



dōTERRA Breathe®

Respiratory Blend 5 ml



SKU: 60219333

Application: A T S

Extraction Method: Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Tea Tree Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf, Ravensara Leaf essential oil

Aromatic Description: Minty, Fresh, Airy

Product Description

dōTERRA Breathe® is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara. dōTERRA Breathe® can be applied topically to the chest, back, or bottom of feet, or diffused at night time to calm the senses before a restful night's sleep.

Uses

- Diffuse, inhale directly from palms, or rub on chest or feet when needed
- Use when going outdoors at times of seasonal changes or when seasonal threats are high
- Diffuse at bedtime for a restful environment

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- Feel clear and calm when breathing
- Ideal to be applied before a restful night's sleep
- Great blend to use when seasonal threats are high

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.



dōTERRA Breathe®

Respiratory Blend 1.5 ml

SKU: 60219304

Application: A T S

Extraction Method: Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Tea Tree Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf, Ravensara Leaf essential oil

Aromatic Description: Minty, Fresh, Airy

Product Description

dōTERRA Breathe® is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara. dōTERRA Breathe® can be applied topically to the chest, back, or bottom of feet, or diffused at night time to calm the senses before a restful night's sleep.

Uses

- Diffuse, inhale directly from palms, or rub on chest or feet when needed
- Use when going outdoors at times of seasonal changes or when seasonal threats are high
- Diffuse at bedtime for a restful environment

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- Feel clear and calm when breathing
- Ideal to be applied before a restful night's sleep
- Great blend to use when seasonal threats are high

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.



dōTERRA Breathe® Touch

Respiratory Blend 10 ml Roll-on

SKU: 60220315

Application: T | N

Ingredients: Fractionated Coconut Oil, Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Tea Tree Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf, Ravensara Leaf

Aromatic Description: Minty, Fresh, Airy

Product Description

Experience a cooling, clear sensation from the fragrance of dōTERRA Breathe® essential oil blend, now available in a Touch version for gentle and quick application. dōTERRA Breathe® Touch combines Fractionated Coconut Oil with Laurel Leaf, Peppermint, Eucalyptus, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara essential oils to enable a calm feeling. Apply topically to the chest, back, or bottom of feet for a calming aroma before restful sleep. May also be used before enjoying the outdoors. dōTERRA Breathe® Touch can be used by every member of the family and its convenient roll-on application can be applied anytime.

Uses

- A great blend to apply to the chest and feet during the winter months.
- Use before spending time outdoors, a natural way to enjoy the environment.
- Rub on neck, chest, back, or bottom of feet before a restful sleep.

Directions for Use

Topical use: Apply to desired area. See additional precautions below.

Primary Benefits

- Cooling, soothing vapor
- Calming aroma promotes a restful environment
- Helps minimize the effects of seasonal changes

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.



Peppermint

Mentha piperita 15 ml

SKU: 60219319

Application: A T S

Plant Part: Whole Plant

Extraction Method: Steam distillation

Aromatic Description: Minty, fresh, herbaceous

Main Chemical Components: Menthol, menthone, eucalyptol

Product Description

The peppermint plant is a hybrid of watermint and spearmint and was first described by Carl Linneaus in 1753. A high menthol content—like that found in the dōTERRA Peppermint essential oil—distinguishes the best quality Peppermint from other products. Peppermint continues to be one of the best-selling favorites among dōTERRA essential oils because of its many benefits.

Uses

- Use a drop of Peppermint essential oil around the neck to help wake the senses.
- Peppermint essential oil can help promote a healthy scalp by stimulating blood circulation when mixed with a shampoo of preference. Use with caution when rinsing hair.
- Combine with Fractionated Coconut oil and massage into neck and shoulders to relieve feelings of tension.
- Add to cold water compress or foot bath to cool off when overheated.
- Apply to pulse points with a carrier oil when feeling fatigued or low energy.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply to desired areas before outdoor activity. Reapply every few hours as needed. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- Peppermint essential oil can help cleanse the skin with its natural given properties when used with caution
- It promotes a sense of cooling and soothing effect when applied on the skin during the summer days.
- Diffuse for a clear crisp scent in the air
- Invigorating to the senses promoting an uplifted cheery feeling

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA On Guard®

Protective Blend 5 ml

SKU: 60219331

Application: A | I | S

Ingredients: Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, and Rosemary Leaf essential oils

Aromatic Description: Warm, spicy, camphoraceous, woody

Product Description

dōTERRA On Guard® Protective Blend is a proprietary mix of powerful essential oils that can be taken internally. When diffused, dōTERRA On Guard® provides a pure and uplifting aroma.

Uses

- Help your body receive the immune support that dōTERRA On Guard® has to offer by taking it internally by placing two to three drops of dōTERRA On Guard® essential oil in a glass of water
- In a class setting, at work, or at home, place three to four drops of dōTERRA On Guard® Protective Blend essential oil in the diffuser of your choice and diffuse.
- Diffusing dōTERRA On Guard® Protective Blend will fill the air with its sweet scent and provide an energizing and uplifting fragrance.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

For Use in Food: Dilute one drop in 120 ml of liquid.

Primary Benefits

- The powerful properties that dōTERRA On Guard® blend offers help the body by providing immune support
- During chilly days, dōTERRA On Guard® Protective Blend blend can help invigorate the body
- Energizing and uplifting aroma when diffused

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA On Guard®

Protective Blend 15 ml

SKU: 60219315

Application: A | I | N

Ingredients: Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, and Rosemary Leaf essential oils

Aromatic Description: Warm, spicy, camphoraceous, woody

Product Description

As one of the best selling brands of dōTERRA, dōTERRA On Guard® Protective Blend can be used topically on the hands or bottom of the feet, diluted with a carrier oil of preference, to help support the immune system. dōTERRA On Guard® Protective Blend can be used on surfaces throughout the home as a non-toxic cleaner. When diffused, dōTERRA On Guard® Protective Blend provides a pure and uplifting aroma.

Uses

- Apply 1–2 drops diluted with a carrier oil on the bottoms of children's feet in the morning before school for an uplifting scent that they can take throughout their day.
- In a class setting, at work, or at home, place three to four drops of dōTERRA On Guard® Protective Blend essential oil in the diffuser of your choice and diffuse.
- Diffusing dōTERRA On Guard® Protective Blend will fill the air with its sweet scent and provide an energizing and uplifting fragrance.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- The powerful properties that dōTERRA On Guard® blend offers help the body by providing immune support
- During chilly days, dōTERRA On Guard® Protective Blend blend can help invigorate the body when applied on the bottoms of the feet
- Energizing and uplifting aroma when applied on the skin or when diffused
- Add a few drops to a spray bottle with water and use as a surface cleaner

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.



dōTERRA On Guard® Touch

Protective Blend 10 ml Roll-on

SKU: 60220398

Application: T N

Ingredients: Fractionated Coconut Oil, Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, and Rosemary Leaf essential oils

Aromatic Description: Warm, spicy camphoraceous, woody

Product Description

dōTERRA On Guard® Touch provides a gentle and convenient application method for dōTERRA's proprietary dōTERRA On Guard® essential oil blend. Perfect for both children and adults. dōTERRA On Guard® Touch can be applied topically to the chest and bottoms of feet when seasonal threats are high and to experience its energizing, uplifting aroma. Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary, the essential oils in On Guard, are known for their cleansing properties to the skin.

Uses

- Apply to chest or feet when before spending time outdoors
- Use on palms of hands to enjoy the cleansing properties on the skin
- Apply to wrists or pulse points for an energizing aroma throughout the day

Directions for Use

Topical use: Apply to desired area. See additional precautions below.

Primary Benefits

- Great blend to have on hand when seasonal threats are high
- Provides an energizing, uplifting aroma
- Cleansing to the skin

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.



DigestZen™

Digestive Blend 5 ml

SKU: 60219329

Application: A I S

Ingredients: Peppermint Plant, Coriander Seed, Ginger Root, Caraway Seed, Cardamom Seed, Fennel Seed, Anise Fruit/ Seed, Tarragon Plant essential oils.

Aromatic Description: Spicy, sweet, minty

Product Description

DigestZen™ contains ingredients such as Peppermint Plant, Coriander Seed, Ginger Root, Caraway Seed, Cardamom Seed, Fennel Seed, Anise Fruit/Seed and Tarragon Plant essential oils. The combination of these oils help soothe

Uses

- DigestZen™ contains a blend of essential oils that will naturally aid the body in the digestion of food. To easily obtain these digestion benefits, add one drop of DigestZen™ oil to 4 fluid ounces of liquid, and drink.
- Bloating and gas can make your stomach feel tight and full, often leaving you feeling sluggish and unappealing. If you're experiencing these difficulties, use DigestZen™ essential oil. DigestZen™ will help reduce bloating and gas so that you can feel your best at any time of the day.

Directions for Use

Diffusion Use: Use three to four drops in the diffuser of choice.

