

dōTERRA®
LIVING

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FALL/WINTER 2025



Wellness isn't one-size-fits-all. You deserve a healthy, simple routine and reliable products that meet your body's continually evolving needs.

But in today's world, it's become normal for people to have to push through mental fog, struggle with digestion, or feel rundown as seasons change. That's why dōTERRA created the Wellness Pyramid—a reliable guide for building long-term health. Its base is nutrition and digestion, which your body relies on to function properly and can be easily addressed with the **Foundational Wellness Bundle**.



Secure your
wellness
foundation.

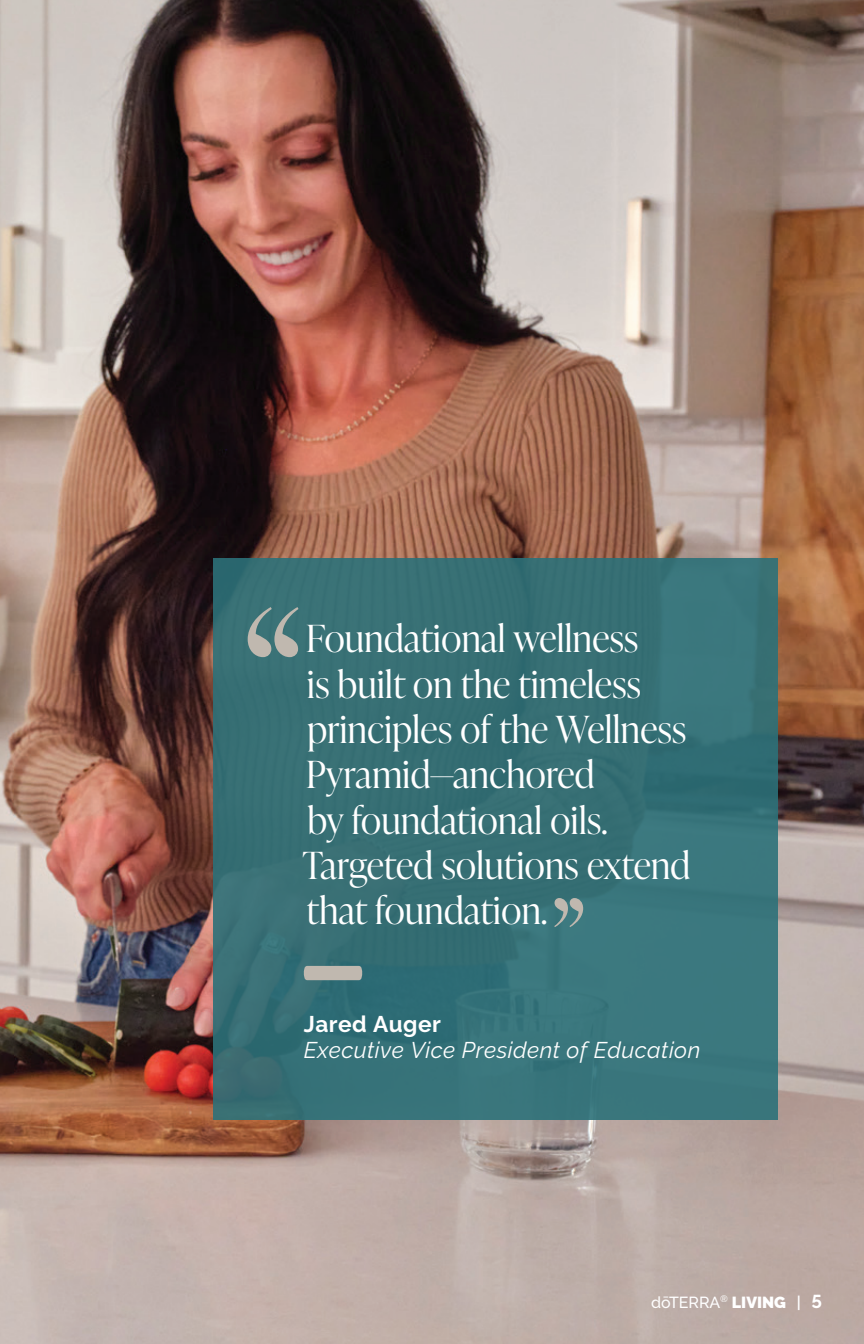


With your foundation set, pure essential oils are there to support specific goals and challenges. Whether you're navigating stress, sleep, energy, or immunity, there are natural solutions that effortlessly fit into any schedule.*

This edition of *dōTERRA Living* is about targeted essential oil solutions that build on a solid foundation. Read on to discover what's possible with dōTERRA. It's wellness your way!

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





“Foundational wellness is built on the timeless principles of the Wellness Pyramid—anchored by foundational oils. Targeted solutions extend that foundation.”

Jared Auger
Executive Vice President of Education



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A woman with long dark hair is smiling and drinking from a glass of green juice. She is wearing a beige ribbed sweater and a thin necklace. The background shows a bookshelf with books.

Targeted Solutions

for Daily Wellness

No two lives look the same. Some days are calm, others chaotic. Your body and its needs shift with time, circumstance, and age. So your daily wellness routine has to shift with it to ensure your health requirements are met.

That's what makes the dōTERRA lifestyle so uniquely empowering. The **Foundational Wellness Bundle** is your steady base—something you can return to every day. And then targeted solutions provide situational



support, filling health gaps as they appear. You can pick these products up when you need extra help and set them down when you don't. It's all about personalized wellness!

With dōTERRA, there's no need for guesswork when a new challenge or concern arises. It's easily answered with targeted essential oil-based tools for a stronger, more supported life.

A Solid Foundation and Targeted Solutions

All journeys need a starting point. That's why the Foundational Wellness Bundle—**VMG+**[™], **EO Mega**[®]+, and **dōTERRA PB Restore**[®]—secures the bottom of the Wellness Pyramid.

Together, these daily supplements support energy, digestion, cognitive function, and more with essential vitamins and minerals; omega-3s; and pre-, pro-, and postbiotics.* They easily fit into your day, requiring just two minutes to take.

But the foundation isn't the whole story. Sometimes your sleep suffers. Sometimes stress hits hard. Sometimes you want to feel lighter and more energized. These moments are real, and dōTERRA believes you deserve to meet them with natural support that feels good to use.

That's where targeted solutions come in. These effective product pairings are meant to be used alongside your daily foundational supplements and healthy lifestyle choices to address specific situations as they emerge. This proactive principle creates a more complete and comprehensive approach to wellness.

For Cellular Support

Your body is made up of trillions upon trillions of cells that form your tissues, organs, and bodily systems. Healthy cells mean a healthy you. When you feel suddenly worn down or just not quite yourself, it's your body's way of asking for deeper assistance.

DDR Prime® Softgels and **Frankincense Boswellic Acid Complex** are formulated to nurture cellular health from the inside out.* These products promote a healthy response to oxidative stress and help support immune and neurological function.*

For those looking for clarity and to feel grounded and resilient in their wellness, this duo brings a quiet strength you can count on.*

For Sleep

You may have had days when your head hits the pillow but rest never comes. Your mind keeps running and body won't settle, then by morning you feel depleted. Those times are when **dōTERRA Serenity® Softgels** and **dōTERRA Serenity Stick + Valerian** can help restore the rhythm of your nights.

The softgels combine **Lavender** essential oil, L-theanine, and tart cherry (which provides naturally occurring melatonin) to help you drift into deeper, more restful sleep—without grogginess the next day.* And the topical stick offers essential oils with calming aromas like **Lavender, Valerian, Ylang Ylang, Roman Chamomile**, and lots more to create a soothing bedtime routine for the whole family.

Together, these essential oil tools encourage the kind of relaxation and rest that truly restores your body and your peace of mind.*

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For Upleveling Your Energy and Digestion

Some days you feel like you have to do it all, but your energy dips and digestion lags behind. You want to feel fueled and ready, not foggy.

MetaPWR® Advantage and **dōTERRA TerraZyme™** are perfect for those times when you're aiming to feel more vibrant, active, and connected to your body's potential. **MetaPWR Advantage** supports metabolic function, skin elasticity, and cellular energy with marine collagen, NMN, and resveratrol.* **dōTERRA TerraZyme** assists digestion by helping your body break down food and absorb nutrients more efficiently.*

It's a pairing that helps your fuel go further, designed to elevate your health and help you thrive every day.*



For Detoxing

Even when you're eating clean and making healthy choices, modern life exposes you to a lot more than your body's systems are used to: pollution, preservatives, stressors, even hormone fluctuations.

RevitaZen+™ Advanced Organ Detoxification Complex and **RevitaZen™ Detoxification Blend** are designed for a deeper but still safe level of care.

These new detoxification products support your body's natural elimination processes with ingredients like milk thistle, black cumin seed oil, and artichoke leaf extract, along with **Tangerine, Rosemary, Geranium, Ginger, Juniper Berry, and Cilantro** essential oils.*



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These detox products aren't harsh or extreme. They offer daily gentle support and complement your existing routines and natural processes.* When your bodily systems are functioning smoothly, you feel lighter, more present, and more capable.

For Stress Management

There's no getting around stress. But there are better ways to handle it. **Adaptiv® Softgels** and **Adaptiv Touch** provide layered support for the moments when everything feels like too much.

The softgels work internally with clinically studied botanicals like GABA and scelletium to help promote a calm state of mind and emotional balance.* The essential oil blend gives you a soothing aromatic experience—ideal for pausing, breathing deeply, and reconnecting with yourself throughout the day.

It's not about eliminating stress—that's impossible. Instead, it's about giving yourself the tools to remain centered, no matter what comes next.

For Immune Support

Whether you're traveling, helping out kids, or navigating a difficult week, it's natural to want something that helps you stay well—something simple and effective.

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That's what **dōTERRA On Guard+™ Softgels** and **dōTERRA On Guard+ Chewable Tablets** offer. The softgels include essential oils like **Oregano**, **Black Pepper**, and **Melissa** (along with the classic **dōTERRA On Guard® Protective Blend**) for increased immune and antioxidant support.* The chewable tablets deliver vitamins C and D, zinc, and beta-glucan in a vegan-friendly format that's great for daily use when your body needs extra support.*

Together, these seasonal staples give you something your body will thank you for.*

Daily Routines, Real Wellness

You don't have to chase every new health trend. You don't have to guess or overdo it.

With dōTERRA targeted solutions in a base of foundational wellness, you can simplify. You can support your body with tested and trusted ingredients when you feel that extra boost is required. They help you show up for yourself one intentional moment at a time.

Real, comprehensive wellness comes from paying attention to what your body is saying and responding in the right ways: laying a foundation of nutrition and healthy digestion, then using customized natural solutions from there to meet your changing needs.

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dōTERRA

On Guard+

Chewable Tablet

Dietary Supplement
60 Tablets

ō | PRODUCT
Spotlight

Meet RevitaZen



Changing seasons are perfect opportunities for a system-wide reset. But many detox products promise quick fixes yet fall short on delivering the support your body truly needs.

RevitaZen™ Detoxification Blend offers a different approach—simple and safe for you and your body. Introduced at dōTERRA Convention 2025 | Shine, this revamped essential oil blend supports organ function and natural detoxification when taken internally, helping the body do what it does best.*

Daily toxin exposure—through food, air, water, and even stress—places a strain on your liver, kidneys, and digestive system.

RevitaZen promotes performance from these vital organs in a natural, effective, and gentle way that you can use every day.*

Why RevitaZen

Unlike harsh cleanses or trendy detox hacks, **RevitaZen** is designed for long-term daily use. Each CPTG Certified Pure Tested Grade® essential oil in the blend was selected for its key internal benefits, based on preclinical research:*



Tangerine offers antioxidant-rich protection to the liver.



Rosemary helps support the liver's detox pathways.



Geranium balances and soothes key organ systems.



Ginger promotes digestive health and colon function.



Juniper Berry aids kidney function and fluid elimination.



Cilantro provides system-wide cleansing and antioxidant protection.

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These oils come together in a uniquely powerful way: **RevitaZen™**. Internal use of this blend gently empowers your body's innate detoxification processes, helping you eliminate what you don't need and protect what you do.*

How to Use It



- Add 1–2 drops daily to citrus drinks, tea, or water. (The tasty flavor of **RevitaZen** makes it easy to enjoy!)[†]
- Apply to your abdomen with a carrier oil 2–5 times as part of a comforting massage.
- Add a couple drops to your dry brush with a carrier oil several times a week before showering.
- Apply 1–2 drops with 1–2 tablespoons of **Castor Oil** to a castor oil pack as part of a regular wellness ritual.

What Makes It Different

RevitaZen isn't a quick fix. It's a long-term, reliable companion for anyone seeking a cleaner, more vibrant lifestyle. Where other detox products on the market can be harsh or inconsistent, **RevitaZen**—with its pure essential oils—works with your body's natural systems for system-wide cleansing without overwhelming.*

The shift to cooler weather often brings slower routines, heavier meals, and more time indoors. These seasonal patterns make it even more important to support your body's detox systems.

RevitaZen fits seamlessly into any wellness practice. It's made to support your body's detox pathways, helping eliminate unwanted substances, protect healthy cells, and enhance natural detoxification when used internally.*

Daily support. Clean ingredients. Real results. That's RevitaZen.

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[†]See individual labels for ingredients, cautions, and usage instructions.



Kaley Shawley

Realtor, Marketer, Wellness Advocate

What first drew you to essential oils? What was the moment you knew they were making a difference in your life?

My journey with essential oils began during a challenging period in life. After giving birth to my third child, I found myself struggling with health issues that conventional treatments couldn't fully address. So I decided to explore the potential benefits of essential oils.

Once I introduced them into our home, I quickly noticed positive changes for our entire family. Several products helped with my daughter's particular needs, including skin and seasonal sensitivities. My son experienced support for his occasional tummy aches and improved sleep. As for me, integrating essential oils into my daily routine led to significant improvements in my skin, sleep, and emotional balance.*

What are your daily wellness routines? How do essential oils and supplements play a role?

I have a tray of dōTERRA products at my work desk, including **dōTERRA sun Lip Balm**, **Frankincense Touch**, and **Frankincense Stick**. There are three shelves on the wall of my office filled with what I consider the essentials, like **Turmeric Capsules**, **DDR Prime®**, **DigestZen®**, and **Peppermint**. I work in a coworking office called Thrive, and my colleagues often stop in to smell my office and ask me about my dōTERRA products.

How has the Foundational Wellness Bundle impacted your energy, mood, cognitive function, or overall health? What results have you felt or seen for yourself, your team, or your clients?

When I went on the dōTERRA cruise in 2023, I'll never forget when Lauren Busch, director of product education, said we can drink **MetaPWR Recharge®** if we're low on energy—let me tell you, what a game changer! I drink **VMG+™** (with filtered water) daily, and as soon I started mixing it with my favorite **MetaPWR Recharge** flavor, I was convinced I felt a difference in mood, energy, and concentration.*

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I call it my "juice," and since we're a household who doesn't do soda or juice boxes, it's a fun drink I look forward to—and I love knowing how it supports me on so many levels!

How have you used dōTERRA essential oils and supplements to help address a specific women's health concern? What results have you seen?

Applying **ClaryCalm®** as part of an abdominal massage during my monthly cycle helps with soreness and aches. Each night I rely on the **dōTERRA Serenity® Sleep System** to help me get restful sleep.* And I of course use my **Foundational Wellness Bundle** every day.

Also daily, I take **dōTERRA TerraZyme™**, **MetaPWR Recharge®**, and **MetaPWR® Advantage**—all three of which I wholeheartedly recommend. These supplements have significantly boosted my energy levels and ability to operate at the top of my game.*



When have dōTERRA products helped you show up for your family, community, or business?

Traditional business is based in hustle culture, where unhealthy levels of productivity so often lead our lives. As a working mom who strives to practice daily wellness, I believe my dōTERRA products and routine give me a competitive advantage at work. I feel supported by my routine, which helps me accomplish tasks and avoid overwhelm and burnout.

You're an accomplished real estate agent and marketer. How do you integrate dōTERRA products into your businesses to help clients with their goals or common health concerns?

I interact with other business leaders and entrepreneurs daily. I've never had to sell dōTERRA products. My clients and coworkers see my "green water" (**VMG+**) and "orange water" (**MetaPWR Advantage**), and they naturally ask about my wellness routine. I keep **Deep Blue® Rub** samples and **Peppermint** at my desk for my weary, overworked friends. I love that I can offer them relief.

One time, my client lost his voice before a speaking engagement, and I gave him a bag of **dōTERRA On Guard® Throat Drops** to support him on stage. People love natural solutions that work. You just have to share what's working for you!

What's your most consistent and reliable advice for another woman who's just beginning her wellness journey and looking for simple, sustainable ways to feel better every day?

I love sharing my dōTERRA routine with other women in business. I've developed a system that works for me and supports me throughout my workday. I keep the products both at home and in my office so they're always within reach.

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My advice is to start small and be intentional about one action toward wellness. If the **VMG+™** “green juice” catches your interest, go ahead and begin there. Often, one simple step toward wellness is all it takes to inspire the next.

How has being part of the dōTERRA community shaped you—as a leader, partner, and friend?

I can honestly say I never imagined I could help guide someone toward wellness. Yet thanks to my dōTERRA community, I've naturally stepped into this role with confidence. It's a beautiful thing to do, and I owe that ability and opportunity to another dōTERRA leader who did the same for me.

It took one person boldly sharing their favorite wellness tools and products with me to change my life for the better. Now I feel competent when talking to others about the transformative power of essential oils and natural supplements. I'm forever grateful!

What other stories can you share about people you know or work with experiencing results after including essential oils or supplements in their wellness journey?

Recently, a shop owner stopped by my coworking office to pick up **Lemongrass** and **Wild Orange**. I love that my community knows me for empowering others with essential oils. They enjoy sharing with me what's working for them and their families—I never get tired of hearing their stories!



Creating a Haven

With each seasonal shift, your craving for comfort and cleanliness rises. You want your home to be safe and ready. Ready for visitors and celebrations. Ready for family and memories.

Synthetic fragrances or harsh chemicals aren't the way. dōTERRA has what you need for every room in your home—essential oil-based products to use and oils to diffuse—to build a clean, cared-for haven that feels and smells soft, warm, and bright.



Entryway

Your entryway sets the tone of your home, and it's where the mess begins. Bags drop. Coats drip. Mud tracks. A neglected entryway starts a day or visit on the wrong note.

A quick reset is what the space calls for. Everyone spritzes **dōTERRA On Guard® Hand Sanitizing Mist** on palms, big and small. The clean, spiced aroma settles into the air while the mist works to eliminate 99.9% of most common germs.[†] It's simple, fast, and effective without drying out anyone's skin—the ideal starting point for your happy haven.

Product

- dōTERRA On Guard Hand Sanitizing Mist

Diffuser Blend

- 💧💧💧 Peppermint
- 🔥🔥 dōTERRA On Guard
- 🔥 Frankincense

[†]Most common germs include *Escherichia coli*, *Staphylococcus aureus*, *Salmonella typhimurium*, *Pseudomonas aeruginosa*, *Burkholderia cepacia*, *Enterobacter cloacae*, *Enterococcus faecalis*, *Streptococcus pyogenes*, *Candida albicans*, and *Aspergillus brasiliensis*.





Living Room

The living room is where you gather. It's all about cozy socks, movie nights, and quiet cups of tea or hot chocolate. But handprints, grimy snack bowls, water ring marks, and dusty surfaces turn the living room from sanctuary to stressor.

So clear it all away. After the clutter is gone, spray on **abode® Multi-Purpose Surface Cleaner Concentrate** and watch everything shine. (And you can do the same for the entryway mess.) No synthetic fumes—just the clean, citrus-bright aroma of essential oils.

Products

- abode Multi-Purpose Surface Cleaner Concentrate
- abode Surface Spray Dispenser

Diffuser Blend

-   dōTERRA Peace®
-  Wild Orange
-  Grapefruit

Kitchen

The kitchen tells your story: what you cook, what you clean, and what you leave behind. Sometimes the story lingers too long, be it last night's crusty dishes, today's treat crumbs, or mystery smells from the garbage can. When the kitchen isn't clean, it's hard to focus on what you love about it.

Time to let nature go to work for you! **abōde® Dishwasher Pods** tackle the dirty dish load. **abōde Liquid Dish Soap** scrubs away at the rest till everything is spotless. Then the counters and sink shine beautifully with a pass from **dōTERRA On Guard® Cleaner Concentrate**. The scents that follow are fresh and uplifting.



