



doTERRA
Lavender
Lavandula angustifolia

doTERRA™

PRODUCT GUIDE | EUROPE
ENGLISH

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As we launch new products throughout the year, check out the dōTERRA additions web page so you don't miss out on the latest product updates!



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Our Mission

dōTERRA is commonly known for its essential oils. However, to properly comprehend who we are and what we accomplish, look at our purpose:

- We intentionally source the gifts of the earth, enriching every life we touch.
- We empower individuals and communities to achieve self-sufficiency.
- 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 with the bold commitment to sell only pure essential oils. As we grew rapidly, traditional suppliers warned us that we couldn't keep up without resorting to extended or adulterated oils. However, we refused to compromise on quality.

Instead, we began sourcing essential oils directly. We established long-term partnerships with growers and distillers, expanding our Global Botanical Network of sourcing partners. We created an award-winning sourcing model— Co-Impact Sourcing™—to source the best and help the most.

Our dōTERRA essential oils are sourced responsibly, which benefits the growers and harvesters. It also makes a difference to you. When we say we want 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 at home. This is why we pursue what's pure.

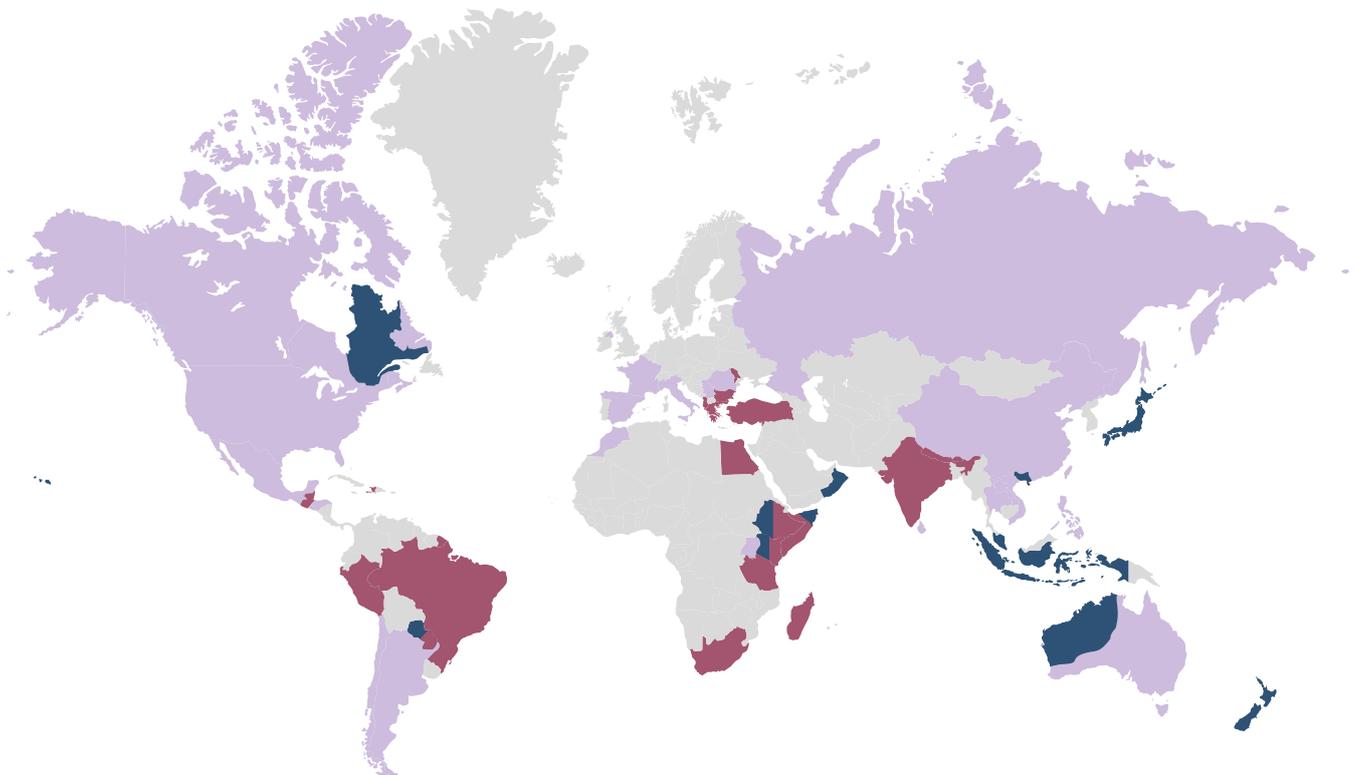


The dōTERRA Impact

The dōTERRA network of botanical growers and distillers spans the globe from Italy to Madagascar, Brazil to New Zealand. Only the purest and most potent essential oils meet our strict CPTG Certified Pure Tested Grade™ standards.

As dōTERRA searches the world for sources of the highest quality oils, we are also committed to building relationships that last and benefit our growers. We accomplish this by adhering to our Sourcing Guiding Principles.

Over half of the countries that dōTERRA sources its more than 130 oils from are considered developing countries. Through Co-Impact Sourcing™, dōTERRA is lifting communities in these areas out of poverty and disadvantage by providing long-term, mutually beneficial supplier partnerships with sustainable jobs and reliable income.



● Sourcing Country

Co-Impact Sourced Oil:

● Social Impact

● Environmental Stewardship



dōTERRA Healing Hands

Changing the world is a big task, but we're committed to doing it right. Join us in doing good by helping people throughout the world become healthier, safer, and more self-reliant.



The net purchase price of the following products are donated to a dōTERRA Healing Hands™ initiative.



dōTERRA spa Rose Hand Lotion

100 ml

dōTERRA spa Rose Hand Lotion is a light, alluring lotion with CPTG™ Rose essential oil that promotes smooth, beautiful skin. As dōTERRA's most valuable essential oil, Rose makes this hand lotion unique in scent and benefits to the skin.

- Sunflower and macadamia seed oils are known for their exceptional moisturising properties and ability to retain moisture in the skin
- Non-greasy formula provides moisture for hands



dōTERRA Hope™ Touch

10 ml roll-on

Floral leaf extracts combine with Wild Orange, Vetiver, Sandalwood, Cedarwood, Bergamot, Pink Pepper and other essential oils in a base of Fractionated Coconut Oil, ready to apply to pulse points and hands.

- Apply to wrists, neck and pulse points for a personalised fragrance
- Keep in purse and apply throughout the day to uplift mood
- Easy and convenient roll-on bottle for easy application throughout the day

What are Essential Oils?

Across the vast expanse of the Earth, scientists have identified an astounding 390,000 plant species, with new discoveries continually emerging. Concealed within these plants, in seeds, stems, roots, barks, flowers, needles, and fruits, lie the unseen wonders of essential oils. Essential oils can lift the mood, calm the senses and elicit powerful emotional responses. Yet the use of essential oils goes well beyond their fragrant appeal.

While essential oils have grown in popularity in recent years, their usage traces back to ancient civilisations such as Egypt, Greece, and Rome, among others. Essential oils are more than a passing trend; they are powerful plant extracts that have been used for generations to improve wellbeing. Today, millions utilise essential oils into their homes, recognising these earthy gifts as a natural way to navigate the complexity of everyday life.



CPTG

Certified Pure Tested Grade™

There was previously a lack of standardised quality standards in the essential oil industry, which caused numerous companies to compromise on purity. Recognising this gap, we created our own standard: CPTG Certified Pure Tested Grade™.

We are dedicated to maintaining this standard by working closely with a global network of essential oil experts, which includes chemists, growers, and distillers. Together, we rigorously pick botanicals of the perfect species, develop them in the ideal environment, and harvest them at precisely the appropriate periods. Following distillation, each essential oil is subjected to a thorough set of laboratory testing, including gas chromatography-mass spectrometry (GCMS), to guarantee purity and authenticity. These strict criteria identify dōTERRA™ essential oils as the purest available.

Why It Matters

Many oils on the market contain fillers, artificial additions, pollutants, or chemical residues, which compromises their efficacy and safety. When looking for natural remedies to help your family and loved ones, it's crucial to have confidence in the purity of your essential oils. The CPTG™ standard guarantees that when you choose dōTERRA, you receive uncompromised, undiluted essential oils that are safe for personal use. You deserve nothing less.



Uses

Essential oils are used for a very wide range of emotional and physical applications. They can be used individually or in complex blends depending on the specific need and desired results. Safety is our top priority, so here is a simple reference guide to help you to use the oils in a safe and effective way.



- **High potency:** dōTERRA pure essential oils are very potent. Remember that a little goes a long way so always follow dōTERRA's usage recommendations. More information about how to use the oils can be found on the product labels and at doterra.eu.
- **Dilution:** When using an essential oil on your skin for the first time, it's a good idea to dilute with a carrier oil to see how the oil reacts with your skin. Start with one drop of essential oil and five drops of Fractionated Coconut Oil. You can personalise this ratio with time and experience.
- **Strong essential oils:** When using certain essential oils on your skin, they should always be diluted with a carrier oil due to their potency. We call these 'hot oils'. Cassia, Cinnamon, Clove, Eucalyptus, Oregano, and Thyme are some of these oils. When trying these for the first time, consider a dilution ratio of one drop of essential oil to 10 drops of Fractionated Coconut Oil.
- **Sun sensitivity:** Some essential oils cause photo-sensitivity, which may mean you sunburn more easily. It's best to stay out of UV light (sunlight or tanning beds) for at least 12 hours after applying them to your skin. These oils include: Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils.
- **Areas to avoid:** Essential oils are generally safe to apply anywhere on your skin, but there are certain areas that should be avoided. Don't apply oils on or near the inside of the nose, the inner ear, the eyes, broken skin or other sensitive areas.
- **Managing skin reactions:** If your skin begins to turn red, itch or burn after applying an oil, remove the oil from the skin by gently wiping the area with a soft cloth, then alternate between adding a carrier oil like Fractionated Coconut Oil and gently wiping the area.
- **Internal use:** When using essential oils internally, a drop or two is all you need at one time. You can add oil directly to water or another liquid or place oil in an empty capsule and swallow.
- **Adding oil to food:** When adding oils to food dishes, it is best to use the toothpick method— dip the tip of a clean toothpick into the essential oil bottle and stir the toothpick into your ingredients. Taste-test before adding more. Remember, the oils are powerful, so you only need a small amount.
- **Young children supervision:** Children are generally more sensitive to essential oils than adults. It's best to dilute an essential oil before applying it on a child's skin and to start with the feet for application.
- **Safe storage:** dōTERRA oils are powerful so ensure that they are only used under adult supervision. dōTERRA recommends that you keep your oils in a high, out-of-reach place. Store oils with the included orifice reducer in the bottle and the lid tightly closed.

See individual labels for ingredients, cautions and instructions for use.

If you have any questions about using essential oils for your particular needs, talk to your qualified healthcare provider.

To see the full list of oils and their respective categories, refer to the Quick Reference tables on pages 64–71.



Where to Begin



Kits and Collections

At dōTERRA, we want to make it easy for you, by providing the essentials you need to best support your home, family and lifestyle. Whether you are at the beginning of your journey or a seasoned oil expert, these carefully crafted kits and collections are the simplest way to bring all the essentials to you!



Introductory Kit TOP SELLER

Perfect for beginners, the Introduction to Essential Oils Kit is everything you need to start experiencing the life-changing benefits of dōTERRA™ essential oils.

5 ml bottles: Lavender, Lemon, Peppermint



Family Essentials Kit TOP SELLER

The dōTERRA Family Essentials Kit contains 10 essential oils and blends – the must-have, daily essentials parents need on-hand. Experience the infinite ways that dōTERRA CPTG™ essential oils can help you help your family.

5 ml bottles: Lavender, Lemon, Peppermint, Tea Tree, Oregano, Frankincense, Deep Blue™, dōTERRA Air™, ZenGest™, On Guard™



Home Essentials Kit TOP SELLER

Improve cleanliness, target problem areas and enjoy a plant-powered alternative to ordinary products from supermarkets. Enhance and transform any household activity with everyday essentials for your home.

5 ml bottle: Deep Blue™

15 ml bottles: Frankincense, Lavender, Lemon, Tea Tree, Oregano, Peppermint, dōTERRA Air™, ZenGest™, On Guard™

Other Product: Petal Diffuser



MetaPWR™ System Kit TOP SELLER

Designed to be used in a system, each MetaPWR product offers a speciality, while also supporting and enhancing the benefits of the other products.

MetaPWR™ Blend 15 ml bottle, MetaPWR™ Beadlets, MetaPWR™ Softgels, MetaPWR™ Assist, MetaPWR™ Advantage

See page 44 for more details.



Kids Collection

In a base of Fractionated Coconut Oil, each product is ready to use in a handy roll-on, allowing you to confidently care for your children.

10 ml bottles: dōTERRA Thinker™, dōTERRA Calmer™, dōTERRA Stronger™, dōTERRA Rescuer™, dōTERRA Steady™, dōTERRA Brave™, dōTERRA Tamer™

Other Products: Seven Silicone Toppers with Carabiners, Illustrated Flashcards, Carrying Case with Carabiner

See page 30 for more details.



AromaTouch Diffused Kit

If you're ready to master the AromaTouch Technique™, this kit is perfect for you. AromaTouch combines the unique benefits of human touch with the power of essential oils.

5 ml bottles: dōTERRA Balance™, Lavender, Tea Tree, On Guard™, AromaTouch™, Deep Blue™, Wild Orange, Peppermint

Other Products: Fractionated Coconut Oil (115 ml), Petal Diffuser

See page 14 for more details.



dōTERRA together™ Kit

At home or in the office, this versatile kit is designed to bring people together through the power of nature.

5 ml bottle: dōTERRA Motivate™

15 ml bottles: Eucalyptus, Green Mandarin, Lavender, Lemon, Lemongrass, Peppermint, Wild Orange, dōTERRA Adaptiv™, dōTERRA Balance™, Citrus Bliss™, On Guard™

Other Products: Laluz Diffuser, Wooden Box



Daily Habits™ Kit

This kit includes dōTERRA essentials designed to make a difference to your daily habits! From household tasks to your work environment, essential oils will become a regular part of your daily routine.

5ml bottles: On Guard™, dōTERRA Balance™, Frankincense, Lemon, Lavender

Other Products: Deep Blue™ Rub, Terrazyme™, dōTERRA PB Restore™, dōTERRA Lifelong Vitality Pack™

Also Available in Vegan.



Cleanse & Restore Kit

Formulated with the properties and benefits of some of dōTERRA's finest proprietary blends and botanical extracts, this kit provides you with a range of products to refresh and revitalise your wellness.

dōTERRA Lifelong Vitality Pack™, dōTERRA PB Restore™, GX Assist™, Zendocrine™ Softgels, Terrazyme™, Zendocrine™ Complex, DDR Prime™ Softgels

Also Available in Vegan.





dōTERRA Yoga Collection

An exclusive trio of CPTG™ essential oil blends designed by dōTERRA for the yogi in you. These blends provide aromas to steady, centre and enlighten your spirit through every breath while strengthening and stretching your body.

5 ml bottles: dōTERRA Anchor™, dōTERRA Align™, dōTERRA Arise™



dōTERRA Essential Aromatics™ System

Each delicate blend in this kit contains CPTG Certified Pure Tested Grade™ essential oils that can be used to help you throughout the day.

5 ml bottles: dōTERRA Cheer™, dōTERRA Console™, dōTERRA Forgive™, dōTERRA Motivate™, dōTERRA Passion™, dōTERRA Peace™



dōTERRA Essential Aromatics™ Touch Kit

The dōTERRA Essential Aromatics™ Touch line contains six unique essential oil blends combined with Fractionated Coconut Oil in 10 ml roll-ons for convenient and gentle topical application. These proprietary blends provide targeted benefits for the entire family and can be applied every day to specific points on the body to help you throughout the day.

10 ml bottles: dōTERRA Cheer™, dōTERRA Console™, dōTERRA Forgive™, dōTERRA Motivate™, dōTERRA Passion™, dōTERRA Peace™

The AromaTouch Technique™ and Kits

The dōTERRA AromaTouch Technique™ is a simple step-by-step method of applying essential oils topically to produce a profound overall wellness experience. Equally compelling to novice users and licensed professionals alike, the AromaTouch Technique represents an exciting new era of essential oil application and benefits.



AromaTouch™ Training Kit

The AromaTouch Training Kit equips you with all the necessary tools to perform the transformative AromaTouch Technique. Including free access to the official dōTERRA AromaTouch Technique Certification course, taught by the creator of the AromaTouch, Founding Executive Dr David Hill, himself.

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

Other Products: Fractionated Coconut Oil, Fractionated Coconut Oil Pump

AromaTouch™ Refill Kit

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

Please note that the AromaTouch Certification Course is not included with the Refill Kit.

AromaTouch Technique™ Kit

5 ml bottles: dōTERRA Balance™, Lavender, Peppermint, Tea Tree, Wild Orange, AromaTouch™, Deep Blue™, On Guard™

Other Product: Fractionated Coconut Oil

Please note that the AromaTouch Certification Course is not included with the Technique Kit.



Explore the comprehensive resources on the AromaTouch Technique Hub, including the certification course and much more.

Currently available in limited number of languages. More languages will be added over time.



dōTERRA™

Loyalty Rewards

LIVE THE BENEFITS

Introducing the Loyalty Rewards Program

The dōTERRA Loyalty Rewards Program (LRP) is the perfect companion to help you build a consistent routine that aligns with your wellness goals, whatever your focus. Enjoy your favourite dōTERRA products regularly for consistent vitality, alongside other exclusive benefits:

Wellbeing, Delivered:

Get your favourite products delivered monthly

Free Products:

Receive the Product of the Month for FREE*

Earn Rewards:

Enjoy up to 30% of your Loyalty Order back as points to redeem on free products

Member Exclusives:

Gain access to special collections and discounts on everyday essentials

You're In Charge:

Customisable orders that you control - cancel any time

Need help choosing the right products for you?

- Reach out to the person who introduced you to dōTERRA for a personalised wellness consult
- Browse this guide to get inspiration
- Our Member Services team are also happy to help if you need assistance

3 Simple Steps!

Creating your Loyalty Order is as easy as 1, 2, 3...

1. Log in to shop.doterra.com, go to the account dropdown, select 'My Loyalty Orders' and then 'Get Started'
2. Add your chosen products and select your preferred processing date
3. Click on the 'Create Order' button and start getting rewarded

For details on a Member Exclusive product offer see page 63

*Receive a **free** Product of the Month when you place a single Loyalty Order of **125 PV** or more, that processes on or before the **15th of each month**. PV is a product value given to the majority of our products.

**To access desired language version you need to change the website language. Scroll to bottom right of webpage to find language selector.

