bring to mind licorice.

*Wholesale: $15.00  Retail: $20.00*
**Geranium Essential Oil**  
*Pelargonium graveolens* 15 mL

Geranium offers outstanding benefits for soothing skin and is a common ingredient in many skin care products. Also useful for joint support and tempering minor aches and pains, geranium's calming effects make it a popular choice for many essential oil users.

*Wholesale: $27.00  Retail: $36.00*

**Ginger Essential Oil**  
*Zingiber officinale* 15 mL

Although ginger is an indispensable component of worldwide cuisine, it is most notable for its ability to ease indigestion. Ginger's sweet, citrusy fragrance accompanies a multitude of other therapeutic benefits.

*Wholesale: $29.00  Retail: $38.67*

**Lemon Essential Oil**  
*Citrus limon* 15 mL

Another favorite, this essential oil powerhouse is cold pressed from lemon rinds to preserve its delicate nature and potent properties. Lemon is known as a powerful aromatic, topical and internal cleanser and can be used to complement many other oils. Diffusing lemon in a room can cleanse the air and uplift mood. It can also be used on surfaces throughout the home as a non-toxic cleaning booster.

*Wholesale: $10.00  Retail: $13.33*

**Frankincense Essential Oil**  
*Boswellia frereana* 15 mL

Perhaps the most precious of the ancient oils, frankincense is highly sought after by modern consumers for its many uses—including relaxation, immune support, and mood enhancement.

*Wholesale: $69.75  Retail: $93.00*

**Helichrysum Essential Oil**  
*Helichrysum italicum* 5 mL

One of the most precious and sought-after essential oils, helichrysum has traditionally been used for its soothing and regenerative effects. The rare essential oil of helichrysum is distilled from the flower cluster of an evergreen herb and is highly prized by essential oil users.

*Wholesale: $75.00  Retail: $100.00*

**Grapefruit Essential Oil**  
*Citrus X paradise* 15 mL

Grapefruit’s fresh, invigorating aroma is sure to uplift the mood and please the senses. Pressed from the rind, grapefruit is more than just a fresh scent—its cleansing and invigorating properties have made it a favorite among essential oil lovers.

*Wholesale: $16.00  Retail: $21.33*
**Lemongrass Essential Oil**  
*Cymbopogan flexuosus*  
15 mL  
Lemongrass has long been used in Asian and Caribbean cooking due to its subtle lemony flavor and aroma. It has been found to support healthy digestion, and soothe aching muscles.  
*Wholesale: $10.00   Retail: $13.33*

**Lavender Essential Oil**  
*Lavandula angustifolia*  
5 mL  
Our most popular oil, lavender has been cherished for its unmistakable aroma and its therapeutic properties for thousands of years. Lavender is widely used and acknowledged for its calming and relaxing qualities.  
*Wholesale: $19.00   Retail: $25.00*

**Melissa Essential Oil**  
*Melissa officinalis*  
5 mL  
Our most expensive and rare oil, Melissa essential oil has a sweet, fresh, citrus-like fragrance and is steam distilled from the fresh flowering tops, leaves and stems of the Melissa officinalis plant. With a wide range of therapeutic properties, Melissa can be used for calming the nerves, addressing stomach discomfort, mood support and seasonal bugs. Because the Melissa plant has an oil yield of less than 1/10 of 1%, it is one of the most commonly adulterated oils.  
*Wholesale: $115.00   Retail: $153.33*

**Lime Essential Oil**  
*Citrus aurantifolia*  
15 mL  
With its sharp, citrus smell, Lime is one more essential oil to add to your favorites! Lime’s stimulating and refreshing properties can affect mood, as well as being a powerful aromatic, topical and internal cleanser. Lime is also popular for use on joints and for seasonal bugs.  
*Wholesale: $19.00   Retail: $17.33*

**Marjoram Essential Oil**  
*Origanum majorana*  
15 mL  
Also referred to as “wintersweet” or “joy of the mountains,” marjoram is one of the most common herbs found in kitchens around the world. Valued for its calming properties, marjoram may be applied topically to soothe tired, stressed muscles or to support the respiratory or nervous system.  
*Wholesale: $19.00   Retail: $25.33*

**Melaleuca Essential Oil**  
*Melaleuca alternifolia*  
15 mL  
Recognized by its more common name “tea tree”, melaleuca has been revered for its cleansing and regenerative properties, especially for the skin. Composed of more than ninety different compounds, melaleuca has limitless therapeutic applications.  
*Wholesale: $19.00   Retail: $25.33*
**Myrrh Essential Oil**  
*Commiphora myrrha*  
15 mL  

Historically, myrrh has been used in many ways—from meditation to embalming in ancient Egypt. Modern herbalists frequently recommend myrrh for its cleansing properties, especially for the mouth and throat. Myrrh is also excellent for calming the skin.

**Wholesale:** $52.00  
**Retail:** $69.33

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**Roman Chamomile Essential Oil**  
*Anthemis nobilis*  
5 mL  

The most versatile of the chamomiles, Roman chamomile is extracted from the small, white, daisy-like flower of the Roman chamomile plant. Used widely for its calming properties, Roman chamomile is especially soothing to the systems of the body and helps to support a healthy inflammatory response.

**Wholesale:** $33.00  
**Retail:** $44.00

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**Patchouli Essential Oil**  
*Pogostemon cablin*  
15 mL  

Patchouli oil has an easily recognizable rich musky-sweet fragrance. It can have a grounding, balancing effect on the emotions while providing excellent mood support. Patchouli is also widely used for wounds and tissue repair, as well as in skin care preparations for these same properties.

**Wholesale:** $29.50  
**Retail:** $39.33

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**Peppermint Essential Oil**  
*Mentha piperita*  
15 mL  

Peppermint is popular in countless forms—from toothpaste to chewing gum. As an essential oil, it is useful to ease breathing and as a digestive aid.

**Wholesale:** $20.50  
**Retail:** $27.33

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**Oregano Essential Oil**  
*Origanum vulgare*  
15 mL  

Hippocrates, the father of medicine, used oregano as a cleansing agent as well as for digestive and respiratory support. High in antioxidant activity, oregano contains phenolic acids and flavonoids.

**Wholesale:** $24.00  
**Retail:** $32.00

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**Rosemary Essential Oil**  
*Rosmarinus officinalis*  
15 mL  

Considered sacred by ancient Greeks, Romans, Egyptians and Hebrews, it has been revered by healers for centuries for digestive uses and for muscle aches.

**Wholesale:** $14.00  
**Retail:** $18.67

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**Sandalwood Essential Oil**  
*Santalum album*  
5 mL  

With a documented history of use of several thousand years and a wide variety of applications, sandalwood is most notable for its smoothing effects on skin and for its mood-enhancing properties.

**Wholesale:** $61.75  
**Retail:** $82.33
**Thyme Essential Oil**  
*Thymus vulgaris*  
5 mL

Thyme, familiar to most as a seasoning for cooking, produces an essential oil that has valuable cleansing and clarifying properties. It is also notable for its broad-spectrum activity for winter health.

*Wholesale: $61.75  Retail: $82.33*

**Vetiver Essential Oil**  
*Vetiveria zizanoides*  
15 mL

Vetiver is loved for its rich, exotic and complex aroma. Vetiver’s woody, earthy scent balances many other oils. Vetiver also has many uses, including as an antioxidant and for relaxation.