Products

- dōTERRA On Guard Cleaner Concentrate
- abōde Liquid Dish Soap
- abōde Dish Soap Dispenser
- abōde Dishwasher Pods

Diffuser Blend

🔴🔴🔴 Frankincense

🟢🟢🟢 Tea Tree

🟡🟡 Lemon





Bathroom

If any room is sensitive to smell, it's this one! Bathrooms collect lots of moisture, buildup, and sharp odors. **dōTERRA On Guard® Cleaner Concentrate** works wonders on toilets, tile, counters, and tubs—just apply directly. Otherwise, mix three tablespoons with 24 ounces of water.

Then there's handwashing. No harsh soaps needed. **dōTERRA On Guard Foaming Hand Wash** and **abōde® Foaming Hand Wash** are gentle, safe, effective, and naturally aromatic. You can make your bathroom feel and smell better—a place you're proud to offer guests.

Products

- dōTERRA On Guard Cleaner Concentrate
- dōTERRA On Guard Foaming Hand Wash OR abōde Foaming Hand Wash
- abōde Hand Wash Dispenser

Diffuser Blend

- Lime
- Peppermint
- Wild Orange

Laundry Room

The laundry room is where dirty clothes can pile up, making things musty and stale. It weighs on your nose and mood.

Uplift your clothing and the room! **dōTERRA On Guard Laundry Detergent** has a spicy aroma and packs a stain-lifting punch.

Or for extra convenience, toss **abōde Laundry Pods** in your load, leaving laundry smelling of bright, refreshing oils.

Whichever option, the result is the same: clean, fresh-scented clothes and a laundry room that's pleasant to be in.

Product

- dōTERRA On Guard Laundry Detergent OR abōde Laundry Pods

Diffuser Blend

- Purify
- Tangerine
- Spearmint



Bedroom

It's the refuge—a place to pause, reset, and add lovely touches to your day, but that's only possible when everything is clean.

abōde® Multi-Purpose Surface Cleaner Concentrate is back to work refreshing wonders on fixtures, walls, finished wood, as well as countertops and tiled floors like in the primary bathroom.

And when you need something easy and powerful, you can grab **dōTERRA On Guard® Sanitizing Hand Wipes** from your nightstand or bathroom drawer. Ethyl alcohol- and essential oil-based, these hand wipes are a swift, no-mess solution for keeping hands clean anytime.

Products

- dōTERRA On Guard
Sanitizing Hand Wipes
- abōde Multi-Purpose
Surface Cleaner
Concentrate
- abōde Surface Spray
Dispenser

Diffuser Blend

-  dōTERRA Balance®
-  dōTERRA Serenity®

Simple, Natural Haven

A clean home doesn't have to mean long hours, harsh products, or artificial scents. With essential oils and oil-based cleaners and washes, you can care for each room in ways that feel good and smell even better. You'll create a space to be proud of that's safe, snug, and welcoming.

So take a moment. Turn the diffuser on. Wipe down a counter. Pop in a pod. Cleanse your home and restore your sense of calm all season. Your haven is ready.



Making Holiday Magic

The cooler months invite you to pause, reflect, and create. It's your season to craft with purpose and create joy with your hands, and essential oils are the perfect tools to bring magical moments to life!

These festive DIY projects are simple, fun, and full of heart, sparking creativity and laughter during spooky season and bringing comfort and care to holiday gifting.

Essential Oil Costumes

Make your family's Halloween getups stand out with these two essential oil bottle costumes. They're creative and cute, plus they double as a great conversation starter. Choose the design you're comfortable with creating, download the essential oil labels with the following QR code, and get crafting to show your dōTERRA pride!



**Scan to download
your essential oil
labels!**



T-Shirt Design

Materials Needed:†

- + Blank T-shirt
- + Transfer paper
- + Printer
- + Iron, preferably with a dry setting (no steam)
- + Scissors
- + Optional: parchment paper, to protect the iron and shirt while ironing

†This project involves the use of a hot iron. Always operate an iron on a heat-safe surface and never leave it unattended while plugged in or hot. Use caution to avoid burns or damage to the shirt or other materials. Before storing, allow the iron to cool completely.

Instructions:

1. Prepare your design.

- + Download the dōTERRA label you want.
- + If using light-colored transfer paper, mirror the image before printing. (The image is transferred in reverse.)
- + Load the transfer paper into your printer and print the design.

2. Prepare the shirt and transfer paper.

- + Iron the shirt to remove any wrinkles that might interfere with the transfer.
- + Carefully cut out the printed design, leaving a small border around it.
- + Place the transfer paper face-down on the desired area of the shirt (or face-up for dark shirts, depending on the type).

3. Apply heat and transfer the design.

- + Set your iron to the appropriate temperature (usually high with no steam), according to the transfer paper instructions. If desired, place the parchment paper over the transfer paper.
- + Iron with firm, even pressure for the recommended time. (The time will vary based on the size of the design.)
- + Allow the shirt and transfer paper to cool down (usually 2–3 minutes) before carefully peeling off the backing. Ensure the design is fully transferred and bonded to the shirt.

4. Wash the shirt inside out in cold water on a gentle cycle.

5. Tumble-dry on low or hang. Avoid high heat when drying to help preserve the design.



Bottle Design

Materials Needed:†

- + 32-gallon brown (amber) plastic garbage can
- + 20-inch × 13-inch vinyl dōTERRA label
- + 4 1-inch screws
- + 8 1-inch washers
- + 3-inch-width black or brown elastic, for the shoulder straps
- + ¼-inch black elastic, for the bottle cap
- + 220-grit sandpaper
- + 1.5-liter black container, for the bottle cap
- + Handheld electric saw with 10-inch blade
- + Drill with ¼-inch bit
- + Scissors or utility knife
- + Hot glue gun or E6000, for securing decorative elements

Optional: Decorative botanicals based on the essential oil

- Lavender stems and blooms for **Lavender**
- Lemons and lemon leaves for **Lemon**
- Mint stems and leaves for **Peppermint**

[†]This project involves the use of power tools like electric saws and drills. Always prioritize safety and follow correct protocol before operating power tools. Use appropriate personal protective equipment (PPE), including safety goggles, gloves, and earmuffs. Ensure you're familiar with the operation of the power tool before use. Work in a well-ventilated, well-lit area and keep your workspace clean and free of hazards. dōTERRA is not responsible for any injury or damage resulting from the use or misuse of these tools.

Instructions:

1. Prepare the garbage can (the essential oil bottle body).

- + Acquire a 32-gallon brown (amber) garbage can. (It'll serve as the essential oil bottle.)
- + Use a handheld electric saw with a 10-inch blade to cut off the top 8 inches, including the handles. (There may be a natural line to follow—if not, draw a line based on the handle placement.)
- + Cut out the bottom of the garbage can, keeping the curved shape to help the can hold its structure and resemble the base of a bottle. (For a 32-gallon can, it'll be about 12 inches of the bottom.)

2. Use 220-grit sandpaper to smooth rough or jagged edges where cuts were made, removing plastic flakes and helping prevent sharp edges.

3. Attach the shoulder straps.

- + Determine strap placement based on where the wearer's shoulders will sit in the can.
- + Drill ¼-inch holes into the front and back of the can.
- + Cut 2 lengths of 3-inch-width black or brown elastic.
- + On each strap end, cut a small vertical slit to avoid fraying.
- + Place a screw through the hole in the can, then sandwich the strap with washers on each side inside the can's wall.

4. Apply the label and decorate.

- + Apply the 20-inch × 13-inch vinyl dōTERRA label to the front of the can. To avoid air bubbles, use a hard plastic card to smooth out the design before removing the transfer tape.
- + If desired, add botanical elements (lavender, lemons, mint) near the label using quick-drying glue.

5. Make the bottle cap hat.

- + Use a 1.5-liter black container as the bottle cap (something like a large black soda bottle works well).
- + Drill a ½-inch hole in the middle of the container on either side, near the open end.
- + Thread ¼-inch black elastic through the holes and tie a secure knot on each end to hold the elastic in place. (This elastic strap will go under the wearer's chin to hold the cap in place like a hat.)





Holiday Gift Baskets



Essential oils make for the most thoughtful, beautiful, and personal gifts. These four dōTERRA-inspired baskets guarantee your holiday giving is simple and special. Of course, you can always customize these baskets or create your own to better fit that certain someone!

Holiday Baking Basket

For the baker in your life who's looking to make tasty, wholesome treats.

Basket Options:

- + Small basket or gift box with holiday decor
- + Whisk
- + Spices
- + Measuring spoons
- + Chocolate bar
- + Cinnamon Bark essential oil
- + Wild Orange essential oil
- + Peppermint essential oil
- + Madagascar Vanilla essential oil

Winter Prep Basket

Perfect for friends and family looking to support their natural lifestyle during the changing seasons.

Basket Options:

- + Small basket or gift box with holiday decor
- + Organic honey
- + dōTERRA On Guard® Protective Blend
- + dōTERRA On Guard+™ Protective Blend Softgels
- + dōTERRA On Guard Hand Sanitizing Mist
- + dōTERRA On Guard Protecting Throat Drops
- + dōTERRA On Guard Touch
- + TriEase® Seasonal Blend Softgels
- + Laluz® Diffuser





Bedtime Basket

To encourage a relaxing routine before bed to drift into dreamland.

Basket Options:

- + Small basket or gift box with holiday decor
- + Journal
- + Eye mask
- + dōTERRA Serenity® Restful Blend
- + dōTERRA Serenity Restful Complex Softgels
- + dōTERRA Serenity Stick + Valerian
- + dōTERRA Serenity Bath Bars
- + dōTERRA spa Hand & Body Lotion
- + Laluz Diffuser
- + Lavender essential oil
- + Lemon essential oil



Self-Care Basket

A beautiful gift for anyone needing a little me time to pamper and unwind.

Basket Options:

- + Small basket or gift box with holiday decor
- + Brushes
- + Loofah bath sponge
- + Massage roller
- + dōTERRA spa Hand & Body Lotion
- + dōTERRA spa Refreshing Body Wash
- + dōTERRA spa Lip Balm (Herbal)
- + dōTERRA spa Exfoliating Body Scrub
- + Verage® Cleanser
- + Verage Toner
- + Verage Immortelle Hydrating Serum
- + Verage Moisturizer

These DIYs offer opportunities to slow down, share love, and bring essential oils into your traditions in meaningful ways.



Explore more
incredible essential oil
projects on our blog!





PRODUCT
Spotlight



Meet RevitaZen+



Every day, your body is consistently under pressure to filter out what it doesn't need: environmental pollutants, food additives, stress-related waste, and more. Over time, your natural detox pathways—especially your liver, kidneys, and colon—can become overburdened.

Your body and its systems need reinforcement, and **RevitaZen+™ Advanced Organ Detoxification Complex** is here to deliver, as unveiled at dōTERRA Convention 2025 | Shine!

RevitaZen+ is an advanced supplement complex designed to support your key organs that carry the weight of daily toxin exposure.* Unlike trendy detox fads that promise fast results but just stress the body, **RevitaZen+** works in harmony with your natural systems. It's gentle enough for daily use and strong enough to make a difference, helping reduce oxidative stress, promoting a healthy inflammatory response, and aiding liver, kidney, and colon function.*

Why RevitaZen+

These capsules combine the power of science and nature to give your body what it needs to detox naturally, without harsh cleanses or complicated regimens. Each natural ingredient was selected, based on preclinical research, to assist with a specific aspect of internal detoxification:*



Milk thistle
promotes liver
protection and
antioxidant
support.



**Artichoke leaf
extract** stimulates
bile production
for smoother
digestion.



**Black cumin
seed oil** provides
antioxidant
and immune-
modulating
benefits.

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



Cumin essential oil aids healthy lipid metabolism and gut function.



RevitaZen™ Detoxification Blend adds system-wide support from **Tangerine, Rosemary, Geranium, Ginger, Juniper Berry, and Cilantro** essential oils.

This powerhouse approach to detoxification helps your body manage and eliminate toxins efficiently to promote long-term wellness.*

How to Use It



Just take 1–2 capsules daily with a meal, preferably in the morning or afternoon. That's all! For even more comprehensive detox support, combine with internal use of **RevitaZen Detoxification Blend** as part of your regular wellness routine.*



What Makes It Different

CPTG Certified Pure Tested Grade® essential oils and clinically studied botanicals come together in an easy-to-take dual-chamber capsule that's safe for daily use, unlike many commercial detox products that are harsh and variable. Plus, **RevitaZen+™** simplifies your day by melding and amplifying the benefits of **Zendocrine® Softgels** and **Zendocrine Complex** into this one advanced product.*

The formula is vegan, free of gluten and GMOs, and formulated without dairy, soy, and wheat. It's also tested for heavy metals, pesticides, allergens, and more.

*Whether you're starting into a new season, building your wellness foundations, or simply looking to feel your best each day, **RevitaZen+** gives you the targeted support your body needs and deserves.*



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THERE'S
AN OIL
FOR THAT



Dr. Laura Ricci, DPT

Women's Health Coach, Wellness Advocate

What first drew you to essential oils? What was the moment you knew they were making a difference in your life?

Honestly, as a healthcare professional I was a skeptic when it came to essential oils. But everything shifted after I attended a class. I didn't even know who the instructor was at the time, but I decided to just listen and start small with two essential oils.

I actually started seeing results. I came to essential oils looking for support with some physical discomfort, but I also noticed a huge difference in my mood and emotional well-being.* That's become my favorite part.

Something as simple as diffusing essential oils daily at home is a key part of my routine, and it's made such a positive impact.

What are your daily wellness routines? How do essential oils and supplements play a role?

My daily wellness routine is all about consistency and simplicity, and essential oils and supplements are truly the foundation of how I care for myself. Every morning, I start with the **Foundational Wellness Bundle: VMG+™, EO Mega®+, and dōTERRA PB Restore®**. I'm a huge fan! They help me feel energized, support my digestion, and keep my body functioning at its best.*

Another consistent ritual is **ClaryCalm®**. I keep it by my toothbrush so I remember to apply it both morning and night. It's been amazing for me! I also like to roll **Magnolia Touch** along my lower back to invite more softness and support to my day.

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I also take **Adaptiv® Capsules** daily. They help me feel grounded and calm, especially after turning 40 and navigating all the shifts there.*

Another essential part of my day is diffusing. Taking a moment to create a calm, uplifting atmosphere with aromatherapy can change your day for the better. Some of my go-to blends are **Adaptiv, dōTERRA Cheer®**, and **Shinrin-Yoku®**.

How has the Foundational Wellness Bundle impacted your energy, mood, cognitive function, or overall health? What results have you felt or seen for yourself, your team, or your clients?

After adding the **Foundational Wellness Bundle** to my daily routine, I've noticed such a powerful shift in how I feel. I have more energy, my mood is lighter and more uplifted, and I feel sharper mentally!* Another change has been in my exercise. I'm a huge advocate for weight training, especially for women, and I've felt a real boost during workouts and a smoother, quicker recovery after.*

This product bundle is truly a game changer, helping us all show up for life with more vitality and joy!

How have you used dōTERRA essential oils and supplements to help address a specific women's health concern? What results have you seen?

I've worked with many women who struggle with low energy and mental clarity. Things like "brain fog" are such common experiences, but the good news is I've seen incredible results when they start using the **Foundational Wellness Bundle**. Not only do they start to feel more energized and mentally clear, but they notice a real shift in their overall vitality: sharper, more focused, and like themselves again.*

That's the best part! It's amazing to see them go from drained and foggy to vibrant and empowered.*

One of my favorite stories is from an oil client, Linda, who's 78 years young. She used to think it was normal to feel brain fog and daily discomfort with age. But since starting the Foundational Wellness Bundle, her energy, vibrancy, and zest for life have returned in such a beautiful, inspiring way!



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When have dōTERRA products helped you show up for your family, community, or business?

dōTERRA has helped me show up in a bigger, more aligned way, especially when I could've easily burned out. Running a business, supporting others, and navigating life's ups and downs is intense, but diffusing **Adaptiv® Calming Blend** and taking **Adaptiv Capsules** have helped me stay calm and emotionally steady.* I can lead my team, serve my clients, and connect with my community from a place of strength instead of stress.

I love how essential oils allow me to take quick rest breaks throughout the day. Just pausing to inhale **Adaptiv, dōTERRA Balance®,** or **Frankincense** helps me reset and come back to a place of calm and clarity. It's simple but powerful.

What's changed is I don't feel like I have to keep pushing at the expense of my well-being. These products have given me the capacity to show up as my best self, and that's made all the difference.

You're an accomplished health coach. How do you integrate dōTERRA products into your practice to help clients with their wellness goals or common concerns?

My private health coaching clients often come to me feeling exhausted and anxious, dealing with discomfort, poor sleep, and dysregulation. They've seen other practitioners but still feel unseen and unheard.

What I love is they're open to natural solutions, and together we blend dōTERRA essential oils with personalized lifestyle changes to meet their specific needs.

I always suggest they start with the **Foundational Wellness Bundle**—an expertly crafted essential oil-based multivitamin, fish oil, and probiotic. These products give their bodies the basic support they've been lacking.

From there, we build a customized plan. For example, if deep sleep is the issue, then we dive into sleep hygiene, creating a calming bedtime routine and layering in tools like **dōTERRA Serenity® Softgels**, **dōTERRA Serenity Restful Blend**, and **dōTERRA Serenity Stick + Valerian**.

It's about creating simple, powerful moments and habits. These natural tools help them feel better, and they also help them finally feel seen, heard, and empowered to take control of their lives.

What's your most consistent and reliable advice for another woman who's just beginning her wellness journey and looking for simple, sustainable ways to feel better every day?

Start simple and be kind to yourself. You don't have to overhaul your whole life overnight. Focus on small, consistent actions that nourish you.

The most sustainable thing you can do is create daily rituals that feel good. It could be starting your morning with drops of **Lemon** in your water, taking a short walk, or diffusing an essential oil that creates an uplifting space. Simple things like breathing deeply, getting outside, staying hydrated, and lifting weights can make a bigger impact on your health and confidence than you think.

I also recommend focusing on foundational support—things like quality nutrition, good sleep, and daily movement. Tools like the **Foundational Wellness Bundle** can help fill in the gaps and give your body what it needs to function at its best.*

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How has being part of the dōTERRA community shaped you—as a leader, partner, and friend?

The dōTERRA community has shaped me in ways I never expected. As a leader, I've learned vulnerability is powerful. Early on, I was afraid that showing how much work this journey takes would scare people away.

But when I openly shared what it takes, something amazing happened. I attracted people who were inspired by the process, not just the results—people who wanted to grow and who were ready to walk this path together. That vulnerability helped me become a more authentic, grounded leader.

As a partner, this business opportunity has been a beautiful extension of my marriage. My husband, Mark, is my CFO! As a CPA, he's the numbers guy, running projections and handling so much behind the scenes. We do it together, and it's made the journey even more fun and meaningful.

And as a friend, dōTERRA has given me a community of women who uplift, support, and challenge me to grow. The friendships I've made are rooted in shared values of wellness, growth, and service.

For me, dōTERRA isn't just about essential oils. It's about becoming the best version of myself and helping others do the same, with the people I love beside me.

What other stories can you share about people you know or work with experiencing results after including essential oils or supplements in their wellness journeys?

One of the most powerful stories came from an oil client of mine. After trying so many things and still struggling with discomfort, she experienced a profound shift in how she felt with the **dōTERRA Lifelong Vitality Pack® (LLV)** and told me she'd never go without those supplements again.*

What's interesting is **LLV** didn't have the same effect for me. But when I switched to **VMG+™**, I felt the impact fast: more energy, better focus, and quicker recovery.*

It just shows wellness isn't one-size-fits-all. What works beautifully for one person might not be the best fit for another. But that's what I love about dōTERRA. We have options to support our unique, bio-individual needs. And when you find what works? It can truly change your life.



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BEHIND THE BOTTLE

Peppermint

Mentha piperita

*Mist clings to the lush valley fields of the Pacific Northwest. Rows of deep green plants stretch across the ground, their vibrant leaves shining from the morning dew as the sun's first rays break through. A crisp, invigorating scent covers the land—the unmistakable scent of peppermint. Among the Oregon hills, streams, and multigenerational family farms, the story of **Peppermint** essential oil takes root, weaving together earth, tradition, and diligent, loving hands.*



Perfect Place for Growth

The Pacific Northwest has exactly what the peppermint plant needs to thrive: rich and well-draining soil, cool nights, warm days, and abundant water. On average, the region receives 30 to 100 inches of rainfall annually. This ideal climate coaxes out the rich aromatic compounds, particularly menthol, and creates **Peppermint** oil that's renowned for its potency and purity.