SCAN FOR MORE! **



Essential Oil Singles

The dōTERRA™ collection of single essential oils represents the finest aromatic extracts available in the world today. All single oils provide the living essence of their source botanical, which have been nurtured, carefully harvested and gently distilled throughout the world. Each oil passes strict standards of purity and potency. A beautiful palette of botanical energies, they can be used individually or blended for personalised essential oil benefits.





Arborvitae

PURE ESSENTIAL OIL
Thuja plicata | 5 ml

Known as the “tree of life”, Arborvitae is majestic in size and abundant in benefits.

- Has the potential to benefit the skin
- Frequently used in meditation practices



Basil

PURE ESSENTIAL OIL
Ocimum basilicum | 15 ml

Part of the mint family, Basil is a beneficial herb that is commonly used in cooking.

- A versatile flavouring component widely used across the world in a variety of dishes
- Herbaceous food flavouring



Bergamot

PURE ESSENTIAL OIL
Citrus bergamia | 15 ml

Cold pressed from the rind of the bergamot fruit, Bergamot is unique among citrus oils.

- Frequently used in massage therapy for its calming benefits to the skin
- Apply to the skin while showering to enjoy its purifying benefits



Black Pepper

PURE ESSENTIAL OIL
Piper nigrum | 5 ml

Stimulating and flavourful, Black Pepper enhances any dish.

- Enhances food flavour
- A versatile flavouring component widely used across the world in savoury dishes, commonly ground from peppercorn form



Black Spruce

PURE ESSENTIAL OIL
Picea mariana | 5 ml

Historically used by Native Americans to promote skin health and as part of their spiritual healing, Black Spruce is a powerful wood essential oil.

- Provides soothing relief to the skin
- Promotes feelings of relaxation and calmness
- Soothes minor skin irritations
- Helps to provide a soothing and comforting massage after strenuous exercise



Blue Tansy

PURE ESSENTIAL OIL
Tanacetum annuum | 5 ml

Blue Tansy essential oil comes from an annual yellow-flowered Mediterranean plant. It's a key ingredient in many doTERRA blends, including doTERRA Balance™ and Deep Blue™.

- Add a drop to moisturiser or cleanser to help reduce the appearance of blemishes
- Its rich blue colour may stain surfaces, fabrics, and skin, careful use and dilution is recommended



Cardamom

PURE ESSENTIAL OIL
Elettaria cardamomum | 5 ml

A close relative to ginger, Cardamom is known as an expensive cooking spice and for being beneficial in a variety of ways.

- Flavourful spice for cooking and baking
- Cool, minty aroma and herbaceous flavour ideal for soups, salads and seasoning for savoury recipes



Cassia

PURE ESSENTIAL OIL
Cinnamomum cassia | 15 ml

A close relative to cinnamon, Cassia has a wonderful fragrance and thousands of years of historical use.

- Used in cooking as a replacement for cinnamon
- Popular ingredient for many different appetisers, breads and desserts



Cedarwood

PURE ESSENTIAL OIL
Juniperus virginiana | 15 ml

Known for its rich hue and warm, woody scent, Cedarwood essential oil provides a myriad of benefits for skin.

- Provides clarifying properties when added to facial toner or moisturiser
- Helps keep skin looking healthy



Celery Seed

PURE ESSENTIAL OIL
Apium graveolens | 15 ml

With usage dating back as early as 5th century China, celery has become a well-known staple in a variety of dishes. The seeds are the primary repository for essential oil, which is extracted using steam distillation.

- Known for its complex, strong, sweet and spicy aroma
- A flavourful addition to a variety of dishes



Cilantro

PURE ESSENTIAL OIL
Coriandrum sativum | 15 ml

From the leaves of the coriander plant, Cilantro essential oil is commonly used for its fresh and tasty flavour.

- Ideal for dips, sauces and a variety of savoury dishes
- Gives food a fresh, flavourful kick



Cinnamon

PURE ESSENTIAL OIL
Cinnamomum zeylanicum | 15 ml

Cinnamon has a long history of culinary uses, but its essential oil is surprisingly versatile.

- A popular ingredient for different appetisers, breads and desserts
- Can be used to replace ground cinnamon in your favourite recipes



Citronella

PURE ESSENTIAL OIL

Cymbopogon winterianus | 15 ml

From the leaf of a tall grass native to Asia, Citronella essential oil has a crisp, fresh aroma. It is an ideal companion for camping, hiking, and anywhere else you might go to experience the beauties of nature.

- May help promote clean skin
- Soothing to both skin and scalp
- Dilute as needed to apply to skin



Clary Sage

PURE ESSENTIAL OIL

Salvia sclarea | 15 ml

Clary Sage is known for its soothing and calming properties when applied to the skin.

- Clary Sage essential oil is a key ingredient in doTERRA's proprietary monthly blend, ClaryCalm™
- Promotes feelings of relaxation in preparation for a restful night's sleep
- Promotes healthy-looking hair and scalp



Clove

PURE ESSENTIAL OIL

Eugenia caryophyllata | 15 ml

Known as a popular cooking spice, the benefits and uses of clove date back to ancient China and India.

- Frequently used as a cooking spice
- Can be utilised outside of the kitchen with its unique and powerful properties



Copaiba TOP SELLER

PURE ESSENTIAL OIL

Copaifera reticulata, officinalis, coriacea and langsdorffii | 15 ml

Copaiba is similar to black pepper and has been used in traditional health practices by the natives of Brazil. Copaiba oil is widely used in cosmetic products and perfumes.

- Promotes clear, smooth skin
- Reduces the appearance of blemishes

See page 27 for *Copaiba Touch*



Cypress

PURE ESSENTIAL OIL

Cupressus sempervirens | 15 ml

Cypress is frequently used in spas and by massage therapists because of its many benefits to the skin.

- Stimulating yet grounding effect on emotions, making it helpful for mood management
- Improves the appearance of oily skin



Douglas Fir

PURE ESSENTIAL OIL

Pseudotsuga menziesii | 15 ml

This tall, evergreen fir tree has a sweet and refreshing aroma with a light, lemony note.

- Promotes a positive mood and environment when applied topically, helping the user feel uplifted
- Sourced from evergreen fir trees in New Zealand, Douglas Fir oil possesses purifying qualities when applied to the skin



Eucalyptus

PURE ESSENTIAL OIL

Eucalyptus radiata, polybractea, kochii, loxophleba and globulus | 15 ml

Derived from eucalyptus leaves, Eucalyptus essential oil has many beneficial compounds.

- Promotes feelings of relaxation when applied topically
- Add one drop to a moisturiser of your choice and apply to skin in circular motions
- Use alongside Lavender, Douglas Fir and Cypress oils for soothing, relaxing properties



Fennel

PURE ESSENTIAL OIL

Foeniculum vulgare | 15 ml

Used for centuries, Fennel provides many benefits and has a distinct liquorice aroma.

- Flavourful addition to soups, dips and salads
- Take one drop of Fennel in water or tea instead of indulging in sweets



Frankincense TOP SELLER

PURE ESSENTIAL OIL

Boswellia carterii, frereana, sacra, and papyrifera | 15 ml

Perhaps the most precious of the ancient oils, Frankincense is highly versatile in uses and benefits.

- May help hydrate and rejuvenate the skin
- Promotes feelings of relaxation and balances mood
- Soothes skin

See page 28 for *Frankincense Touch*



Geranium

PURE ESSENTIAL OIL

Pelargonium graveolens | 15 ml

Use of Geranium essential oil dates back to ancient Egypt, where Egyptians used Geranium to beautify skin.

- Helps to promote the appearance of clear, healthy skin
- Promotes a soothing effect when applied to skin after showering
- Add a few drops to your shampoo or conditioner for a healthy, vibrant glow



Ginger

PURE ESSENTIAL OIL

Zingiber officinale | 15 ml

doTERRA Ginger essential oil comes from the fresh rhizome of the ginger plant. Ginger is most noted for its sweet flavouring.

- A popular kitchen spice used in many dishes from around the world
- Use as a replacement for dried or fresh ginger in sweets like gingerbread and ginger snaps



Grapefruit

PURE ESSENTIAL OIL

Citrus X paradisi | 15 ml

Commonly known for its sour and tangy taste, grapefruit is the rotund, yellow-orange fruit of an evergreen citrus tree.

- Delivers fragrant and exceptionally uplifting flavours to food and drink with its robust, citrus properties
- Tangy, sour food flavouring



Green Mandarin

PURE ESSENTIAL OIL
Citrus nobilis | 15 ml

Pressed from the unripe fruit of the mandarin tree, Green Mandarin essential oil is unique among citrus oils in its flavour and uses.

- Helps to promote soothing feelings
- Incorporate Green Mandarin in your cooking or water for a quick, refreshing burst of flavour



Guaiacwood

PURE ESSENTIAL OIL
Bulnesia sarmientoi | 15 ml

dōTERRA sustainably and ethically sources Guaiacwood essential oil from Paraguay. Working with our sourcing partner, we're changing the future of the at-risk Gran Chaco Forest, one of the most biologically diverse areas in the world.

- Utilised in fine fragrances and skincare products for its faintly sweet, earthy scent



Helichrysum

PURE ESSENTIAL OIL
Helichrysum italicum | 5 ml

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

- Reduces the appearance of blemishes and skin imperfections
- Massage into the temples and back of neck for a soothing sensation
- Promotes a glowing complexion

See page 28 for *Helichrysum Touch*



Juniper Berry

PURE ESSENTIAL OIL
Juniperus communis | 5 ml

Derived from a coniferous tree, Juniper Berry essential oil has a rich history of traditional uses and benefits.

- Apply one drop topically to promote a clear complexion
- Has a calming, grounding effect when applied topically



Lavender TOP SELLER

PURE ESSENTIAL OIL
Lavandula angustifolia | 15 ml

Lavender has been cherished for its unmistakable aroma and health properties for thousands of years.

- Widely used for its calming and relaxing qualities
- Apply one drop to your beauty routine to promote healthy skin
- Add to bath water to soak away your worries or apply to the temples and the back of the neck

See page 28 for *Lavender Touch*



Lemon TOP SELLER

PURE ESSENTIAL OIL
Citrus limon | 15 ml

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

- Tangy food flavouring
- Can be used to add a refreshing flavour to water or a myriad of recipes from savoury to sweet desserts
- Uplifting and energising properties that help improve mood



Lemon Eucalyptus

PURE ESSENTIAL OIL
Eucalyptus citriodora | 15 ml

With many topical benefits, Lemon Eucalyptus provides powerful support to the skin. Lemon Eucalyptus is also known for its refreshing aroma that helps create an invigorating environment.

- Uplifting and invigorating aroma
- Provides many topical benefits
- Perfect addition to a soothing massage



Lemongrass

PURE ESSENTIAL OIL
Cymbopogon flexuosus | 15 ml

Lemongrass produces a smoky, citrus essential oil that offers a variety of benefits to the user.

- Use in Asian cuisine, soups, teas and curries
- Blends well with Basil, Cardamom or Spearmint
- Smoky, herbaceous food flavouring



Lime

PURE ESSENTIAL OIL
Citrus aurantifolia | 15 ml

The sharp, citrus smell of Lime makes it a must-have in any essential oils collection.

- Cold pressed from lime rinds to preserve its delicate nature and useful, potent properties
- Can be used to add a zesty flavour to a myriad of recipes from savoury dishes to sweet desserts
- Tart, sweet food flavouring



Madagascar Vanilla

ABSOLUTE
Vanilla planifolia | 5 ml

Prized since the time of the ancient Aztecs and often used in perfumes, vanilla is one of the most popular aromas in the world and one of the most expensive to produce.

- May be hydrating to the skin due to Fractionated Coconut Oil
- Use as a luxurious, personal fragrance, perfect for any special occasion or as an everyday perfume



Marjoram

PURE ESSENTIAL OIL
Origanum majorana | 15 ml

Also known as "wintersweet" or "joy of the mountains," the herbaceous flavouring of Marjoram oil can be used in a variety of recipes.

- Warm, herbaceous cooking additive
- Use Marjoram essential oil in your next recipe that calls for dried marjoram



Melissa

PURE ESSENTIAL OIL
Melissa officinalis | 5 ml

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

- Helps to calm tension
- When used topically, Melissa can help promote feelings of relaxation
- Rejuvenates skin



Myrrh

PURE ESSENTIAL OIL
Commiphora myrrha | 15 ml

Used historically in many ways – from meditation to embalming – Myrrh is still frequently recommended today.

- Helps promote emotional balance and feelings of wellbeing
- Contains unique properties that cleanse and improve skin's appearance
- Soothes skin

See page 28 for Myrrh Touch



Oregano

PURE ESSENTIAL OIL
Origanum vulgare | 15 ml

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

- Spicy, herbaceous food flavouring
- Ideal for soups, salads and seasoning any savoury dish
- Incredibly pungent fragrance and flavour when used in cooking

See page 28 for Oregano Touch



Patchouli

PURE ESSENTIAL OIL
Pogostemon cablin | 15 ml

Patchouli is easily recognisable for its rich, musky-sweet fragrance.

- Blend with other essential oils for a sweet-smelling, musky perfume or cologne
- Can be used frequently to help soothe and cleanse the skin
- May promote feelings of calmness



Peppermint TOP SELLER

PURE ESSENTIAL OIL
Mentha piperita | 15 ml

A top-selling favourite, Peppermint provides myriad health benefits.

- Refreshing and powerful flavour addition to smoothies, cakes and desserts
- When the summer heat seems to overwhelm you, add one drop of Peppermint oil and a cut fruit like strawberries or limes to a glass of water for a deliciously infused beverage

See page 29 for Peppermint Touch



Peppermint Beadlets

ESSENTIAL OIL BEADLETS
Mentha piperita | 125 beadlets

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

- Keep these convenient beadlets in your purse or child's backpack for added support on-the-go
- Provides all the benefits of Peppermint essential oil



Petitgrain

PURE ESSENTIAL OIL
Citrus aurantium | 15 ml

Petitgrain has a fresh, slightly herbaceous aroma and a variety of uses.

- Applying topically may promote calming and relaxing feelings
- Dilute and apply to skin to help reduce the appearance of skin imperfections
- The relaxing properties of Petitgrain essential oil can be beneficial for a massage



Pink Pepper

PURE ESSENTIAL OIL
Schinus molle | 5 ml

A sacred tree to the Incans, Pink Pepper essential oil is distilled from the fruit of the pink peppercorn tree. A great oil to add spice to your next meal.

- Mildly fruity and peppery oil that is sure to add variation and depth of flavour
- Pink Pepper can be substituted for Black Pepper for food flavour



Roman Chamomile

PURE ESSENTIAL OIL
Anthemis nobilis | 15 ml

The most versatile of the chamomiles, Roman Chamomile is extracted from the daisy-like flower of the Roman chamomile plant.

- Apply to bottoms of feet at bedtime
- Promotes hair and scalp health
- Has a calming effect when applied to the skin and body



Rose

PURE ESSENTIAL OIL
Rosa damascena | 5 ml

Known as the "Queen of Oils", Rose is one of the most precious essential oils in the world. Rose petals produce a sweet floral aroma, renowned in the perfume and essential oil industries.

- Rose has a sweet floral aroma with uplifting properties
- Reduces the appearance of skin imperfections
- Promotes an even skin tone

See page 29 for Rose Touch



Rosemary

PURE ESSENTIAL OIL
Rosmarinus officinalis | 15 ml

Considered sacred by the ancient Greek, Roman, Egyptian and Hebrew cultures, Rosemary has myriad uses.

- Adds a savoury, herbaceous flavour to meats and speciality dishes
- Herbaceous and energising scent
- Add to meats and favourite entrées for extra flavouring



Sandalwood

PURE ESSENTIAL OIL
Santalum album | 5 ml

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

- Helps promote clear and healthy-looking skin
- Add two drops to a hot bath to promote relaxation
- Traditionally highly valued in incense and used during meditation practices all over the world to increase mindfulness



Sandalwood, Hawaiian

PURE ESSENTIAL OIL
Santalum paniculatum | 5 ml

From a renewable source in Hawaii, doTERRA Hawaiian Sandalwood delivers a variety of benefits.

- Helps improve the appearance of skin and hair
- Frequently used in meditation and yoga for its grounding and uplifting properties when applied topically



Siberian Fir

PURE ESSENTIAL OIL
Abies sibirica | 15 ml

With a fresh, woody scent, Siberian Fir can produce a soothing, calming effect when applied to the skin.

- Provides a soothing effect when used in massage
- Soothes minor skin irritations when applied topically
- Massage for soothing comfort after strenuous activity



Spanish Sage

PURE ESSENTIAL OIL
Salvia lavandulifolia | 15 ml

Derived using steam distillation from Spanish sage leaves and stems, the essential oil has a camphoraceous, herbal and sage-like aroma.

- A great addition to your beauty or skincare routine to benefit from its refreshing properties
- Can be used to support a sense of focus during times of deep concentration



Spearmint

PURE ESSENTIAL OIL
Mentha spicata | 15 ml

Well-known for its sweet and minty flavour, Spearmint is often used in cooking.

- A milder option for when Peppermint essential oil is a bit too strong
- Blends well with Lavender, Rosemary, Basil, Peppermint and Eucalyptus
- Adds flavour to desserts, drinks, salads or entrées



Spikenard

PURE ESSENTIAL OIL
Nardostachys jatamansi | 5 ml

Spikenard has been valued for centuries, traditionally used to anoint people of high honour and in the Ayurvedic health practices of India.

- Uplifting aroma that can help promote feelings of relaxation and calmness
- Purifies the skin and promotes a clean, healthy glow when applied topically
- Combine one drop with moisturiser to smooth or soften skin



Tangerine

PURE ESSENTIAL OIL
Citrus reticulata | 15 ml

Tangerine has a sweet, tangy aroma, similar to other citrus oils, that is uplifting.

- Its refreshing taste makes Tangerine a tangy addition to any recipe that calls for citrus fruits
- Adds a tangy kick to baked goods
- Blends well with warm and spicy oils like Cinnamon or Clove



Tea Tree TOP SELLER

PURE ESSENTIAL OIL
Melaleuca alternifolia | 15 ml

Sometimes called "melaleuca", Tea Tree oil is composed of 90 different compounds and has limitless applications.

- Provides benefits for the hair, skin and fingernails
- Renowned for its cleansing and rejuvenating effects to provide skin with a revitalised freshness

See page 29 for Tea Tree Touch



Thyme

PURE ESSENTIAL OIL
Thymus vulgaris | 15 ml

Thyme, familiar to most as a common seasoning, produces a potent essential oil.

