



dōTERRA®

HOLIDAY



GIFT GIVING GUIDE 2011 ❄️ CELEBRATE *the* SEASON



SPREAD SOME HOLIDAY CHEER

The weather outside may be frightful, but your home can be a delightful place filled with pleasant holiday aromas and everything you need to pamper yourself and your loved ones when Jack Frost is at his frosty best. We hope you enjoy this special selection of holiday gifts and ideas, featuring some of our favorite scents and flavors of the season, and tips on how you can make the most of them.



Holiday Joy Essential Oil

Enjoy the delightful fragrances of our limited-time blend, Holiday Joy. This enchanting blend of Wild Orange, nutmeg, pine needles, cassia, cinnamon bark and vanilla promotes a warm holiday embrace and will fill your home and senses with the most inviting fragrance of the season.

For aromatic use.

❄️ **3145** \$32.67 RETAIL (24.50PV) **15 ML**





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ESSENTIAL RECIPES

HOT COCOA

flavored with Essential Oils

SERVES 4

INGREDIENTS

1 Cup Water
5 tsp. Cocoa Powder
Sugar or Stevia to Taste
1 ½ tsp. Vanilla
3 Cups Milk

ESSENTIAL OIL FLAVORINGS

Peppermint, Cinnamon,
or Wild Orange Essential Oil

DIRECTIONS

Heat water, cocoa powder, and sweetener on stove until ingredients are smooth. Add vanilla and milk and bring to a simmer. Pour into your favorite mug. Introduce flavor by swirling a toothpick dipped in your favorite essential oil.

HOLIDAY WASSAIL

spiced with Essential Oils

SERVES 4

INGREDIENTS

2 Cups Apple Juice
1 Cup Cranberry Juice
3 Drops Wild Orange
1 Drop Lemon Essential Oil
2 Toothpicks of Clove Essential Oil
2 Toothpicks of Cinnamon Essential Oil
1 Toothpick Ginger Essential Oil

DIRECTIONS

Add Apple Juice, Cranberry Juice, Wild Orange Essential Oil and Lemon Essential Oil to a pan and heat on stove bringing to a boil. When it begins boiling, take your toothpick and press down into the essential oils listed above, then swirl in the ingredients already contained in the pan. Once finished pour in your favorite mug and enjoy!

APPLE PIE

enhanced with Essential Oils

SERVES 6–8

INGREDIENTS

10 Cups Apple Pieces (Sliced and Peeled)
½ Cup Water
2/3 Cup Sugar or Honey
2/3 Cup Flour
¼ tsp Salt
1 Drop Cinnamon Essential Oil
1 Toothpick Ginger Essential Oil
1 Toothpick Clove Essential Oil
½ tsp Cinnamon
¼ tsp Nutmeg
1 Drop Lemon Essential Oil
Prepared Double Crust

DIRECTIONS

Mix all ingredients in a pan and place on stove. Cook until apples are soft and then cool before placing in your pie crust. Bake at 350° for 40 minutes or until crust is a golden brown.

FAVORITE SEASONAL OILS

| | |
|-------------------|------------------|
| 3007 Frankincense | 3017 Wild Orange |
| 3016 Myrrh | 3019 Peppermint |
| 3025 White Fir | 3003 Cinnamon |





Lavender Neck Wrap with 15ml Lavender Essential Oil

dōTERRA's Lavender Neck Wrap is a soft, cotton-linen wrap filled with dried lavender, flax seed and rice that sits comfortably around your neck to provide calming and relaxing aromatherapy, and also ease tense shoulder and neck muscles. What makes our wrap so special is that it also includes a 15 ml bottle of our CPTG® lavender essential oil to refresh your wrap as needed.

✦ **3618** \$38.67 RETAIL (10PV)



LAVENDER ESSENTIAL OIL

Our most popular oil, lavender has been cherished for its unmistakable aroma and its therapeutic properties for thousands of years. Lavender is widely used and acknowledged for its calming and relaxing qualities.



Body Polish

Body Polish contains tiny granules of apricot seed powder to gently polish your skin while simultaneously invigorating your senses through a blend of ginger and wild orange CPTG® essential oils.

❖ **3721** \$17 RETAIL (10PV) **7.5 OZ**



Body Butter

Body Butter is an intense moisturizer designed especially for hands, feet, elbows and other rough, dry areas of the skin. The delicious smell of wild orange and cassia, with a kiss of vanilla, creates an uplifting experience and makes it the perfect partner with dōTERRA® Spa Body Polish.

