

Welcome to  
Discover  
**Essential Oils**



**dōTERRA**  
Wellness Advocate



# What is an Essential Oil?

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- Extracts from plants
- Found in the seeds, bark, stems, roots, flowers and other parts of plants
- Highly concentrated (less is more)
- 50-70 times more powerful than herbs



One drop of peppermint essential oil contains the equivalent of 28 cups of peppermint tea!



# Why doTERRA?

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- Plants are source all over the world
- Harvested at the most opportune time
- Every batch is rigorously tested by a third party
- Testing guarantees absence of toxins, contaminants, microorganisms and assures the presence of desired therapeutic properties

**CP**TG Certified Pure Therapeutic Grade®





# How we use Essential Oils

## **A** Aromatically

Affects mood

Purifies the air

Helps maintain a healthy airway



## **T** Topically

Apply topically to the skin or the bottom of the feet

Works fast! Enters the blood stream within 30 secs

Dilute with fractionated coconut oil to prevent skin irritation or with hot oils

## **I** Internally

Consume as a dietary supplement for targeted wellness

Supportive to the bodies systems

Add a drop to your favorite dish for exceptional flavor



# Essential Oil Tips & Safety

- Keep out of eyes, ears, nose & other sensitive areas
- Dilute with fractionated coconut oil not water
- Follow label directions
- Use internally only if bottle has supplemental facts
- When using internally, use glass or stainless steel



## APPLICATION METHODS

- A** Can be used aromatically
- T** Can be used topically
- I** Can be used internally

## SKIN SENSITIVITY

- N** Can be used topically with no dilution (NEAT)
- S** Dilute for young or sensitive skin (SENSITIVE)
- D** Dilute before using topically (DILUTE)





# Peppermint

*Mentha piperita*

**Plant Part:** Whole plant

**Extraction Method:** Steam distillation

**Aromatic Description:** Minty, hot, herbaceous

**Sourcing Origin:** United States of America

## KEY BENEFITS

- Promotes healthy respiratory function and clear breathing\*
- Helps reduce bloating, gas, and occasional indigestion\*
- Apply topically to relieve feelings of tension
- Diffuse when feeling fatigued or low on energy

**A** Aromatic    **T** Topical    **I** Internal

**S** Sensitive—Dilute for young or sensitive skin

## FROM THE BLOG: *Whipped Peppermint Foot Lotion*

Make your own whipped Peppermint foot lotion with beeswax, cocoa butter, shea butter, virgin coconut oil, Fractionated Coconut Oil, and Peppermint and Melaleuca essential oil.

**For the recipe, visit :**

<http://doterrablog.com/diy-whipped-peppermint-foot-lotion/>

\*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.



# Lemon

*Citrus limon*

**Plant Part:** Rinds (peel)

**Extraction Method:** Cold pressed/expressed

**Aromatic Description:** Clean, fresh, citrus, bright

## KEY BENEFITS

- Cleanses and purifies the air and surfaces
- Naturally cleanses the body and aids in digestion\*
- Supports healthy respiratory function\*
- Diffuse to promote a positive mood

**A** Aromatic   **T** Topical   **I** Internal

**N** Neat—Can be used topically with no dilution

## Essential Oil Tip:

Pour 1-2 drops of Lemon essential oil on sticky residues to remove from surfaces.

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# Lavender

*Lavandula angustifolia*

**Plant Part:** Flower

**Extraction Method:** Steam distillation

**Aromatic Description:** Powdery, floral, light

## KEY BENEFITS

- Helps ease feelings of tension\*
- Soothes occasional skin irritations
- Add a few drops of Lavender to pillows, bedding, or bottoms of feet for a restful night's sleep
- Add to bath water to soak away stress or apply to the temples and the back of the neck

**A** Aromatic   **T** Topical   **I** Internal  
**N** Neat-Can be used topically with no dilution

## FROM THE BLOG: *After Sun Soothing Spray*

Place 1 cup aloe vera juice, ¼ cup Fractionated Coconut Oil, 1 teaspoon vitamin E, and 8 drops Lavender, Melaleuca, and Peppermint essential oil in spray bottle for an after-sun soothing spray.

**For the recipe, visit:**

<http://doterrablog.com/after-sun-soothing-spray-with-doterra-essential-oils/>

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# Deep Blue<sup>®</sup>

## *Soothing Blend*

**Ingredients:** Wintergreen Leaf, Camphor Bark, Peppermint Plant, Blue Tansy Flower, Blue Chamomile Flower, Helichrysum Flower, and Osmanthus Flower essential oils

**Aromatic Description:** Minty, camphoraceous

### KEY BENEFITS

- Rub Deep Blue on lower back muscles after a day of heavy lifting at work or during a move
- Perfect for a soothing massage after a long day of house work
- Apply on feet and knees before and after exercise

**T** Topical

**S** Sensitive—Dilute for young or sensitive skin

### Essential Oil Tip:

Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime.





