

dōTERRA wellness advocate



AromaTouch Massage Blend

Ingredients: Ylang Ylang Flower, Bergamot Peel, Cinnamon Bark, Vanilla Bean Absolute, Labdanum, Vetiver Root, Hawaiian Sandalwood, Cocoa Bean Absolute, Rose Flower essential oils in a base of Fractionated Coconut Oil
Aromatic Description: Warm, spicy, sweet

KEY BENEFITS

- Rub on shoulders to release feelings of tension
- Comforting and relaxing benefits
- Add to Epsom salts and enjoy soaking in a hot bath

🔥 Topical 🌬 Neat—Can be used topically with no dilution

ESSENTIAL OIL TIP

AromaTouch is used in the AromaTouch Technique™ in combination with seven other oils.

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dōTERRA Blend Ingredients

dōTERRA Motivate™ Encouraging Blend

Ingredients: Rosemary Leaf, Rosemary Leaf, Rosemary Leaf
Aromatic Description: Fresh, clean, minty

KEY BENEFITS

- Promotes feelings of confidence, courage, and belief
- Counteracts negative emotions of doubt, pessimism, and cynicism

🌬 Aromatic 🔥 Topical 🌬 Sensitive—Dilute for young or sensitive skin

ESSENTIAL OIL TIP

Apply to shirt collar before giving a speech to instill feelings of confidence.

Whisper® Blend for Women

Ingredients: Bergamot Peel, Ylang Ylang Flower, Patchouli Leaf, Vanilla Bean Absolute, Jasmine Flower Absolute, Cinnamon Bark, Labdanum, Vetiver Root, Hawaiian Sandalwood, Cocoa Bean Absolute, Rose Flower essential oils in a base of Fractionated Coconut Oil
Aromatic Description: Musky, warm, spicy, soft, sweet

KEY BENEFITS

- Diffuse in the evening for a warming aroma that entices and intrigues the senses
- After a shower, apply to wrists to create a unique and beautiful scent that accentuates your body chemistry
- Combine with Hand & Body Lotion for a moisturizing application

🌬 Aromatic 🔥 Topical 🌬 Neat—Can be used topically with no dilution

FROM THE BLOG: Aromatherapy Jewelry

Make your own aromatherapy jewelry for a unique aromatic experience. To learn how, visit: <http://doterra.com/US/en/blog/diy-aromatherapy-jewelry-for-your-doterra-essential-oils/>

dōTERRA Blend Ingredients

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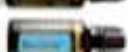







Where are the oils in the Blends?

Amyris	Elevation P10, Console P10, Brave P15, Steady P15
Anise	DigestZen P10
Arborvitae	Forgive P11, TerraArmour P14
Balsam Fir	Northern Escape P13, Steady P15
Basil	AromaTouch P9, Motivate P12, PastTense P13, Italian Blend P17
Bergamot	Affirm P8, ClaryCalm P10, Forgive P11, Hope P12, Citrus Bliss P9, Whisper P14, Kintana P16, , Beautiful P16, Tropical Blend P17
Black Cumin Seed	HD Clear P11
Black Pepper	Anchor P8, Mexican Blend P17
Black Spruce	Northern Escape P13
Blue Chamomile	Balance P9, Ice Blue P12
Blue Tansy	Balance P9, Ice Blue P12
Buddha Wood	Calmer P15
Camphor	Ice Blue P12
Cananga	Calmer P15, Northern Escape P13
Cardamom	Air-X P8, Passion P13, Easy Air P10
Caraway	DigestZen P10
Carrot seed	ClaryCalm P10
Catnip	TerraArmour P14
Cedarwood	Anchor P8, Lavender Peace P12, ClaryCalm P10, TerraArmour P14, Stronger P16, Northern Escape P13
Cilantro	PastTense P13, Purify P14, Zendocrine P15, Mexican Blend P17
Cinnamon	Anchor P8, Holiday Joy P11, Passion P13, OnGuard P13, Cheer P9, Brave P15, Smart & Sassy P14, Whisper P14
Citronella	Forgive P11, Purify P14
Clary Sage	ClaryCalm P10, Peace P13
Clementine	Motivate P12, Citrus Bliss P9, Thinker P16
Clove	Cheer P9, OnGuard P13, Holiday Joy P11, Passion P13, Northern Escape P13
Cocoa	Whisper P14

