



# Simple Recipes

*TO FEEL BETTER FAST*



# Simple Self-Care

Seasonal self-care is a cozy must-do.

Here you'll find simple ways to luxuriate in self-care.

PEACE AND LOVE,

*Wendy Patrucco*

# QUICK REFERENCES

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# FOUNDATION OF HEALTH

*this is the first step towards robust immunity and healing*



## Nutritional Supplements

- Lifelong Vitality Pack
- Pb Assist
- On Guard Softgels



## Healthy Movement

- Deep Blue Stick
- Lemongrass
- Breathe



## Restorative Sleep

- Serenity Softgels
- Serenity Stick
- Lifelong Vitality Pack



## Friends You Adore

- Find Your Tribe
- Call a Dear Friend
- Talk to Strangers



## Immunity Wellness Kit

- Sanitizing Mist
- Toothpaste
- Foaming Hand Wash



## Foods of the season

- Eat Organic
- Add More Veggies
- Opt For Whole Foods

# 3 WAYS TO USE ESSENTIAL OILS

*for proactive and reactive wellness*

- **Ingest for systemic benefits.**

Essential oils taken internally in a capsule, added to a glass of water or directly from the bottle can support cellular functions.

The FDA has deemed that essential oils are generally regarded as safe to ingest (GRAS). Find the words "essential oil supplement" on the sides of the doTERRA bottles to make sure it is safe to ingest.



- **Inhale to support respiratory function.**

Oils in a diffuser, on your hands and inhaled straight from the bottle brings the essential oils into the respiratory tract and the bloodstream.

The most beneficial technique to support your respiratory system is to add oils to a steamy mug of water and inhale the vapor carefully or drape a towel over a bowl of steamy water infused with essential oils. Avoid getting the vapor into your eyes.

- **Topically to support lymph system and avoid skin irritations.**

The lymph nodes become swollen and feel tender when the immune system is fighting an infection. Use essential oils diluted with a carrier oil, such as fractionated coconut oil (FCO) to gently massage areas that are tender to ease discomfort and support immune function.

Always use a carrier oil to dilute oils on children, and older adults, and anyone with skin sensitivities.

Consider applying essential oils to the bottoms of the feet. This will allow the oils to work quickly through the body while avoiding skin irritations.

Several essential oils are referred to as "hot" and should always be diluted for topical applications; oregano, cinnamon, and thyme.

# SEASONAL IRRITANTS

*itchy throat, watery eyes, runny,  
stuffy or sneezy*



Seasonal Cocktail

Drink slowly. Hold the mixture in your mouth for a moment before swallowing.

2 oz. water  
2 drops Lavender  
2 drops Lemon  
2 drops Peppermint



Seasonal Roller

Add oils to a 10 mL roller and fill with fractionated coconut oil. Apply to bottoms of feet, glands, neck and throat.

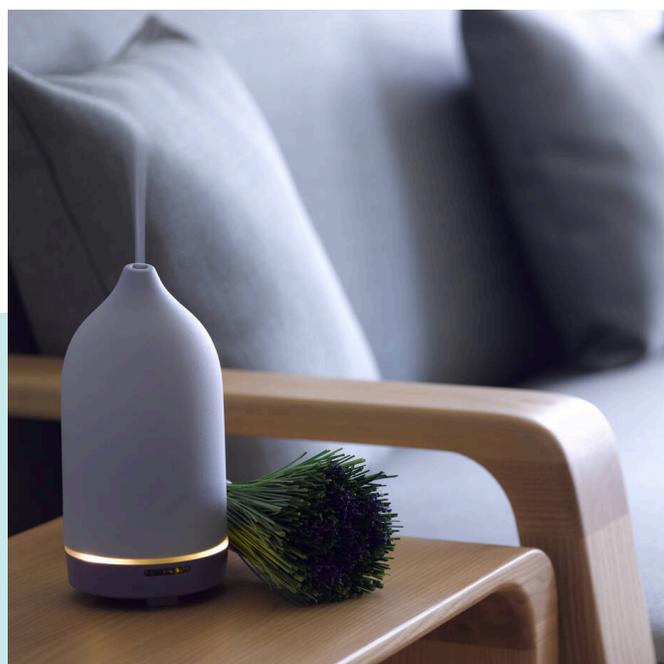
15 drops Lavender  
15 drops Lemon  
15 drops Peppermint  
10 drops Wild Orange  
10 drops Tea Tree  
Fractionated Coconut Oil

# RESPIRATORY SUPPORT

*phlegm, congestion,  
throat clearing & hacking*



Breathing Treatment



Best Essential Oils

Add oils to a mug. Fill mug 1/2 way with boiling water. Carefully breathe in vapor mist. Drink when cool.

boiling water  
1 drop Oregano  
1 drop Tea Tree  
1 drop Peppermint  
1 drop Lemon  
1 drop On Guard

Diffuse any of these oils

Additionally, these oils can be applied topically to the chest, inhaled from your hands, applied to the bottoms of your feet and/or be used for a gentle lymph massage.

Breathe  
Peppermint  
Eucalyptus  
Air-X

# SINUS CONGESTION

*facial pressure, head tension,  
nasal congestion*



Q-Tip Application (adults only)

Use a drop of fractionated coconut oil (FCO) on a Q-Tip. Add 1 drop of one of the essential oils listed. Gently, dab the inside of each nostril.

