

A romantic couple embracing outdoors. The man is on the left, wearing a grey knit cardigan over a white t-shirt, smiling warmly. The woman is on the right, wearing a grey knit top, leaning her head against his and smiling. They are both wrapped in cozy, textured knitwear. The background is a soft-focus outdoor setting with greenery and a bright sky.

dōTERRA®

AUSTRALIA & NEW ZEALAND

Product Guide | *Winter 2023*





dōTERRA  
**cō·impact**  
SOURCING

*At dōTERRA we are anxiously engaged in identifying ways we can positively contribute to creating sustainable jobs and addressing community needs. Tea Tree, Kenya*

# Changing the world one drop, one person, one community at a time

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## dōTERRA Means “Gift of the Earth”

In 2008, a group of healthcare and business professionals came together with a common vision of sharing the power of pure essential oils with the world.

Each understood that essential oils— when properly sourced from optimal regions and thoroughly tested for the highest levels of purity and potency—are the earth’s gift to humanity. With these gifts, comes great responsibility to become environmental stewards, respecting each grower and each contributing community.

dōTERRA focuses on maintaining the highest levels of purity and sustainability as it partners with local growers around the world through Cō-Impact Sourcing. This unique model implements long-term, mutually beneficial supplier partnerships where skilled rural farmers oversee plants and growing environments. In return, dōTERRA provides jobs with fair payments, leading to stronger local economies and healthier, more stable supply chains.

Each dōTERRA essential oil passes through rigorous CPTG Certified Pure Tested Grade® testing guided by cutting-edge advancements in essential oil research and testing implementation. dōTERRA benefits from the ever-increasing knowledge and expertise of a Medical Advisory Board made up of global consultants in chemistry, microbiology, botany, research science, physiology, and nutritional science.

Since the beginning, independent Wellness Advocates have shared the life enhancing benefits of dōTERRA CPTG® essential oils with millions of customers throughout the world.

dōTERRA has emerged as a global integrative health and wellness company and the world’s largest essential oil company. By partnering with respected medical professionals and world-renowned research partners, dōTERRA is revolutionising the essential oil industry by integrating alternative approaches that address individual health and wellness.

To ensure that dōTERRA never forgets the sacredness of these gifts, the dōTERRA Healing Hands Foundation® seeks to bring healing and hope to the world, empowering impoverished people and communities around the globe with charitable support and the tools they need to become self-reliant.

We respectfully offer these ‘gifts of the earth’ to you and your family.



doTERRA®  
Lavender

Caution: Avoid use on children. Avoid use on cats, dogs, and birds. Avoid contact with eyes, inner ears, and sensitive areas. Consult your physician. Always use as directed.



**Adaptiv™**  
page 86



**doTERRA Lifelong Vitality Pack®**  
page 124



**doTERRA® clean Collection**  
page 94



# Contents

- 8** What are Essential Oils?
- 9** CPTG Certified Pure Tested Grade®
- 10** Essential Oil Uses
- 12** Where to Begin
- 16** Essential Oil Singles
- 32** Touch Singles
- 36** Single Oils Quick Reference
- 39** Essential Oil Blends
- 50** Oil Blends Quick Reference
- 53** Starter Packs
- 56** Family Essentials Kit
- 60** dōTERRA Emotional Aromatherapy Kit
- 62** dōTERRA Emotional Aromatherapy Touch Kit
- 64** Yoga Collection
- 66** Oceania Trio
- 68** dōTERRA Bundles & Kits
- 70** Kids Collection
- 84** Ice Blue®
- 86** dōTERRA Adaptiv®
- 87** Easy Air®
- 88** dōTERRA On Guard®
- 94** dōTERRA® clean
- 96** dōTERRA Diffusers & Accessories
- 100** HD Clear®
- 102** Yarrow | Pom Collection
- 104** Verâge®
- 106** Essential Skin Care
- 108** Spa
- 112** dōTERRA® hair
- 114** Shampoo & Conditioner Bars
- 116** Natural Deodorant
- 116** Correct-X®
- 117** dōTERRA Healing Hands Foundation®
- 122** dōTERRA MetaPWR®
- 124** Lifelong Vitality Pack®
- 126** Digestive Health
- 128** dōTERRA Nutrition

dōTERRA® hair  
Collection  
page 112





# What Are Essential Oils?

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots and flowers of plants. They can be both beautiful and powerfully fragrant. If you have ever enjoyed the gift of a rose, a walk by a lavender field or the smell of freshly cut mint, you have experienced the aromatic qualities of essential oils. Essential oils elicit powerful responses, yet the use of essential oils goes well beyond their fragrant appeal.

Essential oils have been used throughout history in many cultures for their life-enhancing properties. Modern trends toward more holistic approaches and growing scientific validation of alternative health practices are driving a rediscovery of the profound health and wellness benefits of essential oils. Many oils have powerful cleansing properties and certain oils can help promote vitality and wellbeing. The individual chemical structure of each oil allows them to deliver their own unique and targeted benefits.

## Extraction Methods

Essential oils are most often extracted via a steam distillation process in which steam is circulated under pressure through plant material, liberating the essential oils into the steam. As the steam mixture cools, the water and oils are separated and the oil is collected in its pure form. To ensure the highest quality oil extract with the correct chemical composition, temperature and pressure must be monitored closely. Too little heat and pressure will not release the valuable oil; too much can fracture the oil's delicate chemical composition and alter its potency.

In addition to using proper distillation methods, creating a quality CPTG® essential oil requires the meticulous selection of the correct plant species and plant parts, harvested at the perfect moment when their aromatic compounds are most concentrated. This complex process is as much an art form as it is a science and requires experienced growers and distillers working together to ensure a superior product.





## CPTG Certified Pure Tested Grade®

dōTERRA® CPTG Certified Pure Tested Grade® essential oils are pure, natural, aromatic compounds carefully extracted from plants. They do not contain fillers or artificial ingredients that would dilute their active qualities and are free of contaminants or other chemical residues.

As important as it is to keep contaminants out of our oils, assuring the presence of the oils' active compounds at the right levels is necessary to guarantee safety and effectiveness. Many oils claim to be pure—but few are subjected to rigorous testing standards for chemical composition. dōTERRA CPTG Certified Pure Tested Grade® essential oils are cross tested using Mass Spectrometry and Gas Chromatography to ensure both the purity and compositional potency of each batch.

dōTERRA works closely with a global network of leading essential oil chemists and growers to select botanicals of the correct species, grown in ideal environments and carefully harvested at the right time. The aromatic compounds of the plants are skillfully extracted by experienced distillers and subjected to chemical analysis to ensure purity and composition. dōTERRA CPTG Certified Pure Tested Grade® essential oils represent the safest and most beneficial oils available in the world today.



*Equally stringent standards of safety and efficacy are applied to all dōTERRA Essential Wellness products. Guided by our Medical Advisory Board, dōTERRA uses only top development and manufacturing partners who maintain Good Manufacturing Practice (GMP) certification and enjoy industry reputation for superior innovation and quality. Each dōTERRA product is guaranteed to exceed customer satisfaction and performance expectations.*



## Essential Oil Uses

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Essential oils are used for a broad range of applications. They can be used individually or in complex blends, depending on user experience and desired benefit. Essential oils are usually administered by one of three methods: diffused aromatically, applied topically to the skin or taken internally. Using essential oils can be both profoundly simple and life changing at the same time. Working with someone who has used essential oils before will help first-time users have a more beneficial and enjoyable experience.

Essential oils are naturally safe and have few, if any, undesirable side effects when used as directed. They are, however, powerfully concentrated and should be used with care. Be sure to use only pure essential oils and follow all label warnings and instructions. Essential oils should never be used in the eyes or inside the ear canal. If redness or irritation occurs when using essential oils topically, apply a vegetable oil such as Fractionated Coconut Oil to the affected area—water will not dilute essential oils. Consult your physician before using essential oils if you are pregnant or under a doctor's care.

Look for the following symbols by the essential oil product descriptions in this product guide to help you with your oil selection. (Use instructions and appropriate cautions are included on individual essential oil labels.)

### Application Methods

- A** Can be used **aromatically**
- T** Can be used **topically**
- F** Can be used as **food flavouring**

### Sensitive Skin

- N** Can be used with no dilution (**neat**)
- S** Dilute for young or sensitive skin (**sensitive**)
- D** Dilute before using topically (**dilute**)

### Therapeutic Wellness

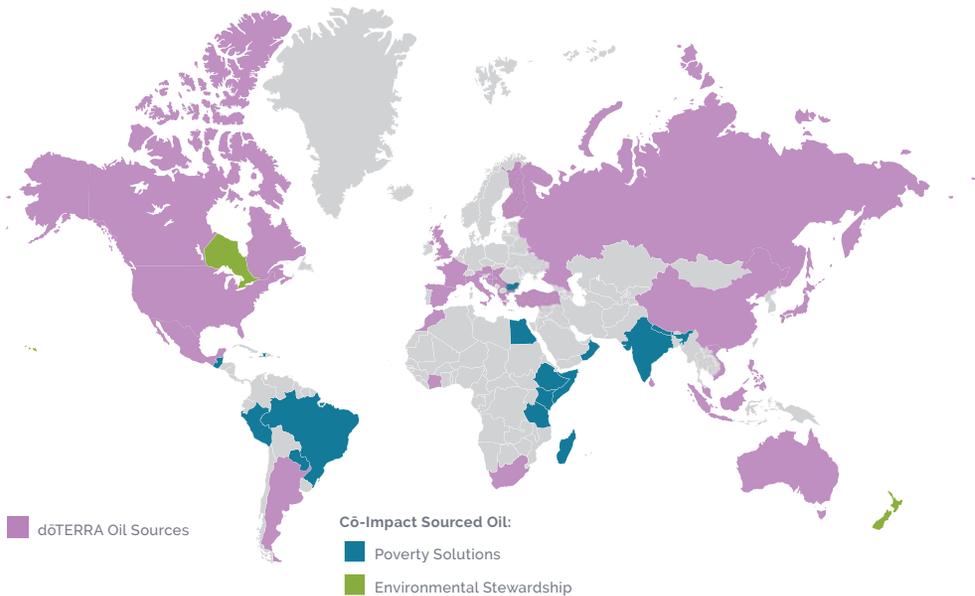
- TW** Learn traditional uses in the **Therapeutic Wellness Sharing Guide**.

Please note, some products can be used in multiple ways.

The dōTERRA® network of botanical growers and distillers spans the globe from Italy to Madagascar, Argentina to New Zealand. Only the purest and most potent essential oils meet our strict CPTG Certified Pure Tested Grade® standards. Accept nothing less from your wellness professional or for your family.

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 Cō-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.



# Where to Begin

Using essential oils is intuitively simple and highly satisfying. However, the many oils available, with their countless combinations and wellness applications, can be a bit overwhelming for beginners. As a simple first step on your journey with essential oils, we recommend a trio of Lavender, Lemon, and Peppermint. Three of our most popular oils, they will provide you and your family a compelling experience with the life-enhancing properties of essential oils.



dōTERRA lavender fields, Bulgaria.



## Introductory Kit

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

- Lavender essential oil (5mL bottle)
- Lemon essential oil (5mL bottle)
- Peppermint essential oil (5mL bottle)
- List of suggested uses for each oil

KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.

## Application Methods

- A** Can be used **aromatically**
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### Lavender *Lavandula angustifolia* Essential Oil

Lavender has been cherished for its unmistakable aroma and myriad of benefits for thousands of years

- Relaxed aroma ideal to help support a restful night's sleep.
- Ideal to soothe mild skin irritations and sunburn.
- Enhance daily energy levels.
- Use in cooking to soften citrus flavours and add an interesting twist.

**A T F N TW**

5mL bottle

**AUST-L 370657**

KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



### Lemon *Citrus limon* Essential Oil

Supremely versatile, must-have Lemon essential oil, with its powerful crisp and uplifting scent, can be used in multiple ways throughout the home. Lemon essential oil is cold pressed from lemon rinds to preserve its delicate, natural and potent properties.

- Add a drop to water for a citrus burst of flavour.
- Add to a spray bottle of water to clean benches and other surfaces.
- Makes a great furniture polish by combining a few drops with olive oil to clean, protect and shine wood finishes.
- Add one to two drops to recipes that call for a citrus flavour.
- Diffuse to create an uplifting environment.

**A T F N TW**

5mL bottle

**AUST-L 370236**

KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



### Peppermint *Mentha piperita* Essential Oil

A bestseller, Peppermint essential oil provides a myriad of health and wellness benefits.

- Diffuse to support cognitive or mental function.
- Diffuse to help ease a mild tension headache.
- Take orally after meals to promote digestion.
- Can be applied directly to mouth cavity to promote healthy gums.

**A T F N TW**

5mL bottle

**AUST-L 332583**

KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.





## Lavender *Lavandula angustifolia*

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- Apply to the bottoms of feet or a pillow to help support a restful night's sleep.
- Use with bath salts for a relaxing spa bathing experience.
- Lightly apply to soothe sun-exposed skin.
- Apply to back, hands or feet of a restless or agitated child.
- Calm sensitive skin and soothe pores after hair removal.
- Apply to dry, chapped lips before applying lip balm.
- Use with Peppermint essential oil for a revitalising scalp massage.



AUST-L 370657

KEEP OUT OF REACH OF CHILDREN.

Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



## Lemon *Citrus limon*

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- Add a drop to water for a refreshing citrus infusion and to support healthy digestion.
- Infuse recipes with natural antioxidants and a refreshing burst of citrus.
- Diffuse for an uplifting and positive aroma or to help ease nausea and vomiting.
- Add a few drops to hot water with honey to help promote immune system function and ease the symptoms of the common cold.
- Add a few drops to olive oil to clean, protect and shine wood finishes.
- Dilute with coconut oil for a daily fingernail conditioning massage.
- Use to help protect and preserve leather furniture and garments.
- Remove gum, label adhesives and greasy substances from fabric.
- Use to clean kitchen bench tops and stainless steel appliances.



AUST-L 370236

KEEP OUT OF REACH OF CHILDREN.

Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



## Peppermint *Mentha piperita*

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- Diffuse to help maintain or support cognitive or mental function.
- Add a drop to liquid beverage to reduce abdominal pain or discomfort.
- Add a drop to water and drink to support healthy digestion when traveling.
- Add a drop to water and drink to support and promote healthy digestion.
- Apply one drop orally to ease mild throat inflammations.



AUST-L 332583

KEEP OUT OF REACH OF CHILDREN.

Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



# dōTERRA® Essential Oil Singles

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



## Arborvitae *Thuja plicata* Essential Oil

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

- Use during meditation for a sense of peace and calm.
- Add a few drops to a spray bottle with water and spray on surfaces or hands for a DIY cleaner.
- Warm, earthy aroma.



5mL bottle



## Basil *Ocimum basilicum* Essential Oil

Valued for its calming properties, Basil essential oil has a warm, spicy, and herbal aroma that can help stimulate the senses and enhance focus and alertness.

- Provides a sense of alertness and feelings of calmness when diffused.
- Perfect to diffuse while studying or reading.
- Distinct flavour ideal for Italian dishes.



15mL bottle



## Bergamot *Citrus bergamia* Essential Oil

Unique among citrus oils, Bergamot is valued for its calming and uplifting aroma, which is ideal to lift the atmosphere and shift your mood.

- Frequently used in massage therapy for its calming aroma.
- Provides skin clarifying benefits.
- Ideal to diffuse for a calming and uplifting aroma.



15mL bottle

**AUST-L 336053**

Keep out of reach of children. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.





**Bergamot Mint** *Mentha citrata*  
Essential Oil

Bergamot Mint is a mint oil, not a citrus oil. Its soothing and relaxing aroma is ideal to diffuse to create a calm and restorative atmosphere, making it the ideal choice to anchor your sleep routine or as a tranquil addition to lotions, soaps or massage oils.

- Ideal to diffuse for a relaxing and restorative aroma after a hard day or at bedtime.
- Add to Fractionated Coconut Oil as part of a comforting and soothing post-workout massage.
- Blends well with citrus oils, Basil, Geranium, Lavender, Rose, and Ylang Ylang essential oils.



15mL bottle



**Black Pepper** *Piper nigrum*  
Essential Oil

Known for its powerful antioxidant properties and for its ability to create a calming and soothing atmosphere when diffused, Black Pepper essential oil can also enhance the flavour of food.

- Diffuse or inhale directly for a calming aroma and to create a soothing atmosphere.
- Add to meats, soups and salads to enhance flavour.



5mL bottle



**Black Spruce** *Picea mariana*  
Essential Oil

Historically used by Native Americans for topical and spiritual practices, Black Spruce is a powerful wood essential oil known for its relaxing and calming aroma.

- Combine a few drops of Black Spruce essential oil with Fractionated Coconut Oil and massage into the skin for a soothing and comforting massage.
- Diffuse whenever you are searching for harmony and balance.
- Inhale throughout day to experience the refreshing, clear aroma.



5mL bottle



**Blue Tansy** *Tanacetum annuum*  
Essential Oil

Blue Tansy essential oil, which comes from the annual yellow-flowered Mediterranean plant, is high in chamazulene and sabinene. An important oil in the doTERRA Ice Blue® Athletic Blend.

- Include one or two drops in lotion for a restorative massage after a stressful day or extreme workout.
- Add one or two drops to your favourite moisturiser or cleanser and apply topically to help reduce the appearance of blemishes or to hydrate and soothe the skin.
- Its beautiful, deep, rich blue colour may stain surfaces, fabrics, and skin, so careful use and dilution is recommended.



5mL bottle



**Cardamom** *Elettaria cardamomum*  
Essential Oil

Cardamom has a distinctive warm and comforting aroma that is beneficial to diffuse after mealtime to help soothe digestive discomfort.

- Great to have on hand after meals. Its fragrant spicy-sweet aroma soothes discomfort.
- Add 5-10 drops in a diffuser or hot water and inhale deeply for 5 to 10 minutes.
- Add 2 drops onto a tissue, hold near the nose and inhale.



5mL bottle

AUST-L 335587

KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.





### Cassia *Cinnamomum cassia* Essential Oil

Closely related to cinnamon, Cassia has a strong, spicy aroma that can be used in small quantities to transform food flavour.

- Adds a delicious flavour to foods.
- Noted for its unmistakable fragrance and calming, aromatic properties.



15mL bottle



### Cedarwood *Juniperus virginiana* Essential Oil

Cedarwood has a grounding aroma that evokes feelings of spiritual and emotional wellbeing. Rich and woody Cedarwood is frequently used in massage therapy to relax and soothe.

- Add one to two drops of Cedarwood to your facial toner or moisturiser to help promote clear, healthy-looking skin.
- Diffuse after a difficult day to create a relaxing environment.
- Use to help soothe the body during a relaxation massage.



15mL bottle



### Celery Seed *Apium graveolens* Essential Oil

Sourced from the celery plant, Celery Seed essential oil has a warm, sweet aroma, and may improve digestion when used internally.

- Supports a healthy digestive system when consumed.
- Add a few drops of Celery Seed to your favourite drink or shake for powerful cleansing benefits.
- Creates a soothing, relaxing environment.



15mL bottle



### Cilantro *Coriandrum sativum* Essential Oil

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

- Add a flavour twist to meats, salads, dips and guacamole.
- For a fresh, herbal aroma, diffuse three to four drops of Cilantro with the citrus essential oil of your choice.



15mL bottle



### Cinnamon Bark *Cinnamomum zeylanicum* Essential Oil

Well known for its use as a spice, Cinnamon has a long history of culinary uses.

- Add to your favourite recipes in place of ground cinnamon for a delightfully spicy flavour.
- Try adding one or two drops to a hot chocolate or night-time tea.
- Diffuse for a spicy, warming aroma.



5mL bottle



Cinnamon Bark



### Application Methods

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- T** Can be used **topically**
- F** Can be used as **food flavouring**

### Sensitive Skin

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### Therapeutic Wellness

- TW** Learn traditional uses in the **Therapeutic Wellness Sharing Guide**.



### Citronella *Cymbopogon winterianus* Essential Oil

Citronella is a tall grass grown in Asia with a crisp, fresh aroma. Citronella is an ideal companion during outdoor activities.

- Combine with citrus oils or dōTERRA On Guard® to boost your surface cleaning routine.
- An ideal companion for camping, hiking and trips to the great outdoors.

**A T S**

15mL bottle



### Clary Sage *Salvia sclarea* Essential Oil

Clary Sage is known for its soothing properties and benefits to the skin.

- During your menstrual cycle, rub three to five drops on the abdomen for a soothing massage.
- Diffuse to help calm and soothe the nerves.
- Combine with a carrier oil to massage and soothe the skin.
- Promotes healthy-looking hair and scalp.

**A T F N TW**

15mL bottle

**AUST-L 337228**

**KEEP OUT OF REACH OF CHILDREN.** Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.





**Clove** *Eugenia caryophyllata*  
Essential Oil

Clove essential oil's main chemical component eugenol, makes this a very stimulating and energising essential oil.

- Add one or two drops to a carrier oil for a warming massage.
- Blends well with Cinnamon Bark, Wild Orange, Lemon and Ginger essential oils.



15mL bottle



**Copaiba** *Copaifera reticulata, officinalis, coriacea, and langsdorffii*  
Essential Oil

Enhance your self-care ritual and your state-of-mind. Widely used in cosmetic products including soaps, massage oils, lotions, and perfumes, woody Copaiba calms your mood and settles your emotions, making it ideal as part of your relaxation rituals or to diffuse during periods of overwhelm.

- Unwind and relax tired muscles by incorporating Copaiba into a warming and soothing massage, ideal for tired muscles.
- Help reduce the appearance of blemishes. Add to your facial moisturiser to promote the appearance of a clear and smooth complexion.



15mL bottle



**Coriander** *Coriandrum sativum*  
Essential Oil

Used in cooking for centuries, floral and herbaceous Coriander brings a unique flavour to Asian inspired dishes.

- Relaxing aroma, similar chemical composition to Lavender essential oil.
- Add 1-2 drops to flavour food.
- Introduce a fresh, sweet and herbaceous note to diffuser.



15mL bottle



**Cypress** *Cupressus sempervirens and lusitanica*  
Essential Oil

Sourced from tall evergreen trees, the gentle and woody properties of Cypress oil are known to help soothe the coughs and help support healthy joints.

- Diffuse for its energising aroma when experiencing feelings of fatigue.
- Add 3-4 drops to a bowl of hot water and inhale deeply to support healthy respiration.
- Dilute 1-2 drops of oil with carrier oil and apply topically to affected areas to support healthy bones and joints.



15mL bottle



**AUST-L 338888**  
KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF PREGNANT OR BREASTFEEDING. Always read the label and follow directions for use.



**Douglas Fir** *Pseudotsuga menziesii*  
Essential Oil

Douglas Fir is sustainably sourced in New Zealand, where its harvest helps protect the ecosystem from an invasive species while providing us with a premium conifer oil.

- Creates a positive and inspiring atmosphere.
- Bring the outdoors in by diffusing its fresh, airy and uplifting aroma.
- Add a drop to a facial cleanser, soap or body wash for an invigorating fragrance.
- Diffuse over the holidays for festive ambience.



5mL bottle





Fennel Seed



**Eucalyptus** *Eucalyptus radiata*  
Essential Oil

Breathe easy with the cooling and clearing scent of Eucalyptus leaf oil. Helps support healthy breathing when you need it most.

- Add 8-12 drops in a vaporiser and inhale deeply.
- Add 8-12 drops to a bowl of hot water and inhale deeply.
- Dilute 1-2 drops of oil with carrier oil and apply to affected areas.

Use up to 3 times per day



15mL bottle

**AUST-L 336052**

NOT TO BE TAKEN. KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF PREGNANT. AVOID CONTACT WITH EYES, INNER EARS, AND SENSITIVE AREAS. Always read the label and follow directions for use



**Fennel** *Foeniculum vulgare*  
Essential Oil

Support your digestive wellbeing with fragrant and flavoursome sweet Fennel seed oil. With a history of use that dates back to ancient Roman times, Fennel essential oil is best known for its distinct licorice aroma and taste.

- Dilute 1 drop in water or tea to promote healthy digestion.
- Diffuse its distinctive licorice aroma to invigorate the senses.



