

dōTERRA® Monthly Newsletter

August
2025

dōTERRA® Wellness Made Simple

Your Simple Morning Routine

- 1. Mix and Sip:** Combine VMG+ with water for a delicious boost of essential vitamins, minerals, and superfoods.
- 2. Take Your Softgels:** EO Mega+ provides vital omega-3s to support your brain, heart, and joint health.
- 3. Support Your Gut:** dōTERRA PB Restore balances your microbiome for better digestion and immune health.
- 4. Breathe and Energize:** Apply Peppermint Essential Oil to invigorate your senses and prepare for the day ahead.

Bundle and save!

Purchase the Foundational Wellness Bundle (VMG+™, EO Mega+®, dōTERRA PB Restore) and get a glass shaker bottle and 5 mL Peppermint for free.



Foundational Wellness Bundle

60230014
125 PV
Wholesale: \$149.50

Promos



10% OFF

Rosemary

15 mL

It's refreshing. It's revitalizing. It's Rosemary! Get 10% off this classic aromatic essential oil all August.

Benefits:

- Provides a refreshing, revitalizing environment.
- May promote full, healthy-looking hair when applied topically.
- May support a healthy digestive system when consumed, according to preclinical research.*

30200001
15 mL | 19.8 PV
Wholesale: \$22.00

Sale Price: \$19.80



PRODUCT OF THE MONTH

Tea Tree

5 mL

Get Tee Trea for free with a 125 PV Rewards order through August 15 or anytime in the month with a Foundation Wellness Bundle purchase!

Uses:

- Provides well-known cleansing and rejuvenating effects to the skin.
- Offers a fresh aroma.
- Soothes irritated skin.

Valued at \$16.00 Retail

To order

Contact your dōTERRA representative or call (800) 411-8151 and select option 9 (Monday–Friday, 9:00 a.m.–5:00 p.m. MT).

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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LIMITED TIME OFFER

Harvest Spice and Vanilla Chai

Harvest Spice and Vanilla Chai are back for a limited time! Help bring cozy autumn warmth into your home.

Harvest Spice*

60207307

15 mL | 28.5 PV

Wholesale: \$28.50

Vanilla Chai*

60228582

15 mL | 32 PV

Wholesale: \$32.00

*Limit of 4, per account

Product Spotlight

Nature's Cleanser:

Why Tea Tree Essential Oil Belongs in Every Wellness Routine

**Katherine Igah-Phillips, MD, CHHP,
MHA, Integrative Medicine**

dōTERRA Science & Medical
Education Committee



The Importance of Tea Tree Essential Oil

As an Integrative Medicine physician, I often refer to Tea Tree essential oil as "nature's cleanser." It's a staple in both my home and practice due to its versatile properties and long-standing traditional use. Among the many essential oils I keep on hand, Tea Tree is one I consistently reach for—especially when supporting skin hygiene and an overall wellness routine.



Origins: A Gift from the Australian Bush

Tea Tree essential oil is steam-distilled from the leaves of *Melaleuca alternifolia*, a shrub native to Australia. For generations, indigenous Australian communities have valued the leaves of this plant for their purifying properties, often using them in topical preparations. This heritage of traditional use speaks to the enduring value of Tea Tree essential oil as a natural solution for supporting a clean, balanced environment—both on the skin and in the home.



Mechanism of Action

Tea Tree essential oil supports surface cleansing through its unique interaction with the skin and environmental surfaces. When used topically, it helps maintain clean and healthy-looking skin by supporting the skin's natural barrier. It also offers a refreshing sensation without leaving the skin feeling stripped or dry. Its refreshing aroma contributes to an environment of wellness when diffused.



Key Chemical Constituents

Tea Tree essential oil contains over 100 naturally occurring components, but several key constituents stand out:

- Terpinen-4-ol (30–48%) – Associated with purifying and skin-soothing properties.
- γ -Terpinene and α -Terpinene – Support healthy-looking skin.
- 1,8-Cineole (Eucalyptol) – Adds a refreshing quality to the oil's aroma.
- α -Terpineol – Known for its grounding, cleansing aroma.

These constituents work synergistically to help support a clean and invigorating environment, whether applied topically or diffused.



Health & Wellness Benefits

Tea Tree essential oil offers a range of supportive benefits that make it one of the most versatile oils in my wellness routine:



Skin

Tea Tree essential oil can be used to help maintain a clear, healthy-looking complexion. I find it particularly useful in my skincare routine to address occasional blemishes or areas of minor irritation. When diluted and applied appropriately, it offers a refreshing and calming effect on the skin.



Aroma

When diffused, Tea Tree essential oil provides a crisp, invigorating aroma that helps create a space of openness and clarity—especially useful during seasonal changes. Its purifying scent can promote a clean, fresh atmosphere.



Clean Environment

I often include Tea Tree essential oil in wellness routines to help support a clean home and personal environment. Whether added to natural cleaning blends or used in personal care products, its refreshing and cleansing aroma benefits your space.



Personal Use and Integration

I incorporate Tea Tree essential oil into several aspects of my self-care. A drop in my facial cleanser or shampoo helps me maintain a refreshed feeling, especially when dealing with occasional scalp dryness or blemishes. During seasonal transitions, I diffuse it to support a clean-smelling environment. I also enjoy blending it with lemon and vinegar for a naturally scented surface spray that aligns with my preference for plant-based home care.



Professional Use and Integration

In my practice, I frequently recommend Tea Tree essential oil as part of personalized self-care protocols. For clients managing rough or dry patches on their skin, I may suggest they try it in a carrier oil blend. I often pair it with Lavender or Helichrysum for added soothing support. In aromatic steams, its uplifting scent blends beautifully with Eucalyptus and Frankincense to create a spa-like experience. Its versatility and long history of use make it a trusted companion in promoting a balanced and refreshed lifestyle.

Tea Tree essential oil is truly a dynamic and supportive option for anyone seeking to elevate their daily wellness. With its deep roots in tradition and broad application in modern routines, this essential oil has certainly earned its place in any foundational wellness kit.

DIY

Weed Buster

Try this natural recipe for weed control next time you need something simple and effective in the garden. The best part is that they're safe! No need to worry about wandering kids or pets getting into the plants after spraying.

In a spray bottle combine:

- 1/2 cup of unscented liquid castile soap
- Top with vinegar
- 8 drops each of Cinnamon Bark, Clove, and Wintergreen oils

Shake and spray on any weeds that pop up. In this recipe, the essential oils are for aromatic use, and the main ingredients help with controlling weeds.



30200001
15 mL | 35 PV
Wholesale: \$35.00



30040001
15 mL | 22 PV
Wholesale: \$22.00



31620001
15 mL | 28 PV
Wholesale: \$28.00