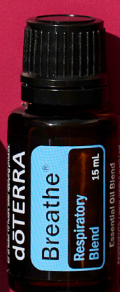
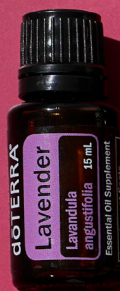


dōTERRA[®] GO CLASSIC COUPLES



November 2023



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Introduction

No matter the dōTERRA journey, almost every story begins with a powerful introduction to a timeless dōTERRA product. This collection of BOGOs features classic couples made up of the familiar favorites you continue loving and sharing. While you may already have amazing ways to use these products, there's always more to learn. That's where this eBook comes in.

Get Comfortable

2023 is the year of the sharer, and what better way to celebrate this time of year than by sharing the products you use the most! Circumvent decision fatigue brought on by Black Friday and Cyber Monday flashy sales and enjoy familiarity and comfort with these BOGO offerings.

Use this eBook to get comfortable with these dōTERRA classics. Then while you're gathering around the table with your family or telling friends all about your holiday to-dos, you'll know exactly how to share the various possibilities these products have to offer.



Ö
PROMO

BOGO 1

Buy Roman Chamomile 5 mL
Get Madagascar Vanilla 5 mL





Roman Chamomile

What's Roman Chamomile?

Gentle yet potent Roman Chamomile essential oil is steam-distilled from the flower of the Roman chamomile plant. Its flowers are daisy-like and smell sweet—almost like apples. Chamomile is commonly found in herbal teas, perfumes, and personal care products.

How Do I Use Roman Chamomile?

Aromatically

Sweet, floral, and herbaceous, Roman Chamomile essential oil is soothing. Diffuse or inhale it from the bottle (or your hands) to transform your atmosphere into one that's calmer and more comfortable.

Topically

Add a few drops of Roman Chamomile to your palm when applying your favorite skin and hair products for a sweet, floral twist.

Internally

Add a few drops of Roman Chamomile to herbal tea for a DIY chamomile tea. You can also add Roman Chamomile to juice or take a couple drops in a Veggie Cap.

When Should I Use Roman Chamomile?

Roman Chamomile essential oil provides a soothing experience for the skin when applied topically. Anytime you need a serene environment is a good time to pull out your bottle. You can diffuse it, apply it to your pulse points, or inhale it directly from your palms.

One of the best times to use Roman Chamomile is at bedtime. Diffuse it or add it to a blend during your bedtime routine as you unwind and prepare for rest. Right before you climb into bed, put a drop or two on your pillow or sheets. You can also rub it into the bottoms of the feet while soothing a fussy child before naptime or bedtime.





DIY with Roman Chamomile:

Essential Oil Skin Toner with Melissa, Roman Chamomile, and Bergamot

Looking for a clean, bright skin toner? You'll love this simple DIY that features the calming, luxurious Melissa and Roman Chamomile essential oils and uplifting Bergamot.

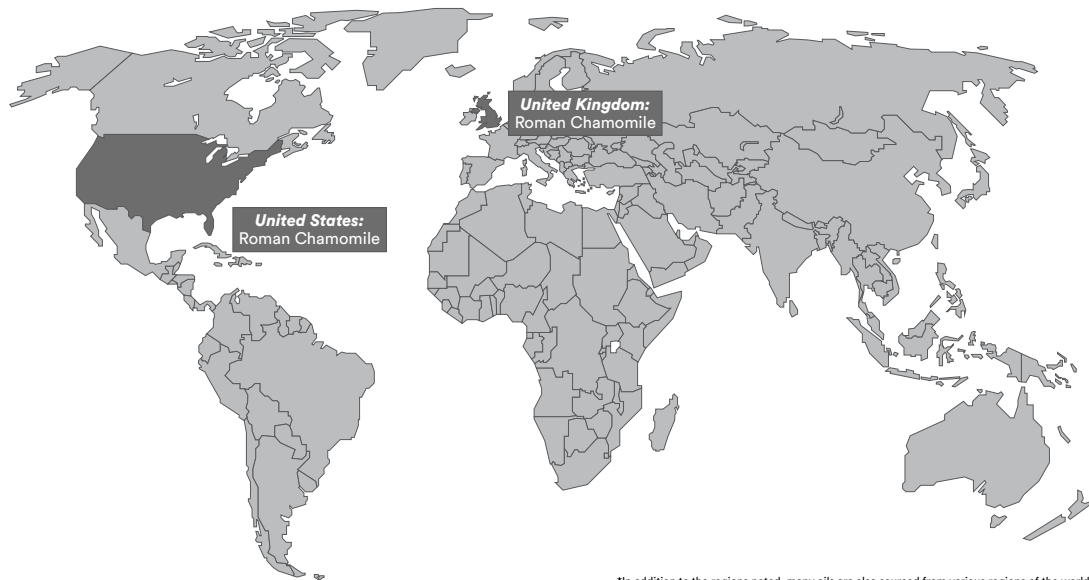
Ingredients:

- 1 tablespoon witch hazel
- ½ tablespoon distilled water
- 1-ounce spray bottle
- 3 drops vitamin E
- 2 drops Melissa essential oil
- 2 drops Roman Chamomile essential oil
- 2 drops Bergamot essential oil

Instructions:

1. Combine all the ingredients in a spray bottle and shake well.
2. Spray a thin layer on the face or apply with a cotton pad after cleansing the skin.

Where Does Roman Chamomile Come From?



*In addition to the regions noted, many oils are also sourced from various regions of the world.



Roman chamomile can be difficult to cultivate because of its sensitivity to weather fluctuations. The consistently high rainfall in the Pacific Northwest and some parts of England—along with a relatively consistent climate—make these areas ideal for growing Roman chamomile.

Roman chamomile flowers resemble daisies, with a prominent yellow center, white petals, and gray-green leaves. Some say the flowers smell like apples. The plant grows close to the ground, only reaching about a foot in height. Roman Chamomile essential oil is steam-distilled from the flowers, which should be harvested shortly after blooming.

Why Roman Chamomile?

Isoamyl tiglate—one of the main chemical components in Roman Chamomile essential oil—provides a relaxing aroma in times of need. Another key chemical constituent of Roman Chamomile is isobutyl angelate, which cultivates a calming environment.



Tip:

Cuppa with Chamomile

For a quick, easy homemade bedtime tea, add one to two drops of Roman Chamomile essential oil to hot water, along with a small spoonful of honey and any other desired ingredients.





Madagascar Vanilla

What's Madagascar Vanilla?

Familiar and nostalgic, evocative and romantic, vanilla has been prized since the time of the ancient Aztecs. One of the most popular and expensive aromas in the world, it's been used in perfumes and desserts throughout its history.

The *Vanilla planifolia* plant is in the orchid family, with yellow-white flowers that produce odorless pods (or beans). These plant blooms must be hand-pollinated, and it takes three to four years for the vanilla plant to begin producing beans that also must be harvested by hand. The beans then go through a time-consuming and labor-intensive process to allow them to fully develop their aroma and flavor.

After that, the beans are ground into small pieces and—to preserve the natural vanilla aroma—subjected to a two-step extraction process that captures the aromatic constituents from the beans to create the absolute. We then combine this absolute with Fractionated Coconut Oil to create Madagascar Vanilla.

How Do I Use Madagascar Vanilla?

Aromatically

Diffuse Madagascar Vanilla with any favorite CPTG Certified Pure Tested Grade® essential oil or essential oil blend or use it as a personal fragrance. You can even add a few drops of Madagascar Vanilla to warm bath water for a truly luxurious experience.

Topically

Blend Madagascar Vanilla with a moisturizing body lotion and lather your skin in the comforting magic of this rich essential oil. You can also apply directly to the skin to enjoy its warm, inviting aroma wherever you go.