*Wholesale: $27.50  Retail: $36.67*

**White Fir Essential Oil**  
*Abies alba*  
15 mL

Derived from the soft needles of the tree, white fir is a favorite among essential oil users for its ability to comfort and soothe muscle aches when applied topically.

*Wholesale: $20.00  Retail: $26.67*

**Wild Orange Essential Oil**  
*Citrus sinensis*  
15 mL

Wild orange is excellent for energizing and revitalizing. It is also commonly used as an effective tool for uplifting mood, as well as for its wonderful citrusy aroma.

*Wholesale: $10.50  Retail: $14.00*

**Wintergreen Essential Oil**  
*Gaultheria procumbens*  
15 mL

Most modern consumers are familiar with the aroma and flavor of wintergreen due to its popularity in candy and chewing gum. Wintergreen essential oil, however, has much more to offer therapeutically—as a comforting agent for aches and pains, for example.

*Wholesale: $16.00  Retail: $21.33*

**Ylang Ylang Essential Oil**  
*Cananga odorata*  
15 mL

Ylang ylang, while famed for its exquisite fragrance and long history as a component of perfumes, has much to offer therapeutically. It is an effective mood uplifting agent as well as having calming properties.

*Wholesale: $35.25  Retail: $47.00*
**Oil Blends**

**Aromatouch®**
*Massage Blend*  
15 mL

dōTERRA’s proprietary massage blend combines the therapeutic benefits of oils well-known to relax muscles, calm tension, soothe irritated tissue, increase circulation and smooth limbs. AromaTouch combines our CPTG® essential oils of basil, grapefruit, cypress, marjoram, peppermint and lavender in a perfectly relaxing blend which adds many important benefits to various massage techniques.

Wholesale: $26.00  
Retail: $34.67

**Balance**
*Grounding Blend*  
15 mL

Everyone experiences moments of disconnectedness or anxiety. The warm, woody aroma of Balance, dōTERRA’s grounding blend, creates a sense of calm and well-being. We perfectly blend spruce, rosewood, frankincense and blue tansy to offer an enticing fragrance which promotes tranquility and a sense of balance.

Wholesale: $20.00  
Retail: $26.67

**Breathe**
*Respiratory Blend*  
15 mL

Respiratory issues are prevalent in modern society. dōTERRA essential oils are a perfect way to ease breathing consistently for a sustained benefit. Breathe is a remarkable blend of CPTG essential oils which combine to do just that—help you breathe easier. A proprietary blend including laurel leaf, peppermint, eucalyptus, melaleuca, lemon and ravensara cleanses and soothes the airways, and can easily be applied topically to the chest, back or bottom of feet. Its pleasant aroma is calming to the senses and perfect for nighttime diffusion allowing for restful sleep.

Wholesale: $20.00  
Retail: $26.67
**ClaryCalm™**  
*Monthly Blend for Women  10 mL*

dōTERRA® ClaryCalm™ is a proprietary blend of Certified Pure Therapeutic Grade essential oils that have been traditionally used to balance hormones and manage symptoms of PMS and the transitional phases of menopause. A topical blend of clary sage, lavender, bergamot, Roman chamomile, cedarwood, ylang ylang, geranium, fennel, carrot seed, palmarosa and vitex, ClaryCalm provides temporary respite from cramps, nausea, hot flashes, and the emotional swings sometimes associated with regular hormone cycles in women.

*Wholesale: $24.50  Retail: $32.67*

**Citrus Bliss**  
*Invigorating Blend  15 mL dōTERRA®’s Citrus Bliss invigorating blend merges the benefits of citrus essential oils. We combine powerful essences of wild orange, lemon, grapefruit, mandarin, bergamot, tangerine and clementine with a hint of vanilla to form this unique and harmonious blend. With benefits that extend beyond elevating mood and reducing stress, Citrus Bliss has natural, potent compounds with cleansing properties. Mixed with water, Citrus Bliss is a perfect solution for disinfecting countertops and other surfaces while emitting a fresh, sweet scent.*

*Wholesale: $15.00  Retail: $20.00*

**Clear Skin**  
*Topical Blend  10 mL*

With a unique blend of essential oils including rosewood, melaleuca, eucalyptus, geranium and lemongrass, along with black cumin seed oil, dōTERRA’s Clear Skin Topical Blend creates an environment unfriendly to bacteria and microbes that cause unsightly and persistent reactions in the skin. Beneficial properties include controlling overactive sebaceous glands, soothing irritated skin and assisting in cell rejuvenation helping skin look and feel even and clear.

*Wholesale: $21.00  Retail: $28.00*
Deep Blue®
Soothing Blend
5 mL

According to recent studies, more than half of us are sufferers of ongoing discomfort. Deep Blue is dōTERRA®’s soothing solution to this challenge. Wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum and osmanthus work together to ease achy joints and sore muscles. Its effects are deep and penetrating with sustained results. Once gently rubbed into the area of discomfort, Deep Blue’s cool therapeutic benefit will be felt almost immediately.

Wholesale: $32.00
Retail: $42.64

Digestzen®
Digestive Blend
15 mL

Many essential oils have been recognized through research as powerful agents to help restore normal balance in the digestive system. DigestZen takes advantage of these well-established therapeutic compounds in a proprietary blend of pure essential oils. Ginger, peppermint, tarragon, fennel, caraway, coriander and anise each have specific attributes which add to the overall efficacy of this potent blend. When used internally, dōTERRA’s DigestZen brings soothing digestive relief.

Wholesale: $31.00
Retail: $41.33

Elevation™
Joyful Blend
15mL

Elevation is the perfect blend for those moments when you need to be revitalized. This exciting blend provides an invigorating combination of CPTG® essential oils that can elevate your mood and increase your vitality. Elevation is a blend of lavandin, tangerine, elemi, lemon myrtle, melissa, ylang ylang, osmanthus and sandalwood blended flawlessly for an immediate and dramatic effect.

Wholesale: $37.00
Retail: $49.33

Intune™
Focus Blend
10 mL

A proprietary blend of carefully selected essential oils combined to enhance focus and support healthy thought processes. Supporting efforts of those with difficulty paying attention and staying on task, these essential oils help sustain focus.

Wholesale: $34.50
Retail: $46.00
**Immortelle**
*Anti-Aging Blend 10 mL*

dōTERRA’s 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 to reduce inflammation—a major contributor to the aging process. Supporting skin health at the cellular level, this essential oil blend of frankincense, sandalwood, lavender, myrrh, helichrysum and rose, helps sustain smoother, more radiant and youthful skin.

Wholesale: $69.50 Retail: $92.67

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**Pasttense®**
*Tension Blend 10 mL*

PastTense, dōTERRA’s proprietary blend for tension and the discomforts associated with headaches, provides calming comfort with the strength of CPTG® essential oils of wintergreen, lavender, peppermint, frankincense, cilantro, marjoram, Roman chamomile, basil and rosemary. Packaged for convenient application in a roll-on bottle.

Wholesale: $18.50 Retail: $24.67

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**Whisper™**
*Blend For Women 5 mL*

A blend of dōTERRA’s most appealing essences, Whisper combines several CPTG essential oils which blend with your individual chemistry to create a beautiful and unique personal fragrance. Contains rose, jasmine, bergamot, cinnamon, cistus, vetiver, ylang ylang, cocoa, vanilla, sandalwood and patchouli.