- Has a fresh, herbal flavour
- Flavourful, spicy food flavouring
- Great for meat marinades, savoury entrées, breads and more



Tulsi (Holy Basil)

PURE ESSENTIAL OIL
Ocimum sanctum | 15 ml

Reminiscent of freshly cut basil with a hint of clove, the warm, sweet aroma of Tulsi creates an engaging atmosphere.

- Calming, relaxing properties
- May support the appearance of healthy skin



Turmeric

PURE ESSENTIAL OIL
Curcuma longa | 15 ml

Turmeric is an aromatic plant in the ginger family that has been used for centuries in China, India and Sri Lanka. Turmeric has a warm, spicy taste that acts as a great burst of flavour in your favourite savoury meals.

- Turmeric brings a burst of flavour to savoury meals
- Try using 1-2 drops in tea or water for a subtle herbal flavour



Vetiver

PURE ESSENTIAL OIL
Vetiveria zizanioides | 15 ml

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

- Vetiver essential oil is known for its grounding properties when applied topically
- Use as part of a soothing massage
- Apply to bottom of feet before bedtime to help promote a restful environment before sleep

See page 29 for Vetiver Touch



Wild Orange TOP SELLER

PURE ESSENTIAL OIL
Citrus sinensis | 15 ml

Cold pressed from the peel, Wild Orange is one of dōTERRA's top selling essential oils due to its energising aroma and multiple benefits.

- Apply topically to take advantage of Wild Orange's energising properties
- For an invigorating shower, add a few drops of essential oil to a body wash and lather





Yarrow|Pom

ACTIVE BOTANICAL DUO
30 ml

Yarrow|Pom combines the benefits of blue yarrow essential oil and cold-pressed pomegranate seed oil.

- Yarrow and pomegranate seed can help to moisturise and restore healthy-looking skin and may reduce the appearance of skin imperfections
- Add to your moisturiser for added hydrating benefits



Ylang Ylang

PURE ESSENTIAL OIL
Cananga odorata | 15 ml

Ylang Ylang, while famed for its exquisite fragrance, has myriad benefits.

- Promotes relaxation when used in massage
- Popular for its aromatic aroma, Ylang Ylang is used in perfumes and hair care products
- Lifts mood while simultaneously providing a calming effect



Essential Oil Blends

dōTERRA essential oil blends are proprietary formulas for targeted wellness applications. They represent the converging wisdom of many years of historic essential oil applications and validation of a growing body of research and scientific study. Harnessing the inherent living energies of plants, each formula is synergistically balanced to enhance product potency and benefits and contains only CPTG Certified Pure Tested Grade™ essential oils.





dōTERRA abōde™
ESSENTIAL OIL BLEND
15 ml

The signature blend of dōTERRA abōde™ is a dynamic combination of CPTG™ essential oils including distilled Lime, Litsea, Cassia, Lemon Eucalyptus, Tea Tree, Arborvitae, Kochii Eucalyptus, Cilantro, Lavandin and Lemon Myrtle.

- Formulated with essential oils known for their cleansing constituents including limonene, geraniol and neral
- Provides a fresh, citrus aroma



dōTERRA Adaptiv™
CALMING BLEND
15 ml

dōTERRA Adaptiv™ is a proprietary blend that combines Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli and Sweetgum essential oils. Keep Adaptiv on hand to help comfort you in new surroundings or situations.

- Helps boost mood when applied on the skin
- Soothes the skin
- Calming and relaxing aroma

See page 27 for dōTERRA Adaptiv Touch



dōTERRA Air™ TOP SELLER
ESSENTIAL OIL BLEND
15 ml

dōTERRA Air™ is enriched with a combination of Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom and Ravintsara. This minty, invigorating blend has a calming and soothing effect when applied topically.

- Use topically before outdoor activity
- Calms the senses
- Promotes feelings of clear airways

See page 27 for dōTERRA Air Touch



Air-X™
ESSENTIAL OIL BLEND
15 ml

Enjoy this refreshing blend! Air-X™ is a blend of Litsea, Tangerine, Grapefruit, Frankincense and Cardamom essential oils, giving it an intense citrusy, woody and faintly herbal aroma.

- May help to refresh and purify when applied topically
- Has an intense citrusy, woody, and faintly herbal aroma



dōTERRA Align™
CENTRING BLEND
5 ml

dōTERRA Align™ Centring Blend helps you to trust in yourself and stay open to all possibilities. A proprietary combination of Bergamot, Coriander, Marjoram, Peppermint, Geranium, Basil, Rose, and Jasmine essential oils in Fractionated Coconut Oil.

- Ideal yoga poses with Align's aroma are Warrior II, Triangle, and Gate pose
- Apply on to desired areas to use during yoga practice or anytime during your day



dōTERRA Anchor™
STEADYING BLEND
5 ml

Featuring Lavender, Cedarwood, Sandalwood, Cinnamon, Frankincense, Black Pepper, and Patchouli essential oils in a base of Fractionated Coconut Oil, this blend supports your connection to yourself, your community, your emotional harmony and your innate wisdom.

- The perfect yoga poses to pair with Anchor are Seated Meditation, Seated Twist and Bhujangasana
- Encourages a sense of a steady foundation from which to move forward



dōTERRA Arise™
ENLIGHTENING BLEND
5 ml

Featuring Grapefruit, Lemon, Osmanthus, Melissa and Siberian Fir essential oils in a base of Fractionated Coconut Oil, dōTERRA's Enlightening blend inspires moments of rising up and reaching for your highest goals.

- Use dōTERRA Arise™ while practicing the following yoga poses: standing, arms high and standing side stretch, and Half Moon
- Enjoy the benefits of Arise when you are challenging yourself to achieve the next level



AromaTouch™
MASSAGE BLEND
15 ml

AromaTouch™ combines our essential oils of Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender. The comforting and relaxing benefits of this oil blend may help to assist in calming the senses.

- Apply AromaTouch to neck and shoulders to promote relaxation
- Produces comforting and relaxing effects
- AromaTouch oil can also be used in the AromaTouch Hand Technique™



dōTERRA Balance™
GROUNDING BLEND
15 ml

Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile blend perfectly with Fractionated Coconut Oil to offer an enticing fragrance that, when applied topically, promotes calm, relaxation, and wellbeing.

- Produces feelings of tranquility and balance
- Promotes a sense of relaxation and harmony
- Use to help create a calm environment when meditating or practicing yoga

See page 27 for dōTERRA Balance Touch



dōTERRA Cheer™
UPLIFTING BLEND
5 ml

Like a ray of sunshine, dōTERRA Cheer™ combines Wild Orange, Star Anise, Ginger, Bergamot, Ylang Ylang, Frankincense, Lemongrass, Tonka Bean and Vanilla Absolute for a sunshiny, fresh blend.

- Provides a cheerful boost of happiness and positivity during massage
- Cheer is made up of citrus and spice essential oils, which contribute to its warm, inviting nature

See page 27 for dōTERRA Cheer Touch



Citrus Bliss™
INVIGORATING BLEND
15 ml

The powerful essences of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine and a hint of Vanilla Absolute are combined to create this unique and harmonious blend that is sure to uplift your mood.

- Start your day off in a positive mood by applying Citrus Bliss™ in the morning to invigorate and energise
- With refreshing properties
- Creates a cheerful aroma during massage



ClaryCalm™ TOP SELLER
SOLACE BLEND
10 ml roll-on

A topical blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex, ClaryCalm™ provides a cooling effect to the skin and helps soothe and balance heightened emotions.

- Apply to the abdomen for a soothing massage to bring relief
- Helps soothe and balance heightened emotions



dōTERRA Console™

COMFORTING BLEND
5 ml

dōTERRA Console™ Comforting Blend uses Frankincense, Patchouli, Ylang Ylang, Labdanum, Amyris, Sandalwood, Rose and Osmanthus to help promote feelings of comfort, putting you on a hopeful path.

- Add to Fractionated Coconut Oil and use in a soothing massage
- Invites feelings of hope and positivity

See page 27 for dōTERRA Console Touch



DDR Prime™

RENEWAL BLEND
15 ml

DDR Prime™ combines the benefits of Frankincense, Wild Orange, Thyme, Clove, Summer Savory and Lemongrass essential oils.

- Promoting overall cellular health is as easy as adding a few drops of DDR Prime to a morning drink
- Add a few drops to a veggie capsule



Deep Blue™ TOP SELLER

SOOTHING BLEND
5 ml

Deep Blue™ Soothing Blend brings together plant extracts and species of essential oils, including Japanese Mint, Rosemary, Copaiba, Star Anise and Peppermint, to help comfort and cool joints and muscles.

- Provides a cooling and soothing sensation to targeted areas
- Creates a revitalising, comforting massage experience



Deep Blue™

SOOTHING BLEND
10 ml roll-on

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

- The same benefits as Deep Blue Blend in a convenient roll-on bottle
- Produces relaxing effects
- Provides targeted, soothing comfort

See page 27 for Deep Blue Touch



dōTERRA Forgive™

RENEWING BLEND
5 ml

dōTERRA Forgive™ Renewing Blend including Spruce, Bergamot, Juniper Berry and Myrrh essential oils will help you discover the liberating action of forgiving, forgetting and moving on.

- Promotes grounding emotions in your everyday life
- Uplifts and inspires positive thinking
- Promotes feelings of contentment, relief and patience

See page 27 for dōTERRA Forgive Touch



HD Clear™

TOPICAL BLEND
10 ml roll-on

HD Clear™, the ultimate blend for troubled skin, is formulated with skin-benefiting essential oils, including Cumin, Tea Tree, and Eucalyptus.

- Easily apply to targeted areas with the convenient roll-on applicator
- Promotes a clear complexion
- Helps keep skin clean, clear and hydrated



InTune™

FOCUS BLEND
10 ml roll-on

InTune™ is a proprietary blend of essential oils that promotes a sense of focus. Sandalwood, Frankincense and Lime promote a sense of clarity, while Patchouli, Ylang Ylang and Roman Chamomile provide a soothing and calming atmosphere.

- Apply InTune to temples and back of neck before tasks
- Supports efforts of paying attention and staying on task



MetaPWR™ TOP SELLER

ESSENTIAL OIL BLEND
15 ml

Developed by dōTERRA clinical and medical scientists, the MetaPWR™ blend is formulated with specific balanced ratios of CPTG™ Grapefruit, Lemon, Peppermint, Ginger and Cinnamon essential oils.

- MetaPWR may be stimulating to the senses and help uplift mood when added to recipes
- A beneficial addition to your wellness regimen to complement mindful food choices
- Take in conjunction with the complete MetaPWR System to live your most powerful life



MetaPWR™ Beadlets

ESSENTIAL OIL BEADLETS
125 beadlets

MetaPWR™ Beadlets are an easy, convenient way to incorporate MetaPWR Essential Oil Blend into your daily wellness and exercise routine. The beadlets fit perfectly in a bag, to store at home or at your desk so you can support mindful eating anytime, anywhere.

- No GMOs, dairy, soy, gluten, preservatives, artificial sweeteners or flavours
- Offers the ideal boost you need before and during a vigorous workout



dōTERRA Motivate™

ESSENTIAL OIL BLEND
5 ml

The fresh combination of CPTG™ Peppermint, Wild Orange, Clementine, Lemon and other pure essential oils, creates an invigorating environment that's perfect for goal setting and finding the flow to get things done.

- Apply in the morning to jump-start your day
- Promotes feelings of confidence, courage and belief

See page 28 for dōTERRA Motivate Touch



On Guard™ TOP SELLER

ESSENTIAL OIL BLEND
15 ml

One of dōTERRA's most popular blends, On Guard™ is a must-have because of its incredible benefits. On Guard is a perfect blend to have on-hand throughout the year.

- Adds a warm, citrusy spice to hot drinks and desserts
- Soak sliced apples in a bowl of water with one drop of On Guard for a healthy snack

See page 28 for On Guard Touch



On Guard™ Beadlets

ESSENTIAL OIL BEADLETS
125 beadlets

On Guard™ Beadlets provide a flavourful dose of dōTERRA's proprietary blend, all contained in tiny vegetable beadlets that dissolve in the mouth.

- Consume in the wintertime, while travelling, or when around large groups of people
- Provides a convenient consumption method for On Guard Essential Oil Blend



dōTERRA Passion™
INSPIRING BLEND
5 ml

The dōTERRA Passion™ Inspiring Blend contains CPTG™ Ginger, Jasmine, Sandalwood, and other pure essential oils to help you rekindle excitement in your life.

- To help spark creativity, clarity and wonder in your work area, bring Passion with you to work
- Apply to wrists and heart throughout the day to feel inspired and passionate

See page 28 for dōTERRA Passion Touch



dōTERRA Peace™
REASSURING BLEND
5 ml

dōTERRA Peace™, a blend of floral and mint essential oils such as Lavender, Marjoram, Vetiver and Ylang Ylang, is a positive reminder you don't have to be perfect to find peace.

- Creates a comforting aroma perfect for meditation and yoga practices when applied topically
- Promotes feelings of peace and reassurance

See page 29 for dōTERRA Peace Touch



dōTERRA Purify™
REFRESHING BLEND
15 ml

A favourite among dōTERRA users, Purify™ contains Lemon and Lime essential oils, known for their cleansing properties, along with Siberian Fir.

- Beneficial for irritated skin, Purify has strong cleansing properties that can help soothe skin irritations
- Use to freshen up shoes, refrigerators, cars, sports equipment, rubbish bins, and more



dōTERRA Salubelle™
BEAUTY BLEND
10 ml roll-on

CPTG™ Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum, and Rose essential oils combine to create a proprietary blend of unique oils historically used for their beautifying benefits.

- Helps to reduce the appearance of blemishes
- Promotes youthful-looking skin
- Use as part of your morning and night facial routine



dōTERRA Serenity™
RESTFUL BLEND
15 ml

The soothing, grounding aroma of dōTERRA Serenity™ is a magical mix of CPTG™ Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver and Sandalwood essential oils, with hints of Vanilla Absolute.

- Add 2-3 drops into a warm bath with Epsom salts to create a relaxing, renewing experience
- Helps create a restful sleeping environment



dōTERRA Shinrin-Yoku™
FOREST BATHING BLEND
15 ml

Inspired by the calming energy of the forest, this blend of Lemon, Patchouli, Magnolia and Siberian Fir essential oils is designed to refresh your senses with nature's beauty through each uplifting drop.

- Formulated with essential oils abundant in terpenes and phytoncides connected to the positive effects of outdoor exploration
- A blend inspired by the wellbeing practice of forest bathing

See page 29 for dōTERRA Shinrin-Yoku Touch



dōTERRA SuperMint™
MENTHA BLEND
15 ml

SuperMint's minty, herbal and sweet aroma brings together CPTG™ Peppermint, Japanese Mint, Bergamot Mint and Spearmint essential oils to create a powerfully refreshing blend.

- May help to freshen breath with its cooling sensation and offer minor comfort after large meals
- Adds a minty boost to sweet or savoury recipes to enliven the taste and senses. at a moment's notice

See page 29 for SuperMint Touch



dōTERRA SuperMint™ Beadlets
ESSENTIAL OIL BEADLETS
125 beadlets

Get the benefits of SuperMint Essential Oil Blend wherever and whenever you need it. Delivering a minty and cooling burst of flavour, let SuperMint beadlets leave you feeling refreshed, especially after large meals to offer light, soothing comfort.

- Provides a convenient way to use the dōTERRA SuperMint™ Blend at all times of the day
- Can help enliven the senses with its fresh, minty and herbaceous qualities



TerraShield™
OUTDOOR BLEND
15 ml

TerraShield™ Outdoor Blend, containing Lemongrass, Thyme, Geranium and Peppermint, is a safe formula that can be used by every member of the family, outdoors and throughout the home.

- Combines essential oils historically known to protect against environmental annoyances
- Apply TerraShield to the legs, arms and neck before going outdoors



TerraShield™ Spray
OUTDOOR BLEND
30 ml

TerraShield™ Spray contains essential oils and other plant oils historically known to provide outdoor protection.

- Its convenient spray bottle makes TerraShield Spray easy to take with you on-the-go
- Can be used by everyone in the family



Zendocrine™
RESTART BLEND
15 ml

Zendocrine™ is a go-to oil for those looking to begin a lifestyle change. Contains essential oils of Tangerine, Rosemary, Geranium, Juniper Berry and Cilantro.

- For food flavouring
- Add 1 drop to citrus drinks, teas or water



ZenGest™ TOP SELLER
SUPPORTIVE BLEND
15 ml

This unique blend with Ginger, Peppermint, Caraway and Fennel essential oils is beneficial for stomach discomfort. A must-have oil on-the-go or at home!

- Add 1-2 drops to water or tea after large or heavy meals
- Take ZenGest™ when travelling or on-the-go for convenient support at a moment's notice

See page 29 for ZenGest Touch

dōTERRA Touch™ Oil Blends

Striking the proper balance between protecting sensitive skin while still delivering the benefits found in essential oils is not just a matter of science, but also of art. dōTERRA Touch has achieved that balance. Making application simple with 10 ml roll-ons, dōTERRA Touch products are ideal for children, adults and especially those with sensitive skin. You can start benefiting from essential oils immediately with these ready-to-use bottles. Enjoy the convenience and benefits of dōTERRA Touch today.



dōTERRA Adaptiv™

TOUCH BLEND
10 ml roll-on

dōTERRA Adaptiv™ is a proprietary blend that combines Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli and Sweetgum essential oils. CPTG™ essential oils combine with Fractionated Coconut Oil to make this calming and uplifting blend. Use Adaptiv in combination with the Adaptiv Touch for synergistic results.

- Helps boost mood when applied on the skin
- Keep this convenient roll-on in your purse or a child's backpack for use on-the-go



dōTERRA Air™

TOUCH BLEND
10 ml roll-on

dōTERRA Air™ is enriched with a combination of Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom and Ravintsara. Experience the benefits of dōTERRA Air on-the-go with the gentle and quick application of dōTERRA Air Touch!

- Calms the senses
- Promotes feelings of clear airways
- Use in conjunction with other dōTERRA Air products



dōTERRA Balance™

TOUCH BLEND
10 ml roll-on

Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile blend perfectly with Fractionated Coconut Oil to offer an enticing fragrance that, when applied topically, promote calm, relaxation, and wellbeing.

- This convenient dōTERRA Touch blend is perfect to keep with you whether you're at home or on-the-go
- Formulated with emotionally beneficial essential oils create a sense of calmness and wellbeing



Blue Lotus

TOUCH BLEND
10 ml roll-on

Be captivated by the blue lotus, a beautiful flower known for its mysterious, mystical persona. dōTERRA Blue Lotus Touch combines Fractionated Coconut Oil with blue lotus, a precious extract widely celebrated in Egyptian culture and art.