Internally

Madagascar Vanilla can lift all your favorite beverages with its elegant, smooth flavor. Add a few drops to your morning coffee, tea, or smoothie.





When Should I Use Madagascar Vanilla?

Enjoy the rich, luxurious aroma of Madagascar Vanilla anytime. Layer this sweet essential oil with Citrus Bloom® or Beautiful Touch for a fun, citrusy-floral aroma.

You'll be hard-pressed to find a diffuser blend that doesn't smell even more amazing with a drop of Madagascar Vanilla. During the day, combine it with citrus or spice oils to cultivate an uplifting, positive atmosphere. At bedtime, add a few drops of Madagascar Vanilla to another floral or wood oil to create a calming environment for sleep.

Where Does Madagascar Vanilla Come From?



Approximately 80% of the real vanilla in the world comes from Madagascar, which has the perfect tropical climate for it to thrive. In Madagascar, thousands of people are employed in our vanilla supply chain. The harvest is a crucial source of employment for rural communities and an integral part of the local economy.

Through Cō-Impact Sourcing®, the dōTERRA Healing Hands Foundation® helped fund an exciting social impact project called the Mahadera Agricultural Training Center, which is being implemented in the growing and harvesting areas of Madagascar.

This center, built and operated by our partners, offers a three-year training for the children of vanilla farmers, afterward providing access to further education opportunities and a more secure future for these children and their families. The center teaches important skills, such as crop diversification and financial management.



Why Madagascar Vanilla?

This enriching, inviting essential oil provides a warm, sweet aroma that can be paired with any other essential oil or essential oil blend at any time of day. Use it to complement a citrus oil for a cheerful, uplifting tone in the morning, or combine it with Jasmine or Blue Tansy to help inspire a romantic date night.

Its soothing aroma also smells like a lullaby when combined with floral or wood oils at bedtime. Plus, combining Madagascar Vanilla with spice oils can create the illusion of a pumpkin pie in the oven or a favorite earl gray tea—just in time for fall.

Madagascar Vanilla also has a rich flavor that can enhance any beverage. Add a drop or two to your favorite smoothie or tea for a dreamy taste.



Tip:

Mix and Match with Your Moods

Madagascar Vanilla is a complementary aroma. Depending on which type of environment you want to create, you can combine it with different essential oils in your diffuser.

- For an **uplifting environment**, pair Madagascar Vanilla with a citrus or spice oil like Wild Orange or Cinnamon Bark.
- For an **inspiring environment**, combine it with a minty or herbaceous aroma like Spearmint or Coriander.
- For a **relaxing environment**, use woody, earthy, or floral aromas like Roman Chamomile, Lavender, Vetiver, or Sandalwood.

Be more generous with Madagascar Vanilla than any other essential oil to really bring out the scent.

Give Thanks Diffuser Blend

👉👉👉👉 Madagascar Vanilla

👉👉 Frankincense

👉👉 Tangerine

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PROMO

BOGO 2 | **Buy** Lavender 15 mL
Get Peppermint 15 mL





Lavender

What's Lavender?

Sourced from its native Europe, Lavender essential oil is distilled from the freshly harvested flowering tops of the true lavender plant (also known as English lavender) in Bulgaria, France, and other parts of the world. Though often used at bedtime, Lavender creates an equally calming atmosphere during the day.

How Do I Use Lavender?

Aromatically

You can use Lavender aromatically in the same ways as any other essential oil. You can diffuse it, breathe it in, or enjoy it another way you've come up with. Put a drop on your pillow at night or use it to keep your linen closet smelling calm and fresh.

Topically

Lavender can help keep the skin and scalp looking clean and healthy. You can apply it directly, put a drop in your shampoo or conditioner, or massage a drop through your hair, which also creates a lovely diffusing effect.

Lavender can soothe minor skin irritations and help reduce the appearance of skin imperfections. You can apply it directly to targeted areas or dilute it to increase absorption and reduce any potential skin sensitivity.

Internally

When taken internally, Lavender essential oil helps soothe and relax the mind.* It also promotes a restful night's sleep when consumed.* You can take a couple of drops in a Veggie Cap or simply add it to a drink like water, juice, or tea.

When Should I Use Lavender?

Lavender is an essential oil that's useful anywhere, anytime. Keep it on hand for occasional skin irritations. Use it topically as part of your morning or evening skincare routine. Use it internally and aromatically at bedtime. Put it in a cup of tea, add a drop to a warm evening bath, or diffuse it at night.

Lavender makes an excellent addition to children's nightly routines too. Give your child a relaxing foot massage with Lavender and Fractionated Coconut Oil before bed and put a drop on his or her pillow to smell while drifting off to sleep.

Another great time to put Lavender essential oil to work is in the kitchen. Use when cooking to soften citrus flavors or add a delicious twist to marinades, baked goods, and desserts.



DIY with Lavender: Hot Cocoa

As the winter months approach, nothing warms the heart quite like a nice, hot mug of comforting hot cocoa. For a soothing, seasonal beverage, try this hot cocoa recipe.

Ingredients:

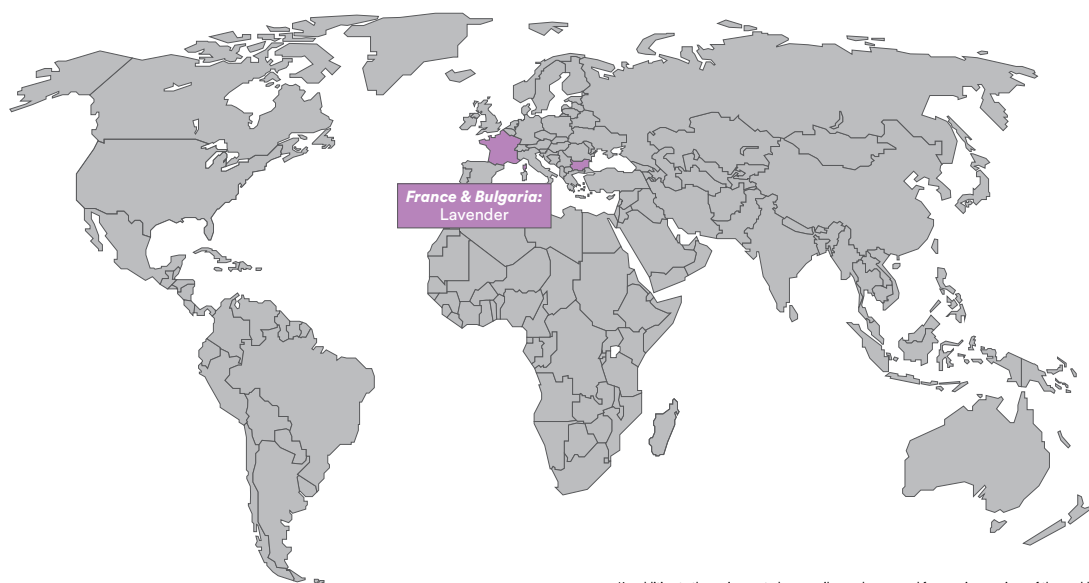
- 1 cup water
- 5 teaspoons cocoa powder
- ¼ teaspoon liquid stevia or ½ teaspoon powdered stevia (adjusted to taste)
- 1–2 tablespoons guar or agave (optional)
- 1 teaspoon vanilla extract or ¼ teaspoon almond extract
- 3 cups almond milk
- Lavender essential oil to taste

Tip: For extra creamy cocoa, replace the water with equal parts milk or almond milk.

Instructions:

1. Heat the water, cocoa powder, and sweetener on the stove and mix until the ingredients are smooth
2. Add the vanilla extract and milk and bring to a simmer. Remove from the heat and pour into your favorite mug.
3. Introduce flavor by swirling a toothpick dipped in Lavender essential oil.