Farmers—many with deep family roots in the area—have perfected the art of growing peppermint. They walk the fields, observing the plants with knowledge passed down across decades.



Their work is a stewardship, an ongoing relationship with the land that sustains them.

Through Cō-Impact Sourcing® initiatives, dōTERRA works directly with these farmers and distillers, cutting out middlemen in an effort to prioritize ethical practices, compensation, and sustainable agricultural methods. These kinds of partnerships empower smaller communities, safeguard the environment, and preserve the botanical integrity of peppermint.

The Art of Harvesting and Distilling

Peppermint harvesting is a long-term commitment. Farmers spend almost every day of the year caring for the plants until the short harvest window. The leaves and stems must be collected when their essential oil content reaches its peak—as the tiny oil sacs are full to bursting.

Discover more about
how we source
Peppermint essential oil.



Across the Pacific

dōTERRA sources **Peppermint** essential oil from both the Pacific Northwest and India. In fact, India is a massive global producer for peppermint oil, particularly the state of Uttar Pradesh, where the climate and soil are amazing for plant growth and aromatic profiles.

That's where dōTERRA works with local farmers and their families, exchanging excellent crops for reliable income and working to create sustainable growing and harvesting practices.

Farmers move quickly but carefully. After being harvested, the plant materials are transported to a distillation facility. There, steam distillation captures the essential oil without compromising its composition. **Peppermint** oil is usually distilled within two days of harvest, taking four to six hours per batch. With three pounds of plant material, you get one beautiful bottle of **Peppermint** essential oil.

The spent biomass after the process is completed is used to fuel the distillation boilers, creating a more efficient and effective process.

Wonders of Peppermint

Peppermint was one of the first essential oils dōTERRA offered, and it has maintained its status as a must-have product in every oil collection because of its wide range of applications and benefits:

- **Diffusing Peppermint** can invigorate the senses, promoting a refreshing environment of clarity and alertness.
- **When applied topically** with a carrier like **Fractionated Coconut Oil** or **Castor Oil**, **Peppermint** delivers a rapid cooling, soothing effect thanks to its menthol content.
- **Peppermint can be taken internally** to support healthy digestion and respiratory function.* Adding two drops to water or tea (or even food) also adds a brilliant burst of flavor!†
- **Inhaling the aroma of Peppermint** from the bottle or cupped hands may promote feelings of open airways and easy breathing, especially during seasonal changes.

A Journey to Reflect On

Whenever you uncaps a bottle of dōTERRA **Peppermint** essential oil to help you reset, close your eyes. Breathe in the familiar, comforting scent. Picture cool, misty fields. Feel the strength of traditions honored and the hope of futures empowered, encapsulated in your bottle.

From the rolling hills of Oregon and Uttar Pradesh to the drop that lands in your diffuser or on your skin, **Peppermint** carries with it connection, stewardship, and gratitude. It's a true gift from the earth, carefully nurtured, skillfully sourced, and lovingly shared.

With every invigorating breath you take, you become part of this story—rooted in the earth and grown through dedicated effort to live the incredible life that you're *mint* to have!

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†See individual labels for ingredients, cautions, and usage instructions.







“When cellular pathways are supported with nutrients, ingested essential oils can optimize those pathways. That’s why dōTERRA starts with the foundation, then targets systems with precision and purity.”

Dr. Brannick Riggs

MD, Vice President of Essential Oil Education



Seasonal Classics with dōTERRA



There's something wonderful about cooking with loved ones, especially as fall and winter settle in. The air turns crisp, ovens click on, and home fills with comforting aromas that stir up memories and create new ones.

Gingerbread Cookies

Softly spiced and full of holiday cheer, these classic gingerbread cookies are amazingly tasty and super easy to customize. Plus, they get a flavorful boost from the essential oils.

Perfect For:

- Holiday parties
- Neighborhood gifting
- Fun family nights

Dry Ingredients:

- 1½ cups buckwheat flour
- ⅔ cup tapioca flour
- ⅔ cup sorghum flour
- 1 tablespoon chia seed meal
- 1 tablespoon flaxseed meal
- ⅓ cup coconut palm sugar
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ teaspoon nutmeg

Wet Ingredients:

- ½ cup coconut oil
- ¼ cup unsweetened applesauce
- 3 tablespoons water
- 3 tablespoons molasses
- 1 teaspoon apple cider vinegar
- 45 drops liquid stevia
- 2 drops **Ginger** essential oil†
- 2 drops **Cinnamon Bark** essential oil†
- 2 drops **Clove** essential oil†



Instructions:

1. Preheat the oven to 175°C.
2. Combine the dry ingredients in a medium-sized bowl and whisk to mix.
3. Combine the wet ingredients in a separate larger bowl and mix until evenly combined.
4. Gradually add the dry ingredients to the wet, mixing slowly until evenly combined.
5. Put a small handful of buckwheat flour onto a clean countertop and pour out the dough.
6. Roll out the dough until about $\frac{1}{4}$ – $\frac{1}{2}$ inches thick.
7. Take a cookie cutter and cut out classic gingerbread men or other holiday shapes.
8. Lightly oil or line a baking sheet with parchment paper and place the cutouts onto the sheet.
9. Bake for 12–15 minutes or until golden and crisp. Remove from the oven and let cool before enjoying.

*See individual labels for ingredients, cautions, and usage instructions.





Italian Bread Dip

This Italian bread dip is savory and boldly herbal. Serve it with ciabatta bread or sliced veggies as an appetizer before your next big festive gathering.



Perfect For:

- Hosted dinners
- Charcuterie boards

Ingredients:

- ¼ cup olive oil
- 1–3 tablespoons balsamic vinegar, to taste
- ½ teaspoon Italian seasoning
- 1–3 drops **Oregano** essential oil†
- Optional: 1 tablespoon Parmesan cheese

Tip: Start with a toothpick dipped in your Oregano bottle and progress toward drops for desired flavor.

Instructions:

1. Gently mix all the ingredients together in a bowl large enough to dip into.
2. Dip a favorite Italian style bread into the bowl and enjoy.

†See individual labels for ingredients, cautions, and usage instructions.



Popcorn

This crunchy and spicy-sweet popcorn is the ultimate holiday snack food. Kids and adults alike will love it and ask for another bowl!

Perfect For:

- Movie marathons
- After-school snacking
- Treat gift bags

Ingredients:

- 1 cup popcorn kernels
- ¼ cup unrefined coconut oil
- ¼ cup pure maple syrup
- 5–6 drops **dōTERRA On Guard®** essential oil blend[†]
- 2–3 drops **Cinnamon Bark** essential oil[†]
- Ground cinnamon, to taste
- Salt, to taste

Instructions:

1. Air-pop the popcorn and place in a large mixing bowl.
2. Melt the coconut oil. Stir in the maple syrup and essential oil drops.
3. Pour the mixture over the popcorn, pausing to toss and mix.
4. Sprinkle with ground cinnamon and salt. Mix thoroughly and enjoy.

Tip: If melting the coconut oil on the stovetop, remove from heat before adding dōTERRA On Guard.

Tasty, Healthy, and Natural

You don't need to sacrifice natural living and wellness for flavor, especially during the holidays. These essential oil-enhanced recipes make it easy to keep things delicious, feel-good, and festive!

[†]See individual labels for ingredients, cautions, and usage instructions.

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PRODUCT
Spotlight



Meet Castor Oil

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You should be able to feel comfortable and clean, inside and out. dōTERRA released a solution for the outside at dōTERRA Convention 2025 | Shine: Castor Oil!

This highly versatile, nutrient-loaded carrier oil belongs in your daily rotation all year for support every season. Whether you're trying to nurture dry skin, pampering your scalp, or creating your own castor oil pack protocol, this beautifully simple product delivers powerful results you can see and feel!

Why Castor Oil

dōTERRA **Castor Oil** comes from the seeds of the *Ricinus communis* plant and is bottled in protective amber glass. With a high concentration of ricinoleic acid—a rare omega-9 fatty acid found almost exclusively in castor plants—this oil is deeply moisturizing and replenishing to your skin and hair.

Anyone who's invested in personal care (so everyone!) will love how this oil offers a simple, gentle, and effective way to rejuvenate the skin and hair, while also supporting seasonal wellness rituals by combining with essential oils. It's ideal for rough winter patches—try it on your elbows, heels, and cuticles to smooth and soothe any dry spots.

How to Use It



- Apply 1–5 drops to your face, neck, or any dry areas to lock in moisture and promote soft, radiant skin.
- Massage into the scalp, along with **Rosemary** and **Peppermint** essential oils, to nourish your hair and roots.
- Apply to the lymphatic areas after dry-brushing to nourish and comfort the skin.
- Use 1–2 tablespoons as part of a castor oil pack protocol over the abdomen or where needed. (Pairs well with **RevitaZen™ Detoxification Blend** for an enhanced experience.)

What Makes It Different

General castor oil has been used and enjoyed for generations in a variety of wellness and beauty routines, so dōTERRA has raised the bar with this new organic, cold-pressed, hexane-free, and ricinoleic acid-rich way to care for your skin, hair, and scalp. Plus, the amber glass bottle and flip-top cap protect the product while offering easy, precise application.

As the colder seasons arrive, make space for calming care in your daily routine. This nourishing carrier oil fits seamlessly into regular skincare rituals and mixes beautifully with your favorite topical essential oils.

dōTERRA **Castor Oil** is the clean, luxurious addition to your self-care that your outside—head to toe—has been asking for!

Simple Tools for the Season

You watch them pull on their little coats, backpacks half-zipped and hats slightly askew. You've packed their lunches, checked their homework, and tied their shoes. Now comes the hardest part: letting them go out into a world that isn't clean and gentle like your space.

You can't protect your children from everything, but you can give them a strong start. And that begins with simple choices and tools that set them up to feel their best!

dōTERRA makes it easier to face the world confidently with a few targeted solutions that work for your entire family:

PB Assist+[®], **dōTERRA On Guard[®]** products, and **dōTERRA Serenity[®] Stick + Valerian**, which all offer dependable support during the colder months when you most want it.



Gut Health Matters

You might not think about your children's gut health every day, but their bodies do! Over 70% of the immune system resides in the gut. That means the digestive tract plays a critical role in how kids process nutrients, handle environmental threats, and stay balanced—especially during colder times when routines shift and immune challenges emerge.

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They need a simple daily solution. **PB Assist+®** is a delicious strawberry-melon powder designed to support gut health and immune function with a unique combination of 13 probiotic strains and prebiotic fiber.* These microbiome-supporting ingredients seed and feed the good bacteria in the digestive system, creating an ideal environment for healthy digestion, metabolism, and nutrient absorption.*

And it's an easy everyday habit: just one stick pack, taken directly or stirred into a cool morning drink. The benefits run deep, supporting their digestive and immune systems when it matters most.* (Bonus: stack this habit with **A2Z Chewable™ Tablets** for extra support!)

Staying On Guard

There's nothing like changing weather to make you concerned about how the immune system is doing. The cold means closed windows, shared surfaces, and lots of close contact.

dōTERRA On Guard+™ Chewable Tablets offer a wonderful immune-supporting option for the whole family.* These tablets are tasty (despite being sugar- and artificial sweetener-free) and bring together essential oils like **Wild Orange** and **Clove** with vitamins C and D, zinc, and beta-glucan—key ingredients for reinforcing young wellness from the inside out.* Just three tablets, and the kids are set!

You're doing your best to teach handwashing and other good habits, but sometimes that's not enough. That's why **dōTERRA On Guard® Hand Sanitizing Mist** and **dōTERRA On Guard Sanitizing Hand Wipes** are staples in your purse, the glove box, and their backpacks.

Both products are 70% ethyl alcohol-based and showcase the bestselling **dōTERRA On Guard** essential oil blend, which gives them their signature clean scent. These powerful, plant-based sanitizers eliminate 99.9% of common germs†—without the harsh feel or synthetic fragrances that other products leave behind.

†Most common germs include *Escherichia coli*, *Staphylococcus aureus*, *Salmonella typhimurium*, *Pseudomonas aeruginosa*, *Burkholderia cepacia*, *Enterobacter cloacae*, *Enterococcus faecalis*, *Streptococcus pyogenes*, *Candida albicans*, and *Aspergillus brasiliensis*.

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As the day winds down—meals devoured, PJs on—all you want is for your kids to feel calm, comforted, and ready for rest. But changing amounts of sunlight, more time indoors, and holiday excitement too often conflict with your wish.

dōTERRA Serenity® Stick + Valerian can help. This gentle, mess-free stick combines soothing **dōTERRA Serenity** essential oil blend with **Valerian**, a time-honored and clinically studied botanical known for promoting a restful environment. It's designed for healthy bedtime routines, gliding easily on wrists, neck, chest, and feet.

The soft, calming aroma signals it's time to relax. Whether it's after a busy school day or holiday party, **dōTERRA Serenity Stick + Valerian** offers effortless softness and stillness so your little ones can rest and recharge for another amazing day tomorrow.

Wellness as the Norm

Whether you're a parent, grandparent, or caregiver, you've likely felt that deep-down pull to give the little ones in your life the right tools to grow strong and embrace wellness—not just for today, but for every cold snap, classroom, and routine to come.

By making simple targeted solutions like **PB Assist+®**, **dōTERRA On Guard®** products, and **dōTERRA Serenity Stick + Valerian** part of your regular routine, you can create more stability in seasons often characterized by changes and unpredictability and help lay a solid foundation for long-term wellness.*

When you do, you send your children out into the world supported—by nature, by science, and by your love.

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Meet PastTense Stick + Sweet Gum

*Modern life rarely slows down. Packed schedules and screen-heavy workdays abound—as your inner tension builds, you need a clean, natural way to help keep it in check. That's where **PastTense™ Stick + Sweet Gum** steps in.*

Announced at dōTERRA Convention 2025 | Shine, this convenient, mess-free stick features the beloved **PastTense® Tension Blend** you and so many others already know and trust, with the addition of **Sweet Gum** essential oil. It's designed for on-the-go use, providing a reassuring aroma and a soothing sensation when everyday tensions are high.

Why PastTense Stick + Sweet Gum

PastTense Stick + Sweet Gum brings together 10 essential oils known for their soothing benefits—cooling oils like **Wintergreen** and **Peppermint** alongside calming oils like **Lavender**, **Frankincense**, and **Roman Chamomile**. The result is a blend that delivers a comforting moment when you need it. The stick also features **Sweet Gum**, a rare essential oil rich in β -caryophyllene, which is a natural chemical known to produce a calming, relaxing scent.

Portable, noncomedogenic, and dermatologically tested, **PastTense Stick + Sweet Gum** is safe for sensitive skin and offers an easy way to create a moment of calm during your day, whether it's during the morning rush, afternoon slump, or wind-down before bed.

How to Use It



- At the first signs of mounting tension, apply to the forehead, temples, back of your neck.
- Use during long days when you want a break from screens, deadlines, or caregiving.
- Before journaling, stretching, or meditating, swipe it across your forehead, temples, and neck for a comforting, recentering feeling.
- Apply before flying, driving, or navigating busy spaces.

What Makes It Different

This stick offers a whole new experience. Unlike similar products with synthetic ingredients, **PastTense Stick™ + Sweet Gum** is made with CPTG Certified Pure Tested Grade® essential oils and other naturally derived ingredients. It's formulated without parabens, phthalates, and synthetic fragrances.

Plus, the stick glides on smoothly. No spills or hassle—it can be applied quickly and accessed easily from your back pocket or purse.

With its fresh, minty aroma and soothing sensation, **PastTense Stick + Sweet Gum** is the supportive and simple solution you can rely on to help calm the skin and provide soothing comfort when tense, especially in the head and neck areas. Keep it close and use it often wherever life leads you year-round.



Castor Oil Care

*There's something so satisfying about a simple, natural, and versatile product that works well. That's exactly what you can experience with **Castor Oil**. Certified-organic, hexane-free, and ricinoleic acid-rich, this dōTERRA family addition is ready to serve as a go-to in your beauty and wellness routine!*

Building on what was covered in the product spotlight (see page 76), **Castor Oil** is a nourishing carrier oil that supports wellness and personal care routines. And it's not a trendy new solution. This oil has been used for generations in beauty practices.

If you've been searching for something cleaner, gentler, and more effective for your daily skin, scalp, and self-care rituals, dōTERRA **Castor Oil** checks all the boxes!

Hydrate and Nourish Your Skin

Dry patches, dull skin that doesn't feel as soft and vibrant as it used to—you've probably experienced these at some point. One to five drops of **Castor Oil** may be what you need. Its unique, natural fatty acid composition makes it deeply hydrating, promoting soft, healthy-looking skin with just a small amount of oil.

For a more targeted approach, apply **Castor Oil** directly to rougher areas like your heels, knees, elbows, and cuticles.

Support Your Hair and Scalp

When your hair looks full and shines bright, you feel more confident. And it all starts at the roots.

Massage **Castor Oil** onto your scalp, along with a few drops of **Rosemary** and **Peppermint** essential oils. It's a simple way to nourish your hair and scalp. This combo is especially effective during seasonal transitions, when your hair can feel more brittle or dry.



Want a glow boost for your face? Blend it with Frankincense or Yarrow|Pom and gently massage it into dry areas. The oil locks in moisture and gives your skin a supple, radiant feel.





Soothe and Center with a Castor Oil Pack

If you're craving deeper support—something that soothes and grounds you—try a castor oil pack. This well-renowned practice can be part of your regular self-care rhythm when you need it.

Apply one to two tablespoons of **Castor Oil** to your castor oil pack protocol over your abdomen or another target area. For enhanced comfort and aromatherapy, mix in a few drops of **Geranium** or **RevitaZen™** to the oil before applying.



Making a castor oil pack protocol part of your routine allows you to reconnect with your body and intentionally care for it. It's a moment of stillness and support that you'll treasure.

Elevate Your Dry-Brushing Routine

Dry-brushing is already a favorite wellness practice for many. This skincare approach involving a stiff-bristled brush helps get rid of flaky skin, increase circulation, and even detoxify. But adding **Castor Oil** takes it to another level. After brushing, apply **Castor Oil** to your skin to nourish, hydrate, and comfort.

For extra benefit, try adding a drop or two of **RevitaZen™** with the carrier oil. This simple combination will become one of the most restorative steps in your day.

Protect and Restore with Purpose

Castor Oil isn't flashy—it doesn't need to be. A few drops after a shower. A massage into your scalp as the day gets going. A moment of wellness on a quiet afternoon.

What makes it powerful is how effectively it supports your skin and wellness goals without fuss or fillers. It's especially rich in ricinoleic acid, a rare omega-9 fatty acid, and made from organically grown plants without the use of harmful solvents.

As you add **Castor Oil** to your daily self-care, it'll remind you that wellness isn't about complexity. It's about consistency, care, and choosing what's good for your body.

Make your beauty routine something you look forward to: nourishing, grounding, and natural with dōTERRA **Castor Oil**.







Breaking Boundaries of Stigma

In Bihar, India, dōTERRA Healing Hands is helping rewrite a story of stigma. For decades, families affected by leprosy have been confined to colonies, excluded from schools, denied work, and treated as though their lives carry less value. Though the disease is curable, fear and misconceptions endure.

Children born into these colonies often inherit the disease's social discrimination, facing barriers to education and employment. These deeply rooted challenges call for solutions beyond medicine—ones that address the societal and structural forces keeping families in poverty.

After losing his wife, Vijyr raised his two children in a single room with a tin roof and dirt floor. Jobs have been scarce, and medical care is almost impossible to get within the colony. Without an education, his children risk inheriting both poverty and prejudice.

"I want to provide for them," Vijyr says. "But I can't leave the colony if there's no one to watch them."

For Vijyr, hope begins with education. More than just academics, it represents dignity, opportunity, and (in his words) "a second chance—not just for my children, but for our whole family."



A Shared Mission of Hope

For families like Vijjr's, change is coming thanks to organizations like Rising Star Outreach, a nonprofit that helps people rise above stigma through education, medical care, and community development.

Alongside dōTERRA Healing Hands, Rising Star Outreach is making education accessible for children who have long been left behind. Their 15-acre flagship campus in Tamil Nadu serves over 350 students. Many of them are going on to college and professional careers.



With support from dōTERRA and other donors, a second residential campus has opened in Bihar—among India's poorest states and in a region close to where dōTERRA sources essential oils like **Peppermint**.