15mL bottle

**AUST-L 335888**

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF PREGNANT OR BREASTFEEDING. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



**Product Highlight**

**Frankincense**

doTERRA Frankincense essential oil is hydro-distilled from wild-crafted gum resins of the *Boswellia carterii*, *sacra*, *papyrifera*, and *frereana* trees. Highly prized in the ancient world for its fragrant and revitalising properties, Frankincense is a favourite among modern wellness practitioners for its many wellness applications.



**Frankincense** *Boswellia carterii, sacra, papyrifera, and frereana*  
Essential Oil

Known as 'the King' of essential oils, spiritually awakening Frankincense essential oil is supremely versatile. An ancient skin tonic, Frankincense delivers natural antioxidant protection.

- Add to your moisturiser to deliver natural antioxidants and help reduce the appearance of skin imperfections.
- Diffuse to help reduce the symptoms of mild stress and anxiety and create a peaceful and meditative atmosphere.
- Apply to the bottoms of feet to promote feelings of relaxation.



15mL bottle

**AUST-L 370688**

KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.





**Geranium** *Pelargonium graveolens*  
Essential Oil

Geranium may be used to promote the appearance of clear, smooth skin and healthy hair—making it ideal for skin and haircare products. The enticing, floral and herbaceous aroma helps promote feelings of calm and balance.

- Add to your favourite facial moisturiser to make skin feel smooth.
- Diffuse for a calming, floral and herbaceous aroma.
- Add a few drops to your shampoo or conditioner for a healthy, vibrant shine.



15mL bottle



**Ginger** *Zingiber officinale*  
Essential Oil

Ginger has a hot, fragrant flavour when used as a kitchen spice, and is used in many dishes from around the world.

- During a long car ride, diffuse or place a drop of ginger essential oil in the palm of your hand and inhale.
- Add one or two drops to flavour food.
- Diffuse for a fragrant, soothing aroma.
- Stimulating aroma ranging from fruity to earthy.



15mL bottle



**Grapefruit** *Citrus x paradisi*  
Essential Oil

With an energising and uplifting aroma, Grapefruit is renowned for its strong citrus and fruity flavour and its cleansing properties.

- Diffuse during exercise for an energising aroma.
- Add a drop or two to water for a citrus infusion.
- Reviving and stimulating, use as a muscle rub to help uplift and focus your mind.



15mL bottle



**Green Mandarin** *Citrus nobilis*  
Essential Oil

Pressed from the unripe fruit of the mandarin tree, Green Mandarin essential oil creates a bright, energised atmosphere and adds a sweet, refreshing flavour to food. Its main components are Limonene and γ-Terpinene.

- Diffuse anytime for a soothing and uplifting aroma.
- Adds a soothingly sweet, refreshing flavour to yogurt, smoothies, and other foods.
- Add 1-2 drops to your water bottle for a unique flavour.



15mL bottle



**Helichrysum** *Helichrysum italicum*  
Essential Oil

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

- Apply to the face to reduce the appearance of wrinkles and blemishes, and to promote a glowing, youthful complexion.
- Massage into the temples and back of neck for a soothing sensation.
- Diffuse for an uplifting and enlivening aroma.



5mL bottle



**Juniper Berry** *Juniperus communis*  
Essential Oil

The woody, spicy, yet fresh aroma of Juniper Berry reveals its rich history of traditional usage and benefits.

- A clean, woody, spicy yet calming and grounding aroma when diffused.
- Acts as a natural skin toner.
- Naturally cleansing and clarifying to the skin.
- Add one to two drops to water or citrus drinks.



5mL bottle



Lavendar



**Lavender** *Lavandula angustifolia*  
Essential Oil

Lavender has been cherished for its unmistakable aroma and myriad of benefits for thousands of years.

- Relaxed aroma ideal to help support a restful night's sleep.
- Ideal to soothe mild skin irritations and sunburn.
- Enhance daily energy levels.
- Use in cooking to soften citrus flavours and add an interesting twist.



5mL bottle

**AUST-L 370657**

KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



**Lemon** *Citrus limon*  
Essential Oil

Supremely versatile, must-have Lemon essential oil, with its powerful crisp and uplifting scent, can be used in multiple ways throughout the home. Lemon essential oil is cold pressed from lemon rinds to preserve its delicate, natural and potent properties.

- Add a drop to water for a citrus burst of flavour.
- Add to a spray bottle of water to clean benches and other surfaces.
- Makes a great furniture polish by combining a few drops with olive oil to clean, protect and shine wood finishes.
- Add one to two drops to recipes that call for a citrus flavour.
- Diffuse to create an uplifting environment.



15mL bottle

**AUST-L 370236**

KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



Product Highlight

*Lavender*

Known for its many calming properties, Lavender is the most widely used essential oil in the world. It takes approximately 3 bushels of lavender to produce just 15 mL of CPTG® essential oil.



**Lemon Eucalyptus** *Eucalyptus citriodora*  
Essential Oil

Lemon Eucalyptus essential oil is derived from a lemon-scented eucalypti plant, a tall tree with smooth bark native to northern Australia. Known for its refreshing, lemony aroma and cleansing and clarifying properties, Lemon Eucalyptus essential oil is ideal to create a clean-scented and invigorating environment.

- Diffuse for an uplifting aroma.
- Add to a spray bottle to cleanse surfaces and refresh any room.
- Add one to two drops to a skin cleansing routine.



15mL bottle



**Lemongrass** *Cymbopogon flexuosus*  
Essential Oil

Promote an overall sense of emotional and spiritual wellbeing with Lemongrass essential oil. Long used in Asian and Caribbean cooking for its subtle lemony flavour and aroma, Lemongrass boasts many wellness benefits.

- Use to flavour meals and meat dishes, especially Asian inspired dishes and salads.
- Combine with a carrier oil for a soothing massage.
- Blends well with Basil, Cardamom, or Spearmint essential oils in the diffuser.



15mL bottle



**Lemon Myrtle** *Backhousia citriodora*  
Essential Oil

Native to Australia, Lemon Myrtle has long been used by Aboriginal and Torres Strait Islander people as part of their diet. Lemon Myrtle essential oil is distilled from the citrus scented leaves of the subtropical Lemon Myrtle plant and has a calming and relaxing aroma.

- Add a drop of Lemon Myrtle essential oil to your water for a refreshing taste.
- Diffusion: Use three to four drops in the diffuser of choice.
- Food flavour use: Add 1 to 2 drops to food.



5mL bottle



**Lime** *Citrus aurantifolia*  
Essential Oil

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

- Diffuse for a refreshing and stimulating aroma.
- Blends well with Cilantro, Balance, Peppermint, and Vetiver essential oils.
- The aroma encourages a balanced and energising atmosphere.
- Add a drop to your drinking water for an enhanced flavour.



5mL bottle



**Litsea** *Litsea cubeba*  
Essential Oil

Litsea cubeba is an evergreen tree or shrub belonging to the Lauraceae family. Its fruit produces Litsea—a lemon-like essential oil with a wide range of aromatic uses. Due to its high content of geranial and neral, Litsea also has surface cleansing properties.

- Diffuse for a fresh, uplifting aroma.
- Add to your DIY surface cleanser for a refreshing aroma.
- Use during meditation for balance and inspiration.
- Diffuse while working or exercising to stimulate fresh energy.



15mL bottle



**AUST-L 338887**

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



**Madagascar Vanilla** *Vanilla planifolia*  
Absolute

Familiar and nostalgic. Evocative and romantic. Vanilla is one of the most popular aromas in the world, and one of the most expensive to produce. Madagascar Vanilla blended with Fractionated Coconut Oil is rich, warm, and sweet to create a comforting and relaxing atmosphere.

- Madagascar Vanilla Absolute in a base of Fractionated Coconut Oil.
- Uniquely extracted using a clean CO<sub>2</sub> extraction method.
- Combine with Wild Orange, Neroli and Sandalwood for an enchanting personal fragrance or diffuser blend.



5mL bottle





## Manuka *Leptospermum scoparium* Essential Oil

Revered by the Maori people for its many invigorating properties, dōTERRA's New Zealand Manuka essential oil is a pure, steam distillation of the potent aromatic compounds found in the flowers, leaves and stems of the cherished Mānuka tree.

- Its rich, spicy and herbaceous fragrance can help promote feelings of relaxation.
- Help ground and centre energies in preparation for deep meditation.
- Diffuse for a refreshing aroma.
- Apply topically to help promote the appearance of smooth, healthy-looking skin.



## Marjoram *Origanum majorana* Essential Oil

Also known as 'wintersweet' or 'joy of the mountains', Marjoram has both culinary uses and wellness benefits.

- Adds to a soothing, calming massage before and after exercise.
- Add one or two drops to food or water.
- Diffuse to refresh air with a rich, herbaceous aroma. Blends well with Basil, Lemon, Cypress, Lavender and Rosemary essential oils.



15mL bottle

**AUST-L 336054**

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



## Melissa *Melissa officinalis* Essential Oil

Melissa officinalis, also known as 'lemon balm', has a sweet, fresh, citrus-like fragrance. Its positive, uplifting scent can help promote emotional wellbeing and a relaxing environment.

- Beta-caryophyllene is one of Melissa's main constituents.
- Diffuse at night or rub on forehead, shoulders, or chest for feelings of calmness and to promote emotional wellbeing.



5mL bottle



## Myrrh *Commiphora myrrha* Essential Oil

Once valued at its weight in gold, Myrrh has been used throughout history and the essential oil is an exceptional skin-beautifying tonic. Myrrh essential oil is derived from the gummy resin of the small, thorny Myrrh tree and has been used for centuries.

- Beneficial for oral hygiene, try adding a drop to toothpaste.
- Add to your moisturiser to help promote a smooth, youthful-looking complexion.
- Creates an inspiring atmosphere.



15mL bottle



## Oregano *Origanum vulgare* Essential Oil

Oregano is one of the most potent and powerful essential oils. Derived from the leaves of the oregano plant, Oregano essential oil has many traditional and modern uses.

- Carvacrol; a constituent, may have antimicrobial properties.
- Provides natural support for healthy respiration during winter months.
- Oregano contains antioxidants known to reduce damage caused by free radicals.
- Used as a powerful cleansing and purifying agent and to assist with minor cuts and scratches.



15mL bottle

**AUST-L 370660**

KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



## Patchouli *Pogostemon cablin* Essential Oil

Easily recognised for its rich, musky-sweet fragrance, Patchouli is regularly used in the perfume industry.

- Contributes to a grounding, balancing atmosphere.
- Promotes a smooth, radiant looking complexion when applied topically.
- Add to your daily moisturiser to help reduce the appearance of blemishes, wrinkles, or skin imperfections.



15mL bottle





**Peppermint** *Mentha piperita*  
Essential Oil

A bestseller, Peppermint essential oil provides a myriad of health and wellness benefits.

- Diffuse to support cognitive or mental function.
- Diffuse to help ease a mild tension headache.
- Take orally after meals to promote digestion.
- Can be applied directly to mouth cavity to promote healthy gums.



15mL bottle

AUST-L 332583

KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



**Peppermint Beadlets**

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

- Dissolve one beadlet in the mouth for a fresh minty burst.
- Have a bottle on hand when travelling for a convenient breath freshener.
- Take after meals for a refreshing flavour.
- Carrageenan free.



10mL bottle



**Petitgrain** *Citrus aurantium*  
Essential Oil

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

- Provides a fresh, herbaceous note when used in perfume body sprays, lotions and colognes.
- Add a few drops along with Lavender or Bergamot to pillows and bedding for its calming aroma.
- Co-Impact sourced from Paraguay, where it is dramatically helping protect patches of the Atlantic Rainforest.



15mL bottle



**Pink Pepper** *Schinus molle*  
Essential Oil

Sacred to the Inca people, Pink Pepper essential oil is distilled from the fruit of the pink peppercorn tree, which has been traditionally used by indigenous people for its beneficial qualities.

- Massage into the skin for a calming and soothing massage after strenuous exercise.
- Add 1-2 drops to flavour water for a taste sensation.
- Diffuse to promote a relaxing environment.
- Blends well with citrus or floral essential oils like Green Mandarin, Ylang Ylang, Grapefruit or Bergamot.



5mL bottle



**Roman Chamomile** *Anthemis nobilis*  
Essential Oil

Extracted from the daisy-like flower of the Roman Chamomile plant, this relaxing, floral essential oil can help support the nervous and digestive systems when ingested.

- Soothe, settle and centre yourself with the relaxing floral scent.
- Diffuse or apply to bottoms of feet at bedtime to support calm nerves.



5mL bottle

AUST-L 337232

KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



**Product Highlight**

*Pink Pepper*

Through doTERRA Co-Impact Sourcing initiatives, Pink Pepper comes from rural communities in Kenya and Peru where it is wild harvested and then distilled by exclusive partner-owned distillation facilities. This process has created new and exciting economic opportunities for these remote regions.

## Sandalwood



### Rosemary *Rosmarinus officinalis* Essential Oil

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

- Provides an energising aroma in aromatherapy.
- Rosemary is a great addition to skin and hair products.
- Add one or two drops to flavour foods such as stuffings, pork, roast lamb, chicken and turkey.
- Blends well with Lemon, Cypress, Geranium, Basil and Eucalyptus essential oils.



15mL bottle



### Sandalwood *Santalum album* Essential Oil

Sandalwood has a sweet, woody, uplifting aroma and is frequently used in meditation or mindfulness practices for its grounding effects.

- Promotes healthy-looking, smooth skin.
- Reduces the appearance of skin imperfections.
- Provides an uplifting and calming aroma when diffused or inhaled directly from palms.
- Frequently used in meditation for its grounding aroma.
- For an at-home spa experience, fill a large bowl with steaming water, then add one or two drops to bowl. Drape head with a towel while placing your face above the steaming water.



5mL bottle



### Sandalwood (Hawaiian) *Santalum paniculatum* Essential Oil

Hawaiian Sandalwood has a rich, sweet, woody aroma that instills feelings of calmness and emotional wellbeing. From a renewable source in Hawaii, Hawaiian Sandalwood delivers a variety of benefits.

- Promotes the healthy-looking appearance of skin and hair.
- Reduces the appearance of skin imperfections.
- Creates an uplifting and grounding aroma perfect for a positive environment.
- Add one to two drops to a hot bath to promote relaxation.



5mL bottle



Rosemary



**Siberian Fir** *Abies sibirica*  
Essential Oil

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

- Provides a soothing effect when used in a comforting massage.
- Diffuse for a woody scent with a refreshing and relaxing aroma.
- Blends well with Bergamot, Cedarwood, Wild Orange and Geranium essential oil.



15mL bottle



**Spanish Sage** *Salvia lavandulifolia*  
Essential Oil

This small evergreen shrub has grown in Spain and France for centuries. The smell of CPTG® Spanish Sage essential oil is camphoraceous, herbal, and sage-like.

- When diffused, the oil may create a stimulating atmosphere supportive of memory and cognitive performance training.
- When taken internally, Spanish Sage supports a calm mind and sense of alertness.



15mL bottle



**Spearmint** *Mentha spicata*  
Essential Oil

Spearmint is widely used for its traditional aromatherapy digestive benefits and as a flavouring for a variety of dishes and drinks.

- Diffuse or apply topically or take orally to help promote healthy digestion after meals.
- Its fresh, restorative and uplifting aromas can help soothe and calm the nerves while easing feelings of stress through inhalation or topical application.
- Add a drop or two to any dessert, drink, salad or entrée for flavouring.



15mL bottle

**AUST-L 357192**

KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



**Spikenard** *Nardostachys jatamansi*  
Essential Oil

Spikenard essential oil has a woody, spicy aroma that can help create a relaxing atmosphere. Sourced from Nepal, it helps support harvesters and partner distillers through Co-Impact Sourcing.

- Known in aromatherapy and meditation for its grounding properties and tranquil aroma.
- Diffuse to promote feelings of calm relaxation.
- Add one or two drops to your favourite cleanser to promote healthy-looking, glowing skin.



5mL bottle



**Tangerine** *Citrus reticulata*  
Essential Oil

Tangerine has a sweet, tangy and uplifting aroma. Tangerine is known for its cleansing properties and has a long history of use in Chinese culture and herbal practices.

- Add one or two drops as a flavouring in cake and cookie recipes.
- Add a drop or two to water, smoothies or teas for a citrus flavour twist.
- Diffuse for an energising and uplifting aroma.
- Blends well with Frankincense, Lime, Clove, Ylang Ylang and Eucalyptus essential oils.



15mL bottle



**Tea Tree** *Melaleuca alternifolia*  
Essential Oil

Tea Tree oil is composed of 90 different compounds and has limitless applications.

- Renowned for its antibacterial properties it can be used as a mild antiseptic for minor cuts and grazes.
- Can be applied topically to acne prone skin or to support the symptoms of mild eczema.
- Apply topically to insect bites.
- Can be used to cleanse and clarify the skin and nails.



15mL bottle

**AUST-L 370659**

NOT TO BE TAKEN. KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



Thyme



### Thyme *Thymus vulgaris* Essential Oil

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

- Diffuse to add a refreshing aroma to your home.
- Add one or two drops to slow-cooked meats or main meals to infuse a fresh, herbal flavour.
- Provides cleansing effects for the skin.



15mL bottle



### Turmeric *Curcuma longa* Essential Oil

Commonly known for its Ayurvedic traditional uses, Turmeric can help rejuvenate your daily routine.

- Diffuse for an invigorating scent and to help promote a grounding atmosphere.
- Add a drop or two to water or food for flavour.
- Supports clean and healthy-looking skin while helping to reduce the appearance of blemishes.



15mL bottle



### Vetiver *Vetiveria zizanioides* Essential Oil

Vetiver is loved for its rich, exotic, complex aroma and has been used since the 12th century for therapeutic benefit.

- Traditionally used to assist mind relaxation in aromatherapy.
- Known for its calming, grounding aroma.
- Use as part of a soothing, aromatic massage to reduce mild aches and pains.
- Use topically to support bones and joints, or use as part of a massage to help decrease symptoms of muscle strain.
- Use as an earthy base note in your favourite diffuser blends or to create an alluring personal fragrance.



15mL bottle

**AUST-L 357174**

KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.

#### Product Highlight

## Vetiver

Through the dōTERRA Cō-Impact Sourcing initiative, our source of Vetiver essential oil comes from dedicated farmers in Haiti. Although it is a highly sought after oil, harvesting vetiver does not provide growers with a steady stream of income throughout the year. The Cō-Impact Sourcing initiative in Haiti aims to solve this problem by establishing fair, consistent pay for CPTG® Vetiver essential oil.





**Wild Orange** *Citrus sinensis*  
Essential Oil

Cold pressed from the peel, versatile Wild Orange essential oil releases an energising, citrusy aroma.

- Great to use in a DIY cleanser.
- Place one drop, Wild Orange, Peppermint, and Frankincense essential oil in your hands. Rub hands together and inhale deeply for a stimulating aroma.
- Add to food or water for a sweet and zesty burst of flavour.
- Diffuse to revitalise and rebalance your environment and eliminate unwanted odours.

Top Seller



15mL bottle



**Wintergreen** *Gaultheria fragrantissima*  
Essential Oil

Most consumers recognise the aroma of Wintergreen. When diffused, Wintergreen essential oil has a refreshing, uplifting aroma to help enliven the senses.

- The main chemical component in Wintergreen, methyl salicylate, is used in topical creams and massage blends because of its soothing properties to the skin.
- Diffuse for a sweet, uplifting aroma.
- As part of our Co-Impact sourcing, Wintergreen comes from Nepal where it is wild harvested and distilled by community-owned facilities.



15mL bottle



**Yarrow | Pom**  
Botanical Duo

This expertly crafted proprietary blend of Yarrow essential oil and cold-pressed Pomegranate seed oil is designed to be your 'go-to' blend for your daily self-care routine.

- When used topically, this powerhouse blend may help revitalise the appearance of skin.
- Use a few drops for a soothing massage experience.
- Herbaceous and fruity, the aroma may promote feelings of relaxation and calm.
- For a burst of pomegranate seed flavour, try one or two drops on the tongue morning and night.



30mL bottle



**Ylang Ylang** *Cananga odorata*  
Essential Oil

Famed for its exquisite fragrance, Ylang Ylang has a myriad of benefits.

- Adds an aromatic experience to a soothing, calming massage.
- Apply topically to promote healthy-looking skin and hair.
- Provides a sweet, rich and spicy aroma while promoting a sense of calm when diffused.
- Soak in a bath with Ylang Ylang and epsom salts to help ease tension.



15mL bottle



**dōTERRA® Fractionated Coconut Oil** *Cocos nucifera*

Combine dōTERRA Fractionated Coconut Oil with your favourite dōTERRA essential oils for easy and effective topical distribution that is readily absorbed into the skin.

- Feather-light emollient provides a soothing barrier without clogging pores.
- Ideal for combining with essential oils before applying topically.
- Completely soluble with all essential oils; odourless, colourless and non-staining.



30mL bottle



**dōTERRA® Fractionated Coconut Oil** *Cocos nucifera*

dōTERRA's Fractionated Coconut Oil is an all-natural carrier oil that is completely soluble with all essential oils, helping you apply the benefits of essential oils safely to your skin.

- It is both colourless and odourless, so it won't stain your skin or your clothing, skin.



115mL bottle

dōTERRA  
**cō·impact**  
SOURCING

*By supporting small-scale producers in developing countries, Cō-Impact Sourcing provides a solid foundation that these growers can build a future on.*

Ylang Ylang is harvested on the island of Nosy Be off the northwest coast of Madagascar.

# dōTERRA Touch® Singles

The dōTERRA collection of touch singles showcases some of our finest essential oils in an easy-to-use and convenient touch format. Highlighting aromatic extracts ideally suited to topical application, this collection captures the living essence of pure, botanical sources, maintaining the same, strict standards of purity and potency you'd expect from our single oil collection. A beautiful palette of botanical energies, they can be used individually or blended for personalised benefit.



## Copaiba

Touch Blend

Copaifera has been used by the natives of north and northeastern Brazil in traditional health practices since the 16th century. Today the oil is often found in cosmetic products including soaps, creams, lotions, and perfumes. It moisturises skin, and promotes a clear, smooth complexion.

- Roll on to help hydrate and moisturise skin.
- Apply topically to help keep complexion clean and clear.
- Manage minor skin challenges.



10mL roll-on



## Frankincense

Touch Blend

Boswellia, is used frequently during meditation, but can also be used to help reduce the appearance of fine lines, wrinkles and skin imperfections. Keep this precious and convenient blend on hand to help soothe skin and balance emotions throughout the day.

- Apply topically to help reduce the appearance of skin imperfections.
- Massage on the temples throughout the day to promote a calm, contented feeling.
- Roll on pulse points and forehead during yoga or meditation.



10mL roll-on



## Helichrysum

Touch Blend

Helichrysum italicum, best known for promoting healthy-looking skin, has been used in herbal health practices since ancient Greece. Helichrysum Touch promotes a glowing youthful-looking complexion and can help reduce the appearance of ageing.

- Apply to desired area throughout the day.
- Massage into temples and back of the neck for a soothing sensation.



10mL roll-on



## Jasmine

Touch Blend

Jasminum grandiflorum, is known for its pleasing and esteemed fragrance while promoting skin benefits.

- Apply to bottoms of feet and pulse points in the morning to help create an uplifting start to the day.
- Apply to skin imperfections twice daily to promote a healthy-looking, glowing complexion.
- Perfect for an intensely floral and exotic personal fragrance.



10mL roll-on



## Lavender

Touch Blend

Lavandula angustifolia, is widely known for its calming and relaxing aroma and ability to soothe and soften skin.

- Apply to temples or back of the neck for a relaxing, calming effect.
- Rub on bottoms of feet before bedtime.



10mL roll-on



## Magnolia

Touch Blend

Michelia alba has been used in Chinese traditional health practices for hundreds of years. Magnolia is known for its fresh and compellingly sweet aroma.

- Rub on temples or back of neck for a calming and relaxing aroma.
- Soothing to the skin, add to your daily routine to promote healthy-looking skin and to customise your personal fragrance.



10mL roll-on



## Mānuka

Touch Blend

Manuka has been used for centuries in New Zealand. Manuka Touch has a rich, spicy, herbaceous fragrance that can help promote feelings of relaxation.

- Roll on daily and let the aroma set the tone for the day.
- Add to your skin care routine to help maintain the appearance of smooth, clear complexion.
- Use as part of relaxing, soothing massage after a long and tiring day.



10mL roll-on



## Myrrh

Touch Blend

Myrrh essential oil offers a soothing sensation to the skin and is often used in skincare balms and salves. Myrrh Touch combines Myrrh essential oil with Fractionated Coconut Oil to create a superbly hydrating, rejuvenating addition to any daily skincare routine.

