

Welcome to our Intro Class for Essential Oils



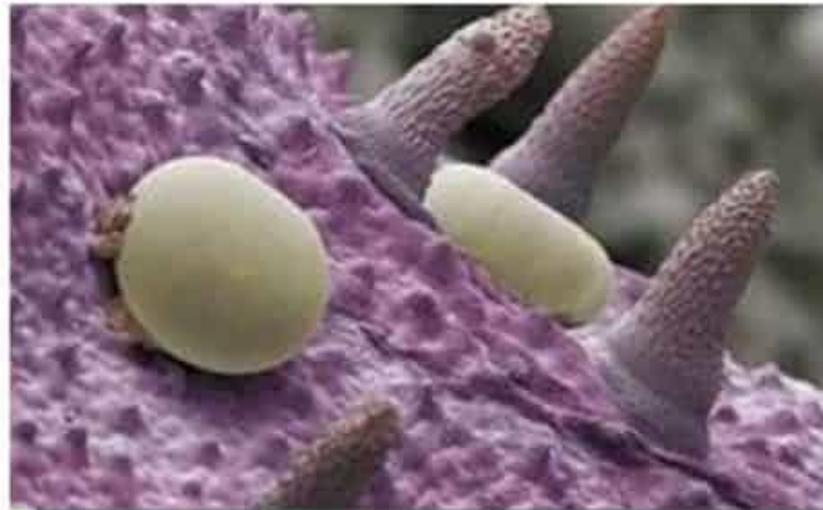


Essential Oil

Natural, high concentrated compounds found in the roots, bark, seeds, flowers, or other areas of a plant.

WHAT IS AN ESSENTIAL OIL?

- 💧 Natural aromatic compounds found in plants
- 💧 Steam distilled or cold pressed extraction
- 💧 Powerful, safe benefits without side effects
- 💧 50 to 70x more powerful than herbs



(Oil sacs on peppermint leaf)

Natural Medicine
with *Beneficial*
SIDE EFFECTS!





Essential Oils

- Give a plant its aroma
- Protect the plant from harsh environmental conditions and insects
- Play a role in plant pollination

Anti-biotics *Versus* Essential Oils

1. Weaken the immune system and make us more susceptible to future illness & disease.
2. Synthetic chemicals which kill off everything indiscriminantly, harming the body.
3. Treat only the symptoms, masking the real problem.
4. No known anti-viral drugs.
5. Contain many harmful side-effects.



1. Strengthen the immune system.
2. Intelligent living substances which work harmoniously with the body.
3. Work to naturally heal the body.
4. Contain anti-viral properties.
5. Contain no negative side-effects.