Wholesale: $24.00 Retail: $32.00

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**Zendocrine®**
*Detoxification Blend 15 mL*

dōTERRA’s Zendocrine essential oil blend is a proprietary blend of therapeutic-grade essential oils of clove, grapefruit, rosemary and geranium that have been studied for support of healthy liver function. This blend is formulated to be used individually or in combination with the Zendocrine botanical extract complex.

Wholesale: $24.50 Retail: $32.67
**Purify**

*Cleansing Blend* 15 mL

From bug bites to sneezes, protecting yourself is more important than ever. Purify is dōTERRA’s formidable blend of CPTG essential oils designed to eliminate odors and other contaminate naturally—without toxic additives. Its refreshing aroma quickly eradicates unpleasant odors and clears the air and environment with the essential oils of lemon, lime, pine, citronella, melaleuca, and cilantro.

![ATN] Wholesale: $18.00  Retail: $24.00

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**Serenity**

*Calming Blend* 15 mL

Serenity is a blend of essential oils with known calming properties which create a sense of well-being and relaxation. Lavender, sweet marjoram, Roman chamomile, ylang ylang, sandalwood and vanilla bean create a subtle aroma ideal for aromatic diffusion or topical application. Applied to the bottom of the feet at bedtime, dōTERRA’s Serenity is an excellent way to support restful sleep. Added to a warm bath Serenity creates the perfect escape with its peaceful, renewing fragrance.

![ATN] Wholesale: $30.00  Retail: $40.00

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**OnGuard®**

*Protective Blend* 15 mL

OnGuard® is dōTERRA’s unique, proprietary blend formulated to support healthy immune function. A combination of wild orange, clove, cinnamon, eucalyptus and rosemary essential oils offer a fragrant, natural and effective alternative to synthetic options for immune support. OnGuard®, with its unique aroma, is one of our most versatile blends. It is also safe to use on counter tops, as a non-toxic way to cleanse surfaces, or to clear the atmosphere by diffusing. OnGuard® is superb for eliminating and controlling pathogens due to the potency of its constituents.

![ATIS] Wholesale: $32.00  Retail: $42.67
**Slim & Sassy®**

*Metabolic Blend*  
15 mL

dōTERRA’s Slim & Sassy is a proprietary formula of grapefruit, lemon, peppermint, ginger and cinnamon essential oils. Just add 8 drops to 16 oz. of water and drink between your healthy meals throughout the day to help manage hunger, calm your stomach and lift your mood. Slim & Sassy is 100% pure essential oils, does not contain diuretics or stimulants, and has zero calories.

![ATIS]  
Wholesale: $24.50  
Retail: $32.67

**Terrashield®**

*Repellent Blend*  
15 mL

TerraShield is dōTERRA’s all-natural, super-concentrated insect repellent formulated with a proprietary blend of 15 CPTG Certified Pure Therapeutic Grade® essential oils that have been scientifically shown to repel insects more effectively than other synthetic insect repellents. Just a small amount of super-concentrated TerraShield will provide powerful coverage and lasts up to 6 hours per application. TerraShield smells great and can be used safely by everyone in the family without worry.

![ATN]  
Wholesale: $9.50  
Retail: $12.67
Essential Oil Kits:

Enrollment Kits:

Cleanse & Restore Enrollment Kit
This kit includes: $150.00
- Lifelong Vitality Pack
- GX Assist®
- PB Assist+®
- Lemon Essential Oil (15 mL)
- dōTERRA IPC Introductory Packet
- Enrollment

Family Physician® and Slim & Sassy Kit
This kit includes: $150.00
- Family Physician Kit (5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen® and OnGuard®)
- Slim & Sassy Essential Oil Blend
- dōTERRA IPC Introductory Packet
- Enrollment

Family Wellness Kit
This kit includes: $250.00
- Lifelong Vitality Pack
- PastTense® (10 mL)
- Fractionated Coconut Oil
- Family Physician Kit (5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen® and OnGuard®)
- OnGuard® Foaming Hand Wash and two dispensers
- dōTERRA IPC Introductory Packet
- Enrollment
Home Essentials Kit
This kit includes: $250.00

- **15 mL Essential Oils**: Lavender, Lemon, Melaleuca, Oregano, Peppermint, Breathe, DigestZen®, OnGuard® ©
- **5 mL Essential Oils**: Frankincense, Deep Blue®
- **10 mL Essential Oil Blend**: PastTense®
- dōTERRA IPC Introductory Packet
- Enrollment

Premium Essential Oils Kit
This kit includes: $515.00

- **5 mL Essential Oils**: Purify, Deep Blue®, Elevation™, Serenity, Balance, Eucalyptus, DigestZen®, Wild Orange, Grapefruit, Lemongrass, Marjoram, AromaTouch®, Oregano
- **15 mL Essential Oils**: Lavender, Peppermint, Lemon, OnGuard® ©, Melaleuca, Citrus Bliss, Breathe, Frankincense, Slim & Sassy®, Lime
- Aroma Lite Diffuser
- PastTense® (10 mL)
- Fractionated Coconut Oil (4 oz bottle)
- Introduction to Essential Oils audio (5)
- Wooden dōTERRA storage box
- ⅝ Dram sample vials (12 vials)
- dōTERRA IPC Introductory Packet
- Enrollment

Wellness Complete Kit
This kit includes: $525.00

- Lifelong Vitality Pack
- TerraZyme® (15 mL)
- Family Physician Kit (5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen® and OnGuard® ®)
- Essential Skin Care Kit with Invigorating Scrub
- AromaTouch Technique® Kit: (5 mL bottles of Balance, Lavender, Peppermint, Melaleuca, Wild Orange, AromaTouch®, Deep Blue®, and OnGuard® ®.
- Lotus Diffuser
- dōTERRA IPC Introductory Packet
- Enrollment
**Oil Sharing Enrollment Kit**

This kit includes: $1,150.00

- **Essential Oils** (15mL unless otherwise noted)
  - **1 Bottle Each**: Coriander, Grapefruit, Oregano, Citrus Bliss, Deep Blue (10 mL), Elevation, Serenity
  - **2 Bottles Each**: Frankincense, Lemon, Wild Orange, AromaTouch®, Balance, PastTense® (10 mL), Slim & Sassy®
  - **3 Bottles Each**: Lavender, Melaleuca, Peppermint, Breathe®, Deep Blue® (5 mL), DigestZen®, OnGuard®

- Lotus Diffuser
- Opportunity Brochure (10)
- Product Guide (10)
- ⅝ Dram Sample Vials (72)
- Cap Stickers for Common Oils (5 Sheets)
- Fractionated Coconut Oil (4 oz. bottle)
- Sample Keychain
- dōTERRA IPC Introductory Packet*
- Enrollment

**Natural Solutions Kit**

This kit includes: $550.00

- **5 mL Essential Oils**: Serenity®, DigestZen®, Purify®, Melaleuca, Oregano, AromaTouch®, Frankincense, Breathe®, Balance®
- **10 mL Essential Oils**: Past Tense®, Clear Skin, Solace
- **15 mL Essential Oils**: Lavender, Lemon, Peppermint, OnGuard® ®, Slim & Sassy®, TerraShield®, Lemongrass
- Fractionated Coconut Oil (4 oz. bottle)
- Lifelong Vitality®
- ZendoCrine® Capsules
- TerraZyme® Capsules
- Clear Skin Foaming Face Wash
- OnGuard® Toothpaste
- Deep Blue® Rub
- Sample Vials
- Lotus Diffuser
- Wooden Box
- Enrollment
Every Oil Enrollment Kit
This kit includes: Wholesale: $1,550.00 Retail: $2,066.67