Copaiba	Adaptiv P8, Rescuer P15
Coriander.....	Affirm P8, DigestZen P10, Motivate P12, Steady P15
Cumin	Mexican Blend P17
Cypress	AromaTouch P9, Northern Escape P13
Damiana	Passion P13
Douglas Fir.....	Holiday Peace P11, Holiday Joy P11
Eucalyptus	Easy Air P10, HD Clear P11, OnGuard P13
Fennel.....	DigestZen P10, ClaryCalm P10
Frankincense.....	Console P10, DDR Prime P10, Air-X P8, Balance P9, Holiday Peace P11, Anchor P8, Intune P12, Salubelle P14, Hope P12, PastTense P13, Peace P14, Stronger P16, Northern Escape P13, Beautiful P16
Gardenia	Kintana P16
Geranium.....	ClaryCalm P10, HD Clear P11, Zendocrine P15
Ginger.....	DigestZen P10, Cheer P9, Passion P13, Smart & Sassy P14
Grapefruit.....	Ascend P8, Air-X P8, Citrus Bliss P9, AromaTouch P9, Smart & Sassy P14, Holiday Peace P11, Tropical Blend P17
Green Mandarin	Tropical Blend P17
Hawaiian Sandalwood ..	Salubelle P14, Intune P12, Lavender Peace P12, Whisper P14
Helichrysum.....	Salubelle P14, Ice Blue P12
Himalayan Fir.....	Holiday Peace P11
Hinoki	Northern Escape P13
Ho Wood	Balance P9, HD Clear P11, Lavender Peace P12, Elevation P10
Japanese Peppermint ...	Tamer P16
Jasmine.....	Affirm P8, Passion P13, Whisper P14
Juniper Berry	Forgive P11, Zendocrine P15
Labdanum.....	Console P10, Peace P13, Whisper P14
Laurel Leaf	Easy Air P10
Lavandin	Elevation P10, Northern Escape P13
Lavender.....	Anchor P8, Adaptiv P8, ClaryCalm P10, Lavender Peace P12, PastTense P13, Peace P13, AromaTouch P9, Calmer P15, Salubelle P14, Rescuer P15
Lemon.....	Ascend P8, Citrus Bliss P9, Island Mint P12, Easy Air P10, Purify P14, Smart & Sassy P14, Tropical Blend P17
Lemon Eucalyptus.....	TerraArmour P14
Lemon Myrtle	Cheer P9, Elevation P10
Lemongrass.....	DDR Prime P10
Lime.....	Island Mint P12, Intune P12, Purify P14, Beautiful P16, Mexican Blend P17, Tropical Blend P17
Litsea	Air-X P8, HD Clear P11, Stronger P16, TerraArmour P14
Magnolia.....	Adaptiv P8, Steady P15
Mandarin.....	Citrus Bliss P9
Marjoram.....	Affirm P8, AromaTouch P9, Lavender Peace P12, PastTense P13, Peace P13, Mexican Blend P17, Italian Blend P17
Melissa	Ascend P8, Elevation P10, Motivate P12
Menthol.....	Tamer P16
Myrrh	Forgive P11, Salubelle P14
Neroli.....	Adaptiv P8