Where Does Lavender Come From?



*In addition to the regions noted, many oils are also sourced from various regions of the world.

Bulgaria is an agricultural haven for growing aromatic plants, and the people there are rich in expertise. Near the Black Sea, Bulgaria's sunny, dry climate and well-drained sandy soil make the growing conditions ideal for lavender. France is also famous for producing exceptionally high-quality lavender. Some historians estimate that lavender production in France dates back as far as 600 BC.



Bulgaria has historically boasted some of the world's premier essential oil research, development, and production, but the industry faltered in the post-Communist era because the government turned their financial support to wheat, sunflowers, and corn. Many Bulgarian farmers replaced aromatic plants with these crops.

This led to a lack of innovation in the aromatic agricultural space, which inspired us to establish the Esseterre facility in Dobrich, Bulgaria. Though Esseterre is owned by dōTERRA, it's really a Bulgarian firm—built and managed by Bulgarians. Expert managers, distillers, farmers, and engineers combine their impeccable skills and commitment to positively impact their communities.

Esseterre works with over 75 lavender farms, with farmers bringing lavender to the facility from a small radius around Dobrich (as the plant should be distilled within one day of harvesting). The entire annual production of our Lavender essential oil takes place in just three to four weeks every year. During this time, Esseterre employees work around the clock to ensure the highest quality of Lavender possible.

Even though lavender's color is most brilliant in the early summer, we harvest it in July. Once its bright purple hue has started to fade from exposure to the summer heat, the plant produces both a higher quantity and quality of essential oil.

The establishment of Esseterre has significantly revitalized the economy in the Dobrich, Bulgaria, region. It's brought a multimillion investment and many jobs to a country where nearly a quarter of the population live at or below the global poverty line.

More and more farmers are coming to Esseterre with their crops. This can be attributed to several factors, including the sophistication and quality of the equipment and technology, as well as Esseterre's reputation for being a reliable buyer, paying fairly and promptly.

For years, the few remaining distilleries in Bulgaria were mostly managed by brokers. They determined how much and when the farmers would get paid, many of whom were treated unfairly. Some weren't paid for months—or even years—until the brokers sold the product.

At Esseterre, we can test the quality of a farmer's crop and resulting essential oil nearly immediately. The on-site, state-of-the-art laboratory includes a gas chromatography-mass spectrometry (GC/MS) machine to confirm quality. Plus, it provides a space where farmers can watch while their crops are distilled.

Having this technology on-site allows us to confirm (while the farmer waits) that their plants produced high-quality essential oil and pay them fairly and quickly—usually the same day. We also award bonuses to farmers whose essential oil is of the highest quality.

dōTERRA Healing Hands® has supported a variety of projects and organizations in Bulgaria, including the Social Teahouse, a scholarship project, and a playground project.



Why Lavender?

Linalool—one of the main chemical constituents of Lavender—is what gives this essential oil its floral scent. In vivo research indicates this linalool-rich essential oil may be beneficial to the immune system when taken internally.* While more research is required, consuming an essential oil containing linalool might provide support to this bodily system.*

Like [menthol](#), linalool is a monoterpene alcohol. A monoterpene is a molecule with a backbone made of 10 carbon atoms, and an alcohol is an oxygen atom bonded to both a hydrogen and a carbon atom in that backbone. Based on experimental research, linalool possesses topical cleansing properties and may help promote feelings of calmness and relaxation, as well as a healthy circulatory system when used internally.*



Tip:

Hair, Skin, and Nails

Give your hair, skin, and nails the floral treatment with Lavender essential oil. Add a drop to your scalp and work it through your hair after showering, use a drop with your favorite moisturizer and lotion each evening, or gently massage a small amount into your eyebrows and nail beds a few times a week.





Peppermint

What's Peppermint?

Peppermint is a cross between water mint and mild-flavored spearmint, first described by Swedish botanist Carl Linnaeus in the eighteenth century. Among the most popular essential oils, Peppermint promotes feelings of clear airways, supports oral health, and soothes the stomach when ingested.*

How Do I Use Peppermint?

Aromatically

The sharp, sweet scent of Peppermint is energizing and exhilarating. Its intensely minty aroma is distinct, familiar, and fresh—and always a welcome addition to diffuser blends. Place a drop or two on your palms and breathe deeply from your hands. Doing so creates an awake, alert atmosphere and promotes feelings of clear airways.

Topically

The cooling sensation of Peppermint on the skin is soothing and beneficial. Peppermint can be used on the head, neck, and shoulders. Apply it topically to targeted areas and dilute as desired.

Peppermint is also a natural bug repellent! Keep it handy for hikes, campouts, and even your next neighborhood BBQ.

Internally

The renowned flavor of Peppermint makes it a popular essential oil to take internally. In fact, peppermint is the most popular flavor in the food industry, thanks to its pleasant, refreshing taste. You can add a drop of Peppermint essential oil to your favorite smoothie recipe or protein shake for a refreshing twist.

When taken internally, Peppermint promotes healthy digestion and respiratory function.* To freshen your breath and ease occasional indigestion, take one to two drops in a glass of water.*

When Should I Use Peppermint?

One of the best times to use Peppermint essential oil is first thing in the morning. When you wake up, place a drop of Peppermint on your thumb and press your thumb to the roof of your mouth. Doing so will jump-start your day with an energetic atmosphere.

Add a drop of Peppermint and Lemon to water for a healthy and refreshing mouth rinse before you leave the house. You might also add a drop of Peppermint to your toothbrush—with toothpaste, of course—for boosted oral hygiene benefits and extra fresh breath.



As you navigate daily life, you'll find Peppermint is one of the most effective natural solutions for many occasional issues you encounter, tummy troubles.* You can also apply Peppermint to your temples and the back of your neck for cooling comfort.

To alleviate occasional stomach upset or indigestion, take Peppermint internally.* Take a drop under the tongue, in a glass of water, or in a Veggie Cap.

DIY with Peppermint: Peppermint Breath Spray

Worried about your breath? Pack this breath spray in your bag for naturally fresh breath.

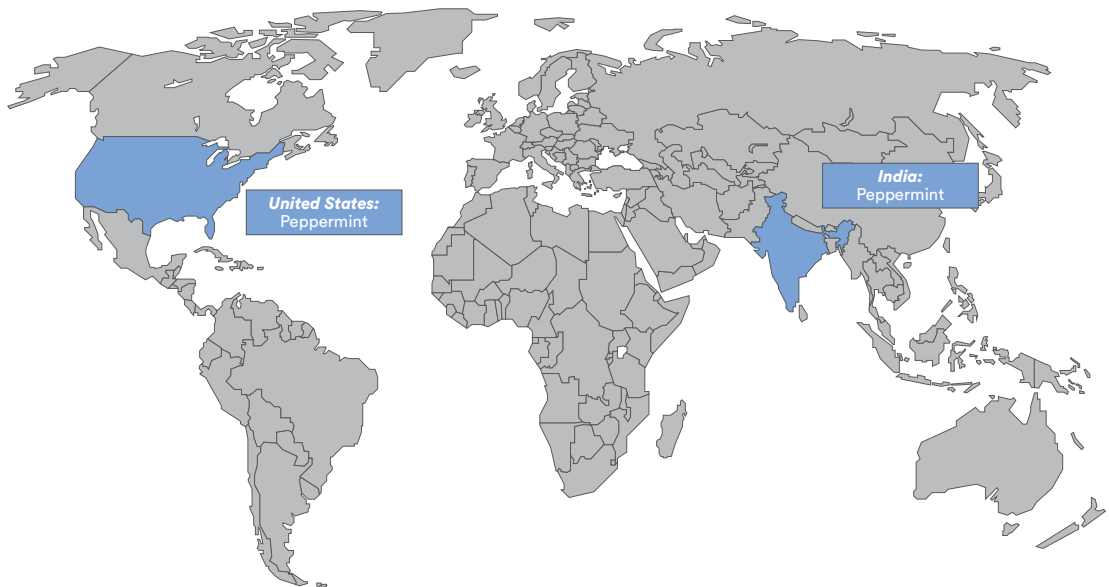
Ingredients:

- Small glass spray bottle
- 3–5 drops Peppermint essential oil
- Distilled or filtered water

Instructions:

1. Place the drops of Peppermint in the spray bottle.
2. Fill the remainder of the bottle with distilled or filtered water.
3. Shake well and spritz in your mouth for a refreshing burst of flavor.