- Apply topically as part of a daily skincare routine.
- Use in a relaxing massage.
- Roll onto palms and inhale deeply.



10mL roll-on



## Neroli

### Touch Blend

Citrus aurantium, helps to create an uplifting atmosphere while soothing the skin.

- Apply to skin as part of a relaxing aromatic massage experience.
- Rub on wrists and palms and inhale for a calming and uplifting aroma and to help promote emotional wellbeing.



10mL roll-on



## Oregano

### Touch Blend

Origanum vulgare, one of the most powerful and potent essential oils possesses strong cleansing and clarifying properties.

- Rub on the bottoms of feet to deliver the benefits of Oregano essential oil.
- Apply topically to blemishes or skin imperfections.
- Use to help cleanse skin and nails when needed.



10mL roll-on



## Osmanthus

### Touch Blend

Osmanthus (osmanthus fragrans) is from the same botanical family as jasmine and lilac. A small evergreen shrub or small tree, its tiny orange blossoms are commonly used to enhance the flavour of green or black tea. It is expensive and labour intensive to produce and often used to scent fine perfumes.

- Apply to face to promote hydrated healthy-looking skin.
- Use as part of a revitalising massage.
- Roll on neck and décolletage for a comforting personal fragrance.
- Layer with citrus or floral essential oils to create a unique-to-you Purefume.
- Roll on wrist and inhale for a comforting, calming and aromatic experience.
- Great to use while meditating and practicing yoga.



10mL roll-on



## Peppermint

### Touch Blend

Mentha piperita, known for its uplifting properties, can be used anytime, anywhere for a quick energy boost and to experience its cleansing, cooling aroma. It has a fresh, minty scent and provides a multitude of benefits.

- Roll on temples to enhance focus and concentration while studying.
- Rub on chest after waking for a refreshing morning boost.
- Massage onto the back of neck for a cooling sensation and to help promote feelings of calmness.



10mL roll-on



## Rose

### Touch Blend

Rosa damascena, contains powerful benefits in a convenient roll-on. dōTERRA Rose Touch can be applied throughout the day to promote an uplifting environment and as a part of your skin care routine to promote a healthy-looking complexion.

- Apply to desired area twice daily to reduce the appearance of skin imperfections.
- Promotes the appearance of an even skin tone and healthy complexion.
- Use on its own or layer to create an evocative personal fragrance.



10mL roll-on



## Tea Tree

### Touch Blend

Melaleuca alternifolia, renowned for its cleansing qualities can help revitalise the appearance of skin and nails and to support a healthy-looking complexion.

- Apply after shaving to soothe and cool skin.
- Rub on fingernails and toenails after showering to cleanse and keep nails looking healthy.
- Apply topically for a healthy-looking complexion.



10mL roll-on



## Vetiver

Touch Blend

Vetiver essential oil has a warm, sweet, woody, and earthy aroma. dōTERRA Vetiver Touch blends Vetiver essential oil with Fractionated Coconut Oil to create a roll-on that can be used topically when preparing for sleep or in a nurturing skincare regimen to help promote hydrated skin.

- Roll onto wrists, temples, neck or feet before sleep.
- Use as part of a daily skincare routine.
- Add to a comforting after-workout massage.



10mL roll-on



Neroli

# Single Essential Oils

## Quick Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Arborvitae</b> <i>Thuja plicata</i>	A	T		N			
<b>Basil</b> <i>Ocimum basilicum</i>	A	T	F	N			
<b>Bergamot</b> <i>Citrus bergamia</i>	A	T	F		S		TW
<b>Bergamot Mint</b> <i>Mentha citrata</i>	A	T			S		
<b>Black Pepper</b> <i>Piper nigrum</i>	A	T	F		S		
<b>Black Spruce</b> <i>Picea mariana</i>	A	T			S		
<b>Blue Tansy</b> <i>Tanacetum annuum</i>	A	T		N			
<b>Cardamom</b> <i>Elettaria cardamomum</i>	A	T	F	N			TW
<b>Cassia</b> <i>Cinnamomum cassia</i>	A	T	F			D	
<b>Cedarwood</b> <i>Juniperus virginiana</i>	A	T			S		
<b>Celery Seed</b> <i>Apium graveolens</i>	A	T	F		S		
<b>Cilantro</b> <i>Coriandrum sativum</i>	A	T	F	N			
<b>Cinnamon Bark</b> <i>Cinnamomum zeylanicum</i>	A	T	F			D	
<b>Citronella</b> <i>Cymbopogon winterianus</i>	A	T			S		
<b>Clary Sage</b> <i>Salvia sclarea</i>	A	T	F	N			
<b>Clove</b> <i>Eugenia caryophyllata</i>	A	T	F			D	
<b>Copaiba</b> <i>Copaifera reticulata, officinalis, coriacea, and langsdorffii</i>	A	T	F		S		
<b>Coriander</b> <i>Coriandrum sativum</i>	A	T	F	N			
<b>Cypress</b> <i>Cupressus sempervirens and lusitana</i>	A	T		N			TW
<b>Douglas Fir</b> <i>Pseudotsuga menziesii</i>	A	T		N			
<b>Eucalyptus</b> <i>Eucalyptus radiata</i>	A	T			S		TW
<b>Fennel (Sweet)</b> <i>Foeniculum vulgare</i>	A	T	F		S		TW
<b>Frankincense</b> <i>Boswellia carterii, sacra, papyrifera, and frereana</i>	A	T	F	N			
<b>Fractionated Coconut Oil</b> <i>Cocos nucifera</i>		T		N			
<b>Geranium</b> <i>Pelargonium graveolens</i>	A	T	F		S		
<b>Ginger</b> <i>Zingiber officinale</i>	A	T	F		S		
<b>Grapefruit</b> <i>Citrus x paradisi</i>	A	T	F	N			
<b>Green Mandarin</b> <i>Citrus nobilis</i>	A	T	F	N			
<b>Helichrysum</b> <i>Helichrysum italicum</i>	A	T	F	N			
<b>Juniper Berry</b> <i>Juniperus communis</i>	A	T	F	N			
<b>Lavender</b> <i>Lavandula angustifolia</i>	A	T	F	N			
<b>Lemon</b> <i>Citrus limon</i>	A	T	F	N			
<b>Lemon Eucalyptus</b> <i>Eucalyptus citriodora</i>	A	T			S		
<b>Lemongrass</b> <i>Cymbopogon flexuosus</i>	A	T	F		S		
<b>Lemon Myrtle</b> <i>Backhousia citriodora</i>	A	T	F		S		
<b>Lime</b> <i>Citrus aurantifolia</i>	A	T	F				
<b>Litsea</b> <i>Litsea cubeba</i>	A	T	F		S		
<b>Madagascar Vanilla</b> <i>Vanilla planifolia</i>	A	T		N			
<b>Manuka</b> <i>Leptospermum scoparium</i>	A	T		N			
<b>Marjoram</b> <i>Origanum majorana</i>	A	T	F	N			

Top Seller

Top Seller

Top Seller

Top Seller

# Single Essential Oils

## Quick Reference

Top Seller

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Top Seller

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	
Melissa <i>Melissa officinalis</i>	A	T	F	N			
Myrrh <i>Commiphora myrrha</i>	A	T	F	N			
Oregano <i>Origanum vulgare</i>	A	T	F			D	
Patchouli <i>Pogostemon cablin</i>	A	T	F	N			
Peppermint <i>Mentha piperita</i>	A	T	F		S		TW
Petitgrain <i>Citrus aurantium</i>	A	T	F		S		
Pink Pepper <i>Schinus molle</i>	A	T	F	N			
Roman Chamomile <i>Anthemis nobilis</i>	A	T	F	N			TW
Rosemary <i>Rosmarinus officinalis</i>	A	T	F	N			
Sandalwood <i>Santalum album</i>	A	T	F	N			
Sandalwood, Hawaiian <i>Santalum paniculatum</i>	A	T	F	N			
Siberian Fir <i>Abies sibirica</i>	A	T	F	N			
Spanish Sage <i>Salvia lavandulifolia</i>	A	T	F		S		
Spearmint <i>Mentha spicata</i>	A	T	F		S		TW
Spikenard <i>Nardostachys jatamansi</i>	A	T		N			
Tangerine <i>Citrus reticulata</i>	A	T	F	N			
Tea Tree <i>Melaleuca alternifolia</i>	A	T		N			
Thyme <i>Thymus vulgaris</i>	A	T	F			D	
Turmeric <i>Curcuma longa</i>	A	T	F	N			
Vetiver <i>Vetiveria zizanioides</i>	A	T	F	N			TW
Wild Orange <i>Citrus sinensis</i>	A	T	F	N			
Wintergreen <i>Gaultheria fragrantissima</i>	A	T			S		
Yarrow Pom <i>Active Botanical Nutritive Duo</i>		T	F	N			
Ylang Ylang <i>Cananga odorata</i>	A	T	F	N			

## dōTERRA Touch® Single Quick Reference

Copaiba Touch <i>Copaifera blend</i>		T			N		
Frankincense Touch <i>Boswellia carterii</i>		T			N		
Helichrysum Touch <i>Helichrysum italicum</i>		T			N		
Jasmine Touch <i>Jasminum grandiflorum</i>		T			N		
Lavender Touch <i>Lavandula angustifolia</i>		T			N		
Magnolia Touch <i>Michelia alba</i>		T			N		
Manuka Touch <i>Leptospermum scoparium</i>		T			N		
Myrrh Touch <i>Commiphora myrrha</i>							
Neroli Touch <i>Citrus x aurantium</i>		T			N		
Oregano Touch <i>Origanum vulgare</i>		T			N		
Osmanthus Touch <i>Osmanthus fragrans</i>		T			N		
Peppermint Touch <i>Mentha piperita</i>		T			N		
Rose Touch <i>Rosa damascena</i>		T			N		
Tea Tree Touch <i>Melaleuca alternifolia</i>		T			N		
Vetiver Touch <i>Vetiveria zizanioides</i>		T			N		



dōTERRA  
**cō·impact**  
SOURCING

*Cō-Impact Sourcing supports both local farmers and the environment by seeking ways to minimise our impact through better farming practices.*

Jasmine blossoms are harvested near Cairo, Egypt, during the pre-dawn hours when oils are most potent.

# dōTERRA® Proprietary Essential Oil Blends

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



## dōTERRA Adaptiv®

Tranquil Blend

When feelings of fatigue, restlessness, indecisiveness, or irritability appear, dōTERRA Adaptiv Tranquil Blend is here to support your body, mind and spirit through life's more stressful moments.

- Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum have calming aromas and uplifting energies.
- Assists with centering and promotes a tranquil, balanced environment.
- Diffuse for a soothing uplifting aroma.

A T N

15mL bottle

Top  
Seller



## AromaTouch®

Spa Blend

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

- Features Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender.
- Adds an aromatic experience to a soothing massage.
- Add to epsom salts and enjoy soaking in a hot bath.
- Give your loved one a hand massage using the AromaTouch Hand Technique.

T N

15mL bottle



Top Seller

## dōTERRA Balance®

Grounding Blend

dōTERRA Balance Grounding Blend has a warm, woody aroma that creates an atmosphere of calmness and wellbeing.

- Features Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Osmanthus in a base of Fractionated Coconut Oil.
- Creates a calming atmosphere and helps bring harmony to mind and body.
- Adds to a relaxing massage.



15mL bottle



## Cheer®

Uplifting Blend:

Cheer Uplifting Blend of citrus and spice essential oils provides a cheerful boost with an uplifting scent that invigorates your senses. Its sunshiny, fresh, optimistic aroma will brighten any moment of your day.

- Diffuse at home, work, or school to promote a positive, uplifting environment.
- To brighten your day apply one drop to hands, rub together, and inhale deeply as needed throughout the day.



5mL bottle



Top Seller

## Citrus Bliss®

Invigorating Blend

The harmonious blend of Citrus Bliss combines the powerful benefits of popular citrus essential oils.

- Brings together Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine with a hint of Vanilla.
- Uplifting, sweet aroma.
- Ideal for freshening the air.
- Its cleansing properties can be used to enliven home cleaning and freshen the air with a balanced citrus, sweet aroma.



15mL bottle



## Citrus Bloom®

Springtime Blend

Beautifully crafted to welcome spring into your home, Citrus Bloom is the perfect essential oil fusion, combining the brightness of citrus peels layered with freshly cut florals.

- Provides a bright, spring-like aroma.
- Promotes a positive atmosphere.
- A combination of Wild Orange, Grapefruit, Lavender, Roman Chamomile, and Magnolia.
- Provides a calming, floral scent to any space.



15mL bottle



## Clarify®

Air Blend

Clarify is an aromatic blend of essential oils with an invigorating and refreshing aroma.

- Features a proprietary blend of Litsea, Tangerine, Grapefruit, Frankincense and Cardamom.
- For a positive start to the day, try diffusing Clarify Air Blend for an uplifting aroma.
- Try diffusing Clarify Air Blend during an intense workout.



15mL bottle



## Coast

Ocean Blend

The beach in a bottle. dōTERRA's Coast Ocean Blend was expertly crafted to provide an evocative and expansive aroma to ground, uplift and calm your soul.

- Remarkable blend of Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara.
- Promotes feelings of clear airways and easy breathing.
- May help with seasonal threats.
- Diffuse or inhale directly when environmental threats are high.



10mL touch 15mL bottle



### doTERRA Console®

Comforting Blend

The doTERRA Console Comforting Blend of floral and tree essential oils helps soothe your emotions so you can confidently farewell sad feelings and work towards emotional healing.

- Combines Frankincense, Patchouli, Ylang Ylang, Labdanum, Amyris, Sandalwood, Rose, and Osmanthus essential oils.
- Diffuse during times of loss to comfort the soul.
- Apply over the heart as a reminder to be patient with healing and return to positive thoughts.

A T S

5mL bottle



### Desert Sand™

Outback Blend

Connect with the power, resilience and strength of one of Australia's most iconic landscapes. Our Desert Sand™ Outback Blend unites us with the ancient culture of our land, evoking the spirit of our scorched red earth.

- Diffuse Desert Sand Outback Blend for a grounding and relaxing atmosphere.
- Diffuse during meditation or yoga to enhance your practice.
- Diffuse to enjoy a grounding and mood enhancing aroma while at home, on the road, or at work.
- Dilute with 2-3 drops of carrier oil and apply topically to enhance your mood and carry the aroma of Desert Sand Outback Blend wherever you go.

A T S

15mL bottle



### Easy Air®

Clear Blend

doTERRA Easy Air Clear Blend is a powerful essential oil blend that maintains feelings of clear airways and easy breathing.

- Remarkable blend of Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara.
- Promotes feelings of clear airways and easy breathing.
- May help with seasonal threats.
- Diffuse or inhale directly when environmental threats are high.

A T S

10mL touch 15mL bottle

Top Seller



### Ice Blue®

Athletic Blend

Ice Blue provides soothing and cooling effects on the skin.

- Features Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus extract.
- Rub Ice Blue on lower back muscles after a day of heavy lifting.
- Apply on feet and knees before and after exercise.
- Massage Ice Blue with a few drops of carrier oil onto growing kids' legs before bedtime.

T S

5mL bottle 10mL touch 10mL roll-on

Top Seller



## Lavender Peace®

### Restful Blend

Feel relaxed and rested with this soothing aromatic blend designed to create a restful and tranquil night-time environment.

- Features Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Absolute, and Hawaiian Sandalwood.
- Creates a perfect escape with its calming, renewing fragrance.
- Creates a restful environment at bedtime.
- Inhale directly from hands or diffuse throughout the day for a soothing and calming aroma.



15mL bottle



## MetaPWR®

### Active Blend

Developed with dōTERRA clinical researchers, MetaPWR Essential Oil Blend is a proprietary balanced ratio of CPTG® Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils.

- MetaPWR blend can serve as an important part of a daily healthy metabolic regimen when used internally.
- The inclusion of Peppermint essential oil, a MetaPWR ingredient may enhance exercise performance.
- The citrusy, spicy, and minty aroma of MetaPWR creates a stimulating, uplifting environment.



15mL bottle



## dōTERRA Motivate®

### Encouraging Blend

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

- Combines Peppermint, Clementine, Coriander, Basil, Yuzu, Melissa, Rosemary, and Vanilla essential oils.
- Apply to shirt collar before giving a speech.
- Apply to pulse points before participating in sporting events or other competitions.



5mL bottle



## Native Bush™

### Forest Blend

Retreat to the peace and serenity of the forest with our Native Bush™ Forest Blend. Specifically blended to evoke memories of time spent in our Australian bushland, this revitalising blend reminds us of our connection to the land and the unparalleled ability of Mother Nature to renew and restore our spirit.

- Diffuse Native Bush Forest Blend for a grounding and relaxing atmosphere, during meditation or yoga to enhance your practice.
- Dilute with 2-3 drops of carrier oil and apply topically to enhance your mood and carry the aroma of Native Bush Forest Blend wherever you go.



15mL bottle



## Northern Escape®

### Woodland Blend

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

- A blend of Black Spruce, Siberian Fir, Balsam Fir, Lavandin, Cedarwood, Cypress, Hinoki, Cananga, and Clove.
- Offers a grounding, yet inspiring aroma.
- Refreshes your home or office throughout the day.
- Creates a tranquil, positive space.



15 mL bottle



## On Guard®

### Protective Blend

dōTERRA On Guard offers a warm, spicy, camphoraceous and woody aroma that helps create a cleansing and protective environment.

- Features a combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils.
- Safe for use on benchtops, as a naturally-derived cleaner, or diffuse for a pure uplifting aroma.
- A powerful blend that helps protect against environmental and seasonal threats.



15 mL bottle



### dōTERRA On Guard®

Beadlets

dōTERRA On Guard Beadlets provide an easy and convenient way to obtain the breath-freshening benefits of dōTERRA On Guard Protective Blend.

- Perfect for home use and while travelling, anytime, anywhere.
- Provides a convenient consumption method for dōTERRA On Guard Protective Blend.
- Carrageenan free.

A T F S

125 beadlets



### dōTERRA Passion®

Inspiring Blend

The dōTERRA Passion Blend combines spice and herbal essential oils such as Cinnamon Bark, Ginger, Cardamom, Clove, and Damiana essential oils. This fusion creates a chemical profile with a high concentration of phenols and ethers, which creates a warming and renewing aroma.

- Wake up with purpose and vigour, and add dōTERRA Passion Blend to the diffuser of your choice.

A T N

5mL bottle



### dōTERRA Peace®

Reassuring Blend

dōTERRA Peace Reassuring Blend with floral and mint essential oils is a positive reminder that it's often the little things that bring us joy. Slow down, take a deep breath, and reconnect with the composed, peaceful you.

- Combines Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, and Spearmint essential oils.
- Apply one drop to hands, rub together, and inhale deeply during moments of pause.
- Diffuse or inhale before taking a test representing to a large group.

A T N

5mL bottle



### dōTERRA Purify®

Refreshing Blend

Purify is designed to provide a refreshing aroma naturally to any room without harsh additives.

- Combines Lemon, Siberian Fir, Citronella, Lime, Tea Tree, and Coriander essential oils.
- Refreshing Lemon and Lime aromas are known for their cleansing and purifying properties.
- Great to use during times of environmental threats.
- May be used to freshen the air and help eliminate odours.

Top Seller

A T N

15mL bottle



### dōTERRA Shinrin-Yoku™

#### Forest Bathing Blend

Inspired by nature and the Japanese practice that spending time in the forest nourishes the mind, body and soul, this unique essential oil blend elicits the same benefits as the actual practice of forest bathing.

- Diffuse throughout the day and feel close to nature for a healthy life.
- Open the bottle between work and housework and inhale the scent to reset your mood.
- Place a few drop in the palm of your hand to calm the mind and reset.
- Before going to bed, place a few drops on your pillow case or diffuse next to your bed.



15mL bottle



### TerraArmour®

#### Outdoor Blend

Whatever the activity, try using TerraArmour to keep those pesky mozzies away.

- A traditional outdoor combination of Citronella, Lemongrass, Thyme, Cedarwood, Geranium, and Peppermint in a base of Sesame Seed oil.
- Delivers an invigorating aroma.
- Provides skin-soothing benefits.



15mL bottle



### TerraArmour® Spray

#### Outdoor Blend

TerraArmour Outdoor Blend is a powerful formula that can be used by every member of the family, outdoors and throughout the home.

- Apply TerraArmour to the legs, arms, and neck before going outdoors or diffuse on your patio.
- Take TerraArmour on camping trips or to outdoor events.
- Spray TerraArmour around your door, window seals, and tent.



30mL spray bottle



### Zendocrine®

#### Restart Blend

Zendocrine essential oil blend supports the body's natural ability to rid itself of unwanted substances when used internally.

- Features Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro.
- Purifying and detoxifying to the body's systems when consumed.
- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin when taken internally.



15mL bottle



### ZenGest™

#### Essential Blend

The well-recognised essential oils in ZenGest are known for providing soothing and settling aromas

- Features a proprietary blend of Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, and Star Anise essential oils.
- Add one or two drops to water with, after, or before food to promote a feeling of satisfaction after eating.
- Diffuse before flying or taking a road trip for a calming



15mL bottle



Geranium



dōTERRA  
**cō·impact**  
SOURCING

*At dōTERRA we are anxiously engaged in identifying ways we can positively contribute to creating sustainable jobs and addressing community needs.*

dōTERRA helps rural farmers in Kenya cultivate Geranium.

# dōTERRA Touch® Proprietary Blends

dōTERRA® touch blends are proprietary formulas for targeted wellness applications. They represent the converging wisdom of many years of essential oil experience and validation of a growing body of research and scientific study. Harnessing the inherent living energies of plants, each formula is synergistically balanced to enhance product potency and the inherent benefits of the blend. Each one contains CPTG Certified Pure Tested Grade® essential oils in a base of Fractionated Coconut Oil.



## dōTERRA Adaptiv® Touch

Tranquil Blend

dōTERRA Adaptiv Touch blend was purposefully designed to provide an aroma of calm confidence when life's activities seem relentless, and you are searching for a new perspective. Packaged in a convenient roller bottle, dōTERRA Adaptiv Touch is easy to apply topically either at home or on-the-go.

- Features a blend of Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum essential oils in a base of Fractionated Coconut Oil.
- Soothing and uplifting aroma.
- Roll on to help quell anxiety and encourage relaxation.



10mL roll-on



## Cheer® Touch

Uplifting Blend

Cheer Touch combines Fractionated Coconut Oil with the sunny, fresh aroma of dōTERRA Cheer essential oil blend—providing a perfect application method for those with sensitive skin.

- Rub over the heart.
- Apply to the wrists or back of the neck and breathe in the invigorating aroma.
- Roll onto the bottoms of the feet.



10mL roll-on



## ClaryCalm®

Monthly Blend for Women

ClaryCalm is a proprietary blend of essential oils especially designed for women. It provides a calming aroma to help promote a balancing environment.

- Throughout the month, rub on your abdomen as part of a soothing and calming massage.
- When emotional balance is desired, try applying ClaryCalm to the skin for its calming aroma.



10 mL roll-on



## Easy Air® Touch

Clear Blend

Easy Air Touch provides the perfect balance of Easy Air Clear Blend with Fractionated Coconut Oil to invigorate and clear your mind

- Apply topically to chest to promote feelings of clear airways and easy breathing.
- Diffuse or add to humidifier at bedtime for a restful atmosphere.
- Apply to chest or bottom of feet during seasonal changes.



10mL roll-on

Top  
Seller



## Forgive® Touch

Renewing Blend

dōTERRA Forgive Touch contains a proprietary blend of tree and herb essential oils along with Fractionated Coconut Oil for gentle application and ease of use. The fresh, woody aroma of dōTERRA Forgive Renewing Blend inspires a grounded atmosphere and complements affirmations of contentment, relief, and patience.

- Merges Fractionated Coconut Oil, Spruce, Bergamot, Juniper Berry, Lemon, Myrrh, Arbovitae, Nootka, Thyme, and Citronella essential oils.
- Roll on before meditation.



10mL roll-on



## dōTERRA HD Clear®

Topical Blend

Promote smooth, clear skin with this topical formulation designed to target problem areas on both the face and body. Enriched with pure essential oils, this balancing, complexion-enhancing formulation is perfect for acne-prone skin of all ages.