Niaouli	DDR Prime P10
Nootka	TerraArmour P14, Forgive P11, Northern Escape P13
Nutmeg.....	Cheer P9, Holiday Joy P11
Oregano	Italian Blend P17
Osmanthus.....	Ascend P8, Balance P9, Elevation P10, Brave P15, Console P10, Ice Blue P12, Beautiful P16
Palmarosa	ClaryCalm P10
Patchouli.....	Console P10, Intune P12, Anchor P8, Whisper P14, Kintana P16
Peppermint	AromaTouch P9, Affirm P8, DigestZen P10, Easy Air P10, Motivate P12, Ice Blue P12, Island Mint P12, PastTense P13, Smart & Sassy P14, Thinker P16
Ravensara	Easy Air P10
Roman Chamomile.....	ClaryCalm P10, Intune P12, Lavender Peace P12, Calmer P15, PastTense P13
Rose	Affirm P8, Console P10, Stronger P16, Whisper P14
Rosemary	Adaptiv P8, Zendocrine P15, OnGuard P13, Motivate P12, Thinker P16, PastTense P13, Italian Blend P17
Sandalwood	Anchor P8, Console P10, Passion P13, Kintana P16
Siberian Fir.....	Ascend P8, Holiday Peace P11, Northern Escape P13, Holiday Joy P11, Purify P14
Spearmint	Adaptiv P8, Tamer P16, Rescuer P15, Peace P13
Spruce.....	Balance P9, Forgive P11, Island Mint P12
Star Anise.....	Cheer P9
Summer Savory.....	DDR Prime P10
Sweetgum.....	Adaptiv P8
Tamanu	TerraArmour P14
Tangerine	Air-X P8, Elevation P10, Citrus Bliss P9, Zendocrine P15
Tarragon.....	DigestZen P10
Tea Tree.....	Easy Air P10, HD Clear P11, Purify P14
Thyme	Forgive P11, Italian Blend P17
Vanilla	Cheer P9, Citrus Bliss P9, Whisper P14, Lavender Peace P12, Motivate P12, Passion P13, TerraArmour P14
Vetiver	Peace P13, Thinker P16, Holiday Peace P11, Lavender Peace P12, Kintana P16, Whisper P14
Vitex.....	ClaryCalm P10
Wild Orange.....	Citrus Bliss P9, Cheer P9, Holiday Joy 11, Adaptiv P8, OnGuard P13, Brave P15, Tropical Blend P17
Wintergreen.....	Ice Blue P12, PastTense P13
Ylang Ylang.....	Console P10, Elevation P10, Hope P12, ClaryCalm P10, TerraArmour P14, Ice Blue P12, Intune P12, Lavender Peace P12, Peace P13, Whisper P14, Kintana P16, Tropical Blend P17
Yuzu	Motivate P12, Tropical Blend P17
Zanthoxylum	Rescuer P15
Zdravetz	Cheer P9

dōTERRA Blend Names

	US Generic Name	Australian Generic Name	US Name	Australian Name
	Anti-aging Blend	Beauty Blend	Immortelle	Salubelle
	Blend for Women	Blend for Women	Whisper	Whisper
	Calming Blend	Calming Blend	dōTERRA Serenity	Lavender Peace
	Cellular Complex Blend	Cellular Complex Blend	DDR Prime	DDR Prime
	Cleansing Blend	Refreshing Blend	Purify	Purify
	Comforting Blend	Comforting Blend	dōTERRA Console	dōTERRA Console
	Detoxification Blend	Restart Blend	Zendocrine	Zendocrine
	Digestive Blend	Internal Blend	DigestZen	DigestZen
	Encouraging Blend	Encouraging Blend	dōTERRA Motivate	dōTERRA Motivate
	Focus Blend	Focus Blend	InTune	InTune
	Grounding Blend	Grounding Blend	Balance	Balance
	Inspiring Blend	Inspiring Blend	dōTERRA Passion	dōTERRA Passion
	Invigorating Blend	Invigorating Blend	Citrus Bliss	Citrus Bliss
	Joyful Blend	Joyful Blend	Elevation	Elevation
	Massage Blend	Spa Blend	AromaTouch	AromaTouch
	Metabolic Blend	Active Blend	Slim & Sassy	Smart Sassy
	Monthly Blend for Women	Monthly Blend for Women	ClaryCalm	ClaryCalm
	Protective Blend	Protective Blend	On Guard	On Guard
	Reassuring Blend	Reassuring Blend	dōTERRA Peace	dōTERRA Peace
	Outdoor Blend	Outdoor Blend	TerraShield	TerraArmour
	Respiratory Blend	Clear Blend	Breathe	Easy Air
	Renewing Blend	Renewing Blend	dōTERRA Forgive	dōTERRA Forgive
	Soothing Blend	Athletic Blend	Deep Blue	Ice Blue
	Tension Blend	Relaxation Blend	PastTense	PastTense
	Topical Blend	Topical Blend	HD Clear	HD Clear
	Uplifting Blend	Uplifting Blend	Cheer	Cheer

dōTERRA Blend Names

Kids Range

US Generic Name	AU Generic Name	US Name	AU Name
Courage Blend	Courage Blend	Brave	Brave
Digestive Blend	Digestive Blend	Tamer	N/A
Focus Blend	Focus Blend	Thinker	Thinker
Grounding Blend	Grounding Blend	Steady	Steady
Protective Blend	Protective Blend	Stronger	Stronger
Restful Blend	Restful Blend	Calmer	Calmer
Soothing Blend	Soothing Blend	Rescuer	Rescuer