- Commonly used in massage oils and during meditation
- Popular as an enchanting personal fragrance



dōTERRA Cheer™

TOUCH BLEND
10 ml roll-on

dōTERRA Cheer™ is a refreshing combination of Wild Orange, Star Anise, Ginger, Bergamot, Ylang Ylang, Frankincense, Lemongrass, Tonka Bean and Vanilla Absolute. dōTERRA Cheer Touch combines Fractionated Coconut Oil and the sunny aroma of dōTERRA Cheer Uplifting Blend.

- Provides a cheerful boost of happiness and positivity during massage
- When applied topically, Cheer may promote feelings of optimism that will invigorate your mood



dōTERRA Console™

TOUCH BLEND
10 ml roll-on

dōTERRA Console™ Touch uses Frankincense, Patchouli, Ylang Ylang, Labdanum, Amyris, Sandalwood, Rose and Osmanthus in a base of Fractionated Coconut Oil to help promote feelings of comfort, putting you on a hopeful path.

- Apply to encourage feelings of hope
- dōTERRA Console is composed of tree and flower components that are rich in grounding and renewing properties



Copaiba

TOUCH BLEND
10 ml roll-on

Copaiba oil is widely used in cosmetic products including soaps, creams, lotions and perfumes because of its ability to soothe the skin.

- Combines CPTG™ Copaiba essential oil and Fractionated Coconut Oil
- Copaiba is regarded as one of the most useful essential oils with countless applications and benefits
- Woody, resinous and earthy fragrance



Deep Blue™

TOUCH BLEND
10 ml roll-on

Deep Blue™ Soothing Blend brings together plant extracts and species of essential oils, including Japanese Mint, Rosemary, Copaiba, Star Anise and Peppermint, to help comfort and cool joints and muscles.

- Deep Blue diluted with Fractionated Coconut oil and packaged in a convenient roll-on bottle for everyday support
- Apply as part of a soothing massage after a long day for rejuvenating effects



dōTERRA Forgive™

TOUCH BLEND
10 ml roll-on

dōTERRA Forgive™ Touch contains Spruce, Bergamot, Juniper Berry and Myrrh essential oils along with Fractionated Coconut Oil for gentle application and ease of use.

- dōTERRA Forgive essential oil blend uses a combination of tree and herb essential oils, which help balance emotions
- Convenient and practical roll-on bottle
- Promotes grounding emotions in your everyday life



Frankincense

TOUCH BLEND
10 ml roll-on

dōTERRA Frankincense Touch provides the renowned benefits of Frankincense essential oil in a convenient roll-on applicator.

- Soothes skin while reducing the appearance of imperfections
- Promotes peaceful, relaxed and satisfied feelings
- Helps to hydrate and rejuvenate the skin



Helichrysum

TOUCH BLEND
10 ml roll-on

Also referred to as the Everlasting or Immortal Flower, Helichrysum is commonly used in cosmetic products for its ability to give a rejuvenating appearance to the skin.

- Promotes a clear-looking complexion with its renewing and restoring properties
- Provides a honey-sweet scent that creates a soothing sensation when applied topically



dōTERRA Hope™

TOUCH BLEND
10 ml roll-on

Floral leaf extracts combine with Wild Orange, Vetiver, Sandalwood, Cedarwood, Bergamot, Pink Pepper and other essential oils in a base of Fractionated Coconut Oil, ready to apply to pulse points and hands.

- Apply to wrists, neck and pulse points for a personalised fragrance
- Keep in bag and apply throughout the day to uplift mood



Jasmine

TOUCH BLEND
10 ml roll-on

Experience the esteemed fragrance and the many cosmetic benefits that Jasmine oil offers in this convenient roll-on blend.

- Reduces the appearance of skin imperfections
- Can be used as a personal fragrance
- Incorporate into your skin care routine for a bright-looking complexion



Lavender TOP SELLER

TOUCH BLEND
10 ml roll-on

Widely used for its calming qualities, dōTERRA Lavender Touch provides soothing comfort to the skin while promoting feelings of relaxation.

- Soothes occasional skin irritations
- Roll on the skin to benefit
- Use to encourage calm and relaxing feelings



Magnolia

TOUCH BLEND
10 ml roll-on

Magnolia essential oil has a fruity and floral aroma and may help to promote calm and soothing feelings. Combined with Fractionated Coconut Oil, Magnolia Touch is moisturising and soothing to the skin.

- Combine topically with Bergamot or Ylang Ylang to promote healthy-looking skin
- Roll onto the skin to promote feelings of calm and relaxation



dōTERRA Motivate™

TOUCH BLEND
10 ml roll-on

The fresh combination of CPTG™ Peppermint, Wild Orange, Clementine, Lemon and other pure essential oils in a base of Fractionated Coconut Oil, creates an invigorating environment that's perfect for goal setting and finding the flow to get things done.

- Promotes feelings of confidence, courage and belief
- dōTERRA Motivate essential oil blend is formulated with oils that inspire the senses



Myrrh

TOUCH BLEND
10 ml roll-on

Myrrh is considered one of the world's most valuable oils. dōTERRA combines Myrrh essential oil with Fractionated Coconut Oil to create a superbly hydrating, rejuvenating addition to any daily skincare routine.

- Creates a soothing sensation when applied topically
- Promotes the appearance of healthy-looking skin
- Beneficial for mindfulness routines and to encourage contemplation and peacefulness



Neroli

TOUCH BLEND
10 ml roll-on

Neroli Touch can be used to soothe skin and reduce the appearance of blemishes. Neroli is also known to encourage relaxation and uplift mood.

- Promotes a positive mood
- Soothes skin
- Encourages relaxation



On Guard™

TOUCH BLEND
10 ml roll-on

On Guard™, a popular dōTERRA blend with essential oils of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary, is a must-have because of its incredible benefits.

- Perfect for both children and adults
- Convenient roll-on bottle is a perfect companion when travelling or on-the-go



Oregano

TOUCH BLEND
10 ml roll-on

dōTERRA Oregano Touch provides a gentle option for those with sensitive skin to receive the renowned benefits of Oregano essential oil.

- Apply Oregano Touch to skin imperfections to target your problem areas
- Rub on the bottoms of feet to deliver the benefits of Oregano essential oil
- Oregano has purifying properties that can help reduce the appearance of blemishes



dōTERRA Passion™

TOUCH BLEND
10 ml roll-on

dōTERRA Passion™ Touch combines Fractionated Coconut Oil with the inspiring blend of Ginger, Jasmine, Sandalwood, and other pure essential oils to help you rekindle excitement in your life.

- Apply to wrists and heart throughout the day to feel inspired and passionate
- Inspiring blend with a joyful and exciting aroma when applied topically
- All the benefits of dōTERRA Passion in a convenient roll-on package



PastTense™
TOUCH BLEND
10 ml roll-on

PastTense™ Relaxation Blend is a distinctive blend of Peppermint, Eucalyptus, Lavender, Geranium, Copaiba, Frankincense, Rosemary and Coriander essential oils known to help promote grounded and balanced emotions in a base of Fractionated Coconut Oil.

- Apply with ease using the convenient roll-on bottle
- Provides a grounding, balanced effect on emotions



dōTERRA Peace™
TOUCH BLEND
10 ml roll-on

dōTERRA Peace™ Touch, a blend of floral and mint essential oils such as Lavender, Marjoram, Vetiver and Ylang Ylang in a base of Fractionated Coconut Oil, is a positive reminder you don't have to be perfect to find peace.

- Promotes feelings of peace, reassurance and contentment
- Creates a comforting aroma perfect for meditation and yoga practices when applied topically



Peppermint
TOUCH BLEND
10 ml roll-on

dōTERRA Peppermint Touch combines Peppermint essential oil and Fractionated Coconut Oil to provide a multitude of topical benefits.

- Invigorates and enlivens the senses
- Apply when studying or when waking for a refreshing morning boost
- Convenient Touch format is perfect for travelling and on-the-go



Rose
TOUCH BLEND
10 ml roll-on

Rose Touch provides an affordable and convenient way to experience the benefits of Rose essential oil, one of the most precious essential oils in the world.

- Rose Touch roller bottle makes usage both affordable and convenient
- Helps balance moisture levels in skin, which will keep your skin looking its best
- Apply to neck and wrists as a sweet, floral personal fragrance



dōTERRA Shinrin-Yoku™
TOUCH BLEND
10 ml roll-on

Inspired by the calming energy of the forest, this blend of Lemon, Patchouli, Magnolia and Siberian Fir essential oils is designed to refresh your senses with nature's beauty through each uplifting drop.

- Combines Shinrin-Yoku Forest Bathing Blend with Fractionated Coconut Oil in a convenient format
- Formulated with essential oils abundant in terpenes and phytoncides connected to the positive effects of outdoor exploration



dōTERRA SuperMint™
TOUCH BLEND
10 ml roll-on

dōTERRA SuperMint™ Touch's minty, herbal and sweet aroma brings together CPTG™ Peppermint, Japanese Mint, Bergamot Mint and Spearmint essential oils in a base of Fractionated Coconut Oil, ready to use in a convenient touch roll-on.

- Use as part of a soothing cooling massage to benefit from refreshed feelings post-workout
- Turn to SuperMint Touch to help cool the skin after sun exposure



Tea Tree
TOUCH BLEND
10 ml roll-on

The perfect balance of Tea Tree essential oil and Fractionated Coconut Oil has been combined in dōTERRA Tea Tree Touch making it ideal to use on gentle and sensitive skin.

- Renowned for its cleansing and rejuvenating effect on the skin
- Provides reinforcing and rejuvenating benefits for the hair, skin and fingernails
- Soothes skin irritation



Vetiver
TOUCH BLEND
10 ml roll-on

Vetiver possesses a complex and exotic fragrance that is rich and appealing. Unlike its essential oil counterpart, its aroma is milder, and it comes with a convenient roller for easy application.

- Combined with Fractionated Coconut Oil to condition and hydrate the skin
- Warm, sweet, woody and earthy aroma
- Commonly used in massages for its calming properties



dōTERRA Whisper™
TOUCH BLEND
10 ml roll-on

With an aroma as soft and warm as its name, dōTERRA Whisper Touch creates a uniquely personal fragrance with a diverse blend of essential oils including Jasmine, Ylang Ylang, Patchouli, Vanilla, Cinnamon and Cocoa in a base of Fractionated Coconut Oil.

- Provides a warming, musky aroma that entices and intrigues the senses when applied topically
- Apply to wrists, back of neck, and pulse points for a distinct and individual fragrance



ZenGest™
TOUCH BLEND
10 ml roll-on

ZenGest™ Touch is a unique blend of Ginger, Fennel and Coriander essential oils and is diluted with dōTERRA Fractionated Coconut Oil to make it gentle on skin.

- Apply to the stomach or bottoms of feet after eating a large or heavy meal
- Have on hand when flying or travelling for convenient support at a moment's notice
- Enjoy a soothing abdominal massage with ZenGest Touch



Kid's Collection

Whether you are an experienced practitioner or new to essential oils, the dōTERRA Kids Collection is the complete and ready-made “whole body” essential oil toolbox designed to empower caregivers to confidently care for their little ones.

Formulated specifically for developing minds, bodies and emotions, these essential oil blends feature unique combinations carefully balanced to provide powerful benefits while being gentle on delicate skin.



dōTERRA Brave™

COURAGE BLEND
10 ml roll-on

dōTERRA Brave™ includes Wild Orange, Amyris, Osmanthus, and Cinnamon essential oils combined with Fractionated Coconut Oil.

- Formulated to help manage feelings of occasional uneasiness, giving the user a sense of courage when needed in a convenient roll-on bottle
- Use Brave before new or different situations to promote feelings of courage and confidence



dōTERRA Calmer™

RESTFUL BLEND
10 ml roll-on

Combining the soothing properties of Lavender, Cananga, Buddha Wood, and Roman Chamomile essential oils in a convenient and safe delivery method along with the skin moisturising benefits of Fractionated Coconut Oil, dōTERRA Calmer™ can be used as part of your nightly ritual.

- Roll on to skin to promote feelings of calm and a peaceful mood
- Apply Calmer to encourage tranquility throughout the day



dōTERRA Rescuer™

SOOTHING BLEND
10 ml roll-on

After a busy day of activity, apply dōTERRA Rescuer™ Soothing Blend. Copaiba, Lavender, Spearmint, and Zanthoxylum are expertly combined with Fractionated Coconut oil to soothe and promote resilience while being gentle enough for sensitive skin.

- Rescuer includes oils that can help you reduce feelings of tension
- Massage into shoulders, neck and back for comforting feeling



dōTERRA Steady™

GROUNDING BLEND
10 ml roll-on

Perfect for daily or as-needed use, Steady has a soft, inviting, and slightly fruity aroma. dōTERRA Steady™ draws on the unique benefits of essential oils such as Amyris, Balsam Fir, Coriander, and Magnolia to deliver a calming effect when applied topically.

- Promotes feelings of calmness and brings a sense of balance to your mood
- Roll on to wrists and hands to promote tranquility



dōTERRA Stronger™

PROTECTIVE BLEND
10 ml roll-on

dōTERRA Stronger™ works as the perfect blend for daily resilience or at times that you are not feeling your best. Features Cedarwood, Litsea, Frankincense and Rose in a gentle and convenient format combined with Fractionated Coconut Oil.

- Roll on to hands, knees and feet after a long day of activity
- Promotes healthy-looking skin



dōTERRA Tamer™

DIGESTIVE BLEND
10 ml roll-on

dōTERRA Tamer™ contains the unique benefits of CPTG™ essential oils such as Spearmint, Japanese Peppermint and Ginger in a base of dōTERRA Fractionated Coconut Oil. Together these oils help to provide comfort after eating a large meal.

- Calming aroma may help to provide targeted comfort when you need it the most
- Provides a soothing abdominal massage
- Easily apply to targeted areas with the convenient roll-on applicator



dōTERRA Thinker™

ESSENTIAL OIL BLEND
10 ml roll-on

Incorporate dōTERRA Thinker™ into your daily learning activities. Features Vetiver, Peppermint, Clementine, and Rosemary perfectly combined with Fractionated Coconut Oil for sensitive skin.

- Thinker is the perfect blend to keep in your child's backpack at all times
- Unique herbal and slightly sweet aroma



Kids Collection

10 ml bottles: dōTERRA Brave™, dōTERRA Calmer™, dōTERRA Rescuer™, dōTERRA Steady™, dōTERRA Stronger™, dōTERRA Tamer™, dōTERRA Thinker™

Other Products: Seven Silicone Toppers with Carabiners, Illustrated Flashcards, Carrying Case with Carabiner

Diffusers

Designed to bring you optimum relaxation and other amazing benefits, dōTERRA's diffusers are user-friendly devices for your family and home. Transform any space into a serene and uplifting environment by diffusing your favourite CPTG™ essential oils.



dōTERRA Laluz™ Diffuser

Turn any space into a luxurious retreat with dōTERRA Laluz™. The Laluz is more than just a diffuser – it's a sleek design statement for your home.

- One-, two-, and four-hour settings, even when using the highest mist output
- Reaches up to 30 m²
- Up to 8 hours on lowest mist output
- Optional mood light settings: dim, bright warm, lavender



dōTERRA Lumo™ Diffuser

Transform any room into a serene or uplifting environment by diffusing CPTG™ essential oils with a custom-designed, nature-inspired, ultrasonic diffuser.

- Seven lighting colour options
- Customisable output—2 or 5 hours continuous, 10 hours intermittent (4 minutes on, 4 minutes off)
- Coverage of up to 50 m²



dōTERRA Petal™ 2.0 Diffuser

The dōTERRA Petal™ Diffuser is a small, user-friendly diffuser that delivers a variety of benefits. This convenient diffuser is stable, light and easy to use.

- 2 and 6 hour continuous and 12 hour intermittent (5 minutes on, 5 minutes off) diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 33 m²



dōTERRA Roam™ Diffuser

The outer shell of the dōTERRA Roam™ Diffuser is made with natural, polished ground stone, making each diffuser unique. The rest of the diffuser is made from an eco-friendly post-consumer recycled resin, which adds to its simple, natural beauty.

- Cord-free and battery-powered options (battery charging dock included)
- Includes both continuous and intermittent (5 minutes on, 5 minutes off) output
- Gently mists a room up to 25 m² and has a water capacity of 100 ml



dōTERRA Air™

Deep breathing is cleansing, freeing and invigorating. It elevates our minds and energises our bodies. It is the essence of life, the reassurance of vitality. The remarkable blend of essential oils found in the dōTERRA Air™ blend helps to maintain feelings of clear airways and easy breathing, helping you to feel comfortable all year round.



dōTERRA Air™
ESSENTIAL OIL BLEND
15 ml

dōTERRA Air™ is enriched with a combination of Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom and Ravintsara. This minty, invigorating blend has a calming and soothing effect when applied topically.

- Promotes feelings of clear airways
- May help minimise the effects of seasonal threats
- Promotes a restful sleep

See page 27 for dōTERRA Air Touch



dōTERRA Air™ Drops **TOP SELLER**
30 drops

The benefits of selected CPTG™ essential oils from the dōTERRA Air™ blend can be found in this convenient and great tasting lozenge.

- Proprietary blend includes Lemon, Peppermint, Eucalyptus, Thyme, Melissa and Cardamom
- Use as a fast, mess-free alternative to the dōTERRA Air blend
- Keep them on-hand in your purse or travel bag for targeted support on the go



dōTERRA Air™ Vapour Stick
15.5 g

Enjoy the convenience, quick absorption and smooth application of dōTERRA Air™ Vapour Stick. This unique delivery method of the dōTERRA Air essential oil blend can be used anytime, anywhere.

- Provides invigorating vapour
- Provides a cooling, soothing effect topically
- Quick, convenient delivery system



On Guard™

On Guard™ is one of the most popular and versatile dōTERRA essential oil blends. The proprietary combination of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary essential oils is an active component in a first line of defense for your home and body. The On Guard blend has been integrated into a variety of dōTERRA products to provide diverse ways to use its powerful benefits.



On Guard™

ESSENTIAL OIL BLEND
15 ml

One of dōTERRA's most popular blends, On Guard™ is a must-have because of its incredible benefits. On Guard is a perfect blend to have on-hand throughout the year.

- Adds a warm, citrusy spice to hot drinks and desserts
- Soak sliced apples in a bowl of water with one drop of On Guard for a healthy snack

See page 28 for On Guard Touch



On Guard™ Beadlets

ESSENTIAL OIL BEADLETS
125 beadlets

On Guard™ Beadlets provide a flavourful dose of dōTERRA's proprietary blend, all contained in tiny vegetable beadlets that dissolve in the mouth.