For Use in Food: Dilute one drop in 120 ml of liquid

Primary Benefits

- This wonderful blend can help support your digestive system when taken internally.
- The DigestZen™ essential oil blend can be used during these events to promote digestion when eating heavier meals

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and



DigestZen™

Digestive Blend 15 ml

SKU: 60219320

Application: A T S

Ingredients: Peppermint Plant, Coriander Seed, Ginger Root, Caraway Seed, Cardamom Seed, Fennel Seed, Anise Fruit/ Seed, Tarragon Plant essential oils.

Aromatic Description: Spicy, sweet, minty

Product Description

DigestZen™ contains ingredients such as Peppermint Plant, Coriander Seed, Ginger Root, Caraway Seed, Cardamom Seed, Fennel Seed, Anise Fruit/Seed and Tarragon Plant essential oils. The combination of these oils help soothe

Uses

- Provides a soothing abdominal massage
- Take on a road trip to ease the effects of motion sickness
- Apply to the stomach or bottoms of feet after eating a large meal

Directions for Use

Diffusion Use: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- Provides a soothing abdominal massage
- Apply one to two drops to desired area and dilute with a carrier oil to minimize any skin sensitivity

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and



Cinnamon

Cinnamomum zeylanicum 5 ml

SKU: 60220394

Application: A I S

Plant Part: Bark

Aromatic Description: Spicy, woody, with a sweet, biting note, warm

Main Chemical Components: Trans-Cinnamaldehyde, Cinnamyl Cedrol, Thujopsene Acetate, Eugenol

Product Description

Cinnamon is derived from a tropical, evergreen tree that grows up to 45 feet high and has highly fragrant bark, leaves, and flowers. Extracted from bark, Cinnamon essential oil's stimulating qualities enable that get up and go feeling and is warming and supportive in the winter months. Cinnamon has a long history of culinary uses, adding spice to desserts, main meals, and hot drinks. Due to its high content of cinnamaldehyde, one to two drops are needed as a food flavor.

Uses

- Place 1 drop of Cinnamon essential oil in hot water or tea and drink slowly. In your next recipe including cinnamon, replace ground cinnamon with Cinnamon essential oil for a delightfully spicy flavor.
- During your nightly routine, add one drop to 1/2 cup of water for an invigorating mouth rinse.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

For Use in Food: Dilute one drop in 120 ml of liquid.

Primary Benefits

- Cinnamon is also a popular ingredient when making many different appetizers, breads, and desserts.
- Helps maintain oral health by using the Cinnamon essential oil in morning mouth wash.
- Enhances flavor with a touch of spice to desserts and other recipes.
- Warming and stimulating aroma to get you moving on chilly winter days.
- Stimulating and invigorating to the senses.

Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas. In case of skin contact, dilute generously with a carrier oil.



dōTERRA DDR Prime®

Cellular Complex 15 ml

SKU: 60219586

Application: T | S

Ingredients: Frankincense Resin, Wild Orange Peel, Litsea Fruit, Thyme Leaf, Clove Bud, Summer Savory Plant, Niaouli Leaf, and Lemongrass Leaf essential oils.

Aromatic Description: Herbaceous, citrus, sweet

Product Description

dōTERRA DDR Prime® Essential Oil Cellular Complex is a proprietary blend of essential oils that supports skin's youthful appearance against oxidative stress. Clove, Thyme, Litsea and Wild Orange are prominent components of dōTERRA DDR Prime® and provide powerful antioxidants. It also contains essential oils from Frankincense, Lemongrass, Summer Savory and Niaouli which soothe the body and mind by combining with a carrier oil and massaging into the skin.

Uses

- Combine with a carrier oil for a soothing topical massage.

Directions for Use

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below

Primary Benefits

- It includes essential oils such as Frankincense, Lemongrass and Summer Savory.

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after



Copaiba

Essential Oil 15 ml

SKU: 60219316

Application: A T S

Plant Part: Resin from *Copaifera reticulata*, *officinalis*, *coriacea*, and *langsдорffii*

Extraction Method: Steam distillation

Aromatic Description: Spicy Woody

Main Chemical Components: Caryophyllene

Product Description

Copaiba essential oil is derived from the resin of the copaiba tree which can grow upwards of more than 30 metres and can be found in tropical South America. Copaiba oil is widely used in cosmetic products including soaps, creams, lotions, and perfumes. Since the 16th century, copaiba essential oil has been utilized in traditional health practices by the natives of north and northeastern Brazil. Similar to Black Pepper essential oil, Copaiba essential oil is soothing and calming to the emotions, and can be applied topically combined with a carrier oil to promote the appearance of a clear, Smooth Complexion.

Uses

- Diffuse aromatically to create a calming atmosphere.
- Apply topically combined with a carrier oil or a facial moisturizer to promote the appearance of a clear, smooth complexion and to help reduce the appearance of blemishes.

Directions for Use

Diffusion Use: three to four drops in the diffuser of choice.

Topical use: Dilute one to two drops with a carrier oil, then apply to desired area. See additional precautions below

Primary Benefits

- Creates a calming atmosphere when diffused
- Promotes the appearance of clear, smooth skin and reduces the appearance of blemishes

Cautions

Possible skin sensitivity. Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas



Frankincense

Boswellia Essential Oil 5 ml

SKU: 60219328

Application: A I S

Plant Part: Resin from *Boswellia carterii*, *sacra*, *papyrifera*, and *frereana*

Aromatic Description: Warm, spicy, clean

Main Chemical Components: α -pinene, limonene, α -thujene

Product Description

Renowned as one of the most prized and precious essential oils, Frankincense has extraordinary benefits. In addition, the Babylonians and Assyrians would burn Frankincense in religious ceremonies and the ancient Egyptians used Frankincense resin for everything from perfume to salves for soothing skin. This centuries-old knowledge contributes to the modern uses of Frankincense today. When diffused, Frankincense promotes feelings of peace, relaxation, satisfaction, and overall spiritual and emotional wellness.

Uses

- Frankincense essential oil can help support digestion
- Add a drop or two to a glass of water as part of your daily regimen.
- Diffuse during reflection or meditation.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

For Use in Food: Dilute one drop in 120 ml of liquid.

Primary Benefits

- When taken internally, Frankincense essential oil can help sustain a healthy immune function response.
- Promotes peaceful, relaxed and satisfied feelings.
- The soothing sensation and aroma of Frankincense will promote feelings a balanced mood.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Frankincense

Boswellia Essential Oil 15 ml

SKU: 60219522

Application: A T N

Plant Part: Resin from *Boswellia carterii*, *sacra*, *papyrifera*, and *frereana*

Aromatic Description: Warm, spicy, clean

Main Chemical Components: -pinene, imonene, -thujene

Product Description

Renowned as one of the most prized and precious essential oils, Frankincense had extraordinary benefits. In addition, the Babylonians and Assyrians would burn Frankincense in religious ceremonies and the ancient Egyptians used Frankincense resin for everything from perfume to salves for soothing skin. This centuries-old knowledge contributes to the modern uses of Frankincense today. Its soothing and beautifying properties are used to revitalize the appearance of the skin while minimizing some imperfections when applied topically. When diffused, Frankincense promotes feelings of peace, relaxation, satisfaction, and overall spiritual and emotional wellness.

Uses

- Rub Frankincense on the hands for a soothing effect.
- Apply topically to help reduce the appearance of skin imperfections.
- Massage on the bottoms of feet to promote feelings of relaxation and to balance mood.

Directions for Use

Diffusion Use: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- Soothes skin while reducing the appearance of imperfections.
- Promotes peaceful, relaxed and satisfied feelings.
- May help hydrate and rejuvenate the skin.
- The soothing sensation and aroma of Frankincense will promote feelings a balanced mood.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA Frankincense Touch

Boswellia Essential Oil 10 ml Roll-on

SKU: 60220401

Application: T | N

Ingredients: Fractionated Coconut Oil, Frankincense Resin

Aromatic Description: Warm, Clean, and Spicy aroma may provide a soothing aromatic experience

Main Chemical Components: α -Pinene, Limonene, α -Thujene

Product Description

dōTERRA Frankincense Touch provides the renowned benefits of Frankincense essential oil in a convenient roll-on applicator. Combined with Fractionated Coconut Oil, Frankincense Touch is the must-have oil blend to have on hand to soothe and beautify skin. In addition to being used frequently in meditation, Frankincense is used to help reduce the appearance of fine lines, wrinkles, and skin imperfections. dōTERRA Frankincense Touch ensures the proper dose of this precious oil without over-dispensing due to its steel ball roll-on applicator.

Uses

- Rub Frankincense on your hands, neck, or bottoms of feet for a soothing, warming effect.
- Apply topically to help reduce the appearance of skin imperfections.
- Massage on the temples throughout the day.
- Roll on pulse points and forehead during yoga or meditation.

Directions for Use

Diffusion: Apply to desired area. See additional precautions below.