This new school will serve over 600 students and includes on-campus housing, nutritious meals, and a medical clinic for regular checkups. The dōTERRA Healing Hands Foundation is helping fund the campus construction so children have dedicated classrooms and qualified teachers. Funds are going toward a cricket field, desks, classrooms, and sewer and storm drains, creating a safe, supportive environment where children can learn and thrive.



Many students have already voiced aspirations to become lawyers who fight the discrimination their communities have faced or nurses and doctors after being inspired by the care their families received.

For example, Kajal (name changed for privacy) is a bright young girl who loves learning about the environment and human body. She dreams of becoming a doctor someday. While she'll miss her pet goat, ducks, and hens when she moves to the Bihar

campus, Kajal is excited about its science lab and all the amazing classes that'll help her pursue her dreams.

Kajal's story is a glimpse into the life-changing impact made possible through dōTERRA Wellness Advocates, customers, and donors.

Transforming Communities Together

What's unfolding in Bihar is only one example of the countless initiatives dōTERRA Healing Hands is supporting through donations. In 2024 alone, we contributed to 148 projects globally.

dōTERRA Healing Hands is guided by a simple, powerful belief: everyone deserves the opportunity to thrive. We remain staunchly committed to aiding people in sourcing communities in three key areas:



Education



Health



Crisis Relief

Collective giving creates lasting change. We invite you to be part of something greater. Scan to explore how your donation can make a difference.



**Scan for
more
information.**

See solicitation disclosures on page 185.



“You deserve to feel empowered, not overwhelmed. The Wellness Lifestyle Assessment removes the guesswork. In minutes, you know exactly what your body needs and which targeted solution to use.”

Lauren Busch

FDN-P, Director of Product Education



Take the Wellness
Lifestyle Assessment
today!







dōTERRA®

Product Guide | *Fall/Winter 2025*

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dōTERRA®

Most people know dōTERRA for our world-class wellness products, powered by essential oils. But to truly understand who we are and what we do, look to our purpose:

- We intentionally source the gifts of the earth, enriching every life we touch.
- We empower people and communities in their pursuit of self-reliance.
- We break cycles of human suffering and poverty as our business expands.
- We advocate and educate to empower everyone with natural wellness solutions.
- We advance science for the innovative use of essential oils.

dōTERRA was founded on a bold commitment to sell only pure essential oils. As we rapidly expanded, traditional suppliers told us we couldn't maintain our growth without resorting to extended or adulterated oils. But we refused to compromise on quality.

Instead, we began sourcing essential oils directly. We set up long-term relationships with farmers and distillers, building our Global Botanical Network of sourcing partners. We created an award-winning sourcing model—Cō-Impact Sourcing®—to source the best and help the most.

Our responsible sourcing efforts bless the lives of the growers and harvesters from whom we source dōTERRA essential oils. It also makes a difference for you. When we say our intention is to enrich every life we touch, we mean *every life*—from our planting and harvesting partners to the individuals and families who use our essential oils in their homes. It's why we pursue what's pure.





Changing the world takes all of us—
and we're committed to lasting impact.

At dōTERRA Healing Hands, we work hand in hand with communities around the world to improve health, expand education, and provide crisis relief. Together with our Wellness Advocates, partners, and donors, we're helping communities thrive for generations to come. **Join us as we ignite change and transform lives.**



Rose Hand Lotion

Valuable and nourishing, Rose essential oil makes this lotion unique in its scent and benefits, but what makes it even more special is the purpose behind the product. The full \$20 purchase price of the lotion is donated to the dōTERRA Healing Hands Foundation®.[†]

60214220 | 3.3 fl oz/100 mL



dōTERRA Hope® Touch Uplifting Blend

Now including exclusive Jasmine essential oil, this transformative blend symbolizes life, tenacity, and most importantly, hope that we can achieve our best selves and a better world. \$10 of each purchase is donated to support communities worldwide.

60222109 | 10 mL roll-on

[†]Net of tax.

^{*}See solicitation disclosure information on page 81.

Enrollment Kits

dōTERRA enrollment kits are thoughtfully designed to empower you with nature's most potent and beneficial solutions. Expertly curated to offer the perfect introduction to essential oils, while saving money.



Healthy Habits Kit (VMG+™ and EO Mega®+)

5 mL bottles: Lavender, Frankincense, dōTERRA Balance®, dōTERRA On Guard®, Tangerine

Other Products: dōTERRA TerraZyme™, VMG+™, EO Mega®+, Deep Blue® Rub, dōTERRA PB Restore®

60230405



Healthy Start Kit

5 mL bottles: dōTERRA Breathe®, Deep Blue®, DigestZen®, Frankincense, Lavender, Lemon, dōTERRA On Guard®, Oregano, Peppermint, Tea Tree

Other Products: Pebble® Diffuser

60211452

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MetaPWR® System Kit

MetaPWR Metabolic Blend, Beadlets, Satiety Gum, Softgel, Assist, Advantage

60223395

Home Essentials Kit

5 mL bottle: Deep Blue®

15 mL bottles: dōTERRA Breathe®, DigestZen®, Frankincense, Lavender, Lemon, dōTERRA On Guard®, Oregano, Peppermint, Tea Tree

Other Products: Laluz® Diffuser

60221657



Natural Solutions Kit (VMG+™ and EO Mega+)

5 mL bottles: dōTERRA Serenity®, Adaptiv®, Deep Blue®

15 mL bottles: Lavender, Lemon, Peppermint, Frankincense, Tea Tree, Oregano, dōTERRA On Guard®, DigestZen®, dōTERRA Breathe®

Other Products: VMG+™, EO Mega+, Fractionated Coconut Oil, dōTERRA PB Restore®, dōTERRA On Guard® Toothpaste, dōTERRA On Guard+™ Softgels, dōTERRA On Guard® Sanitizing Mist, dōTERRA Breathe Vapor Stick, Deep Blue® Stick, dōTERRA TerraZyme™, Correct-X®, Wooden Box, Laluz Diffuser

60230152



AromaTouch® Training Kit

15 mL bottles: dōTERRA Balance®, Lavender, Peppermint, Tea Tree, Wild Orange, AromaTouch®, Deep Blue®, dōTERRA On Guard®

Other Products: Fractionated Coconut Oil 115 mL, Fractionated Coconut Oil Pump, AromaTouch Training Information Card



60221309

Aroma Essentials Collection

5 mL bottles: Adaptiv®, dōTERRA Balance®, dōTERRA Breathe®, dōTERRA Cheer®, Citrus Bloom®, Northern Escape®, dōTERRA On Guard®, Peppermint, dōTERRA Serenity®, Wild Orange

Other Product: Laluz® Diffuser, storage box

60221665



Essential Oil Singles

The dōTERRA® collection of single essential oils represents exceptional aromatic extracts. Each oil provides the living essence of its source botanical, gently distilled from plants that are nurtured and carefully harvested throughout the world.



Arborvitae

Essential Oil
Thuja plicata

Offers a warm, earthy aroma and is often used in meditation. Can also be used as an effective cleaner, both on the skin and for household chores.†



49360001 | 5 mL



Basil

Essential Oil
Ocimum basilicum

Has a warm, spicy, and herbal aroma known for its use in cooking. Cooling to the skin and ideal for an uplifting aromatic massage.†



30010001 | 15 mL



Bergamot

Essential Oil
Citrus bergamia

Cold-pressed from the rind of the bergamot fruit, the delightful aroma creates a positive ambiance when diffused or used topically.†



30790001 | 15 mL



Birch

Essential Oil
Betula lenta

Provides a crisp, minty aroma, while also offering powerful benefits.



60222580 | 5 mL



Black Pepper

Essential Oil
Piper nigrum

Best known as a cooking spice that enhances the flavor of foods, its internal and topical benefits are equally noteworthy.†



41040001 | 5 mL



Black Spruce

Essential Oil
Picea mariana

A powerful wood essential oil distilled from the needles and branches of the *Picea mariana* tree that has a relaxing, calming aroma.



60206220 | 5 mL

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Blue Lotus

Touch Blend

This majestic, floral oil can be used in a massage, as a meditation aid, and for overall skin hydration.



60219175 | 10 mL roll-on



Blue Tansy

Essential Oil

Tanacetum annuum

Sourced from the annual yellow-flowered Mediterranean plant, Blue Tansy provides a sweet aroma and is perfect for massaging into the skin after a long day.



60203383 | 5 mL



Cardamom

Essential Oil

Elettaria cardamomum

With a long history as a cooking spice, Cardamom is also beneficial to the digestive and respiratory systems when taken internally.*†



49350001 | 5 mL



Cassia

Essential Oil

Cinnamomum cassia

Closely related to cinnamon, Cassia has a wonderful fragrance and thousands of years of historical use.*†



60213537 | 15 mL



Cedarwood

Essential Oil

Juniperus virginiana

Cedarwood has a warm, woody, and balsamic fragrance that creates a comforting and relaxing environment.



49300001 | 15 mL



Celery Seed

Essential Oil

Apium graveolens

Sourced from the celery plant, Celery Seed essential oil has a warm, sweet aroma, and preclinical studies suggest it may improve digestion when used internally.*†



60209677 | 15 mL



Cilantro

Essential Oil

Coriandrum sativum

Distilled from the leaves of the coriander plant, Cilantro essential oil is commonly used for its fresh and tasty flavor.*†



41850001 | 15 mL



Cinnamon Bark

Essential Oil

Cinnamomum zeylanicum

Well known for its use as a spice, Cinnamon Bark also has many health-promoting benefits.*†



30030001 | 5 mL



Citronella

Essential Oil

Cymbopogon winterianus

A tall grass grown in Asia with a crisp, fresh aroma. Often used as a natural insect repellent.



60209676 | 15 mL



Clove

Essential Oil

Eugenia caryophyllata

Known as a popular cooking spice, Clove has many beneficial uses, including promoting healthy teeth and gums.



30040001 | 15 mL



Coriander

Essential Oil

Coriandrum sativum

Popular across many cultures for its variety of uses, Coriander essential oil provides a myriad of health benefits.*†



30780001 | 15 mL



Douglas Fir

Essential Oil

Pseudotsuga menziesii

Sustainably sourced from young, pre-coning trees, giving it a chemical composition that's particularly rich in β -pinene and esters.



31590001 | 5 mL



Clary Sage

Essential Oil

Salvia sclarea

Woody, herbal, and floral, Clary Sage is known for its topical soothing and calming properties.†



30420001 | 15 mL



Copaiba

Top Seller

Essential Oil

Copaifera reticulata, officinalis, coriacea, and langsdorffii

Derived from the resin of the copaiba tree, Copaiba has a spicy, woody aroma that promotes clear skin when applied topically.*



60202178 | 15 mL

60219176 |
10 mL roll-on



Cypress

Essential Oil

Cupressus sempervirens and lusitanica

Distilled from the twigs and foliage of the cypress tree, Cypress essential oil is popular for its energizing aroma and use in spas.



60213537 | 15 mL



Eucalyptus

Top Seller

Essential Oil

Radiata, polybractea, kochii, loxophleba, and globulus

Combines unique species of eucalyptus in one powerful blend, offering an herbaceous and revitalizing aroma that can promote feelings of clear breathing and open airways.



60218408 | 15 mL

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Fennel (Sweet)

Essential Oil
Foeniculum vulgare

Used for centuries, Fennel is best recognized for its distinct aroma and taste. It also promotes metabolic, digestive, and circulatory function when ingested.*†



41290001 | 15 mL



Frankincense

Essential Oil
Boswellia carterii, sacra, papyrifera, and frereana

Often called the "King of Oils," Frankincense provides modern wellness benefits when used topically or internally.*†



30070001 | 15 mL **60200224** |
10 mL roll-on



Geranium

Essential Oil
Pelargonium graveolens

Known for its floral aroma, Geranium is also a common ingredient in skincare products.†



30090001 | 15 mL



Ginger

Essential Oil
Zingiber officinale

Ginger is most noted for its sweet flavoring and positive effect on the digestive system when consumed.*†



60215119 | 15 mL



Grapefruit

Essential Oil
Citrus x paradisi

Grapefruit creates an uplifting environment and is renowned for its cleansing effects.†



30100001 | 15 mL



Green Mandarin

Essential Oil
Citrus nobilis

Pressed from the unripe fruit of the mandarin tree, Green Mandarin is known for supporting healthy digestive and immune systems when taken internally because of limonene, as suggested by preclinical research.*†



60205794 | 15 mL

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Guaiacwood

Essential Oil
Bulnesia sarmientoi

Has been used for centuries in meditation practices and wellness ceremonies by Native Americans and is often used in modern perfumery and skincare.



60217711 | 15 mL



Helichrysum

Essential Oil
Helichrysum italicum

Distilled from the flower cluster of an evergreen herb, one of the most precious and sought-after essential oils.[†]



30410001 | 5 mL **60207012** |
10 mL roll-on



'Iliahi (Hawaiian Sandalwood)

Essential Oil
Santalum paniculatum

From a renewable source in Hawai'i, 'Iliahi has a rich, sweet, woody aroma—perfect to incorporate into massage or aromatherapy.[†]



41860001 | 5 mL



Jasmine

Essential Oil
Jasminum grandifolium

First-of-its-kind essential oil from the pure white jasmine flower. Its esteemed fragrance can be calming yet euphoric, instilling a positive outlook.



60217357 | 2.5 mL



Jasmine

Touch Blend

Regarded as the "King of Flowers," Jasmine is prized for its highly fragrant aroma.



60201812 | 10 mL roll-on



Juniper Berry

Essential Oil
Juniperus communis

The woody, spicy, and fresh aroma of Juniper Berry reveals its rich history of traditional use and health benefits.[†]



49290001 | 5 mL

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[†] See individual labels for ingredients, cautions, and instruction for use.



Lavender Top Seller

Essential Oil
Lavandula angustifolia

Lavender has been cherished for its unmistakable aroma and soothing properties for thousands of years.[†]



30110001 | 15 mL **60200225** |
10 mL roll-on



Lemon Top Seller

Essential Oil
Citrus limon

This top-selling oil has multiple uses and benefits and is cold-pressed from lemon rinds to preserve its delicate nature and potent properties.[†]



30120001 | 5 mL



Lemon Eucalyptus

Essential Oil
Eucalyptus citriodora

Derived from a lemon-scented blue gum eucalypti plant, Lemon Eucalyptus oil is high in cleansing citronellal and citronellol, making it ideal for cleansing skin and surfaces.



60209674 | 15 mL



Lemongrass

Essential Oil
Cymbopogon flexuosus

Long used in Asian and Caribbean cooking for its subtle lemony flavor and aroma.[†]



30130001 | 15 mL



Lime
Essential Oil
Citrus aurantifolia

Cold-pressed from the peel of fresh limes, Lime is refreshing and energizing in both aroma and taste.[†]



30870001 | 15 mL



Madagascar Vanilla

Absolute
Vanilla planifolia

Prized since the time of the ancient Aztecs, and often used in perfumes, Madagascar Vanilla is one of the most popular aromas in the world.[†]



60218012 | 5 mL



Magnolia

Touch Blend
Used in Chinese traditional practices for hundreds of years, Magnolia is known for its fresh and compellingly sweet aroma.



60205420 | 10 mL roll-on



Marjoram

Essential Oil
Origanum majorana

Also known as "wintersweet" or "joy of the mountains," Marjoram is known for its calming properties and its positive benefits when used in massage.[†]



30140001 | 15 mL



Melissa

Essential Oil
Melissa officinalis

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



30850001 | 5 mL



Myrrh

Essential Oil
Commiphora myrrha

Used historically in many ways—from meditation to embalming—Myrrh can also support oral hygiene.[†]



30160001 | 15 mL 60221439 | 10 mL roll-on



Neroli

Touch Blend

Soothing to the skin, Neroli Touch is specifically formulated with Fractionated Coconut Oil to create an uplifting atmosphere.



60201817 | 10 mL roll-on



Oregano

Top Seller

Essential Oil
Origanum vulgare

Derived from the leaves of the oregano plant, Oregano essential oil has many traditional and modern uses.[†]



30180001 | 15 mL



Patchouli

Essential Oil
Pogostemon cablin

Easily recognized for its rich, musky-sweet fragrance, Patchouli is beneficial to the skin in many ways.[†]



30890001 | 5 mL



Peppermint

Essential Oil
Mentha piperita

A minty, fresh favorite, Peppermint provides a plethora of health benefits.[†]



30190001 | 15 mL 60200228 | 10 mL roll-on



Peppermint Beadlets

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



60208147 | 125 beadlets



Petitgrain

Essential Oil
Citrus aurantium

Derived from the bitter orange tree, which has a long history in traditional wellness uses.[†]



49520001 | 15 mL



Pink Pepper

Essential Oil

Schinus molle

With its spicy and fruity aroma, Pink Pepper is well known for its ability to support a healthy metabolism and immune system when taken internally.[†]



60207016 | 5 mL



Roman Chamomile

Essential Oil

Anthemis nobilis

The most versatile of the chamomiles, Roman Chamomile is known for its calming effect on the body when ingested.[†]



30800001 | 5 mL



Rose

Essential Oil

Rosa damascena

Known as the "Queen of Oils," Rose essential oil is highly sought after for its aroma and powerful topical benefits.



31000001 | 5 mL



60201813 |
10 mL roll-on



Rosemary

Essential Oil

Rosmarinus officinalis

Considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures, Rosemary has a myriad of uses.[†]



30200001 | 15 mL



Sandalwood

Essential Oil

Santalum album

With documented history of use over several thousand years, Sandalwood has a wide variety of applications.[†]



30210001 | 5 mL



Siberian Fir

Essential Oil

Abies sibirica

With a fresh, wood scent, Siberian Fir is known for its calming and relaxing aroma.[†]



60203125 | 15 mL

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[†] See individual labels for ingredients, cautions, and instruction for use.



Spanish Sage

Essential Oil
Salvia lavandulifolia

The refreshing and soothing aroma creates a stimulating atmosphere that's supportive of memory and cognition performance training.*†



60222270 | 15 mL



Spearmint

Essential Oil
Mentha spicata

Widely used for its digestive benefits and as a flavoring for a variety of dishes and drinks.*†



31610001 | 15 mL



Spikenard

Essential Oil
Nardostachys jatamansi

Steam-distilled from the roots of a flowering plant native to the Himalayan mountains, Spikenard promotes clean, healthy skin and supports Co-Impact Sourcing® initiatives.



49510001 | 5 mL



Tangerine

Essential Oil
Citrus reticulata

Provides a sweet, tangy aroma, similar to other citrus oils, that is uplifting. Known for its cleansing properties and for digestive and metabolic support when consumed.*†



49440001 | 15 mL



Tea Tree

Essential Oil
Melaleuca alternifolia

Composed of 90 different compounds, Tea Tree offers limitless applications.



60208340 | 15 mL



60208343 |
10 mL roll-on



Thyme

Essential Oil
Thymus zygis, and vulgaris

Provides a warm, spicy aroma that, according to preclinical studies, may be helpful in skincare and oral hygiene.*†



60222622 | 15 mL



Tulsi (Holy Basil)

Essential Oil
Ocimum sanctum

Has a calming aroma that has been traditionally used around the world as part of rituals for protection in many cultures.



60213450 | 5 mL



Turmeric

Essential Oil
Curcuma longa

Commonly known for its Ayurvedic health uses, Turmeric is a staple for your daily health routines.*†



60206973 | 15 mL



Vetiver

Essential Oil
Vetiveria zizanioides

Vetiver is loved for its rich, exotic, and complex aroma and is used extensively in perfumes.[†]



30430001 | 15 mL



60221438 |
10 mL roll-on



Wild Orange

Essential Oil
Citrus sinensis

Cold-pressed from the peel, Wild Orange releases an energizing, citrusy aroma.[†]



30170001 | 15 mL



Wintergreen

Essential Oil
Gaultheria fragrantissima

Derived from the leaves of a creeping shrub found in coniferous areas, Wintergreen has a refreshing aroma that's uplifting and stimulating.



31620001 | 15 mL



Yarrow|Pom

Active Botanical Nutritive Duo

A carefully formulated fusion of Yarrow essential oil and cold-pressed Pomegranate seed oil created for a comprehensive approach to overall wellness.



60207652 | 30 mL bottle



Ylang Ylang

Essential Oil
Cananga odorata

Famed for its exquisite fragrance, Ylang Ylang creates a calm, positive atmosphere, and provides antioxidant support when taken internally.[†]



30240001 | 15 mL

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Proprietary Essential Oil Blends

dōTERRA® essential oil blends are proprietary formulas for targeted wellness applications. They represent the converging wisdom of many years of essential oil experience and validation of a growing body of research and scientific study.



abōde®

Refreshing Blend

Contains powerful essential oils that leave your home smelling fresh and feeling refreshed naturally.