Where Does Peppermint Come From?





Why Peppermint?

Menthol—a widely known terpene compound—is a monoterpene alcohol that's highly concentrated in Peppermint. Though menthol is primarily known for its skin-cooling and respiratory-supporting benefits, its surface-cleansing, body system-supporting, and pest-repellant properties have also been extensively investigated.*

Peppermint essential oils are graded based on their menthol content. High-quality essential oils contain more menthol because it's primarily responsible for positive effects of Peppermint on the body.* Factors like location, climate, and harvest time all affect menthol content. dōTERRA pays special attention to ensure our peppermint plants yield essential oil with maximum menthol content.



Tip:

After-Dinner Mint

After indulging at dinner—perhaps on the Fourth of July or Thanksgiving—take a few drops of Peppermint essential oil internally to support digestion and comfort.* You could also use Peppermint proactively as you manage and encourage mindful and healthy eating.

Before and during your meal, place a drop or two of Peppermint in your water. Enjoy the refreshing taste and health benefits!*



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PROMO

BOGO 3

Buy dōTERRA On Guard® 15 mL
Get dōTERRA Breathe® 15 mL





dōTERRA On Guard

What's dōTERRA On Guard?

dōTERRA On Guard® Protective Blend supports healthy immune function when taken internally.* It freshens the air and is a favorite for diffusing thanks to its welcoming, spicy citrus aroma and many beneficial properties. It includes Wild Orange, Clove, Cinnamon Bark, Eucalyptus, and Rosemary essential oils.

How Do I Use dōTERRA On Guard?

Aromatically

Thanks to its warm and spicy aroma, dōTERRA On Guard is a great essential oil blend for diffusing at home, school, and work. It refreshes the air and creates an upbeat, energized atmosphere.

Topically

When using dōTERRA On Guard topically, two of the best places to apply it are the spine and bottoms of the feet. Applying it topically can produce a gentle warming effect that feels especially nice during cold weather. For children or those with sensitive skin, dilute with a carrier oil like Fractionated Coconut Oil.

Internally

Preclinical studies suggest dōTERRA On Guard, when taken internally, may support healthy immune function, but more confirming clinical research is needed.* It also reinforces the body's natural antioxidant defenses when consumed.*

When Should I Use dōTERRA On Guard?

As the colder months approach, massage dōTERRA On Guard into your feet in the evenings. Put on socks or slippers afterward to increase absorption. After a warm bath or shower, you can also gently apply dōTERRA On Guard to the spine. This can be a wonderfully soothing ritual for children before bed.

Whenever you feel a little under the weather, take dōTERRA On Guard internally for extra support.* Just a drop or two is all you need! While many people love the taste of dōTERRA On Guard, you may prefer to take it in a Veggie Cap , because it does contain hot oils like Clove and Cinnamon Bark. Or you can dilute it by adding a drop to juice, water, or another beverage. You can always follow it with a sip of milk if the taste is still too strong.

Another excellent time to use dōTERRA On Guard is when you're cleaning. The essential oil blend is highly cleansing and even degreasing. Add several drops to a spray bottle with water for a natural, effective all-purpose spray.



Diffuse dōTERRA On Guard throughout your home for a welcoming, supportive, and inviting aroma. Try diffusing it in the foyer as your kids come home from school or in the living room and kitchen when you're entertaining guests. Other great spots include bedrooms, bathrooms, and workspaces. It really does work everywhere!

DIY with dōTERRA On Guard: *dōTERRA On Guard Pumpkin Smoothie*

Fall in love with the flavors of fall by making this delicious treat that's infused with dōTERRA On Guard Protective Blend.

Ingredients:

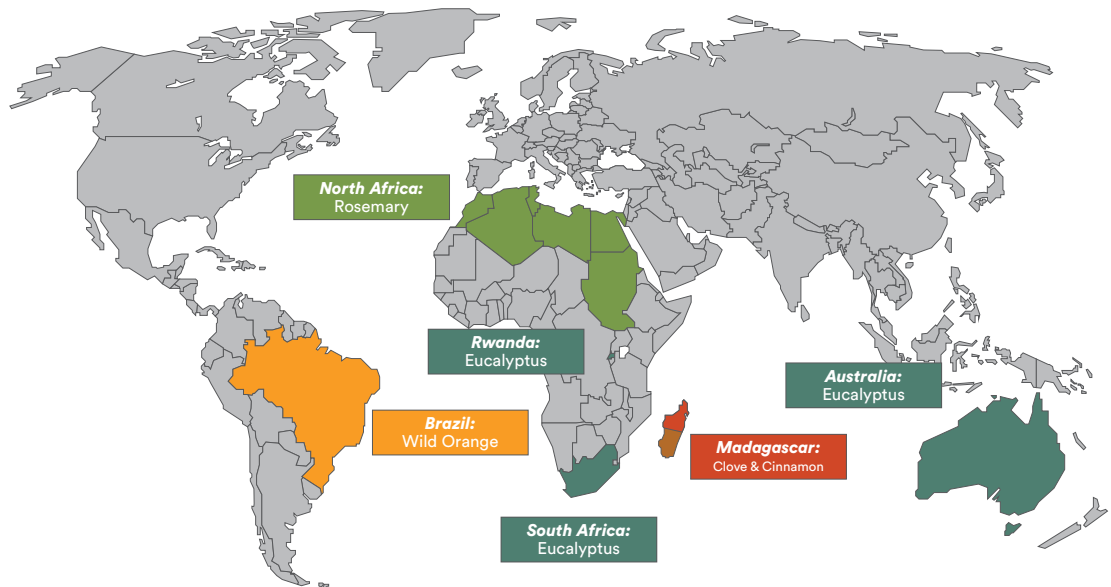
- 1 cup almond milk (or milk of your choice)
- ½ cup pumpkin purée
- ½ cup vanilla yogurt
- 2 bananas, frozen
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie seasoning
- 2–3 drops dōTERRA On Guard Protective Blend
- 1 cup ice

Instructions:

1. Combine all the ingredients in a blender and blend until smooth.
2. If desired, top with whipped cream and sprinkle with cinnamon.

Tip: For a vegan recipe, replace the milk and yogurt with one can of coconut milk.

Where Does dōTERRA On Guard Come From?





Wild Orange is one of the main essential oils in dōTERRA On Guard. It's sourced from southern Brazil, which has the perfect climate for growing citrus fruits—and consequently producing the highest-quality citrus oils. Citrus oils are typically produced alongside a juicing operation, where essential oils are expressed from fruit rinds and the juice is pressed from the whole fruit. Wild Orange essential oil is cold-pressed from the rinds of the fruits.

We at dōTERRA are proud to support tens of thousands of small-scale farmers who grow the oranges for Wild Orange. We greatly value the long-term partnerships we've developed with our producers in southern Brazil.

Both Clove and Cinnamon Bark—two other important products in dōTERRA On Guard—are sourced from Madagascar. Cinnamon Bark is also sourced from other areas of East Africa. Both cinnamon spice and essential oil come from the bark of the cinnamon tree. Most of the cinnamon production is for the spice industry.