Primary Benefits

- May provide a soothing aromatic experience
- May help reduce the appearance of skin imperfections
- May help maintain healthy-looking skin

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Turmeric

Curcuma longa 15 ml

SKU: 60219582

Application: A I S

Plant Part: Rhizome

Extraction Method: Steam distillation

Main Chemical Components: ar-Turmerone and Turmerone

Product Description

As a key botanical of the traditional Ayurvedic practices of India, turmeric root and turmeric essential oil have a long history that has inspired modern uses of turmeric today. Steam distilled from the turmeric root, Turmeric essential oil has two unique chemical components, Turmerone and ar-Turmerone. Curcumin is a main component of Turmeric. Try diffusing for a unique and rejuvenating aroma. Turmeric essential oil acts as a great burst of flavor to your favorite savory meals.

Uses

- Make your own Turmeric Tea by mixing coconut milk, water, honey, tea and one to two drops of Turmeric essential oil.
- Add Turmeric essential oil to scrambled eggs or frittatas, plain rice or soups for a subtle spicy and peppery flavor.
- When using Turmeric essential oil in cooking, you may want to start out with The Toothpick Method—simply dip a toothpick in the essential oil bottle, stir into your dish, taste and repeat until you've added your desired amount.
- Diffuse one or two drops for a unique aroma. Blends well with Wild Orange, Ylang Ylang, Grapefruit, Cardamom, Cinnamon and Ginger essential oils.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

For Use in Food: Dilute one drop in 120 ml of liquid.

Primary Benefits

- Turmeric brings a burst of flavor to savory meals.
- Adds a spicy and peppery flavor to your favorite hot drinks.
- When diffused, Turmeric essential oil provides a rejuvenating scent and grounding atmosphere.

Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas.



Ginger

Zengiber officinale 15 ml

SKU: 60220393

Application: A I S

Plant Part: Root

Extraction Method: Steam distillation

Aromatic Description: Hot, spicy

Main Chemical Components: α -zingiberene, β -sesquiphellandrene

Product Description

Sourced from Madagascar, dōTERRA Ginger essential oil is derived from the fresh rhizome of the ginger plant—the subterranean stalk of a plant that shoots out the root system. A featured ingredient in many Asian dishes, Ginger has a hot, fragrant flavor when used as a kitchen spice. In Western tradition, Ginger is most often used in sweets—gingerbread and ginger snaps being two examples.

Uses

- Use one drop in place of whole ginger in sweet and savory recipes
- Ginger essential oil is very useful for baked goods like banana bread and pies

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

For Use in Food: Add 1 or 2 drops to food.

Primary Benefits

- Ginger essential oil has a hot, spicy and fragrant flavor
- A popular spice used in many dishes from around the world
- Provides a fragrant and soothing aroma
- Use Ginger essential oil as a replacement for dried or fresh ginger in sweets like gingerbread and ginger snaps

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Zendocrine™

Essential Oil Blend 15 ml

SKU: 60222438

Application: A I N

Ingredients: Tangerine Oil, Rosemary Oil, Geranium Oil, Juniper Berry Oil, Cilantro Oil

Aromatic Description: Herbaceous, pungent, floral

Product Description

Zendocrine™ essential oil blend combines Rosemary, Cilantro, and Juniper Berry, which make a great flavoring to add to water to complement your healthy lifestyle. Zendocrine™ is a go-to essential oil blend for those looking to begin a lifestyle change. The blend helps support the body naturally rid itself of unwanted substances. It has a fresh, sharp, and cleansing aroma when diffused.

Uses

- Add one drop to water or tea
- Take one drop internally for a week to kick-start lifestyle change
- Place three to four drops in a diffuser to freshen a room

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

For Use in Food: Dilute one drop in 120 ml of liquid.

Primary Benefits

- Supports the body's ability to remove unwanted substances
- Creates a light, refreshing, and uplifting aroma

Cautions

Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas. In case of skin contact, dilute generously with a carrier oil.



Cedarwood®

Juniperus virginiana 15 ml

SKU: 60219585

Application: A T S

Plant Part: Wood

Extraction Method: Steam distillation

Aromatic Description: Nutty, Woody, Sweet

Main Chemical Components: α -Cedrene, Cedrol, Thujopsene

Product Description

Known for its rich hue and warm, woody scent, Cedarwood essential oil provides myriad benefits. It is native to cold climates, thriving in high altitudes and growing up to 100 feet. Reminiscent of its size and strength, Cedarwood essential oil has a grounding aroma. When applied topically, Cedarwood essential oil has clarifying properties and is frequently used in massage therapy.

Uses

- Cedarwood essential oil can provide an extra boost of vitality before a workout by applying one drop diluted with a carrier oil on your feet.
- Before exercising, massage one to two drops onto your chest to maintain vitality throughout your workout, and enjoy the vitality-boosting benefits of Cedarwood essential oil.
- During your facial routine, add one to two drops to your facial toner or moisturizer to promote clear, healthy looking skin.
- After a difficult day, diffuse to create a relaxing experience.
- Place a drop on a cotton ball and place in closet to freshen the smell.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- It can help improve your exercise routine when applied on the skin diluted with a carrier oil
- Helps keep skin looking healthy
- Relaxing and grounding aroma

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Ylang Ylang

Cananga odorata 15 ml

SKU: 60220397

Application: A T N

Plant Part: Flower

Extraction Method: Steam distillation

Aromatic Description: Sweet, rich, spicy

Main Chemical Components: Germacrene D, β -Caryophyllene, Farnesene

Product Description

Ylang Ylang essential oil is derived from the star-shaped flowers of the tropical ylang ylang tree and is used extensively in making perfumes and in aromatherapy. Similar to Jasmine, Ylang Ylang has been used for centuries in religious and wedding ceremonies. In Aromatherapy, Ylang Ylang is used to promote emotional wellbeing. Ylang Ylang is frequently used in luxurious hair and skin products for its scent and to restore beauty and lustre. Ylang Ylang blends well with Bergamot, Geranium, Grapefruit, and Vetiver.

Uses

- Put Ylang Ylang essential oil into an Epsom salt bath for relaxation.
- Refresh your skin with an aromatherapy steam facial using Ylang Ylang essential oil.
- Put on your wrists for a sweet, floral perfume.
- Put on your wrists for a sweet, floral perfume.
- Add Ylang Ylang to a carrier oil for a deep hair conditioner.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical Use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity See additional precautions below.

Primary Benefits

- Promotes the appearance of healthy skin and hair when applied topically
- Provides an uplifting aroma while promoting a sense of calmness when diffused

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician Avoid contact with eyes, inner ears, and sensitive areas.



Oregano

Origanum vulgare 15 ml

SKU: 60219521

Application: A T S

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, sharp, green, camphoraceous

Main Chemical Components: Carvacrol, thymo

Product Description

Oregano is one of the most potent and powerful essential oils and has been used for centuries in traditional practices. The primary chemical component of Oregano essential oil is carvacol, a phenol that possesses antioxidant properties when ingested. Due to its high phenol content, caution should be taken when inhaling Oregano essential oil, only one to two drops is needed. In addition to being a popular cooking spice, Oregano essential oil also supports a healthy digestive system when taken internally. Oregano's aroma acts as an enhancer and equalizer in essential oil blends.

Uses

- Put one drop in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast.

Directions for Use

Diffusion: Use one to two drops in the diffuser of choice.

For Use in Food: Dilute one drop in 120 ml of liquid.

Tip: Oregano has a strong flavor and you may want to add using a toothpick. See additional precautions below

Primary Benefits

- A versatile flavoring component widely used across the world in savory dishes, commonly used as a dry herb
- Incredibly pungent fragrance and flavor when used in cooking, allowing the user to make a little go a long way in each dish
- Spicy and herbaceous flavor ideal for soups, salads and seasoning any savory dish

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, nose, face and sensitive areas.



Oregano

Origanum vulgare 5 ml

SKU: 60219266

Application: A I S

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, sharp, green, camphoraceous

Main Chemical Components: Carvacrol, thymo

Product Description

Oregano is one of the most potent and powerful essential oils and has been used for centuries in traditional practices. The primary chemical component of Oregano essential oil is carvacol, a phenol that possesses antioxidant properties when ingested. Due to its high phenol content, caution should be taken when inhaling Oregano essential oil, only one to two drops is needed. In addition to being a popular cooking spice, Oregano essential oil also supports a healthy digestive system when taken internally. Oregano's aroma acts as an enhancer and equalizer in essential oil blends.

Uses

- Put one drop in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast.

Directions for Use

Diffusion: Use one to two drops in the diffuser of choice.

For Use in Food: Dilute one drop in 120 ml of liquid.

Tip: Oregano has a strong flavor and you may want to add using a toothpick. See additional precautions below

Primary Benefits

- A versatile flavoring component widely used across the world in savory dishes, commonly used as a dry herb
- Incredibly pungent fragrance and flavor when used in cooking, allowing the user to make a little go a long way in each dish
- Spicy and herbaceous flavor ideal for soups, salads and seasoning any savory dish

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, nose, face and sensitive areas.