❖ **3720** \$23 RETAIL (17.25PV) **3.5 OZ**



Body Polish & Body Butter Gift Set

The Body Polish and Butter Kit contains two perfectly paired products to exfoliate and moisturize your skin, as well as aromatically please your senses through the benefits of our CPTG® essential oils. Our Body Polish contains tiny granules of apricot seed powder to gently polish your skin, and an invigorating aroma of ginger and wild orange. Additionally, our super hydrating Body Butter moisturizes with a light scent of wild orange, cassia and a touch of vanilla. After exfoliating and buttering your feet, a soft pair of dōTERRA® socks completes a pedi-pampering experience. This delightful trio makes the perfect gift for anyone that could use a little pampering.

❖ **3722** \$38 RETAIL (20PV)





Gift of Essential Oils

Make gift giving easy with dōTERRA's beautiful sage green satin gift box containing four of our most popular essential oils in 5 ml sizes: On Guard, Wild Orange, peppermint and lavender. This reusable gift box comes complete with an elegant cream-colored bow featuring the dōTERRA® logo.

✦ 5027 \$42.67 RETAIL, (25PV)

Gift Box

✦ 5026 \$5 RETAIL/WHLS, (0 PV)



LAVENDER ESSENTIAL OIL

Our most popular oil, lavender has been cherished for its unmistakable aroma and its therapeutic properties for thousands of years. Lavender is widely used and acknowledged for its calming and relaxing qualities.

PEPPERMINT ESSENTIAL OIL

Peppermint is popular in countless forms—from toothpaste to chewing gum. As an essential oil, it is useful to ease breathing and as a digestive aid:

WILD ORANGE ESSENTIAL OIL

Cold-pressed from the orange peel, wild orange is excellent for energizing and revitalizing. It is also commonly used as an effective tool for uplifting mood, as well as for its wonderful citrusy aroma.

ON GUARD® PROTECTIVE BLEND

dōTERRA's proprietary blend formulated to support healthy immune function: Wild orange, clove, cinnamon, eucalyptus, and rosemary offer a fragrant, natural and effective alternative to synthetic options for immune support. It is also safe to use on counter tops, as a non-toxic way to cleanse surfaces, or to clear the atmosphere by diffusing. On Guard is superb for eliminating and controlling pathogens due to the potency of its constituents.

Keep your family healthy throughout the winter months by filling the air with aromatic and therapeutic essential oils. We offer two different diffusers to choose from.



Lotus Diffuser

The Lotus diffuser uses a highly efficient real-time atomization technology to effectively diffuse essential oils into the environment. The essential oils are atomized with water into minute ion particles and active oxygen anions, which are more easily absorbed by the human body than oils diffused by conventional diffusers. dōTERRA® is pleased to be the exclusive distributor of the Lotus diffuser to you and your family.

✦ **3301** LOTUS DIFFUSER \$119.95 RETAIL, (40PV)



Aroma Ace with On Guard

Enjoy the convenience and flexibility of an advanced aromatherapy system. The Aroma-Ace is a powerful, compact and easy to use Essential Oil Diffuser System with powerful output technology that allows for particle breakdown of essential oils into a micro-fine vapor as they are diffused into the air. It has built in on/off timers and output volume control for easy adjustments. Made in the USA.

✦ **3303** AROMA ACE DIFFUSER \$173.27 RETAIL, (40PV)





dōTERRA's Healing Hands Foundation

dōTERRA's Healing Hands Foundation seeks to bring healing and hope throughout the world to lives afflicted by disease and poverty through partnership with recognized scientific, philanthropic and medical organizations.

During this holiday season of giving, dōTERRA has created the opportunity to give back with the added benefit of having softer, beautifully scented hands...and also the chance to share a sense of giving with others.



Healing Hands Lotion

Purchase this lovely Bulgarian rose CPTG® essential oil infused hand lotion and 100% of your full purchase price (\$20) will be donated to dōTERRA's Healing Hands Foundation. Keep the lotion for your own use or pass along the giving through gifting it to another. Many will benefit from a sense of giving, as well as those receiving aid from the Healing Hands Foundation. Beautify the world one lotion at a time.

❖ **3617** \$20 (OPV) **3.3 OZ**