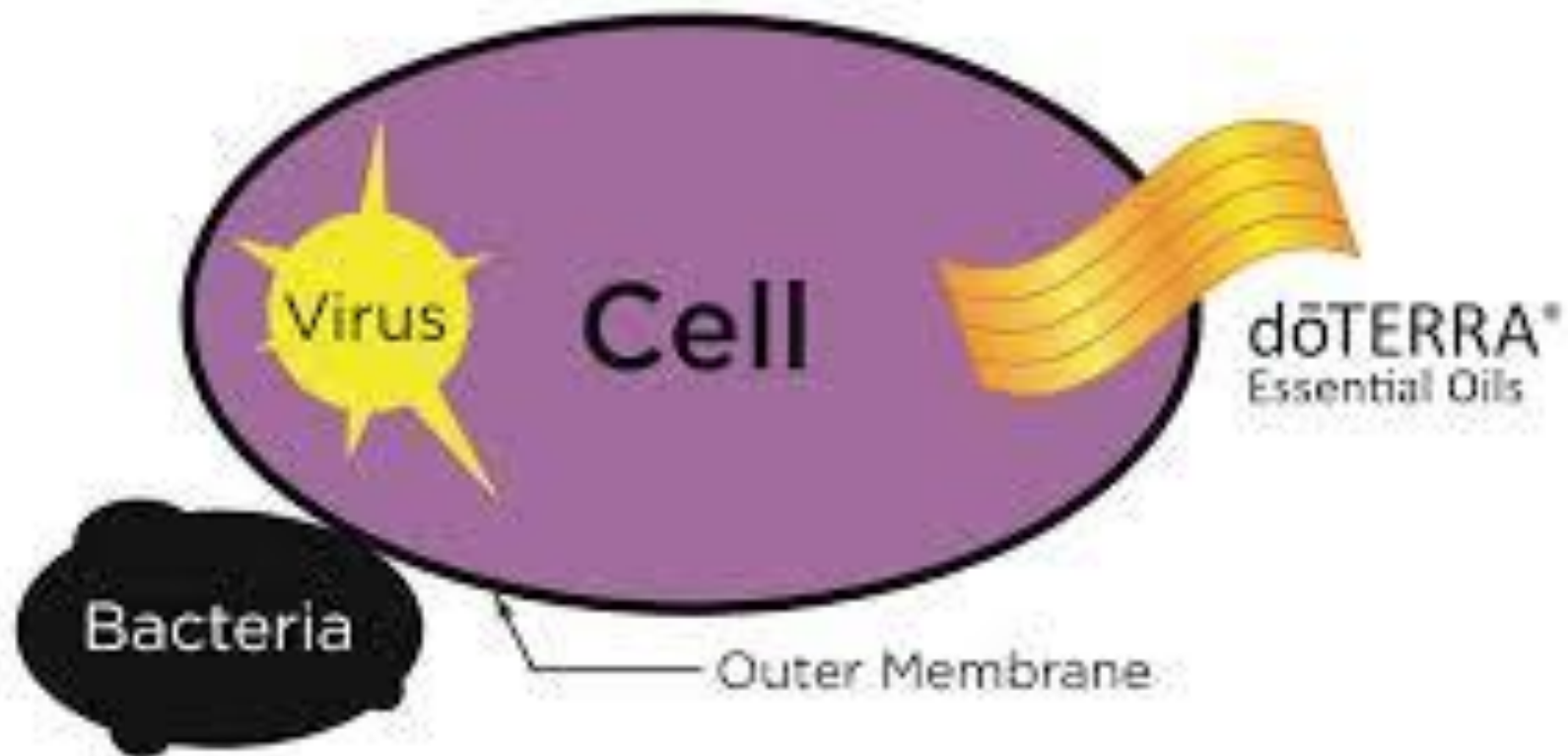


Created by: Daniel Macdonald

Sources: Hill, D. (2007). Nature's living energy.
Orem, UT: Sound Concepts.

Stewart, D. (2010). Healing oils of the bible, Marble Hill, Missouri: Care Publications.

- Essential oils are 50-70 times more powerful than herbs
 - They kill bacteria and inhibit the growth of viruses
 - They enter the bloodstream within 30 seconds
- EO oils are a natural antibiotic and have the ability to penetrate the outer membrane