Eucalyptus

Eucalyptus radiata 15 ml

SKU: 60219516

Application: A T S

Plant Part: Leaf/Stem

Extraction Method: Steam distillation

Aromatic Description: Camphoraceous, airy

Main Chemical Components: Eucalyptol, α -terpineol

Product Description

Eucalyptus trees are tall, evergreen trees that grow up to 50 feet in height and are sometimes referred to as Gum Trees. The main chemical components of Eucalyptus Radiata are eucalyptol and alpha-terpineol, making it an ideal oil to diffuse or apply topically for that distinct fresh, clean and calming scent of Eucalyptus oil. Eucalyptus has cleansing properties that can be beneficial for the skin and for cleansing surfaces and the air. Eucalyptus is effective in promoting a sense of calmness and balance. Eucalyptus can be found in mouth rinses to freshen breath and promote oral hygiene.

Uses

- Add one drop to moisturizer and apply to revitalize the appearance of the skin.
- While showering, place a few drops in the hands, place over nose, and inhale deeply for a feeling of invigoration and vitality.
- Combine with Lemon and Peppermint in a spray bottle and use to wipe down surfaces in the kitchen or bathroom.

Directions for Use

Diffusion Use: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- Eucalyptus is considered to be an effective natural moisturizer and it has many great benefits when applied topically.
- Helps cleanse the epidermis of impurities that contribute to a healthier looking skin
- Helps the body feel clearer and calmer
- Promotes feelings of relaxation

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Grapefruit

Citrus Paradisi 15 ml

SKU: 60219519

Application: A | I | N

Plant Part: Grapefruit Rinds (peel)

Extraction Method: Cold Pressed

Main Chemical Components: d-Limonene

Aromatic Description: Citrus, Floral, Fruity

Product Description

Referred to as a "forbidden fruit" and one of the "Seven wonders of Barbados", Grapefruit was first documented in 1750 by Welshman Rev. Griffith Hughes. The name "grapefruit" is attributed to the fruits growing in clusters which resemble those of grapes. Grapefruit is known for its energizing, invigorating and uplifting aroma. Grapefruit essential oil is derived from the rind of this fruit and is cherished for its many uses and benefits as well for its refreshing aroma and robust flavor.

Uses

- Grapefruit essential oil creates a fruity and spry flavor when added to drinks or food.
- To enliven the flavor of your smoothies, add one drop of Grapefruit essential oil to your favorite smoothie.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

For Use in Food: Dilute one drop in 120 ml of liquid.

Primary Benefits

- Delivers fragrant and exceptionally uplifting flavors to food and drink with its robust, citrus properties
- Once known as a "forbidden fruit" and one of the "Seven Wonders of Barbados"
- Popular for its sour, tangy taste that works to compliment other citrus when combined
- Refreshing citrus aroma is beneficial in invigorating the senses

Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas. In case of skin contact, avoid sunlight and UV rays for at least 12 hours.



Rosemary

Rosmarinus officinalis 15 ml

SKU: 60219550

Application: A I S

Plant Part: Flower/Leaf

Extraction Method: Steam distillation

Aromatic Description: Camphoraceous, herbaceous

Main Chemical Components: Eucalyptol, α -pinene, camphor

Product Description

Rosemary is an aromatic, evergreen shrub whose leaves are frequently used to flavor foods such as stuffings, pork, roast lamb, chicken, and turkey. Along with its culinary applications, Rosemary has many benefits. Long revered by experts, Rosemary was considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures. Rosemary's herbaceous and uplifting scent is frequently used in aromatherapy.

Uses

- Turn your traditional mashed potatoes into a flavor-filled side dish with a little help from dōTERRA Rosemary oil.
- Use as a convenient and potent substitute for fresh or dried rosemary in any recipe.
- Diffuse while studying to create an uplifting atmosphere.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

For Use in Food: Add 1 or 2 drops to food.

Primary Benefits

- Provides flavor to foods such as stuffings, meal and poultry
- Uplifting to the senses with a rejuvenating scent

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Roman Chamomile

Anthemis nobilis 5 ml

SKU: 60219597

Application: A I N

Ingredients: Flower

Extraction Method: Steam distillation

Aromatic Description: Floral, sweet, herbaceous

Main Chemical Components: 4-methyl amyl angelate, isobutyl angelate, isoamyl tiglate

Product Description

Roman Chamomile grows close to the ground, reaching only up to a foot in height. It has gray-green leaves, flowers that resemble a daisy, and smells like apple. While the most common use of Roman Chamomile is in teas, there are other alternatives that this essential oil can be used in. Roman Chamomile essential oil is known for its calming effect on the body when ingested.

Uses

- Dilute one drop in four fluid ounces of liquid.
- Add one to two drops to herbal teas or hot drinks to soothe the body and mind.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

For Use in Food: Dilute one drop in 120 ml of liquid.

Primary Benefits

- Creates a sweet, floral aroma
- Soothing effects when ingested

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA Immortelle®

Beauty Blend 10 ml

SKU: 60220337

Application: T | N

Ingredients: Frankincense Resin, Hawaiian Sandalwood, Lavender Flower, Myrrh Gum Resin, Helichrysum Flower, Rose Flower Essential Oils

Aromatic Description: Woody, Spicy, Rich, Fresh

Product Description

A proprietary blend of essential oils used throughout history for their beautifying benefits, dōTERRA Immortelle® Beauty Blend is formulated to help reduce the appearance of skin imperfections and soothe the skin. The essential oils found within this blend help the skin look smooth and radiant. dōTERRA Immortelle® can be used on the face, neck, and décolletage for healthy looking skin.

Uses

- Apply a thin layer of dōTERRA Immortelle to the face, neck, and décolletage, then repeat application to targeted areas of concern. Follow with a moisturizer of your choice.
- Apply to reduce the appearance of blemishes.
- Use as part of your morning and night facial routine.

Directions for Use

Topical use: Apply to desired area. See additional precautions below.

Primary Benefits

- Helps reduce the appearance of fine lines and wrinkles
- Promotes smoother, more radiant, and youthful-looking skin

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Keep out of eyes, inner ears, and sensitive areas. Dilute with a carrier oil to minimize any skin sensitivity.



dōTERRA ClaryCalm®

Monthly Blend for Women 10 ml

SKU: 60219631

Application: T | N

Ingredients: Clary Sage, Lavender, Bergamot, Roman Chamomile, Ylang Ylang, Cedarwood, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex essential oils)

Aromatic Description: Floral, herbal, coniferous

Product Description

dōTERRA ClaryCalm® is a proprietary blend of essential oils especially designed for women. A topical blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Ylang Ylang, Cedarwood, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex. dōTERRA ClaryCalm® is a natural way to balance and regain composure. The blend's calming aroma helps you center when life derails your day. dōTERRA ClaryCalm® comes in a convenient roll-on bottle making it easy to use anytime. When you feel flushed or warm, apply it to the back of your neck for a cooling, soothing effect.

Uses

- Apply to abdomen during a soothing and calming massage.
- Rub on the back of your neck, on your temples, or the bottom of your feet.
- Roll on lower abdomen and use with a heating pad.

Directions for Use

Topical use: Apply topically to the back of the neck, on temples, or abdomen as needed. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- Floral, feminine aroma
- Contributes to a nurturing massage as part of a self-care ritual
- Cooling and soothing on skin

Cautions

Possible skin sensitivity. Keep out of reach of children. Consult your doctor if pregnant or in treatment. Avoid eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.



Lemon

Citrus Limon 5 ml

Application: A I S

Plant Part: Lemon rinds (peel)

Extraction Method: Cold Pressed/Expressed

Aromatic Description: Clean, Fresh, Citrus, Bright

Main Chemical Components: Limonene,
 β -Pinene, γ -terpinene

Product Description

The top-selling dōTERRA essential oil, Lemon essential oil has multiple benefits and uses. When added to water, Lemon essential oil provides a refreshing and healthy boost throughout the day. Lemon essential oil is frequently added to food to enhance the flavor of desserts and main dishes. Taken internally, Lemon essential oil provides support for the digestive system and immune function. When diffused, Lemon essential oil has an uplifting aroma.

Uses

- Add Lemon essential oil to your water for a refreshing taste or as an alternative to sodas and sugary drinks.
- Add to your favorite treats and dessert recipes for a sweet and zesty punch.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

For Use in Food: Dilute one drop in four fluid ounces of liquid.

Primary Benefits

- Tangy food flavoring
- Uplifting, positive aroma

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for at least 12 hours after applying product.



Lemon

Citrus Limon 15 ml

SKU: 60219317

Application: A T S

Plant Part: Lemon peel

Extraction Method: Cold Pressed/Expressed

Aromatic Description: Clean, Fresh, Citrus, Bright

Main Chemical Components: Limonene, β -Pinene, γ -terpinene

Product Description

The top-selling dōTERRA essential oil, Lemon has multiple benefits and uses. Lemon essential oil can help nourish the skin when used as a gentle exfoliating agent which in turn helps remove dead skin. Lemon essential oil and its powerful crisp uplifting scent, can be used as a natural cleaner throughout the home. When diffused, Lemon essential oil is very uplifting and energizing and promotes feelings of lightness, cheer and joy.