- Essential Oils (15 mL unless otherwise noted)
  - **Singles:** Basil, Bergamot, Cassia, Cinnamon (5 mL), Clary Sage, Clove, Coriander, Cypress, Eucalyptus, Fennel, Frankincense, Geranium, Ginger, Grapefruit, Helichrysum (5 mL), Lavender, Lemon, Lemongrass, Lime, Marjoram, Melaleuca, Melissa (5 mL), Myrrh, Oregano, Patchouli, Peppermint, Roman Chamomile (5 mL), Rosemary, Sandalwood (5 mL), Thyme, Vetiver, White Fir, Wild Orange, Wintergreen, Ylang Ylang
  - **Blends:** AromaTouch®, Balance, Breathe, Citrus Bliss, ClaryCalm™ (10 mL), Clear Skin™ (10 mL), Deep Blue® (5 mL), DigestZen®, Elevation™, Immortelle (10 mL), OnGuard® (5 mL), PastTense® (10 mL), Purify, Serenity, Slim and Sassy®, TerraShield®, Whisper™ (5 mL), Zendocrine®
- Fractionated Coconut Oil (4 oz. Bottle)
- Canvas Bag
- Lotus Diffuser
- dōTERRA IPC Enrollment Packet
- Enrollment

dōTERRA® Diamond Kit
This kit includes: Wholesale: 2,500.00 Retail: $3,333.33

- **15 mL Essential Oil Singles:** Basil, Bergamot, Cassia, Clary Sage, Clove, Coriander, Cypress, Eucalyptus, Fennel (Sweet), Frankincense, Geranium, Ginger, Grapefruit, Lavender, Lemon, Lemongrass, Lime, Marjoram, Melaleuca, Myrrh, Oregano, Patchouli, Peppermint, Rosemary, Thyme, Vetiver, White Fir, Wild Orange, Wintergreen, Ylang Ylang
- **15 mL Essential Oil Blends:** AromaTouch®, Balance, Breathe, Citrus Bliss, DigestZen®, Elevation, OnGuard®, Purify, Serenity, Slim & Sassy®, TerraShield®, TerraZyme, Zendocrine®
- **5 mL Essential Oil Singles:** Cinnamon, Helichrysum, Roman Chamomile, Sandalwood, Melissa
- **5 mL Essential Oil Blends:** Deep Blue®, Whisper
- **10 ml Roll-on Bottles:** PastTense®, Clear Skin, Immortelle, ClaryCalm
- **1 Each:** Fractionated Coconut Oil, Canvas Bag with Logo, Introduction to Essential Oils Kit, Family Physician® Kit, Essential Skin Care Kit with Invigorating Scrub, and Lifelong Vitality Nutritional Product Kit, AromaTouch® Kit, Lotus Diffuser, OnGuard® Lozenges, OnGuard® Foaming Hand Wash with 2 dispensers, PB Assist®+, GX Assist®, Sanobella Shampoo and Conditioner, Citrus Bliss Bath Bar, Serenity Bath Bar, Zendocrine, Hand and Body Lotion, Trim Shake-Chocolate, Trim Shake-Vanilla, Women’s Bone Nutrient Lifetime Complex, Women’s Phytoestrogen
Lifetime Complex, Clear Skin Foaming Face Wash, Deep Blue Rub, Hydrating Cream, OnGuard® Natural Whitening Toothpaste

- **10 Each**: Product Guide, Introduction to Essential Oils Audio CD and Booklets, Family Physician Audio CD and Booklets, Skin Care Brochures, Opportunity Brochures, Slim & Sassy Booklets
- 12 Amber 5/8 Dram Vials
- dōTERRA IPC Introductory Packet

**Leadership Kits**

**EMPOWER Kit (Summer 2014)**
The EMPÖWER Kit makes it easy for you to introduce family and friends to dōTERRA. The kit includes: $50.00
- Twenty issues of dōTERRA Living Magazine, a unique lifestyle magazine packed with product and wellness tips to help you make the most of a healthy dōTERRA lifestyle.
- Twenty 5 mL bottles of dōTERRA Wild Orange essential oil
- Thirty invitation cards allowing attendees of your next event to redeem a copy of dōTERRA Living Magazine and a 5 mL bottle of dōTERRA Wild Orange essential oil.

**Introductory Kit with CD (6 Kits)**
The Introductory Kit with CD (6 Kits) is ideal for anyone who is eager to share with friends and family. These beautifully packaged kits make great gifts and will introduce beginners to the benefits of dōTERRA®’s CPTG Certified Pure Therapeutic Grade essential oils.

This kit includes:
- Wholesale: $115.00  Retail: $153.33
- **5 mL bottles** of Lavender, Lemon, and Peppermint

**Family Physician® Kit (7 Kits)**
The Family Physician® Kit is a collection of ten nurturing essential oils, including six single oils and four blends. The stunning packaged kits make great gifts and will introduce beginners to the benefits of dōTERRA®’s CPTG Certified Pure Therapeutic Grade essential oils.

This kit includes:
- Wholesale: $750.00  Retail: $1,000.00
- **5 ml bottles** of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, Breathe, DigestZen®, and OnGuard®
- 7 Family Physician Kits.
**ArōmaTouch Technique® Kit (7 Kits)**
Increase the benefits you experience with CPTG® Essential Oils by incorporating the AromaTouch® Technique into your healthy lifestyle philosophy.

*Each kit includes:*
- **Wholesale:** $600.00  
  **Retail:** $800.00
  - 5 mL Essential Oils: Balance, Lavender, Peppermint, Melaleuca, Wild Orange, AromaTouch, Deep Blue®, and OnGuard®.
  - Also included with each kit is the AromaTouch overview booklet, presentation box.

**Loyalty Rewards Kits**

**Healthy Inside & Out Kit**
*This kit includes:*
- $180.00
  - Lifelong Vitality Pack
  - Essential Skin Care Kit with Invigorating Scrub

**Monthly Vitality Kit**
*This kit includes:*
- $160.00
  - Lifelong Vitality Pack
  - TerraZyme® (15 mL)
  - PastTense® (10 mL)
  - OnGuard® (15 mL)

**Women's Health Kit**
*This kit includes:*
- **Wholesale:** $69.50  
  **Retail:** $92.67
  - Women's Phytoestrogen Complex (60 capsules)
  - Women's Bone Nutrient Complex (120 capsules)
  - ClaryCalm™ (10 mL)

**LRP Skin Care System with Hydrating Cream**
dōTERRA's Skin Care System with Hydrating Cream will create youthful looking skin.
Formulated with CPTG essential oils specifically chosen to help to diminish signs of aging.
*This kit includes:*
- **Wholesale:** $110.00  
  **Retail:** $146.67
  - Hydrating Cream
  - Facial Cleanser
  - Pore Reducing Toner
  - Tightening Serum
**Lifelong Vitality & Oil Trio Kit**

*This kit includes:*  
$120.00  
- Lifelong Vitality Pack (1 pack of 3 bottles)  
- Lavender Essential Oil (15 mL)  
- Lemon Essential Oil (15 mL)  
- Peppermint Essential Oil (15 mL)

**LRP 150 Kit**

*This kit includes:*  
Wholesale: $165.00  
Retail: $220.00  
- Lifelong Vitality Pack (1 pack with 3 bottles)  
- Deep Blue® Rub (4 oz.)  
- Clear Skin Foaming Face Wash (50 mL)  
- Citrus Bliss Invigorating Bath Bar (4 oz.)  
- Breathe Essential Oil (5 mL)  
- Slim & Sassy® Metabolic Blend (15 mL)  
- Wild Orange Essential Oil (15 mL)

**5 Essential Oil Favorites**

*This kit contains:*  
Wholesale: $102.50  
Retail: $136.67  
- Lavender 15 mL  
- Lemon 15 mL  
- Peppermint 15 mL  
- Melaleuca 15 mL  
- OnGuard® 15 mL

**Essential Skin Care System with Anti-Aging Moisturizer**

dōTERRA® Essential Skin Care is a family of skin care products designed to keep your skin looking young, healthy, and gorgeous. Both a careful selection of CPTG essential oils added in generous proportion to each product and new technologies which complement the essential oils work to target both cellular and mechanical aging.

