

# IKISE™

dōTERRA®



# Love Your Skin from the Outside In

In Japanese culture, the skin is regarded not merely as a protective barrier, but as a vital organ that reflects overall health and well-being.

It is carefully nourished with great emphasis placed on gentle skincare rituals, and the use of natural yet powerful ingredients.

IKISE is a word born from Japanese influence, meaning 'from pure essential oils.'





# Welcome to the new era of skincare, where high-performance results meet holistic wellness.

dōTERRA IKISE™ is a skincare collection inspired by Japan's timeless beauty rituals, formulated with cutting-edge, natural ingredients and a unique combination of Humic Shale Minerals and CPTG® essential oils for optimal absorption. This is skincare designed to nourish your skin's natural vitality. Not to fight age, but to support you in ageing better.

dōTERRA IKISE™ is crafted for individuals who value both science and nature, who want low-tox powerful skincare that performs.

With dōTERRA IKISE™, you no longer have to choose between purity and results.

## What makes dōTERRA IKISE™ different?

- Rooted in Japanese skincare layering principles.
- Powered by CPTG® essential oils and proven actives.
- Targets hydration, firmness, brightness and texture.
- Free from toxins, synthetic fragrances and fillers.



# The IKISE™ Fragrance Story

## The Heart of IKISE™

At the centre of every IKISE product is what sets it apart: CPTG® essential oils. These oils don't just scent the range, they define the entire experience. When used together as a system, IKISE reveals a complete fragrance story, unfolding like a fine perfume.

### *Layered Like a Perfume*

#### **Top Notes – Fresh & Awakening**

Litsea, Lime, Petitgrain, and Buntan (Japanese Pomelo) bring clarity, brightness, and energy to begin your ritual.



#### **Middle Notes – Balancing & Floral**

Geranium and Rose add harmony, calm, and radiance, softening both skin and mood.



#### **Base Notes – Deep & Grounding**

Frankincense and Copaiba anchor your ritual with warmth, calm, and a sense of centred presence.



Together, these layers create more than a fragrance. They create a **daily ritual** that uplifts the senses, supports emotional balance, and enhances the performance of your skincare.

This is why oils are at the heart of everything we do.

# The Essential Oils of IKISE™

## The Science of Each Note

Every oil in the IKISE fragrance profile contributes not just an aroma, but active plant chemistry that benefits both skin and mood.



### **Litsea (*Litsea cubeba*)**

Rich in citral and limonene, Litsea offers a crisp, lemony scent that refreshes and energises. These compounds are known for their antioxidant and clarifying properties, helping support clear, bright-looking skin while boosting mood.

### **Lime (*Citrus aurantifolia*)**

Bursting with limonene, Lime oil delivers a clean, zesty lift. Its chemistry supports toning and purifying the skin's surface while invigorating the senses — ideal for a fresh morning start.

### **Petitgrain (*Citrus aurantium*)**

Containing linalool and linalyl acetate, Petitgrain balances sebum production, offering a clarifying effect on skin. Aromatically, it helps calm the nervous system, easing feelings of tension.

### **Buntan (*Citrus grandis* var.)**

A sun-safe pomelo oil that delivers a grapefruit-like brightness without photosensitivity. Its light citrus chemistry helps promote clarity and refresh the complexion while uplifting the mood.

### **Geranium (*Pelargonium graveolens*)**

Abundant in citronellol and geraniol, Geranium is well-studied for balancing skin's oil production and enhancing skin radiance. Emotionally, it is harmonising and supports emotional resilience.

### **Rose (*Rosa damascena*)**

Known for phenylethyl alcohol and nerol, Rose deeply hydrates, smooths texture, and supports mature skin. On an emotional level, it is considered one of the most comforting and emotionally uplifting oils.

### **Frankincense (*Boswellia* species)**

Rich in  $\alpha$ -pinene and incensol acetate, Frankincense is grounding and restorative. These compounds are linked to cellular support, skin rejuvenation, and calm focus, making it the "anchor" of the IKISE ritual.