Other Blends

Holiday Blend	Holiday Blend	Holiday Joy	Holiday Joy
Captivating Blend	Captivating Blend	Beautiful	Beautiful

Adaptiv is the precise solution when stress and tension seem to be relentless. Use Adaptiv to help get comfortable with new surroundings or situations. When a big meeting is coming up, or for other important events, keep Adaptiv Calming Blend on hand. In preliminary studies, the scent of Lavender, a main ingredient of Adaptiv, has been found to contribute to an environment conducive to performing tasks requiring sustained attention. Lavender, Magnolia, Neroli, and Sweetgum provide stress-relieving effects while Wild Orange and Spearmint energize and uplift. Copaiba and Rosemary soothe anxious feelings to round out the calming blend. Whether you're feeling fatigued or restless, indecisive or irritable, Adaptiv Calming Blend is part of the toolbox to help the body and mind to stay balanced. Also in a 10 ml roll on, with Fractionated Coconut Oil.

Air-X. Close your eyes. The morning is crisp and clear. Take a deep breath. A fresh, sweet aroma begins to waft around you. Exhale. Air-X is a way to create that feeling any time, wherever you are. A blend of natural essential oils, Air-X includes Litsea, Tangerine, Grapefruit, Frankincense, and Cardamom. With an intense citrusy, woody, and faintly herbal aroma, Air-X is designed to help freshen the air when diffused. Experimental research suggests that Litsea, an essential oil used in Air-X, soothes and promotes feelings of openness. Results from early research demonstrate Limonene, a major component found in Air-X, may provide cleansing benefits.

Affirm is used when you are feeling disconnected and unable to control your circumstances. Aromatherapy and some simple centring yoga poses can create a new sense of peace and purpose, leading to a renewal of resolution. Remembering your own worth and remaining steady in yourself is a daily practice. Featuring Bergamot, Coriander, Marjoram, Peppermint, Jasmine absolute, and Rose essential oils in a base of Fractionated Coconut Oil, Affirm helps you to trust in yourself and stay open to all possibilities.

Anchor brings a firm trust in yourself so you can approach your practice and life with calming strength. Sometimes in this crazy-busy, modern world, you feel uprooted and unsure of yourself, with a mile long to-do-list and uncertain priorities. Finding balance through aromather-

apy and simple yoga moves can be an excellent first step. Featuring Lavender, Cedarwood, Sandalwood, Cinnamon, Frankincense, Black Pepper, and Patchouli essential oils in a base of Fractionated Coconut Oil, this blend supports your connection to yourself, your community, your emotional harmony and your innate wisdom.

Ascend blend inspires moments of rising up and reaching for your highest potential. Challenges and discouragement are not uncommon as you strive to accomplish goals and realize dreams. With daily practice of affirmations and uplifting yoga poses and joyful aromas, you can move past these obstacles. Featuring Grapefruit, Lemon, Osmanthus, Melissa and Siberian Fir essential oils in a base of Fractionated Coconut Oil, the aromas of this blend are bright and sweet. Diffuse it with thoughts that support your stability as well as your freedom, endurance for your body, and courage and happiness in your heart.

AromaTouch[®] combines essential oils of Cypress Leaf, Peppermint, Marjoram, Basil, Grapefruit and Lavender in a perfect blend which adds many important benefits to various massage techniques. *For topical use.*

Balance has a warm, woody aroma. This is a blend of Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile and Osmanthus with fractionated coconut oil. This blend is well known for its enticing fragrance. *For aromatic and topical use.*

Citrus Bliss merges the powerful essences of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine with a hint of vanilla to form this unique and harmonious blend to cleanse the air with properties and a fresh sweet scent. *For aromatic and topical use.*

Cheer is a blend of citrus and spice essential oils which promotes feeling of cheerfulness and positivity when you are feeling down. Ingredients of Wild Orange Peel oil, Clove Bud oil, Star Anise Fruit/Seed oil, Lemon Myrtle Leaf oil, Nutmeg Kernel oil, Vanilla Bean Extract, Ginger Rhizome oil, Cinnamon Bark oil and Zdravetz Herb gives its sunshiny, fresh, optimistic aroma which will brighten any moment of your day.