*This kit includes:*  
Wholesale: $110.00  
Retail: $146.67  
- Essential Skin Care Facial Cleanser  
- Pore Reducing Toner  
- Anti-Aging Moisturizer  
- Tightening Serum
Collections

Cleanse/Renew GX Assist® & PB Assist®+

Use dōTERRA's Cleanse and Renew system to get your digestive system back on track. Start with GX Assist® GI cleansing formula for the first 10 days as a preparatory cleansing step before using PB Assist®+ probiotic defense formula to help maintain a healthy digestive system.

Wholesale: $60.50  Retail: $80.67

dōTERRA Spa Kit

This kit includes:
- Balance Grounding Blend (5 mL)
- Serenity Calming Blend (5 mL)
- Citrus Bliss Invigorating Blend (5 mL)
- Deep Blue Soothing Blend (5 mL)

Wholesale: $59.50  Retail: $79.33

Emergency Preparedness Kit

Being prepared for emergencies gives you and your loved ones the feeling of safety and security. Provide your family members with peace of mind with the dōTERRA® Emergency Preparedness Kit.

This kit includes:
- 15 mL bottles of the oils that are essential for every home: Lavender, Lemon, Peppermint, Melaleuca, Oregano, Breathe, DigestZen®, OnGuard®, Frankincense, TerraShield®, AromaTouch®, Purify, Clove, and Lemongrass
- 5 mL bottle of Deep Blue®
- Fractionated Coconut Oil
- wood storage box
- diffuser
- Family Physician® Audio CD

Wholesale: $450.00  Retail: $600.00
**dōTERRA Travel Kit**

*This kit includes:*

- Lavender Essential Oil (5 mL)
- Wild Orange Essential Oil (5 mL)
- Peppermint Essential Oil (5 mL)
- ArōmaTouch Essential Oil Blend (5 mL)

Wholesale: $33.33  
Retail: $44.00

**Essential Oil Accessories**

**Aroma Ace with OnGuard®**

*Wholesale: $129.95  Retail: $173.27*

Enjoy the convenience and flexibility of an advanced aromatherapy system. The Aroma-Ace is a powerful, compact, and easy to use Essential Oil Diffuser System. It has built in on/off timers and output volume control for easy adjustments. Made in the USA.

**Aroma Lite Diffuser**

*Wholesale: $89.95  Retail: $119.93*

Experience the aromatic benefits of dōTERRA essential oils with the dōTERRA Aroma Lite Diffuser. This diffuser releases essential oils through high frequency oscillation for up to eight hours (depending on mist setting). It is designed to be small and compact—perfect for traveling and hotel use. The Aroma Lite Diffuser features four mist output settings and an optional night light.

**Lotus Diffuser**

*Wholesale: $89.95  Retail: $119.93*

The Lotus Diffuser uses a highly efficient real time atomization technology to effectively diffuse essential oils into the environment. The essential oils are atomized into minute ion particles and active oxygen anions, which are more easily absorbed by the human body than oils diffused by conventional diffusers. dōTERRA® is pleased to be the exclusive distributor of the Lotus diffuser to you and your family.
**Fractionated Coconut Oil**  
*Cocos nucifera*  
*Wholesale: $12.00 Retail: $16.00*

dōTERRA®’s Fractionated Coconut Oil is an all-natural carrier oil that readily absorbs into the skin making it an ideal oil for topical therapies. Its feather-light emollient effect provides a soothing barrier without clogging pores and is excellent for dry or troubled skin. It leaves skin feeling silky smooth, not greasy like other vegetable carrier oils. It is completely soluble with all essential oils and is colorless, odorless, and will not stain or go rancid. For topical use.

**Veggie Caps**  
*Wholesale: $4.00 Retail: $5.33*

These HPMC vegetable capsules are manufactured with state of the art technology to produce a 100% vegetarian derived capsules. Used for customizing individual oil needs.

**Logo Engraved Wooden Box**  
*Wholesale: $14.95 Retail: $19.93*

Custom-made to hold 25 essential oils, the logo engraved wooden box is lightweight and compact, making it easy to transport your oils wherever you go. It also serves as a beautiful display case for your oils when making presentations.

**Black 8-Vial Keychain**  
*$6.50*

dōTERRA branded key chain conveniently allows for easy access to your favorite oils on-the-go. Comes with eight, empty, amber 5/8 dram vials.

**Purple 8-Vial Keychain**  
*$6.50*

dōTERRA branded key chain conveniently allows for easy access to your favorite oils on-the-go. Comes with eight, empty, amber 5/8 dram vials.
**OnGuard® Products**

**Foaming Hand Wash**
16 oz  
*Wholesale: $18.50  Retail: $24.67*

OnGuard® Foaming Hand Wash is a gentle, healthy alternative to harsh antibacterial soaps made with synthetic ingredients. Fortified with the power of naturally safe CPTG® essential oils, OnGuard® Foaming Hand Wash provides the protective benefits of one of dōTERRA®’s most popular proprietary essential oil blends. OnGuard® Foaming Hand Wash cleans and softens hands with the invigorating blend of essential oils that leave your hands smelling fresh. Conveniently packaged in a 16-oz. refill bottle.

**Foaming Hand Wash**
16 oz (2 Pack)  
*Wholesale: $33.50  Retail: $44.67*

The OnGuard® Foaming Hand Wash Twin Pack gives you the convenience of having one at home and one at the office, providing you with OnGuard® protection throughout the day. dōTERRA®’s OnGuard® Foaming Hand Wash is a gentle, healthy alternative to harsh antibacterial soaps made with synthetic ingredients. Fortified with the power of naturally safe CPTG® essential oils, OnGuard® Foaming Hand Wash provides the protective benefits of one of dōTERRA’s most popular proprietary essential oil blends. OnGuard® Foaming Hand Wash cleans and softens hands with the invigorating blend of essential oils that leave your hands smelling fresh. Conveniently packaged in 16-oz. refill bottles.

**Foaming Dispenser**
Holds 8 oz  
*Wholesale: $2.00  Retail: $2.67*

The OnGuard® foaming dispenser holds 8-oz. of OnGuard® Foaming Hand Wash and is the most convenient way to dispense foam onto hands. The sleek design makes for a subtly beautiful addition to sinks throughout your home and office providing you with OnGuard® protection throughout the day.