- Consume in the wintertime, while travelling, or when around large groups of people
- Provides a convenient consumption method for On Guard Essential Oil Blend



On Guard™+ Softgels

60 vegetarian softgels

On Guard™+ Softgels combine the proprietary blend of On Guard essential oil with Black Pepper, Oregano and Melissa essential oils.

 Made with vegetable softgels



On Guard™+ Chewable Tablets

60 chewable tablets

On Guard™+ Chewable Tablets are formulated with a variety of organic compounds and fibre known to support and maintain you from within. Perfect for all the family, keep on hand in your bag to always stay prepared and one step ahead of the changing seasons.

- Maintain wellness with flavour-filled benefits whenever you need inner support
- Vegan-friendly and free from gluten and artificial sweeteners

 Chewable Tablet



On Guard™ Toothpaste

125 g

Clean teeth with the added benefit of On Guard™ Essential Oil Blend.

- Fluoride-free formulation
- Peppermint essential oil combined with the On Guard proprietary blend, leaves your breath cinnamon-mint fresh

On Guard™ Toothpaste Samples

Ten samples, 2 g each



On Guard™ Mouthwash

473 ml

The powerful properties of On Guard™ – a proprietary CPTG™ essential oil blend – combine the benefits of Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary and Myrrh to promote oral cleanliness.

- Proprietary On Guard essential oil blend of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary cleanses the mouth
- Miswak extract helps maintain clean teeth by reducing excessive plaque build-up
- Use On Guard Mouthwash to promote teeth and gum cleanliness



On Guard™ Drops

120 g

Enjoy the convenience of these great-tasting drops.

- Easy to have on-hand when you need it the most
- Features the On Guard™ Essential Oil Blend
- Formulated with natural organic cane sugar and brown rice syrup



On Guard™ Hand Purifying Mist

27 ml

On Guard™ Hand Purifying Mist purifies hands with its cleansing effect on the skin through an extremely fine, quick drying mist. This is a convenient mist perfect for travelling, school, work, and on-the-go families.

- Infused with moisturising apple extract
- On Guard Essential Oil Blend provides an invigorating citrus spice aroma
- Spray on airline armrests and tray tables when travelling
- Mist yoga mats and other gym equipment to purify surface before use



On Guard™ Hand Wash Concentrate

237 ml

Infused with the spicy citrus scent of On Guard™ Essential Oil Blend, this concentrate has been formulated to help deeply cleanse and be kind to all skin types when diluted. Crafted for easy refilling, this product ensures a hassle-free experience when topping up your hand wash dispensers.

- Formulated with natural surfactants and essential oils for a gentle, everyday wash for all skin types
- Developed to effectively remove dirt and excess oil, promoting clean and refreshed hands with every use



dōTERRA™ Hand Wash Refillable Dispenser

473 ml

Made for the conscious consumer, this durable, reusable glass bottle is convenient and easy to fill with your favourite dōTERRA hand wash.

- Intended to use with dōTERRA hand wash concentrates*
- Highly durable amber glass dispenser with brushed metal pump
- Functional and sustainable, easy to refill

*Not included



On Guard™ Foaming Hand Wash

473 ml

On Guard™ Foaming Hand Wash cleans hands while providing an invigorating aroma of essential oils that leaves your hands smelling fresh and citrus clean.

- Conveniently packaged in a 473 ml bottle that fills 237 ml foaming dispensers
- Formulated with the unique On Guard Essential Oil Blend



On Guard™ Foaming Hand Wash with 2 Dispensers

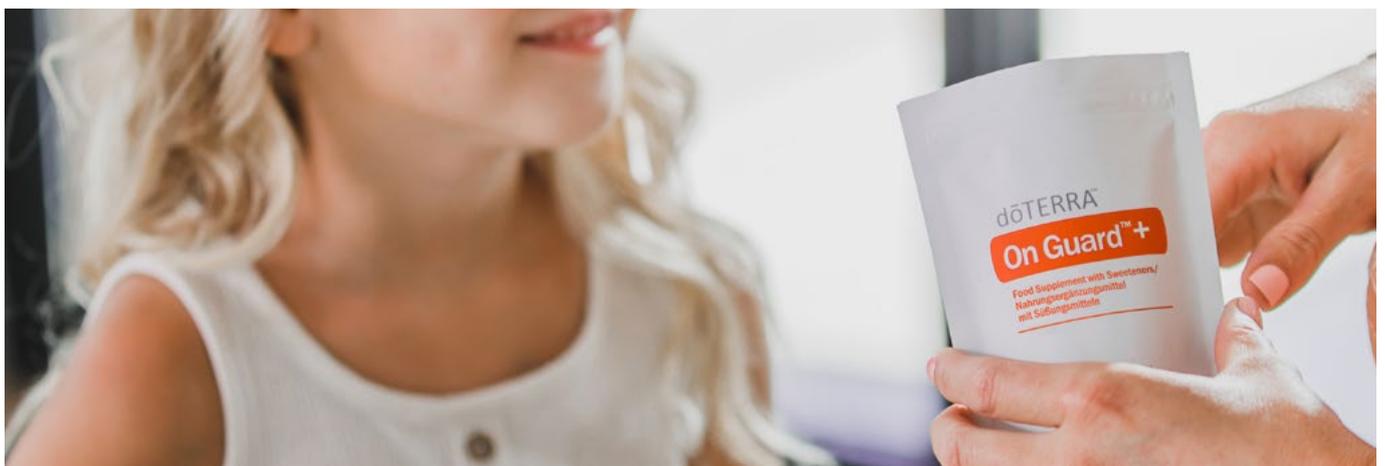
473 ml hand wash, 2 dispensers

Single Refill

473 ml hand wash

Twin Pack Refill

Two 473 ml hand wash





On Guard™ Cleaner Concentrate

355 ml

The ideal cleaner, On Guard™ Cleaner Concentrate is fortified with On Guard Essential Oil Blend.

- No preservatives added, helping to provide a effective household cleaning product
- Combines plant-based derivatives with On Guard Essential Oil Blend



On Guard™ Laundry Detergent

947 ml

On Guard™ Laundry Detergent is an ultraconcentrated 6X laundry detergent that utilises the power of On Guard and bio-originated enzymes to target and lift stains for amazingly clean clothes.

- Contains 10 ml of On Guard essential oil
- Unique, natural-based bio-originated enzyme blend
- 64 loads in each bottle



Deep Blue™

The Deep Blue™ proprietary blend is a soothing combination of CPTG Certified Pure Tested Grade™ essential oils, created to provide soothing effects and targeted benefits. Available in a range of formats to support you where you need it most.



Deep Blue™ TOP SELLER

SOOTHING BLEND
10 ml roll-on | 5 ml

Deep Blue™ Soothing Blend brings together plant extracts and species of essential oils, including Japanese Mint, Rosemary, Copaiba, Star Anise and Peppermint, to help comfort and cool joints and muscles.

- Provides a cooling and soothing sensation to targeted areas
- Creates a revitalising, comforting massage experience

See page 27 for Deep Blue Touch



dōTERRA Deep Blue™ Stick

48 g

Infused with Deep Blue™ Soothing Blend containing CPTG™ essential oils, plus the beneficial properties of Copaiba, the Deep Blue Stick offers powerful, targeted relief in a fast-acting solid. Quick-drying so it can be applied before, during, or after a workout, the Deep Blue Stick is soothing, convenient and effective.

- Delivers temporary, targeted relief to problem areas
- Includes moisturising emollients that leave skin feeling soft and non-greasy



Deep Blue Rub™

SOOTHING BLEND
120 ml

Infused with Deep Blue™ Soothing Blend, Deep Blue Rub is a favourite of athletes.

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Designed to help soothe, relax and naturally comfort problem areas
- Blended in a base of moisturising emollients that leave your skin feeling soft, not greasy



Deep Blue™ Rub Samples

Ten 2 ml samples

Receive the targeted benefits of Deep Blue Rub™ in a convenient 10-pack carton. Enjoy sharing its soothing power at sporting events, the gym, or on-the-go.



Deep Blue Polyphenol Complex™

60 vegetable capsules

Deep Blue Polyphenol Complex combines polyphenol extracts of Frankincense, Turmeric, Apple, Ginger, Pomegranate, and Grapeseed. It's designed to help provide soothing support to aching muscles and other occasional discomforts.

- Take as needed, or every day for long-lasting benefits
- Can be used in tandem with Deep Blue Rub or Deep Blue Soothing Blend

 Made with vegetable capsules



dōTERRA Frankincense

The story of Frankincense is one of history and honour. In ancient times, the resin was more precious than gold, gifted to kings and revered in sacred ceremonies. Today, its power endures, and its magnetism enchants the user unlike any other. Our Frankincense essential oil is a harmony of four species: *Boswellia carterii*, *Boswellia frereana*, *Boswellia sacra*, and *Boswellia papyrifera*, offering a diverse chemical makeup of boundless benefits in one collection.



Frankincense TOP SELLER

PURE ESSENTIAL OIL

Boswellia carterii, *frereana*, *sacra*, and *papyrifera* | 15 ml

Perhaps the most precious of the ancient oils, Frankincense is highly versatile in uses and benefits.

- May help hydrate and rejuvenate the skin
- Promotes feelings of relaxation and balances mood
- Soothes skin

See page 28 for Frankincense Touch



Frankincense Stick + Naio Wood

30 g

Developed using Naio Wood essential oil, with optimised levels of alpha-bisabolol, this incredible stick is formulated with emollients and skin-conditioning ingredients to lock in moisture, with a soothing, comforting aroma. Restore and support the skin's natural barrier to promote healthy-looking skin through rapid absorption, gentle application and the powerful synergy of Frankincense and Naio Wood.

- Promotes healthy-looking skin with Frankincense essential oil
- Non-greasy feeling in a stick applicator, offering a soothing, comforting aroma with every use
- Safe for sensitive skin, non-comedogenic, and free of phthalates, and synthetic fragrances



Frankincense Microbead Capsules

30 Microbead Capsules

Contained in an innovative delivery format, this formula combines the ancient wisdom of Frankincense essential oil and Frankincense resin in one incredible liquid-based microbead capsule. With a potent 60% concentration of AKBA (Acetyl-11-keto-beta-boswellic acid) from *Boswellia* resin, it's your all-in-one, easy-to-swallow dose for seamless integration into any wellness routine.

- Compact and convenient liquid microbead capsule for easy and fast absorption
- A daily wellness solution that brings the strength of Frankincense to the forefront of your routine
- Vegan, GMO and gluten-free

 Made with vegetable capsules



dōTERRA Serenity™

dōTERRA Serenity™ is a peaceful blend of essential oils that promotes tranquillity and relaxation. The effects of this serene blend can be felt instantly, transporting you to a state of blissful repose. dōTERRA Serenity combines essential oils renowned for their ability to lessen feelings of tension and calm emotions.



dōTERRA Serenity™
RESTFUL BLEND
15 ml

The soothing, grounding aroma of dōTERRA Serenity™ is a magical mix of CPTG™ Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver and Sandalwood essential oils, with hints of Vanilla Absolute.

- Add 2–3 drops into a warm bath with Epsom salts to create a relaxing, renewing experience
- Helps create a restful sleeping environment



dōTERRA Serenity™ Stick + Valerian
30 g

Our proprietary restful blend is magnified by the addition of Valerian, greatly studied for its ability to support restful feelings since ancient Greek and Roman times. The innovative stick design delivers a comforting, grounding aroma contributing to a calming environment, and becoming an incomparable aid in practising healthy, quality rest.

- Glides on with ease, without a greasy feeling
- Free from phthalates and synthetic fragrances



dōTERRA Serenity™ Softgels
RESTFUL COMPLEX
60 vegetarian softgels

dōTERRA Serenity™ Softgels harness the power of well-researched, historically proven ingredients and the best of modern science for a calming night of quality rest. The hero ingredients are Lavender essential oil, Valerian, and Tart Cherry.

 Made with vegetable softgels

Serenity Combo Pack
15 ml bottle and 1 bottle softgels



Supplements and Nutrition

Our range of supplements is crafted with care to support your everyday needs, covering a wide range of challenges with natural solutions. Whatever your goals, each offering is meticulously formulated to assist you on your wellness journey. Backed by the expertise of dōTERRA's commitment to purity and potency, our supplements harness the power of nature's bounty to help you thrive. Discover how these products can become essential companions in your quest for balanced wellness and vitality.



Wellness Made Simple

At dōTERRA, we know that lifestyle changes don't happen overnight or with just one decision. That's why our Wellness Chart focuses on building a thriving lifestyle through small, maintainable choices, starting with nutrition and digestion – the base steps for daily success. With the Wellness Made Simple supplements, you create a daily routine that lays the solid groundwork for a successful future when it comes to your wellness.



VMG+™

30 sachets

VMG+™ Whole-Food Nutrient Complex redefines the multivitamin as a delicious, bioavailable powdered formula that delivers essential nutrients to ensure efficient absorption and retention. Clean, vegan, and gluten-free, VMG+ provides essential macro and micronutrients vital for your body's foundations in a single, convenient sachet. It's more than a multivitamin – it's a complete wellness solution.

- Over 75 high-quality, science-backed ingredients, including fruits, vegetables, digestive enzymes, probiotics, essential oils, and other beneficial nutrients
- Vegan, GMO, Dairy, Soy and Gluten free



EO Mega+™

15 liquid sachets

EO Mega+ is a premium blend of omega fatty acids from wild fish caught in the Nordic Seas. It is developed with Lemon essential oil, abundant in limonene, and extra virgin olive oil available through Co-Impact Sourcing™ partners in Greece. Each serving provides over 5,000 mg of fish oil, containing 1,000+ mg of essential omega-3 fatty acids, including EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid).

- A delicious, superior formulation of omega fatty acids and the cleanest, most traceable fish oil
- Sachets prevent oxidation, preserving the efficacy and quality of the product
- GMO, Dairy, Soy and Gluten free

Not suitable for a vegan diet



EO Mega+™ Softgels

90 softgels

EO Mega+ is a premium blend of omega fatty acids sourced from wild-caught fish off the coast of Norway. Each serving provides 2,000 mg of fish oil, containing 900 mg of essential omega-3 fatty acids, including 800 mg of EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). With EO Mega+, you can effortlessly close the nutritional gap and enjoy essential omegas on the move, as nature intended.

- An elite blend of core omegas from the most traceable fish oil
- Formulated with Co-Impact Sourced™ Wild Orange essential oil, abundant in limonene
- GMO, Dairy, Soy and Gluten free

 Made with vegetable softgels

Not suitable for a vegan diet



dōTERRA™ PB Assist+™

30 sachets

Formulated for the whole family, PB Assist+™ ProBiome offers a distinct blend of various genera, species, and strains of probiotics and prebiotics. With a combination of 13 probiotic strains and one prebiotic fibre – fructooligosaccharides (FOS) – PB Assist+ supports the colonisation of the microorganisms that help to ensure a healthy gut.

- A delicious, easy-to-use product for children and adults
- Contains prebiotic FOS inulin
- Delivers seven billion AFU (active fluorescent units) at the time of use, representing live cultures



dōTERRA PB Restore™

30 capsules

dōTERRA PB Restore™ is formulated as a foundational supplement to benefit your body. This innovative double-layer capsule system shields the bioactive cultures from the harsh stomach environment, ensuring the optimal delivery of their active benefits.

- Provides a unique formulation of 30 probiotics, probiotics and postbiotics
- Contains 28 probiotic strains different to PB Assist+™
- Each capsule delivers a potent 18 billion live cells at the time of use

 Made with vegetable capsules



Revolutionise your lifestyle with carefully curated kits for complete, convenient, and abundant living. Each comes with a 30-day supply.



Wellness Made Simple Bundle

For those seeking daily, easy solutions, the Wellness Made Simple bundle offers the essentials you need to support your wellness every day.

VMG+™, EO Mega™+ Softgels, dōTERRA PB Restore™



Wellness Made Simple (Pill-Free) Bundle

For a no-hassle, capsule-free experience, the Wellness Made Simple (Pill-Free) bundle brings wellbeing solutions within reach in convenient sachets.

VMG+™, EO Mega™+ (sachets), PB Assist+™



Wellness Made Simple (Vegan) Bundle

For a plant-based approach, the Wellness Made Simple (Vegan) bundle delivers easy, daily solutions to support your needs while aligning with your values.

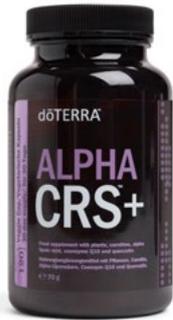
VMG+™, vEO Mega™, dōTERRA PB Restore™

Not intended to replace a varied, balanced diet and healthy lifestyle



Lifelong Vitality Supplements

The core products of the dōTERRA Lifelong Vitality Pack™ – xEO Mega, Microplex VMz and Alpha CRS+ – are designed to help you on your journey to improved vitality and wellness. With essential nutrients, metabolism benefits and powerful antioxidants, these supplements work together to promote energy, wellbeing and lifelong vitality.



Alpha CRS™+ Cellular Vitality Complex

120 capsules

dōTERRA Alpha CRS™+ is a proprietary formula that combines potent levels of natural botanical extracts. Alpha CRS+ is formulated to be used daily with xEO Mega or vEO Mega and Microplex VMz to promote wellness.

- Promotes wellness
- Contains a proprietary blend exclusive to dōTERRA that includes powerful polyphenols
- Combines natural botanical extracts

 Made with vegetable capsules



Microplex VMz™ Food Nutrient Complex

120 capsules

dōTERRA Microplex VMz™ is a food nutrient formula of bioavailable vitamins and minerals often deficient in modern diets.

- Includes a balanced blend of vitamins A, C and E, and a B-vitamin complex
- Contains food-derived minerals and organic trace minerals
- Optimises nutrient absorption with a whole-food blend and an enzyme delivery system

 Made with vegetable capsules



xEO Mega™ Essential Oil Omega Complex

120 softgels

xEO Mega™ is a revolutionary formula that blends CPTG™ essential oils with natural marine- and plant-sourced omega-3 oils and carotenoids.

- Delivers equal ratio of EPA and DHA from sustainable fish oil concentrates and Echium oil with SDA and GLA fatty acids
- Provides a spectrum of carotenoids
- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway and German Chamomile essential oils

 Made with vegetable softgels

Not suitable for a vegan diet



vEO Mega™ Essential Oil Omega Complex

120 liquicaps

vEO Mega™ is a revolutionary formula that blends CPTG™ essential oils with plant and algae-sourced omega fatty acids.

- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Includes essential fatty acids from flax, algae, incha inchi seed, borage, cranberry, pomegranate, pumpkin and grape seed oils
- Includes a microalgae carotenoid extract of pure astaxanthin and other carotenoids

 Made with vegetable capsules



dōTERRA

Loyalty Rewards

The following items are only available through the Loyalty Rewards Program (LRP) (see page 63 for details)

LIVE THE BENEFITS

**dōTERRA Lifelong Vitality Pack**

Standard

dōTERRA Lifelong Vitality Pack™ Dietary Supplements including Alpha CRS™+, Microplex VMz™ and xEO Mega™

**dōTERRA Lifelong Vitality Pack**

Vegan

dōTERRA Lifelong Vitality Vegan Pack Dietary Supplements including Alpha CRS™+, Microplex VMz™ and vEO Mega™

Not intended to replace a varied, balanced diet and healthy lifestyle



MetaPWR™

The MetaPWR™ System helps you live your most powerful life, supporting your metabolism, energy and health. Designed to be used as a system, each product offers a speciality, while also supporting and enhancing the benefits of the other products in the line. The MetaPWR System can maximise and optimise the effects of the wellness lifestyle choices you make.



MetaPWR™ ESSENTIAL OIL BLEND 15 ml

Developed by dōTERRA clinical and medical scientists, the MetaPWR™ blend is formulated with specific balanced ratios of CPTG™ Grapefruit, Lemon, Peppermint, Ginger and Cinnamon essential oils.

- MetaPWR may be stimulating to the senses and help uplift mood when added to recipes
- A beneficial addition to your wellness regimen to complement mindful food choices



MetaPWR™ Beadlets ESSENTIAL OIL BEADLETS 125 beadlets

MetaPWR™ Beadlets are an easy, convenient way to incorporate MetaPWR Essential Oil Blend into your daily wellness and exercise routine. The beadlets fit perfectly in a bag, to store at home or at your desk so you can support mindful eating anytime, anywhere.

- Offers the ideal boost you need before and during a vigorous workout
- A convenient beadlet format to experience the benefits of MetaPWR Essential Oil Blend wherever you go



MetaPWR™ Softgels 90 softgels

dōTERRA's clinical researchers have created this convenient, easy to consume tapioca softgel, containing our proprietary MetaPWR™ Essential Oil Blend. Featuring balanced ratios of Grapefruit, Lemon, Peppermint, Ginger and Cinnamon essential oils, these softgels have been formulated to help the user reach toward optimum digestion and aid internal stability to achieve peak physical performance.

- A must-have supplement to kick-start your wellness ahead of an extensive exercise programme or high-intensity workout
- MetaPWR Softgels support mindful eating

 Made with vegetable softgels



MetaPWR™ Assist 30 capsules

Make food more nutritionally valuable with MetaPWR Assist. Each capsule contains mulberry leaf extract, Berberine, cinnamon bark powder and the proprietary MetaPWR Essential Oil Blend. When taken before the largest meal of the day, this powerful supplementation to your daily wellness routine has the greatest impact on your body.

- Mulberry leaf can contribute to the maintenance of the carbohydrate metabolism balance of the body*

 Made with vegetable capsules

*These health claims are still under the decision of the EU and EFSA.



MetaPWR™ Advantage TOP SELLER 30 sachets

MetaPWR Advantage contains nine types of collagen tripeptides from marine sources and NMN (Nicotinamide mononucleotide) which may contribute to the production of NADH and NAD+. Delivered in a tasty, powdered format, take MetaPWR Advantage to fortify your overall body composition from the inside out.

- NAD+ ensures proper cell function so we can age in a healthy way
- Collagen can help with the appearance of skin by promoting density, helping to increase firmness and improving hydration

Not suitable for a vegan diet

Benefits of the entire MetaPWR™ System:

- No GMOs, dairy, soy, gluten, preservatives, artificial sweeteners or flavours
- Every product in this system features the MetaPWR™ Essential Oil Blend as a key ingredient
- This synergistic blend has been scientifically optimised and tested for maximum metabolic impact



MetaPWR™ Recharge

30 sachets

MetaPWR Recharge is an exclusive blend of electrolytes, botanical extracts and minerals to promote lasting hydration at a cellular level. This formulation ensures optimal cooperation between water and cells, making hydration effortless. With a liquid format, it quickly disperses into water for convenient and immediate hydration. Available in Lemon Lime and Wild Strawberry flavours.

- Includes over 74 minerals
- Three types of magnesium—citrate, sulphate and chloride
- Free from GMOs, gluten, dairy, preservatives and artificial ingredients

MetaPWR™ Mito2Max™

60 vegetable capsules

Ready to awaken your inner strength and activate a more lively, energetic self? Enter MetaPWR Mito2Max, a supplement created by dōTERRA using the revolutionary MetaPWR™ blend.

- Formulated with *Eriodictyon californicum*, PQQ (Pyrroloquinoline quinone), CoQ10 (Ubiquinone), American Ginseng, Cordyceps, Quercetin, Alpha lipoic acid, Acetyl-L-carnitine HCl
- Manganese contributes to normal energy-yielding metabolism*
- Pantothenic acid contributes to the reduction of tiredness and fatigue*

 Made with vegetable capsules

*These health claims are still under the decision of the EU and EFSA.

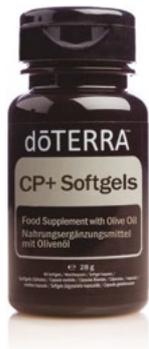
Not intended to replace a varied, balanced diet and healthy lifestyle



dōTERRA™ Specialised Supplements

Biological, environmental and physiological factors all contribute to an individual's health. This means that each individual may require additional help in a unique area. Through cutting-edge scientific development, dōTERRA has provided that extra boost of support through specialised supplements.





CP+ Softgels

60 softgels

CP+ Softgels are formulated with Copaiba as a flavouring in a base of olive oil, offering a convenient way to enjoy its multiple benefits in the form of a vegetarian softgel. This unique combination may help to soothe and comfort the digestive system.

- Your daily dose of wellness in an easy-to-swallow softgel
- Perfect to use in conjunction with dōTERRA's wide range of supplements

 Made with vegetable softgels



DDR Prime™ Softgels

60 softgels

DDR Prime™ includes Frankincense, Wild Orange, Litsea, Thyme, Clove, Summer Savory, Niaouli and Lemongrass essential oils. DDR Prime Softgels are easy to swallow and provide an easy and convenient method for consuming DDR Prime essential oil blend – anytime, anywhere.

- All the benefits of DDR Prime in an easy-to-swallow softgel

 Made with vegetable softgels



dōTERRA™ Plant Protein

16 servings in one 512 g pouch

dōTERRA Plant Protein is a premium blend of plant-based proteins and fats that provides your body with the necessary nutrients, energy and stamina. Each serving provides 22 grams (Chocolate) and 24 grams (Vanilla) of protein from four sources, including peas, chickpeas, rice, and potatoes.

- Developed exclusively for Europe and manufactured in Europe
- Sweetened naturally with stevia and scientifically formulated to help supplement protein intake
- Free from GMOs, gluten, dairy and soy



Terrazyme™

90 capsules

Terrazyme™ is a proprietary combination of enzymes that are most likely deficient in the modern diet. Terrazyme will help you enjoy the benefits of a healthy diet by helping to ensure that your body gets the nutrients it needs.

 Made with vegetable capsules

Not suitable for a vegan lifestyle



TriEase™ Softgels

60 softgels

Each softgel contains equal parts Lemon, Lavender and Peppermint essential oils. Now with specially-formulated TriEase™ Softgels, all three beneficial essential oils can be consumed quickly and easily when travelling or attending outdoor events.

- Quick and easy consumption when you need it the most

 Made with vegetable softgels



Turmeric Dual Chamber Capsules

60 capsules

dōTERRA is the first to combine Turmeric essential oil and Turmeric extract in a specially-designed, dual-chamber capsule. The result is a revolutionary product of bioactive plant compounds, creating a uniquely powerful synergy of turmerones and curcuminoids.

- Available in a convenient, ingestible format, each capsule contains 2 drops of Turmeric essential oil
- By bringing together the Turmeric essential oil and the Turmeric extract, the effectiveness of each component is maximised

 Made with vegetable capsules



Veggie Caps TOP SELLER

160 capsules

Customise your essential oil supplement regime with vegetarian capsules that absorb quickly and easily.

- Free of preservatives, gelatin, wheat, starch, dairy and animal products
- Made of inert vegetable ingredients



Zendocrin™ Complex

60 capsules

dōTERRA Zendocrin Complex contains a proprietary blend of whole-food extracts formulated to be delivered using a patented enzyme delivery system.

- Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients*
- Anti-oxidant and anti-ageing activity*



*These health claims are still under the decision of the EU and EFSA.



Zendocrin™ Softgels

60 softgels

Zendocrin™ Softgels provide a quick and easy way to consume the dōTERRA Zendocrin Restart Blend, whether you're travelling, in a rush, or simply like the convenience of a softgel!

- Features a proprietary combination of Tangerine, Rosemary, Geranium, Juniper Berry and Cilantro essential oils



ZenGest™ DigestTab™ Chewable Tablets

100 chewable tablets

ZenGest™ is one of dōTERRA's most popular blends due to its many benefits. Now, this incredibly effective blend is available in a convenient, chewable tablet.

- Calcium carbonate tablet infused with ZenGest Supportive Blend of Ginger, Fennel, Coriander, Peppermint, and other essential oils



ZenGest™ GX Assist™ Food Supplement

60 softgels

GX Assist™ is a combination of CPTG Certified Pure Tested Grade™ essential oils and caprylic acid.

- GX Assist contains a proprietary blend of dōTERRA CPTG™ essential oils of Oregano, Tea Tree, Lemon, Lemongrass, Peppermint and Thyme
- Formulated to be used for 10 days as a preparatory cleansing step before using dōTERRA PB Restore™ Food Supplement



Not suitable for a vegan diet



ZenGest™ Softgels TOP SELLER

60 softgels

The well-recognised essential oils in ZenGest™ are known for their soothing properties. ZenGest Softgels are a convenient and easy way to obtain the benefits of the proprietary ZenGest blend.

- Features a proprietary blend of Ginger, Peppermint, Caraway, Coriander and Anise essential oils
- Aids in offering soothing relief



dōTERRA Children's Supplements

These products, inspired by the dōTERRA Lifelong Vitality Pack™, offer convenient liquid and chewable formats for omega-3s, whole-food nutrients, vitamins, and minerals. Kids adore them because they taste delicious, and adults love them because they are easy to swallow.



dōTERRA a2z Chewable™

60 tablets

dōTERRA a2z Chewable™ is a proprietary formula of ingredients developed for those who have difficulty swallowing capsules.

- Combines a blend of B vitamins with vitamins A, C and E
- Created especially for children, in a convenient, tasty form
- Delicious daily chewable with a sweet watermelon flavour



Chewable Tablet

Not suitable for a vegan diet



IQ Mega™

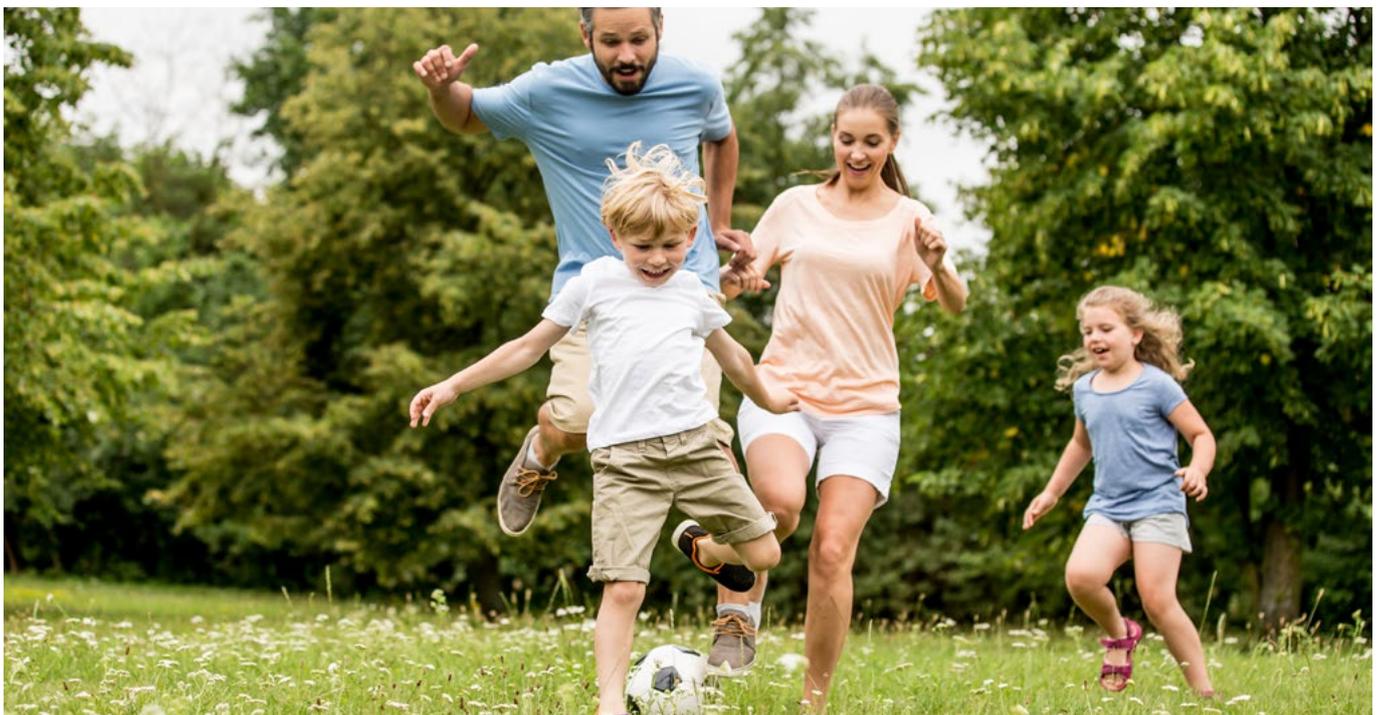
150 ml

IQ Mega™ takes the fishy taste out of fish oil and adds the fresh orange flavour of Wild Orange CPTG™ essential oil.

- Delivers 1,300 mg of pure, concentrated, molecularly-filtered, and completely deodorised marine lipids with 900 mg of DHA and 400 mg of EPA per daily serving
- Formulated to be used with dōTERRA a2z Chewable tablets
- Formulated with dōTERRA CPTG™ Wild Orange essential oil

Not suitable for a vegan diet

Not intended to replace a varied, balanced diet and healthy lifestyle



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 emotional wellbeing from her early teens to her transition through menopause. The dōTERRA Women line of products provides women with monthly support and throughout all the different phases of life.



ClaryCalm™

SOLACE BLEND
10 ml roll-on

A topical blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex. ClaryCalm™ provides a cooling effect to the skin and helps soothe and balance heightened emotions.

- Apply to the abdomen for a soothing massage to bring relief
- Helps soothe and balance heightened emotions



Bone Nutrient Essential Complex

120 capsules

dōTERRA Women Bone Nutrient Essential Complex is a blend of vitamins and minerals specifically chosen to benefit women.

- Includes bioavailable forms of vitamins C and D, calcium, magnesium and other trace minerals

 Made with vegetable capsules

Not suitable for a vegan diet



Phytoestrogen Essential Complex

60 capsules

dōTERRA Women Phytoestrogen Essential Complex is a blend of standardised plant phytoestrogens and concentrated flax seed lignans formulated with women in mind.

- Formulated with a standardised pomegranate extract
- All-natural formula

 Made with vegetable capsules

Women's Health Kit

Includes Phytoestrogen Essential Complex, Bone Nutrient Essential Complex and ClaryCalm Essential Oil Blend.

dōTERRA

Loyalty Rewards

LIVE THE BENEFITS

Only available through the Loyalty Rewards Program (LRP) (see page 63 for details)

Not intended to replace a varied, balanced diet and healthy lifestyle



dōTERRA Verage™

Verage™ is an exclusive system of natural skin care products that nourish and hydrate skin and reduce the visible signs of ageing. The advanced plant technology used in Verage promotes the appearance of an optimal lipid balance - the same balance found in healthy, youthful-looking skin. Each product is composed of true gifts from the Earth: nourishing plant extracts, pure and potent CPTG™ essential oils and select, natural ingredients. The dōTERRA Verage Skin Care Collection delivers results you can see and feel.



Verage™ Cleanser

60 ml

Verage™ Cleanser leaves skin feeling clean and soft while its fresh, herbaceous aroma energises the senses.

- Wild Orange and Basil are widely known for their ability to cleanse
- Tea Tree is renowned for its cleansing and rejuvenating effect on the skin



Verage™ Toner

50 ml

Verage™ Toner combines CPTG™ essential oils with nourishing plant extracts to promote the appearance of tightened, toned and smooth skin—anytime, anywhere.

- Prep and refresh skin with the combined effect of CPTG essential oils and plant extracts that tighten, tone and smooth
- The second step in the Verage Skin Care Regimen, this toner prepares skin for the rich emollients found in Verage Hydrating Serum and Moisturiser
- Easy mist application



Verage™ Immortelle Hydrating Serum

15 ml

Experience the age-defying effects of Verage Immortelle Hydrating Serum. This powerful formula combines CPTG™ essential oils with a specialised plant technology to promote optimal lipid balance for more youthful-looking skin.

- Utilises the CPTG essential oils found in the popular dōTERRA Salubelle™ blend for radiant skin
- The lipid complex goes above and beyond a typical moisturiser by using lipids similar to those naturally found in youthful skin



Verage™ Moisturiser

30 ml

Great for all skin types, Verage™ Moisturiser combines the CPTG™ essential oils of Geranium and Juniper Berry, the absolutes of Jasmine and Sea Buckthorn Berry, and plant extracts to promote deep hydration and skin nourishment.

- Sea Buckthorn Berry and Shea Butter nourish and smooth skin

Verage™ Skin Care Collection

A collection that brings together Verage™ Cleanser, Toner, Immortelle Hydrating Serum and Moisturiser for beautiful, healthy-looking skin.



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 maximising the power of carefully selected CPTG Certified Pure Tested Grade™ essential oils combined with cutting-edge ingredient technologies and natural extracts in each product. Target the visible signs of aging and prevent future signs of aging with dōTERRA Essential Skin Care.



Facial Cleanser

118 ml
dōTERRA Essential Skin Care Facial Cleanser is designed to be used daily, morning and night, to help keep the skin clean and pure. Natural cleansers of Sodium Cocoyl Isethionate and Stearic Acid gently wash away impurities, leaving skin looking clean, fresh and smooth. This cleanser also contains Tea Tree and Peppermint CPTG™ essential oils, known for their refreshing aromas, to make your facial care experience all the more enjoyable.



