

dōTERRA® Monthly Newsletter

May
2026

LIMITED TIME OFFER

Father's Day Sale

Elevate Dad's daily routine with the NEW Shinrin-Yoku Hair & Beard Oil and Bath Bar. These exclusive products are available starting in May while supplies last!



Shinrin-Yoku® Hair & Beard Oil

60232976
Wholesale: \$18.50 | 15 PV



Shinrin-Yoku™ Bath Bar

60233049
Wholesale: \$15.50 | 11 PV



Bundle

60233064
Wholesale: \$30.00 | 20 PV



LIMITED TIME OFFER

Suncare on the Go

Your favorite suncare products, now travel sized! Take your suncare on the go with the Sun Travel Essentials Kit—available now while supplies last!

60232011
Wholesale: \$39.50 | 16 PV

Promos

PRODUCT OF THE MONTH

Tea Tree

5 mL

Hit Refresh with Tea Tree

Get Tea Tree 5 mL for FREE April 1-15 with a 125 PV Rewards order or anytime this month with a Foundational Wellness Bundle purchase on dōTERRA Rewards.

Ways to Use Your Tea Tree:

- Apply 1-2 drops diluted to soothe occasional skin blemishes.
- Add 5-6 drops to your shampoo bottle and shake well to boost scalp cleansing properties.
- Use on your nails after showering to purify and keep them looking healthy.

Valued at \$16.00 retail



Why Feeling Calm Helps Your Body Work Better

By Cesar G. Rey MD, General Practice, Senior Director of Education for Latin Markets

Science Spotlight

When we think about improving our health, we often focus on what we add to our bodies. Nutrition. Supplements. Hydration. Movement. Yet one system quietly determines how well all those efforts work. The nervous system.

Relaxation is not indulgent. It is a biological infrastructure.

Nervous system load influences detoxification, digestion, and immune balance, and Lavender essential oil is a practical tool for supporting this foundational system.*

Nervous System Load: The Hidden Health Disruptor

When nervous system load becomes excessive due to emotional strain, overstimulation, trauma, or environmental pressure, the body shifts into survival mode. In that state, maintenance systems are deprioritized.

Understanding this shift reframes how we approach health. Regulation must precede optimization.

Why Regulation Comes First

Human physiology is interconnected. Emotional state and physical function cannot be separated.

Before optimizing metabolism, enhancing detox strategies, or strengthening immune protocols, we must first ask whether the nervous system is regulated.

Practices that support parasympathetic activity include:

- Slow breathing
- Gentle movement
- Consistent sleep routines
- Structural care that supports neural communication
- Intentional sensory inputs such as Lavender essential oil

Lavender fits naturally within this framework. Diffusing in the evening, applying topically with appropriate dilution, incorporating into a bedtime routine, or adding to a warm bath are simple daily practices that encourage restorative tone.

When the nervous system feels safe, digestions improves, detox pathways function more efficiently, and immune coordination strengthens.

Lavender

30110001
15mL | 29 PV
Wholesale: \$29.00



To order Contact your doTERRA 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.

Tea Tree Make-Up Remover Wipes

DIY

Ingredients:

- 2 Tablespoons witch hazel
- 2 Tablespoons Fractionated Coconut Oil
- 2 Tablespoons distilled water
- 3-4 drops Tea Tree essential oil
- Roll of paper towels

Tea Tree

60208340
15mL | 26 PV
Wholesale: \$26.00



Instructions:

- Combine witch hazel, Fractionated Coconut Oil, and water in a small bowl and stir.
- Add Tea Tree essential oil.
- Use a serrated knife to cut the roll of paper towels in half widthwise and remove tube from one half.
- Put the half without the tube in an airtight container, then pour the solution over the roll.
- Replace lid and shake.
- To use, pull wipes from center and wipe off makeup.
- Store in a cool, dry place and use within three months.

Tea Tree

Location: Kenya and Australia

Impact Snapshot



People Impact

2,200+ students have benefited from **new classrooms, libraries, and water systems** in Tea Tree farming communities.



Economic Empowerment

In Kenya, **farmers are paid within 24 hours of harvest**, ensuring quick, reliable income for their families.



Environmental Sustainability

Zero irrigation is needed on rainfall, protecting water resources and supporting long-term stability

A new maternity unit in Lunga Lunga, Kenya, now provides **5,000+** residents with **safe local care**.

Our sourcing partners in Kenya offer significantly higher prices for Tea Tree farmers than staple crops like maize—**up to 5 times more per acre**.

A third-party audit confirmed **Kenyan Tea Tree farmers earn more than a living income** thanks to the dōTERRA fair pricing model.