### **Copaiba (*Copaifera* species)**

Featuring  $\beta$ -caryophyllene, a constituent that interacts with CB2 receptors in the skin and nervous system, Copaiba helps calm, soothe, and reduce the appearance of stressed skin while promoting relaxation.

**Together, these eight oils create a full-spectrum aromatic system:**

immediate uplift, emotional balance, and lasting calm. More than fragrance, this is science in harmony with nature – the foundation of every IKISE ritual.

# What is Humic Shale and Why It Matters in Skincare

Humic Shale is a natural, mineral-rich substance derived from ancient organic matter (plant material) that's been compressed over millions of years in the earth. It's typically found in clay or shale deposits and is used in wellness and skincare for its absorption, detoxifying and remineralising properties.

## Key Skin Benefits of Humic Shale:

- Mineral-Rich Nourishment: Contains trace minerals like magnesium, calcium, and iron that help restore depleted skin.
- Detoxification: Binds to impurities and toxins, supporting a clearer, more refreshed-looking complexion.
- Supports Cell Renewal: May enhance skin turnover and improve clarity through its unique nutrient profile.
- Balances the Skin: Can help calm inflammation and improve texture.





# Understanding the Natural Origin Index:

## What ISO 16128 Means for Your Skincare

When you see "ISO 16128 compliant" on an ingredient or product, it means it meets a global clean beauty standard for how natural a skincare ingredient truly is.

The Natural Origin Index is a scale from 0 to 1 that tells you how much of an ingredient comes from natural, renewable sources like plants or minerals, with 1.0 meaning 100% naturally derived. Ingredients that are compliant are not only sourced responsibly but processed in ways that are kind to both your skin and the planet.

This matters because not all "natural" claims are created equal. ISO 16128 helps ensure transparency, traceability, and eco-conscious formulation.





# Create Your dōTERRA IKISE™ Skin Ritual

## CLEANSE

### Step 1: Face Wash

A gentle cleanser that lifts impurities and rebalances the skin. Infused with Lime, Litsea & Petitgrain, and coconut-derived ingredients to leave skin soft and fresh.

## TREAT

### Step 3: Smooth & Rich Dual Serum

Two serums in one. Shake to blend exfoliating (PHA) and brightening (Frankincense + Vitamin C) powers to leave skin radiant and visibly smoother.

## HYDRATE & PREP

### Step 2: Smooth & Rich Lotion

Hydration meets skin preparation. This lightweight lotion layers beautifully to soften and allow deeper absorption of the next steps, featuring Niacinamide, Hyaluronic Acid and Gluconolactone.

## SEAL & PROTECT

### Step 4: Day & Night Face Cream

Rich but never heavy, this cream seals in moisture. With Buntan and Copaiba essential oils and rich botanical waxes, it leaves skin feeling deeply nourished and silky smooth.

## OPTIONAL ADD-ONS

### Booster Oil

Use after washing for added glow. With Geranium essential oil to nourish and prime skin.

### Cleansing Balm

Ideal first step in your night time double cleanse. Balances sebum and brightens before using the Face Wash.

### Eye Cream

Apply last. Targets fine lines and puffiness with Rose essential oil, Copper Gluconate, and botanical extracts.



# Skin Rituals by Skin Type

## NORMAL SKIN

- ☀ Face Wash ▶ Smooth & Rich Lotion ▶ Smooth & Rich Dual Serum ▶ Day & Night Face Cream ▶ Intensive Eye Cream (*optional*)
- 🌙 Cleansing Balm ▶ Face Wash (*double cleanse, deeper clean & more radiant skin*) ▶ **Booster Oil\*** (*optional - weekly*) ▶ Smooth & Rich Lotion ▶ Smooth & Rich Dual Serum ▶ Day & Night Face Cream ▶ Intensive Eye Cream

*\*Tip:* For an evening glow, apply Booster Oil weekly before Smooth & Rich Lotion to also enhance absorption.