60217576 | 15 mL



Adaptiv®

Calming Blend

When feelings of fatigue, restlessness, indecisiveness, or irritability appear, Adaptiv Calming Blend is part of the toolbox that will help create a balanced atmosphere.



60209364 | 15 mL 60209357 | 10 mL roll-on



Air-X®

Air Blend

With an intense citrusy, woody, and faintly herbal aroma, Air-X helps freshen the air when diffused.



60215527 | 15 mL



Align

Centering Blend

Invite confident peace into your daily practice by embracing Align Centering Blend.



60203246 | 5 mL



Anchor

Steadying Blend

Accompany thoughts of calming strength and firm trust in oneself with Anchor Steadying Blend.



60203245 | 5 mL



Arise

Enlightening Blend

Enjoy inspiration and courageously rise to your goals with Arise Enlightening Blend.



60203247 | 5 mL



AromaTouch®

Massage Blend

This proprietary massage blend combines the benefits of oils well known for their soothing and relaxing aromas.



31200001 | 15 mL



dōTERRA Balance®

Grounding Blend

Has a warm, woody aroma that creates an atmosphere of calmness and quiet.



31010001 | 15 mL



Brave®

Courage Blend

Before new or different situations or just to start your day, roll Brave onto the back of the neck, tummy, or bottoms of the feet.



60206618 | 10 mL roll-on



dōTERRA Breathe®

Respiratory Blend

A powerful essential oil blend that maintains feelings of clear airways and easy breathing.



60200190 | 15 mL **60200192** | 10 mL roll-on



Calmer®

Restful Blend

When it's bedtime, roll Calmer onto the bottoms of your feet and onto your wrists. Climb into bed and take a deep breath of the relaxing aroma.



60206632 | 10 mL roll-on



dōTERRA Cheer®

Uplifting Blend

A beautiful blend of citrus and spice oils that provides a sunshiny aroma to brighten your day.



60218863 | 5 mL **60218864** | 10 mL roll-on



Citrus Bliss®

Invigorating Blend

This harmonious blend combines the powerful benefits of popular citrus oils.



60219370 | 15 mL



Citrus Bloom®

Springtime Blend

The perfect essential oil fusion, combining the brightness of citrus peels layered with freshly cut florals.



60208812 | 15 mL



ClaryCalm®

Monthly Blend For Women

A unique blend of essential oils developed especially for women.



49480001 | 10 mL roll-on



dōTERRA Console®

Comforting Blend

This blend of floral and tree essential oils provide a comforting aroma as you take steps toward emotional healing.



31730001 | 5 mL

60200147 | 10 mL roll-on



DDR Prime®

Cellular Complex

A proprietary blend of CPTG Certified Pure Tested Grade® essential oils that help protect the body against oxidative stress to cellular DNA.*†



60207092 | 15 mL



Deep Blue®

Soothing Blend

CPTG® Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus essential oils work together to soothe and cool.



60200143 | 5 mL



DigestZen®

Digestive Blend

The essential oils in DigestZen are known for providing digestive benefits when ingested.*†



60214361 | 15 mL

60214815 | 10 mL roll-on



dōTERRA Forgive®

Renewing Blend

The fresh, woody aroma inspires a grounded atmosphere and complements affirmations of contentment, relief, and patience.



31750001 | 5 mL

60200148 | 10 mL roll-on



HD Clear®

Topical Blend

Use as a spot treatment or an over-all application to promote a clean complexion with essential oils renowned for their skin-benefiting properties.



49400001 | 10 mL roll-on



Immortelle

Anti-Aging Blend

Powerfully renewing, this proprietary blend combines rare essential oils that have been used throughout history for their beautifying benefits.



60220469 | 10 mL roll-on



InTune®

Focus Blend

A proprietary blend of carefully selected essential oils that are ideal for use while at school or work.



60220468 | 10 mL roll-on



MetaPWR®

Metabolic Blend

Can be an important part of a healthy metabolic regimen every day when used internally.*†



60217575 | 15 mL



MetaPWR®

Beadlets

Metabolic Blend

Formulated to help curb hunger cravings and support mindful eating and appetite control.*†



60217376 | 125 beadlets



dōTERRA Motivate®

Encouraging Blend

We all experience setbacks, causing us to doubt ourselves or feel pessimistic. The aroma of dōTERRA Motivate complements affirmations of confidence and courage.



60218764 | 5 mL 60218765 | 10 mL roll-on



Northern Escape®

Woodland Blend

Leave your hectic life behind. Take a breath of fresh, fragrant forest air.



60221667 | 15 mL



dōTERRA On Guard®

Protective Blend

Offers a fragrant, natural, and effective alternative to synthetic options for immune support when used internally.*†



31100001 | 15 mL 60200142 | 10 mL roll-on



dōTERRA On Guard®

Beadlets

An easy and convenient way to obtain the immune-supporting benefits of dōTERRA On Guard® Protective Blend.*†



60208146 | 125 beadlets



dōTERRA Passion®

Inspiring Blend

Combines spice and herbal essential oils such as Cinnamon Bark, Ginger, Cardamom, and Damiana. Diffuse to promote a joyful, inspiring environment.



60218767 | 5 mL 60218768 | 10 mL roll-on

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† See individual labels for ingredients, cautions, and instruction for use.



PastTense®

Tension Blend

A distinctive blend of essential oils known to create a calming and soothing atmosphere.



60215812 | 15 mL



dōTERRA Peace®

Reassuring Blend

Use dōTERRA Peace to fill the room with a calm, peaceful aroma.



31710001 | 5 mL



60200151 |
10 mL roll-on



Purify

Cleansing Blend

Designed to eliminate odors naturally without harsh additives.



31060001 | 15 mL



Rescuer™

Soothing Blend

After running, jumping, and playing, rub Rescuer onto your legs, feet, or back for its soothing experience.



60206635 | 10 mL roll-on



RevitaZen™

New

Detoxification Blend

Provides daily support for healthy organ function and promotes the body's natural detoxification processes when used internally.*†



60231405 | 15 mL



dōTERRA Serenity®

Restful Blend

The soothing and grounding aroma creates a calming, tranquil atmosphere.



60217983 | 15 mL



Shinrin-Yoku®

Forest Bathing Blend

Formulated with CPTG® essential oils rich in terpenes that are associated with forest bathing.



60225771 | 5 mL



60225706 |
10 mL roll-on



Steady®

Grounding Blend

For daily centering or for times when you feel overwhelmed, rub on your neck and wrists as a reminder to calm emotions and balance mood.



60206617 | 10 mL roll-on



Stronger® Protective Blend

Use on the back of your neck or bottoms of your feet as a reminder to be resilient and strong.



60206654 | 10 mL roll-on



dōTERRA SuperMint® Mentha Blend

Brings together CPTG® Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils.†



60221859 | 15 mL



dōTERRA SuperMint® Beadlets

Captures the potent benefits of dōTERRA SuperMint® in a tiny, soft, convenient vegetarian beadlet.†



60222094 | 125 beadlets



Tamer® Digestive Blend

Before or after meals, roll on your tummy for a soothing sensation and calming aroma.



60209356 | 10 mL roll-on



TerraShield® Repellent Blend

Whatever the outdoor activity, you will want to have TerraShield on hand to keep those pesky mosquitoes away.



60214386 | 15 mL



60214387 |
30 mL spray
bottle



Thinker® Focus Blend

Herbal and slightly sweet, the unique aroma helps create a supportive and positive environment.



60206633 | 10 mL roll-on



Whisper® Touch Blend for Women

Combines with an individual's chemistry to create a distinct scent that intrigues the senses of the wearer and those passing by.



60214274 | 15 mL

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Carrier Oils

dōTERRA Carrier Oils make it easy to apply essential oils safely and effectively. Fractionated Coconut Oil is lightweight and fast-absorbing, while Castor Oil is rich and deeply nourishing. Both are perfect for daily use.



Castor Oil New
Ricinus communis



A nourishing carrier oil that supports daily wellness and self-care routines.

60231161 | 10.14 fl oz / 300 mL



Fractionated Coconut Oil

Combine with your favorite dōTERRA essential oils for your own readily absorbable blend.



31640001 | 3.89 fl oz / 115 mL



Kits and Collections



AromaTouch Technique® Training Kit

15 mL bottles: dōTERRA Balance® Grounding Blend, Lavender, Tea Tree, dōTERRA On Guard® Protective Blend, AromaTouch® Massage Blend, Deep Blue® Soothing Blend, Wild Orange, Peppermint

Other Products: Fractionated Coconut Oil (3.89 fl oz/115 mL) and pump

Access to online training course and exclusive eBook

60221903



dōTERRA Emotional Aromatherapy® System

5 mL bottles: dōTERRA Motivate®, dōTERRA Cheer®, dōTERRA Peace®, dōTERRA Forgive®, dōTERRA Console®, dōTERRA Passion®

60220509



dōTERRA Emotional Aromatherapy Touch Kit

10 mL roll-on bottles: dōTERRA Motivate® Touch, dōTERRA Cheer® Touch, dōTERRA Passion® Touch, dōTERRA Forgive® Touch, dōTERRA Console® Touch, dōTERRA Peace® Touch

60220510



Family Essentials Kit Top Seller

5 mL bottles: Lavender, Lemon, Peppermint, Tea Tree, Oregano, Frankincense, Deep Blue®, dōTERRA Breathe®, DigestZen®, and dōTERRA On Guard®

60202951

dōTERRA® Kids Collection

10 mL roll-on bottles: Lavender, Lemon, Peppermint, Tea Tree, Oregano, Frankincense, Deep Blue®, dōTERRA Breathe®, DigestZen®, and dōTERRA On Guard®

60202951



dōTERRA Yoga Collection

5 mL bottles: dōTERRA Anchor, dōTERRA Align, and dōTERRA Arise

60203244

Product Lines

A warm, golden-hour photograph of a woman and a young girl washing their hands together in a sink. The woman, with long dark hair and a white shirt, is smiling as she helps the girl. The girl, wearing a green shirt, has her eyes closed and a peaceful expression. In the foreground, two amber-colored bottles with black pump dispensers sit on a dark wooden surface. The bottle on the left is labeled 'HAND LOTION' and the one on the right is labeled 'HAND WASH'. Both bottles have white labels with black text. The background is softly blurred, showing a green plant on the left and a bowl of fruit on the right.

dōTERRA[®]abōde[™]

HAND LOTION

Nourishing, moisturizing hand lotion
formulated with CPTG[®] essential oils
10 fl oz / 296 mL capacity

dōTERRA[®]abōde[™]

HAND WASH

Cleansing, gentle hand wash
formulated with CPTG[®] essential oils
16 fl oz / 473 mL capacity

dōTERRA® abode®

Your home is an ecosystem. Feeling good about the products you bring into it doesn't have to come with compromises. The dōTERRA abode line features natural ingredients, reusable packaging, and a signature style. Each product has a powerful, plant-based formula created without phosphates, phthalates, dyes, chlorine, and synthetic fragrances.



abode

Refreshing Blend

Contains powerful essential oils with a pleasant aroma that leaves your home smelling fresh and feeling refreshed naturally, without harsh chemicals or synthetic fragrance.



60217576 | 15 mL

abode Multi-Purpose Surface Cleaner Concentrate

Naturally effective on grease and grime in the kitchen, bathroom, and other nonporous surfaces.

60216476

1 fl oz/30 mL

60219968

4-pack 1 fl oz/30 mL

abode Liquid Dish Soap

Tough on grease, leaving dishes, glassware, pots, and pans sparkling clean.

60217386 | 16 fl oz/473 mL

abode Laundry Pods

abode Laundry Pods leverage powerful natural enzymes and surfactant-cleansing agents to break down stains.

60216474 | 45 count

abode Dishwasher Pods

Combines natural enzymes and CPTG Certified Pure Tested Grade® essential oils to make your dishes gleam and smell delightfully fresh.

60216473 | 24 count

abode Foaming Hand Wash Concentrate Infused with Citrus Bloom®

Provides a sweet, citrus, floral aroma, leaving hands clean and smelling fresh.

60216472 | 8 fl oz/237 mL



dōTERRA abōde® Surface Spray Dispenser

60217546 | 10 fl oz/296 mL

dōTERRA abōde Hand Wash Dispenser

60217522 | 16 fl oz/473 mL

dōTERRA abōde Liquid Dish Soap Dispenser

60219507 | 16 fl oz/473 mL

dōTERRA abōde Modular Trays

60218576 | One set



dōTERRA Adaptiv® System

Adaptiv products provide reliable, targeted, and effective solutions that are natural and safe. Diffuse Adaptiv Calming Blend for a soft and uplifting aroma to help create a relaxing atmosphere. Include Adaptiv Touch as part of a comforting massage or use the Adaptiv Calming Blend Capsules to help you adapt to every situation.



Adaptiv

Calming Blend

Provides a calming, relaxing aroma that complements effective work and study.



60209364 | 15 mL



60209357 | 10 mL roll-on

Adaptiv Calming Blend Capsules

Calms and promotes positive feelings to support mood and help to improve state of mind.*

60205956 | 30 capsules

Adaptiv System

Adaptiv Calming Blend 15 mL, Adaptiv Touch Calming Blend 10 mL, Adaptiv Calming Blend Capsules

660211472



dōTERRA Breathe®

The remarkable blend of essential oils found in the dōTERRA Breathe Respiratory Blend maintains feelings of clear airways and easy breathing.



dōTERRA Breathe Respiratory Blend

A powerful essential oil blend that maintains feelings of clear airways and easy breathing.



60200190
15 mL



60200192
10 mL roll-on

dōTERRA Breathe Respiratory Drops

Contains a blend of selected oils from the dōTERRA Breathe Respiratory Blend including CPTG® Lemon, Peppermint, Eucalyptus, Thyme, Melissa, and Cardamon essential oil. Made with organic cane sugar and organic brown rice syrup, in tasty, on-the-go lozenges.

60225230 | 30 drops

dōTERRA® Breathe Vapor Stick

This unique delivery method of dōTERRA Breathe® Respiratory Blend can be used anytime, anywhere for a cooling, soothing effect both topically and aromatically.

60212479 | 0.54 oz/15.5 g

dōTERRA Breathe Easy Combo

dōTERRA Breathe® Respiratory Blend 15 mL, dōTERRA® Breathe Vapor Stick, Two dōTERRA Breathe Respiratory Drops

60217860

Deep Blue®

Top Seller

The soothing combination of CPTG Certified Pure Tested Grade® essential oils of Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, German Chamomile, and Osmanthus create the dōTERRA® Deep Blue proprietary blend. A complementary supplement helps support muscle and joint comfort and function.*



Deep Blue Soothing Blend

Provides soothing and cooling effects on the skin.



60200143 | 5 mL

Deep Blue Polyphenol Complex®

Contains powerful polyphenols to help with occasional soreness and discomfort.*

60229029
60 vegetable
capsules

Deep Blue Rub

Infused with Deep Blue Soothing Blend, Deep Blue Rub provides a soothing and cooling effect.

38900001
4 fl oz/120 mL

60219833
10 samples,
.068 fl oz / 2 mL

Deep Blue Stick + Copaiba

Infused with dōTERRA Deep Blue Soothing blend, plus the beneficial properties of Copaiba, the Deep Blue Stick + Copaiba is powerful, targeted relief in a fast-acting solid..

60213108 | 1.69 oz/48 g

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dōTERRA Frankincense

Frankincense, revered as the "King of Oils," embodies a rich heritage that continues to shape its contemporary uses. It offers soothing properties when applied to the skin and is believed to support overall wellness and healthy cellular function when used internally.* When diffused, it creates a tranquil environment, promoting a sense of calm and relaxation.



Frankincense Boswellic Acid Complex

Combines Frankincense essential oil and Frankincense resin in a liquid-based microbead capsule. Contains a standardized 60% concentration of AKBA (acetyl-11-keto- β -boswellic acid), a compound extracted from Boswellia resin known to aid a healthy inflammatory response.*

60228949 | 30 capsules

dōTERRA Frankincense Stick + Naio Wood

Infused with CPTG® dōTERRA Frankincense essential oil, this easy-to-use stick includes Naio Wood to help deliver restorative topical benefits and promote the look of renewed and revived skin.

60228704 | 1.06 oz / 30 g

Frankincense

Essential Oil

Boswellia carterii, sacra, papyrifera, and frereana

Often called the "King of Oils," topical and internal use of Frankincense provides modern wellness benefits.*



30070001
15 mL



60200224
10 mL roll-on

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dōTERRA®

Frankincense

Stick + Nalo Wood
Bâton + Bois de Nalo

Renew and Revive
Renouveler et raviver

Net wt 30 g

dōTERRA On Guard®

One of the most popular and versatile dōTERRA® CPTG Certified Pure Tested Grade® essential oil blends. The proprietary combination of our essential oils is an active component in a first line of defense for immune support when used internally.*



dōTERRA On Guard Top Seller Protective Blend

Offers a fragrant, natural, and effective alternative to synthetic options for immune support.*



31100001
15 mL



60200142
10 mL roll-on

dōTERRA On Guard+™ Softgels

Protective Blend

dōTERRA On Guard+ Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa for additional immune support according to preclinical data.*

60225767 | 60 vegetarian softgels

dōTERRA On Guard Foaming Hand Wash

Keep your hands clean and protected with the power of dōTERRA On Guard essential oil blend.

38010001 16 fl oz/473 mL
38020001 | 2-pack

dōTERRA On Guard™ Beadlets

With its unique formula, dōTERRA On Guard offers a fragrant, natural, and effective alternative to synthetic options for immune support.*



60208146 | 125 beadlets

dōTERRA On Guard Natural Whitening Toothpaste

Clean teeth gently with the added benefit of dōTERRA On Guard essential oil blend.

60205476
4.2 oz/125 g

60224844
10 samples, 2 g

dōTERRA On Guard® Protecting Throat Drops

Provides essential oils that can help support a natural immune response in a convenient, natural throat drop.*

60226743 | 30 count

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dōTERRA On Guard Mouth Rinse

Formulated to clean teeth and gums, reduce plaque, and promote a healthy-looking mouth when used as part of a hygiene routine that includes brushing and flossing.

60203185 | 16 fl oz / 473 mL

dōTERRA On Guard Foaming Hand Wash Dispenser

60217694 | Single

dōTERRA On Guard Cleaner Concentrate

The ideal cleaner, dōTERRA On Guard Concentrate is fortified with dōTERRA On Guard Protective Blend.

38140001 | 12 fl oz / 355 mL

On Guard Foaming Hand Wash Concentrate

This concentrated plant-based foaming hand wash cleans the hands and softens and conditions the skin.

60213803 | 8 fl oz / 237 mL

dōTERRA On Guard Hand Sanitizing Mist

dōTERRA On Guard Sanitizing Mist is 99.9% effective against most common germs¹ through an extremely fine, quick-drying mist.

60214044
0.9 fl oz / 27 mL

60219991 | 5-pack
0.9 fl oz / 27 mL

dōTERRA On Guard Laundry Detergent

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

60225531 | 32 fl oz / 947 mL

dōTERRA On Guard Sanitizing Hand Wipes

Made for your busy life on the go, infused with the cleansing power of the proprietary dōTERRA On Guard essential oil blend, the wipes will thoroughly clean hands while still being gentle on your skin.

60201266 | 50 count

dōTERRA On Guard+™ Chewable Tablets

Formulated with micronutrients, vitamin C and D, Zinc, Beta-glucan, and the proprietary dōTERRA On Guard Protective Blend, that contains CPTG® essential oils from Wild Orange, Clove, Cinnamon Leaf and Bark, Eucalyptus, and Rosemary.

60216736 | 60 count

¹Escherichia coli, Staphylococcus aureus, Salmonella typhimurium, Pseudomonas aeruginosa, Burkholderia cepacia, Enterobacter cloacae, Enterococcus faecalis, Streptococcus pyogenes, Candida albicans, Aspergillus brasiliensis

PastTense®

PastTense® Tension Blend and PastTense™ Stick + Sweet Gum provide a cooling sensation and grounding aroma to support tense moments.



PastTense®

Tension Blend

PastTense is a distinctive blend of essential oils known to create a calming and soothing atmosphere.

60215812 | 15 mL

PastTense Stick + Sweet Gum New

A convenient, easy-to-use stick that offers a cooling sensation and calming aroma for fast-acting comfort.