Uses

- Helps maintain clear skin and it enhances a natural glow when used with your usual facial cleanser once daily only a few times a week. Follow any other step of your skin care routine.
- Lemon essential oil has natural antioxidants which help nourish tired skin used topically. It is important to avoid direct sunlight for at least 12 hours after using Lemon essential oil on the skin.
- Add Lemon essential oil to a spray bottle of water to clean tables, countertops, and other surfaces. Lemon essential oil also makes a great furniture polish; simply add a few drops to olive oil to clean, protect, and shine wood finishes.*
- Use a cloth soaked in Lemon essential oil to preserve and protect your leather furniture and other leather surfaces or garments.*
- Lemon essential oil is a great solution for the early stages of tarnish on silver and other metals.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- It can help brighten and preserve skin tone due to its antioxidants
- Sharp, clean refreshing aroma for diffusion or use on surfaces

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

*Always check manufacturer's instructions for surface care.



Lemongrass

Cymbopogon flexuosus 15 ml

SKU: 60219517

Application: A T S

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Clean, Fresh, Citrus, Bright

Main Chemical Components: Geranial, Neral Geraniol

Product Description

Lemongrass essential oil promotes an overall sense of emotional and spiritual wellbeing. It's also clarifying and toning when applied to the skin, and is frequently used in skin care products for these benefits. Lemongrass is an ideal oil to use in massage therapy. Lemongrass has a pungent, herbaceous aroma that gives you a sense of heightened awareness and positivity.

Uses

- Combine a few drops of Lemongrass oil with Fractionated Coconut oil for a massage after a hard workout.
- Dilute oil, then rub or spritz on skin before going outside.
- Lemongrass essential oil can help maintain a balance oil skin production and it can help control shine when used with your favorite face moisturizer
- This essential oil and its properties can help maintain the skin clean and clear.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- Refreshing and invigorating to the senses
- Combine with a carrier oil for soothing massage
- Apply diluted after a long run for a refreshing feeling
- Helps maintain a healthier and clearer looking skin.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Lime

Citrus Aurantifolia 15 ml

SKU: 60219583

Application: A I S

Plant Part: Lime Peel

Extraction Method: Cold Pressed/Expressed

Aromatic Description: Citrus, Tart, Sweet

Main Chemical Components: Limonene, β -pinene, γ -terpinene

Product Description

Cold-pressed from the peel of fresh limes, dōTERRA Lime essential oil is refreshing and energizing in both aroma and taste. Limes are used in a variety of dishes and beverages for their fresh, citrus flavor. Due to its high limonene content, Lime essential oil provides a refreshing flavor and can be diffused to add a refreshing aroma to the air inside the home. Lime essential oil is known for its ability to uplift, balance and energize the emotions.

Uses

- You can always add a drop of Lime essential oil to homemade salsa to give it an extra punch of flavor. Lime essential oil is also a delicious addition to corn. Take a look at our essential oil recipe for Grilled Corn, which uses the flavors of Lime essential oil, cilantro, garlic, and cayenne pepper to turn regular corn on the cob into your new favorite snack
- Add a drop of Lime essential oil to your drinking water for enhanced flavor.
- Diffuse to refresh the air and lift your emotions.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

For Use in Food: Dilute one drop in 120 ml of liquid.

Primary Benefits

- Used as an aromatic, and for food flavoring
- Lime essential oil will add a tart, naturally sweet flavor to your favorite slushies, smoothies, or drinks.
- Uplifting and pleasing aroma
- Promotes feelings of emotional balance and well-being

Cautions

If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for at least 12 hours after applying product. Application to the skin may increase sensitivity to sunlight.



Citrus Bliss®

Invigorating Blend 15 ml

SKU: 60219619

Application: A T N

Ingredients: Tangerine Oil, Rosemary Oil, Geranium Oil, Juniper

Aromatic Description: Clean, fresh, mint powdery

Product Description

Citrus Bliss® Invigorating Blend merges the benefits of citrus essential oils. We combine the powerful essences of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Lime, Litsea, Tonka Bean with a hint of Vanilla Absolute to form this unique and harmonious blend. Citrus Bliss® has natural, potent compounds with cleansing properties. Mixed with water, Citrus Bliss is a perfect solution for wiping down countertops and other surfaces while producing a fresh, sweet scent.

Uses

- Diffuse for an uplifting aroma.
- Put one drop on your wrist and rub both wrists together for a great everyday perfume.
- Add one to two drops to dryer sheets to add a refreshing aroma to your laundry.
- Add to a carrier oil for a cheerful hand massage.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- Citrus Bliss® can help with or dull skin when used in moisturizing lotions
- The cheerful scent that Citrus Bliss® provides can be helpful when giving a quick and invigorating hand massage
- With refreshing properties, Citrus Bliss® can give your skin a cheerful, bright scent when applied topically as a pleasant perfume
- When applied topically it can help by promoting more clarity and focus

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.



Lavender

Lavandula Angustifolia 5 ml

SKU: 60219322

Application: A T S

Plant Part: Flower/Leaf

Extraction Method: Steam distillation

Aromatic Description: Powder, Floral, Light

Main Chemical Components: Linalool, Linalyl Acetate

Product Description

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad of benefits. In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking, and as a perfume. Its calming and relaxing qualities, when taken internally, continue to be Lavender's most notable attributes. Due to Lavender's versatile properties, it is considered the must-have oil to have on hand at all times.

Uses

- Use three to four drops in diffuser to help relax the body while resting.
- Use in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

For Use in Food: Dilute one drop in 120 ml of liquid.

Primary Benefits

- Promotes peaceful sleep
- Relaxing aroma
- Delicious flavor when used in baking goods

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Lavender

Lavandula Angustifolia 15 ml

SKU: 60219318

Application: A T S

Plant Part: Flower

Extraction Method: Steam distillation

Aromatic Description: Powder, Floral, Light

Main Chemical ComponentS: Linalool, Linalyl Acetate

Product Description

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad of benefits. In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking, and as a perfume. Its calming and relaxing qualities continue to be Lavender's most notable attributes. Lavender essential oil is frequently used to reduce the appearance of skin imperfections. Add to bath water to soak away stress or apply to the temples and the back of the neck.

Uses

- Add a few drops to pillows, bedding, or bottoms of feet at bedtime.
- Keep a bottle on hand to soothe skin.
- Freshen your linen closet, mattress, car, or the air by combining with water in a spray bottle

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- May promote healthy skin.
- Revered and used frequently by ancient cultures, continues to grow in popularity today for its cosmetic uses.
- Along with its recognizable aroma and unique applications, it is widely used to promote calm and relaxed feelings.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA Lavender Touch

Lavandula Angustifolia 10 ml Roll-on

SKU: 60220399

Application: T | S

Ingredients: Fractionated Coconut Oil,
Lavender Flower

Aromatic Description: Powdery, Floral, Light

Main Chemical Components: Linalool,
Linalyl Acetate

Product Description

Lavender is widely known for its calming and relaxing properties and ability to soothe and soften the skin. dōTERRA Lavender Touch combines Lavender essential oil with Fractionated Coconut Oil to provide these same benefits to individuals who have delicate or sensitive skin. Keep dōTERRA Lavender Touch on hand to soothe the skin, help reduce the appearance of skin imperfections or to promote a relaxing and a calming aroma. dōTERRA Lavender Touch can be applied to the temples, back of the neck, bottoms of feet, or pulse points to experience its calming, grounding effects.

Uses

- Apply to the temples or back of the neck for a relaxing, calming effect
- Rub on the bottoms of children's feet to promote a relaxing and calming aroma before bedtime.
- Apply to soothe and soften

Directions for Use

Topical use: Apply to desired area. See additional precautions below.

Primary Benefits

- Along with its recognizable aroma and unique applications, Lavender is widely used to promote calm and relaxed feelings.
- It soothes and softens the skin, there are so many wonderful benefits the lavender essential oil may benefit the skin.
- Revered and used frequently by ancient cultures, continues to grow in popularity today for cosmetic uses.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Clove

Eugenia Caryophyllus 15 ml

SKU: 60220395

Application: A I S

Plant Part: Bud

Aromatic Description: Very spicy, warm, woody with subnote

Main Chemical Components: Eugenol

Product Description

Clove has been used for years in dental preparations, sweets, and gum for its flavor and ability to cleanse the mouth, yet it provides a myriad of benefits. Its main chemical component eugenol, makes it a very stimulating and energizing essential oil.

Uses

- Make a natural mouthwash by adding a drop of Clove essential oil in two ounces of water
- Instead of using dry clove, use Clove essential oil to taste when baking treats.
- Add two drops of Clove essential oil to water for spicy flavor.
- Diffuse three drops Clove Essential Oil, one Drop Cinnamon essential oil, and two drops Wild Orange essential oil for an invigorating scent.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice

For Use in Food: Dilute one drop in 120 ml of liquid.