Also in a 10 mL roll on, combines Cheer with fractionated Coconut oil.
For aromatic and topical use

ClaryCalm is a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Ylang Ylang, Cedarwood, Geranium, Fennel, carrot seed, palmarosa and vitex. *For topical use.*

Console blend of Frankincense Resin, Patchouli Leaf, Ylang Ylang Flower, Labdanum Leaf/Stalk, Amyris Bark, Sandalwood Wood, Rose Flower and Osmanthus Flower provides a comforting aroma to promote feelings of essential wellbeing. Also in a 10 mL roll on, combines Console with fractionated Coconut oil. *For Topical use.*

DDR Prime Essential Oil Cellular Complex is a proprietary blend of essential oils that supports healthy cellular integrity.* Protective against oxidative stress, Clove, Thyme, Litsea, and Wild Orange are prominent components of DDR Prime and provide powerful antioxidants. The Cellular Complex blend also includes essential oils from Frankincense, Lemongrass, Summer Savory, and Niaouli, which help support a healthy immune response.* In addition, DDR Prime is calming to the nervous system.* Soothe the body and the mind by taking a drop internally or combine with a carrier oil and massage into the skin. Supportive to the health of the brain and nervous system, use DDR Prime as daily overall wellness support.

DigestZen[®] takes advantage of well-established compounds in a proprietary blend of Anise, Peppermint, Ginger, Caraway, Coriander, Tarragon and Fennel, each have specific attributes which add to the overall feeling of satisfaction after eating. *For dietary use.* Also in a 10mL roll on, combines DigestZen with fractionated Coconut oil. *For topical use.*

Easy Air is a remarkable blend of Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom and Ravensara. Its pleasant aroma is perfect for night time diffusion. *For aromatic and topical use.* Also in a 10 mL roll on, combines Easy Air with fractionated Coconut oil. *For Topical use.*

Elevation is the perfect blend for those moments when you need to be refreshed. Elevation incorporates Lavandin, Tangerine, Amyris, Ylang Ylang, Ho Wood, Osmanthus, Lemon Myrtle and Melissa

blended flawlessly for an immediate result. For *aromatic and topical use*.

Forgive incorporating Spruce Leaf, Bergamot Peel, Juniper Berry Fruit, Myrrh Resin, Arborvitae Wood, Nootka Tree Wood, Thyme Leaf and Citronella Herb , help you discover the liberating action of forgiving, forgetting, and moving on. Start each of your tomorrows relieved and contented with Forgive Renewing Blend. *For Aromatic use*. Also in a 10 mL roll on, combines Forgive with fractionated Coconut oil. *For Topical use*.

HD Clear Topical Blend is an important part of the HD Clear system. Formulated with Black Cumin Seed Oil and CPTG Certified Pure Tested Grade™ essential oils, this potent formula can be applied to targeted areas on the face and body. The essential oils of Black Cumin Seed Oil, Ho Wood Leaf, Melaleuca Leaf, Litsea Berry, Eucalyptus Leaf and Geranium Plant in HD Clear are not only used for their well-known benefits, they are also soluble through lipids in the skin, allowing for perfect absorption and effectiveness. HD Clear Topical Blend promotes a clear, smooth complexion for skin of all ages.

Holiday Joy. Fill your home with the inviting scent of Holiday Joy essential oil blend. The warm, sweet aroma of Holiday Joy creates a welcoming environment for holiday gatherings and can be diffused every day to purify the air and uplift the spirit. This proprietary blend combines Wild Orange, Cinnamon, Nutmeg, and Clove with the fresh and airy scent of Siberian and Douglas Fir, creating an essential oil blend that's a doTERRA Christmas tradition. Diffusing Holiday Joy throughout your home will uplift the soul and warm the spirit as it fills each room with the joyful scent of Christmas.

Holiday Peace (Only available during promotions). The holiday season can be busy and downright overwhelming at times. Invite an atmosphere of peace into your life with this proprietary blend of Frankincense, Siberian Fir, Douglas Fir, Himalayan Fir, Grapefruit, and Vetiver essential oils. Truly a winter blend, diffuse Holiday Peace around the home and enjoy the magical aroma of crisp forest air.