- Featuring a unique blend of CPTG® essential oils including Ho Wood, Tea Tree, Litsea, Eucalyptus and Geranium alongside Black Cumin Seed oil.
- Suited to acne-prone skin.



10mL roll-on



## Ice Blue® Touch

Athletic Blend

Combines Ice Blue® in a base of Fractionated Coconut Oil to provide a soothing and cooling effect on the skin in a diluted form.

- Features Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus extract.
- Rub Ice Blue on lower back muscles after a day of heavy lifting.
- Apply on feet and knees before and after exercise.
- Massage Ice Blue with a few drops of carrier oil onto growing kids' legs before bedtime.



10mL roll-on



## Ice Blue® Roll On

Athletic Blend

Ice Blue Roll-On delivers Ice Blue in a convenient roll-on and can be used as a soothing massage.

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



10mL roll-on



## InTune® Roll On

Focus Blend

The invigorating aroma is ideal for that afternoon slump, when you want to stay on task or when your project requires renewed focus or concentration..

- Try applying to the temples and back of neck when doing tasks that require extra attention.
- Try applying to wrists or back of hands and take a deep breath to help reset your focus.
- Try using InTune at work to stay on task or when feeling tired mid-afternoon.



10mL roll-on



## Motivate® Touch

Encouraging Blend

dōTERRA Motivate Touch provides gentle and quick application of dōTERRA Motivate mint and citrus essential oil blend. The fresh, minty aroma comple.

- Features Fractionated Coconut Oil, Peppermint, Clementine, Coriander, Basil, Yuzu, Melissa, Rosemary, and Vanilla essential oils.
- Roll on neck when working on a project at the office or at school.
- Apply to pulse points before participating in a competition.



10mL roll-on



## On Guard® Touch

### Protective Blend

Provides a gentle and convenient application method for dōTERRA's proprietary On Guard essential oil blend.

- Features a combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary.
- Apply topically to the chest and bottoms of feet when seasonal threats are high.
- Contains essential oils which can be cleansing and clarifying to the skin.



10mL roll-on



## Passion® Touch

### Inspiring Blend

dōTERRA Passion Touch combines spice and herbal essential oils that are warming and inviting.

- Combines Fractionated Coconut Oil, Cardamom, Cinnamon Bark, Ginger, Clove, Sandalwood, Jasmine, Vanilla, and Damiana essential oils.
- Wake up with purpose and vigour by rolling dōTERRA Passion Touch on each day.



10mL roll-on



## PastTense®

### Relaxation Blend

PastTense is a distinctive blend of essential oils known for its grounding and balancing qualities on emotions. Known for their soothing qualities on the emotions, the essential oils in PastTense, enable a sense of calm and relaxation.

- Massage into shoulders, neck, and back for a cooling, soothing sensation.
- Add to temples and back of neck before taking a test or presenting in public.
- Add to the wrists while travelling for a sense of ease and calmness.



10mL roll-on



## Peace® Touch

### Reassuring Blend

dōTERRA Peace Touch combines floral and mint essential oils and is a positive reminder that it's the simple things that can often bring us the most joy. Slow down, take a deep breath and reconnect with the composed, peaceful you.

- Combines Fractionated Coconut Oil, Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, and Spearmint essential oils.
- Inhale before taking a test or presenting to a crowd for a re-assured and tranquil aroma.



10mL roll-on



## Salubelle®

### Beauty Blend

Salubelle Beauty Blend is formulated to help reduce the appearance of skin imperfections and absorbs right into the skin.

- Apply a thin layer of Salubelle to the face, neck and décolletage. Follow with the dōTERRA moisturiser of your choice.
- Apply to help reduce the appearance of blemishes or skin imperfections.
- Use as part of your morning and night facial routine.



10mL roll-on



## dōTERRA Whisper® Touch

### Blend for Women

Whisper Touch Blend for Women is a complex and rich blend that combines with each individual's chemistry to create a uniquely personal fragrance.

- Apply to wrists, back of neck, and pulse points for a distinct and individual fragrance.
- Roll on passive diffuser or clay pendants for a unique aromatic experience.
- Roll a small amount on clothing, scarves, and coats for a calming aroma throughout the day.



10 mL roll-on





## ZenGest™ Touch

### Essential Blend

ZenGest Touch Essential Blend is the perfect oil to have on hand at home, work or when travelling. The calming aroma of ZenGest essential oil blend is combined with Fractionated Coconut Oil in ZenGest Touch for gentle topical application.

- Apply to the stomach or bottoms of feet.
- Have on hand when flying or travelling.



10mL roll-on

# Essential Oil Blends

## Quick Reference

Top Seller

	Application			Skin Sensitivity		
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute
<b>dōTERRA Adaptiv®</b> Tranquil Blend	A	T		N		
Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, Sweetgum						
<b>AromaTouch®</b> Spa Blend		T		N		
Cypress, Peppermint, Marjoram, Basil, Grapefruit, Lavender						

Top Seller

<b>dōTERRA Balance®</b> Grounding Blend	A	T		N		
Fractionated Coconut Oil, Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus Extract						
<b>Citrus Bliss®</b> Invigorating Blend	A	T		N		
Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine, with Vanilla Absolute						

<b>Citrus Bloom®</b> Springtime Blend	A	T		N		
Wild Orange, Grapefruit, Lavender, Roman Chamomile, Magnolia						
<b>Cheer®</b> Uplifting Blend	A	T			S	
Wild Orange Peel, Clove Bud, Star Anise Fruit/Seed, Lemon Myrtle Leaf, Nutmeg Kernel, Vanilla Bean Extract, Ginger Rhizome, Cinnamon Bark, Zdravetz Herb						

<b>Clearify®</b> Air Blend	A	T		N		
Litsea Oil, Tangerine Oil, Grapefruit Oil, Frankincense Oil, Cardamom Oil						
<b>Coast®</b> Uplifting Blend	A	T		N		
Wild Orange, Grapefruit, Lavender, Roman Chamomile, Magnolia						

<b>Console®</b> Air Blend	A	T		N		
Litsea Oil, Tangerine Oil, Grapefruit Oil, Frankincense Oil, Cardamom Oil						
<b>Desert Sand®</b> Uplifting Blend	A	T		N		
Wild Orange, Grapefruit, Lavender, Roman Chamomile, Magnolia						

Top Seller

<b>Easy Air®</b> Clear Blend	A	T			S	
Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, Ravensara						
<b>Forgive®</b> Uplifting Blend	A	T		N		
Wild Orange, Grapefruit, Lavender, Roman Chamomile, Magnolia						

<b>Ice Blue®</b> Athletic Blend		T			S	
Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, Osmanthus Extract						
<b>Lavender Peace®</b> Restful Blend	A	T		N		
Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Absolute, Hawaiian Sandalwood						

Top Seller

<b>Motivate®</b> Athletic Blend		T			S	
Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, Osmanthus Extract						
<b>MetaPWR®</b> Active Blend	A	T	F			
Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark						

# Essential Oil Blends

## Quick Reference

	Application			Skin Sensitivity		
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute
<b>Native Bush® Protective Blend</b>	A	T	F		S	
Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary						
<b>Northern Escape™ Woodland Blend</b>	A	T		N		
Black Spruce, Siberian Fir, Balsam Fir, Lavandin, Cedarwood, Cypress, Hinoki, Frankincense, Nootka, Cananga, Clove						
<b>On Guard® Protective Blend</b>	A	T	F		S	
Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary						
<b>Passion™ Woodland Blend</b>	A	T		N		
Black Spruce, Siberian Fir, Balsam Fir, Lavandin, Cedarwood, Cypress, Hinoki, Frankincense, Nootka, Cananga, Clove						
<b>Peace™ Woodland Blend</b>	A	T		N		
Black Spruce, Siberian Fir, Balsam Fir, Lavandin, Cedarwood, Cypress, Hinoki, Frankincense, Nootka, Cananga, Clove						
<b>Shinrin-Yoku™ Woodland Blend</b>	A	T			S	
Lemon, Magnolia, Patchouli, Cardamom, Siberian Fir, Hinoki, Cypress, Lavandin, Pink Grapefruit, Geranium, Petitgrain						
<b>PastTense® Relaxation Blend</b>	A	T		N		
Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, Rosemary						
<b>dōTERRA Purify® Refreshing Blend</b>	A	T		N		
Lemon, Siberian Fir, Citronella, Lime, Tea Tree, Cilantro						
<b>TerraArmour® Outdoor Blend</b>	A	T		N		
Sesame Seed, Citronella, Lemongrass, Thyme, Cedarwood, Geranium, Peppermint						
<b>Zendocrine® Restart Blend</b>	A	T	F	N		
Tangerine, Rosemary, Geranium, Juniper Berry, Cilantro						
<b>ZenGest™ Essential Blend</b>	A	T	F	N		
Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, Star Anise						

Top Seller

Top Seller

## dōTERRA Touch® Blends

	Application			Skin Sensitivity		
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute
<b>dōTERRA Adaptiv® Touch Tranquil Blend</b>		T		N		
Fractionated Coconut Oil, Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, Sweetgum						
<b>Cheer® Touch Uplifting Blend</b>		T		N		
Wild Orange Peel, Clove Bud, Star Anise Fruit/Seed, Lemon Myrtle Leaf, Nutmeg Kernel, Vanilla Bean Extract, Ginger Rhizome, Cinnamon Bark, Zdravetz Herb						
<b>ClaryCalm® Monthly Blend for Women</b>		T		N		
Clary Sage, Lavender, Bergamot, Roman Chamomile, Ylang Ylang, Cedarwood, Geranium, Fennel, Carrot Seed, Palmarosa, Vitex						
<b>Console® Touch Clear Blend</b>		T			S	
Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, Ravensara						
<b>dōTERRA Touch® Easy Air® Clear Blend</b>		T			S	
Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, Ravensara						
<b>Forgive® Touch® Athletic Blend</b>		T			S	
Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, Osmanthus Extract						
<b>dōTERRA HD Clear® Topical Blend</b>		T		N		
Black Cumin, Ho wood, Tea Tree, Litsea, Eucalyptus, Geranium						
<b>dōTERRA Touch® Ice Blue® Athletic Blend</b>		T			S	
Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, Osmanthus Extract						
<b>Ice Blue® Roll On Athletic Blend</b>		T			S	
Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, Osmanthus Extract						
<b>InTune® Roll On - Focus Blend</b>		T		N		
Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, Roman Chamomile						
<b>Motivate® Touch® Protective Blend</b>		T			S	
Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary						
<b>dōTERRA Touch® On Guard® Protective Blend</b>		T			S	
Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary						
<b>Passion® On Guard® Protective Blend</b>		T			S	
Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary						
<b>PastTense® PastTense Blend</b>		T		N		
Frankincense, Hawaiian Sandalwood, Lavender, Myrrh, Helichrysum, Rose						
<b>Peace® On Guard® Protective Blend</b>		T			S	
Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary						
<b>Salubelle® Beauty Blend</b>		T		N		
Frankincense, Hawaiian Sandalwood, Lavender, Myrrh, Helichrysum, Rose						
<b>dōTERRA Whisper® Touch Blend for Women</b>		T		N		
Wintergreen Leaf, Lavender Flower, Peppermint Plant, Frankincense Resin, Cilantro Herb, Marjoram Leaf, Roman Chamomile Flower, Basil Leaf, and Rosemary Leaf						
<b>ZenGest™ Touch Essential Blend</b>		T		N		
Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, Star Anise						

Top Seller

Top Seller



## dōTERRA® Starter Packs

At dōTERRA we want it to be easy to get all the essentials for a healthy home and lifestyle, which is why we have carefully crafted Starter Packs - bringing nature's powerful solutions to you.



### Family Essentials Starter Pack

Take your entire family on a wellness journey with essential oils. Our Family Essentials Pack features 10, nurturing essential oils and blends thoughtfully curated to help transform your mind, body and home.

This pack contains 30mL Fractionated Coconut Oil and 5mL bottles of our dōTERRA CPTG Certified Pure Tested Grade® essential oils along with a list of suggested uses for each oil:

- Lavender
- Peppermint
- Balance®
- Easy Air®
- Eucalyptus
- 30mL Fractionated Coconut Oil
- Lemon
- Tea Tree
- Frankincense
- DigestZen®
- On Guard®

# dōTERRA® Starter Packs



## Home Essentials Starter Pack

Take your entire family on a wellness journey with essential oils. Our Home Essentials Pack features 10 nurturing essential oils and blends thoughtfully curated to help transform your mind, body and home.

This pack contains 30mL Fractionated Coconut Oil and 15mL bottles of our dōTERRA CPTG Certified Pure Tested Grade® essential oils along with a list of suggested uses for each oil:

- Lavender
- Peppermint
- Balance®
- Easy Air® C
- Eucalyptus
- 30mL Fractionated Coconut Oil
- Lemon
- Tea Tree
- Frankincense
- ZenGest™
- On Guard®



## AromaTouch® Technique Starter Pack

With the AromaTouch® Technique Starter Pack, you'll have everything you need to perform a life-changing technique. The overall scent of AromaTouch® is soothing, light and pleasant to the senses. Physical touch is as important to AromaTouch® as the aroma itself because of its amazing healing benefits and connecting with another person on an emotional level. The connections developed through AromaTouch® form feelings of trust and help the recipient relax.

The kit contains 15mL bottles of each:

- Balance®
- Tea Tree
- AromaTouch®
- Wild Orange
- 115mL Fractionated Coconut Oil and FCO Bottle Pump
- Free online AromaTouch Certification Course
- Lavender
- On Guard®
- Ice Blue®
- Peppermint



## Nature's Solutions Starter Pack

Harness the inherent power of nature to heal and support you through all aspects of life. Our Nature's Solutions Pack features a comprehensive selection of our bestselling essential oils and essential oil products to naturally support your health and wellbeing and transform your mind, body and home.

This pack contains dōTERRA CPTG Certified Pure Tested Grade® essential oils and includes the following products:

- Lemon
- Peppermint
- Tea Tree
- Ice Blue® 5mL
- Adaptiv™
- Easy Air®
- Citrus Bloom®
- Balance®
- On Guard®
- On Guard® Cleansing Toothpaste 125g
- On Guard® Sanitising Mist 27mL
- On Guard® Foaming Handwash with 2 Dispensers 473mL
- On Guard® Cleaner Concentrate 335mL
- Peppermint Beadlets 125 beads
- Fractionated Coconut Oil 115mL
- Roller bottles x 6
- Petal Diffuser 2.0
- Wooden Box (holds up to 25 oils)
- Lavender
- Eucalyptus
- Oregano
- Frankincense
- ZenGest™
- Lavender Peace™
- Wild Orange
- PastTense® Roll On 10mL



## Emotional Wellness Starter Pack

Harness the power of essential oils to improve your mood and emotional wellbeing. Our Emotional Wellness Pack features 5 nurturing essential oils and blends thoughtfully curated to help transform your mind, body and spirit.

This pack contains 15mL bottles of our dōTERRA CPTG Certified Pure Tested Grade® essential oils along with our dōTERRA Petal Diffuser and a list of suggested uses for each oil:

- Lavender Peace™
- Adaptiv™
- Balance®
- Citrus Bliss®
- Clementine



## Simple Solutions Starter Pack

Discover simple and effective ways to naturally support your health and wellbeing with our Simple Solutions Pack. Featuring a combination of four, bestselling essential oils, blends and personal care products, it's the perfect way to start your essential oil journey with all the basics covered.

This pack contains dōTERRA CPTG Certified Pure Tested Grade® essential oils and blends, a rich, topical cream infused with pure essential oils, and a list of suggested uses for each product.

Our Simple Solutions Pack contains:

- Lavender Peace™
- Lemon
- On Guard®
- Ice Blue® Rub



## Household Starter Pack

Our Household Care Starter Pack features a comprehensive selection of our bestselling single essential oils, blends and nurturing personal care products to naturally support your health and wellbeing and transform your mind, body and home.

This pack contains dōTERRA CPTG Certified Pure Tested Grade® essential oils and includes the following

- Lemon
- Lavender
- Peppermint
- Tea Tree
- Balance®
- ZenGest®
- Eucalyptus
- Easy Air®
- On Guard®
- Frankincense
- Yarrow|Pom Botanical Duo 30mL
- Clary Calm 10mL
- On Guard® Beadlets 125 beads
- Correct-X essential oil ointment 15mL
- Fractionated Coconut Oil 115mL
- Petal Diffuser 2.0
- Wooded Storage Box (holds 25 essential oil bottles)
- Oregano
- AromaTouch®
- Lavender Peace™
- Citrus Bloom®
- Wild Orange
- Ginger
- Lemongrass
- Ice Blue® 5mL

# dōTERRA® Family Essentials Kit

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Top  
Seller

## Family Essentials Kit

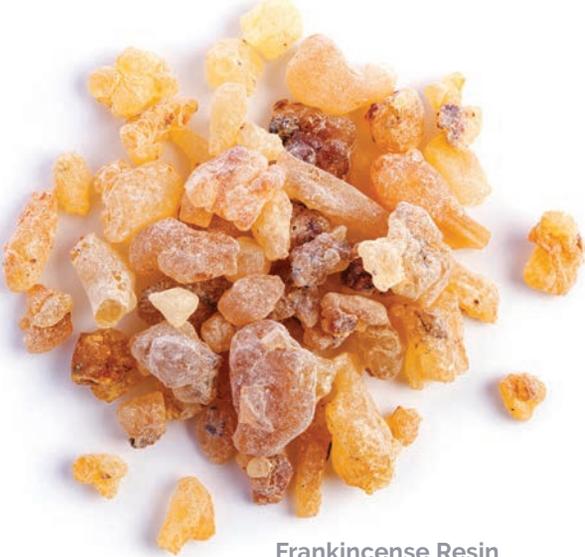
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Transform your wellbeing with natural, non-toxic products.

Take your entire family on a wellness journey with essential oils. Our Family Essentials Kit features 10, nurturing essential oils and blends thoughtfully curated to help transform your mind, body and home.

This kit contains 30mL Fractionated Coconut Oil and 5mL bottles of CPTG Certified Pure Tested Grade® essential oils along with a list of suggested uses for each oil:

Lavender, Lemon, Peppermint, Tea Tree, Balance®, Frankincense, Easy Air®, DigestZen™, Eucalyptus, On Guard®



**Frankincense Resin**

**Lemon** *Citrus limon*  
Essential Oil



Supremely versatile, must-have Lemon essential oil, with its powerful crisp and uplifting scent, can be used in multiple ways throughout the home. Lemon essential oil is cold pressed from lemon rinds to preserve its delicate, natural and potent properties.

- Add a drop to water for a citrus burst of flavour or to recipes that call for a citrus flavour.
- Add to a spray bottle of water to clean benches and other surfaces.
- Makes a great furniture polish by combining a few drops with olive oil to clean, protect and shine wood finishes.
- Diffuse to create an uplifting environment.



5mL bottle

**AUST-L 370236**

KEEP out of reach of children. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.

**Frankincense** *Boswellia carterii, sacra, papyrifera, and frereana*  
Essential Oil



Known as 'the King' of essential oils, spiritually awakening Frankincense essential oil is supremely versatile. An ancient skin tonic, Frankincense delivers natural antioxidant protection.

- Add to moisturiser to deliver natural antioxidants and help reduce the appearance of skin imperfections.
- Diffuse to reduce the symptoms of stress and mild anxiety and create a peaceful and meditative atmosphere.
- Apply to the bottoms of feet to promote feelings of relaxation.



5mL bottle

**AUST-L 370658**

KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.

**Peppermint** *Mentha piperita*  
Essential Oil



A bestseller, Peppermint essential oil provides a myriad of health and wellness benefits.

- Diffuse to support cognitive or mental function and help ease a mild tension
- Take orally after meals to promote digestion.
- Can be applied directly to mouth cavity to promote healthy gums.



5mL bottle

**AUST-L 332583**

KEEP out of reach of children. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.

**Tea Tree** *Melaleuca alternifolia*  
Essential Oil



Tea Tree oil is composed of 90 different compounds and has limitless applications.

- Renowned for its antibacterial properties it can be used as a mild antiseptic for minor cuts and grazes.
- Can be applied topically to acne prone skin or to support the symptoms of mild eczema.
- Apply topically to insect bites.
- Can be used to cleanse and clarify the skin and nails.



5mL bottle

**AUST-L 370659**

NOT TO BE TAKEN. KEEP out of reach of children. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.

**Lavender** *Lavandula angustifolia*  
Essential Oil



Lavender has been cherished for its unmistakable aroma and myriad of benefits for thousands of years.

- Add to a spray bottle of water to clean benches and other surfaces.
- Makes a great furniture polish by combining a few drops with olive oil to clean, protect and shine wood finishes.
- Add one to two drops to recipes that call for a citrus flavour.
- Diffuse to create an uplifting environment.



5mL bottle

**AUST-L 370657**

KEEP out of reach of children. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



**Eucalyptus** *Eucalyptus radiata*  
Essential Oil

Breathe easy with the cooling and clearing scent of Eucalyptus leaf oil. Helps support healthy breathing when you need it most.

- Add 8-12 drops in a vaporiser and inhale deeply.
- Add 8-12 drops to a bowl of hot water and inhale deeply.
- Dilute 1-2 drops of oil with carrier oil and apply to affected areas.

Use up to 3 times per day.



5mL bottle

AUST-L 336052

NOT TO BE TAKEN. KEEP OUT OF REACH OF CHILDREN. Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



**Easy Air®**  
Clear Blend

dōTERRA Easy Air Clear Blend is a powerful essential oil blend that maintains feelings of clear airways and easy breathing.

- Remarkable blend of Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara.
- Promotes feelings of clear airways and easy breathing.
- May help with seasonal threats.
- Diffuse or inhale directly when environmental threats are high.



5mL bottle



**On Guard®**  
Protective Blend

dōTERRA On Guard offers a warm, spicy, camphoraceous and woody aroma that helps create a cleansing and protective environment.

- Features a combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils.
- Safe for use on benchtops, as a naturally-derived cleaner, or diffuse for a pure uplifting aroma.
- A powerful blend that helps protect against environmental and seasonal threats.



5mL bottle



**DigestZen®**  
Digestive Blend

The well-recognised essential oils in DigestZen are known for providing soothing and settling aromas.

- Features a proprietary blend of Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, and Star Anise essential oils.
- Add one or two drops to water with, after, or before food to promote a feeling of satisfaction after eating.
- Diffuse before flying or taking a road trip for a calming.



DigestZen 5mL only sold in Family Essentials



**dōTERRA Balance®**  
Grounding Blend

dōTERRA Balance Grounding Blend has a warm, woody aroma that creates an atmosphere of calmness and wellbeing.

- Features Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Osmanthus in a base of Fractionated Coconut Oil.
- Creates a calming atmosphere and helps bring harmony to mind and body.
- Adds to a relaxing massage.



5mL bottle



**dōTERRA® Fractionated Coconut Oil** *Cocos nucifera*  
Carrier oil

Combine dōTERRA Fractionated Coconut Oil with your favourite dōTERRA essential oils for easy and effective topical distribution that is readily absorbed into the skin.

- Leather-light emollient provides a soothing barrier without clogging pores.
- Ideal for combining with essential oils before applying topically.
- Completely soluble with all essential oils; odourless, colourless and non-staining.



30mL bottle



# dōTERRA Emotional Aromatherapy® Kit

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## dōTERRA Emotional Aromatherapy® Kit

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This kit is a revolutionary organisation of aromatic plant families around a continuum of emotions for a simple, profound approach to using fragrant essential oils in emotional aromatherapy applications. Containing six proprietary 5mL blends with powerful aromas that can uplift your senses and brighten moods.

The kit includes six essential oil blends:

- dōTERRA Motivate®, dōTERRA Cheer®,
- dōTERRA Peace®, dōTERRA Forgive®,
- dōTERRA Console® and dōTERRA Passion®.

Six 5mL bottles



## dōTERRA Motivate®

### Encouraging Blend

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

- Combines Peppermint, Clementine, Coriander, Basil, Yuzu, Melissa, Rosemary, and Vanilla essential oils.
- Apply to shirt collar before giving a speech.
- Apply to pulse points before participating in sporting events or other competitions.



5mL bottle



## dōTERRA Cheer®

### Uplifting Blend

Cheer Uplifting Blend of citrus and spice essential oils provides a cheerful boost with an uplifting scent that invigorates your senses. Its sunny, fresh, optimistic aroma will brighten any moment of your day.