Primary Benefits

- Commonly recognized as a ground household spice, Clove essential oil can be utilized outside of the kitchen with its unique and powerful properties.
- Clove essential oil can be used to support gums and fresh breath due to its cleansing benefits.
- Its warm and spicy characteristics make Clove essential oil ideal to incorporate into seasonal recipes.
- Frequently used in dessert for its invigorating flavor and aromatic fragrance such as sugar cookies.
- Clove essential oil is ideal to mist in your diffuser for a warming, stimulating fragrance to create an inviting atmosphere.

Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas. In case of skin contact, dilute generously with a carrier oil.



dōTERRA Balance®

Grounding Blend 15 ml

SKU: 60219302

Application: A T S

Ingredients: Fractionated Coconut Oil, Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, Osmanthus Flower.

Aromatic Description: Airy, Fresh, Sweet, Woody

Product Description

The warm, woody aroma of dōTERRA Balance® Grounding Blend creates a sense of calm and relaxation. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance that promotes tranquility and relaxation. Spruce, one of the oils in dōTERRA Balance®, was used by Native Americans for health and spiritual reasons and is still used today to bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile can provide a sense of calmness, while Frankincense provides a grounding, balancing effect on emotions.

Uses

- Begin your day by putting dōTERRA Balance® on the bottom of your feet to promote feelings of calmness and tranquility throughout the day.
- dōTERRA Balance® is a great oil blend to use during a dōTERRA AromaTouch® Hand Massage.
- Apply to your wrists or neck to provide a sense of balance
- Diffuse in your car during road trips to create a calming, soothing environment.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- Promotes a whole-body sense of relaxation when applied topically
- Provides a sense of calmness
- Evokes feelings of tranquility and balance

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult with your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA ADAPTIV®

Calming Blend 15 ml

SKU: 60219301

Application: A T N

Ingredients: Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum

Aromatic Description: Sweet, Citrusy, Floral

Product Description

When stress and tension seem to be relentless, dōTERRA Adaptiv® Calming Blend is the precise solution. Use dōTERRA Adaptiv® to help get comfortable with new surroundings or situations. In preliminary studies, the scent of Lavender, a main ingredient of dōTERRA Adaptiv®, has been found to contribute to an environment conducive to performing tasks requiring sustained attention. Lavender, Magnolia, Neroli, and Sweetgum provide stress-relieving effects while Wild Orange and Spearmint energize and uplift. Copaiba and Rosemary soothe feelings of uncertainty to round out the calming blend. Whether you're feeling fatigued or restless, indecisive or irritable, dōTERRA Adaptiv® Calming Blend is part of the toolbox to help the body and mind to stay balanced.

Uses

- Soak in a relaxing Epsom Salt bath by adding three to four drops to bath water.
- Mix three drops with Fractionated Coconut Oil for soothing massage.
- Diffuse the blend in a room of diffuser to promote a centered and calm mindset.
- Apply one drop to hands, rub together, and inhale deeply as needed throughout the day.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. See additional precautions below.

Primary Benefits

- Helps boost mood
- Complements effective work and study
- Increases feelings of tranquility
- Calming and relaxing aroma

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.



dōTERRA ADAPTIV® Touch

Calming Blend 10 ml Roll-on

SKU: 60220400

Application: A T N

Ingredients: Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum in a Fractionated Coconut Oil base.

Aromatic Description: Sweet, Citrusy, Floral

Product Description

dōTERRA Adaptiv® Touch is a terrific solution to life's stressful moments. Feelings of restlessness, being wound up, or being on edge happen to everyone from time to time; adapt and regroup with the help of dōTERRA Adaptiv® Blend. Lavender, Magnolia, Neroli, and Sweetgum provide stress-relieving effects while wild Orange and Spearmint energize and uplift. Copaiba and Rosemary soothe feelings of uncertainty to round out the calming blend. When easily fatigued or having difficulties staying on task, dōTERRA Adaptiv® Touch Calming Blend helps create a sense of balance.

Uses

- Apply to pulse points to help with feelings of balance.
- Use to massage shoulders and neck to ease tension and relieve fatigue.
- Roll on wrists and temples whenever you feel the need to gain composure quickly.

Directions for Use

Diffusion: Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks

Topical use: Apply to desired area as needed. No dilution required.

Primary Benefits

- Helps boost mood
- Assists in centering Increases feelings of tranquility
- Soothes and uplifts
- Reduces feelings of tension

Cautions

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.



Bergamot

Citrus Bergamia 15 ml

SKU: 60220396

Application: A T S

Ingredients: Bergamot Rind (peel)

Extraction Method: Cold Pressed/Expressed

Aromatic Description: Citrus, Spice, Eith a light Floral note

Main Chemical Components: Limonene, Linalyl Acetate

Product Description

Bergamot is the most delicate of the citrus plants, requiring special climate and soil in order to thrive. Italians have used Bergamot for years for its calming and soothing aroma and for making skin feel fresher and smoother. In Greece, the unripe fruits are used as sweetmeats, eaten by the spoonful as a dessert or with coffee. Bergamot is unique among citrus oils due to its ability to be both uplifting and calming to the emotions, making it deal for diffusion. It is also clarifying and cleansing for the skin while having a calming effect.

Uses

- Diffuse in the classroom, at work, or at home to promote a calm relaxed environment.
- Apply to the skin while showering and inhale deeply to experience its calming aroma while enjoying its cleansing and clarifying skin benefits.
- Apply to the feet before bedtime or use with a carrier oil for a calming and relaxing massage.
- Add one to two drops to your DIY skin care cleanser.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- Calming and soothing aroma
- Provides skin purifying benefits
- Frequently used in massage therapy for its calming benefits

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.



dōTERRA Serenity®

Restful Blend 15 ml

SKU: 60219524

Application: A T N

Ingredients: Lavender Flower, Cedarwood, Coriander Seed, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Sandalwood, Tonka Bean Absolute, Vanilla Bean Absolute

Aromatic Description: Warm, floral, herbal

Product Description

The newly updated dōTERRA Serenity® Restful Blend has a calming and relaxing aroma that provides a unique user experience. This perfectly balanced, tranquil blend can be sensed immediately, transporting the user to a state of blissful repose. dōTERRA Serenity® combines essential oils renowned for their ability to create a restful environment at bedtime. Apply one to two drops to the hands and smell throughout the day to help reduce life's daily stressors, or diffuse at night to help quiet a restless baby or child. The addition of Cedarwood, Vetiver, and Sandalwood essential oils gives dōTERRA Serenity® a grounding aroma that encourages a tranquil atmosphere when it's time to wind down.

Uses

- Diffuse at night to calm a restless baby or child.
- Apply to bottoms of feet at bedtime to help unwind before going to sleep.
- Smell directly from hands or diffuse throughout the day for a soothing aroma.
- Apply two to three drops to the back of the neck or on the heart for feelings of peace.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- This unique dōTERRA Serenity® blend helps the user experience feelings of tranquility and relaxation.
- It can help to calm emotions and soothe the senses during moments of heightened emotion.
- dōTERRA Serenity® can be felt instantly when applied topically.
- Helps create a restful and relaxing environment, ideal to use before bedtime.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Spearmint

Mentha spicata 15 ml

SKU: 60220338

Application: A T S

Plant Part: Plant

Extraction Method: Steam distillation Aromatic

Aromatic Description: Sweet, minty, fresh

Main Chemical Components: Carvone, limonene

Product Description

Spearmint is a perennial plant that grows 11–40 inches tall and flourishes in temperate climates. Spearmint essential oil has a sweet, refreshing and cleansing aroma which promotes a fresh and invigorating atmosphere when diffused. Spearmint essential oil is very different from Peppermint essential oil, making it a milder option to use topically on children and those with sensitive skin

Uses

- Diffuse to uplift mood
- Decrease symptoms of stress when applied topically
- Helps relieve abdominal discomfort when applied topically

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- Incorporate into effective work and study habits
- Helps and comforts the body and the mind
- Provides relief from digestive discomfort

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Tangerine

Citrus reticulata 15 ml

SKU: 60222449

Application: A I N

Plant Part: Peel/Rind

Extraction Method: Cold pressed

Aromatic Description: Tangy, sweet, fresh

Main Chemical Components: Limonene

Product Description

Tangerine has a long history of use in Chinese culture and herbal wellness practices. Tangerine essential oil has a sweet, tangy aroma, similar to other citrus oils, that creates an uplifting environment. Higher in limonene than other citrus oil, which makes it a popular and flavorful addition to desserts and drinks-from water to fruit smoothies. Tangerine essential oil can be used in any recipe calling for citrus fruits.

Uses

- Add one to two drop as a flavoring in cake and cookie recipes.
- Add one to two drops in water, smoothies, teas, or lemonade for flavoring

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

For Use in Food: Dilute one drop in 120 ml of liquid.

Primary Benefits

- Tangerine has a sweet, tangy flavor that can help enhance your favorite smoothies
- Used in baking recipes for a citrusy flavoring
- Creates a light, refreshing, and uplifting aroma

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA Purify®

Cleansing Blend 15 ml

SKU: 60219518

Application: A T N

Ingredients: Lemon Peel, Siberian Fir Needle, Citronella Grass, Lime Peel, Tea Tree Leaf, Cilantro Herb essential oils.