Invigorating Scrub

70 g
Experience fresh, renewed skin with dōTERRA Invigorating Scrub. As part of our Essential Skin Care line, the Invigorating Scrub includes CPTG™ essential oils of Grapefruit and Peppermint to create a refreshing aromatic experience. Jojoba esters, also found in the Invigorating Scrub, work to polish your skin while botanicals of Mandarin Orange Extract, Jasmine Extract and Greater Burdock Extract help to tone and hydrate.



Pore Reducing Toner

118 ml
Formulated to visibly reduce the appearance of pores, dōTERRA Pore Reducing Toner contains CPTG™ essential oils of Lavender, Ylang Ylang and German Chamomile to soothe the skin. Additionally, innovative fruit and plant extracts tone and balance the skin, increase hydration, and support a healthy-looking complexion.



dōTERRA Salubelle™ BEAUTY BLEND

10 ml roll-on
This proprietary blend combines rare essential oils that have been used throughout history for their beautifying benefits. dōTERRA Salubelle™ Beauty Blend is formulated to support the skin while helping to reduce contributing factors to the appearance of ageing skin. These unique essential oils were expertly selected to benefit skin. The convenient roll-on application makes it easy to apply the Salubelle blend on the face, neck and décolletage.

- Helps to reduce the appearance of blemishes
- Promotes youthful-looking skin



Hydrating Cream

48 g
The intensive moisture your skin has been waiting for, dōTERRA's Hydrating Cream is packed with emollient-rich ingredients to provide intense hydration and nourishment to the skin. Our Hydrating Cream helps to reduce the appearance of skin imperfections, aids with skin barrier renewal for youthful-looking skin, and its rich formula provides a burst of active moisture without leaving an oily residue. Carefully chosen ingredients were designed to rejuvenate the skin, as well as to help reduce the visible signs of ageing. Use day and night.



Anti-Aging Moisturiser

50 ml
No matter your age, it is always important to care for your skin, and the dōTERRA Anti-Aging Moisturiser can help you get the job done. This moisturiser combines cutting-edge ingredients with the CPTG™ essential oils of Lavender, Jasmine, Geranium and Frankincense. Working together, these ingredients may promote the sensation of soft, healthy skin.



Tightening Serum

30 ml

Featuring CPTG™ essential oils of Frankincense, Hawaiian Sandalwood and Myrrh, dōTERRA Tightening Serum is scientifically formulated to promote skin hydration while reducing the appearance of skin imperfections. The Tightening Serum tightens and smooths skin with natural extracts and other carefully selected ingredients that are scientifically proven to help you achieve firmer, younger-looking skin.

Not suitable for a vegan lifestyle



Anti-Aging Eye Cream

15 ml

dōTERRA Anti-Aging Eye Cream combines clinically proven ingredients with CPTG™ essential oils of Frankincense, Ylang Ylang and Blue Tansy to target the signs of ageing around the delicate eye area, helping to reduce the appearance of fine lines and wrinkles over time. This innovative formula moisturises and improves skin firmness and tone. The unique steel rollerball applicator cools and soothes under-eye skin helping reduce the appearance of puffiness while gently applying cream to targeted areas.

Not suitable for a vegan lifestyle



Yarrow|Pom

The synergy of Yarrow essential oil and cold-pressed Pomegranate seed oil sets the new standard for vitality and radiant skin. Yarrow essential oil and Pomegranate seed oil are the foundation of the dōTERRA Yarrow|Pom collection: Yarrow|Pom Active Botanical Duo and Yarrow|Pom Body Renewal Serum. The Yarrow|Pom products are truly impactful, delivering a powerful botanical approach to overall wellness. This scientifically developed product line is revolutionary; a fresh approach to beauty.



Yarrow|Pom
ACTIVE BOTANICAL DUO
30 ml

Yarrow|Pom is an expertly crafted proprietary blend of Yarrow essential oil and cold-pressed Pomegranate seed oil designed to be your go-to for soothing skin and providing a calming effect on emotions throughout the day.

- Use as part of your skin care routine to help promote healthy, young-looking skin or reduce the appearance of blemishes
- Add to your moisturiser for added hydrating benefits
- Create a soothing massage experience



Yarrow|Pom
BODY RENEWAL SERUM
100 ml

Yarrow|Pom Body Renewal Serum is a luxuriously silky serum packed with powerful bioactive compounds to provide you with the best in skin care and beauty. Yarrow essential oil and cold-pressed Pomegranate Seed Oil work synergistically to promote healthy-looking skin. Other CPTG™ essential oils included in this serum are Roman Chamomile, Yuzu, Peppermint and Cananga. Oils of Jojoba, Sunflower, and Grape Seed provide deep moisturising benefits. Additionally, Coffee Seed Extract and Pomegranate esters may help to enhance skin brightness and improve the appearance of skin for a vibrant head-to-toe glow.

- Yarrow essential oil promotes the look of healthy skin
- Jojoba, Sunflower, Avocado, Grape Seed oils increase skin hydration
- Coffee Seed Extract is a skin conditioning agent and helps increase the appearance of smooth skin
- Yarrow|Pom Body Renewal Serum is packed with powerful bioactive compounds



Essential Hair Care

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



dōTERRA Protecting Shampoo

500 ml

dōTERRA Protecting Shampoo is a gentle and invigorating cleanser, leaving hair feeling fresh and soft. Infused with essential oils of Peppermint, Eucalyptus, Tea Tree and Spearmint, this shampoo is free from harsh chemicals, including sulfates, silicones and parabens. Use with dōTERRA Daily Conditioner for optimum results.

- dōTERRA Protecting Shampoo is formulated to be used every day
- Gentle and safe for colour-treated hair



dōTERRA Daily Conditioner

500 ml

dōTERRA Daily Conditioner is lightweight, leaving hair looking smooth and healthy. Nurturing and nourishing, it is beneficial for all hair types. Infused with refreshing CPTG™ Peppermint, Eucalyptus, Tea Tree and Spearmint essential oils, dōTERRA Daily Conditioner complements your dōTERRA haircare routine.

- Formulated to condition, protect and preserve colour vibrancy
- dōTERRA Daily Conditioner is designed to be used every day
- Free from sulfates, silicones and phthalates



dōTERRA Leave-In Conditioner

237 ml

Created for all hair types, dōTERRA Leave-In Conditioner smooths, protects and detangles for a natural shine. Free from harsh chemicals and infused with CPTG™ Wild Orange, Lime, Blue Tansy and Magnolia essential oils along with Osmanthus extract, the easy-to-use spray helps to add moisture, eliminates tangles and can protect hair from the heat of styling.

- Easy-to-use spray and no-rinse formula
- Can detangle and soften hair

Hair Care Trio Kit

This kit contains dōTERRA Protecting Shampoo (500 ml), dōTERRA Daily Conditioner (500 ml), dōTERRA Leave-In Conditioner (237 ml).



Root to Tip Serum

30 ml

This powerful, lightweight serum provides extended moisture without weighing hair down or leaving an oily residue. The carefully chosen CPTG™ essential oils of Lavender, Peppermint, Marjoram, Cedarwood, Lavandin, Rosemary, Niaouli, and Eucalyptus are known for their ability to rejuvenate the scalp while supporting the appearance of healthy hair.

- Provides immediate conditioning, smoothing, and shine
- Contains protective lipids to nourish and moisturise hair and scalp

Personal Care

dōTERRA helps users tackle common issues while providing a personal body care experience through the use of essential oils. Discover a range of essentials designed to elevate your daily routine with natural, effective solutions.



Ginger Drops

30 drops

dōTERRA Ginger Drops deliver the benefits of CPTG™ Ginger essential oil in the convenience of a natural lozenge. The sweet and spicy flavour of Ginger is blended with a splash of Lemon essential oil to boost the flavourful profile of the lozenge.

- Convenient, great-tasting lozenge
- Includes the benefits of Lemon and Ginger essential oils
- Easy to have on-hand when travelling or whenever you need it the most



Correct-X™ Essential Ointment

15 ml

Correct-X™ is a multi-purpose ointment that helps soothe and keep skin clean while it's recovering from distress. This petroleum-free, preservative-free ointment is gentle and non-irritating, making it ideal for sensitive skin.

- Safe and easy to use
- Utilises CPTG™ essential oils of Frankincense, Helichrysum, Tea Tree, Cedarwood and Lavender



SuperMint Toothpaste

125 g

Experience clean, refreshing teeth with SuperMint Toothpaste. Our proprietary blend of CPTG Certified Pure Tested Grade™ mint oils gives SuperMint its exceptionally fresh aroma and taste, for a signature cool, clean sensation.

- Developed using hydroxyapatite, a natural compound that may contribute to the remineralisation of enamel, fostering a sensation of stronger teeth
- Vegan-friendly, formulated with no artificial colours or flavours, and free from fluoride



dōTERRA Deodorant

INFUSED WITH dōTERRA BALANCE™

75 g

Our deodorant infused with dōTERRA Balance™ Essential Oil combines baking soda to actively protect against odour while tapioca absorbs moisture for long-lasting freshness.

- Features CPTG™ essential oils of Spruce, Ho Leaf, Frankincense, Blue Tansy, Blue Chamomile and Osmanthus
- Baking soda helps to neutralise and prevent odours



dōTERRA Deodorant

INFUSED WITH CITRUS BLISS™

75 g

Our deodorant infused with Citrus Bliss™ features a proprietary blend of essential oils, combined with baking soda to actively protect against odour while tapioca absorbs moisture for long-lasting freshness.

- Features CPTG™ essential oils of Wild Orange Peel, Lemon Peel, Grapefruit Peel, Lime Peel, Mandarin Peel, Tangerine Peel, Clementine Peel and Bergamot Peel
- Baking soda helps to neutralise and prevent odours



dōTERRA Deodorant

INFUSED WITH DOUGLAS FIR AND GREEK ORANGE

75 g

This gentle deodorant features dōTERRA CPTG™ essential oils of Douglas Fir and Greek Orange. These essential oils are also combined with magnesium, which helps to actively protect against odour, and tapioca, which helps to absorb moisture for long-lasting freshness.

- Features CPTG essential oils of Douglas Fir and Greek Orange, which help to promote a positive, energetic mood throughout the day
- Magnesium may protect against odours



dōTERRA abōde™ Foaming Hand Wash Concentrate

INFUSED WITH dōTERRA CITRUS BLOOM™
237 ml

Leave hands feeling floral-fresh and clean with the power of dōTERRA abōde Foaming Hand Wash Concentrate. The luxuriously light foam gently coats hands, removing dirt and excess oil to help maintain healthy-looking skin.

- Made with a plant-based cleansing formula, free from phthalates, phosphates, dyes and synthetic fragrances
- Infused with dōTERRA Citrus Bloom blend, a harmony of bright, sweet fruit aromas and fragrant florals
- Use with the dōTERRA Hand Wash Refillable Dispenser, sold separately



dōTERRA™ Hand Wash Refillable Dispenser

473 ml

Made for the conscious consumer, this durable, reusable glass bottle is convenient and easy to fill with your favourite dōTERRA hand wash.

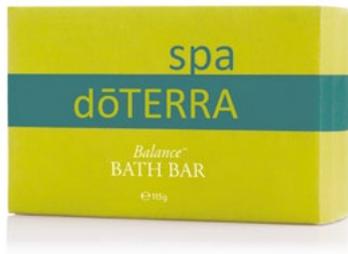
- Intended to use with dōTERRA hand wash concentrates*
- Highly durable amber glass dispenser with brushed metal pump
- Functional and sustainable, easy to refill

**Not included*



dōTERRA spa

dōTERRA spa is a line of essential oil-infused products that provide an aromatic spa experience at home. Each product has been carefully formulated with natural ingredients to leave skin feeling soft, smooth and fresh throughout the day.



dōTERRA Balance™ Bath Bar

113 g

The dōTERRA Balance™ Bath Bar features dōTERRA Balance Grounding Blend to create a calming and balancing experience. Using a proprietary combination of CPTG™ essential oils including Black Spruce, Ho Wood, Frankincense, Blue Tansy and German Chamomile, the bath bar provide a warm and woody aroma.

- African black soap, a combination of shea nut butter, coconut oil, palm kernel oil and cocoa husk, helps improve feelings of hydration in the skin
- Sunflower oil, an emollient in the soap, hydrates and rejuvenates the skin
- Combines CPTG essential oils of Black Spruce, Ho Wood, Frankincense, Blue Tansy and German Chamomile



Citrus Bliss™ Hand Lotion

75 ml

This light, moisturising formula with conditioning emollients and natural botanical extracts will keep your skin healthy and hydrated. Known for its uplifting aroma, Citrus Bliss™ proprietary blend enhances this lotion with energising and refreshing properties.

- Non-greasy formula provides moisture for hands
- Sunflower and macadamia seed oils are known for their exceptional moisturising properties and ability to retain moisture in the skin
- Convenient size, perfect for travel or for use while at home or work



Citrus Bliss™ Invigorating Bath Bar

113 g

Citrus Bliss™ Invigorating Bath Bar creates an uplifting, purifying experience and delivers an energising boost to your daily routine. The unique, proprietary essential oil blend of Citrus Bliss harmoniously creates an elevated aroma.

- Formulated with Citrus Bliss Invigorating Blend of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine and Clementine to help you relax and uplift your mood
- Exfoliating sunflower wax beads and orange peel powder naturally soften, smooth, and stimulate skin rejuvenation
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds



Exfoliating Body Scrub

226 g

The dōTERRA spa Exfoliating Body Scrub is a indulgent body scrub. Using sugar cane, it gently exfoliates and polishes skin, leaving a healthy glow.

- Sweet almond oil serves as a moisturiser and provides a smooth glide across the skin
- Sunflower oil smooths and softens skin



Hand and Body Lotion

200 ml

Indulge your skin in dōTERRA spa Hand & Body Lotion—a light, non-greasy formula that contains jojoba and macadamia seed oils, murumuru and cupuassu seed butters, and nourishing plant extracts.

- Easily blend with your favourite essential oil for a customised aromatic experience
- Sunflower and macadamia seed oils are known for their exceptional moisturising properties and ability to retain moisture in the skin
- Non-greasy formula leaves skin looking healthy, soft and smooth



Lip Balm

Original, Tropical or Herbal | 4.5 g

dōTERRA spa Lip Balm is 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.

- Each lip balm contains a select blend of essential oils that provides a unique sensory experience
- Moringa oil is an emollient that helps improve how the lips look and feel
- Avocado oil provides hydration, essential fatty acids and softening to keep lips looking healthy

Also available in 3-pack, one of each flavour
Not suitable for a vegan lifestyle



Moisturising Bath Bar

113 g

dōTERRA spa Moisturising Bath Bar is a one-of-a-kind bar that provides a unique feel, lather, aroma and cleansing experience. Enjoy a rich, cleansing, aromatic spa experience with dōTERRA's truly original bath bar.

- Bergamot essential oil purifies and soothes skin
- Grapefruit has an energising scent that uplifts mood
- Jojoba seed oil deeply moisturises
- Keep next to your bath tub for easy access



Replenishing Body Butter

198 g

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 moisturisation and ability to promote skin suppleness.

- Wild Orange, Douglas Fir and Frankincense essential oils provide uplifting aromatic benefits
- Shea butter deeply moisturises while promoting supple skin
- Jojoba seed oil absorbs quickly into the skin to moisturise, hydrate and help soften

Not suitable for a vegan lifestyle



Refreshing Body Wash

250 ml

dōTERRA spa Refreshing Body Wash is a natural, oil-infused body wash that provides a rich cleansing and aromatic spa experience.

- Bergamot essential oil provides an uplifting, grounding aroma
- Grapefruit has an energising and refreshing scent that uplifts mood
- Sodium Methyl Oleoyl Taurate is a mild cleanser derived from essential fatty acids found in vegetable fats and oils



dōTERRA spa Rose Hand Lotion

100 ml

dōTERRA spa Rose Hand Lotion is a light, alluring lotion with CPTG™ Rose essential oil that promotes smooth, beautiful skin. As dōTERRA's most valuable essential oil, Rose makes this hand lotion unique in scent and benefits to the skin.

- Sunflower and macadamia seed oils are known for their exceptional moisturising properties and ability to retain moisture in the skin
- Non-greasy formula provides moisture for hands



dōTERRA Serenity™ Bath Bar

113 g

The dōTERRA spa Serenity™ Bath Bar provides a one-of-a-kind feel, lather, aroma and cleansing experience. Infused with the calming and relaxing aroma of our dōTERRA Serenity™ Restful Blend, this bath bar will transport you to a state of blissful repose.

- dōTERRA Serenity essential oil blend promotes a calming environment
- Jojoba seed oil is known for its quick absorption and ability to deeply moisturise
- Vegetable-derived glycerine hydrates skin and helps retain moisture while providing a smooth application of gentle suds
- Aloe leaf juice is moisturising, soothing, and softening to the skin
- Natural kaolin clay gives the bar a beautiful lavender hue



Fractionated Coconut Oil TOP SELLER

115 ml

Ideal for combining with essential oils for topical use.

- Feather-light emollient
- Completely soluble with all essential oils; odourless, colourless and non-staining

dōTERRA™ sun

Every dōTERRA™ sun product is vegan-friendly, reef-safe, and free of synthetic ingredients—including phthalates, oxybenzone and synthetic fragrances. Enjoy mineral-based sun protection that delivers incredible benefits, so your skin looks and acts as young as you feel.





dōTERRA™ sun Face + Body Mineral Sunscreen Lotion

150 ml

dōTERRA sun Face and Body Mineral Sunscreen Lotion contains Red Mandarin, Magnolia, Lemongrass, Ylang Ylang, Carrot Seed, Frankincense and Helichrysum essential oils for a wonderfully light and cheerful aroma. The nourishing, hydrating and soothing formula glides across skin and offers up to 80 minutes of water-resistant protection - apply generously before a day out in the sun for head-to-toe coverage.

- Delivers SPF 30 UVA/UVB protection in a smooth, moisturising cream
- Contains non-nano zinc oxide, avocado oil, aloe vera, raspberry seed oils and vitamin E



dōTERRA™ sun Body Mineral Sunscreen Spray

170 ml

Floral aromas of Magnolia, Ylang Ylang and Helichrysum come together with Red Mandarin, Lemongrass, Carrot Seed and Frankincense for a light, uplifting aroma. It's packaged in an aluminium, non-aerosol spray bottle that delivers a continuous mist for easy, all-over coverage for up to 80 minutes.