- Diffuse at home, work, or school to promote a positive, uplifting environment.
- To brighten your day apply one drop to hands, rub together, and inhale deeply as needed throughout the day.



5mL bottle



## dōTERRA Peace®

### Reassuring Blend

dōTERRA Peace Reassuring Blend of floral and mint essential oils is a positive reminder that it's often the little things that bring us joy. Slow down, take a deep breath, and reconnect with the composed, peaceful you.

- Combines Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, and Spearmint essential oils.
- Apply one drop to hands, rub together, and inhale deeply during moments of pause.
- Diffuse or inhale before taking a test or presenting to a large group.



5mL bottle



## dōTERRA Forgive®

### Renewing Blend

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

- Features Spruce, Bergamot, Juniper Berry, Lemon, Myrrh, Arborvitae, Nootka, Thyme, and Citronella essential oils.
- Diffuse during meditation as you work to release feelings of anger and guilt.
- Inspires a grounded atmosphere.



5mL bottle



## dōTERRA Console®

### Comforting Blend

The dōTERRA Console Comforting Blend of floral and tree essential oils helps soothe your emotions so you can confidently farewell sad feelings and work towards emotional healing.

- Combines Frankincense, Patchouli, Ylang Ylang, Labdanum, Amyris, Sandalwood, Rose, and Osmanthus essential oils.
- Diffuse during times of loss to comfort the soul.
- Apply over the heart as a reminder to be patient with healing and return to positive thoughts.



5mL bottle



## dōTERRA Passion®

### Inspiring Blend

The dōTERRA Passion Blend combines spice and herbal essential oils such as Cinnamon Bark, Ginger, Cardamom, Clove, and Damiana essential oils. This fusion creates a chemical profile with a high concentration of phenols and ethers, which creates a warming and renewing aroma.

- Wake up with purpose and vigour, and add dōTERRA Passion Blend to the diffuser of your choice.



5mL bottle

# dōTERRA Emotional Aromatherapy® Touch Kit

The dōTERRA Emotional Aromatherapy Touch Kit contains six unique essential oil blends combined with Fractionated Coconut Oil in 10mL roll-ons for convenient and gentle topical application. These proprietary blends are specially formulated to support your emotional wellbeing.



## dōTERRA Emotional Aromatherapy® Touch Kit

The kit includes six essential 10 mL roll-on oil blends:

- dōTERRA Motivate® Touch, dōTERRA Cheer® Touch,
- dōTERRA Passion® Touch, dōTERRA Forgive® Touch,
- dōTERRA Console® Touch and dōTERRA Peace® Touch.

Six 10mL roll-ons



## dōTERRA Motivate® Touch

Encouraging Blend

dōTERRA Motivate Touch provides gentle and quick application of dōTERRA Motivate mint and citrus essential oil blend. The fresh, minty aroma complements affirmations of confidence and courage.

- Features Fractionated Coconut Oil, Peppermint, Clementine, Coriander, Basil, Yuzu, Melissa, Rosemary, and Vanilla essential oils.
- Roll on neck when working on a project at the office or at school.
- Apply to pulse points before participating in a competition.



10mL roll-on



## dōTERRA Cheer® Touch

Uplifting Blend

dōTERRA Cheer Touch combines Fractionated Coconut Oil with the sunny, fresh aroma of dōTERRA Cheer essential oil blend. This convenient and gentle roll-on provides a joyful and optimistic aroma to brighten your day.

- Features Fractionated Coconut Oil, Lemon Myrtle, Clove, Wild Orange, Star Anise, Ginger, Zdravetz, Cinnamon Bark, Nutmeg and Vanilla essential oils.
- Keep your chin up and roll on to the back of the neck.
- Roll dōTERRA Cheer over your heart and focus on positive intentions.



10mL roll-on



## dōTERRA Passion® Touch

Inspiring Blend

dōTERRA Passion Touch combines spice and herbal essential oils that are warming and inviting.

- Combines Fractionated Coconut Oil, Cardamom, Cinnamon Bark, Ginger, Clove, Sandalwood, Jasmine, Vanilla, and Damiana essential oils.
- Wake up with purpose and vigour by rolling dōTERRA Passion Touch on each day.



10mL roll-on



## dōTERRA Forgive® Touch

Renewing Blend

dōTERRA Forgive Touch contains a proprietary blend of tree and herb essential oils along with Fractionated Coconut Oil for gentle application and ease of use. The fresh, woody aroma of dōTERRA Forgive Renewing Blend inspires a grounded atmosphere and complements affirmations of contentment, relief, and patience.

- Merges Fractionated Coconut Oil, Spruce, Bergamot, Juniper Berry, Lemon, Myrrh, Arborvitae, Nootka, Thyme, and Citronella essential oils.
- Roll on before meditation.



10mL roll-on



## dōTERRA Console® Touch

Comforting Blend

This proprietary blend combines a sweet and musky essential oil aroma blended perfectly with Fractionated Coconut Oil for gentle application.

- Features Fractionated Coconut Oil, Frankincense, Patchouli, Ylang Ylang, Labdanum Absolute, Amyris, Sandalwood, Rose and Osmanthus Extract.
- Roll on during times of loss for a comforting aroma.
- Apply over the heart as a reminder to be patient with healing and to think positively.



10mL roll-on



## dōTERRA Peace® Touch

Reassuring Blend

dōTERRA Peace Touch combines floral and mint essential oils and is a positive reminder that it's the simple things that can often bring us the most joy. Slow down, take a deep breath and reconnect with the composed, peaceful you.

- Combines Fractionated Coconut Oil, Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, and Spearmint essential oils.
- Inhale before taking a test or presenting to a crowd for a re-assured and tranquil aroma.



10mL roll-on

# dōTERRA® Yoga Collection

The Yoga collection consists of dōTERRA Anchor®, dōTERRA Affirm®, and dōTERRA Ascend®, which are the perfect blends to enhance your life and yoga practice. These blends provide aromas to use as you steady, centre and enlighten your spirit through every breath. Combining the best of yoga and aromatherapy, the dōTERRA Yoga Collection is the perfect addition to your practice or daily life.



## dōTERRA Yoga Collection

The kit includes three essential oil blends:

- dōTERRA Affirm® Centering Blend 5mL
- dōTERRA Anchor® Steadying Blend 5mL
- dōTERRA Ascend® Enlightening Blend 5mL

Three 5mL bottles

- Note: dōTERRA Affirm®, Ancho® & Ascend® are available only in the Yoga Collection.



### dōTERRA Affirm®

#### Centering Blend

Invite confident peace into your daily practice as you embrace the Centering Blend.

- Apply over heart, wrists, and back of neck.
- Diffuse while setting intentions about self-acceptance, trust, and fluidity of movement.
- Ideal yoga poses with dōTERRA Affirm's aroma are Warrior II, Triangle, and Gate pose.
- Can be used to enhance your yoga practice or any time during your day to ground and centre your emotions.



5mL bottle



### dōTERRA Anchor®

#### Steadying Blend

Instil a calm strength and firm trust in yourself with the Steadying Blend.

- Apply to ankles, base of spine, and bottoms of feet.
- Promotes an atmosphere full of calmness and courage.
- The perfect yoga poses to pair with dōTERRA Anchor's aroma are Seated Meditation, Seated Twist, and Bhu Mudra (one hand on the heart, the other on the Earth).
- Can be used to enhance your yoga practice or to calm and steady your emotions throughout the day.



5mL bottle



### dōTERRA Ascend®

#### Enlightening Blend

Inspire joy and courageously rise to your goals with the help of the Enlightening Blend.

- Apply to temples, wrists, and neck before a mindfulness practice.
- Enjoy dōTERRA Ascend when you are challenging yourself to achieve the next level.
- Can be used to enhance your yoga practice or to inspire courage throughout the day.
- Use dōTERRA Ascend while practicing the following yoga poses: standing, arms high and standing side stretch and Half Moon.



5mL bottle

#### Product Highlight

## Yoga Collection

An exclusive trio of CPTG® essential oil blends designed by dōTERRA for the yogi in you. dōTERRA Anchor®, dōTERRA Ascend®, and dōTERRA Affirm® are the perfect blends to enhance your life and yoga practice. These blends provide aromas to steady, centre, and enlighten your spirit through every breath.

**Exclusive to**  
Australia & New Zealand



# dōTERRA® Oceania Trio

From the hinterland and our mighty blue oceans to the vast and rugged expanses of our red desert, our Oceania Trio is a celebration of strength, diversity and resilience. We invite you to venture into the barren wilderness of this great continent to dwell in the magnitude of its forces.

Featuring our Desert Sand™ Outback Blend, the Native Bush™ Forest Blend and our iconic dōTERRA Coast® Ocean Blend.



## dōTERRA Coast®

Ocean Blend

The beach in a bottle. dōTERRA's Coast Ocean Blend was expertly crafted to provide an evocative and expansive aroma to ground, uplift and calm your soul.

- Diffuse Coast Ocean Blend for a grounding and relaxing atmosphere.
- Diffuse during meditation or yoga to enhance your practice.
- Diffuse to enjoy a grounding and mood enhancing coastal aroma while at home, on the road, or at work.
- Dilute with 2-3 drops of carrier oil and apply topically to enhance your mood and carry the coastal aroma wherever you go.



15mL bottle



## Desert Sand™

Outback Blend

Connect with the power, resilience and strength of one of Australia's most iconic landscapes. Our Desert Sand™ Outback Blend unites us with the ancient culture of our land, evoking the spirit of our scorched red earth.

- Diffuse Desert Sand Outback Blend for a grounding and relaxing atmosphere.
- Diffuse during meditation or yoga to enhance your practice.
- Diffuse to enjoy a grounding and mood enhancing aroma while at home, on the road, or at work.
- Dilute with 2-3 drops of carrier oil and apply topically to enhance your mood and carry the aroma of Desert Sand Outback Blend wherever you go.



15mL bottle



## Native Bush™

Forest Blend

Retreat to the peace and serenity of the forest with our Native Bush™ Forest Blend. Specifically blended to evoke memories of time spent in our Australian bushland, this revitalising blend reminds us of our connection to the land and the unparalleled ability of Mother Nature to renew and restore our spirit.

- Diffuse Native Bush Forest Blend for a grounding and relaxing atmosphere.
- Diffuse during meditation or yoga to enhance your practice.
- Diffuse to enjoy a grounding and mood enhancing aroma while at home, on the road, or at work.
- Dilute with 2-3 drops of carrier oil and apply topically to enhance your mood and carry the aroma of Native Bush
- Forest Blend wherever you go.



15mL bottle

# dōTERRA® Bundles & Kits



## Active Sports Bundle

Looking to bring out your inner athlete? Try our Active Sports Bundle to support your journey! You don't need to be a professional, you just need to get active!

This pack contains dōTERRA CPTG Certified Pure Tested Grade® essential oils and includes the following products:

- Copaiba 15mL
- Ice Blue Rub® 120mL
- Lemongrass 15mL
- Wintergreen 15mL
- Eucalyptus 15mL
- dōTERRA Motivate® 5mL
- Peppermint Beadlets 125 Beadlets
- Fractionated Coconut Oil 118mL



## Bedtime Bliss Bundle

Satisfy your craving for a restful nights sleep with these products to support your wind-down routine! We all crave that feeling of a restful nights sleep- sometimes, we just need a little help getting there. We have combined products to support your night time wind down. Rest, rejuvenate and take on the world!

This pack contains dōTERRA CPTG Certified Pure Tested Grade® essential oils and includes the following:

- Lavender Peace® 15mL
- doTERRA Touch® Peace 10mL
- doTERRA Balance® 15mL
- Cedarwood 15mL
- Vetiver 15mL
- Fractionated Coconut Oil 118mL



## Seasonal Essentials Bundle

Deciding what products you need to prepare for the change in season just got easier! We've taken the guesswork out for you and combined your favourite products ideal for braving the change all into one box. Now is the time to stock up with our Seasonal Essentials Bundle.

This pack contains dōTERRA CPTG Certified Pure Tested Grade® essential oils and includes the following:

- Easy Air® 15mL
- Easy Air® Touch 10mL
- Easy Air® Clear Drops
- On Guard® Touch 10mL
- On Guard® Sanitising Mist 27mL
- Peppermint 15mL
- Eucalyptus 15mL
- Tea Tree 15mL
- Lavender 15mL



## dōTERRA Touch Kit

dōTERRA Touch has achieved the balance of providing an essential oil experience, whilst being gentle on the skin. Featuring nine of our most popular oils in a base of Fractionated Coconut Oil, dōTERRA Touch makes application simple with 10mL roll-ons.

They're ready to use so that you can start enjoying the following dōTERRA Touch essential oils:

- Peppermint 10mL
- Oregano 10mL
- DigestZen®/Zengest™ 10mL
- Frankincense 10mL
- Ice Blue® 10mL
- Easy Air® 10mL
- On Guard® 10mL
- Tea Tree 10mL
- Lavender 10mL

## AromaTouch® Refill Kit

Whether you're a novice essential oil enthusiast or a professional practitioner, our AromaTouch® Technique Refill Kit is designed to keep you sharing the powerful benefits of essential oils. If you've already learned the AromaTouch® technique and simply want to stock up on the oils so you can keep practising, our oil-only Refill Kit is exactly what you need.

This pack contains dōTERRA CPTG Certified Pure Tested Grade® essential oils and includes the following:

- Lavender 15mL
- dōTERRA Balance® 15mL
- Wild Orange 15mL
- Peppermint 15mL
- On Guard® 15mL
- Ice Blue® 15mL
- Tea Tree 15mL
- AromaTouch® 15mL



## AromaTouch® Technique Kit

Are you an existing member of dōTERRA and interested in learning our AromaTouch® Technique? If you want to access the FREE online AromaTouch® Certification Course and experience the power of the AromaTouch® Technique without having to buy the complete Starter Pack, this kit is for you.

This pack contains dōTERRA CPTG Certified Pure Tested Grade® essential oils and includes the following:

- Lavender 15mL
- dōTERRA Balance® 15mL
- Wild Orange 15mL
- Peppermint 15mL
- On Guard® 15mL
- Ice Blue 15mL
- Tea Tree 15mL
- AromaTouch® 15mL

Free online AromaTouch Certification Course.



## Mood Management Kit

The Mood Management Kit features four of our popular 15mL emotive oils for an uplifting mood.

Featuring:

- dōTERRA Balance® 15mL
- Citrus Bliss® 15mL
- Lavender Peace® 15mL
- Elevation™ 15mL



## Five Faves Pack

Our Five Faves pack combines 5 of our most popular essential oils into an LRP only kit designed to make it easier for you to get your hands on our Five Fave oils! The Kit contains 15mL bottles of:

- Lavender 15mL
- Lemon 15mL
- Tea Tree 15mL
- Peppermint 15mL
- On Guard® 15mL



# dōTERRA® Kids Collections

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 the wellness of children.

Formulated specifically for school-aged children, these essential oil blends feature unique combinations balanced to provide powerful benefits while being gentle on delicate skin.





### doTERRA Brave®

#### Courage Blend

Before tackling life's big (or small) moments, or just to start your day, try rolling Brave onto the back of neck, tummy, or bottoms of feet.

- Features Wild Orange, Amyris, Osmanthus Extract, and Cinnamon in a base of Fractionated Coconut Oil.
- May have a confident and courageous aroma.
- Combine with positive daily affirmations to promote self-belief.



5mL Bottle 10mL roll-on



### doTERRA Calmer®

#### Restful Blend

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

- Features Lavender, Cananga, Buddha Wood and Roman Chamomile in a base of Fractionated Coconut Oil.
- Creates a restful atmosphere at bedtime.
- Promotes a soothing environment.



5mL Bottle 10mL roll-on



### doTERRA Rescuer®

#### Soothing Blend

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

- Features Copaiba, Lavender, Spearmint and Zanthoxylum in a base of Fractionated Coconut Oil.
- Massage onto growing or tired legs.
- Creates a cooling experience.



5mL Bottle 10mL roll-on



### doTERRA Steady®

#### Grounding Blend

Perfect for daily use, Steady has a soft, inviting and slightly fruity aroma, ideal for a soothing environment. When feeling overwhelmed, rub Steady on your neck and wrists as a reminder to calm emotions and balance mood.

- Features Amyris, Balsam Fir, Coriander, and Magnolia in a base of Fractionated Coconut Oil.
- Relaxing and balancing aroma.
- Try applying to the back of the neck before and after an action-packed day.



5mL Bottle 10mL roll-on



### doTERRA Stronger®

#### Protective Blend

Use Stronger on the back of your neck or bottoms of your feet to boost your emotions and remind you to be resilient and strong.

- Features Cedarwood, Litsea, Frankincense and Rose Extract in a base of Fractionated Coconut Oil.
- Roll onto hands, knees and feet after a long day of activity to help promote the appearance of healthy skin.
- Promotes an atmosphere of wellness and vitality.
- May be soothing to the skin.



5mL Bottle 10mL roll-on

*We have put together a specially collated selection of oils designed for use by kids, including us "big" kids! Use these blends as powerful affirmations with your school-aged (5+ years) children as you show love and care. Packed in a super-cute carry case that doubles as a pencil case, this on-the-go kit is here to stay and the perfect way to show you care about their wellbeing.*



### dōTERRA Tamer®

#### Supportive Blend

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

- Features Spearmint, Japanese Peppermint, Ginger, Black Pepper, and Parsley Seed in a base of Fractionated Coconut Oil.
- Roll on to the tummy after eating a large meal.
- An essential for road trips.



5mL Bottle 10mL roll-on



### dōTERRA Thinker®

#### Focus Blend

When distractions are high, roll Thinker onto the back of your neck for the ideal supportive and positive aroma to enhance concentration and creativity.

- Features Vetiver, Peppermint, Clementine, and Rosemary essential oils in a base of Fractionated Coconut Oil.
- Keep on hand during school and study time.



5mL Bottle 10mL roll-on



### dōTERRA® Koala Diffuser

Cute as a button, the dōTERRA® Koala Diffuser makes a great gift and is the perfect addition to any kid's bedroom or nursery. Featuring 2, 4 or 8 hours of gentle misting, 4 peaceful music settings and 2 ambient light options, you'll fall in love with the benefits of essential oils and Australia's iconic native wildlife all over again.

- Water Capacity: 90mL
- Suggested Room Size: Up 25m²
- Timer: 2-4 hours continuous; 8 hours intermittent
- Dual functionality with 4 music options, volume control and pause.
- Includes wall plug and micro USB cable.
- Automatic safety shut-off.
- 1 year warranty.



## dōTERRA Family Essentials Starter Pack

### Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Lavender essential oil</b> Lavandula angustifolia	A	T	F	N			TW
<b>Lemon essential oil</b> Citrus limon	A	T	F	N			TW
<b>Peppermint essential oil</b> Mentha piperita	A	T	F		S		TW
<b>Tea tree essential oil</b> Melaleuca alternifolia	A	T		N			TW
<b>dōTERRA Balance® Grounding Blend</b> Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus, Fractionated Coconut Oil	A	T		N			
<b>Frankincense essential oil</b> Boswellia carterii, sacra, papyrifera, and frereana	A	T	F	N			TW
<b>dōTERRA Easy Air® Clear Blend</b> Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara	A	T			S		
<b>DigestZen® Essential Blend</b> Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, and Star Anise	A	T		N			
<b>Eucalyptus essential oil</b> Globulus leaf	A	T			S		TW
<b>On Guard® Grounding Blend</b> Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary	A	T	F		S		
<b>Fractionated Coconut Oil</b> Cocos nucifera		T		N			

## dōTERRA Home Essentials Starter Pack

### Quick Oil Reference

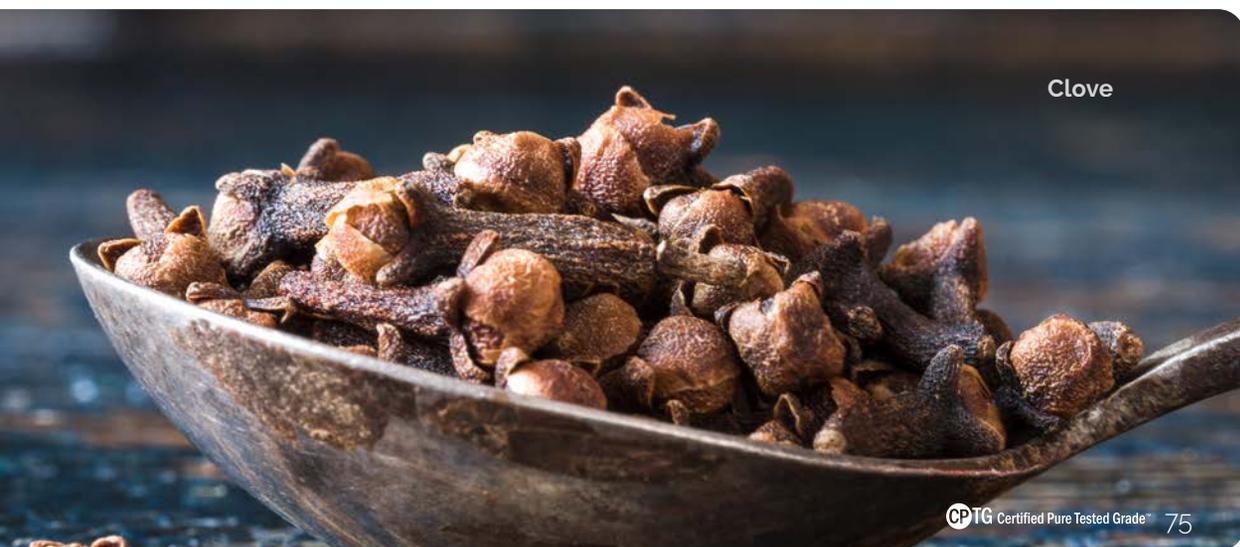
	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Lavender essential oil</b> Lavandula angustifolia	A	T	F	N			TW
<b>Lemon essential oil</b> Citrus limon	A	T	F	N			TW
<b>Peppermint essential oil</b> Mentha piperita	A	T	F		S		TW
<b>Tea tree essential oil</b> Melaleuca alternifolia	A	T		N			TW
<b>dōTERRA Balance® Grounding Blend</b> Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus, Fractionated Coconut Oil	A	T		N			
<b>Frankincense essential oil</b> Boswellia carterii, sacra, papyrifera, and frereana	A	T	F	N			TW
<b>dōTERRA Easy Air® Clear Blend</b> Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara	A	T			S		
<b>ZenGest™ Essential Blend</b> Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, and Star Anise	A	T	F	N			

<b>Eucalyptus essential oil</b>	A	T			S			TW
Globulus leaf								
<b>On Guard® Protective Blend</b>	A	T	F		S			
Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary								
<b>Fractionated Coconut Oil</b>		T		N				
Cocos nucifera								

## AromaTouch Technique Starter Pack

### Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness	
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only	
<b>Lavender essential oil</b>	A	T	F	N			TW	
Lavandula angustifolia								
<b>Tea tree essential oil</b>	A	T		N			TW	
Melaleuca alternifolia								
<b>dōTERRA Balance® Grounding Blend</b>	A	T		N				
Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus, Fractionated Coconut Oil								
<b>Frankincense essential oil</b>	A	T	F	N			TW	
Boswellia carterii, sacra, papyrifera, and frereana								
<b>Ice Blue® Athletic Blend</b>		T			S			
Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus extract								
<b>AromaTouch® Spa Blend</b>		T		N				
Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender								
<b>On Guard® Protective Blend</b>	A	T	F		S			
Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary								
<b>Wild Orange</b>	A	T	F	N				
Citrus sinensis								
<b>Peppermint essential oil</b>	A	T	F		S		TW	
Mentha piperita								
<b>Fractionated Coconut Oil</b>		T		N				
Cocos nucifera								
*other items included								



