

ESSENTIAL OILS

made easy

3 cool things ABOUT ESSENTIAL OILS

1 PURE

- Extracted from plants
- Enhance overall wellness
- CPNG-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

*Add #8000013719 (Peppermint oil)

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

*Add #8000120288 (Lavender)

3 ways to use doTERRA® 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-scented 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

*Add #8000013719 (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

J Spring



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