

dōTERRA® Monthly Newsletter

September
2026

Promos



PRODUCT OF THE MONTH

Copaiba

5 mL

Earn a **FREE Copaiba 5 mL** with a qualifying 125 PV Rewards order through September 15, or anytime in September with a Foundational Wellness Bundle purchase on dōTERRA Rewards.

3 Ways to Use:

- Combine a few drops with a carrier oil and apply to **your skin to reduce the appearance of blemishes.**
- Place 1–2 drops under your tongue to **encourage a general sense of well-being** during periods of stress or nervousness.*†
- Add 2–3 drops to a diffuser to **provide a restful environment.**

Valued at \$22.33 retail



LIMITED TIME OFFER

Castor Oil + Castor Oil Pack

Get the Castor Oil Bundle! Elevate your **self-care routine** with Castor Oil and the ready-to-use Castor Oil Pack, available while supplies last. *Limit of 5 per account.*

60234516 | 15 mL
Wholesale: \$53.00 | PV: 22



LTO



LIMITED TIME OFFER

Harvest Spice

Bring the **scents of the season** into your home with Harvest Spice, available for a limited time! **Limit of 4 per account.*

60207307 | 15 mL
Wholesale: \$28.50 | PV: 28.5



LIMITED TIME OFFER

Shinrin-Yoku® Hair & Beard Oil

Experience the **calming inspiration of nature** with limited-time Shinrin-Yoku products. Elevate your daily routine with the **Hair & Beard Oil** while supplies last. **Limit of 4 of each item per account.*

60232976 | 15 mL
Wholesale: \$18.50 | PV: 15

Why Recovery Matters More Than Pushing Through By: Dr. Kari Coody

Science Spotlight



When we talk about detox and recovery, inflammation is often framed as the enemy. But inflammation itself is not the problem. Like many physiological processes, a healthy inflammatory response depends on appropriate regulation as the body works to maintain homeostasis.

Supporting overall wellness is not simply about encouraging the body to eliminate more waste. It is also about creating the conditions that allow the body's natural systems to function efficiently and work together.

Inflammatory Load Competes with Detox Resources

Many of the body's regulatory systems rely on shared resources. The liver, lymphatic system, kidneys, digestive system, and immune network all depend on energy, minerals, enzymes, antioxidants, and nervous system signaling to function effectively.

This is why aggressive detox strategies can sometimes backfire when the body's normal inflammatory response is prolonged. The system does not necessarily need more pressure. It needs support.

Comfort Builds Capacity

When the body experiences relief—even subtle relief—it frees up energy. That energy can then be redirected toward detoxification, tissue repair, and restoration.

Recovery is not separate from restoration. It creates the conditions that allow restoration to continue. Supporting healthy inflammatory response allows the body's natural regulatory systems to function more effectively. When the body feels supported, recovery becomes possible.

Where Copaiba Fits In

Copaiba essential oil is unique among essential oils because of its naturally high concentration of β -caryophyllene, or BCP. In fact, Copaiba contains one of the highest natural concentrations of β -caryophyllene found in essential oils.

β -Caryophyllene is known to interact with the body's endocannabinoid system,

particularly CB2 receptors. These receptors play a role in inflammatory signaling, immune balance, discomfort perception, and tissue recovery.*

Rather than forcing suppression, Copaiba is better understood as a form of regulatory support, helping maintain balanced inflammatory signaling so the body can return to equilibrium when used internally.*

In this way, Copaiba does not directly "detox" the body. Instead, when ingested it helps support the physiological environment that allows detoxification and recovery systems to function more effectively.*

Many people notice that internal use of Copaiba supports:

- a sense of physical ease
- a calmer response to everyday stress
- gentler recovery after physical or emotional strain

These shifts can help the body move from a state of defense toward one of restoration—supporting its natural ability to recover, rebalance, and maintain resilience.*

Copaiba | Origin: Brazil

Impact Snapshot

Communities who **harvest copaiba in the Amazon** often rely on untreated river water and have limited access to sanitation. By **expanding access to clean water and household sanitation**, we're helping improve health and long-term well-being.

For copaiba harvesters and their families, dōTERRA is supporting:



Reliable water access



Household sanitation systems



Community training

Every bottle helps create lasting impact for the communities behind your Copaiba.



* 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.