The bark can be harvested year-round after it's matured for three years. The tree is cut, and the bark is peeled from the trunk and major branches. The tree can be regrown and, after reaching the right size, harvested again. After the bark is harvested, it's dried in the sun and then steam-distilled to produce the essential oil.

Clove trees require a tropical, humid environment. They've been growing in Madagascar for 200 years. The clove tree is originally from Southeast Asia, and most of the clove production is for the spice industry. A clove tree takes about three years to mature, but it can live to be more than a century.

The essential oil comes from the buds on the tree. The buds turn bright red when they're ready for harvest—right before they blossom. After the buds are harvested, they're dried in the sun. The buds are then steam-distilled to produce Clove essential oil.

Eucalyptus globulus is included in dōTERRA On Guard and is also part of the new Eucalyptus essential oil. This Eucalyptus single oil, which isn't meant for internal use, is a blend of several eucalyptus species: *Eucalyptus radiata* (sourced in South Africa and Australia), *Eucalyptus globulus* (sourced in Rwanda), and *Eucalyptus loxophleba* (sourced in Australia). This new, unique genus blend offers great benefits and provides us with the opportunity to increase our impact by sourcing Eucalyptus essential oil from different parts of the world.

Lastly, Rosemary is sourced in North Africa. This traditional herb is native to the Mediterranean and thrives in the region's seaside humidity. We steam-distill the essential oil from the plant leaf and stem.





Why dōTERRA On Guard?

dōTERRA On Guard contains Cinnamon Bark, Wild Orange, Eucalyptus, Rosemary, and Clove essential oils.

Spicy and sweet, [Cinnamon Bark](#) has been shown in experimental research to promote a healthy inflammatory response when taken internally.* It can also help freshen the breath.

[Wild Orange](#) contains powerful antioxidants that support a healthy inflammatory response and promote overall health.* The fresh citrus kick of Wild Orange is bright and greatly adds to the appeal of dōTERRA On Guard.

[Eucalyptus](#) has cleansing properties that can be beneficial for cleaning surfaces. Aromatically, it freshens the air with an uplifting aroma. Note that the type of Eucalyptus essential oil (Eucalyptus globulus) used in dōTERRA On Guard is different from our Eucalyptus essential oil, which is a blend of multiple eucalyptus species and isn't meant for internal use.

[Rosemary](#) may support healthy respiratory function when taken internally.* It also supports digestion.*

[Clove](#) freshens breath and supports the cardiovascular system when taken internally, thanks to its powerful antioxidant properties.*

While each of these products is impressive, they create a synergistic effect when brought together in this powerful and beneficial essential oil blend—the whole is greater than the sum of its parts!



Tip:

Naturally Boost Your Apples

For a healthy, delicious, and supportive snack, soak apple slices in water with a few drops of dōTERRA On Guard. Add these slices to your children's lunches as they head out the door for school, pull them out as an afternoon snack, or enjoy them by yourself to help your immune system in the morning!*



dōTERRA Breathe

What's dōTERRA Breathe?

dōTERRA Breathe® Respiratory Blend combines Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara essential oils.

How Do I Use dōTERRA Breathe?

Aromatically

Clean, airy, and refreshing, dōTERRA Breathe is perfect for supporting feelings of clear breathing. Inhale it from the bottle, rub a drop between your palms and breathe in the scent, or diffuse it.

Topically

Rub dōTERRA Breathe on the chest and back—diluting first if desired. The chest and back are two of the most effective areas to apply dōTERRA Breathe, but you can also apply it to the bottoms of your feet.

When Should I Use dōTERRA Breathe?

dōTERRA Breathe helps support feelings of clear airways. Cooler winter months—or amid any seasonal changes—are particularly good times to have it on hand.

The minty, airy aroma also offers a cooling and soothing vapor, providing comfort during the evening as you prepare for a restful night's sleep. Diffuse the essential oil blend throughout the night or apply it topically before bed. Consider keeping a bottle of dōTERRA Breathe on your bedside table for easy access at night when you or your family need it.





DIY with dōTERRA Breathe: Shower Melts

Shower melts are a wonderful alternative to bath bombs if you're in a hurry or prefer showers. Plus, with the addition of dōTERRA Breathe, you'll enjoy feelings of easy breathing and a clearing, camphoraceous aroma.

Ingredients:

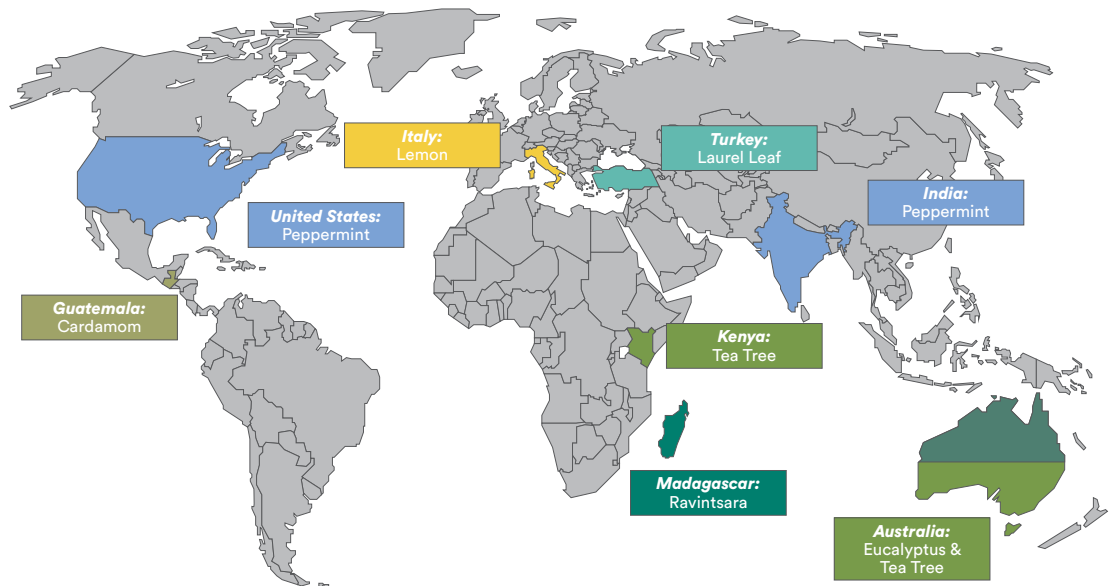
- 1 cup baking soda
- 25 drops dōTERRA Breathe Respiratory Blend
- $\frac{1}{4}$ – $\frac{1}{3}$ cup water

Instructions:

1. Combine the baking soda and water in a small bowl, mixing well.
2. Add dōTERRA Breathe to the mixture, adjusting the amount to preference. Stir until well combined.
3. Pack the mixture into small silicone molds and allow to set overnight.
4. To use, place a tab in your shower (away from the direct flow of water) and enjoy the cooling aroma of dōTERRA Breathe.
5. Store in an airtight container to prevent the volatile compounds of the essential oil blend from evaporating into the air. Use within one week.

Tip: For continued benefits after your shower, apply dōTERRA® Breathe Vapor Stick to the neck and chest area.

Where Does dōTERRA Breathe Come From?





One of the essential oils included in dōTERRA Breathe, Tea Tree is sourced from both Australia and Kenya. The tea tree plant is native to Australia, where it thrives in the sunny conditions and moist soil. Parts of Kenya provide similar growing conditions, allowing the plant to flourish. By also sourcing Tea Tree from Kenya, we support small-scale farmers in rural areas of the country, while also sustainably acquiring the highest-quality essential oil.

The tea tree is a shrublike evergreen, which has traditionally been employed for various purposes by Aboriginal Australians. At the start of World War II, most members of the Australian army carried a small bottle of tea tree oil with them.