## DRY SKIN

- ☀ Face Wash ▶ **Booster Oil** (*for extra nourishment & hydration*) ▶ Smooth & Rich Lotion ▶ Smooth & Rich Dual Serum ▶ Day & Night Face Cream ▶ Intensive Eye Cream (*optional*)
- 🌙 Cleansing Balm ▶ Face Wash (*double cleanse, deeper clean & more radiant skin*) ▶ **Smooth & Rich Lotion\*** ▶ Smooth & Rich Dual Serum ▶ Day & Night Face Cream ▶ Intensive Eye Cream

*\*Tip:* Layer Smooth & Rich Lotion twice for intense hydration, let the first layer absorb before applying the second.

## COMBINATION SKIN

- ☀ Face Wash ▶ Smooth & Rich Lotion ▶ Smooth & Rich Dual Serum ▶ Day & Night Face Cream ▶ Intensive Eye Cream (*optional*)
- 🌙 Cleansing Balm ▶ Face Wash (*double cleanse, deeper clean & more radiant skin*) ▶ **Booster Oil\*** ▶ Smooth & Rich Lotion ▶ Smooth & Rich Dual Serum ▶ Day & Night Face Cream ▶ Intensive Eye Cream (*optional - weekly*)

*\*Tip:* Booster Oil on dry zones only before Smooth & Rich Lotion.

Feel free to make the 7-step IKISE™ ritual uniquely yours.





# The dōTERRA IKISE™ range





# Step 1 Natural Origin Index 100% Cleansing Balm

**Purpose:** Gently remove makeup, sunscreen, and impurities while nourishing the skin.



## Key Ingredients:

- Beeswax
- Sunflower Seed Wax
- Lime Essential Oil
- Litsea Essential Oil
- Petitgrain Essential Oil
- Ascorbic C (Vitamin C)
- Ascorbyl Glucoside (Natural Vitamin C derivative)
- Humic Shale

## What It Does:

- Beeswax and Sunflower Seed Wax protect and soften the skin barrier.
- Vitamin C and Lime essential oil brighten and refresh.
- Transforms into a light milk when water is added, rinsing away cleanly.
- Leaves skin soft, cushioned, and replenished.

## Tips & Tricks

- Massage onto dry skin and rinse with lukewarm water.
- Ideal for the first cleanse in a double-cleansing routine.
- Gently dissolves makeup and impurities from the skin.
- Safe for eyelash extensions.



# Step 2 *Natural Origin Index 99%*

## Face Wash

**Purpose:** Refreshing daily cleanser that gently purifies and rebalances.



## Key Ingredients:

- Glycerin
- Lauric Acid
- Litsea + Lime essential Oil
- Coconut Derived Cleansers
- Petitgrain Essential Oil
- Jojoba Oil
- Hyaluronic Acid
- Ascorbic C (Vitamin C)
- Ascorbyl Glucoside (Natural Vitamin C derivative)
- Humic Shale

## What It Does:

- Gentle foaming cleanser with Lauric Acid removes impurities while being kind to skin.
- Vitamin C helps brighten and even tone.
- Petitgrain, Lime & Litsea essential oils support clarity and freshness.
- Glycerin helps maintain hydration during cleansing.
- Prepares skin for optimal product layering.

## Tips & Tricks

- Use morning and night, especially after Cleansing Balm.
- Massage in circular motions with lukewarm water.
- Rinse thoroughly and pat dry.
- A little goes a long way, just a small amount creates a rich, gentle foam.
- Add a drop of Booster oil to the cleanser if you have dry skin for extra moisture.
- A full cleanse should take 60 seconds, set a timer to get a proper clean.