- Delivers SPF 30 UVA/UVB protection in a lightweight, moisturising mineral spray
- Contains non-nano zinc oxide, avocado oil, aloe vera, raspberry seed oils and vitamin E



dōTERRA™ sun Face + Body Mineral Sunscreen Stick

50 g

Say hello to the ultimate, mess-free sun protection with our Face and Body Mineral Sunscreen Stick. Featuring essential oils of Red Mandarin, Magnolia, Lemongrass, Ylang Ylang, Carrot Seed, Frankincense and Helichrysum, this sunscreen stick offers moisturising, protecting qualities.

- Delivers SPF 30 UVA/UVB protection in an easy-to-use stick
- Nourishing, intensely hydrating formula is dermatologically tested and water-resistant for up to 80 minutes



dōTERRA™ sun After Sun Body Spray

170 g

The hydrating properties of hyaluronic acid and the soothing qualities of aloe vera combine with the arnica montana flower extract for a deeply moisturising formula. The addition of Copaiba, Lavender, Lemongrass, Peppermint, Japanese Peppermint, Helichrysum, Sandalwood, Blue Tansy, Frankincense and Coriander essential oils offer a fresh and bright, yet grounding and subtle aroma.

- Provides skin-soothing, cooling relief
- Contains aloe vera, hyaluronic acid, green tea and vitamin E
- Nourishing, intensely hydrating formula is dermatologically tested and water-resistant
- Easy and convenient spray bottle for easy application throughout the day



dōTERRA™ sun Face Mineral Sunscreen Daily Moisturiser

50 ml

Experience sun protection you'll look forward to daily with dōTERRA sun Face Mineral Sunscreen. The lightweight, fast-absorbing formula shields from UVA/UVB rays and blue light without an oily feel or white cast.

- Hydrates using a dermatologist-tested formula safe for sensitive skin, offering SPF 30 UVA/UVB sun protection
- Enriches your skin with vitamin E and a blend of antioxidant-rich botanicals, including evodia, grapeseed oil, and CPTG™ essential oils



dōTERRA™ sun Lip Balm

3.5 g

Love your lips daily using dōTERRA sun. Formulated with non-nano zinc oxide to remain on the skin without absorption, dōTERRA sun Lip Balm is powered by plant-based ingredients such as shea butter and mongongo oil for rich, hydrating nourishment, including essential oils of Frankincense, Helichrysum, Lemongrass, Spearmint, and Manuka.

- Delivering SPF 15 UVA/UVB protection, this mineral-based formula soothes, softens and helps shield lips from heat, cold and wind
- Moisturising, soothing, dermatologist-tested, safe for sensitive skin

dōTERRA baby

dōTERRA baby products are a safe, effective way to care for your baby's soft hair and delicate skin. Our products are formulated with your baby in mind.



dōTERRA baby Hair & Body Wash

dōTERRA baby Hair and Body Wash is a safe, effective way to cleanse your baby from their head to their tiny toes. This foaming, tear-free wash combines simple, gentle ingredients. A calming blend of vanilla extract with CPTG™ Lavender and Roman Chamomile essential oils leave babies, toddlers and even big kids with that light, newborn scent. Designed with a convenient, easy-to-use pump, dōTERRA baby Hair & Body Wash makes bath time effortless and simple so you have more time to focus on splashing in the bathtub with your little ones.

- Contains a calming blend of vanilla extract with CPTG Lavender and Roman Chamomile essential oils
- Simple, gentle ingredients
- Tear-free



dōTERRA baby Lotion

Nurture your baby's delicate skin with the comforting properties of dōTERRA baby Lotion. Clinically tested and gentle enough for sensitive skin, this lightweight formula hydrates while supporting your baby's natural moisture barrier with ingredients like shea butter and plant-derived humectants.

- Developed with a comforting blend of Vanilla extract, dōTERRA Lavender and Roman Chamomile essential oils
- Raw East African Muyao Shea Butter, jojoba, fruit extracts, and other gentle humectants help to deeply hydrate the skin



dōTERRA™ baby Diaper Cream

Safe and effective, dōTERRA baby Diaper Cream spreads easily on delicate skin to help treat and prevent diaper rash. Infused with a unique blend of CPTG™ Lavender, Carrot Seed and Tea Tree essential oils, dōTERRA baby Diaper Cream helps to soothe and maintain healthy-looking skin. Additionally, rich Muyao Shea Butter works to moisturise, leaving skin soft and smooth. Protect your little ones with this gentle cream designed specifically for baby's delicate skin.

- CPTG Lavender, Carrot Seed and Tea Tree essential oils help to soothe and maintain healthy-looking skin
- Absorbs easily onto delicate skin to help treat and prevent diaper rash
- Carefully designed for baby's sensitive skin



dōTERRA

Loyalty Rewards

LIVE THE BENEFITS

Loyalty Rewards Program – enjoy Member Exclusive offer

Take advantage of an exclusive product offer when you purchase the Lifelong Vitality Pack or the Daily Nutrient Pack – this offer is only available if you have joined the Loyalty Rewards Program.

The dōTERRA Loyalty Rewards Program (LRP) is the perfect companion to help you build a consistent routine that aligns with your wellness goals, whatever your focus.

Personalise Your Wellness Journey

buy one of the following



Lifelong Vitality Pack

OR



Lifelong Vitality Vegan Pack

OR



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and choose up to 3 of any combination of the items listed below at reduced prices



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When managing your Loyalty Order (LRP) please check to see the latest product options available to choose from. Products may vary from what is displayed here.

Want to find out more about LRP? Scan the QR code*

*To access desired language version you need to change the website language. Scroll to bottom right of webpage to find language selector.



Essential Oils Quick Reference

The quick reference tables over the next few pages will help you to

- understand how a particular oil is registered, supporting you in using the product in the best way.
- discover which oils are in your favourite category – do you love florals, mints or spices?
- learn which are hot oils and citrus oils and why this is important.

What is Oil Registration? To follow regulations across Europe, all of our oils are registered under one of two categories: food flavouring or skincare (cosmetic). The details that we give about each oil are decided by the category of registration.

I've heard the phrase 'hot oil' – what does this mean? Some essential oils are very powerful and should always be diluted with a carrier oil, such as Fractionated Coconut Oil, before putting them on your skin. These are known as 'hot oils'.

What do oils marked as 'sensitive' mean? These oils should always be diluted before using on young or sensitive skin. Be sure to pay attention to this label if you already know that you have sensitive skin or if you plan to use the oil on a child.

Can citrus oils cause photo-sensitivity? Some citrus oils can cause photo-sensitivity, which cause you to sunburn more easily. It's best to stay out of any UV light (sunlight or tanning beds) for at least 12 hours after applying them to your skin.

ESSENTIAL OILS	REGISTRATION		OIL CATEGORY							
	Food Flavouring	Skincare	Citrus	Floral	Herbs/Grasses	Mints	Spices	Wood	"Hot" Oils	Sensitive
Arborvitae <i>Thuja plicata</i>		●						●		
Basil <i>Ocimum basilicum</i>	●				●					
Bergamot <i>Citrus bergamia</i>		●	●							●
Black Pepper <i>Piper nigrum</i>	●						●			●
Black Spruce <i>Picea mariana</i>		●						●		●
Blue Lotus Touch <i>Nymphaea caerulea</i>		●		●						
Blue Tansy <i>Tanacetum annuum</i>		●		●						
Cardamom <i>Elettaria cardamomum</i>	●						●			
Cassia <i>Cinnamomum cassia</i>	●						●		●	
Cedarwood <i>Juniperus virginiana</i>		●						●		●
Celery Seed <i>Apium graveolens</i>	●				●					●
Cilantro <i>Coriandrum sativum</i>	●				●					
Cinnamon <i>Cinnamomum zeylanicum</i>	●						●		●	

ESSENTIAL OILS	REGISTRATION		OIL CATEGORY							
	Food Flavouring	Skincare	Citrus	Floral	Herbs/Grasses	Mints	Spices	Wood	“Hot” Oils	Sensitive
Citronella <i>Cymbopogon winterianus</i>		●			●					●
Clary Sage <i>Salvia sclarea</i>		●			●					
Clove <i>Eugenia caryophyllata</i>	●						●		●	●
Copaiba <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i>		●						●		●
Copaiba Touch <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i>		●						●		
Cypress <i>Cupressus sempervirens</i>		●						●		
Douglas Fir <i>Pseudotsuga menziesii</i>		●						●		
Eucalyptus <i>Eucalyptus radiata, polybractea, kochii, loxophleba, and globulus</i>		●						●	●	
Fennel <i>Foeniculum vulgare</i>	●						●			●
Frankincense <i>Boswellia carterii, sacra, papyrifera, and frereana</i>		●						●		
Frankincense Touch <i>Boswellia carterii, sacra, papyrifera, and frereana</i>		●						●		
Geranium <i>Pelargonium graveolens</i>		●		●						●
Ginger <i>Zingiber officinale</i>	●						●			●
Grapefruit <i>Citrus X paradisi</i>	●		●							
Green Mandarin <i>Citrus nobilis</i>	●		●							
Guaiaicwood <i>Bulnesia sarmientoi</i>		●						●		
Helichrysum <i>Helichrysum italicum</i>		●		●						
Helichrysum Touch <i>Helichrysum italicum</i>		●		●						
Jasmine Touch <i>Jasminum grandiflorum</i>		●		●						
Juniper Berry <i>Juniperus communis</i>		●					●			
Lavender <i>Lavandula angustifolia</i>		●		●						
Lavender Touch <i>Lavandula angustifolia</i>		●		●						
Lemon <i>Citrus limon</i>	●		●							
Lemon Eucalyptus <i>Eucalyptus citriodora</i>		●						●		●

ESSENTIAL OILS	REGISTRATION		OIL CATEGORY							
	Food Flavouring	Skincare	Citrus	Floral	Herbs/Grasses	Mints	Spices	Wood	“Hot” Oils	Sensitive
Lemongrass <i>Cymbopogon flexuosus</i>	●				●					●
Lime <i>Citrus aurantifolia</i>	●		●							●
Madagascar Vanilla <i>Vanilla planifolia</i>		●		●						
Magnolia Touch <i>Michelia alba</i>		●		●						
Marjoram <i>Origanum majorana</i>	●				●					
Melissa <i>Melissa officinalis</i>		●		●						
Myrrh <i>Commiphora myrrha</i>		●						●		
Myrrh Touch <i>Commiphora myrrha</i>		●						●		
Neroli Touch <i>Citrus x aurantium</i>		●		●						
Oregano <i>Origanum vulgare</i>	●				●				●	
Oregano Touch <i>Origanum vulgare</i>		●			●					
Patchouli <i>Pogostemon cablin</i>		●			●					
Peppermint <i>Mentha piperita</i>	●					●				●
Peppermint Touch <i>Mentha piperita</i>		●				●				
Petitgrain <i>Citrus aurantium</i>		●	●							●
Pink Pepper <i>Schinus molle</i>	●						●			
Roman Chamomile <i>Anthemis nobilis</i>		●		●						
Rose <i>Rosa damascena</i>		●		●						●
Rose Touch <i>Rosa damascena</i>		●		●						
Rosemary <i>Rosmarinus officinalis</i>	●				●					
Sandalwood <i>Santalum album</i>		●						●		
Sandalwood, Hawaiian <i>Santalum paniculatum</i>		●						●		
Siberian Fir <i>Abies sibirca</i>		●						●		
Spanish Sage <i>Salvia lavandulifolia</i>		●						●		●
Spearmint <i>Mentha spicata</i>	●					●				●
Spikenard <i>Nardostachys jatamansi</i>		●						●		
Tangerine <i>Citrus reticulata</i>	●		●							
Tea Tree <i>Melaleuca alternifolia</i>		●						●		

ESSENTIAL OILS	REGISTRATION		OIL CATEGORY							
	Food Flavouring	Skincare	Citrus	Floral	Herbs/Grasses	Mints	Spices	Wood	“Hot” Oils	Sensitive
Tea Tree Touch <i>Melaleuca alternifolia</i>		●						●		
Thyme <i>Thymus vulgaris</i>	●				●				●	
Tulsi (Holy Basil) <i>Ocimum sanctum</i>		●			●					●
Turmeric <i>Curcuma longa</i>	●						●			
Vetiver <i>Vetiveria zizanioides</i>		●						●		
Vetiver Touch <i>Vetiveria zizanioides</i>		●						●		
Wild Orange <i>Citrus sinensis</i>		●	●							
Yarrow Pom Active Botanical Duo		●		●						
Ylang Ylang <i>Cananga odorata</i>		●		●						



Essential Oil Blends

Quick Reference

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ESSENTIAL OIL BLENDS	REGISTRATION		OIL CATEGORY							
	Food Flavouring	Skincare	Citrus	Floral	Herbs/Grasses	Mints	Spices	Wood	“Hot” Oils	Sensitive
dōTERRA abōde™		●	●				●	●		●
dōTERRA Adaptiv™		●	●	●		●		●		
dōTERRA Adaptiv™ Touch		●	●	●		●		●		
dōTERRA Air™		●	●		●	●		●		●
dōTERRA Air™ Touch		●	●		●	●		●		
Air-X™		●	●				●	●		●
dōTERRA Align™		●	●		●	●				
dōTERRA Anchor™		●					●	●		
dōTERRA Arise™		●	●					●		
AromaTouch™		●	●		●	●				
dōTERRA Balance™		●		●				●		
dōTERRA Brave™		●	●				●	●		
dōTERRA Calmer™		●		●				●		
dōTERRA Cheer™		●	●				●			●
dōTERRA Cheer™ Touch		●	●				●			
Citrus Bliss™		●	●							
ClaryCalm™		●	●	●						
dōTERRA Console™		●		●				●		
dōTERRA Console™ Touch		●		●				●		
DDR Prime™	●		●		●		●	●		●
Deep Blue™		●		●		●				●

ESSENTIAL OIL BLENDS	REGISTRATION		OIL CATEGORY							
	Food Flavouring	Skincare	Citrus	Floral	Herbs/Grasses	Mints	Spices	Wood	“Hot” Oils	Sensitive
Deep Blue™ Touch		●		●		●				
dōTERRA Forgive™		●	●		●			●		●
dōTERRA Forgive™ Touch		●	●		●			●		
HD Clear™		●		●	●			●		
dōTERRA Hope™ Touch		●	●	●			●	●		
InTune™		●	●	●				●		
MetaPWR™	●		●			●	●			
dōTERRA Motivate™		●	●		●	●				●
dōTERRA Motivate™ Touch		●	●		●	●				
On Guard™	●		●		●		●			●
On Guard™ Touch	●		●		●		●			
dōTERRA Passion™		●		●			●	●		●
dōTERRA Passion™ Touch		●		●			●	●		
PastTense™		●		●	●	●				
dōTERRA Peace™		●		●	●			●		
dōTERRA Peace™ Touch		●		●	●			●		
dōTERRA Purify™		●	●		●			●		
dōTERRA Rescuer™		●		●		●		●		
dōTERRA Salubelle™		●		●				●		
dōTERRA Serenity™		●		●				●		
dōTERRA Shinrin-Yoku™		●	●	●				●	●	
dōTERRA Shinrin-Yoku™ Touch		●	●	●				●		
dōTERRA Steady™		●		●	●			●		
dōTERRA Stronger		●		●				●		
dōTERRA SuperMint™	●					●			●	
dōTERRA SuperMint™ Touch	●					●				
dōTERRA Tamer™		●				●	●			
TerraShield™		●			●	●		●		
dōTERRA Thinker™		●			●	●		●		
Zendocrine™	●		●		●		●			
ZenGest™	●					●	●			
ZenGest™ Touch		●				●	●			
dōTERRA Whisper™ Touch		●	●	●			●	●		

Supplements Quick Reference

NAME	Count	ALLERGEN					OTHER	
		Gluten	Fish	Milk	Soy	Sesame Seeds	Vegan Friendly	Vegetarian Friendly
a2z Chewable™	60 chewable tablets							
Alpha CRS™+	120 Capsules					●	●	●
Bone Nutrient Lifetime Complex	120 Capsules							
CP+ Softgels	60 Softgels						●	●
DDR Prime™ Softgels	60 Softgels						●	●
Deep Blue Polyphenol Complex™	60 Capsules						●	●
dōTERRA Serenity™ Softgels	60 Softgels						●	●
EO Mega+	15 Sachets		●					
EO Mega+ Softgels	90 Softgels		●					
Frankincense Microbead Capsules	30 Capsules						●	●
GX Assist™	60 Softgels							
IQ Mega™	150 ml		●					
MetaPWR Mito2Max™	60 Capsules						●	●
MetaPWR™ Advantage	30 Sachets		●					
MetaPWR™ Assist	30 Capsules						●	●
MetaPWR™ Recharge (Lemon Lime)	30 Sachets						●	●
MetaPWR™ Recharge (Wild Strawberry)	30 Sachets						●	●
MetaPWR™ Softgels	90 Softgels						●	●
Microplex VMz™	120 Capsules	●			●		●	●
On Guard™+ Chewable Tablets	60 Chewable Tablets						●	●
On Guard™+ Softgels	60 Softgels						●	●
PB Assist+™	30 Sachets						●	●
dōTERRA PB Restore™	30 Capsules						●	●
Phytoestrogen Essential Complex	60 Capsules				●		●	●
Plant Protein - Chocolate	512 g						●	●

NAME	Count	ALLERGEN					OTHER	
		Gluten	Fish	Milk	Soy	Sesame Seeds	Vegan Friendly	Vegetarian Friendly
Plant Protein - Vanilla	512 g						●	●
TerraZyme™	90 Capsules	●		●	●			●
TriEase™ Softgels	60 Softgels						●	●
Turmeric Dual Chamber Capsules	60 Capsules						●	●
vEO Mega™	120 Capsules				●		●	●
VMG+	30 Sachets						●	●
xEO Mega™	120 Capsules						●	●
Zendocrine™ Complex	60 Capsules	●					●	●
Zendocrine™ Softgels	60 Softgels						●	●
ZenGest™ DigestTab™	100 Chewable Tablets						●	●
ZenGest™ Softgels	60 Softgels						●	●

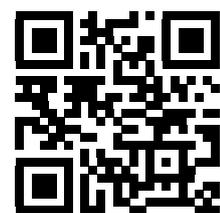
Our Integrity, Your Confidence

At dōTERRA we pursue what's pure:

- **Pure Product**
- **Pure Business Practices**
- **Pure Intentions**
- **Pure Love of Humanity**

Our unique business fosters a sense of community and cultivates a strong feeling of belonging. The belief in the power of people to positively impact one another and the world is the foundation of our purpose and mission: to make a difference in everything we do.

Partner with dōTERRA today.



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As we launch new products throughout the year, check out the dōTERRA additions web page so you don't miss out on the latest product updates!

dōTERRA™

Please note that products featured in this brochure are subject to change and may vary from what is displayed. Visit shop.doterra.com for the latest information.

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