

# ESSENTIAL OILS

*made easy*

## 3 cool things ABOUT ESSENTIAL OILS

### 1 PURE

- Extracted from plants
- Enhance overall wellness
- CPTG Certified Pure Tested Grade™: potent and pure



#### PEPPERMINT\*

- Diffuse for an energizing aroma
- Dilute and rub on skin for a cooling effect
- Use in aromatherapy to promote clear breathing
- Use to relieve digestive discomfort

\*Use with fractionated Coconut Oil for best results

### 2 EFFECTIVE

- Effective way to address the body's needs and root causes
- Essential oils penetrate the cell membrane



#### ON GUARD\*

- Mix with hot water for a soothing tea
- Diffuse for a fortifying aroma
- Use in cleansing hands or surfaces

### 3 AFFORDABLE

- \$4.5 trillion per year spent on global healthcare
- Essential oils are just pennies per dose
- Save money with naturally sourced solutions



#### LAVENDER\*

- Apply to skin for a soothing, moisturizing effect
- Use to relieve headaches
- Use in aromatherapy to calm the mind

\*Use with fractionated Coconut Oil for best results

## 3 ways to use dōTERRA® ESSENTIAL OILS

### A AROMATIC

Diffuse or inhale to:

- Create a welcoming environment
- Freshen the air



#### WILD ORANGE

- Diffuse for an energizing aroma
- Add to water for an invigorating flavor
- Use on hands or surfaces for a naturally sourced cleanser



#### EASY AIR\*

- Diffuse during changing seasons for an invigorating aroma
- Rub onto chest for a soothing massage
- Add to shower floor for a revitalizing steam treatment

### T TOPICAL

Apply\* to desired area to:

- Receive topical benefits
- Target specific, localized needs

\*Use with fractionated Coconut Oil for best results



#### DEEP BLUE\*

- Rub on muscles for a comforting massage
- Apply to lower back at the end of a long day
- Massage into feet and knees before or after exercise for an invigorating effect



#### FRANKINCENSE

- Add to facial care routine to soothe and moisturize the skin
- Add a few drops to hot water for a relaxing bath
- Diffuse during meditation for a grounding aroma



### I INTERNAL

Enjoy a few drops:

- In water
- In recipes
- In a soluble capsule\*

\*Refer to label for specific dosing instructions



#### LEMON

- Add a few drops to water for a refreshing beverage
- Apply to sticky spots for a simple residue remover
- Mix with water for a non-synthetic counter spray



#### ZENGEST\*

- Add a few drops to water for a refreshing taste
- Rub on stomach for a soothing abdominal massage
- Diffuse during long car rides for a soothing aroma



# Aromatherapy Made Easy

**H Kauffman**



## **Aromatherapy Made Easy:**

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, Witness the Wonders in **Aromatherapy Made Easy** . This immersive experience, available for download in a PDF format ( \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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