Clove

# Nature's Solutions Starter Pack

## Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Lavender essential oil</b>	A	T	F	N			TW
Lavandula angustifolia							
<b>Lemon essential oil</b>	A	T	F	N			TW
Citrus limon							
<b>Peppermint essential oil</b>	A	T	F		S		TW
Mentha piperita							
<b>Tea tree essential oil</b>	A	T		N			TW
Melaleuca alternifolia							
<b>dōTERRA Balance® Grounding Blend</b>	A	T		N			
Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus, Fractionated Coconut Oil							
<b>Frankincense essential oil</b>	A	T	F	N			TW
Boswellia carterii, sacra, papyrifera, and frereana							
<b>dōTERRA Easy Air® Clear Blend</b>	A	T			S		
Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara							
<b>ZengGest® Essential Blend</b>	A	T	F	N			
Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, and Star Anise							
<b>Eucalyptus essential oil</b>	A	T			S		TW
Globulus leaf							
<b>On Guard® Protective Blend</b>	A	T	F		S		
Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary							
<b>Fractionated Coconut Oil</b>		T		N			
Cocos nucifera							
<b>Lavender Peace® Restful Blend</b>	A	T	F	N			
Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Absolute, and Hawaiian Sandalwood							
<b>PastTense® Relaxation Blend</b>	A	T		N			
Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, Rosemary							
<b>Adaptiv® Tranquil Blend</b>	A	T	F	N			
Boswellia carterii, sacra, papyrifera, and frereana							
<b>Citrus Bloom® Springtime Blend</b>	A	T		N			
Wild Orange, Grapefruit, Lavender, Roman Chamomile, and Magnolia							
<b>Ice Blue® Athletic Blend</b>		T			S		
Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus extract							
<b>Easy Air® Clear Blend</b>	A	T			S		
Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara							
<b>Oregano essential oil</b>	A	T	F	N		D	
Origanum vulgare							
<b>Wild Orange</b>	A	T	F	N			
Citrus sinensis							

\*other items included

## Emotional Wellness Starter Pack

### Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Lavender Peace® Restful Blend</b>	A	T		N			
Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Absolute, and Hawaiian Sandalwood							
<b>dōTERRA Balance® Grounding Blend</b>	A	T		N			
Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus, Fractionated Coconut Oil							
<b>Adaptiv® Tranquil Blend</b>	A	T		N			
Boswellia carterii, sacra, papyrifera, and frereana							
<b>Citrus Bliss® Invigorating Blend</b>	A	T		N			
Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine, with Vanilla Absolutet							
<b>Clementine essential oil</b>	A	T					
Citrus clementina							

## Simple Solutions Starter Pack

### Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Lavender Peace® Restful Blend</b>	A	T		N			
Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Absolute, and Hawaiian Sandalwood							
<b>Lemon essential oil</b>	A	T	F	N			TW
Citrus limon							
<b>On Guard® Protective Blend</b>	A	T	F		S		
Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary other items included							

## Household Care Starter Pack

### Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Lavender essential oil</b>	A	T	F	N			TW
Lavandula angustifolia							
<b>Lemon essential oil</b>	A	T	F	N			TW
Citrus limon							
<b>Peppermint essential oil</b>	A	T	F		S		TW
Mentha piperita							
<b>Tea tree essential oil</b>	A	T		N			TW
Melaleuca alternifolia							
<b>dōTERRA Balance® Grounding Blend</b>	A	T		N			
Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus, Fractionated Coconut Oil							
<b>Frankincense essential oil</b>	A	T	F	N			TW
Boswellia carterii, sacra, papyrifera, and frereana							

<b>dōTERRA Easy Air® Clear Blend</b>	A	T			S		
Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara							
<b>ZengGest™ Essential Blend</b>	A	T	F	N			
Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, and Star Anise							
<b>Eucalyptus essential oil</b>	A	T			S		TW
Globulus leaf							
<b>On Guard® Protective Blend</b>	A	T	F		S		
Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary							
<b>Fractionated Coconut Oil</b>		T		N			
Cocos nucifera							
<b>Lavender Peace® Restful Blend</b>	A	T	F	N			
Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Absolute, and Hawaiian Sandalwood							
<b>PastTense® Relaxation Blend</b>	A	T		N			
Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, Rosemary							
<b>Adaptiv® Tranquil Blend</b>	A	T	F	N			
Boswellia carterii, sacra, papyrifera, and frereana							
<b>Citrus Bloom® Springtime Blend</b>	A	T			S		
Wild Orange, Grapefruit, Lavender, Roman Chamomile, and Magnolia							
<b>Ice Blue® Athletic Blend</b>	A	T	F	N			
Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus extract.							
<b>Easy Air® Clear Blend</b>	A	T			S		
Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara							
<b>Wild Orange essential oil</b>	A	T	F	N			
Citrus sine							
<b>Ginger essential oil</b>	A	T			S		
Zingiber officinale							
<b>Lemongrass essential oil</b>	A	T	F	N			
Cymbopogon flexuosus							
<b>Yarrow   Pom Active Botanical Nutritive Duo</b>	A	T			S		
Cylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus extract							
<b>ClaryCalm® Monthly Blend for Women</b>	A	T	F	N			
Clary Sage, Lavender, Bergamot, Roman Chamomile, Ylang Ylang, Cedarwood, Geranium, Fennel, Carrot Seed, Palmarosa, Vitex							
*other items included							



## dōTERRA Oceania Trio

### Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Native Bush™ - Forest Blend</b>	A	T		N			
Sandalwood, Eucalyptus, Cedarwood, Arbovitae, Copaiba, Douglas Fir, Clove, Coriander							
<b>Desert Sand™ - Outback Blend</b>	A	T		N			
Orange, Turmeric, Rosemary, Ginger							
<b>dōTERRA Coast® - Ocean Blend</b>	A	T		N			
Orange, Amyris, Lemon Eucalyptus, Cedarwood, Coriander, Douglas Fir, Lemongrass, Magnolia Flower, Pepper Sichuan, Buccu Aged							

## dōTERRA Yoga Collection

### Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>dōTERRA Anchor® Steadying Blend</b>	A	T		N			
Fractionated Coconut Oil, Lavender, Cedarwood, Frankincense, Cinnamon, Sandalwood, Black Pepper, Patchouli							
<b>dōTERRA Affirm® Centering Blend</b>	A	T		N			
Fractionated Coconut Oil, Bergamot, Coriander, Marjoram, Peppermint, Geranium, Basil, Rose, Jasmine Extract							
<b>dōTERRA Ascend® Enlightening Blend</b>	A	T		N			
Fractionated Coconut Oil, Lemon, Grapefruit, Siberian Fir, Osmanthus Extract, Melissa							

## Active Sports Bundle

### Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Copaiba essential oil</b>	A	T	F		S		
Copaifera reticulata, officinalis, coriacea, and langsdorffii							
<b>Lemongrass essential oil</b>	A	T			S		
Cymbopogon flexuosus							
<b>Wintergreen essential oil</b>	A	T	F		S		
Gaultheria fragrantissima							
<b>Eucalyptus essential oil</b>	A	T			S		TW
Globulus leaf							
<b>Motivate® Encouraging Blend</b>	A	T	F		S		
Peppermint, Clementine, Coriander, Basil, Yuzu, Melissa, Rosemary, and Vanilla							

\*other items included

## Bedtime Bliss Bundle

### Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Lavender Peace® Restful Blend</b>	A	T		N			
Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Absolute, and Hawaiian Sandalwood							
<b>Peace Touch</b>		T		N			
Fractionated Coconut Oil, Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, and Spearmint.							
<b>dōTERRA Balance® Grounding Blend</b>	A	T		N			
Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus, Fractionated Coconut Oil							
<b>Cedarwood essential oil</b>	A	T			S		
Juniperus virginiana							
<b>Vetiver essential oil</b>	A	T	F	N			TW
Vetiveria zizanioides							
<b>Fractionated Coconut Oil</b>		T		N			
Cocos nucifera							

## Seasonal Essentials Bundle

### Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Easy Air® Clear Blend</b>	A	T			S		
Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara							
<b>On Guard® Protective Blend</b>	A	T	F		S		
Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary							
<b>Peppermint essential oil</b>	A	T	F		S		TW
Mentha piperita							
<b>Eucalyptus essential oil</b>	A	T			S		TW
Globulus leaf							
<b>Tea tree essential oil</b>	A	T		N			TW
Melaleuca alternifolia							
<b>Lavender essential oil</b>	A	T	F	N			TW
Lavandula angustifolia							
*other items included							

## AromaTouch® Refill Kit

### Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Lavender essential oil</b>	A	T	F	N			TW
Lavandula angustifolia							
<b>Tea tree essential oil</b>	A	T		N			TW
Melaleuca alternifolia							
<b>dōTERRA Balance® Grounding Blend</b>	A	T		N			
Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus, Fractionated Coconut Oil							
<b>Frankincense essential oil</b>	A	T	F	N			TW
Boswellia carterii, sacra, papyrifera, and frereana							

<b>Ice Blue® Athletic Blend</b>			T				S		
Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus extract.									
<b>AromaTouch® Spa Blend</b>			T			N			
Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender									
<b>On Guard® Protective Blend</b>	A		T	F			S		
Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary									
<b>Wild Orange</b>	A		T	F		N			
Citrus sinensis									
<b>Peppermint essential oil</b>	A		T	F			S		TW
Mentha piperita									
<b>Fractionated Coconut Oil</b>			T			N			
Cocos nucifera									

## AromaTouch® Technique Kit

### Quick Oil Reference

	Application		Skin Sensitivity				Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Lavender essential oil</b>	A	T	F	N			TW
Lavandula angustifolia							
<b>Tea tree essential oil</b>	A	T		N			TW
Melaleuca alternifolia							
<b>dōTERRA Balance® Grounding Blend</b>	A	T		N			
Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus, Fractionated Coconut Oil							
<b>Frankincense essential oil</b>	A	T	F	N			TW
Boswellia carterii, sacra, papyrifera, and frereana							
<b>Ice Blue® Athletic Blend</b>			T				S
Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus extract.							
<b>AromaTouch® Spa Blend</b>			T			N	
Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender							
<b>On Guard® Protective Blend</b>	A		T	F			S
Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary							
<b>Wild Orange</b>	A		T	F		N	
Citrus sinensis							
<b>Peppermint essential oil</b>	A		T	F			S
Mentha piperita							
<b>Fractionated Coconut Oil</b>			T			N	
Cocos nucifera							
*other items included							

## Mood Management Kit

### Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Lavender Peace® Restful Blend</b>	A	T		N			
Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Absolute, and Hawaiian Sandalwood							
<b>Citrus Bliss® Invigorating Blend</b>	A	T		N			
Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine, with Vanilla Absolutel							
<b>dōTERRA Balance® Grounding Blend</b>	A	T		N			
Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus, Fractionated Coconut Oil							
<b>Adaptiv® Tranquil Blend</b>	A	T	F	N			
Boswellia carterii, sacra, papyrifera, and frereana							

## dōTERRA Touch Kit

### Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Peppermint essential oil</b>	A	T	F		S		TW
Mentha piperita							
<b>Oregano essential oil</b>	A	T	F	N		D	
Origanum vulgare							
<b>ZengGest™ Essential Blend</b>	A	T	F	N			
Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, and Star Anise							
<b>Adaptiv® Tranquil Blend</b>	A	T	F	N			
Boswellia carterii, sacra, papyrifera, and frereana							
<b>Frankincense essential oil</b>	A	T	F	N			TW
Boswellia carterii, sacra, papyrifera, and frereana							
<b>Ice Blue® Athletic Blend</b>		T			S		
Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus extract							
<b>On Guard® Protective Blend</b>	A	T	F		S		
Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary							
<b>Tea tree essential oil</b>	A	T		N			TW
Melaleuca alternifolia							
<b>Lavender essential oil</b>	A	T	F	N			TW
Lavandula angustifolia							

## Five Faves Pack

### Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>Peppermint essential oil</b>	A	T	F		S		TW
Mentha piperita							
<b>On Guard® Protective Blend</b>	A	T	F		S		
Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary							
<b>Tea tree essential oil</b>	A	T		N			TW
Melaleuca alternifolia							
<b>Lavender essential oil</b>	A	T	F	N			TW
Lavandula angustifolia							
<b>Lemon essential oil</b>	A	T	F	N			TW
Citrus limon							

# dōTERRA Kids Collection

## Quick Oil Reference

	Application			Skin Sensitivity			Therapeutic Wellness
	Aromatic	Topical	Food Flavouring	Neat	Sensitive	Dilute	Australia Only
<b>dōTERRA Thinker® Focus Blend</b> Vetiver, Peppermint, Clementine, Rosemary	A	T		N			
<b>dōTERRA Calmer® Restful Blend</b> Lavender, Cananga, Buddha Wood, Roman Chamomile	A	T		N			
<b>dōTERRA Stronger® Protective Blend</b> Cedarwood, Litsea, Frankincense, Rose Extract	A	T		N			
<b>dōTERRA Rescuer® Soothing Blend</b> Copaiba, Lavender, Spearmint, Zanthoxylum	A	T		N			
<b>dōTERRA Steady® Grounding Blend</b> Amyris, Balsam Fir, Coriander, Magnolia	A	T		N			
<b>dōTERRA Brave® Courage Blend</b> Wild Orange, Amyris, Osmanthus Extract, Cinnamon	A	T		N			
<b>dōTERRA Tamer® Supportive Blend</b> Spearmint, Japanese Peppermint, Ginger, Black Pepper, Parsley Seed	A	T		N			



# Ice Blue®

The soothing combination of CPTG Certified Pure Tested Grade® essential oils of Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, German Chamomile and Osmanthus create the dōTERRA® Ice Blue proprietary blend, infused in an invigorating rub or 5mL bottle.

The Ice Blue Polyphenol Complex™ is a proprietary formula containing extracts of Frankincense and Turmeric which are loaded with polyphenols to be used as an internal solution for soreness or discomfort. Use Ice Blue Polyphenol Complex in combination with Ice Blue essential oil blend and Ice Blue Rub® for soothing effects and targeted benefits.



## Ice Blue®

### Athletic Blend

Ice Blue provides soothing and cooling effects on the skin.

- Features Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus extract.
- Rub Ice Blue on lower back muscles after a day of heavy lifting.
- Apply on feet and knees before and after exercise.
- Massage Ice Blue with a few drops of carrier oil onto growing kids' legs before bedtime.



5mL bottle



## Ice Blue® Touch

### Athletic Blend

Combines Ice Blue® in a base of Fractionated Coconut Oil to provide a soothing and cooling effect on the skin in a diluted form.

- Features Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus extract.
- Rub Ice Blue on lower back muscles after a day of heavy lifting.
- Apply on feet and knees before and after exercise.
- Massage Ice Blue with a few drops of carrier oil onto growing kids' legs before bedtime.



10mL roll-on



## Ice Blue® Roll-On

Athletic Blend

Ice Blue Roll-On delivers Ice Blue in a convenient roll-on and can be used as a soothing massage.

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



10mL roll-on



## Ice Blue Rub®

Soothing Cream

Infused with Ice Blue Athletic Blend, Ice Blue Rub provides a soothing and cooling effect.

- Formulated with the Ice Blue proprietary blend of essential oils and other powerful ingredients.
- Perfect for the athlete in your life, Ice Blue Rub is blended in a base of moisturising emollients that leave your skin soft and non-greasy.
- Provides a cooling and soothing sensation to targeted areas.

120mL tube



## Ice Blue Polyphenol Complex™

dōTERRA® Ice Blue Polyphenol Complex™ is a proprietary formula containing extracts of Frankincense and Turmeric essential oils which are loaded with polyphenols that help reduce oxidative stress and support healthy muscles and other tissues in the body.

- Help support healthy bones and joints.
- The unique blend of polyphenol extracts in Ice Blue Polyphenol Complex provides the soothing comfort needed to support a life of activity and vitality.
- Antioxidant - reduce free radicals formed in the body.
- Support general health and wellbeing.

60 vegetable capsules

 Made with vegetable capsules

**AUST-L 382676**

KEEP OUT OF REACH OF CHILDREN.  
Always read the label and follow directions for use. If symptoms persist see your doctor/healthcare professional.



## Ice Blue® Stick + Copaiba

Infused with Ice Blue Athletic Blend, Ice Blue Rub provides a soothing and cooling effect.

- Formulated with the Ice Blue proprietary blend of essential oils and other powerful ingredients.
- Perfect for the athlete in your life, Ice Blue Rub is blended in a base of moisturising emollients that leave your skin soft and non-greasy.
- Provides a cooling and soothing sensation to targeted areas.

48g roller tube



## Ice Blue Rub® Sample Pack

A rich, topical cream infused with the Ice Blue® Athletic Blend. Enriched with natural plant extracts commonly applied to muscles and joints, this skin-soothing rub offers a cooling sensation when applied to targeted areas. Enhanced with moisturising emollients, this is an essential addition to your bathroom cabinet or gym bag.

2mL x 10 pack.

# dōTERRA Adaptiv®

When the daily twists and turns of life come, you know that you need to adapt to your environment to find balance and comfort again. Pairing the calming properties of Lavender, Magnolia, Neroli and Sweetgum essential oils with the uplifting energies of Wild Orange and Spearmint, dōTERRA Adaptiv® is here to support your body, mind and spirit through life's more stressful moments.



## dōTERRA Adaptiv™

Tranquil Blend

When feelings of fatigue, restlessness, indecisiveness, or irritability appear, dōTERRA Adaptiv Tranquil Blend is here to support your body, mind and spirit through life's more stressful moments.

- Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum have calming aromas and uplifting energies.
- Assists with centering and promotes a tranquil, balanced environment.
- Diffuse for a soothing uplifting aroma.



15mL bottle

Top Seller



## dōTERRA Adaptiv™ Touch

Tranquil Blend

The Adaptiv Touch Tranquil Blend was purposefully designed to provide an aroma of calm confidence when life's activities seem relentless, and you are searching for a new perspective. Packaged in a convenient roller bottle, Adaptiv Touch is easy to apply topically either at home or on-the-go.

- Features a blend of Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum essential oils in a base of Fractionated Coconut Oil.
- Soothing and uplifting aroma.
- Roll on to help quell anxiety and encourage relaxation.



10mL roll-on

# Easy Air®

Easy breathing is cleansing 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 Easy Air® Clear Blend helps promote feelings of clear and easy breathing, especially when seasonal impediments to breathing are high. With the easy application of the Easy Air Vapour Stick, you can quickly enjoy the benefits of this powerful blend anytime, anywhere.



## dōTERRA Easy Air®

Clear Blend

dōTERRA Easy Air Clear Blend is a powerful essential oil blend that maintains feelings of clear airways and easy breathing.

- Remarkable blend of Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara.
- Promotes feelings of clear airways and easy breathing.
- Diffuse or inhale directly when environmental or seasonal threats are high.

Top  
Seller

A T S

15mL bottle



## Easy Air® Vapour Stick

Soothes & Cools

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

- Promotes feelings of clear and easy breathing.
- Provides a cooling sensation.
- Apply topically to the chest or neck and enjoy a soothing, invigorating aroma.

12.5g



## dōTERRA Touch®

Clear Blend

Easy Air Touch provides the perfect balance of Easy Air Clear Blend with Fractionated Coconut Oil to invigorate and clear your mind.

- Apply topically to chest to promote feelings of clear airways and easy breathing.
- Diffuse or add to humidifier at bedtime for a restful atmosphere.
- Apply to chest or bottom of feet during seasonal changes.

T S

10mL roll-on



## Easy Air® Clear Drops

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

- Proprietary blend includes: Lemon, Peppermint, Cardamom, Eucalyptus, Thyme, and Melissa essential oils.
- Assists with refreshing the senses.
- Promotes feelings of clear and easy breathing.

30 drops/120g

# On Guard®

dōTERRA® On Guard® is one of our bestselling and versatile dōTERRA CPTG Certified Pure Tested Grade® essential oil blends. The refreshing and uplifting combination of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary essential oils invigorate and cleanse, helping protect against environmental and seasonal threats. The dōTERRA On Guard® Protective Blend has been integrated into a variety of dōTERRA products to offer diverse ways to enjoy its benefits.



## On Guard® Protective Blend

dōTERRA On Guard offers a warm, spicy, camphoraceous and woody aroma that helps create a cleansing and protective environments.

- Features a combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils.
- Safe for use on benches, as a naturally-derived cleaner, or diffuse for a pure uplifting aroma.
- A powerful blend that helps protect against environmental and seasonal threats.



15mL bottle



## On Guard® Touch Protective Blend

Provides a gentle and convenient application method for dōTERRA's proprietary On Guard essential oil blend.

- Features a combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary.
- Apply topically to the chest and bottoms of feet when seasonal threats are high.
- Contains essential oils which can be cleansing and clarifying to the skin.



10mL roll-on



## On Guard® Beadlets

dōTERRA On Guard Beadlets provide an easy and convenient way to obtain the breath-freshening benefits of dōTERRA On Guard Protective Blend.

- Perfect for home use and while travelling – anytime, anywhere.
- Provides a convenient consumption method for dōTERRA On Guard Protective Blend.
- Carrageenan free.

F

125 beadlets



## On Guard® Throat Drops

Keep these throat drops conveniently on hand throughout the winter season for a pure, uplifting and energising aroma fit for seasonal and environmental threats.

- Provides a delectable soothing sensation.
- Features the unique properties of dōTERRA On Guard Protective Blend.

Formulated with organic cane sugar and organic brown rice syrup, with no added artificial flavours or colours.

30 drops/120g

Top Seller



## On Guard® Cleansing Toothpaste

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

- Fluoride-free with calcium hydroxyapatite to keep teeth looking clean and healthy.
- Unique cinnamon-mint flavour mixed with xylitol to help leave your breath fresh and clean.
- Boasts the protective benefits of dōTERRA On Guard essential oil blend.
- Hydrated silica is a gentle abrasive that helps remove plaque, but is gentle enough to not damage tooth enamel.

125g tube

Top Seller



## On Guard® Mouthwash

dōTERRA On Guard Mouthwash is alcohol free and formulated to clean teeth and gums, reduce plaque, and promote a healthy-looking mouth and fresh breath when used as part of a hygiene routine that includes brushing and flossing.

- Plant based, alcohol-free formula.
- Use after brushing and flossing to help reduce plaque and brighten smile.
- Refreshing dōTERRA On Guard essential oil blend supports long-lasting fresh breath.

473 mL bottle



## On Guard® Cleansing Toothpaste Samples

In a convenient samples 10 pack, dōTERRA On Guard Cleansing Toothpaste is fluoride-free and, with regular brushing, provides the benefits of On Guard essential oil, while cleansing teeth with gentle polishing agent.

10x20g samples



### On Guard® Sanitising Mist

dōTERRA On Guard Sanitising Mist kills bacteria on the skin through an extremely fine, quick-drying mist. Perfect to have on hand when you are on-the-go for quick cleansing.

- Infused with moisturising apple extract leaving hands feeling soft and smooth.
- Uplifting citrus, spice aroma of dōTERRA On Guard essential oil in a convenient mist.
- Perfect size for travel, work, and school.

27mL spray bottle



### On Guard® Laundry Detergent

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

- Features a non-toxic formula safe for the entire family and environment.
- Combines plant-based derivatives with the powerful dōTERRA On Guard Protective Blend.
- Perfect to expertly clean hard surfaces in the kitchen, bathroom and throughout the home.
- Leaves behind a clean, invigorating scent.

947mL bottle



### On Guard® Foaming Hand Wash

Keep your hands clean and protected with this gentle alternative to harsh soaps, fortified with dōTERRA On Guard essential oil blend.

- Conveniently packaged in a 473mL bottle that fills 236mL foaming dispensers.
- Formulated with the unique dōTERRA On Guard Protective Blend and gentle cleansers and emollients that clean and soften hands.
- pH balanced to protect the delicate moisture barriers of the skin.
- Leaves your hands smelling fresh and citrus clean.

473mL bottle



### On Guard® Cleaner Concentrate

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

- Features a non-toxic formula safe for the entire family and environment.
- Combines plant-based derivatives with the powerful dōTERRA On Guard Protective Blend.
- Perfect to expertly clean hard surfaces in the kitchen, bathroom and throughout the home.
- Leaves behind a clean, invigorating scent.

355mL bottle



### Foaming Hand Wash Dispenser

The dōTERRA® Amber Foaming Handwash Dispenser holds 225mL of On Guard® Foaming Hand Wash and is the most convenient way to dispense foam onto hands.

225mL bottle



### On Guard® Foaming Hand Wash & Two Dispenser

This gentle alternative to harsh soaps that comes conveniently packaged with 2 dispensers for easy, convenient and style-infused handwashing. Leave hands feeling clean, soft and refreshed with an enlivening citrus aroma.