# Step 3 *Natural Origin Index 94%*

## Smooth & Rich Lotion

**Purpose:** Deeply hydrate, tone, and prepare skin for treatment.



## Key Ingredients:

- Niacinamide
- Glycerin
- Gluconolactone [PHA]
- Frankincense Essential Oil
- Zinc Gluconate
- Copper Gluconate
- Humic Shale
- Ascorbic C (Vitamin C)
- Ascorbyl Glucoside (Natural Vitamin C derivative)
- Coix Lacryma-Jobi Ma-yuen Seed Extract
- Camellia Flower Fermented Extract

## What It Does:

- Glycerin and Hyaluronic Acid draw in moisture and plump the skin.
- Niacinamide helps refine pores and improve tone.
- Vitamin C brightens and supports a healthy glow.
- Frankincense essential oil promotes skin rejuvenation.
- Enhances absorption of following products.

## Tips & Tricks

- Pat into skin with hands or apply with a cotton pad as you would toner.
- Layer 2-3 times for added hydration.
- Use chilled for a refreshing toning boost.



# Step 4 Natural Origin Index 91%

## Smooth & Rich Dual Serum

**Purpose:** Deliver powerful age-supportive and glow-enhancing benefits.



## Key Ingredients:

- Zinc Gluconate
- Hyaluronic Acid
- Copper Gluconate
- Squalane
- Niacinamide
- Gluconolactone [PHA]
- Frankincense Essential Oil
- Humic Shale
- Ascorbic Acid (Vitamin C)
- Ascorbyl Glucoside (Natural Vitamin C derivative)
- Coix Lacryma-Jobi Ma-yuen Seed Extract
- Cyanocobalamin (Vitamin B12)

## What It Does:

- Vitamin C brightens skin and boosts radiance.
- Niacinamide and PHA (Gluconolactone) refine skin texture and tone.
- Hyaluronic Acid deeply hydrates and smooths fine lines.
- Frankincense essential oil supports skin regeneration and firmness.
- Shake to activate bi-phase formula (essence + oil).

## Tips & Tricks

- Shake well before use.
- Press gently into skin.
- Use morning and night for best results.
- Layer with Booster Oil for dry skin.
- The pink colour of the Dual Serum is due to Cyanocobalamin (Vitamin B12), which also helps soothe redness and irritation in the skin.



# Step 5 Natural Origin Index 99%

## Day & Night Face Cream

**Purpose:** Seal in hydration and protect the skin barrier for all-day radiance.



## Key Ingredients:

- Glycerin
- Squalane
- Meadow Seed Oil
- Beeswax
- Buntan Essential Oil
- Gluconolactone [PHA]
- Niacinamide
- Zinc Gluconate
- Copper Gluconate
- Humic Shale
- Copaiba Essential Oil
- Ascorbic C (Vitamin C)
- Ascorbyl Glucoside (Natural Vitamin C derivative)
- Camellia Japonica Flower Ferment Filtrate

## What It Does:

- Squalane and Meadow Seed Oil provide lightweight, long-lasting hydration.
- Buntan and Copaiba essential oils calm and support skin balance.
- Vitamin C and Vitamin E offer antioxidant protection and help even skin tone.
- Creates a moisture barrier while promoting elasticity and glow.

## Citrus essential oils:

Citrus essential oils may contain compounds called furocoumarins, which can make the skin more sensitive to UV light.

However, furocoumarin-free Buntan Essential Oil, used in the Day & Night Face Cream, has had those compounds removed.

## *This means:*

- It won't cause photosensitivity, even when used during the day.
- It's safe for sun exposure, making it ideal in daytime skincare without needing to worry about reactions or avoiding sunlight.

## Tips & Tricks

- Apply after Dual Serum both morning and night.
- Warm between fingers and press into skin.
- Add Booster Oil for extra richness when your skin needs a little extra love.