60229026 | 0.35 oz/10 g

dōTERRA SuperMint®

The synergistic combination of CPTG® Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils create the powerful dōTERRA SuperMint product family.

dōTERRA SuperMint

Mentha Blend

Brings together CPTG® Peppermint, Japanese Mint, Bergamot Mint, and Spearmint essential oils.



60221859

15 mL

dōTERRA SuperMint Toothpaste

Freshens breath and cleans gums, while also whitening and remineralizing teeth.

60221617 | 4.2 oz/125 g

dōTERRA SuperMint Beadlets

dōTERRA has captured the potent benefits of dōTERRA SuperMint in a tiny, soft, convenient vegetarian beadlet.

60222094 | 125 beadlets





dōTERRA Serenity®

Improve your bedtime routine with dōTERRA Serenity Softgels, dōTERRA Serenity Restful Blend, and dōTERRA Serenity Stick + Valerian.



dōTERRA Serenity Stick + Valerian

Delivers dōTERRA Serenity Restful Blend and Valerian for a comforting, soothing aroma in a portable stick.

60225458 | 1.06 oz/30 g

dōTERRA Serenity Sleep System

dōTERRA Serenity Restful Blend 15 mL, dōTERRA Serenity Softgels, dōTERRA Serenity Stick + Valerian

60226817

dōTERRA Serenity Restful Blend

The soothing and grounding aroma creates a calming, tranquil atmosphere.



60217983 | 15 mL

dōTERRA Serenity Softgels

Restful Complex

Supports improved sleep quality, glucose metabolism, cellular fitness and function, and healthy sleep by maintaining circadian rhythms critical to keeping a healthy sleep cycle.*

60216219 | 60 vegetarian softgels

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Supplements & Nutrition

A lifestyle photograph of two women with long dark hair, smiling and looking at each other across a wooden table. The woman on the left is wearing a light yellow top, and the woman on the right is wearing a green top. On the table, there are several dōTERRA products: a large green box of VMG+, a bottle of EO Mega+, a bottle of PB Restore, and a packet of VMG+. There is also a bowl of fruit (strawberries, kiwi, blueberries) and a glass of green juice. The background is a large window looking out onto a bright, sunny outdoor area.

Foundational Wellness

Foundational Wellness supplements are designed for daily use to ensure your body receives the nutrients it needs, building a strong foundation for lifelong vitality and health.*



VMG+™ Whole-Food Nutrient Complex

VMG+ Whole-Food Nutrient Complex is an advanced, all-in-one daily nutritional, powdered drink designed to optimize foundational wellness.*

60230209 | 30 sachets



EO Mega+

Essential Oil Omega Complex

EO Mega+ Essential Oil Omega Complex is a premium blend of omega fatty acids derived from wild-caught fish off the coast of Norway, providing clean, pure, and traceable fish oil, and CPTG Certified Pure Tested Grade® Wild Orange essential oil.

60229028 | 90 softgels



dōTERRA PB Restore®

ProBiome Complex
30 bioactive strains | 18 billion CFU

A daily full body microbiome formula to support.*

- Digestive health
- Gut barrier integrity
- Gut immune function
- Micronutrient synthesis + more!

60225766 | 30 capsules

Foundational Wellness Bundle

With VMG+, EO Mega+, and dōTERRA PB Restore, the Foundational Wellness Bundle helps you create a daily wellness routine.

60230014



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ProBiome Support

Your digestive system needs daily support. dōTERRA Fiber delivers soluble and insoluble fiber, natural vitamin C, and CPTG® Lemon essential oil to promote healthy digestion.* PB Assist+ provides 13 unique probiotic strains and a prebiotic fiber in a double-layer capsule for balanced microbiome support.*



dōTERRA® PB Assist+®
ProBiome Gut Complex
13 bioactive strains | 7 billion
AFU live cells

A daily gut microbiome stick pack,
formulated for the whole family.*

60225556 | 30 sachets



Fiber

Provides 6 grams of soluble and insoluble fiber from whole food sources like apple, chicory root, Jerusalem artichoke, and flax seed to supplement your daily fiber intake.

60225134 | 30 Servings



dōTERRA® Specialized Supplements

Through cutting-edge scientific development, dōTERRA has provided a way to give that extra nutritional boost with specialized supplements.



Alpha CRS+®

Cellular Vitality Complex

Provides antioxidant protection to cellular DNA and other critical cell structures.*

60223966 | 120 vegetable capsules



Microplex VMz®

Food Nutrient Complex

dōTERRA® Microplex VMz is a proprietary formula of bioavailable vitamins and minerals often deficient in modern diets.

60229827 | 120 vegetable capsules



vEO Mega®

Essential Oil Omega Complex

vEO Mega is a revolutionary, vegan-friendly formula blending CPTG Certified Pure Tested Grade® essential oils with natural, plant-sourced essential fatty acids.

60225127 | 120 liquicaps



Learn more

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Turmeric Dual Chamber Capsules

Combines the complementary benefits of both turmeric essential oil with the joint support of the curcuminoids of turmeric extract in a unique and convenient delivery system*

60209307 | 60 capsules



Copaiba Softgels

Provides a daily dose of Copaiba essential oil in a convenient, easy-to-swallow softgel. When taken internally, Copaiba essential oil helps support the nervous, cardiovascular, and digestive systems.*

60225227 | 60 vegetarian softgels



DDR Prime® Softgels

Essential Oil Cellular Complex

A proprietary blend that helps protect the body against oxidative stress to cellular DNA.*

60225264 | 60 vegetarian softgels



TriEase® Softgels

Seasonal Blend

Developed to help your body deal with seasonal shifts and to support a healthy respiratory system when needed most.*

60225764 | 60 vegetarian softgels



Veggie Caps

Customize your essential oil supplement regimen with vegetarian capsules that absorb quickly and easily.

60225231 | 160 HPMC capsules



dōTERRA® kids A2Z Chewable™ Tablets

An easy-to-chew, watermelon-flavored tablet combining B vitamins with vitamins A, C, and E, plus botanical extracts, to support healthy cell development and longevity when taken daily.*

60225124 | 60 tablets

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RevitaZen™

RevitaZen™ Detoxification Blend and RevitaZen+™ Advanced Organ Detoxification Complex support daily detoxification with CPTG® essential oils and targeted botanicals for healthy liver, kidney, and colon function.*



RevitaZen™ New

Detoxification Blend

Provides daily support for healthy organ function and promotes the body's natural detoxification processes when used internally.*



60231405 | 15 mL



RevitaZen+™ New

Advanced Organ Detoxification Complex

A dual-chamber capsule combining essential oils and botanicals to deliver targeted daily detoxification support for the liver, kidneys, and colon.*

60231636 | 30 capsules

MetaPWR® System

The MetaPWR System is the first and only metabolic product system that synergistically provides support for a healthy metabolism, reducing cravings, youthful aging, and sustaining normal-range glycemic and insulin response evenly throughout the day.*



MetaPWR

Metabolic Blend

MetaPWR Metabolic Blend can be an important part of a healthy metabolic regimen every day when used internally.*



60217575 | 15 mL

MetaPWR Beadlets

Formulated to help curb hunger cravings and support mindful eating and appetite control.*



60217376 | 125 beadlets

MetaPWR Satiety Gum

Designed with optimized ratios of our CPTG® metabolic blend essential oils in every chew to help curb hunger cravings and support mindful eating and satiety.*

60217378 | 30 ct

MetaPWR Softgels

Developed by dōTERRA clinical and medical scientists with optimized levels of CPTG essential oils to help strengthen your metabolic health.*

60209482 | 90 vegetarian softgels

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



MetaPWR Assist

Metabolic Assist

Formulated to help reduce simple and complex carbohydrate absorption, and stabilize normal-range blood glucose levels.*

60213525

30 vegetable capsules

60225414

120 vegetable capsules

MetaPWR Advantage

with Collagen + NMN

Clinically developed to support metabolic health by naturally supporting NAD⁺ and NADH production in the body.*

Lemon-Orange

60222772

30 sachets, 6 g each

Pomegranate-Cherry

60231059

30 sachets, 6 g each

MetaPWR Mito2Max®

Energy & Stamina Complex

A proprietary formula of standardized plant extracts and metabolic cofactors that support healthy cellular energy production.*

60226045 | 60 vegetable capsules

MetaPWR Recharge®

Provides an exclusive blend of electrolytes involved in cellular hydration.

Wild Strawberry

60225877

30 sachets

Lemon-Lime

60225876

30 sachets

MetaPWR System Enrollment Kit

MetaPWR Metabolic Blend, Beadlets, Satiety Gum, Softgel, Assist, Advantage

60223395

Digestive Health

Compromised digestive function can result in energy deficiencies, weakened immunities, weight gain, and gastrointestinal discomfort. The DigestZen® line of digestive health products provides targeted solutions for optimal digestive function and comfort.*



DigestZen® Softgels

A convenient and easy way to obtain the benefits of the proprietary DigestZen essential oil blend. Each vegetarian softgel contains 120 mg of DigestZen, the oil blend you know and trust for overall digestive health.*

60209021 | 60 vegetarian softgels



DigestTab® Chewable Tablets

A calcium carbonate tablet that is infused with DigestZen Digestive Blend to deliver the benefits of the essential oil blend as well as the acid-neutralizing benefits of calcium carbonate.*

60214446 | 100 chewable tablets



dōTERRA Peppermint Softgels

Helps to support the digestive system, alleviate occasional intestinal discomfort, and reduce gas and bloating.*

60218962 | 60 softgels



dōTERRA TerraZyme™ Digestive Enzyme Complex

Provides your body with the enzymes and supporting mineral cofactors needed for healthy digestion.*

35110001 | 90 vegetable capsules



GX Assist®

GI Cleansing Formula

Cleanse your GI tract before starting with dōTERRA PB Restore® ProBiome Complex and dōTERRA PB Assist® ProBiome Gut Complex with this combination of CPTG Certified Pure Tested Grade® essential oils.*

35040001 | 60 softgels



dōTERRA® Ginger Drops

dōTERRA Ginger Drops are a convenient way to support digestion and ease occasional stomach discomfort.

60225229 | 30 drops

Personal Care



dōTERRA® Essential Skin Care

dōTERRA Essential Skin Care is a family of skin care products designed to keep your skin feeling and looking young, healthy, and gorgeous by maximizing the natural power of carefully selected CPTG Certified Pure Tested Grade® essential oils combined with cutting-edge ingredient technologies and natural extracts in each product.



Invigorating Scrub

Gently exfoliates lifting away impurities, leaving your skin feeling soft, smooth, and renewed.

60201773 | 2.5 oz/70 g

Facial Cleanser

Enriched with essential oils and natural cleansers, dōTERRA Facial Cleanser helps your skin feel fresh, smooth, and clean.

60201753 | 4 fl oz/118 mL

Pore Reducing Toner

Tones and balances skin, visibly reducing the appearance of pores and calming sensitive skin.

60201772 | 4 fl oz/118 mL

Tightening Serum

Utilizes natural extracts and gums to reduce the appearance of fine lines and wrinkles while leaving skin hydrated and feeling smooth.

60201752 | 1 fl oz/30 mL



Anti-Aging Eye Cream

Combines clinically proven ingredients with CPTG® essential oils of Frankincense, Ylang Ylang, and Blue Tansy to target the signs of aging around the delicate eye area, helping reduce the appearance of fine lines and wrinkles over time. This innovative formula moisturizes, decreases the appearance of dark circles, and improves skin firmness and tone.

60201776 | 0.5 fl oz/15 mL

Brightening Gel

Combines natural extracts and vitamins with innovative ingredient technologies and CPTG® essential oils to brighten and even skin tone.

60210008 | 1 fl oz/30 mL

Hydrating Cream

Packed with emollient-rich ingredients and probiotics to provide intense hydration and nourishment to the skin, helping reduce the appearance of fine lines and wrinkles.

60201774 | 1.7 oz/48 g

Anti-Aging Moisturizer

Combines powerful essential oils with peptides and botanicals to target the visible signs of aging while moisturizing and softening skin.

60201750 | 1.7 fl oz/50 mL

Essential Skin Care Kit

Facial Cleanser, Invigorating Scrub, Pore Reducing Toner, Tightening Serum, Brightening Gel, Anti-Aging Eye Cream, Anti-Aging Moisturizer, Hydrating Cream.

60203184

Customizable Essential Skin Care Kit

Facial Cleanser, Invigorating Scrub, Pore Reducing Toner, Tightening Serum. Add up to two additional Essential Skin Care products at a discount with the purchase of this kit.

60203183



Yarrow | Pom Collection

Yarrow essential oil and Pomegranate seed oil are the foundation of the dōTERRA Yarrow|Pom collection: delivering a powerful three-layered botanical approach to overall wellness and a fresh approach to beauty inside and out.



Yarrow|Pom Cellular Beauty Complex

Helps in activating skin-protecting proteins and inhibiting the enzymes that breakdown elasticity and collagen with the added benefit of promoting collagen production.[†]

60209413 | 60 capsules

Yarrow|Pom Revitalizing Eye Mask

Moisturizes and soothes under-eye contours to help firm and smooth delicate under-eye skin.

60225985 | 8 pairs

Yarrow|Pom Body Renewal Serum

Supports the skin's natural barrier and improves the appearance of firm, smooth skin.

60209352 | 3.4 fl oz/100 mL

Yarrow|Pom Collection

Yarrow|Pom Cellular Beauty Complex,
Yarrow|Pom Body Renewal Serum,
Yarrow|Pom Active Botanical Nutritive Duo

60210469

Yarrow|Pom Active Botanical Nutritive Duo



May promote cellular, immune, and nervous system health when taken internally* while revitalizing the skin for a youthful looking radiance.

60207652 | 30 mL bottle with dropper

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

dōTERRA® Verâge®

dōTERRA Verâge is an exclusive collection of natural skin care products that nourish your skin, helping to reduce the visible signs of aging while also promoting smooth, supple skin. The advanced plant technology used in Verâge promotes an optimal lipid balance—the same balance found in healthy, youthful-looking skin.



Verâge Moisturizer

Verâge Moisturizer combines CPTG essential oils with plant extracts for natural hydration and skin nourishment. This light, non-greasy moisturizer absorbs quickly but hydrates deeply, helping reduce the appearance of fine lines and wrinkles for a smooth, even complexion.

37410001 | 1 oz/30 g

Verâge Cleanser

Smooth, healthy-looking skin begins with Verâge Cleanser. This natural gel cleanser purifies skin for a fresh, youthful-looking complexion.

37380001 | 2 fl oz/60 mL

Verâge Toner

This hydrating toner fortifies and refreshes the skin while invigorating the senses for an energizing boost and a glowing complexion.

37390001 | 1.7 fl oz/50 mL

Verâge Immortelle Hydrating Serum

Experience the age-defying effects of Verâge Immortelle Hydrating Serum. This powerful formula combines CPTG® essential oils with plant extracts for smoother, more youthful-looking skin.

37400001 | .5 fl oz/15 mL

Verâge Skin Care Collection

Verâge Cleanser, Toner, Immortelle Hydrating Serum, Moisturizer

42690001

dōTERRA® spa

dōTERRA Spa is a line of CPTG® essential oil-infused products that provide an aromatic and pampering at-home spa experience. Each product has been carefully formulated with natural ingredients that leave your skin feeling soft, smooth, and fresh all day long.



Refreshing Body Wash

A natural, oil-infused body wash that provides a rich cleansing and aromatic spa experience.

37460001 | 8.45 fl oz/250 mL

Replenishing Body Butter

Pamper your skin with the rich hydration and luxurious feel of dōTERRA Spa Replenishing Body Butter. The base of this natural formula combines shea and cocoa seed butters, known for their deep moisturization and ability to promote skin suppleness.

37470001 | 7 oz/198 g

Hydrating Body Mist

Experience the uplifting and energizing aroma of the CPTG® Beautiful Captivating Blend while quenching your skin's thirst for moisture.

60205662 | 4.2 fl oz/125 mL

Exfoliating Body Scrub

A natural, indulgent body scrub that gently exfoliates and polishes skin with sugar cane, leaving a healthy, natural glow.

37480001 | 8 oz/226 g

Citrus Bliss Hand Lotion

A light and silky lotion infused with hydrating seed oils and nourishing botanicals. This non-greasy formula absorbs quickly yet provides optimal moisture for healthy-looking hands.

60214189 | 2.5 fl oz/75 mL

Hand & Body Lotion

Indulge your skin in this light, non-greasy formula that contains jojoba and macadamia seed oils, murumuru and theobroma seed butters, and nourishing plant extracts.

60214188
6.7 fl oz/200 mL

60200498
Three 6.7 fl oz/200
mL tubes

dōTERRA Balance® Bath Bar

Formulated with dōTERRA Balance® Grounding Blend to provide an tranquil, relaxing aroma.

60218218
4 oz/113 g

60220702
3-Pack 4 oz/113 g

Moisturizing Bath Bar

A one-of-a-kind bar that provides a unique feel, lather, aroma, and cleansing experience.

60218217
4 oz/113 g

60220701
3-Pack 4 oz/113 g

dōTERRA Serenity® Bath Bar

Enjoy a rich, cleansing, aromatic spa experience, infused with dōTERRA Serenity® Restful Blend.

60222131
4 oz/113 g

60220703
3-Pack 4 oz/113 g

dōTERRA Spa Basics Kit

Hand & Body Lotion, Refreshing Body Wash

60200499

Citrus Bliss Bath Bar

Formulated with Citrus Bliss® Invigorating Blend to provide an uplifting, refreshing aroma.

60222130
4 oz/113 g

60220704
3-Pack 4 oz/113 g

Lip Balms

A natural formula containing plant oils, botanicals, and essential oils to hydrate and soothe lips while delivering the unique scent and taste of essential oils.

Original

60207651
0.16 oz/4.5 g

Tropical

60207649
0.16 oz/4.5 g

Herbal

60207653
0.16 oz/4.5 g

Variety Pack

37570001
3-Pack 0.16 oz/4.5 g



Daily Conditioner
Condition & Protect

dōTERRA® Hair Care

Experience shinier, healthier-looking, and more manageable hair every day with dōTERRA Hair Care. Combining mindfully selected CPTG® essential oils and formulas created without sulfates, parabens, dyes, silicones, and phthalates. Strengthen and nourish while protecting every strand, leaving hair revitalized and full of life.



dōTERRA Protecting Shampoo

Infused with CPTG essential oils, this shampoo is naturally refreshing and formulated without harsh chemicals. It contains quinoa protein to help protect hair while removing impurities, dirt, and build up.

60208440 | 16.9 fl oz/500 mL

dōTERRA Daily Conditioner

A lightweight, color-safe conditioner that helps smooth and detangle hair while restoring softness, volume and natural shine. Infused with refreshing CPTG essential oils.

60208441 | 16.9 fl oz/500 mL

dōTERRA Leave-in Conditioner

A clean, easy-to-use spray infused with CPTG essential oils that provide a citrusy, inviting aroma as it prepares and protects hair before styling.

60208398 | 8 fl oz/237 mL

dōTERRA Hair Care Trio

dōTERRA Protecting Shampoo,
dōTERRA Daily Conditioner,
dōTERRA Leave-in Conditioner

60219271



Root to Tip Serum

Uses carefully chosen CPTG essential oils to promote smooth, shiny hair and a healthy-looking scalp, without weighing hair down.

49050001 | 1 fl oz/30 mL

dōTERRA® Women

dōTERRA Women is a line of products formulated to address the unique and changing health needs of women. Normal hormone levels influence a woman's good health and well-being from her early teens to her transition through menopause.



ClaryCalm®

Monthly Blend For Women

A unique blend of essential oils developed especially for women.



49480001 | 10 mL roll-on

Bone Nutrient

Essential Complex

This convenient dietary supplement increases the consumption of nutrients needed for healthy bones.*

35240001 | 120 capsules

Phytoestrogen

Essential Complex

A blend of natural plant extracts that support hormone balance throughout the different phases of a woman's life.*

35260001 | 60 capsules

Women's Health Kit

Phytoestrogen Essential Complex, Bone Nutrient Essential Complex, ClaryCalm Monthly Blend

3525

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

Natural Deodorant

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



Natural Deodorant infused with dōTERRA Balance® Essential Oil

Features dōTERRA Balance essential oil blend, baking soda, and tapioca for long-lasting freshness and all-day confidence.

60207421 | 2.65 oz/75 g



Natural Sensitive Deodorant infused with dōTERRA Douglas Fir and Greek Orange Essential Oils

Features dōTERRA CPTG® essential oils of Douglas Fir and Greek Orange, magnesium, and tapioca for long-lasting freshness and all-day confidence.