**Foaming Dispenser**
Holds 8 oz (3 Pack)  
*Wholesale: $5.00  Retail: $6.67*

Place OnGuard® Foaming Dispensers in every sink around the home and office for OnGuard® protection throughout the day. The OnGuard® foaming dispenser holds 8-oz. of OnGuard® Foaming Hand Wash and is the most convenient way to dispense foam onto hands. The sleek design makes for a subtly beautiful addition to sinks throughout your home and office.
Foaming Hand Wash with 2 Dispensers
16 oz; each dispenser holds 8 oz  Wholesale: $22.50  Retail: $30.00

OnGuard® Foaming Hand Wash is conveniently packaged in a 16-oz. refill bottle that fills 8-oz Foaming Dispensers, saving the earth’s resources and your money. Hand-washing is an important health precaution, and placing OnGuard® Foaming Dispensers in every sink around the home and office provides those in your home and workplace with OnGuard® protection throughout the day.

Protecting Throat Drops
30 drops  Wholesale: $14.50  Retail: $19.33

Don’t let flu season catch you off guard! dōTERRA®’s OnGuard® Protecting Throat Drops provide a convenient way to benefit from OnGuard® ’s immune-supporting properties. With all-natural organic cane juice and organic brown rice syrup, these drops help defend against pathogenic microbes of the mouth and throat, support fixed and mobile immune function, and can help calm and soothe dry, scratchy throats.

Natural Whitening Toothpaste
4 oz  Wholesale: $8.50  Retail: $11.33

dōTERRA®’s fluoride-free toothpaste provides the protective benefits of therapeutic-grade OnGuard® essential oils against germs and other harmful pathogens, while also reducing plaque, and whitening teeth with gentle polishing agents. OnGuard® ’s unique cinnamon-mint flavor, with xylitol, also leaves your breath (and your toothbrush), fresh and clean.

Cleaner Concentrate
12 oz  Wholesale: $14.50  Retail: $19.33

OnGuard® Cleaner Concentrate is the natural and safe way to clean your living space while leaving a clean and invigorating scent. Purposely designed to have a wide variety of uses, this specialized formula is derived from plant-based ingredients, with OnGuard® essential oil, for exceptional cleaning power and natural protection. Because it is non-toxic and biodegradable, it is friendly for the whole family as well as the environment.
**OnGuard® Laundry Detergent**

32 oz  
*Wholesale: $24.50  Retail: $32.67*

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

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

**OnGuard® + Softgels**

60 softgels  
*Wholesale: $24.50  Retail: $32.67*

Get the immune support your body needs when facing winter threats or elements that can weaken your immune system with the proprietary blend of dōTERRA OnGuard® and Black Pepper, Oregano, and Melissa essential oils.

- Features a unique blend of essential oils in an easily dissolvable, vegetarian softgel.
- Provides additional immune support when needed.
- Protects against environmental threats.

**OnGuard® Beadlets**

10 mL  
*Wholesale: $15.00  Retail: $20.00*

OnGuard® Beadlets are an easy and convenient way to obtain the immune-boosting benefits of OnGuard® Essential Oil Blend. OnGuard® Beadlets provide a flavorful dose of dōTERRA's proprietary blend of wild orange, clove, cinnamon, eucalyptus and rosemary, all contained in tiny vegetable beadlets that melt in the mouth quickly to freshen breath and support the immune system. Other Ingredients include coconut oil, palm oil, agar, guar gum, glycerin, sodium, alginate, carrageenan and xylitol. OnGuard® Beadlets are perfect for home use, while traveling, and to boost your family's immunity - anytime, anywhere.
**Deep Blue Products**

**Deep Blue® Roll On**

10 mL  Wholesale: $64.00  Retail: $85.00

According to recent studies, more than half of us are sufferers of ongoing discomfort. Deep Blue® is dōTERRA®’s soothing solution to this challenge. Wintergreen, camphor, peppermint, blue tansy, blue chamomile, helichrysum and osmanthus work together to ease achy joints and sore muscles. Its effects are deep and penetrating with sustained results. Once gently rubbed into the area of discomfort, Deep Blue’s cool therapeutic benefit will be felt almost immediately. **For topical use only.** Packaged for convenient application in a roll-on bottle.

**Deep Blue Rub**

4 oz  Wholesale: $29.95  Retail: $39.00

dōTERRA®’s Deep Blue® Rub is a rich, topical cream infused with Deep Blue Soothing Blend of Certified Pure Therapeutic Grade essential oils that provides targeted comfort to tired and sore joints and muscles. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Deep Blue Rub provides a comforting sensation of cooling and warmth to problem areas. With close to 5 ml of dōTERRA’s top-selling Deep Blue essential oil blend, Deep Blue Rub is an essential addition to your bathroom cabinet, gym bag, or first aid kit. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy and is the choice of massage therapists and sports practitioners for applying dōTERRA’s Deep Blue essential oil blend.

**Deep Blue® Rub Samples**

10 Packets  Wholesale: $5.00  Retail: $6.67

Deep Blue Rub Samples feature a rich, topical cream infused with a blend of Certified Pure Therapeutic Grade essential oils that provide targeted comfort to tired and sore joints and muscles. Formulated with a proprietary blend of natural plant extracts (wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum, and osmanthus) and other powerful ingredients, Deep Blue Rub provides a comforting sensation, cooling and warmth to problem areas.

Deep Blue Rub Samples are an essential addition to your bathroom cabinet, gym bag, or first aid kit. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy and is the choice of massage therapists and sports practitioners.
Wellness Products

Lifelong Vitality Supplements

**Alpha CRS®+**

120 Capsules  
Wholesale: $69.50  
Retail: $92.67

dōTERRA® Alpha CRS®+ Cellular Vitality Complex is a proprietary formula combining potent levels of natural botanical extracts that support healthy cell proliferation and lifespan with important metabolic factors of cellular energy to help you live younger, longer. Alpha CRS+ is formulated to be used daily with xEO Mega and Microplex VMz® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.

**Microplex VMz®**

120 Capsules  
Wholesale: $34.50  
Retail: $46.00

dōTERRA®’s Microplex VMz® Food Nutrient Complex is an all-natural, whole-food formula of bioavailable vitamins and minerals that are deficient in our modern diets. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E, and an energy complex of B vitamins presented in a patented glycoprotein matrix. It also contains food-derived minerals of calcium, magnesium, and zinc and trace minerals for optimal bone and metabolic health. Microplex VMz contains dōTERRA’s Tummy Tamer botanical blend of peppermint, ginger, and caraway to calm the stomach for those who may have experienced stomach upset with other vitamin and mineral products. Microplex VMz is encapsulated using sodium lauryl sulfate-free vegetable capsules, does not contain wheat or dairy products, and does not include any animal products.

**xEO Mega**

120 Capsules  
Wholesale: $39.50  
Retail: $52.67

dōTERRA® xEO Mega Essential Oil Omega Complex is a unique formula of CPTG Certified Pure Therapeutic Grade® essential oils and proprietary blend of marine and land-sourced omega fatty acids. Omega fatty acids help support healthy joint, cardiovascular, and brain health, support healthy immune function, and have been shown to help mediate healthy inflammatory responses in cells. A single daily dose of xEO Mega provides 1000 milligrams of marine lipids with 340 mg of EPA and 240 mg of DHA and a blend of plant-sourced essential fatty acids. xEO Mega also includes 800 IU of natural vitamin D, 60 IU of natural vitamin E, and 1 mg of pure astaxanthin, a powerful antioxidant carotenoid harvested from microalgae. The bioavailability of the xEO Mega formula is enhanced through a nanosomal lipid assimilation system.
**Lifelong Vitality Pack**

3 Bottles  
*Wholesale: $74.50  Retail: $93.13*

dōTERRA’s Lifelong Vitality supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.