473mL + 2x 225mL bottles





**dōTERRA<sup>®</sup>**  
**Home**



dōTERRA<sup>®</sup> clean

DISHWASHING LIQUID

**Concentrate**

Lemon Eucalyptus, Tea Tree  
& Cinnamon

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*Gentle dishwashing liquid  
formulated with CPTG<sup>®</sup> essential oils*

500mL

# dōTERRA® clean



Protect the health and wellbeing of your family while being gentle on the planet with this Australian-made, low-tox cleaning range. Harnessing the natural antibacterial power of dōTERRA Tea Tree and dōTERRA Lemon Eucalyptus pure CPTG® essential oils. Proudly supporting our local communities with ethical and sustainable Australian-made cleaning products. NO NASTIES! Vegan Suitable. Cruelty free. No animal ingredients or testing.



## dōTERRA® clean Dishwashing Liquid Concentrate

Lemon, Eucalyptus, Tea Tree & Cinnamon

A more joyful way to do dishes, this Australian-made, clean formulation dishwashing liquid has been consciously created to be gentle on the environment and your skin, while being tough on greasy pots and pans.

This concentrated, naturally aromatic dishwashing liquid is phosphate and ammonia free and contains no synthetic fragrances or colours.

500mL bottle



## dōTERRA® clean Multi-Purpose Surface Spray

Lemon, Eucalyptus, Tea Tree & Cinnamon

Keep your home and family safe and healthy with this Australian-made, clean formulation surface spray. Consciously created to be gentle on the earth and safe on food surfaces, while being tough at removing household grime.

This aromatic spray cleans and sanitises your work areas without the use of phosphates, ammonia, synthetic fragrances or colours.

500mL spray bottle



## dōTERRA® clean Glass Cleaner Spray

Peppermint & Rosemary

Make your home safer and healthier with this Australian-made, clean formulation glass cleaner spray. Consciously created to be gentle on the environment while being tough at removing residue. Suitable for all surface types.

Featuring dōTERRA Peppermint and dōTERRA Rosemary pure CPTG® essential oils, this aromatic spray effectively cleans windows and glass without the use of phosphates, ammonia, synthetic fragrances or colours.

500mL spray bottle



## dōTERRA® clean Bathroom Cleaner Spray

Spearmint & Grapefruit

Make your home safer and healthier with this Australian-made, clean formulation Bathroom Cleaner spray. Consciously created to be gentle on the environment, while being tough at removing build up of bathroom grime. Suitable for all surface types.

Featuring dōTERRA Spearmint and dōTERRA Grapefruit pure CPTG® essential oils, this aromatic spray cleans and sanitises your bathrooms without the use of phosphates, ammonia, synthetic fragrances or colours.

500mL spray bottle



## dōTERRA® clean Dishwashing Powder

Lemon

Reduce chemical waste and clean your dishes, this Australian-made, clean formulation dishwashing powder has been consciously created for dishwashers to be gentle on the environment, while being tough on greasy plates and cutlery.

Harnessing the natural cleansing power of dōTERRA Lemon pure CPTG® essential oil, this concentrated, naturally aromatic dishwashing powder is phosphate and ammonia free and contains no synthetic fragrances or colours.

1kg spray bottle



## dōTERRA® clean Powdered Laundry Detergent

Lemon, Eucalyptus, Tea Tree & Cinnamon

Reduce chemical waste and pollution with this Australian-made, clean formulation powdered laundry detergent, consciously created to keep your home, family and the environment safe and healthy.

This gentle formula is tough on stains and kind to the earth with no phosphates, ammonia, synthetic fragrances or colours.

1kg tub



## dōTERRA® clean Liquid Laundry Detergent

Lemon, Eucalyptus, Tea Tree & Cinnamon

Reduce chemical waste and pollution with this Australian-made, clean formulation liquid laundry detergent, consciously created to keep your home, family and the environment safe and healthy.

This concentrated formula is tough on stains and gentle on the earth with no phosphates, ammonia, synthetic fragrances or colours.

1L bottle



## dōTERRA® clean & Green Bundle (Powdered Laundry)

Lemon, Eucalyptus, Tea Tree & Cinnamon

This cleaning range harnesses the natural antibacterial and disinfectant power of dōTERRA Tea Tree and dōTERRA Lemon Eucalyptus pure CPTG® essential oils while proudly supporting our local communities with ethical and sustainable Australian-made cleaning products.

This pack includes:

- Multi-Purpose Surface Spray 500mL
- Dishwashing Liquid 500mL
- Powdered Laundry Detergent 1kg



## dōTERRA® clean Green Bundle (Liquid Laundry)

Lemon, Eucalyptus, Tea Tree & Cinnamon

Mindfully formulated with a powerful blend of naturally derived, plant-based ingredients, including pure CPTG® essential oils, our dōTERRA clean bundles feature a combination of effective, eco-friendly cleaning products to showcase the permanent launch of our low-tox cleaning range.

This pack includes:

- Multi-Purpose Surface Spray 500mL
- Dishwashing Liquid 500mL
- Liquid Laundry Detergent Concentrate 1Ltr.

# dōTERRA® Diffusers & Accessories

Create the perfect aromatic ambiance with our selection of stylish diffusers or simply get organised with practical accessories. Whether you want to transform your space or make simple improvements, this range is designed to enhance your wellness lifestyle..





### Petal 2.0 Diffuser

The Petal Diffuser you know and love now has a new look and updated features! This small, convenient, and night-friendly diffuser has a far-reaching mist designed to help disperse aromas throughout your home while running for up to 12 hours. Create the aromatic atmosphere of your choice with this beautiful diffuser!

- Water Capacity: 240mL
- Suggested Room Size: 30m<sup>2</sup>
- Multiple time settings: 2 or 6 hour continuous and 12 hour intermittent (5 minutes on, 5 minutes off)
- Optional light settings: nightlight or light-free
- Simple usage: 3-piece diffuser is easy and convenient



### Lumo Diffuser

Influenced by nature, the Lumo diffuser features a maple grain design and several light settings inspired by natural elements. Customise your output with 2 to 5 hours continuous, or 10 hours intermittent diffusion. Transform any room into a serene or uplifting environment throughout the day or night with this nature-inspired, ultrasonic diffuser.

- Water Capacity: 150mL
- Suggested Room Size: Up to 50m<sup>2</sup>
- Timer: 2-5 hours continuous; 10 hours intermittent (5 mins. on/5 mins. off).
- Seven light colour options.
- 1 year warranty is easy and convenient



### dōTERRA® Koala Diffuser

Cute as a button, the dōTERRA Koala Diffuser makes a great gift and is the perfect addition to any kid's bedroom or nursery. Featuring 2, 4 or 8 hours of gentle misting, 4 peaceful music settings and 2 ambient light options, you'll fall in love with the benefits of essential oils and Australia's iconic native wildlife all over again.

- Water Capacity: 90mL
- Suggested Room Size: Up to 25m<sup>2</sup>.  
Timer: 2-4 hours continuous; 8 hours intermittent
- Dual functionality with 4 music options, volume control and pause.
- Includes wall plug and micro USB cable. Automatic safety shut-off.
- 1 year warranty.



### dōTERRA® 8-Vial Keychain

dōTERRA branded key chain conveniently allows for easy access to your favourite oils on-the-go. Holds eight 5/8 Dram vials.

- Includes:
- dōTERRA branded key chain
  - 5/8 Amber Dram empty vials.



### Essential Oil Cap Stickers

Colour-coded and labelled to match each essential oil bottle, these cap stickers allow you to easily identify your dōTERRA essential oils from the cap.



### DIY Diffuser Cleaning Kit

Specially designed to help remove essential oil residue and restore your diffuser to optimum working condition, our DIY Diffuser Cleaning Kit comes complete with everything you'll need to deep clean your diffuser, quickly and easily.



A close-up, low-angle shot of a person's legs and feet resting on a light-colored wooden floor. The person is wearing white shorts. A thick, white cream is being applied to the inner side of the right leg and the top of the right foot. The background is a bright, out-of-focus window with white curtains, suggesting a bright, airy indoor setting.

**dōTERRA®  
Personal Care**



# dōTERRA® HD Clear®

dōTERRA HD Clear is a line of pure, plant-derived facial products specifically formulated to be applied to targeted areas on the face and body. This three-step system works together to promote a clear, smooth-looking complexion for skin of all ages. Included in each formula are CPTG® essential oils along with specialised plant extracts to help reduce the appearance of blemishes and to support the ideal skin texture. Use HD Clear every day to support a clear, smooth and healthy-looking complexion.



## dōTERRA HD Clear® Topical Blend

Promote smooth, clear skin with this topical formulation designed to target problem areas on both the face and body. Enriched with pure essential oils, this balancing, complexion-enhancing formulation is perfect for acne-prone skin of all ages.

- Designed to thoroughly cleanse without stripping away natural moisture.
- This advanced formula contains CPTG® Tea Tree, Eucalyptus, Geranium, Litsea, and Ho Wood essential oils and natural plant extracts to leave your skin clean, balanced and soft.

50mL foaming bottle



## dōTERRA HD Clear® Facial Lotion

As the third step in the HD Clear System, this lotion contains nature-derived emollients to promote healthy levels of moisture in the skin as well as CPTG® essential oils combined with botanical extracts known to assist in helping achieve blemish free skin.

- Features a unique blend of Black Cumin seed oil as well as CPTG® essential oils of Ho Wood, Tea Tree, Litsea, Eucalyptus, and Geranium.
- Naturally derived amino acids can help improve the appearance of skin texture.
- Vitamin B3 can help reduce the appearance of fine lines and wrinkles.

50mL tube



# dōTERRA® Yarrow | Pom Collection

The synergy of Yarrow essential oil and cold-pressed Pomegranate seed oil sets a new standard for promoting the appearance of a smooth, glowing complexion. Yarrow essential oil and Pomegranate seed oil are the foundation of the dōTERRA Yarrow | Pom collection: Yarrow | Pom Botanical Duo and Yarrow | Pom Vibrance Body Serum. This is a first-of-its-kind botanical approach to supporting healthy skin with moisturising and soothing benefits derived from the purity and simplicity of nature.



## Yarrow|Pom

### Botanical Duo

Yarrow|Pom Botanical Duo is an expertly crafted proprietary blend of Yarrow essential oil and cold-pressed Pomegranate seed oil designed to be your 'go-to' blend for your morning and daily facial routine to promote the appearance of a smooth, glowing complexion.

- As part of your skin care routine, apply Yarrow|Pom to help promote healthy, radiant skin.
- Use as part of a soothing massage experience.
- Provides a herbaceous, fruity aroma that may promote feelings of relaxation and calm.

30mL bottle



## Yarrow|Pom

### Vibrance Body Serum

Yarrow|Pom Vibrance Body Serum delivers a proprietary blend of Yarrow|Pom with other essential oils, botanicals and plant extracts in a luxuriously silky, full-body serum. Achieve supple, smoother-looking skin and an irresistible radiant appearance from head to toe.

- Promotes the appearance of healthy looking skin.
- May enhance skin brightness and luminosity.
- Supports the skin's natural barrier and improves the appearance of firm, smooth skin.
- Contains the benefits of Yarrow, Roman Chamomile, Yuzu, Peppermint and Cananga CPTG® essential oils.
- Includes the powerful beneficial botanicals of Avocado, Jojoba, Sunflower, Grape, and Argan Kernel Oils.

100mL pump bottle



# dōTERRA® Veràge®

dōTERRA Veràge is an exclusive collection of naturally derived skin care products that support your skin, helping to reduce the appearance of ageing while promoting a smooth, supple complexion. The advanced plant technology used in Veràge promotes an optimal lipid balance—the same balance found in healthy, youthful-looking skin. Each product is formulated using true gifts of the earth: nourishing plant extracts, pure and potent essential oils and select natural ingredients. The Veràge Skin Care Collection delivers support your skin will love, naturally.



Top  
Seller

## dōTERRA® Veràge®

A collection that brings together Veràge cleanser, toner, moisturiser and serum for beautiful, healthy-looking skin.

Clinically Supported Benefits of the Veràge Ingredients:

- Appearance of a smooth skin texture.
- Reduces appearance of wrinkles.
- Minimises the appearance of mechanical creasing.
- Minimises pore appearance.
- Evens tone.



### Veràge® Cleanser

Smooth, healthy-looking skin begins with Veràge Cleanser. This gel cleanser purifies and refreshes the skin for a fresh, youthful-looking complexion.

- Infused with CPTG® essential oils of Wild Orange, Tea Tree, and Basil to gently cleanse and lift away impurities.
- Invigorates and cleanses skin while emollients calm and hydrate.
- Amino acids and lipids hydrate and repair the appearance of skin.
- Olive oil hydrates the skin and keeps the skin looking soft and youthful.

60mL tube



### Veràge® Salubelle® Hydrating Serum

Experience the appearance of radiant looking skin, with Veràge Salubelle Hydrating Serum. This powerful formula combines CPTG® essential oils with plant extracts for smoother, more youthful looking skin.

- Featuring the CPTG® essential oils found in the bestselling Salubelle Beauty Blend.
- Provides optimal lipid balance for smooth, glowing skin.
- Hydrates deeply to reduce the appearance of fine lines and wrinkles.

15mL pump bottle



### Veràge® Moisturiser

Veràge Moisturiser combines CPTG® essential oils with plant extracts for hydration and skin nourishment. This light, non-greasy moisturiser absorbs quickly but hydrates deeply, helping to soften the skin and reduce the appearance of fine lines and wrinkles for the appearance of a smooth, even complexion.

- Formulated with CPTG® essential oils of Juniper Berry, Jasmine, and Geranium.
- Uses the nature derived ingredients of Sea Buckthorn Berry, Shea Butter, Amur Corktree and emollients to hydrate skin, helping reduce the appearance of fine lines and wrinkles.
- Rich in vitamin E and fatty acids, rice bran oil acts as an effective moisturiser.

30mL pump bottle



### Veràge® Toner

Veràge Toner combines CPTG® essential oils with carefully selected plant extracts to tighten, tone and smooth skin. This hydrating toner cools and refreshes the skin while invigorating the senses.

- CPTG® essential oils of Ylang Ylang, Palmarosa, Cypress, and Coriander tone and balance skin.
- Carefully selected plant extracts provide targeted moisture and toning to help revitalise the complexion.
- Easy mist application.

50mL spray bottle

# dōTERRA® Essential Skin Care

dōTERRA Essential Skin Care is a family of skin care products designed to help support the appearance of young, healthy-looking and hydrated skin by maximising carefully selected CPTG® Certified Pure Tested Grade® essential oils and combining them with cutting-edge ingredient technologies and natural botanical extracts. Target the visible signs of ageing with dōTERRA Essential Skin Care.



## Anti-Ageing Eye Cream

dōTERRA Anti-Ageing Eye Cream combines the CPTG® essential oils of Frankincense, Ylang Ylang, and Blue Tansy with other supportive ingredients to address the signs of ageing around the delicate eye area, helping reduce the appearance of fine lines and wrinkles over time. This innovative formula moisturises, decreases the appearance of dark circles, and helps improve skin firmness and tone. The unique steel rollerball applicator cools and soothes under-eye skin, helping reduce the appearance of puffiness and dark circles while gently applying cream to targeted areas.

- Meadowfoam seed oil provides deep moisture.
- Biopolymers made from Pullulan and Red Algae Extract may provide a noticeable tightening and lifting effect.
- Bakuchiol is a plant-based ingredient that helps tone and tighten skin, improving the appearance of fine lines and wrinkles.

15mL roller



## Anti-Ageing Moisturiser

dōTERRA Anti-Ageing Moisturiser combines cutting-edge ingredients with the CPTG® essential oils of Lavender, Jasmine, Geranium, and Frankincense to moisturise and soften skin while providing anti-ageing benefits. Peptides and botanicals target the visible signs of aging by improving skin tone and moisturising the skin, helping to keep skin looking young and vibrant.

- Contains ingredients that nourish the skin, helping to reduce the appearance of wrinkles.
- Olive fruit extract is specifically designed for moisturising and overall skin care.
- Peptides help firm and smooth skin, improving skin tone and texture and helping to reduce the appearance of fine lines and wrinkles.

50mL pump bottle



## Brightening Gel

CPTG® essential oils of Bergamot, Juniper Berry, and Melissa combine with naturally derived extracts, vitamins, and cutting edge ingredient technologies to brighten and even skin tone. Brightening Gel is a gentle and effective way to reduce the appearance of dark spots and hyperpigmentation.

- Daisy Extract is a plant-based skin-brightening agent that helps promote even skin tone and helps reduce the appearance of dark spots.
- Ginger Root Extract promotes even skin tone and radiant-looking skin.
- Microencapsulation technology helps protect vitamin C from breakdown due to oxygen exposure, ensuring both the stability and efficient delivery of the vitamin to the skin.

30mL pump bottle



## Facial Cleanser

dōTERRA Facial Cleanser contains Tea Tree and Peppermint CPTG® oils, known for their soothing and cleansing qualities to revitalise the complexion. Yucca Root Extract and Soapbark Extract gently wash away impurities leaving skin feeling clean, fresh and smooth.

- Yucca Root Extract and Soapbark Extract are natural derived cleansers to help clarify and soothe skin.
- Macadamia seed oil may help condition the skin.
- Vitamin E supports healthy looking skin.

118mL tube



## Hydrating Cream

dōTERRA Hydrating Cream is packed with emollient-rich ingredients and probiotics to provide hydration and enrich the skin, helping reduce the appearance of fine lines and wrinkles. Probiotics help support the skin's natural barrier, improving the skin's natural beauty and encouraging supple, younger-looking skin.

- Lactococcus Ferment Lysate helps support the skin's natural barrier, helping promote a youthful appearance.
- Laminaria digitata (Oarweed) extract comes from an algae rich in amino acids and polypeptides and is combined with mugwort extract to soothe and calm the skin.
- Cocoa seed butter is a nutrient-rich emollient to help keep skin hydrated and conditioned.

48g jar



## Invigorating Scrub

Experience refreshing exfoliation with dōTERRA Invigorating Scrub. Grapefruit and Peppermint CPTG® essential oils align with botanical and fruit extracts to enhance the aromatic experience. Jojoba esters also help polish your skin while the botanicals of Mandarin Orange Extract, Jasmine Extract, and Greater Burdock Extract tone, smooth, and hydrate.

- Gentle exfoliating action comes from biodegradable jojoba esters, known for their moisturising properties to the skin.
- Greater Burdock Extract helps purify and tone skin.
- Botanical and fruit extracts enhance the aromatic experience.

70g tube



## Pore Reducing Toner

Pore Reducing Toner contains CPTG Certified Pure Tested Grade® essential oils of Lavender, Ylang Ylang, and German Chamomile to calm sensitive skin while innovative fruit and plant extracts tone and balance skin, increase hydration, and help reduce the appearance of pores to support a healthy-looking complexion.

- Aloe, watermelon, and apple extracts help tone and balance the skin's appearance.
- Rich in oligosaccharides, lentil extracts increase skin hydration, reduce the appearance of oily skin, helps tone the skin, and helps visibly reduce the appearance of pores.
- Witch hazel is a natural astringent that helps remove excess oil from the skin.

118mL bottle

# dōTERRA® Spa

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





### Citrus Bliss® Hand Lotion

dōTERRA Spa Citrus Bliss Hand Lotion is a light and silky lotion infused with hydrating seed oils and nourishing botanicals. This non-greasy formula absorbs quickly yet provides optimal moisture for healthy-looking hands.

- Citrus Bliss Invigorating Blend provides an uplifting, refreshing aroma.
- 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.

75mL tube



### Clarifying Mud Mask

dōTERRA Spa Clarifying Mud Mask is a nature-derived clay mask that provides purifying and clarifying benefits while reducing the appearance of pores, fine lines and wrinkles.

- Infused with Myrrh, Juniper Berry and Grapefruit—known for their cleansing and smoothing benefits.
- Shea butter provides moisturisation and skin conditioning.
- The earth clay, kaolin, is rich in minerals to help purify the skin and to help reduce the appearance of oily skin.

113.4g tube



### Exfoliating Body Scrub

dōTERRA Spa Exfoliating Body Scrub is a nature-derived, indulgent body scrub that gently exfoliates and polishes skin with sugar cane, leaving a healthy-looking, natural glow.

- Wild Orange and Grapefruit essential oils cleanse the skin and invigorate the senses.
- Ginger essential oil is soothing and warming to the skin.
- Unrefined sugar cane gently exfoliates skin.

226g jar



### Hand & Body Lotion

Indulge your skin with dōTERRA Spa Hand & Body Lotion—a light, non-greasy formula that contains jojoba and macadamia seed oils, murumuru and the obroma seed butters, alongside nourishing plant extracts.

- Easily blend with your favourite CPTG® essential oil for a customised aromatic experience.
- Sunflower and macadamia seed oils are known for their exceptional moisturising properties.
- Non-greasy formula absorbs quickly, leaving skin looking healthy, soft, and smooth.

200mL tube



### Hydrating Body Mist

Experience the uplifting and energising aroma of the Beautiful Captivating Blend while moisturising with the 360-degree mist. Featuring Osmanthus, Lime, Bergamot, and Frankincense essential oils, this blend creates an enchanting bouquet. The nourishing properties of coconut, sunflower, avocado and passionfruit combine in this hydrating mist to help promote radiant, healthy-looking skin.

- Provides the uplifting and energising aromatic benefits of CPTG® Beautiful Captivating essential oil blend.
- The oils of Sunflower, Avocado and Passion fruit help soothe, soften and hydrate skin for an overall healthy-looking glow.
- Coconut-derived caprylic/capric triglyceride conditions and helps maintain the skin's natural barrier.

125mL spray bottle





## Lip Balms

dōTERRA Spa Lip Balm is a naturally-inspired formula containing various plant oils, botanicals, and CPTG® essential oils to hydrate and soothe lips while delivering the unique scent and taste of essential oils.

Enjoy our Original flavour with the uplifting blend of Wild Orange and Peppermint essential oils. Transport yourself to a tropical paradise with the scents of Ylang Ylang, Clementine and Lime found in the Tropical Lip Balm or, invigorate the senses with our Herbal Lip Balm containing Lemon Verbena, Marjoram, and Spearmint essential oils.

- Each lip balm contains a select blend of essential oils that provides a unique sensory experience.
- Helps improve the look and feel of the lips with the emollient Moringa oil.
- Avocado oil provides hydration and essential fatty acids and softens lips to keep them looking healthy.
- Includes Coconut, Sunflower wax and Kukui Seed oils to enrich the formula.

### Original

Wild Orange and Peppermint 4.5g

### Herbal

Lemon Verbena, Marjoram and Spearmint 4.5g

### Tropical

Ylang Ylang, Clementine and Lime 4.5g

### Variety 3-Pack

Three 4.5g - One of each balm variety.



## Replenishing Body Butter

Pamper your skin with moisture and a rich luxurious feel with dōTERRA Spa Replenishing Body Butter. The base of this nature-derived formula combines shea and cocoa seed butters, known for their hydrating properties and ability to support healthy-looking skin.

- Wild Orange essential oil is known for its cleansing benefits.
- Douglas Fir essential oil is purifying to the skin and provides an uplifting aroma.
- Frankincense essential oil is known for its skin-enhancing and aromatic benefits.

198g jar



## Refreshing Body Wash

Formulated with the finest ingredients, dōTERRA Spa Refreshing Body Wash is an energising, oil-infused body wash that provides a rich, cleansing and aromatic spa experience.

- Bergamot provides an uplifting, yet grounding aroma while Cedarwood provides a woody, earthy base.
- Grapefruit is cleansing to the skin and has an energising scent.
- Sodium Methyl Oleoyl Taurate is a sulfate-free, mild surfactant derived from nature and is readily biodegradable.

250mL bottle

## Ylang Ylang





### dōTERRA Balance® Bath Bar

The dōTERRA Spa dōTERRA Balance Bath Bar has the warm, woody aroma of dōTERRA Balance Grounding Blend. Using a proprietary combination of CPTG® essential oils including Black Spruce, Ho Wood, Frankincense, Blue Tansy and German Chamomile, the bath bar provides a distinctive cleansing experience.

- The African black soap and sunflower oil in the bar will help moisturise and refresh your skin for a deep cleansing experience.
- dōTERRA Balance helps create a calming and balancing atmosphere while bathing.

113g bar



### Moisturising Bath Bar

dōTERRA Spa Moisturising Bath Bar is a one-of-a-kind bar that provides a unique feel, lather, pure aroma and cleansing experience.

- Bergamot essential oil helps provide cleansing and clarifying benefits to the skin while having a calming effect.
- Grapefruit has an energising, invigorating and uplifting aroma.
- Jojoba seed oil deeply moisturises.