60208231 | 2.65 oz/75 g

Correct-X®

CPTG® essential oils Frankincense, Helichrysum, Tea Tree, Cedarwood, and Lavender form the base of dōTERRA Correct-X. A natural ointment, it helps soothe skin and keep it clean while recovering from distress.



Correct-X® Essential Ointment

Correct-X is a natural topical ointment using powerful CPTG essential oils that assist in soothing skin.

60110001 | 0.5 fl oz/15 mL

dōTERRA® baby

dōTERRA baby products are a safe, effective, and natural way to care for your baby. These products have been clinically tested and formulated with your baby in mind.



dōTERRA baby Diaper Rash Cream

Safe, effective, and spreads easily on delicate baby skin to help treat, soothe, and prevent diaper rash. Infused with CPTG® essential oils, this unique blend helps balance and soothe the skin while rich Muyao Shea Butter works to moisturize, leaving skin soft and smooth.

60201362 | 2.1 oz/60 g

dōTERRA baby Hair & Body Wash

This foaming, tear-free wash combines simple, gentle, natural ingredients that nourish and moisturize even after rinsing off. A calming blend of vanilla extract with CPTG Lavender and Roman Chamomile essential oils leaves babies, toddlers, and even big kids with that light, newborn scent.

60201361 | 10 fl oz/295 mL

dōTERRA baby Lotion

dōTERRA baby Lotion blends rich Muyao Shea Butter with natural humectants to calm, soothe, and moisturize your baby's delicate skin.

60220058 | 8 fl oz/236 mL

dōTERRA baby Collection

dōTERRA baby Diaper Rash Cream,
dōTERRA baby Hair & Body Wash,
dōTERRA baby Lotion

60206023

dōTERRA® Diffusers

Transform your world with a dōTERRA diffuser just right for any situation and décor.



Dawn® Aroma Humidifier

Designed to create the ultimate level of comfort in any room. Its smart sleep mode maintains ideal humidity levels throughout the night, helping create the perfect environment for sleep.

60213449



Laluz® Diffuser

Turn any space into a luxurious retreat with Laluz. With a runtime of up to eight hours, you can diffuse your favorite essential oils throughout the day or night.

60213023

Pebble® Diffuser

Despite its small size, the Pebble diffuser packs a lot of power. This ultrasonic diffuser delivers several useful features, including a five-hour continuous runtime, ten-hour intermittent runtime, and multiple light settings.

60213978



Product Guide					
Price List/Quick Reference	SKU	Rtl	Whl	PV	Unit

Enrollment Kits

Aroma Essentials Collection	60221665	\$220.00	\$165.00	125	Kit
Healthy Start Kit	60211452	\$220.00	\$165.00	105	Kit
MetaPWR® System Kit with Lemon-Orange Advantage	60224288	\$260.00	\$195.00	165	Kit
MetaPWR® System Kit with Pom-Cherry Advantage	60231120	\$260.00	\$195.00	165	Kit
Healthy Habits Kit (VMG+™ and EO Mega®+)	60230405	\$300.00	\$225.00	150	Kit
AromaTouch® Training Kit	60221309	\$333.33	\$250.00	250	Kit
Home Essentials Kit	60221657	\$373.33	\$280.00	245	Kit
Natural Solutions Kit (VMG+™ and EO Mega®+)	60230152	\$640.00	\$480.00	370	Kit
Oil Collectors Kit	60221984	\$3,000.00	\$2,250.00	2000	Kit

Essential Oil Singles

Arborvitae <i>Thuja plicata</i>	49360001	\$32.00	\$24.00	24	5 mL
Basil <i>Ocimum basilicum</i>	30010001	\$44.00	\$33.00	33	15 mL
Bergamot <i>Citrus bergamia</i>	30790001	\$57.33	\$43.00	43	15 mL
Birch <i>Betula lenta</i>	60222580	\$78.67	\$59.00	45	5 mL
Black Pepper <i>Piper nigrum</i>	41040001	\$30.67	\$23.00	23	5 mL
Black Spruce <i>Picea mariana</i>	60206220	\$28.00	\$21.00	21	5 mL
Blue Lotus Touch <i>Nymphaea caerulea</i>	60219175	\$88.00	\$66.00	60	10 mL roll-on
Blue Tansy <i>Tanacetum annuum</i>	60203383	\$114.67	\$86.00	81	5 mL
Cardamom <i>Elettaria cardamomum</i>	49350001	\$41.33	\$31.00	31	5 mL
Cassia <i>Cinnamomum cassia</i>	60213537	\$30.67	\$23.00	23	15 mL
Cedarwood <i>Juniperus virginiana</i>	49300001	\$21.33	\$16.00	16	15 mL
Celery Seed <i>Apium graveolens</i>	60209677	\$50.67	\$38.00	38	15 mL
Cilantro <i>Coriandrum sativum</i>	41850001	\$36.00	\$27.00	27	15 mL
Cinnamon Bark <i>Cinnamomum zeylanicum</i>	30030001	\$46.67	\$35.00	35	5 mL
Citronella <i>Cymbopogon winterianus</i>	60209676	\$28.00	\$21.00	21	15 mL

Product Guide Price List/Quick Reference	SKU	Rtl	Whl	PV	Unit
Clary Sage <i>Salvia sclarea</i>	30420001	\$52.00	\$39.00	39	15 mL
Clove <i>Eugenia caryophyllata</i>	30040001	\$29.33	\$22.00	22	15 mL
Copaiba <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i> Top Seller	60202178	\$52.00	\$39.00	39	15 mL
Copaiba Touch <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i>	60219176	\$36.00	\$27.00	27	10 mL roll-on
Coriander <i>Coriandrum sativum</i>	30780001	\$34.67	\$26.00	26	15 mL
Cypress <i>Cupressus sempervirens and lusitanica</i>	60206972	\$25.33	\$19.00	19	15 mL
Douglas Fir <i>Pseudotsuga menziesii</i>	31590001	\$32.00	\$24.00	24	5 mL
Eucalyptus <i>Radiata, polybractea, kochii, loxophleba, and globulus</i>	60218408	\$30.67	\$23.00	23	15 mL
Fennel (Sweet) <i>Foeniculum vulgare</i>	41290001	\$24.00	\$18.00	18	15 mL
Frankincense <i>Boswellia carterii, sacra, papyrifera, and fiereana</i> Top Seller	30070001	\$105.33	\$79.00	74	15 mL
Frankincense Touch <i>Boswellia carterii, sacra, papyrifera, and fiereana</i>	60200224	\$69.33	\$52.00	52	10 mL roll-on
Geranium <i>Pelargonium graveolens</i>	30090001	\$66.67	\$50.00	50	15 mL
Ginger <i>Zingiber officinale</i>	60215119	\$69.33	\$52.00	52	15 mL
Grapefruit <i>Citrus x paradisi</i>	30100001	\$26.67	\$20.00	20	15 mL
Green Mandarin <i>Citrus nobilis</i>	60205794	\$40.00	\$30.00	30	15 mL
Guaiacwood <i>Bulnesia sarmientoi</i>	60217711	\$26.67	\$20.00	20	15 mL
Helichrysum <i>Helichrysum italicum</i>	30410001	\$109.33	\$82.00	73	5 mL
Helichrysum Touch <i>Helichrysum italicum</i>	60207012	\$76.00	\$57.00	52	10 mL roll-on
'Iliahi (Hawaiian Sandalwood) <i>Santalum paniculatum</i>	41860001	\$100.00	\$75.00	65	5 mL
Jasmine <i>Jasminum grandiflorum</i>	60217357	\$200.00	\$150.00	100	2.5 mL
Jasmine Touch <i>Jasminum grandiflorum</i>	60201812	\$62.67	\$47.00	47	10 mL roll-on
Juniper Berry <i>Juniperus communis</i>	49290001	\$30.67	\$23.00	23	5 mL
Lavender <i>Lavandula angustifolia</i> Top Seller	30110001	\$38.67	\$29.00	29	15 mL
Lavender Touch <i>Lavandula angustifolia</i>	60200225	\$28.00	\$21.00	21	10 mL roll-on
Lemon <i>Citrus limon</i> Top Seller	30120001	\$20.67	\$15.50	15.5	15 mL
Lemon Eucalyptus <i>Eucalyptus citriodora</i>	60209674	\$21.33	\$16.00	16	15 mL
Lemongrass <i>Cymbopogon flexuosus</i>	30130001	\$20.00	\$15.00	15	15 mL

Product Guide

Price List/Quick Reference	SKU	RTL	Whl	PV	Unit
Lime <i>Citrus aurantifolia</i>	30870001	\$22.67	\$17.00	17	15 mL
Madagascar Vanilla <i>Vanilla planifolia</i>	60218012	\$53.33	\$40.00	40	5 mL
Magnolia Touch <i>Michelia alba</i>	60205420	\$40.00	\$30.00	30	10 mL roll-on
Marjoram <i>Origanum majorana</i>	30140001	\$32.00	\$24.00	24	15 mL
Melissa <i>Melissa officinalis</i>	30850001	\$128.00	\$96.00	86	5 mL
Myrrh <i>Commiphora myrrha</i>	30160001	\$98.67	\$74.00	62	15 mL
Myrrh Touch <i>Commiphora myrrha</i>	60221439	\$66.67	\$50.00	50	10 mL roll-on
Neroli Touch <i>Citrus x aurantium</i>	60201817	\$72.00	\$54.00	54	10 mL roll-on
Oregano <i>Origanum vulgare</i> Top Seller	30180001	\$37.33	\$28.00	28	15 mL
Patchouli <i>Pogostemon cablin</i>	30890001	\$44.00	\$33.00	33	15 mL
Peppermint <i>Mentha piperita</i>	30190001	\$34.67	\$26.00	26	15 mL
Peppermint Touch <i>Mentha piperita</i>	60200228	\$28.00	\$21.00	21	10 mL roll-on
Petitgrain <i>Citrus aurantium</i>	49520001	\$36.00	\$27.00	27	15 mL
Pink Pepper <i>Schinus molle</i>	60207016	\$30.67	\$23.00	23	5 mL
Roman Chamomile <i>Anthemis nobilis</i>	30800001	\$69.33	\$52.00	52	5 mL
Rose <i>Rosa damascena</i>	31000001	\$366.67	\$275.00	200	5 mL
Rose Touch <i>Rosa damascena</i>	60201813	\$96.00	\$72.00	67	10 mL roll-on
Rosemary <i>Rosmarinus officinalis</i>	30200001	\$29.33	\$22.00	22	15 mL
Sandalwood <i>Santalum album</i>	30210001	\$120.00	\$90.00	65	5 mL
Siberian Fir <i>Abies sibirica</i>	60203125	\$28.00	\$21.00	21	15 mL
Spanish Sage <i>Salvia lavandulifolia</i>	60222270	\$38.67	\$29.00	29	15 mL
Spearmint <i>Mentha spicata</i>	31610001	\$41.33	\$31.00	31	15 mL
Spikenard <i>Nardostachys jatamansi</i>	49510001	\$72.00	\$54.00	52	5 mL
Tangerine <i>Citrus reticulata</i>	49440001	\$21.33	\$16.00	16	15 mL
Tea Tree <i>Melaleuca alternifolia</i>	60208340	\$34.67	\$26.00	26	15 mL
Tea Tree Touch <i>Melaleuca alternifolia</i>	60208343	\$24.67	\$18.50	18.5	10 mL roll-on
Thyme <i>Thymus zygis, and vulgaris</i>	60222622	\$45.33	\$34.00	34	15 mL
Tulsi (Holy Basil) <i>Ocimum sanctum</i>	60213450	\$41.33	\$31.00	31	5 mL
Turmeric <i>Curcuma longa</i>	60206973	\$46.67	\$35.00	35	15 mL

Product Guide					
Price List/Quick Reference	SKU	RTL	Whl	PV	Unit
Vetiver <i>Vetiveria zizanioides</i>	30430001	\$88.00	\$66.00	60	15 mL
Vetiver Touch <i>Vetiveria zizanioides</i>	60221438	\$56.00	\$42.00	42	10 mL roll-on
Wild Orange <i>Citrus sinensis</i>	30170001	\$17.33	\$13.00	13	15 mL
Wintergreen <i>Gaultheria fragrantissima</i>	31620001	\$37.33	\$28.00	28	15 mL
Yarrow Pom <i>Active Botanical Nutritive Duo</i>	60207652	\$146.67	\$110.00	104	30 mL
Ylang Ylang <i>Cananga odorata</i>	30240001	\$58.67	\$44.00	44	15 mL

Essential Oil Blends

abode® Refreshing Blend	60217576	\$34.67	\$26.00	26	15 mL
Adaptiv® Calming Blend	60209364	\$58.67	\$44.00	44	15 mL
Adaptiv® Touch Calming Blend	60209357	\$36.00	\$27.00	27	10 mL roll-on
Air-X® Air Blend	60215527	\$45.33	\$34.00	34	15 mL
dōTERRA Align Centering Blend	60203246	\$29.33	\$22.00	22	5 mL
dōTERRA Anchor Steadying Blend	60203245	\$29.33	\$22.00	22	5 mL
dōTERRA Arise Enlightening Blend	60203247	\$29.33	\$22.00	22	5 mL
AromaTouch® Massage Blend	31200001	\$46.67	\$35.00	35	15 mL
dōTERRA Balance® Grounding Blend	31010001	\$34.67	\$26.00	26	15 mL
Brave® Courage Blend	60206618	\$30.67	\$23.00	23	10 mL roll-on
dōTERRA Breathe® Respiratory Blend	60200190	\$38.67	\$29.00	29	15 mL
dōTERRA Breathe® Touch Respiratory Blend	60200192	\$27.33	\$20.50	20.5	10 mL roll-on
Calmer® Restful Blend	60206632	\$30.67	\$23.00	23	10 mL roll-on
dōTERRA Cheer® Uplifting Blend	60218863	\$34.67	\$26.00	26	5 mL
dōTERRA Cheer® Touch Uplifting Blend	60218864	\$29.33	\$22.00	22	10 mL roll-on
Citrus Bliss® Invigorating Blend	60219370	\$33.33	\$25.00	25	15 mL
Citrus Bloom® Springtime Blend	60208812	\$38.00	\$28.50	28.5	15 mL
ClaryCalm® Monthly Blend for Women	49480001	\$48.00	\$36.00	36	10 mL roll-on
dōTERRA Console® Comforting Blend	31730001	\$57.33	\$43.00	43	5 mL

Product Guide

Price List/Quick Reference	SKU	Rtl	Whl	PV	Unit
dōTERRA Console® Touch Comforting Blend	60200147	\$37.33	\$28.00	28	10 mL roll-on
DDR Prime® Cellular Complex	60207092	\$53.33	\$40.00	40	15 mL
Deep Blue® Soothing Blend	60200143	\$50.67	\$38.00	38	5 mL
DigestZen® Digestive Blend	60214361	\$50.67	\$38.00	38	15 mL
DigestZen® Touch Digestive Blend	60214815	\$35.33	\$26.50	26.5	10 mL roll-on
dōTERRA Forgive® Renewing Blend	31750001	\$33.33	\$25.00	25	5 mL
dōTERRA Forgive® Touch Renewing Blend	60200148	\$22.67	\$17.00	17	10 mL roll-on
HD Clear® Topical Blend	49400001	\$32.00	\$24.00	24	10 mL roll-on
dōTERRA Hope® Touch Uplifting Blend	60222109	\$33.33	\$25.00	25	10 mL roll-on
Immortelle Anti-Aging Blend	60220469	\$109.33	\$82.00	76	10 mL roll-on
InTune® Focus Blend	60220468	\$56.00	\$42.00	42	10 mL roll-on
MetaPWR® Metabolic Blend	60217575	\$40.00	\$30.00	30	15 mL
dōTERRA Motivate® Encouraging Blend	60218764	\$32.00	\$24.00	24	5 mL
dōTERRA Motivate® Touch Encouraging Blend	60218765	\$25.33	\$19.00	19	10 mL roll-on
Northern Escape® Woodland Blend	60221667	\$43.33	\$32.50	32.5	15 mL
dōTERRA On Guard® Protective Blend	31100001	\$52.00	\$39.00	39	15 mL
dōTERRA On Guard® Touch Protective Blend	60200142	\$36.00	\$27.00	27	10 mL roll-on
dōTERRA Passion® Inspiring Blend	60218767	\$57.33	\$43.00	43	5 mL
dōTERRA Passion® Touch Inspiring Blend	60218768	\$42.67	\$32.00	32	10 mL roll-on
PastTense® Tension Blend	60215812	\$46.67	\$35.00	35	15 mL
dōTERRA Peace® Reassuring Blend	31710001	\$46.67	\$35.00	35	5 mL
dōTERRA Peace® Touch Reassuring Blend	60200151	\$30.67	\$23.00	23	10 mL roll-on
Purify Cleansing Blend	31060001	\$34.67	\$26.00	26	15 mL
Rescuer™ Soothing Blend	60206635	\$24.00	\$18.00	18	10 mL roll-on
RevitaZen™ Detoxification Blend New	60231405	\$38.67	\$29.00	29	15 mL

Product Guide					
Price List/Quick Reference	SKU	Rtl	Whl	PV	Unit
dōTERRA Serenity® Restful Blend	60217983	\$56.00	\$42.00	42	15 mL
Shinrin-Yoku® Forest Bathing Blend	60225771	\$45.33	\$34.00	34	15 mL
Shinrin-Yoku® Touch Forest Bathing Blend	60225706	\$29.33	\$22.00	22	10 mL roll-on
Steady® Grounding Blend	60206617	\$24.00	\$18.00	18	10 mL roll-on
Stronger® Protective Blend	60206654	\$24.00	\$18.00	18	10 mL roll-on
dōTERRA SuperMint® Mentha Blend	60221859	\$42.67	\$32.00	32	15 mL
Tamer® Digestive Blend	60209356	\$24.00	\$18.00	18	10 mL roll-on
TerraShield® Repellent Blend	60214386	\$20.00	\$15.00	15	15 mL
TerraShield® Spray Repellent Blend	60214387	\$29.33	\$22.00	20	30 mL
Thinker® Focus Blend	60206633	\$25.33	\$19.00	19	10 mL roll-on
Whisper® Touch Blend for Women	60214274	\$40.00	\$30.00	30	10 mL roll-on

Carrier Oils

Fractionated Coconut Oil	31640001	\$18.00	\$13.50	11	3.89 fl oz/ 115 mL
Castor Oil <i>Ricinus communis</i> New	60231161	\$37.33	\$28.00	22	10.14 fl oz/ 300 mL

Accessories

Empty 5/8 mL Dram Bottles	32090000	\$6.00	\$4.50	0	12-Pack
Empty 10 mL Roll-On Bottles	60205272	\$7.33	\$5.50	0	6-Pack
Empty 5 mL Bottles	60205271	\$5.00	\$3.75	0	6-Pack
Orifice Remover	60205273	\$5.33	\$4.00	0	Single
Ultra Fine Continuous Mist Sprayer	60205589	\$16.00	\$12.00	0	2-pack
Essential Oil Cap Stickers: Singles	60226846	\$2.67	\$2.00	0	Single
Essential Oil Cap Stickers: Blends	60226847	\$2.67	\$2.00	0	Single
Fractionated Coconut Oil Pump	60205197	\$3.33	\$2.50	0	Single
Wooden Box	32120000	\$13.33	\$10.00	0	Single

Product Guide					
Price List/Quick Reference	SKU	RTL	Whl	PV	Unit
Pipettes	60205199	\$3.67	\$2.75	0	50-pack

Kits & Collections

AromaTouch Technique® Training Kit	60221903	\$333.33	\$250.00	250	Kit
AromaTouch Technique® Refill Kit	60221902	\$306.67	\$230.00	230	Kit
dōTERRA Emotional Aromatherapy® System	60220509	\$240.00	\$180.00	170	Kit
dōTERRA Emotional Aromatherapy® Touch Kit	60220510	\$160.00	\$120.00	120	Kit
Family Essentials Kit	60202951	\$180.00	\$135.00	125	Kit
Introductory Kit	60202952	\$41.33	\$31.00	26	Kit
dōTERRA Kids Collection	60211246	\$173.33	\$130.00	115	Kit
dōTERRA Yoga Collection	60203244	\$80.00	\$60.00	56	Kit

