

dōTERRA® | eBooks

Shine Product Reveal

dōTERRA convention  
pursue what's pure® | 2025



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# Chapter 1: RevitaZen™ Detoxification Blend

## *Detox the dōTERRA Way*

### What's RevitaZen?

Daily toxin exposure is inevitable and can gradually burden your natural detoxification systems—especially the liver, kidneys, and digestive tract. Even with a clean lifestyle, environmental pollutants and internal stressors can disrupt your body's ability to maintain balance.

RevitaZen Detoxification Blend is optimized with key essential oils that, based on preclinical research, provide daily support for healthy organ function and promote the body's natural detoxification process when used internally.\*

Unlike harsh detox products that focus on quick fixes, RevitaZen works in harmony with your body to encourage long-term wellness.\*

### Why You'll Love RevitaZen

- Supports healthy liver function, according to preclinical research, and delivers antioxidant protection with Tangerine, Rosemary, Geranium, and Ginger essential oils.\*
- Aids healthy digestion and colon function with Ginger essential oil, according to preclinical research.\*
- Supports kidney health and the elimination of excess water through natural diuresis, based on traditional use of Juniper Berry.\*
- Aids detoxification with Cilantro essential oil antioxidants, which are crucial for counteracting free radical damage inherent in the detox process.\*



# Chapter 1: RevitaZen™ Detoxification Blend

## *Detox the dōTERRA Way (Cont.)*

### How to Use RevitaZen

- Add one to two drops to citrus drinks, teas, or water.
- Place three to four drops in the diffuser of your choice for a refreshing, citrusy aroma.
- Mix one to two drops with one to two tablespoons of Castor Oil. Apply diluted directly to the skin or with a castor oil pack.

**Caution:** Avoid sunlight and UV rays for at least 12 hours after applying the product.

### Key Ingredients

Each essential oil in RevitaZen™ blend plays a targeted role in promoting whole-body detoxification and organ harmony when used internally.\*

#### Tangerine

Rich in limonene and other antioxidants, Tangerine essential oil helps protect liver cells from oxidative stress and supports healthy bile flow.\*

#### Rosemary

Often used in traditional detox practices, Rosemary essential oil supports liver enzyme activity and acts as an antioxidant shield, based on experimental research.\*

#### Geranium

Geranium essential oil brings a balancing, harmonizing influence. It helps soothe the nervous system and supports liver and kidney function, according to preclinical research.\*

#### Juniper Berry

Juniper Berry essential oil supports gentle kidney cleansing and encourages healthy elimination of excess water and metabolic waste, based on preclinical research and traditional use.\*

#### Cilantro

Traditionally used for full-body cleansing, Cilantro essential oil supports natural detoxification and provides antioxidant protection across multiple systems, according to experimental research.\*

#### Ginger

According to preclinical research, Ginger essential oil supports digestive health, helps regulate liver enzymes, and soothes the gut, enhancing the breakdown and elimination of toxins.\*



# Chapter 2: RevitaZen<sup>™</sup> Advanced Organ Detoxification Complex

## *Detox That Works with You*

### What's RevitaZen<sup>+</sup>?

RevitaZen<sup>+</sup> is an advanced supplement complex, designed for daily use to support the liver, kidneys, and colon—key organs involved in your body's natural detoxification processes. Each dual-chamber capsule delivers clinically studied botanicals and essential oils.

Unlike harsh cleanses that can disrupt digestion or trigger unwanted elimination, RevitaZen<sup>+</sup> works with your body to help it do what it was designed to do.

### Why You'll Love RevitaZen<sup>+</sup>

- Supports healthy liver function.\*
- Promotes kidney health and filtration, according to preclinical research.\*
- Aids digestion and colon health, according to preclinical research.\*
- Helps the body eliminate toxins more efficiently.\*
- Provides antioxidant support to reduce oxidative stress.\*
- Helps support a healthy inflammatory response during periods of stress, like when toxins build up.\*
- Is designed for safe, gentle daily detoxification.\*



# Chapter 2: RevitaZen+™ Advanced Organ Detoxification Complex

## *Detox That Works with You (Cont.)*

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### How to Use RevitaZen+

- Take one capsule with a meal one to two times daily as needed.

### Key Ingredients

Every RevitaZen+ dual-chamber capsule delivers clinically studied botanicals including black cumin, milk thistle, and artichoke, plus the powerful RevitaZen™ Detoxification Blend and Cumin essential oil.