Tea trees grow from spring to autumn, with a harvest during the winter months to prevent loss of growing time. The same trees can be harvested every year because they coppice—meaning they begin to grow again—three to six weeks after harvest. Because of sustainable harvesting process, the Australia plantation continues to increase the health and productivity of the same fields of tea trees after 18 years of operation.

Cardamom, another essential oil in the Respiratory Blend, is sourced from Guatemala. The Cō-Impact Sourcing® program supports a training that teaches cardamom farmers the best growing practices, including seed selection, planting, harvesting, and plant care.

Farmers are provided with biweekly training sessions and hands-on experiences so they can see the positive effects of these techniques in their fields. As a result of the training, farmers see a higher quality and increased quantity of cardamom, as well as receive a higher price for their harvests.

The dōTERRA Healing Hands Foundation® has worked on a variety of community development projects in Guatemala. At Mario Mendez Montenegro Kindergarten School in Huehuetenango, they provided new bathrooms with toilets for the children and a new roof. They repaired an old fence and put in a brand-new colorful picket fence around the play area. And the building and classrooms were repainted with bright, beautiful colors and playful designs.

In the Polochic Valley, a partnership between CHOICE Humanitarian and the dōTERRA Healing Hands Foundation funded an exciting project: the Sika'abe Training Center. In Q'eqchi, sika'abe means to seek one's path. This center is focused on breaking the poverty cycle with vocational training in a variety of areas, including construction, woodworking, welding, hospitality, and agriculture.





Why dōTERRA Breathe?

dōTERRA Breathe is made from eight essential oils that historically have been used to promote feelings of easy breathing: Lemon, Laurel Leaf, Eucalyptus, Ravensara, Ravintsara, Peppermint, Cardamom, and Tea Tree.

Eucalyptus and Peppermint have high menthol concentrations. These essential oils work together to help your breathing feel clear. The cooling, soothing sensation of dōTERRA Breathe can be incredibly comforting, especially as you prepare for a restful night of sleep.



Tip:

Soothing Steam Technique

In a kettle or small pot, heat a few cups of water until hot. When the water starts steaming, remove it from the heat, pour it into a bowl, and add several drops of dōTERRA Breathe. Then lean over the bowl and breathe deeply to promote feelings of open airways and easy breathing. If desired, drape a towel over your head to trap the steam longer.

Steam can burn you if it's too hot, so be cautious of the temperature and adjust your position over the bowl as needed.



Ö
PROMO

BOGO 4

Buy Adaptiv® Calming Blend Capsules
Get dōTERRA Balance® 15 mL





Adaptiv Calming Blend Capsules

What Are Adaptiv Capsules?

Adaptiv® Capsules combine specially selected essential oils with clinically studied botanicals to create a powerful, soothing, supportive, and relaxing formula.* This proprietary blend of ingredients helps empower and encourage when adapting to stressful situations or acclimating to new surroundings.* Adaptiv Calming Blend Capsules are one of the best tools available to manage the effects of everyday tension, anxious feelings, uneasiness, and worry.*

How Do I Use Adaptiv Capsules?

Internally

Take one Adaptiv Capsule daily to combat stress, tension, and occasional anxious feelings.*

When Should I Use Adaptiv Capsules?

We live in a world where we want everything instantly. People spend too much time with phones and laptops without really giving themselves a break from work. They lose out on opportunities to connect with friends and family, thinking success comes from always working and taking fewer breaks.

The bills won't stop coming, there'll never be more hours in the day, and work and family responsibilities will always be demanding. A nagging headache, trouble sleeping, lack of energy, and decreased productivity are all signs of occasional stress. Exercises like yoga or a few hours at the gym help. Meditation, healthy eating, and even hobbies or a vacation can be beneficial. Stress management is about taking charge of lifestyle, thoughts, and emotions when dealing with problems.

Let's face it, you can't completely eliminate stressors, so sometimes you need something to help you adapt. Adaptiv Capsules are an effective answer to reducing stress and helping restore mental and physical resiliency.*

Adaptiv Capsules can be taken daily! If you need support morning or night, Adaptiv is ready to offer help naturally.





Why Adaptiv Capsules?

Adaptiv Calming Blend Capsules have mood-boosting and tension-reducing effects from a blend of CPTG® Lavender, Coriander, Wild Orange, and Fennel essential oils, along with Sceletium, GABA, and Ahiflower®.†

The botanical extract Sceletium comes from a South African succulent plant known as Kanna. Sceletium extract is responsibly sourced from a sustainable supply, with endorsement from the South African indigenous knowledge holders. A unique phytochemical ingredient found in Sceletium extract promotes feelings of alert serenity.* The extract supports healthy emotional responses to everyday stressors and feelings of happiness and well-being.* It balances healthy levels of mood-stabilizing hormones and improves cognitive function, while also combating occasional nervousness.*

A quieting neurotransmitter, GABA also helps promote relaxation, based on preclinical evidence.* GABA has a natural comforting effect that helps reduce feelings of apprehension and fear by decreasing neuronal excitability.* Sometimes it's called "the brakes of the brain" because it lowers the activity of neural cells. It shifts the brain and the body into lower gear.* By inhibiting neural activity, GABA reduces mental and physical strain.*



Tip:

Three Is Better than One

Adaptiv Capsules are part of the Adaptiv Trio, which includes Adaptiv Calming Blend and Adaptiv Touch. Use all three products for maximum benefits and support.



†Ahiflower® is a registered trademark of Natures Crops International.



dōTERRA Balance

What's dōTERRA Balance?

dōTERRA Balance® Grounding Blend combines essential oils that help create a harmonious atmosphere, many of which have been used for thousands of years! dōTERRA Balance contains Frankincense, Spruce, Ho Wood, Blue Tansy, Blue Chamomile, and Osmanthus in a base of Fractionated Coconut Oil.

How Do I Use dōTERRA Balance?

Aromatically

One of the most powerful ways to use dōTERRA Balance is aromatically. The fresh, woody aroma makes it the perfect go-to essential oil blend during times of occasional stress. It can create a tranquil, supportive environment.

Enjoy the warm, woody aroma of dōTERRA Balance by diffusing it throughout your home. You can also put a few drops in your palm, rub your hands together, cup them over the nose, and take a few deep breaths. Rub the leftover product over your heart or on the back of your neck for topical benefits and carry the scent around with you thereafter.

Topically

dōTERRA Balance is also amazing when used topically. It makes a wonderful addition to massages. The bottoms of the feet and pulse points are especially effective places to apply dōTERRA Balance. This blend of rare and precious essential oils is prediluted in Fractionated Coconut Oil for ease of use—it comes ready to apply straight on the skin!

When Should I Use dōTERRA Balance?

Because of its supportive nature, dōTERRA Balance is perfect for applying in the mornings, throughout the afternoon, and at night. Really, you'll want to keep it with you all day.

Begin the day by putting dōTERRA Balance on the bottoms of your feet or by taking a few deep breaths of it from your hands. Then, as needed during the day, apply dōTERRA Balance to your wrists or neck or diffuse it in your workspace. Finally, in the evening, soak in a warm bath with a few drops of dōTERRA Balance, diffuse it during your nightly routine, or apply it to your pulse points before bed.



DIY with dōTERRA Balance: dōTERRA Balance Bubble Bath

Taking a bubble bath can be a fun treat for kids or part of a relaxing night for adults. However, most commercial bubble baths are full of artificial chemicals and fragrances that can irritate your skin. To reduce chemicals in your home but still enjoy the benefits of a warm bubble bath, try this natural DIY bubble bath recipe.