Hope Touch this distinct essential oil blend combines the fresh scent of Bergamot with Ylang Ylang and Frankincense, to produce a blend which uplifts mood and provides a unique aroma for a personalised fragrance. In a 10 ml roll on, with fractionated Coconut oil. *For Topical use.*

Ice Blue[®] is dōTERRA's blend for athletes and active users. Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus work together for a cooling sensation that will be felt almost immediately. Perfect for a soothing massage after a long day of work or after activity. *For topical use.* Also in a 10 mL roll on, combines Ice Blue with Fractionated Coconut oil. *For topical use.*

Intune[™] is a proprietary blend of carefully selected essential oils combined, including Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood and Roman Chamomile. Intune's aroma promotes a sense of focus and delight to the user. In a 10 mL roll on, with Fractionated Coconut oil. *For topical use.*

Island Mint (Only available during promotions). Simultaneously tropical and woody, Island Mint is strikingly refreshing and invigorating. This summertime blend of Lime, Lemon, Peppermint, and Spruce will promote feelings of delight and renewal all season long. Relaxing to the emotions yet invigorating to the body, when you're looking for some balance and a sense of energy, turn to Island Mint.

Lavender Peace[®] is a blend composed of Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Bean and Hawaiian Sandalwood, that create a subtle aroma. Apply at bedtime, or add to a warm bath to create the perfect escape with its peaceful, renewing fragrance. *For aromatic and topical use.*

Motivate blend of Peppermint Plant, Clementine Peel, Coriander Seed, Basil Herb , Yuzu Peel, Melissa Leaf, Rosemary Leaf and Vanilla Bean Absolute. With its invigorating scent, Motivate helps unleash your creative powers and find the feelings of courage that comes from believing in yourself again. Go ahead and raise the bar - you can do it!

For Aromatic use. Also in a 10 mL roll on, combines Motivate with Fractionated Coconut oil. *For Topical use.*

Northern Escape (Only available during promotions) makes you feel alive. The rush of everyday life is forgotten as you breathe in the fragrant forest and fresh green aroma of doTERRA Northern Escape. A proprietary blend of Black Spruce, Siberian Fir, Balsam Fir, Lavandin, Cedarwood, Cypress, Hinoki, Frankincense, Nootka, Cananga, and Clove essential oils, the harmony of scents in doTERRA Northern Escape is incomparable. Diffusing this aroma creates familiar and beautiful outdoor scents reminiscent of a world where time doesn't matter. Emerging science suggests the aromas of Lavandin is relaxing, while the aromas of Siberian Fir and Hinoki may be stimulating. In vitro studies on the constituent oils used in Northern Escape show promising results for its cleansing properties.

OnGuard is one of dōTERRA's most versatile blends. This proprietary formula of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary offers a fragrant, natural and warm scent safe to use on counter tops, or to diffuse in your home. *Flavouring use.* Also in a 10 mL roll on, combines OnGuard with Fractionated Coconut oil. *For Topical use.*

Passion blend of Fractionated Coconut Oil, Cardamom Seed, Cinnamon Bark, Ginger Rhizome, Clove Bud, Sandalwood Wood, Jasmine Flower Absolute, Vanilla Bean Absolute and Damiana Leaf will help you rekindle excitement in your life. Jump out of an airplane, dive into an ocean, or try something really scary. With dōTERRA Passion, you will find the daring to try something new, as well as discover renewed joy for the current blessings in your life. *For Aromatic use.* Also in a 10 mL roll on, combines Passion with fractionated Coconut oil. *For Topical use.*

PastTense[®] is dōTERRA's proprietary blend of Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, and Rosemary. Packaged for convenient application in a 10 ml roll-on bottle. *For topical use*

Peace blend of Vetiver Root, Lavender Flower, Ylang Ylang Flower, Frankincense Resin, Clary Sage Flower, Marjoram Leaf, Labdanum Twig

Absolute and Spearmint Herb is a positive reminder you don't have to be perfect to find peace. Slow down, take a deep breath, and reconnect with the composed, collected you. Everything turning out fine begins with believing it will—and a few drops of Peace Reassuring Blend. *For aromatic use.* Also in a 10 mL roll on, combines Peace with fractionated Coconut oil. *For Topical use.*

Purify is designed to replace unpleasant aromas. Its refreshing aroma is cleansing to the senses featuring Lemon, Siberian Fir, Citronella, Lime, Tea Tree, and Cilantro essential oils. *For aromatic and topical use*