Product Lines

dōTERRA abōde® Products

abōde Refreshing Blend	60217576	\$34.67	\$26.00	26	15 mL
abōde Multi-Purpose Surface Cleaner Concentrate	60216476	\$12.33	\$9.25	7	One 1 fl oz/ 30 mL
abōde Multi-Purpose Surface Cleaner Concentrate 4-pack	60219968	\$39.33	\$29.50	22	Four 1 fl oz/ 30 mL
dōTERRA abōde® Surface Spray Dispenser	60217546	\$12.67	\$9.50	0	10 fl oz/ 296 mL
abōde Laundry Pods	60216474	\$30.00	\$22.50	15	45 ct
abōde Dishwasher Pods	60216473	\$21.67	\$16.25	11	24 ct
abōde Liquid Dish Soap	60217386	\$17.33	\$13.00	8	16 fl oz/ 473 mL
dōTERRA abōde® Liquid Dish Soap Dispenser	60219507	\$11.33	\$8.50	0	16 fl oz/ 473 mL
abōde Foaming Hand Wash Concentrate Infused with Citrus Bloom®	60216472	\$29.33	\$22.00	16	8 fl oz/ 237 mL
dōTERRA abōde® Hand Wash Dispenser	60217522	\$12.67	\$9.50	0	16 fl oz/ 473 mL
dōTERRA abōde® Modular Trays	60218576	w\$21.33	\$16.00	0	One set

Product Guide					
Price List/Quick Reference	SKU	RTL	Whl	PV	Unit

dōTERRA Adaptiv® Products

Adaptiv® Calming Blend	60209364	\$58.67	\$44.00	44	15 mL
Adaptiv® Touch	60209357	\$36.00	\$27.00	27	10 mL
Adaptiv® Calming Blend Capsules	60205956	\$56.00	\$42.00	32	30 capsules
Adaptiv® System	60211472	\$124.00	\$93.00	80	Kit

dōTERRA Breathe® Products

dōTERRA Breathe® Respiratory Blend	60200190	\$38.67	\$29.00	29	15 mL
dōTERRA Breathe® Touch	60200192	\$27.33	\$20.50	20.5	10 mL roll-on
dōTERRA® Breathe Vapor Stick	60212479	\$17.33	\$13.00	8	0.54 oz/ 15.5 g
dōTERRA Breathe® Respiratory Drops	60225230	\$19.33	\$14.50	11	30 drops
dōTERRA Breathe Easy Combo	60217860	\$77.33	\$58.00	45	Kit

Deep Blue® Products

Deep Blue® Soothing Blend	60200143	\$50.67	\$38.00	38	5 mL
Deep Blue Polyphenol Complex®	60229029	\$64.00	\$48.00	42	60 capsules
Deep Blue® Rub	38900001	\$51.33	\$38.50	36	4 fl oz/ 120 mL
Deep Blue® Rub Samples	60219833	\$7.33	\$5.50	0	10 pack
Deep Blue® Stick + Copaiba	60213108	\$38.00	\$28.50	23	1.69 oz/ 48 g

dōTERRA Frankincense Products

Frankincense <i>Boswellia carterii</i> , <i>sacra</i> , <i>papyrifera</i> , and <i>frereana</i> Top Seller	30070001	\$105.33	\$79.00	74	15 mL
Frankincense Touch <i>Boswellia carterii</i> , <i>sacra</i> , <i>papyrifera</i> , and <i>frereana</i>	60200224	\$69.33	\$52.00	52	10 mL roll-on
Frankincense Stick + Naio Wood	60228704	\$64.00	\$48.00	42	1.06 oz/30 g
Frankincense Boswellic Acid Complex	60228949	\$64.00	\$48.00	42	30 capsules

Product Guide

Price List/Quick Reference

SKU

Rtl

Whl

PV

Unit

dōTERRA On Guard® Products

dōTERRA On Guard® Protective Blend	31100001	\$52.00	\$39.00	39	15 mL
dōTERRA On Guard® Touch	60200142	\$36.00	\$27.00	27	10 mL roll-on
dōTERRA On Guard™ Beadlets	60208146	\$22.67	\$17.00	17	125 beadlets
dōTERRA On Guard™ Chewable Tablets	60216736	\$24.00	\$18.00	12	60 ct
dōTERRA On Guard® Protecting Throat Drops	60226743	\$19.33	\$13.75	11	30 ct
dōTERRA On Guard™ Softgels	60225767	\$38.67	\$29.00	25	60 ct
dōTERRA On Guard® Natural Whitening Toothpaste	60205476	\$16.00	\$12.00	7	4.2 oz/125 g
dōTERRA On Guard® Natural Whitening Toothpaste Samples	60224844	\$6.67	\$5.00	0	10-pack
dōTERRA On Guard® Mouth Rinse	60203185	\$22.67	\$17.00	11	16 fl oz/ 473 mL
dōTERRA On Guard® Laundry Detergent	60225531	\$48.00	\$36.00	25	32 fl oz/ 947 mL
dōTERRA On Guard® Cleaner Concentrate	38140001	\$24.00	\$18.00	13	12 fl oz/ 355 mL
dōTERRA On Guard® Foaming Hand Wash	38010001	\$26.67	\$20.00	16	One 16 fl oz/ 473 mL
dōTERRA On Guard® Foaming Hand Wash Concentrate	60213803	\$38.00	\$28.50	20	8 fl oz/ 237 mL
dōTERRA On Guard® Foaming Hand Wash 2-pack	38020001	\$50.67	\$38.00	30	Two 16 fl oz/ 473 mL
dōTERRA On Guard® Foaming Hand Wash Dispenser	60217694	\$6.67	\$5.00	0	Single
dōTERRA On Guard® Sanitizing Mist	60214044	\$12.00	\$9.00	7	0.9 fl oz/ 27 mL
dōTERRA On Guard® Sanitizing Mist 5-pack	60219991	\$53.33	\$40.00	32	Five 0.9 fl oz/ 27 mL
dōTERRA On Guard® Sanitizing Wipes	60201266	\$18.67	\$14.00	11	50 ct

Product Guide					
Price List/Quick Reference	SKU	Rtl	Whl	PV	Unit

PastTense Products

PastTense™ Stick + Sweet Gum	60229026	\$29.33	\$22.00	18	0.32 oz/10 g
PastTense® Tension Blend	60215812	\$46.67	\$35.00	35	15 mL

dōTERRA Serenity® Products

dōTERRA Serenity® Restful Blend	60217983	\$56.00	\$42.00	42	15 mL
dōTERRA Serenity® Softgels	60216219	\$37.33	\$28.00	22	60 capsules
dōTERRA Serenity® Stick + Valerian	60225458	\$24.67	\$18.50	12	1.06 oz/30 g
dōTERRA Serenity® Combo Pack	60226817	\$88.00	\$66.00	50	Kit

dōTERRA Supermint® Products

dōTERRA SuperMint Mentha Blend	60221859	\$42.67	\$32.00	32	15 mL
dōTERRA SuperMint Toothpaste	60221617	\$16.00	\$12.00	7	4.2 oz/125 g
dōTERRA SuperMint Beadlets	60222094	\$22.67	\$17.00	17	125 beadlets

Supplements & Nutrition

Foundational Wellness

VMG+™ Whole-Food Nutrient Complex	60230209	\$119.33	\$89.50	80	30 sachets
EO Mega®+	60229028	\$62.00	\$46.50	40	90 softgels
dōTERRA PB Restore® ProBiome Complex	60225766	\$63.33	\$47.50	40	30 capsules
Foundational Wellness Bundle	60230014	\$199.33	\$149.50	125	Kit

dōTERRA Lifelong Vitality Pack®

Alpha CRS+®	60223966	\$101.33	\$76.00	76	120 capsules
Microplex VMz®	60229827	\$65.33	\$49.00	49	120 capsules
dōTERRA Lifelong Vitality Pack	60231114	\$117.33	\$88.00	65	30-day supply
Vegan dōTERRA Lifelong Vitality Pack®	60231415	\$129.33	\$97.00	65	30-day supply

Product Guide					
Price List/Quick Reference	SKU	RTL	Whl	PV	Unit

dōTERRA Specialized Supplements

vEO Mega®	60225127	\$96.00	\$72.00	60	120 capsules
Turmeric Dual Chamber Capsules	60209307	\$56.00	\$42.00	30	60 capsules
Copaiba Softgels	60225227	\$49.33	\$37.00	34	60 capsules
DDR Prime® Softgels	60225264	\$66.67	\$50.00	44	60 capsules
TriEase® Softgels	60225764	\$37.33	\$28.00	24	60 capsules
Veggie Caps	60225231	\$6.00	\$4.50	0	160 capsules

ProBiome Support

dōTERRA PB Assist+® ProBiome Gut Complex	60225556	\$44.67	\$33.50	25	30 sachets
Fiber	60225134	\$28.00	\$21.00	15	30 servings

RevitaZen™ Products

RevitaZen™ Detoxification Blend New	60231405	\$38.67	\$29.00	29	15 mL
RevitaZen+™ New Advanced Organ Detoxification Complex	60231636	\$63.33	\$47.50	40	30 capsules

MetaPWR® Products

MetaPWR® Metabolic Blend	60217575	\$40.00	\$30.00	30	15 mL
MetaPWR® Beadlets	60217376	\$21.33	\$16.00	16	125 beadlets
MetaPWR® Satiety Gum	60217378	\$11.67	\$8.75	5	30 ct
MetaPWR® Softgel	60209482	\$46.00	\$34.50	30	90 capsules
MetaPWR® Mito2Max®	60226045	\$58.67	\$44.00	36	60 capsules
MetaPWR® Assist	60213525	\$42.67	\$32.00	27	30 capsules
MetaPWR® Advantage Lemon-Orange	60222772	\$112.67	\$84.50	70	30 sachets
MetaPWR® Advantage Pomegranate-Cherry	60231059	\$112.67	\$84.50	70	30 sachets
MetaPWR Recharge® Wild Strawberry	60225877	\$52.67	\$39.50	30	30 sachets

Product Guide					
Price List/Quick Reference	SKU	RTL	Whl	PV	Unit
MetaPWR Recharge® Lemon-Lime	60225876	\$52.67	\$39.50	30	30 sachets
MetaPWR® System Kit	60223395	\$260.00	\$195.00	165	Kit

Digestive Health

DigestZen® Softgels	60209021	\$35.33	\$26.50	22	60 capsules
DigestTab® Chewable Tablets	60214446	\$24.00	\$18.00	13	100 tablets
dōTERRA® Peppermint Softgels	60218962	\$27.33	\$20.50	17	60 softgels
dōTERRA TerraZyme™ Digestive Enzyme Complex	35110001	\$48.67	\$36.50	32	90 capsules
GX Assist® GI Cleansing Formula	35040001	\$38.00	\$28.50	24	60 softgels
dōTERRA® Ginger Drops	60225229	\$19.33	\$14.50	11	30 drops

dōTERRA Children's Supplements

dōTERRA® kids A2Z Chewable Tablets™	60225124	\$36.00	\$27.00	20	60 tablets
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Personal Care

dōTERRA Essential Skin Care

Facial Cleanser	60201753	\$21.33	\$16.00	13	4 fl oz/ 118 mL
Invigorating Scrub	60201773	\$23.33	\$17.50	15	2.5 oz/70 g
Pore Reducing Toner	60201772	\$26.00	\$19.50	17	4 fl oz/ 118 mL
Brightening Gel	60210008	\$46.67	\$35.00	33	1 fl oz/30 mL
Tightening Serum	60201752	\$60.00	\$45.00	41	1 fl oz/30 mL
Anti-Aging Moisturizer	60201750	\$53.33	\$40.00	35	1.7 fl oz/ 50 mL
Hydrating Cream	60201774	\$48.00	\$36.00	32	1.7 oz/48 g
Anti-Aging Eye Cream	60201776	\$56.00	\$42.00	40	0.5 fl oz/ 15 mL
Essential Skin Care Kit	60203184	\$275.33	\$206.50	200	Kit
Customizable Essential Skin Care Kit	60203183	\$126.67	\$95.00	90	Kit

Product Guide					
Price List/Quick Reference	SKU	Rtl	Whl	PV	Unit

Yarrow|Pom Collection

Yarrow Pom Active Botanical Nutritive Duo	60207652	\$146.67	\$110.00	104	30 mL
Yarrow Pom Cellular Beauty Complex	60209413	\$73.33	\$55.00	45	60 capsules
Yarrow Pom Body Renewal Serum	60209352	\$90.67	\$68.00	62	3.4 fl oz/ 100 mL
Yarrow Pom Collection	60210469	\$280.00	\$210.00	180	Kit
Yarrow Pom Revitalizing Eye Mask	60225985	\$52.67	\$39.50	30	8 pairs

dōTERRA® Verage®

Verage® Cleanser	37380001	\$32.67	\$24.50	21	2 fl oz/60 mL
Verage® Toner	37390001	\$28.00	\$21.00	17	1.7 fl oz/ 50 mL
Verage® Immortelle Hydrating Serum	37400001	\$82.67	\$62.00	52	.5 fl oz/15 mL
Verage® Moisturizer	37410001	\$40.00	\$30.00	27	1 oz/30 g
Verage® Skin Care Collection	42690001	\$140.00	\$105.00	80	Kit

dōTERRA® Spa

Refreshing Body Wash	37460001	\$18.67	\$14.00	10	8.45 fl oz/ 250 mL
Replenishing Body Butter	37470001	\$25.33	\$19.00	15	7 oz/198 g
Hydrating Body Mist	60205662	\$36.67	\$27.50	23	4.2 fl oz/ 125 mL
Exfoliating Body Scrub	37480001	\$27.33	\$20.50	16	8 oz/226 g
Citrus Bliss Hand Lotion	60214189	\$13.33	\$10.00	7.5	2.5 fl oz/ 75 mL
Hand & Body Lotion	60214188	\$22.67	\$17.00	13	6.7 fl oz/200 mL
3-Pack Hand & Body Lotion	60200498	\$56.00	\$42.00	30	6.7 fl oz/ 200 mL
Lip Balm - Original	60207651	\$10.67	\$8.00	6	0.16 oz/4.5 g
Lip Balm - Herbal	60207653	\$10.67	\$8.00	6	0.16 oz/4.5 g
Lip Balm - Tropical	60207649	\$10.67	\$8.00	6	0.16 oz/4.5 g

Product Guide Price List/Quick Reference	SKU	Rtl	Whl	PV	Unit
Lip Balms - Variety	37570001	\$26.00	\$19.50	11	3-Pack
dōTERRA Balance® Bath Bar	60218218	\$12.00	\$9.00	6	4 oz/113 g
dōTERRA Balance® Bath Bar	60220702	\$29.33	\$22.00	12	3-Pack
Moisturizing Bath Bar	60218217	\$12.00	\$9.00	6	4 oz/113 g
Moisturizing Bath Bar	60220701	\$29.33	\$22.00	12	3-Pack
Citrus Bliss Bath Bar	60222130	\$12.00	\$9.00	6	4 oz/113 g
Citrus Bliss Bath Bar	60220704	\$29.33	\$22.00	12	3-Pack
dōTERRA Serenity® Bath Bar	60222131	\$12.00	\$9.00	6	4 oz/113 g
dōTERRA Serenity® Bath Bar	60220703	\$29.33	\$22.00	12	3-Pack
dōTERRA® Spa Basics Kit	60200499	\$39.33	\$29.50	24	Kit

dōTERRA® Hair Care

dōTERRA Protecting Shampoo	60208440	\$36.67	\$27.50	21	16.9 fl oz/ 500 mL
dōTERRA Daily Conditioner	60208441	\$36.67	\$27.50	21	16.9 fl oz/ 500 mL
dōTERRA Leave-in Conditioner	60208398	\$26.67	\$20.00	16	8 fl oz/ 237 mL
dōTERRA Hair Care Trio	60219271	\$100.00	\$75.00	58	Kit
Root to Tip Serum	49050001	\$45.33	\$34.00	32	30 mL/1 fl oz

dōTERRA® Women

ClaryCalm® Monthly Blend for Women	49480001	\$48.00	\$36.00	36	10 mL roll-on
Bone Nutrient Essential Complex	35240001	\$26.67	\$20.00	14	120 capsules
Phytoestrogen Essential Complex	35260001	\$56.00	\$42.00	38	60 capsules
Women's Health Kit	3525	\$113.33	\$85.00	75	Kit

Natural Deodorant

Natural Deodorant Infused with dōTERRA Balance® Essential Oil	60207421	\$16.67	\$12.50	8	2.65 oz/75 g
Natural Sensitive Deodorant Infused with dōTERRA Douglas Fir and Greek Orange Essential Oils	60208231	\$16.67	\$12.50	8	2.65 oz/75 g

Product Guide					
Price List/Quick Reference	SKU	Rtl	Whl	PV	Unit

Correct-X®

Correct-X® Essential Oil Ointment	60110001	\$18.67	\$14.00	12	0.5 fl oz/ 15 mL
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dōTERRA® baby

dōTERRA baby Diaper Rash Cream	60201362	\$13.33	\$10.00	6	2.1 oz/60 g
dōTERRA baby Hair & Body Wash	60201361	\$20.00	\$15.00	10	10 fl oz/ 295 mL
dōTERRA baby Lotion	60220058	\$24.00	\$18.00	10	8 fl oz/ 236 mL
dōTERRA baby Collection	60206023	\$60.00	\$45.00	25	Kit

dōTERRA® Diffusers

Dawn® Aroma Humidifier	60213449	\$73.33	\$55.00	0	Single
Laluz® Diffuser	60213023	\$60.00	\$45.00	0	Single
Pebble® Diffuser	60213978	\$33.33	\$25.00	0	Single

Beadlets

MetaPWR® Beadlets	60217376	\$21.33	\$16.00	16	125 beadlets
dōTERRA On Guard™ Beadlets	60208146	\$22.67	\$17.00	17	125 beadlets
Peppermint Beadlets	60208147	\$22.67	\$17.00	17	125 beadlets
dōTERRA SuperMint® Beadlets	60222094	\$22.67	\$17.00	17	125 beadlets

dōTERRA Healing Hands Foundation®

dōTERRA Hope® Uplifting Blend	60222109	\$33.33	\$25.00	25	10 mL roll-on
Rose Hand Lotion	60214220	\$26.67	\$20.00	0	3.3 fl oz/100 mL



Donation and Solicitation Disclosure

Florida A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE [of Florida]. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. Registration #: CH48280.

ILLINOIS CONTRACTS AND REPORTS REGARDING THE CHARITY ARE ON FILE WITH THE ILLINOIS ATTORNEY GENERAL.

Maryland A copy of the current financial statement of the dōTERRA Healing Hands Foundation is available by writing 389 S 1300 W, Pleasant Grove UT 84062, or by calling (801) 437-7918. Documents and information submitted under the Maryland Solicitations Act are also available, for the cost of postage and copies, from the Maryland Secretary of State, State House, Annapolis MD 21401, (410) 974-5534.

Michigan Registration # 55179

NEW JERSEY INFORMATION FILED WITH THE ATTORNEY GENERAL CONCERNING THIS CHARITABLE SOLICITATION AND THE PERCENTAGE OF CONTRIBUTIONS RECEIVED BY THE CHARITY DURING THE LAST REPORTING PERIOD THAT WERE DEDICATED TO THE CHARITABLE PURPOSE MAY BE OBTAINED FROM THE ATTORNEY GENERAL OF THE STATE OF NEW JERSEY BY CALLING 973-504-6215 AND IS AVAILABLE ON THE INTERNET AT [HTTP://WWW.NJCONSUMERAFFAIRS.GOV/](http://WWW.NJCONSUMERAFFAIRS.GOV/). REGISTRATION WITH THE ATTORNEY GENERAL DOES NOT IMPLY ENDORSEMENT.

North Carolina Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-814-5400. The license is not an endorsement by the State.

Virginia A Financial Statement is available upon request from the Office of Charitable and Regulatory Programs P.O. Box 1163, Richmond, Virginia 23218 Phone 804-786-1343.

Washington dōTERRA Healing Hands Foundation, a Utah Non-Profit Corporation, is registered with the State of Washington Secretary of State Corporations and Charities Division. For further information please contact the Secretary of State at 360-725-0378 or <https://www.sos.wa.gov/charities>.

dōTERRA®

VMG+™

Whole-Food Nutrient Complex
Clean | Vegan | Gluten-Free | Natural | Non-GMO

Dietary Supplement
30 Sticks | Net wt 9.95 oz / 282 g

VMG+™





“I can feel the difference when I take it consistently—my mind is sharper, and my body just moves better. It’s like fueling my day with focus and flow.”

Eric Larsen, *Wellness Advocate and Master Distributor*



Get what you
need today.





dōTERRA®
pursue what's **pure**®



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