Ingredients:

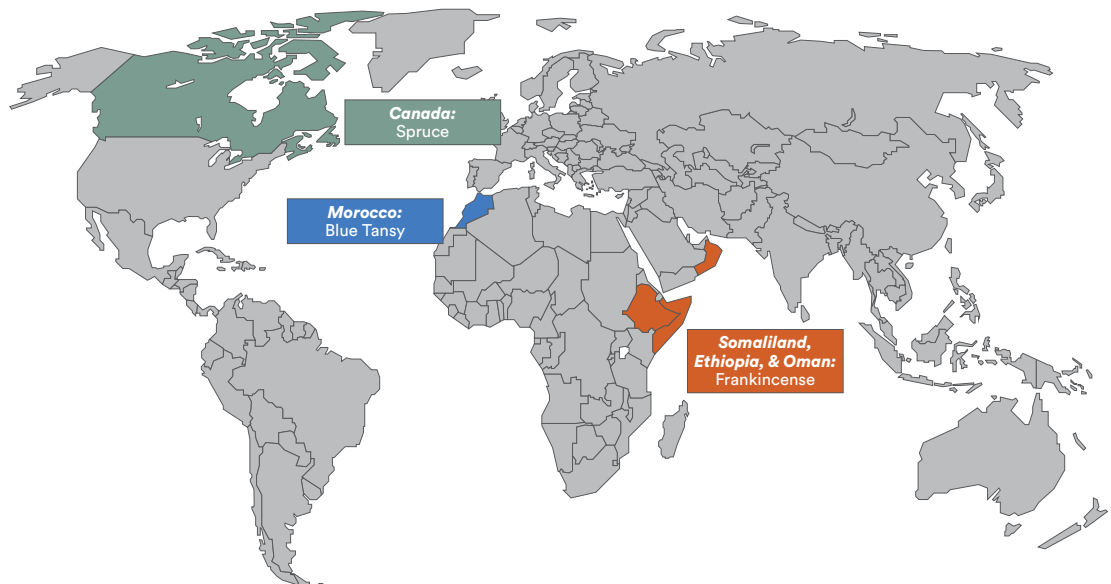
- 1 cup unscented Castile soap
- ½ cup vegetable glycerin
- 2 tablespoons water
- 15 drops dōTERRA Balance Grounding Blend

Instructions:

1. Combine the Castile soap, glycerin, and water in a glass bowl.
2. Add the dōTERRA Balance.
3. Stir until well combined.
4. Pour into a glass container.
5. To use, add up to half a cup of the mixture to warm, running bath water.

Note: *These bubbles aren't going to be big and fluffy or last a long time because this mixture doesn't contain the synthetic ingredients that create the high amounts of lather or foam. However, this chemical-free bath will provide enough bubbles for a relaxing bath you'll enjoy even more.*

Where Does dōTERRA Balance Come From?





Frankincense, one of the essential oils in dōTERRA Balance, has been a valued trade commodity since ancient times by many peoples, such as the Egyptians, Assyrians, Persians, Macedonians, and Kushites. The precious resins comprise what's believed to be the world's oldest global supply chain. The essential oil comes from the resin of the frankincense tree. Resin "tears" are carefully cleaned and organized by size and color before distillation, usually by women.

Frankincense essential oil is a proprietary blend of four *Boswellia* species of resin: *B. carterii*, *B. papyrifera*, *B. frereana*, and *B. sacra*. Different frankincense trees thrive in different environments and soil types. For example, *B. carterii* trees grow best in sandy soils, while *B. frereana* trees grow best in dry, rocky terrain. *B. frereana* trees also produce the largest resin tears of the species. We sustainably source from multiple locations to ensure we're harvesting resin from where each species grows best.

In Somaliland, our Frankincense is harvested from the Sanaag region of the Cal Madow Mountain range. Approximately a third of Somaliland's population lives in this region, and harvesting is the main source of employment. The trees are passed down through generations, and individual harvesters have access to specific regions through tribal rights.

The dōTERRA Healing Hands Foundation® has assisted multiple projects in the communities where we source Frankincense essential oil. Most recently, they donated millions of dollars for the development and construction of the Sanaag Specialty Hospital, which is the first functioning healthcare provider of its kind in the severely underdeveloped region.

Access to this level of healthcare in that area had previously been virtually unavailable, forcing many locals to travel long distances or forgo medical help. This new hospital provides access to lifesaving services for tens of thousands of people living and working in the heart of Somaliland's resin harvesting area, especially for expecting mothers.

Why dōTERRA Balance?

[Frankincense](#) promotes an atmosphere of peace and contentment. It's one of the most prized and beloved essential oils on the planet and has been desired for its incredible benefits for thousands of years.

[Spruce](#) is renowned for its grounding aroma. It provides a fresh, woody scent.

The gentle aroma of Asian-grown Ho Wood supports a harmonious environment.

[Blue Tansy](#) is distilled from the Moroccan tansy, a fragrant flowering plant in the daisy family. It has a soft, sweet, and fruity aroma, as well as a blue tint.

Blue Chamomile (also known as German Chamomile) has a calming scent and complements Blue Tansy well.

Osmanthus is commonly used in aromatherapy and rounds out this essential oil blend.



Tip:

Start and End the Day Right

Whether you're just stretching and drowsily throwing off your covers in the morning or preparing for bedtime, rub a few drops of dōTERRA Balance on the bottoms of your feet to remind you that everything in life requires balance. Then use the extra essential oil in your hands to take a few very deep breaths and feel grateful for your many blessings.



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PROMO

BOGO 5

Buy Copaiba Softgels
Get dōTERRA On Guard+™ Softgels





Copaiba Softgels

What Are Copaiba Softgels?

The towering copaiba tree grows in the tropical rainforests of South America. For hundreds of years, traditional wellness practitioners in northern Brazil have used these trees for their health benefits. Copaiba essential oil is steam-distilled from the oleoresin of the tree.

Copaiba Softgels deliver a soothing daily dose of Copaiba essential oil in a convenient, easy-to-swallow softgel. That means no more fussing with adding precise drops to a Veggie Capsule! When taken internally, Copaiba can support the cardiovascular, nervous, and digestive systems.*

How Do I Use Copaiba Softgels?

Internally

Take one Copaiba Softgel a day, as needed.

Where Does Copaiba Come From?





Copaiba trees grow in tropical South America, especially along the Amazon River in Brazil. The Amazon River Basin experiences about 80–85% humidity year-round, with an average of 90 inches of rain per year. Because of its position on the equator, the Amazon Rainforest experiences 12 hours of sunlight every day of the year. These conditions are exceptional for plant growth, and copaiba trees thrive in this unique climate.

The essential oil is steam-distilled from the oleoresin of the copaiba tree. A copaiba tree is tapped for its oleoresin like how maple syrup is harvested. For six months of the year, the copaiba trees of the Amazon are inaccessible. But each year from January to June, the Amazon River Basin experiences its rainy season. During this time, the river and its tributaries rise an average of 20 feet or more, which means copaiba trees can be reached by boat.

When a tree is first tapped, it gives an initial volume of oleoresin. The hole is then plugged, and the tree is revisited once or twice per year. The amount of oleoresin a copaiba tree produces is determined by the diameter of the tree, the size of its canopy, and its location within the jungle, but each tree can produce somewhere between two and six liters annually. A copaiba tree can live up to 400 years and grow more than 100 feet tall.

We partner with local harvesting families who live along the river. These families are accustomed to traveling by boat to reach neighbors and nearby towns. Each family takes care of several trees—a tradition that's been fostered for generations.

Communities in the rural Amazon are among the most poverty-stricken in Brazil. The state of Amazonas is Brazil's fourth poorest state, with approximately 17% of the 3.6 million people living below the poverty line. Rural populations in Brazil tend to have the highest rates of poverty, in part because of a lack of support for small-scale farmers.