Working together synergistically, these ingredients help maintain optimal organ function and support the body's natural ability to manage internal and environmental stressors.\*

#### *RevitaZen Detoxification Blend*

RevitaZen essential oil blend enhances organ function, supports detox pathways, and promotes clarity and resilience throughout the body when taken internally.\*

#### *Silybin Cocrystal (Milk Thistle)*

Milk thistle offers superior liver protection and antioxidant capacity through enhanced bioavailability.\*

#### *Artichoke Leaf Extract*

Artichoke leaf extract helps increase bile flow and supports digestive function.\*

#### *Black Cumin Seed Oil (3% Thymoquinone)*

Black cumin seed oil serves as a potent antioxidant that supports liver health and immune balance.\*

#### *Cumin Essential Oil*

Cumin essential oil encourages healthy lipid metabolism and gut function.\*



# Chapter 3: Castor Oil

## *The Gold Standard for Self-Care*

### What's Castor Oil?

dōTERRA Castor Oil is a nourishing carrier oil that supports daily wellness and self-care routines. USDA Certified Organic, cold-pressed, hexane-free, and vegan-friendly, it's rich in ricinoleic acid—a rare omega-9 fatty acid—and other beneficial omegas that deeply moisturizes skin and hair.

This versatile oil offers a natural way to care for your skin, hair, and body daily. Castor Oil is bottled in protective amber glass and tested to meet trusted dōTERRA quality standards.

### Why You'll Love dōTERRA Castor Oil

- Deeply nourishes the skin for a soft, smooth appearance.
- Supports healthy-looking hair and scalp.
- Soothes and comforts as part of a castor oil pack routine.



### How to Use Castor Oil

- Apply one to five drops topically to moisturize and revitalize the skin.
- Massage into the scalp with Rosemary and Peppermint essential oils to nourish hair and roots.
- Use one to two tablespoons as part of a castor oil pack routine over the abdomen or where needed.
- Use topically with Yarrow|Pom and Frankincense essential oils for facial care.
- Apply to the navel as part of a wellness routine.

### Key Ingredients

#### *Ricinoleic Acid*

dōTERRA Castor Oil is rich in ricinoleic acid, a unique fatty acid not found in any other plant. Research suggests it supports the skin's barrier, enhancing moisturization and slowing natural moisture loss. As a result, Castor Oil helps keep your skin soft and protected.

# Chapter 4: PastTense™ Stick + Sweet Gum

## *Relieve Tension. Reclaim the Moment.*

### What's PastTense Stick + Sweet Gum?

PastTense Stick + Sweet Gum is a mess-free, easy-to-use stick that can be conveniently applied throughout the day. It combines the classic PastTense® essential oil blend with Sweet Gum essential oil.

The stick is ideal for use on areas where tension tends to build, such as your forehead, temples, and back of your neck.

### Why You'll Love PastTense Stick + Sweet Gum

- Applies smoothly without a greasy feeling in an easy-to-use stick.
- Is formulated without parabens, phthalates, and synthetic fragrances.
- Delivers a noncomedogenic formula that's safe for sensitive skin.

### How to Use PastTense Stick + Sweet Gum

- Apply topically to the forehead, temples, and back of the neck.

### Key Ingredients

#### *PastTense Tension Blend*

Whether you're worried about an upcoming test or a big deadline, PastTense Tension Blend creates a space to help you stay centered and grounded. With Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, and Rosemary essential oils, this fresh and minty blend provides a profoundly powerful soothing effect.

#### *Sweet Gum Essential Oil*

The Sweet Gum essential oil found in the PastTense Stick formula is high in beta-caryophyllene—a soothing compound known for its calming properties.



# Chapter 5: Shine Convention 2025 Blend

## Ready. Set. Shine.

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### What's Shine Convention Blend?

Shine Convention 2025 Blend is a vibrant invitation to lead with heart, spark positivity, and illuminate your path and those around you. Just like how a single light can brighten a dark space, this essential oil blend represents how even small, intentional actions can create meaningful change.

Crafted with CPTG Certified Pure Tested® essential oils, Shine blend offers a bright, effervescent aroma with citrus, floral, and grounding notes.

Wear Shine as a personal fragrance, apply it to passive diffusers, or keep it close as a reminder that your light matters. This essential oil blend is a reminder that even the smallest actions can spark real change. Shine boldly as you embrace your light within and inspire those around you to do the same!

### Why You'll Love Shine Convention Blend

Provides a vibrant aroma that helps create an atmosphere of confidence, resilience, and self-belief.

### How to Use Shine Convention Blend

- Apply to the pulse points to inspire a positive, inspiring environment.
- Roll on your hands, rub them together, and inhale deeply as needed throughout the day.
- Apply to the wrists or back of the neck, breathing in the invigorating aroma.
- Roll on the bottoms of the feet or over the heart.

### Key Ingredients

- Grapefruit
- Copaiba
- Lemon
- Ylang Ylang
- Neroli
- Pink Pepper
- Lime
- Fractionated Coconut Oil