# Step E

*Natural Origin Index 93%*

# Eye Cream

**Purpose:** Refresh and rejuvenate the delicate eye area.



## Key Ingredients:

- Glycerin
- Squalane
- Beeswax
- Shea Butter
- Rose Essential Oil
- Zinc Gluconate
- Copper Gluconate
- Arnica
- Ascorbic C (Vitamin C)
- Ascorbyl Glucoside (Natural Vitamin C derivative)
- Vitamin E (Tocopherol)

## What It Does:

- Copper and Zinc Gluconate support elasticity and reduce the appearance of fine lines.
- Rose essential oil helps hydrate and brighten.
- Squalane and Beeswax offer soothing moisture without heaviness.
- Arnica calms puffiness and reduces signs of fatigue.

## Tips & Tricks

- Tap gently with your ring finger around the orbital bone.
- Store in the fridge for extra de-puffing effect.
- Use under makeup for a smoother finish.
- Apply to smile lines as a brightening boost.



# Step 0

*Natural Origin Index 99%*

# Booster Oil

**Purpose:** Prep, nourish, and activate the skin to enhance the absorption and efficacy of all products that follow.



## Key Ingredients:

- Vitamin E
- Argan Oil
- Zinc Gluconate
- Safflower Seed Oil
- Oryza Sativa (Rice) Bran Oil
- Apricot Kernel Oil
- Geranium Essential Oil
- Copper Gluconate
- Humic Shale
- Ascorbic C (Vitamin C)
- Ascorbyl Glucoside (Natural Vitamin C derivative)

## What It Does:

- Delivers a boost of hydration with four skin loving oils.
- Brightens and evens skin tone with Vitamin C.
- Prepares the skin to fully receive the benefits of the skincare ritual.

## How to use:

### Facial Pre-treatment:

- Apply 1-2 drops to clean, damp skin before Lotion or Dual Serum.
- Press gently into skin, focusing on areas needing extra care.
- Concentrate on fine lines or dry areas for an instant glow boost.

- Add to hair masque or conditioner for deeper conditioning.

### Leave-In Hair Serum:

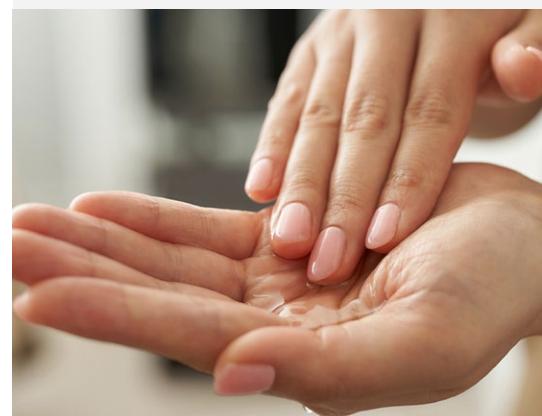
- Rub a drop between palms and smooth onto dry ends for shine and frizz control post styling.

### Body Moisturiser:

- Massage into dry areas (elbows, knees, hands) morning and evening.
- Enhance your body moisturiser by adding a few drops for an extra boost of hydration.

## Tips & Tricks:

- Apply 1-2 drops to clean, damp skin before Lotion or Dual Serum.
- Warm between your palms and gently press into skin.
- Use on cuticles or dry patches for a hydration boost.
- Add a drop to your foundation for added glow.