dōTERRA wellness advocate

# dōTERRA On Guard<sup>®</sup>

## *Protective Blend*

**Ingredients:** Wild Orange Peel, Clove Bud, Cinnamon Bark, Eucalyptus Leaf/Stem, and Rosemary Leaf/Flower essential oils

**Aromatic Description:** Warm, spicy, camphoraceous, woody

### KEY BENEFITS

- Effective alternative to synthetic options for immune support\*
- Supports the body's natural antioxidant defenses\*
- Supports healthy respiratory function\*
- Diffuse for cleansing the air

**A** Aromatic    **T** Topical    **I** Internal

**N** Neat-Can be used topically with no dilution

### Essential Oil Tip:

Soak sliced apples in water with a few drops of dōTERRA On Guard for a healthy, immune-boosting snack.\*

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# dōTERRA Breathe™

## *Respiratory Blend*

**Ingredients:** Laurel Leaf, Peppermint Plant, Eucalyptus Leaf/Stem, Melaleuca Leaf, Lemon Peel, Ravensara Leaf, Cardamom Seed essential oils

**Aromatic Description:** Minty, hot, fresh, airy

### KEY BENEFITS

- Maintains feelings of clear airways and easy breathing
- Helps minimize the effects of seasonal threats
- When loud noises are keeping you up at night, diffuse for a calming effect that promotes a restful night's sleep

**A** Aromatic

**T** Topical

**S** Sensitive—Dilute for young or sensitive skin

### Essential Oil Tip:

Diffuse with Lavender for a calming aroma at bedtime





# DigestZen®

## *Digestive Blend*

**Ingredients:** Ginger Rhizome/Root, Peppermint Plant, Caraway Seed, Coriander Seed, Anise Seed, Tarragon Plant, and Fennel Seed essential oils

**Aromatic Description:** Spicy, sweet, minty, licorice

### KEY BENEFITS

- Add to water or tea to maintain a healthy gastrointestinal tract\*
- Helps reduce bloating, gas, and occasional indigestion\*
- Have DigestZen on hand when enjoying heavy holiday meals to promote digestion\*

**A** Aromatic   **T** Topical   **I** Internal  
**N** Neat—Can be used topically with no dilution

### Essential Oil Tip:

Use DigestZen during a road trip to calm occasional motion sickness so you can enjoy the scenery.

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# Oregano

## *Origanum vulgare*

**Plant Part:** Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Herbaceous, sharp, green, camphoraceous

### KEY BENEFITS

- Put two to three drops in a veggie capsule to help maintain a healthy immune system\*
- Supports healthy digestion and respiratory function\*
- Used as a powerful cleansing and purifying agent

**A** Aromatic   **T** Topical   **I** Internal  
**D** Dilute before using topically

### FROM THE BLOG: *Roasted Marinara Sauce*

Add to your favorite entrée dishes like roasted marinara sauce.

**For the recipe, visit :**

<http://doterrablog.com/essential-recipe-roasted-marinara-sauce/>

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# Melaleuca

## *Melaleuca alternifolia*

**Plant Part:** Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Herbaceous, green, leathery

**Sourcing Origin:** Australia

### KEY BENEFITS

- Renowned for its cleansing and rejuvenating effect on the skin
- Promotes healthy immune function\*
- Protects against environmental and seasonal threats

**A** Aromatic   **T** Topical   **I** Internal

**N** Neat-Can be used topically with no dilution

**FROM THE BLOG:** *Makeup Brush Cleanser*

Use Melaleuca to make homemade makeup brush cleanser.

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**Visit:** <http://doterra.com/US/en/blog/diy-makeup-brush-cleanser>



# Frankincense

## *Boswellia Essential Oil*

**Plant Part:** Resin from Boswellia, carterii, frereana, and sacra

**Extraction Method:** Steam distillation

**Aromatic Description:** Warm, spicy, clean

**Sourcing Origin:** Somalia

### KEY BENEFITS

- Take one to two drops in a Veggie Cap to support healthy cellular function\*
- After a day of outdoor activity, massage Frankincense into hands and feet for a warming and soothing effect
- Add to moisturizer or lotion to reduce the appearance of blemishes and to rejuvenate skin

**A** Aromatic    **T** Topical    **I** Internal  
**N** Neat-Can be used topically with no dilution

### FROM THE BLOG: *Clay Mask*

Combine 2 teaspoons bentonite clay, 2 teaspoons apple cider vinegar, and 1 drop Frankincense, Lavender, and Melaleuca essential oil for a nourishing clay mask.

**For more information, visit:**

<http://doterrablog.com/diy-clay-mask/>

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# Family Essentials Kit



\$150 USD | 110pv

SAVE \$36.50



# Home Essentials Kit

BEST VALUE  
3x's the oil plus  
free diffuser



\$275 USD | 225pv

SAVE \$86.25



# Natural Solutions Kit

\$550.00  
400 PV†

**SAVE**  
\$220.00+

**+100 FREE**  
Product Points\*

Start at 15% Rewards







# Thank you & Happy Oiling!

dōTERRA<sup>®</sup>

Wellness Advocate