Coupled with dōTERRA’s CPTG Certified Pure Therapeutic Grade essential oils and a lifelong commitment to dōTERRA’s wellness lifestyle, they naturally support a lifetime of looking, feeling and living younger, longer.

**Lifelong Vitality & Oil Trio Kit**

*This kit includes:*

- Lifelong Vitality Pack (1 pack of 3 bottles)
- Lavender Essential Oil (15 mL)
- Lemon Essential Oil (15 mL)
- Peppermint Essential Oil (15 mL)

**Vegan Lifelong Vitality Pack**

*Wholesale: $79.50  Retail: $106.00*

dōTERRA’s new Vegan Lifelong Vitality pack includes vEO Mega, a unique 100% Vegan formula of plant omega fatty acids, carotenoids, and natural vitamin E and D. dōTERRA’s Lifelong Vitality supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity. Coupled with dōTERRA’s CPTG Certified Pure Therapeutic Grade essential oils and a lifelong commitment to dōTERRA’s wellness lifestyle, they naturally support a lifetime of looking, feeling and living younger, longer.

**vEO Mega**

*120 Capsules  Wholesale: $49.50  Retail: $66.00*

dōTERRA’s vEO Mega is a revolutionary vegetarian formula blending CPTG Certified Pure Therapeutic Grade® essential oils of clove, frankincense, thyme, cumin, orange, peppermint, ginger, caraway, and German chamomile, with natural plant-sourced essential fatty acids from flax, algae, incha inchi seed, borage, cranberry, pomegranate, pumpkin, and grape seed oils delivering 380 mg ALA and 100 mg DHA per daily serving.
**DigestZen Products**

**DigestZen Softgels**

60 Softgels  
**Wholesale:** $19.50  
**Retail:** $26.00  

dōTERRA DigestZen Softgels are a convenient way to obtain the benefits of the proprietary DigestZen essential oil blend in an easily dissolvable, vegetarian softgel.

- Provides a unique blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Anise, and Coriander essential oils.
- Supports healthy digestive balance and function.
- Provides soothing digestive release for stomach discomfort.

**GX Assist®**

60 Softgels  
**Wholesale:** $26.00  
**Retail:** $34.67  

dōTERRA®’s GX Assist® is a proprietary combination of Certified Pure Therapeutic Grade essential oils and caprylic acid that help support a healthy digestive tract by creating an unfriendly environment for potentially harmful pathogens that can disrupt digestive immunities and cause digestive upset. GX Assist is formulated with therapeutic-grade oregano, melaleuca, lemon, lemongrass, peppermint, and thyme essentials oils that have been demonstrated to have in-vitro antimicrobial properties. GX Assist also includes caprylic acid that has been traditionally used as for its specific health-supporting properties in the gut.

**PB Assist®+**

**Wholesale:** $34.50  
**Retail:** $46.00  

PB Assist®+ Probiotic Defense Formula is a proprietary blend of pre-biotic fiber and six strains of probiotic microorganisms in a unique double-layer vegetable capsule delivering 5 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourages culture adhesion and growth. The time-release double-capsule delivery system protects sensitive probiotic cultures from stomach acid. PB Assist+ supports healthy digestive functions and immunities and is safe for use by all members of your family.

**TerraZyme®**

90 Veggie Caps  
**Wholesale:** $37.50  
**Retail:** $50.00  

dōTERRA TerraZyme® Digestive Enzyme Complex is a proprietary blend of active wholefood enzymes and supporting mineral cofactors that are often deficient in cooked, processed, and preservative-laden foods. TerraZyme’s powerful combination of digestive enzymes support the body’s constant production of enzymes critical for healthy biochemical functions including healthy digestion of food nutrients and cellular
metabolism of nutrients to energy. TerraZyme includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars and fiber.

**Zendocrine® Detoxification Complex**

60 Capsules  Wholesale: $24.50  Retail: $32.67

The body’s filtering and waste management system is quite capable of managing a certain amount of exposure to toxic influencers. But in a modern world of environmental pollutions and harmful chemicals, the body’s filtering system can be significantly challenged. dōTERRA®’s Zendocrine Detoxification Complex is a proprietary blend of 14 active whole-food extracts in a patented enzyme delivery system that supports healthy cleaning and filtering functions of the liver, kidneys, colon, lungs and skin.

**Zendocrine Softgels**

60 Softgels  Wholesale: $24.50  Retail: $32.67

Zendocrine Softgels support your body’s natural detoxification system with a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils. Zendocrine helps cleanse the body of toxins and free radicals that can slow the body’s systems down, leaving a heavy, weighted feeling. This powerful blend combines Rosemary, Cilantro, and Juniper Berry, known for their detoxifying properties and ability to support healthy liver function, while Tangerine and Geranium have purifying effects against unwanted substances in the body. Zendocrine Softgels provide a quick and easy way to consume dōTERRA’s Zendocrine essential oil blend, whether you’re traveling, in a hurry, or simply like the convenience of a softgel.

**Cellular Health**

**DDR Prime**

30 mL  Wholesale: $55.00  Retail: $73.33

dōTERRA’s DDR Prime is a proprietary blend of Certified Pure Therapeutic Grade essential oils formulated to support healthy cellular response, repair, and regeneration. As we age, cellular renewal can be slow or be compromised by oxidative damage to cellular DNA. The essential oils in DDR Prime provide antioxidant protection and support a healthy response to cellular stressors.

**DDR Prime Liquicaps**

60 Liquicaps  Wholesale: $55.00  Retail: $73.33

dōTERRA’s DDR Prime is a proprietary blend of Certified Pure Therapeutic Grade essential oils conveniently encapsulated in gelatin capsules to support healthy cellular response, repair, and regeneration. As we age, cellular renewal can be slow or be compromised by oxidative damage to cellular DNA. The essential oils in DDR Prime provide antioxidant protection and support a healthy response to cellular stressors.
**Cellular Energy**

**Mito2Max**

120 Capsules  
**Wholesale:** $29.50  
**Retail:** $39.33

dōTERRA’s Mito2Max is a proprietary formula of standardized plant extracts and metabolic cofactors of cellular energy. Mito2Max supports healthy mitochondrial function and aerobic capacity, and improves stamina naturally without the use of harmful stimulants. Use Mito2Max as a healthy long-term alternative to caffeinated drinks and supplements for increased energy and vitality.

**dōTERRA Women**

**Women’s Bone Nutrient Complex**

120 Capsules  
**Wholesale:** $17.50  
**Retail:** $23.33

Women begin to build bone mass at an early age reaching a maximum bone density in their late twenties. As a woman ages, bone mass begins to decline and bones become more brittle. Declining bone density and health can be accelerated in women whose diets do not include optimal levels of bone nutrients and whose hormones are out of balance. Not managing harmful estrogen metabolites can also accelerate bone degeneration or wasting. dōTERRA®’s Bone Nutrient Lifetime Complex is a blend of vitamins and minerals that are essential for bone health including vitamins C and D, calcium, magnesium and other trace minerals. Bone Nutrient Lifetime Complex can be used by women (and men) of all ages as a dietary supplement to conveniently increase consumption of the bone nutrients found in healthy foods but often deficient in our modern diets.