# Ingredients

INGREDIENT	SKIN BENEFITS	FOUND IN
Humic Shale	Rich in minerals, detoxifies, supports skin renewal and clarity	All products
Frankincense Essential Oil	Reduces fine lines, calms, supports cell regeneration	Smooth & Rich Lotion, Dual Serum
Geranium Essential Oil	Balances oil, tones skin, encourages glow	Booster Oil
Buntan Essential Oil	Purifies skin, promotes clarity, uplifts mood Furocoumarin-free, which makes it sun safe	Day & Night Face Cream
Lime Essential Oil	Brightens complexion, tones, offers an energising aroma	Cleansing Balm, Face Wash
Litsea Essential Oil	Clarifies, tones skin, antioxidant-rich	Cleansing Balm, Face Wash
Petitgrain Essential Oil	Balances sebum, calms the skin and mind	Cleansing Balm, Face Wash
Rose Essential Oil	Smooths texture, hydrates deeply, supports mature skin	Intensive Eye Cream
Ascorbic Acid (Vitamin C)	Brightens skin, supports collagen production, reduces signs of ageing	All products
Ascorbyl Glucoside (Natural Vitamin C)	Gentler on the skin—ideal for sensitive or reactive skin; brightens and supports skin tone	All products
Vitamin E (Tocopherol)	Antioxidant protection, nourishes deeply, supports skin repair	Booster Oil, Dual Serum
Niacinamide (Vitamin B3)	Refines pores, evens tone, improves elasticity, soothes skin	Smooth & Rich Lotion, Dual Serum, Day & Night Face Cream
Hyaluronic Acid / Sodium Hyaluronate	Deep hydration, plumps skin, improves elasticity	Smooth & Rich Lotion, Dual Serum, Face Wash
Safflower Seed Oil	Helps reduce clogged pores and support smoother texture. Great for sensitive skin.	Booster Oil
Oryza Sativa (Rice) Bran Oil	Traditionally used in Japanese skincare to even tone and soften pigmentation over time.	Booster Oil

INGREDIENT	SKIN BENEFITS	FOUND IN
Gluconolactone (PHA)	Gentle exfoliation, hydrates, supports smoother texture	Smooth & Rich Lotion, Dual Serum,
Zinc Gluconate	Calms blemishes, supports healing, regulates oil production	Booster Oil, Smooth & Rich Lotion, Dual Serum, Day & Night Face Cream, Eye Cream
Copper Gluconate	Boosts firmness and collagen support	Booster Oil, Smooth & Rich Lotion, Dual Serum, Day & Night Face Cream, Eye Cream
Squalane	Mimics natural skin oils, softens, improves elasticity	Dual Serum, Day & Night Face Cream, Eye Cream
Argan Oil	Deeply conditions, antioxidant-rich, softens skin	Booster Oil
Meadow Seed Oil	Seals in moisture, supports smooth texture	Day & Night Face Cream
Jojoba Oil	Balances oil production, soothes skin, mimics sebum	Face Wash
Apricot Kernel Oil	Softens and nourishes skin	Booster Oil
Shea Butter	Richly nourishes, soothes inflammation	Intensive Eye Cream
Beeswax	Creates a breathable barrier, locks in hydration	Cleansing Balm, Day & Night Face Cream, Eye Cream
Sunflower Seed Wax	Helps structure balm and soften skin barrier	Cleansing Balm
Glycerin	Attracts moisture, softens and hydrates	Smooth & Rich Lotion, Day & Night Face Cream, Face Wash, Eye Cream
Arnica	Calms puffiness and reduces signs of fatigue	Intensive Eye Cream
Cyanocobalamin (Vitamin B12)	Brightens, supports skin repair, gives pink hue	Dual Serum
Saccharomyces/ Camellia Ferment	Enhances absorption, soothes skin, supports renewal	Smooth & Rich Lotion, Day & Night Face Cream
Coix Seed Extract	Supports hydration and texture	Smooth & Rich Lotion, Dual Serum, Day & Night Face Cream

Embrace natural beauty and ageing gracefully, that ties in with the ethos of IKISE™ and the Alive Convention.

**Ageing Better, Not Anti-Ageing**

Let go of the pressure to turn back time. dōTERRA IKISE™ is here to help your skin evolve beautifully. This is skincare designed for vitality and confidence. Let your radiance grow with every layer.



# Real People, Real Results.

“ My skin feels hydrated all day, even in winter. ”



“ The dual serum is a game changer. My texture is smoother, and I love the natural glow. ”

“ It feels luxurious but also grounded in wellness. Finally, skincare that does both. ”







I K I S E™

Where tradition  
meets innovation



# IKISE™



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350 Wellington Road, Mulgrave VIC 3170  
[dōTERRA.com](http://dōTERRA.com)