113g bar



### Lavender Peace® Bath Bar

Enjoy a rich, cleansing, aromatic spa experience, surrounded by the aromas of Lavender Peace Restful Blend. Unlike regular soaps with harsh surfactants, dōTERRA Spa Lavender Peace® Bath Bar has gentle ingredients that leave your skin feeling clean, smooth and soft.

- Featuring a gentle foaming action that glides across the skin with ease, you'll thoroughly cleanse while moisturising with jojoba seed oil.
- Vegetable-derived glycerin hydrates and helps retain moisture while aloe vera juice cleans, soothes and softens the skin.
- Use in the bath before bed to ease into a restful sleep.

113g bar

## dōTERRA® hair

We're planting the seeds of a responsible self-care routine that nurtures your hair and the Earth. Help protect our waterways and keep our environment safe from more empty plastic bottles with this non-toxic, Australian-made haircare, produced using natural botanical ingredients and pure essential oils.





### dōTERRA® hair Protecting Shampoo Refill 500mL Pouch

Whether it's hairspray, dry shampoo, hard water, or chlorine from the pool, your hair needs a gentle and effective shampoo that can be used daily.

dōTERRA Protecting Shampoo gives your hair a fresh start. Infused with pure essential oils of Peppermint, Eucalyptus, Tea Tree, and Spearmint.

It is naturally refreshing and free from harsh chemicals, including sulfates, silicones, and parabens. Used with dōTERRA Daily Conditioner, your hair will be hydrated, nourished, manageable and full of life.

- 500mL pouch
- Vegan suitable.
- Cruelty free.
- No animal ingredients or testing.
- Hypoallergenic, dermatologically tested.



### dōTERRA® hair Daily Conditioner Refill 500mL Pouch

You can have amazing hair days, every day, no matter your hair struggles. Every kind of hair looks and feels healthier with dōTERRA Daily.

Conditioner. Infused with fragrant and refreshing essential oils like Peppermint, Eucalyptus, Tea Tree, and Spearmint, dōTERRA Daily Conditioner complements your dōTERRA haircare routine.

Free from sulfates, silicones, phthalates and parabens, the formula is dōTERRA Pure. Hair feels silky without any buildup.

- 500mL pouch
- Vegan suitable.
- Cruelty free.
- No animal ingredients or testing.
- Hypoallergenic, dermatologically tested.



### dōTERRA® hair Care Bottles Refillable 500mL

Protecting Shampoo Refill 500mL + Daily Conditioner Refill 500mL.

Decant your dōTERRA Protecting Shampoo and Daily Conditioner refill pouches in these contemporary style, convenient and user friendly 500mL pump bottles.

dōTERRA Protecting Shampoo gives your hair a fresh start. Infused with pure essential oils of Peppermint, Eucalyptus, Tea Tree, and Spearmint.

Infused with fragrant and refreshing essential oils like Peppermint, Eucalyptus, Tea Tree, and Spearmint, dōTERRA Daily Conditioner complements your dōTERRA haircare routine. Hair feels silky without any buildup.

- 500mL x 2 pump bottle



### dōTERRA® hair Dry Shampoo 50g

Lavender, Rosemary, Peppermint and Bergamot.

Extend your amazing hair days, every day, no matter your hair struggles with dōTERRA Dry Shampoo. Free from Sulfates, Silicones, Phthalates, and Parabens, the formula absorbs excess oil, boosts volume and is dōTERRA Pure.

- Absorb oil and grease from your scalp without washing it.
- Formulated with CPTG® essential oils.
- Suitable for all hair types.

- 50g pump bottle



### dōTERRA Salon Essentials® Root to Tip Serum

dōTERRA Salon Essentials Root to Tip Serum is a salon professional formula infused with essential oils and nourishing lipids to promote smooth, shiny hair and a healthy-looking scalp.

- CPTG® essential oils rejuvenate the scalp while supporting the appearance of healthy hair.
- Powerful, lightweight serum provides extended moisture without weighing hair down or leaving an oily residue.

- 30mL pump bottle



# dōTERRA® Shampoo & Conditioner Bars

Why burden our planet with more empty plastic bottles when you can have silky, clean and nourished hair without the waste. Made through a unique eco-friendly manufacturing process, these bars contain no water and no plastic packaging, saving our planet from more empty plastic bottles. Be an eco-warrior (with smooth and stunning tresses), with these locally produced handcrafted Shampoo and Conditioner Bars infused with CPTG Certified Pure Tested Grade® essential oils.

## Benefits of the Shampoo & Conditioner Bars

- Contain no water, saving the planet from more empty plastic bottles
- No Nasties! Free from sulfates, silicones, parabens, synthetic preservatives, phthalates, petrochemicals, and perfumes
- Gentle formulation - Clinically & Dermatologically tested to be safe for your skin
- Safe for colour-treated hair
- Hydrating botanicals and plant-derived extracts to smooth and tame hair
- Enriched with CPTG Certified Pure Tested Grade® essential oils
- Vegan friendly - No animal ingredients and not tested on animals
- Made in Australia



## Wild Orange & Lime Shampoo Bar

Specially formulated to gently cleanse your hair and enriched with Wild Orange and Lime essential oils for a refreshingly citrus aroma.

- Convenient bar format formulated to gently cleanse your hair.
- Unique manufacturing process to include no water, saving the planet from more empty bottles.

100g bar



## Peppermint, Lavender & Cedarwood Conditioner Bar

Specially formulated to smooth the hair shaft, creating silky locks and enriched with essential oils for a pampering aroma as you treat your hair.

- Conditioner in convenient bar format.
- Energising pure essential oil scent.
- Formulated to smooth hair and create silky locks.

100g bar



# dōTERRA® Natural Deodorant

dōTERRA has specially created safe and effective natural-derived deodorants to help you beat the heat and stay fresh throughout the day. The dōTERRA Deodorant infused with dōTERRA Balance Grounding Blend is formulated without aluminium, parabens, phthalates or talc. Playing with the kids, running to catch a bus or training for that half marathon just got a bit easier.



## Deodorant infused with dōTERRA Balance® Grounding Blend

This natural-derived deodorant features dōTERRA Balance essential oil blend, bicarbonate soda, and tapioca for long-lasting freshness and all-day confidence.

- Aluminum, paraben, phthalate, and talc free.
- Tapioca starch aids in absorbing underarm moisture, leaving you feeling fresh and dry throughout the day.
- Bicarbonate soda helps neutralise and prevent odours.
- Featuring CPTG® essential oils of Spruce, Ho Leaf, Frankincense, Blue Tansy, Blue Chamomile and Osmanthus extract to create a tranquil and harmonious aroma that soothes mind and body.

75g roll-on stick

## Correct-X®

Frankincense, Helichrysum, Tea Tree, Cedarwood, and Lavender—all CPTG® essential oils— form the base of dōTERRA Correct-X. This multi-purpose, natural ointment helps soothe your skin and keep it clean while recovering from distress. Correct-X provides a moisture barrier that helps protect while simultaneously soothing and hydrating the skin.

This petroleum-free and preservative free ointment is ideal for sensitive skin due to its quick absorption and non-irritating nature.



## Correct-X®

### Essential Oil Ointment

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

- Absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin.
- Keeps skin clean while recovering from distress.
- Frankincense, Helichrysum, Tea Tree, Cedarwood, and Lavender help soothe and purify skin.
- Bisabolol is known for its calming effects and ability to promote healthy-looking skin.
- Jojoba provides optimal hydration.
- Keep on hand when taking children to playground, sporting events, or camping.

15mL tube



The dōTERRA Healing Hands Foundation AUNZ is an Australian Non-Profit Company registered with the ACNC. Our mission is to make positive and sustainable change by building the capacity of individuals and communities experiencing poverty or distress. Through partnerships for local and global impact, matching support for Wellness Advocate initiatives and by facilitating community development projects locally as well as in Co-Impact Sourcing® areas, dōTERRA Healing Hands Foundation AUNZ is making significant and lasting change.

dōTERRA Australia provides all the overhead and administrative costs of the dōTERRA Healing Hands Foundation AUNZ, ensuring that 100 percent of all donations go directly to those in need in our communities. As a Public Benevolent Institution (PBI) with Deductible Gift Recipient (DGR) status, all donations over \$2 are eligible for a tax-deductible receipt.



### dōTERRA Spa Rose Hand Lotion

dōTERRA Spa Rose Hand Lotion is a light, alluring lotion infused with CPTG® Rose essential oil to promote smooth, beautiful skin. This silky formula contains naturally-derived moisturisers and humectants that leave hands soothed, soft and supple. Known for its skin-beneficial properties, CPTG® Rose essential oil enhances this lotion with the precious and uplifting aroma of rose petals.

- Bulgarian Rose essential oil is known to promote glowing, smooth-looking skin.
- Sunflower and macadamia seed oils are known for their exceptional moisturising properties and their ability to retain moisture in the skin.
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth.
- Full purchase price is donated to dōTERRA Healing Hands Foundation.

100mL tube



### dōTERRA Hope® Touch

dōTERRA Hope Touch Uplifting Blend has a fresh, inviting aroma that creates an uplifting, life-affirming atmosphere. This proprietary blend includes CPTG® Cedarwood, Wild Orange, Lemon, Petitgrain, Pink Pepper, Bergamot, Sandalwood, Vetiver, and Magnolia leaf essential oils, along with two kinds of Jasmine: absolute and steam-distilled essential oil.

dōTERRA Hope Touch smells delightful and symbolises life, tenacity, and hope that we can achieve our best selves and a better world. Ten dollars of each dōTERRA Hope Touch purchase is donated to the dōTERRA Healing Hands Foundation® to fight human trafficking and victimisation.

- Apply to wrists, neck, and pulse points for a personalised, sweet fragrance. Keep on hand and apply throughout the day for an uplifting aroma.
- Add a few drops to cotton rounds and place in your drawers or closets to give clothes a fresh scent.
- Full purchase price is donated to dōTERRA Healing Hands Foundation.

10mL roll-on



# dōTERRA® Nutrition & Digestion





# What Is Metabolic Health?

Metabolic health refers to the overall health and functioning of the body's metabolic system, which includes processes like digestion, energy production, and hormone regulation. Maintaining good metabolic health is important for overall wellbeing, as it can affect everything from weight management to long term disease.

When the body's metabolic system is functioning properly, it can work more efficiently to process and use nutrients from food. Good metabolic health also plays a role in maintaining energy levels and improving vitality. When the body's metabolic system is functioning properly, it can assist in converting food into energy, which can help prevent fatigue and sluggishness.

Overall, maintaining good metabolic health is an essential aspect of overall health and wellbeing.

## The MetaPWR® System

The MetaPWR® System helps you live your most active life, supporting the metabolism of carbohydrates, fats and proteins, maintaining energy production and general health. Designed to be used as a system, each product offers a specialty, while also supporting and enhancing the benefits of the other products in the MetaPWR® range. The whole is truly greater than the sum of its parts with the MetaPWR® system.

Of course, there are no quick-fixes to optimal metabolic function—you still have to make smart and healthy lifestyle decisions—but the MetaPWR® system can maximise and optimise the effects of your wellness lifestyle so that your healthy choices count that little bit more.



# dōTERRA MetaPWR®

Stay feeling fit and active with our MetaPWR® range. Showcasing a proprietary blend of powerful natural ingredients including essential oils, plant extracts and supportive co-factors, this innovative and synergistic product range complements your daily health and wellness routine, supporting healthy energy production. So, you can get your vitality back and maintain your active lifestyle.

Our MetaPWR® range is formulated using natural ingredients and is free from artificial colours, flavours and preservatives, them to deliver their own unique and targeted benefits.



## MetaPWR® Bundle

Our MetaPWR® system and dōTERRA Lifelong Vitality Pack® (LLV) are the perfect health and vitality pairing. Because nutrition and metabolic support go hand in hand. Discover complete health and wellness synergy with our MetaPWR® Bundle.

Featuring the complete MetaPWR® System, including our MetaPWR® Active Blend 15mL, MetaPWR® Advantage and MetaPWR® Assist, alongside our bestselling dōTERRA Lifelong Vitality Pack®.



## MetaPWR® Active Blend

Supports Healthy Digestion

Developed with dōTERRA clinical researchers, MetaPWR Essential Oil Blend is a proprietary balanced ratio of CPTG® Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils.

- The MetaPWR blend can serve as an important part of a daily healthy metabolic regimen when used internally.
- The inclusion of Peppermint essential oil, a MetaPWR ingredient may enhance exercise performance.
- The citrusy, spicy, and minty aroma of MetaPWR creates a stimulating, uplifting environment.

15mL bottle



## MetaPWR® Advantage

Supports Healthy Digestion

Give your healthy lifestyle choices an advantage with MetaPWR® Advantage. As part of your daily metabolic health routine, MetaPWR® Advantage empowers you by supporting your body's energy production.

- Helps support energy production.
- Helps promote skin elasticity and hydration.

6g x 30 Sachets

**AUST-L 406708**

KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. Read warnings before purchase.



## MetaPWR® Assist

MetaPWR® Assist serves as a powerful addition to a daily health regimen when taken daily before the largest meal of the day. Each capsule contains standardised mulberry leaf extract, berberine, cinnamon bark powder, and the proprietary MetaPWR® Active Blend.

- Helps promote energy levels.
- May help with reducing carbohydrate metabolism.

30 Vegetarian Hard Capsules



Made with vegetarian softgels

**AUST-L 407530**

KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. Read warnings before purchase.



# dōTERRA Lifelong Vitality Pack®

dōTERRA Lifelong Vitality Pack supplements are full of essential nutrients, metabolism benefits and powerful antioxidants designed to help promote energy, health and lifelong vitality. Coupled with dōTERRA CPTG® Certified Pure Tested Grade essential oils and a commitment to the dōTERRA wellness lifestyle, this combination of products helps support you in a lifetime of health and wellness.



## dōTERRA Lifelong Vitality Pack®

dōTERRA Lifelong Vitality Pack supplements are full of essential nutrients, metabolism benefits and powerful antioxidants designed to help promote energy, health and lifelong vitality.

dōTERRA Lifelong Vitality Pack

Dietary Supplements including Alpha CRS+, Microplex VMz, and xEO Mega

30-day supply

 Made with SLS-free vegetable capsules

**AUST-L 286073**

DO NOT TAKE WHILE ON WARFARIN THERAPY WITHOUT MEDICAL ADVICE. IF SYMPTOMS PERSIST SEE YOUR DOCTOR/HEALTHCARE PROFESSIONAL. VITAMIN SUPPLEMENTS SHOULD NOT REPLACE A BALANCED DIET. KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. Read warnings before purchase.



## Alpha CRS+®

### Cellular Energy Complex

Provides antioxidants that may assist in protecting the body from the effects of free radical damage.

- Supports production of cellular energy.
- Contains a proprietary cellular longevity antioxidant blend of botanical extracts and polyphenols that include scutellaria root, fallopia japonica, pomegranate ellagic acid, grape seeds and milk thistle.
- Coenzyme Q10 and Alpha lipoic acid, which are vital for the production of energy in the body, have antioxidant activity and can regenerate other antioxidants.

120 vegetable capsules



Made with SLS-free vegetable capsules

AUST-L 285193

DO NOT TAKE WHILE ON WARFARIN THERAPY WITHOUT MEDICAL ADVICE. KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. Read warnings before purchase.



## xEO Mega®

### Essential Oil Omega Complex

xEO Mega is a special formula of marine-omega-3 oils and carotenoids and vitamin D3 and E combined with a proprietary CPTG® essential oil blend. EPA and DHA omega-3 fatty acids support brain function and cardiovascular system health.

- Supports healthy immune system function.
- Contains Omega-3 fatty acids, essential for normal growth and development.
- Contains fish oils to support heart health, brain health and cognitive function.
- Contains beta-carotene, which supports the health and function of the eyes.

120 vegetarian softgels



Made with SLS-free vegetable capsules

AUST-L 327961

VITAMINS SHOULD NOT REPLACE A BALANCED DIET. KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. Read warnings before purchase.



## Microplex VMz®

### Food Nutrient Complex

dōTERRA Microplex VMz is a proprietary 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.
- Vitamin D and calcium support the development and maintenance of strong, healthy bones.
- Formulated with a digestive enzyme blend of protease, lipase, amylase, tilactase and cellulase.

120 vegetable capsules



Made with SLS-free vegetable capsules

AUST-L 390936

DO NOT TAKE WHILE ON WARFARIN THERAPY WITHOUT MEDICAL ADVICE. KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. Read warnings before purchase.



# dōTERRA® Digestive Health

Our body needs certain enzymes to properly digest the food we eat. But maintaining a diet that is naturally high in the appropriate enzymes can be difficult.

Processed foods or those high in preservatives are often enzyme deficient and even cooking food can sometimes destroy the enzymes we need for good health. Eating a variety of fresh, raw foods is the best way to get the enzymes you need.



## DigestZen® Softgels

DigestZen® Softgels combine essential oils that are traditionally used in western herbal medicine to relieve digestive spasms, abdominal pain, colic, nausea, vomiting and to support a healthy appetite and healthy digestion.

- Traditionally used in Western herbal medicine to decrease/reduce/relieve colic (wind/gas pain).
- Traditionally used in Western herbal medicine to decrease/reduce/relieve flatulence/carminative.
- Traditionally used in Western herbal medicine to maintain/support healthy digestive system function.
- Traditionally used in Western herbal medicine to decrease/reduce/relieve abdominal pain/discomfort.

60 Softgels



Made with vegetarian softgels

**AUST-L 352193**

KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. Read warnings before purchase.



## PB Assist®+

Supports Healthy Digestion

PB Assist®+ Vegetable capsules promote a positive balance and proliferation of beneficial bacteria.

- Use the benefits of PB Assist®+ to support wellbeing.
- Support healthy intestines.
- Provides beneficial digestive flora/bacteria.
- Supports a healthy gastrointestinal system.
- Supports healthy intestinal/digestive system lining.
- Supports a healthy immune system and function.
- Supports digestive system immune function.

30 Vegetable Capsules



Made with SLS-free vegetable capsules

**AUST-L 352193**

KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. Read warnings before purchase.



## Terrazyme®

Supports Healthy Digestion

TerraZyme capsules contain a blend of seven enzymes as well as herbal ingredients that can help with the digestion of carbohydrates, protein, lactose and fatty acids.

- Amylase aids the digestion of glucose, sugar and carbohydrates.
- Amylase, Protease and Lipase all support and help maintain a healthy digestive system.
- Protease assists the digestion of protein.
- Tilactase aids the digestion of lactose.
- Lipase helps the digestion of fats, fatty acids, triglycerides and lipids.
- Cellulase supports general health and wellbeing.

90 vegetable capsules



Made with SLS-free vegetable capsules

**AUST-L 370217**

KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. Read warnings before purchase.



## Copaiba Softgels

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

- Powerful antioxidant.
- Soothes and supports the nervous system.
- Supports the health of cardiovascular system.

60 vegetarian softgels



Made with vegetarian softgels

**AUST-L 319903**

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. Read warnings before purchase.



## Ice Blue

Polyphenol Complex™

Ice Blue Polyphenol Complex™ is a proprietary formula containing extracts of Frankincense and Turmeric essential oils which are loaded with polyphenols to help reduce oxidative stress and support healthy muscles and other tissues in the body.

- Help support healthy bones and joints.
- The unique blend of polyphenol extracts in Ice Blue Polyphenol Complex provides the soothing comfort needed to support a life of activity and vitality.
- Antioxidant - reduce free radicals formed in the body.
- Support general health and wellbeing.

60 vegetable capsules



Made with SLS-free vegetable capsules

**AUST-L 382676**

KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. Read warnings before purchase.



Top Seller

## DDR Prime® Softgels

DDR Prime Softgels contain Clove oil (*Syzygium aromaticum*) which support a healthy digestive system.

- Promote a healthy appetite.
- Support general health and wellbeing.
- Reduce and ease mild bronchial irritation.
- Clear respiratory tract mucus.

60 vegetarian softgels



Made with vegetarian softgels

**AUST-L 319904**

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. Read warnings before purchase.



## Turmeric DuoCap®

Supports Healthy Digestion

Take a natural approach to caring for your joints, as you boost your general health and wellbeing with the dual-action power of our Turmeric DuoCap.

Combining the wellbeing support of Turmeric essential oil, with the antioxidant support of turmeric extract in a complementary and synergistic delivery system, these naturally therapeutic capsules supplement your active lifestyle.

- Helps support a healthy inflammatory response in the body.

60 Dual Chamber Capsules



Made with SLS-free vegetable capsules

**AUST-L 370235**

KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. Read warnings before purchase.



# dōTERRA® Nutrition

Pure. Practical. Powerful. dōTERRA Nutrition provides quality protein, fibre and greens to help support energy and wellbeing. With scientifically proven and well-researched formulas, dōTERRA Protein, dōTERRA Fibre and dōTERRA Greens are designed to support an active and healthy lifestyle. Delivering nutrient-dense ingredients from nature, dōTERRA Nutrition products are an effective and easy way to help support everyday wellness and vitality.



## dōTERRA® Nutrition Fibre

dōTERRA Fibre provides 6 grams of soluble and insoluble fibre from whole food sources like apple, chicory root, Jerusalem artichoke and flaxseed to supplement your daily fibre intake.

- Promotes optimal digestive health.
- Aids in healthy gut and digestive regulation.
- Infused with CPTG® Lemon essential oil.

30 Servings/300g



## dōTERRA® Nutrition Greens

dōTERRA Greens is a unique blend of fruits, vegetables, superfoods, and Ginger root and Lemon peel CPTG® essential oils. The many benefits include supporting immune health, digestive health, and weight management.

- Provides an easy and convenient daily boost of fruits and vegetables.
- Natural, GMO, and vegan friendly.
- Supports immune health.
- Neutral, mixed berry flavour.

30 Servings/300g



### dōTERRA® Nutrition Chocolate Protein

dōTERRA Whey Protein provides 22 grams of a premium protein blend with 7 grams of fibre per serving to satisfy hunger, increase your protein intake, and help you reach your goals.

- Whey from pasture-fed cows.
- Free from GMO, soy, RBST hormone, and synthetic ingredients.
- Energising and satisfying protein supplement.

20 Servings/800g



### dōTERRA® Nutrition Vanilla Protein

dōTERRA Whey Protein provides 21 grams of a premium protein blend with 7 grams of fibre per serving to satisfy hunger, increase your protein intake, and help you reach your goals.

- Whey from pasture-fed cows.
- Free from GMO, soy, RBST hormone, and synthetic ingredients.
- Energising and satisfying protein supplement.

20 Servings/800g



### dōTERRA® Nutrition Plant Protein

dōTERRA Vegan Protein provides 21 grams of a premium vegan protein blend with 7 grams of fibre per serving to satisfy hunger, increase your protein intake, and help you reach your goals.

- Premium blend of pea, brown rice, sacha inchi, and pumpkin seed protein.
- Free from GMO, soy and synthetic ingredients.
- Energising and satisfying vegan protein supplement.

20 Servings/800g



### dōTERRA® Nutrition Bundle (Vanilla)

Get ready to indulge your inner health and glow from the inside out with dōTERRA Nutrition Bundles. Featuring power-packed dōTERRA Nutrition Fibre & dōTERRA Nutrition Greens alongside our dōTERRA Nutrition Whey Protein Powder (Vanilla) AND our bestselling Lifelong Vitality Pack®, these permanent product bundles are designed to optimise your health and wellness – naturally.

20 Servings/800g



### dōTERRA® Nutrition Bundle (Chocolate)

Get ready to indulge your inner health and glow from the inside out with dōTERRA Nutrition Bundles. Featuring power-packed dōTERRA Nutrition Fibre & dōTERRA Nutrition Greens alongside our dōTERRA Nutrition Whey Protein Powder (Chocolate) AND our bestselling Lifelong Vitality Pack®, these permanent product bundles are designed to optimise your health and wellness – naturally.

20 Servings/800g





# dōTERRA<sup>®</sup> members are changing the world.

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dōTERRA is committed to sustainability and empowerment. By paying small-scale farmers worldwide competitive wages to harvest some of the earth's most natural and potent resources, we're providing them with the tools they need to build better lives for themselves, their families and their communities.

dōTERRA is also committed to helping you reach your own health and wellness goals and in turn, contribute to changing the world for the better. With our combined resolve and determination to pursue only the purest gifts of the earth we invite you to discover which products will complement your wellness goals and lifestyle.



# dōTERRA®

AUSTRALIA & NEW ZEALAND



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