Aromatic Description: Fresh, airy, herbal

Product Description

dōTERRA Purify® is an exclusive combination of essential oils that purify and eradicate odors in a natural, safe way. This uplifting blend combines citrus and fir essential oils that leave a fresh scent on surfaces, in the air, and on the skin when applied topically. A favorite among dōTERRA users, dōTERRA Purify® can replace foul odors quickly and be an effective cleaner throughout the home. dōTERRA Purify® contains Lemon and Lime essential oils, known for their powerful cleaning properties, along with Siberian Fir to clear the aroma of the air. The addition of Citronella, Tea Tree, and Cilantro give this blend an enticing aroma that's unique and unmatched in cleansing properties.

Uses

- Use to soothe away skin irritations.
- Diffuse to freshen the air.
- Freshen smaller rooms (or a car) by placing a few drops of dōTERRA Purify® Cleansing Blend on a cotton ball and putting it into the air vent.
- Add 5 drops to a small spray bottle with water and use to wipe down countertops.
- Add a few drops to the rinse cycle when doing laundry to help eliminate odor.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply to desired areas before outdoor activity. Reapply every few hours as needed. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- dōTERRA Purify® has strong cleansing properties that can help soothe skin irritations.
- Refreshing aroma with a light herbal fragrance
- Replaces unpleasant odors and clears the air
- Clearing and cleansing to the senses

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Wild Orange

Citrus sinensis 15 ml

SKU: 60219523

Application: A I S

Plant Part: Orange rinds (peel)

Extraction Method: Cold pressed/expressed

Aromatic Description: Sweet, fresh, citrus

Main Chemical Components: Limonene

Product Description

Cold pressed from the peel, Wild Orange is one of the top selling essential oils at dōTERRA due to its energizing aroma and multiple benefits. High in monoterpenes, Wild Orange possesses a stimulating and uplifting aroma, making it ideal for diffusion. It can be taken daily in drinking water for a citrus burst of flavor. Diffusing Wild Orange will energize and uplift the emotional body. Wild Orange enhances any essential oil blend with a fresh, sweet, refreshing aroma.

Uses

- Add a drop to your water every day for a burst of flavor.
- Add a little zest to your breakfast recipes such as French toasts or muffins by adding a drop of Wild Orange essential oil.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

For Use in Food: Dilute one drop in 120 ml of liquid.

Primary Benefits

- Refreshen your culinary skills by adding zest flavor to your favorite breakfast recipes
- Wild Orange will help invigorate your body when mixed with your smoothies or drink teas
- Invigorating and supportive to emotional wellbeing
- Uplifting to the mind and body

Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas. In case of skin contact, avoid UV rays for at least 12 hours.



Yarrow | Pom

dōTERRA Active Botanical Duo 30 ml

SKU: 60219466

Application:  

Ingredients: Pomegranate Seed Oil and Yarrow Essential Oil

Aromatic Description: Herbaceous, fruity, spicy

Main Chemical Components: Punicic acid, β -caryophyllene, chamazulene

Product Description

Yarrow Pom is an expertly crafted proprietary blend of Yarrow essential oil and cold-pressed Pomegranate seed oil designed to be your 'go-to' blend for your morning and daily routine. This synergistic and first-of-its-kind blend for dōTERRA® promotes the appearance of a smooth glowing complexion. When used topically, this aromatic powerhouse may help revitalize the appearance of skin.

Uses

- Create a soothing massage experience with a few drops of Yarrow|Pom.
- As part of your skin care routine, apply Yarrow|Pom to help promote healthy skin.

Directions for Use

Topical use: Apply one to two drops to desired area. See additional precautions below.

Primary Benefits

- The herbaceous, fruity aroma may promote feelings of relaxation and calm
- May promote the appearance of healthy-looking skin

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. May stain surfaces and fabrics.



Tea Tree

Melaleuca alternifolia 5 ml

SKU: 60219332

Application: A T N

Plant Part: Leaf

Aromatic Description: Herbaceous, green, leathery

Extraction Method: Herbaceous, green, leathery

Main Chemical Components: Terpinen-4-ol, -terpinene, α -terpinene

Product Description

Tea Tree essential oil has over 92 different compounds and limitless applications. The leaves of the Tea Tree tree were used by the Aboriginal and Torres Strait Islander peoples for centuries. They would apply crushed leaves directly to the skin for a cooling effect. Tea Tree is best known for its cleansing properties. It can be used to cleanse and clarify the skin and nails and to support a healthy looking complexion. Diffusing Tea Tree will help freshen the scent of the air.

Uses

- For topical skin application, apply 1–2 drops of Tea Tree essential oil onto area.
- Combine 1–2 drops with your facial cleanser for added cleansing properties, or apply to skin after shaving.
- Apply to fingernails and toenails after showering to cleanse and keep nails looking healthy
- Add a few drops to a spray bottle with water and use on surfaces as a cleansing and purifying agent

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below

Primary Benefits

- Renowned for its cleansing qualities and for revitalizing the appearance of skin
- Add a couple of drops to a spray bottle with water for a natural cleaner around the house
- Diffuse for a fresh clear aroma in the winter months

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Tea Tree

Melaleuca alternifolia 15 ml

SKU: 60219520

Application: A | I | S

Plant Part: Leaf

Aromatic Description: Herbaceous, green, leathery

Extraction Method: Herbaceous, green, leathery

Main Chemical Components: Terpinen-4-ol, -terpinene, α -terpinene

Product Description

Tea Tree essential oil has over 92 different compounds and limitless applications. The leaves of the Tea Tree tree were used by the Aboriginal and Torres Strait Islander peoples for centuries. They would apply crushed leaves directly to the skin for a cooling effect. Tea Tree is best known for its cleansing properties. It can be used to cleanse and clarify the skin and nails and to support a healthy looking complexion. Diffusing Tea Tree will help freshen the scent of the air.

Uses

- For topical skin application, apply 1–2 drops of Tea Tree essential oil onto area.
- Combine 1–2 drops with your facial cleanser for added cleansing properties, or apply to skin after shaving.
- Apply to fingernails and toenails after showering to cleanse and keep nails looking healthy
- Add a few drops to a spray bottle with water and use on surfaces as a cleansing and purifying agent

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below

Primary Benefits

- Renowned for its cleansing qualities and for revitalizing the appearance of skin
- Add a couple of drops to a spray bottle with water for a natural cleaner around the house
- Diffuse for a fresh clear aroma in the winter months

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA Deep Blue® Rub

4 fl oz /120 ml

SKU: 60219526

Product Description

dōTERRA Deep Blue® Rub is a rich, topical cream infused with the dōTERRA Deep Blue® Soothing Blend of CPTG essential oils. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, dōTERRA Deep Blue Rub provides a comforting sensation of cooling and warmth to problem areas. Made with dōTERRA's top-selling dōTERRA Deep Blue® essential oil blend of Wintergreen, Camphor, Peppermint, Blue Tansy, Matricaria (German Chamomile) Helichrysum, Ylang Ylang, and Osmanthus. dōTERRA Deep Blue® Rub is an essential addition to your bathroom cabinet and gym bag. dōTERRA Deep Blue® Rub is blended in a base of moisturizing emollients that leave your skin feeling soft and not greasy. It is the choice of massage therapists and sports practitioners who currently use dōTERRA Deep Blue essential oil blend in their practice.

Directions

Topical use: Massage lotion into affected areas. for a more intensive experience, apply dōTERRA Deep Blue® essential oil blend on the skin prior to lotion application.

Primary Benefits

- Perfect for the athlete in your life, dōTERRA Deep Blue® Rub is blended in a base of moisturizing emollients that leaves your skin soft and non-greasy
- Provides a cooling and soothing sensation to targeted area

Cautions

For external use only. Possible skin sensitivity. Avoid contact with eyes. Do not use on wounds or damaged skin. Do not bandage tightly after application or use with a heating pad. Keep out of reach of children to avoid accidental ingestion. If swallowed, get medical help or contact a Poison Control Center immediately.



dōTERRA Deep Blue®

Cellular Complex 5 ml

SKU: 60219303

Application: T | S

Ingredients: Frankincense Resin, Wild Orange Peel, Litsea Fruit, Thyme Leaf, Clove Bud, Summer Savory Plant, Niaouli Leaf, and Lemongrass Leaf essential oils.

Aromatic Description: Herbaceous, citrus, sweet

Product Description

dōTERRA Deep Blue® is perfect for a soothing massage after a long day of work. Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomile, Helichrysum, and Osmanthus work together to soothe and cool. After long hours on the computer, try rubbing dōTERRA Deep Blue® essential oil blend on your fingers, wrists, shoulders, and neck. A few drops of dōTERRA Deep Blue® Soothing Blend diluted in a carrier oil can be part of a cooling and comforting massage.

Uses

- Apply on feet and knees before and after exercise.
- Massage dōTERRA Deep Blue® with a few drops of carrier oil onto growing kids' legs before bedtime.
- Rub dōTERRA Deep Blue® on your lower back after a day of heavy lifting at work or during a move.

