

essential oils for

Travel

With a little planning and the right oils, jet setting with doTERRA® can make for a more enjoyable and comfortable travel experience.

If you're planning to travel with doTERRA® essential oils, here are some guidelines to keep in mind:

1. **Pack properly:** To avoid spills, pack your essential oils in a separate ziplock bag or a sturdy carrying case.
2. **Label your oils:** Label each bottle of essential oil with its name and intended use, especially if you're carrying a blend or a customized recipe.
3. **Use protective packaging:** To prevent glass bottles from breaking, wrap them in bubble wrap or store them in a padded case.
4. **Keep them cool:** Essential oils can lose their potency when exposed to heat or sunlight, so store them in a cool and dark place, such as in your carry-on bag or hotel room.
5. **Be mindful of others:** When using essential oils in public spaces, be considerate of others who may be sensitive to scents or have allergies.
6. **Check your airport guidelines** for packing liquids when traveling by plane.

By following these guidelines, **you can travel with essential oils safely and easily**, and continue to enjoy their many benefits while on the go.



ease your stress

Traveling can be stressful, but it doesn't have to be! Take the edge off and find your calm with your essential oils.



Calm and soothe stressful feelings

On-the-go stress relief!

Put a drop in your hands, rub together and cup over your nose while you take a deep breath.

kiss tension goodbye!

Traveling for long periods of time can be tough on your muscles, but there is one hero product that can help soothe soreness and tension.



Stick- quick drying & convenient

Roll-on - great for on-th-go

Our Deep Blue® blend is formulated to provide targeted relief to sore muscles and joints.

motion sickness



Nausea always seems to strike at the most inconvenient times. Whether you're traveling by car, plane or boat, try one of these...

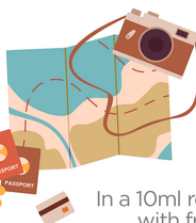


Apply topically

Inhale directly from the bottle

Or add a drop to a diffuser necklace

Peppermint, Ginger, and DigestZen® are all known for their ability to calm an upset stomach and reduce nausea.



jet lag

ROLLER BLEND

In a 10ml roller bottle add oils and top with fractionated coconut oil.



10 drops **Lemon**
10 drops **Lavender**
10 drops **Peppermint**

Roll onto the soles of your feet, back of your neck and your wrists before and during travel to help ease jet lag symptoms.

diffusing on-the-go

One of the first things I do when traveling is set up my diffuser in the hotel room.

- ✓ purify the air
- promote relaxation
- get a restful sleep
- ✓ boost your immune system



The Pilot™ is a great diffuser to travel with.

Try diffusing Lavender, Peppermint, and On Guard®, to create a relaxing and refreshing environment in your hotel room.

wipes

GREAT TO GRAB & GO!



Traveling can be stressful, but staying healthy doesn't have to be. Keep a pack of On Guard® Sanitizing Wipes in your travel bag.



Convenient & easy-to-pack.

Infused with the cleansing power of On Guard®

These wipes are perfect for wiping down airplane tray tables, hotel room surfaces, and other frequently touched items to keep them clean and free of germs.

Visit referral.doterra.me/1430437 to receive 25% off your order