By sourcing copaiba oleoresin for essential oil in the state of Amazonas, we support the livelihoods of over 3,000 harvesters. Though harvesters had oleoresin buyers in the past, they weren't guaranteed a fair market price, and sales were irregular. Through dōTERRA, these harvesters are now paid a fair, previously agreed price for their oleoresin regularly and reliably.

Why Copaiba Softgels?

Copaiba has a higher concentration of beta-caryophyllene than any other essential oil, which gives it a broad spectrum of health-promoting benefits.* The coolest part is we continue to find more benefits as further research is conducted. Previous research has shown that beta-caryophyllene is an agonist of the cannabinoid type 2 receptor (CB2 receptor), which means that it activates the receptor just as an endogenous signal would.



The CB2 receptor has several functions inside and outside the central nervous system. CB2 receptors are expressed in the hippocampus, as well as the ventral tegmental area—a major player in neural circuits of pleasure and reward. CB2 receptors are also expressed in immune cells and peripheral nervous system pathways. New research suggests activation of the cannabinoid system may help support neuron health.*

Additional research into beta-caryophyllene suggests many other means by which Copaiba can support overall internal health.* When taken internally, the essential oil's strong antioxidant properties promote healthy cellular function, may support overall circulatory health, and may support gastrointestinal and colon health.*

With so many incredible properties, it's no wonder Copaiba Softgels make for such an incredible part of anyone's daily routine.



Tip:

Give Your Immune System Ultra Support

It's important to fortify your immune system. Arm your immune system with both the Copaiba Softgels and the dōTERRA On Guard+™ Softgels for ample support.*



dōTERRA On Guard+ Softgels

What Are dōTERRA On Guard+ Softgels?

dōTERRA On Guard+™ Softgels combine dōTERRA On Guard® Protective Blend with Black Pepper, Oregano, and Melissa essential oils for exciting, incredible benefits, all in one convenient vegetarian softgel.* More confirming research is needed, but preclinical testing suggests these ingredients may support a healthy immune system and provide antioxidant benefits.*

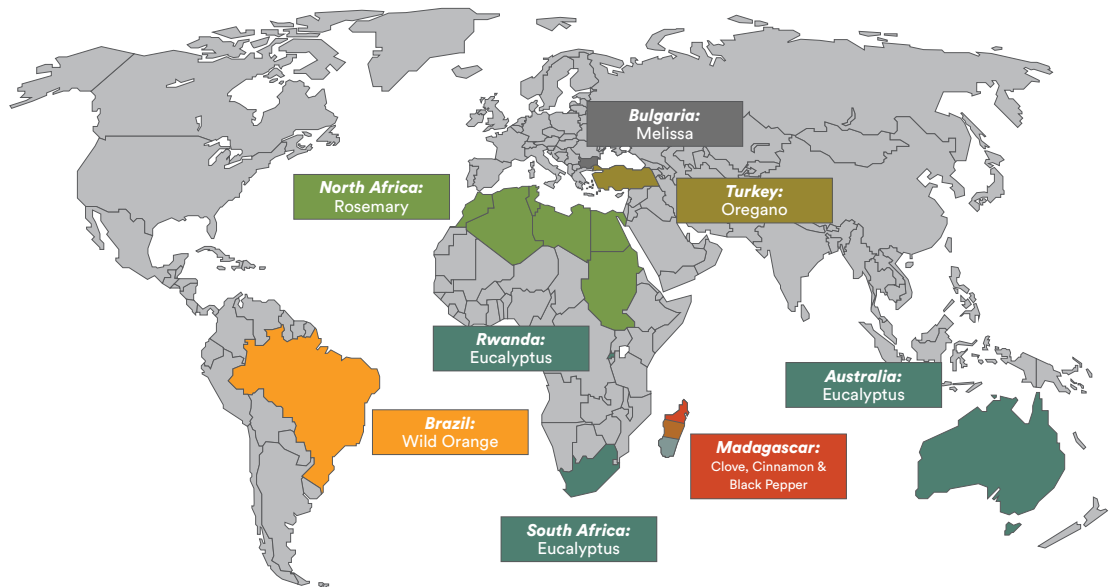
How Do I Use dōTERRA On Guard+ Softgels?

This natural product is ready to use at home or on the go.

Internally

Take one or more softgels as needed to promote healthy immune function.*

Where Do dōTERRA On Guard+ Softgels Come From?



Because dōTERRA On Guard+ Softgels contain many of the same essential oils as dōTERRA On Guard, check out the dōTERRA On Guard section to learn about Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary!

Black Pepper grows on a flowering vine that can grow up to 32 feet long. The black pepper vine is woody with green, almond-shaped leaves. While growing, the peppercorns are green. Among the tree's leaves are fruit clusters known as drupes, which can grow to six inches long.



The main harvest takes place in March, with a second harvest in September. After the peppercorns are harvested, they're dried and change color from green to black. The dried pepper is then ground in a hammer mill and steam-distilled to produce the essential oil.

Oregano grows wild in Turkey, as the plant thrives in temperate western and southwestern Eurasia and Mediterranean. The plant is a perennial herb that grows up to three feet high and is typically harvested for the spice industry. Essential oil can be produced by steam-distilling the aerial parts of the plant.

Our supplier works with a network of hundreds of small-scale farmers in Turkey, who are paid immediately upon the delivery of oregano raw material. Through our sourcing partner, we've been able to collaborate with the Oregano sourcing community in Turkey to support the Gözler Primary/Secondary school by helping renovate and improve the heating within the school. In total, about 5,000 individuals in Oregano farming communities will benefit indirectly from the school.

Also known as lemon balm, melissa is a perennial herbaceous plant that grows about two feet tall. Bulgaria is an agricultural haven for growing aromatic plants, and the people are rich in expertise. Near the Black Sea, the sunny and dry climate coupled with the well-drained, sandy soil make the growing conditions in Bulgaria ideal. Just like our lavender plants, melissa is grown and distilled at our Esseterre facility in Dobrich, Bulgaria.

Why dōTERRA On Guard+ Softgels?

If you frequently use the dōTERRA On Guard Protective Blend or any other dōTERRA On Guard products you'll love the convenience and immune-supporting properties of dōTERRA On Guard+ Softgels.* Like all other dōTERRA products, the dōTERRA On Guard+ Softgels use high quality, potent CPTG® essential oils.

Spicy and sweet, [Cinnamon Bark](#) has been shown in experimental research to promote a healthy inflammatory response when taken internally.*

[Wild Orange](#) contains powerful antioxidants that support a healthy inflammatory response and promote overall health.*

[Rosemary](#) may support healthy respiratory function when taken internally.* When ingested, it also supports digestion.*

[Clove](#) supports the cardiovascular system when taken internally, thanks to its powerful antioxidant properties.*

Eucalyptus globulus is now part of the Eucalyptus blend in our new Eucalyptus oil.

[Black Pepper](#) is high in monoterpenes and sesquiterpenes known for their antioxidant activity and ability to help ward off environmental and seasonal threats when used internally.*

[Oregano](#) may exhibit antioxidant properties when ingested.*

[Melissa](#) may support a healthy inflammatory response when taken internally, according to preclinical studies.* More confirming clinical research is needed.



But perhaps the best benefit of dōTERRA On Guard+ Softgels is they provide a simple, mess-free way to protect your body against immune system threats, particularly during seasons when those threats are high.* By supporting the body's natural antioxidant defenses, these softgels provides a safe, simple way to protect your immune system and help keep yourself healthy.*



Tip:

Always Stay On Guard

dōTERRA On Guard+ Softgels are safe with natural ingredients, so you can take them anytime! When you wake up feeling sluggish or feel like seasonal threats are getting your down, take a capsule to help support your immune system.*