Directions for Use

Topical use: Apply to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- Soothing and cooling oil blend
- Comforting part of a massage

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Helichrysum

Helichrysum Italicum 5 ml

SKU: 60219632

Application: A T S

Plant Part: Flower

Aromatic Description: Herbaceous, Honey, Hay

Main Chemical Components: Neryl Acetate, Alpha Pinene, γ -curcumene

Product Description

Helichrysum italicum is a small perennial herb with narrow, silver leaves and flowers that form a cluster of golden yellow, ball-shaped blossoms. The name "Helichrysum" is derived from the Greek "helios" meaning sun and "chrysos" meaning gold, referring to the color of the flowers. Helichrysum is best known for its restorative properties to the skin. Also referred to as the Everlasting or Immortal Flower, Helichrysum is used in beauty products for its rejuvenating benefits to the skin. Helichrysum can help reduce the appearance of blemishes, and it promotes a glowing, youthful complexion.

Uses

- Apply topically to reduce the appearance of blemishes.
- Apply to the face to promote a glowing, youthful complexion.
- Massage into the temples and the back of the neck for a soothing sensation.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- Improves appearance of the skin
- Promotes a clear, youthful complexion

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Fractionated Coconut Oil

Cocos nucifera 115 ml

SKU: 60219327

Application: T | N

Plant Part: Fruit

Extraction Method: Fractionation

Aromatic Description: Odorless

Main Chemical Components: Caprylic/
capric triglyceride

Product Description

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

Uses

- Apply topically to hydrate skin without interfering with your perfume or essential oil blends.
- Mix with calming oils and massage into neck and shoulders deeper relaxation.
- Dilute stronger oils with coconut oil before applying lessen sensitivity.

Directions

Use as a light carrier oil for topical applications of tested grade essential oils. Dilute one part essential oil to five parts or more of Fractionated Coconut Oil depending on skin sensitivity, or as directed on essential oil label. This carrier oil can also be used where sensitive skin reactions to essential oils have occurred by applying directly to affected area. for topical use only.

Primary Benefits

- Softens and soothes dry skin
- Natural emollient to increase essential oil distribution
- Odorless and colorless for easy blend

Cautions

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



PastTense™

Tension Blend 10 ml

SKU: 60219584

Application: T | N

Ingredients: Wintergreen Leaf, Lavender Flower, Peppermint Plant, Frankincense Resin, Cilantro Herb, Marjoram Flower/Leaf/Stem, Roman Chamomile Flower, Basil Leaf, and Rosemary Leaf essential oils.

Aromatic Description: Fresh, minty, herbal

Product Description

PastTense™ is a distinctive blend of essential oils known for its grounding and balancing qualities on emotions. Known for their soothing qualities on the emotions, the essential oils in PastTense™ enable a sense of calm and relaxation. PastTense™ comes in a convenient 10 ml roll-on for easy application when at work, school, or home. Simply apply to the neck, shoulders, or behind the ears enabling a calm contented feeling, while breathing in the cooling, distinctive aroma of PastTense™.

Uses

- Massage into shoulders, neck, and back for a cooling, soothing sensation.
- Add to temples and back of neck before taking a test or presenting in public.
- Apply to the wrists while traveling to help calm emotions.

Directions for Use

Topical use: Apply to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

Primary Benefits

- Helps provide grounding and balanced emotions
- Helps ease stressful feelings
- Packaged for convenient application in a roll-on bottle

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA AromaTouch®

Massage Blend 15 ml

SKU: 60219326

Application: T | S

Ingredients: Cypress Leaf, Peppermint Plant, Marjoram Leaf, Basil Leaf, Grapefruit Peel, Lavender Flower essential oils

Aromatic Description: Clean, Fresh, Mint Powdery

Product Description

dōTERRA AromaTouch®, dōTERRA's proprietary massage blend, combines the unique benefits of oils known to provide relaxing and comforting effects. dōTERRA AromaTouch® combines Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender essential oils in a perfect blend that adds many important benefits to various massage techniques. This popular blend is a vital part of the dōTERRA AromaTouch® Technique, a proprietary method for applying essential oils to produce a profound whole-body experience.

Uses

- Apply to neck and shoulders to promote feelings of relaxation and comfort or use with carrier oil for massage.
- Give your loved one a hand massage using the dōTERRA AromaTouch® Hand Technique and dōTERRA AromaTouch essential oil blend.
- Add to Epsom salts and enjoy soaking in a hot bath.

Directions for Use

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity. See additional precautions below.

Primary Benefits

- Comforting and relaxing
- Relax and feel invigorated
- Adds an aromatic experience to a soothing massage

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for at least 12 hours after applying product.



Essential Eye Cream

0.5 fl. oz./15 ml

SKU: 60219341

Product Description

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

Directions

Press pump until small amount of product appears around the rollerball. Using gentle pressure, apply to under-eye area until absorbed. Use morning and night.

Primary Benefits

- Meadowfoam seed oil provides deep moisture
- Biopolymers made from Pullulan and Red Algae Extract provide a noticeable tightening and lifting effect from the first use
- Bakuchiol helps tone and tighten the skin, which helps improve the appearance of fine lines

Cautions

Press pump until small amount of product appears around the rollerball. Using gentle pressure, apply to under-eye area until absorbed. Use morning and night.



Facial Cleanser

4 fl. oz./118 ml

SKU: 60219348

Product Description

dōTERRA Facial Cleanser contains Tea Tree and Peppermint CPTG essential oils. These oils are known for their ability to help support a healthy complexion as they deep-clean and tone the skin. Additionally, natural cleansers of Yucca Root Extract and Soapbark Extract gently wash away impurities leaving skin looking clean, fresh, and smooth.

Directions for Use

Dispense cleanser into palm of hand. Apply to dry face and neck in a circular motion. Rinse with warm water and towel dry.

Primary Benefits

- Yucca Root Extract and Soapbark Extract are rich in saponins, natural cleansers that clarify and soothe skin
- Macadamia seed oil conditions the skin
- Vitamin E supports healthy-looking skin
- Sodium PCA is derived from proline, a natural amino acid, and acts as a humectant which helps retain skins natural moisture

Cautions

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.



Hydrating Cream

1.7 oz./48 g

SKU: 60219343

Product Description

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

Directions for Use

Topical use: Apply to clean face and neck. Use morning and night.

Primary Benefits

- Cocoa seed butter is a nutrient-rich emollient that helps keep skin hydrated in addition to acting as a conditioning agent
- Lactococcus Ferment Lysate helps to reinforce the skin's natural barrier, helping to promote overall skin health and a youthful appearance
- Laminaria digitata (Oarweed) extract comes from an algae rich in amino acids and polypeptides and is combined with mugwort extract to soothe skin and calm the skin

Cautions

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.



dōTERRA On Guard®

Natural Whitening Toothpaste 125 g Tube

SKU: 60219279

Product Description

dōTERRA's fluoride-free Natural Whitening Toothpaste combines the protective benefits of the proprietary dōTERRA On Guard® blend of CPTG® essential oils with other natural ingredients that help clean teeth, reduce plaque, and whiten teeth with gentle polishing agents. The dōTERRA On Guard® blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils provide an extra cleaning boost. Additional essential oils of Peppermint and Wintergreen, and the natural sweetener xylitol, give dōTERRA On Guard® Natural Whitening Toothpaste a refreshingly unique cinnamon-mint flavor that leaves your breath and toothbrush fresh and clean throughout the day!

Primary Benefits

- Proprietary dōTERRA On Guard® essential oil blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary that cleans and freshens breath
- Myrrh essential oil is soothing to the mouth, gums, and throat
- Peppermint essential oil combined with the dōTERRA On Guard® essential oil blend, leaves your breath cinnamonmint fresh
- Calcium hydroxyapatite helps to keep teeth looking clean and healthy
- Natural xylitol sweetener tastes great while helping to keep the teeth and gums clean
- Hydrated silica is a natural abrasive that helps remove plaque and tooth stains, but is gentle enough to not damage tooth enamel

Cautions

Use only as directed. Keep out of reach of children.



dōTERRA® SPA Hand & Body Lotion

6.7 fl oz / 200 ml
SKU: 60219340

Product Description

Indulge your skin in dōTERRA® SPA Hand & Body Lotion—a light, non-greasy formula that contains jojoba and macadamia seed oils, murumuru and theobroma seed butters, and nourishing plant extracts. This lightweight lotion absorbs quickly to leave skin feeling silky soft and smooth. Ideal for both hands and body, this lotion pairs perfectly with essential oils, allowing you to create a personalized aromatic experience from head to toe.

Directions for Use

Apply generous amounts to hands and body to relieve dryness. Mix with the dōTERRA® essential oil of your choice in the palm of your hand for a customized aromatic experience

Primary Benefits

- Easily blend with your favorite essential oil for a customized aromatic experience
- Sunflower and macadamia seed oils help skin retain moisture
- Non-greasy formula absorbs quickly and helps skin feel supple and soft

Cautions

For external use only.