Salubelle™ is formulated to help the skin look smooth, radiant and youthful. Incorporating Frankincense Resin, Hawaiian Sandalwood, Lavender Flower, Myrrh Gum Resin, Helichrysum Flower and Rose Flower essential oils. *For Topical use.*

Smart & Sassy® combines pure CPTG® essential oils of Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon essential oils. This blend is a perfect accompaniment to your exercise routine. *For dietary use.*

TerraArmour contains Ylang Ylang Flower, Nootka Wood, Cedarwood Wood, Catnip Plant, Lemon Eucalyptus Leaf, Litsea Fruit, Arborvitae Wood, Vanilla Bean Absolute, Tamanu Seed and Fractionated Coconut Oil. These oils are known for their use in the outdoors, a natural way to enjoy the environment. This amazing oil now comes in 15mL, as well as a convenient 30mL spray bottle, which is perfect for *diffusing or applying to your arms, legs and neck* before going outdoors.

Whisper is a complex and diverse blend of Bergamot Peel, Ylang Ylang Flower, Patchouli Leaf, Vanilla Bean Absolute, Jasmine Flower, Cinnamon Bark, Labdanum Leaf/Stem, Vetiver Root, Hawaiian Sandalwood Wood, Cocoa Seed, Rose Flower and Fractionated Coconut Oil that combines with each individual's chemistry to create a uniquely personal fragrance. Each essential oil in the blend provides an inviting aroma of its own, but when combined, these oils offer a distinct scent that intrigues the senses of both the wearer and those passing by. *For aromatic and Topical use.* Now available in a 10 ml roll on, combines Whisper with Fractionated Coconut Oil. *For Topical use.*

Zendocrine is a powerful blend of Tangerine, Rosemary, Geranium, Juniper Berry and Cilantro, which make a great flavour to add to water complementing a cleansing program. *For Dietary use.*

Kids Collection

Brave is ideal to begin each day with confidence and belief by pairing Brave with your positive affirmation practice. Allow yourself to reset when experiencing feelings of doubt and stress by rolling Brave onto the back of your neck and pulse points. Wild Orange, Amyris, Osmanthus, and Cinnamon Bark combined in a gentle, quick application method, mixed expertly with Fractionated Coconut Oil, Brave is an essential emotional boost to your day.

Calmer is a calming essential oil blend that promotes a calming and serene atmosphere, allowing bedtime to be a peaceful and welcomed experience. Rolling Calmer onto the bottoms of feet and the back of the neck helps create a stress-free mood when tensions are high. Combining the soothing properties of Lavender, Cananga, Buddha Wood, and Roman Chamomile essential oils in a convenient and safe delivery method along with the skin moisturizing benefits of Fractionated Coconut Oil, Calmer can be used as part of your nightly ritual.

Rescuer is ideal to use after a busy day of activity, apply for a relaxing sensation and to reduce feelings of tension for growing, tired legs. Copaiba, Lavender, Spearmint, and Zanthoxylum are expertly combined with Fractionated Coconut Oil to soothe and promote resilience while being gentle enough for sensitive skin. Roll Rescuer onto your legs, hands, or shoulders after exercising or a long day of physical activity to provide feelings of comfort and relief. Zanthoxylum, an essential oil unique to this doTERRA blend, is known for its calming and soothing benefits. Rescuer has a fresh, yet calming aroma that provides soothing support while comforting the emotions.

Steady has a soft, inviting, and slightly fruity aroma that can help soothe feelings of stress or anxiousness. Steady draws on the unique benefits of essential oils such as Amyris, Balsam Fir, Coriander, and Magnolia perfectly blended with Fractionated Coconut Oil to deliver a calming effect perfect for all skin types. Amyris and Balsam Fir are

warm wood oils that help manage feelings of stress while reducing occasional anxiousness. When feeling overwhelmed, roll Steady onto the back of your neck or wrists and take a deep breath, allowing your mood to find balance. Soothing to the skin and reassuring to the emotions, Steady is a great every day blend.

Stronger evokes feelings of wellness and vitality when needed most. Featuring Cedarwood, Litsea, Frankincense, and Rose in a gentle and convenient format combined with Fractionated Coconut Oil, this uniquely supportive blend is perfect for sensitive skin and provides a sense of resiliency when needed most.