**Women’s Phytoestrogen Complex**

60 Capsules  
**Wholesale:** $39.50  
**Retail:** $52.67

dōTERRA® Women Phytoestrogen Lifetime Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a woman’s life. Phytoestrogen Lifetime Complex includes a standardized soy extract with genistein, a powerful phytoestrogen that binds with estrogen receptors in cells, and the natural phytoestrogens in pomegranate. It also includes and concentrated extract of flaxseed lignans to help manage potentially harmful metabolites that are produced when estrogen is metabolized in the liver. Balancing hormones and managing harmful metabolites by eating a healthy diet rich in phytoestrogens and other essential nutrients, exercising, and managing weight can help reduce uncomfortable symptoms associated with PMS and the transition through menopause and supports healthy bones, heart, breast tissue, and other body structures and functions as a woman ages.
Children’s Supplements

**A2Z Chewables**

60 Tablets  
**Wholesale:** $19.50  
**Retail:** $26.00  

dōTERRA A2Z Chewable is a cutting edge product has been specially formulated for the junior in your life, to help build their delicate immune system, while supporting healthy energy levels without the use of stimulants as well as maintaining proper bone and teeth health and overall health and wellness. A2Z Chewable tablets are a great way for juniors to gain that daily nutrition that is needed in their early development stages of life, and encouraging habits of taking a daily multi-vitamin supplement throughout their life, thus maintaining a robust and healthy immune system.

**A2Z & IQ Mega Pack**

2-Pack  
**Wholesale:** $39.50  
**Retail:** $52.67  

Inspired by dōTERRA’s LifeLong Vitality Pack, these two products come together, making it easy to enjoy taking omega-3s, whole food nutrients, vitamins, and minerals in convenient liquid and chewable forms. Kids love them because they taste great; adults love them because they are easy to swallow.

**IQ Mega**

150 mL  
**Wholesale:** $34.50  
**Retail:** $46.00  

dōTERRA IQ Mega takes the fishy taste out of fish oil with the fresh orange flavor of dōTERRA’s wild orange CPTG essential oil. This great tasting and easy-to-swallow omega supplement provides 1,000 mg of concentrated, pure fish oil per serving. IQ Mega contains essential nutrients EPA and DHA to support healthy brain, cardiovascular, immune, and joint function. IQ Mega is formulated to be used daily with A2Z Chewable.
**Slim & Sassy**

**Slim & Sassy®**

*Metabolic Blend 15 mL*

dōTERRA®’s Slim & Sassy® Metabolic Blend is a proprietary formula of CPTG Certified Pure Therapeutic Grade® essential oils designed to help manage appetite between meals. Slim & Sassy includes a blend of grapefruit, lemon, peppermint, ginger, and cinnamon essential oils. Just add 8 drops to 16 oz. of water (regular size bottle of water) and drink between your healthy meals throughout the day to help manage hunger, calm your stomach, and lift your mood. For aromatic, topical, and internal use.

Wholesale: $24.50 Retail: $32.67

**Trim Shake - Vanilla**

*40 Servings*

Vanilla Slim & Sassy® TrimShake is a convenient and delicious shake mix providing the essential nutrients of a healthy meal with only 68 calories per serving. Used as a meal replacement for one or more meals each day, TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise. TrimShake also includes a patented weight-loss ingredient EssentraTrim that has been demonstrated to help with managing the stress hormone cortisol associated with fat storage. TrimShake blends well with water or milk for a low-calorie, low-glycemic, high-fiber satisfying meal alternative with 8 grams of protein per serving.

Wholesale: $39.50 Retail: $52.67
**Trim Shake - Chocolate**

40 Servings

Chocolate Slim & Sassy® TrimShake is a convenient and delicious shake mix providing the essential nutrients of a healthy meal with only 68 calories per serving. Used as a meal replacement for one or more meals each day, TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise. TrimShake also includes a patented weight-loss ingredient EssentraTrim that has been demonstrated to help with managing the stress hormone cortisol associated with fat storage. TrimShake blends well with water or milk for a low-calorie, low-glycemic, high-fiber satisfying meal alternative with 8 grams of protein per serving.

Wholesale: $39.50  
Retail: $52.67

**V-Shake**

40 Servings

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

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

Wholesale: $39.50  
Retail: $52.67

**Slim & Sassy® Trim Kit—One Vanilla, One Chocolate Trim Shake**

Kick off your weight loss goals with the Slim & Sassy®Trim Kit. Slim down by using Slim & Sassy on a regular basis throughout the day, even topically, together with doTERRA®’s new Trim Shakes.

This kit includes:

- 4 Slim & Sassy 15 mL blends
- 1 Chocolate Trim Shake
- 2 Vanilla Trim Shake

Wholesale: $155.00  
Retail: $200.00
**Slim & Sassy® Trim Kit—Two Vanilla Trim Shakes**

Kick off your weight loss goals with the Slim & Sassy® Trim Kit. Slim down by using Slim & Sassy on a regular basis throughout the day, even topically, together with dōTERRA®’s new Trim Shakes.

*This kit includes:*

- 4 Slim & Sassy 15 mL blends
- 2 Vanilla Trim Shakes

Wholesale: $155.00  
Retail: $200.00

**Slim & Sassy® Trim Kit—Two Chocolate Trim Shakes**

Kick off your weight loss goals with the Slim & Sassy® Trim Kit. Slim down by using Slim & Sassy on a regular basis throughout the day, even topically, together with dōTERRA®’s new Trim Shakes.

*This kit includes:*

- 4 Slim & Sassy 15 mL blends
- 2 Chocolate Trim Shakes

Wholesale: $155.00  
Retail: $200.00

**New You Kit—1 Chocolate & 1 Vanilla Trim Shake**

Be ready with all the products you need for the next Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack.

*This kit includes:*

- 4 Slim & Sassy 15 mL blends
- 1 Vanilla Trim Shake
- 1 Chocolate Trim Shake
- Lifelong Vitality Pack

Wholesale: $199.00  
Retail: $265.33

**New You Kit—Chocolate Trim Shake**

Be ready with all the products you need for the next Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack.

*This kit includes:*
- 4 Slim & Sassy 15 mL blends
- 2 Chocolate Trim Shakes
- Lifelong Vitality Pack

Wholesale: $199.00  Retail: $265.33

**New You Kit—Vanilla Trim Shake**

Be ready with all the products you need for the next Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack. 

*This kit includes:*

- 4 Slim & Sassy 15 mL blends
- 2 Vanilla Trim Shake
- Lifelong Vitality Pack

Wholesale: $199.00  Retail: $265.33

**Vegan Slim & Sassy New You Kit**

Be ready with all the products you need for the 2014 Slim and Sassy® Lifestyle Change Competition with the Slim & Sassy New You Kit. Reach your goals and slim down by using Slim & Sassy on a regular basis throughout the day along with dōTERRA® Trim Shakes and the Lifelong Vitality Pack. 

*This kit includes:*

- 4 Slim & Sassy 15 mL blends
- 2 Vegan Shakes
- Vegan Lifelong Vitality Pack

Wholesale: $204.00  Retail: $272.00

**Slim & Sassy Softgels**

*90 Softgels*

Slim & Sassy Softgels contain dōTERRA’s proprietary Slim & Sassy essential oil blend in convenient softgels to promote weight loss in a healthy, natural way. The flavorful blend of Slim & Sassy contains essential oils known to help manage hunger throughout the day while boosting metabolism and promoting a positive mood.

Wholesale: $34.50  Retail: $46.00