Tea Tree  
Eucalyptus  
Rosemary  
Frankincense

or apply Correct-X to nasal cavity.



Neti Pot Nasal Rinse

Add one saline packet and room temperature, distilled water to your clean Neti Pot. Add 2 drops of one of the essential oils listed.

Tea Tree  
Rosemary  
Eucalyptus  
Lavender  
Frankincense

# EAR & THROAT DISCOMFORT

*ear discomfort, throat irritation*



Cotton Ball

Place one drop of essential oil on a cotton ball and place on your ear, not inside the canal.

For children or those sensitive to oils, apply oil topically around the ear and mastoid bone.

Lavender  
Tea Tree  
Basil



Gargle

Mix 1/2 cup warm water with either 1 drop oregano and 2 drops lemon or just 2 drops On Guard.

Gargle and spit several times and then swallow the last bit of mixture  
Oregano  
Lemon  
On Guard

# PREVENT & RESPOND

*when you first notice symptoms,  
high body temp & body aches*



FLOOT Roller

Add essential oils to a 10 mL roller. Top off with fractionated coconut oil. Apply liberally to glands, throat, around the ears and temples at the first sign of symptoms.

10 drops Frankincense  
10 drops Lemon  
10 drops On Guard  
10 drops Oregano  
10 drops Tea Tree  
Fractionated Coconut Oil



Cool Down Spray

Add 15 drops of each oil in a 2 oz. spray bottle. Top with water. Spray onto the back of the neck, chest, and feet to lower temperature and ease body aches.

Alternatively, apply these oils directly to the skin for a cooling sensation.

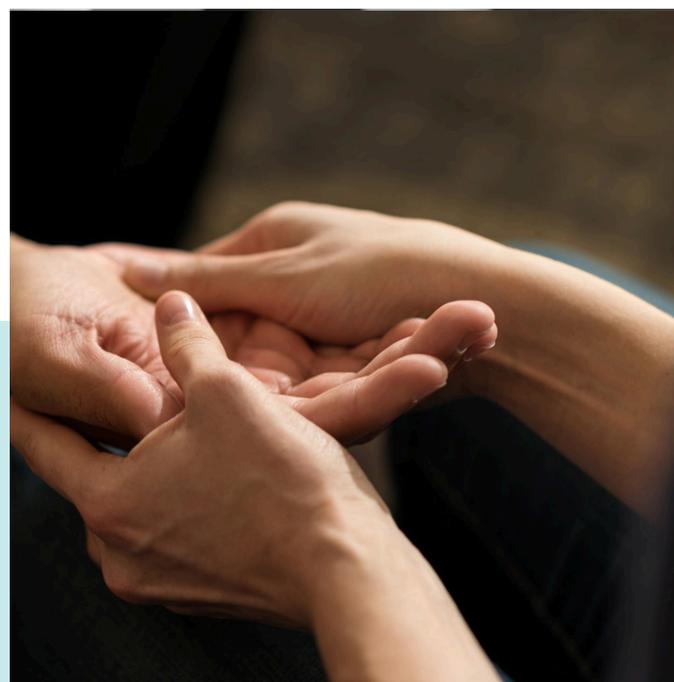
Peppermint  
Eucalyptus

# TOPICAL APPLICATIONS

*to receive and to gift to others for  
immune support*



Symphony of the Cells



Aromatouch Technique

The ID application involves many of the strongest essential oils. It supports all systems, but specifically assists the immune system in fighting some of the stronger environmental threats.

Please refer to <https://www.symphonyofthecells.com/journal> for training and to purchase 18 essential oil applications created by Boyd Truman.

The AromaTouch Technique<sup>®</sup> is the application of essential oil to the hands, back and feet. This technique combines the unique benefits of human touch with the power of essential oils to create an overall wellness experience.

Go to <https://www.doterra.com/US/en/aromatouch-technique> to learn more.

# WELLNESS CHECKLIST

*here's what you need*

## Single Essential Oils

- Lavender
- Lemon
- Peppermint
- Wild Orange
- Tea Tree
- Oregano
- Eucalyptus
- Rosemary
- Frankincense
- Basil

## Gotta Haves

- Fractionated Coconut Oil
- 2 oz. Spray Bottle
- 10 mL roller bottles
- Diffuser
- Correct-X

## Essential Oil Blends

- Breathe
- On Guard
- Air-X

## Strongly Recommended

- doTERRA Immunity Wellness Kit
- Symphony of the Cells Journal
- Aroma Touch Technique Training
- Neti Pot



# CREATE YOUR MEMBERSHIP

*to get started!*

I'm thrilled that you're adding doTERRA essential oils and wellness products to your self-care. They're safe, effective, and affordable.

Here are two options to get you started.

## Option #1

Need a little help? I've got you. Send me an email, [wendy@happybodyforlife.com](mailto:wendy@happybodyforlife.com), and let's talk. I'll help you put together a customized plan for your wellness.



## Option #2

You're ready to create your wholesale membership and save 25% on all of your wellness purchases. Good for you!



happy body  
for life  


Scan the QR code.

Enter your details.

Add your products.

Do a little happy dance!