Tamer is truly valuable to have on hand. Tamer contains the unique benefits of essential oils including Spearmint, to uplift and improve mood; Japanese Peppermint, with menthol to soothe and cool skin; and Ginger, with its calming aroma, all perfectly blended with Fractionated Coconut Oil. Tamer Digestive Blend is a synergistic blend of oils known for their ability to ease the effects of motion sickness and stomach upset when inhaled or applied topically. Tamer, part of the doTERRA Kids Collection, is ideal for both children and adults.

Thinker is a blend of Vetiver, Peppermint, Clementine, and Rosemary in a base of Fractionated Coconut Oil. Fresh, invigorating aroma. Designed with ingredients that may help with performing tasks. Perfect as a part of your study-time routine.

Other dōTERRA Blends

Kintana is the first personal fragrance created by doTERRA. A blend of CPTG® Bergamot, Ylang Ylang, Gardenia, Sandalwood, Vetiver, Patchouli, and Clove essential oils, Kintana is an easy to use spray and comes in an elegant glass atomizer bottle that creates a fine, intoxicating mist. Relaxing and uplifting, Kintana smells amazing and will help you stand out in a crowd.

Beautiful Captivating Blend is a combination of Osmanthus, Lime, Bergamot, and Frankincense. The blend features aromas that are both uplifting and relaxing –perfect for times when anxious feelings arise. When you experience times of anxiousness or stress, roll on Beautiful Touch to your pulse points.

Italian Cuisine Blend Ingredients: Olive Oil, Thyme Oil, Rosemary Oil, Basil Oil, Marjoram Oil, Oregano Oil

Tropical Cuisine Blend Ingredients: Coconut Oil, Orange Oil, Lemon Oil, Lime Oil, Grapefruit Oil, Green Mandarin Oil, Bergamot Oil, Yuzu Oil, Ylang Ylang Oil

Mexican Cuisine Blend Ingredients: Avocado Oil, Lime Oil, Cumin Oil, Black Pepper Oil, Cilantro Oil, Marjoram Oil

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Blend Wish List

Blend	WSale	Ret	Pts
Adaptiv	55.00	73.00	42
Air-X	39.40	52.50	
Yoga Collection (Affirm, Anchor, Ascend)	77.00	102.00	56
AromaTouch	31.75	42.33	29
Balance	27.00	36.00	24.5
Citrus Bliss	20.50	27.33	18.5
Cheer	43.25	57.67	28
Cheer Touch	26.00	35.00	18
ClaryCalm	30.75	41.00	28
Console	58.00	77.34	37.5
Console Touch	38.50	51.00	27
DDR Prime	67.00	89.33	51
DigestZen	43.00	57.32	37.5
DigestZen Touch	35.00	46.67	22.5
Easy Air	27.00	36.00	24.5
Easy Air Touch	22.50	30.00	14.5
Elevation	49.50	66.00	45
Forgive	34.50	45.99	22
Forgive Touch	21.00	28.00	14.5
HD Clear	26.00	35.67	24
Holiday Joy	30.00	41.00	28
Holiday Peace	30.00	41.00	28
Hope Touch	26.00	35.00	0
Ice Blue	42.50	56.67	38.5
Ice Blue Touch	62.00	82.00	47
Intune	43.00	57.33	39
Island mint	36.00	49.00	
Lavender Peace	40.75	54.00	37
Motivate	37.50	49.99	25.5
Motivate Touch	24.00	32.00	17
Northern escape	35.00	47.00	
OnGuard	40.75	54.33	37
OnGuard Touch	36.25	48.32	23.5
Passion	64.75	86.33	41.5
Passion Touch	40.00	53.00	28
PastTense	23.50	31.33	21.5
Peace	48.50	64.67	31.5
Peace Touch	29.00	39.00	20.5
Purify	27.00	35.99	21.5
Salubelle	97.00	129.30	88
Smart & Sassy	30.50	40.67	27.5
TerraArmour	15.00	20.00	10.5
TerraArmour Spray	31.00	41.00	19
Whisper	39.00	51.99	27
Zendocrine	42.50	56.67	27.5
Kids Collection (Brave, Calmer, Rescuer, Steady, Stronger, Thinker)	140.00	186.67	95
Tamer	18.90	25.20	15

Medical Disclaimer:

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