SUPER-CHARGED POTENCY

50-70x more powerful than herbs



28 cups of peppermint tea

=

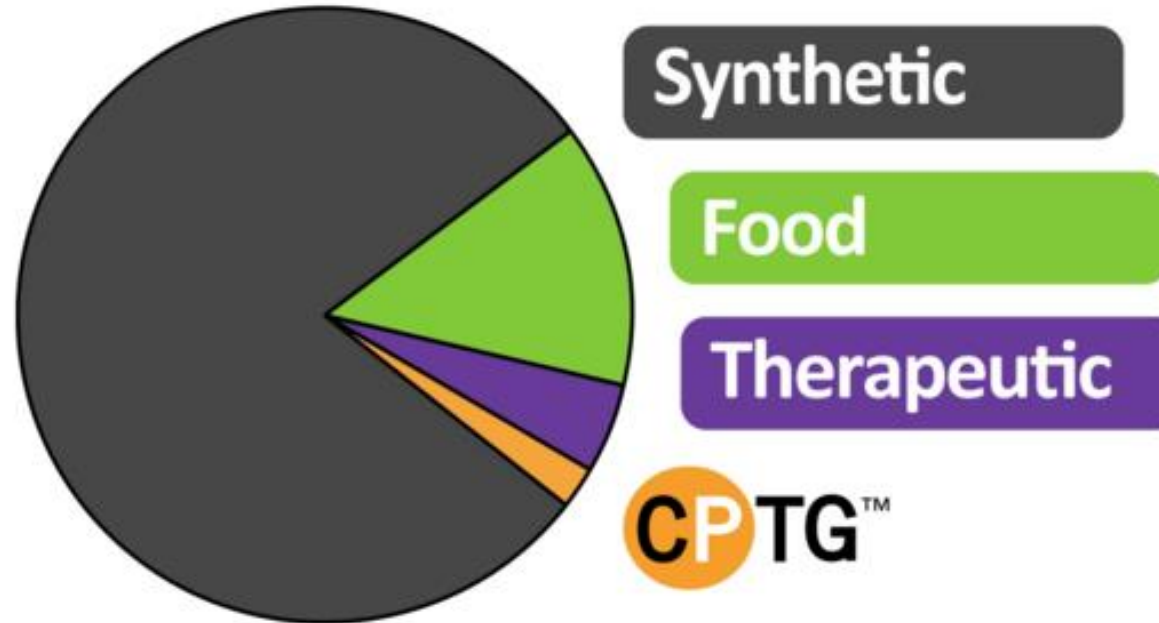


1 drop of
peppermint oil (8¢)

Oils are affordable -
Pennies per dose!



CPTG Certified Pure Therapeutic Grade®



Grades of Essential Oil

Not **ALL** essential oil products are the same!
There is now even better than therapeutic grade, doTERRA's
standard called: CERTIFIED PURE THERAPEUTIC GRADE

THROUGH SMELL

- Diffuse in an essential oil diffuser.
- Apply a drop to your hands and inhale.
- Wear as a personal fragrance.



ON YOUR SKIN

- Massage into your skin.
- Apply to targeted areas and rub in.
- Add to lotions or moisturizers.



THROUGH INGESTING

- Add to a glass of water.
- Take in a Veggie Cap.
- Put a drop under your tongue.



Essential Summertime Oils



LAVENDER All Things Calming



LAVENDER All Things Calming

Daily Use

- Widely used for its calming and relaxing qualities
- Reduces appearance of skin imperfections
- Add to bath water to soak away stress or apply to the temples and the back of the neck

Wellness Support

- Soothes occasional skin irritations
- Helps to ease feelings of tension
- Take internally to reduce anxious feelings
- Take internally for a peaceful sleep



dōTERRA Serenity®

Calming Blend

Ingredients: Lavender Flower, Sweet Marjoram Leaf, Roman Chamomile Flower, Ylang Ylang Flower, Hawaiian Sandalwood essential oils and Vanilla Bean Absolute
Aromatic Description: Sweet, warm, powdery

KEY BENEFITS

- Creates a perfect escape with its calming, renewing fragrance
- Promotes relaxation and a restful sleeping environment
- Diffuse to help promote relaxation and decrease stress

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

FROM THE BLOG: *Moisturizing Bath Salt*

Combine 3 cups Epsom salts, 2 cups sea salt, and 8–10 drops Serenity to soak away stress.

For the recipe, visit:

<http://doterrablog.com/soak-your-stress-away-with-serenity-moisturizing-bath-salt/>



Dilution & Sensitivity:

- dilute with FCO for skin sensitivity
- dilute to cover larger body areas
- keep away from eyes
- NEVER put oils directly in ear canal

"IF" an oil gets in eye:

- add carrier oil on cottonball and wipe eye out
- do NOT rinse eye out with water, that will push oil more in



Peppermint - Invigorating

Daily Use

- Promotes digestive health
- Promotes healthy respiratory function and clear breathing
- Rub on temples after you wake up for a morning energy boost.

Wellness Support

- Diffuse when feeling fatigued or low on energy
- Helps reduce bloating, gas and occasional indigestion
- Add to cold water compress or foot bath to cool off when overheated.
- Apply topically to relieve feelings of tension





Breathe

Respiratory Blend... Breathe is a remarkable blend of CPTG essential oils which combine to do just that - help you breathe easier. doTERRA's proprietary blend of laurel leaf, peppermint, eucalyptus, melaleuca, lemon, and ravensara cleanses and soothes the airways.

Antiviral
Anxiety
Asthma
Bronchitis
Congestion
Cough

Emphysema
Influenza
Mono
Pneumonia
Sinusitis

KEEP CALM AND APPLY BREATHE :)



**Keep All Of These
Products In Stock
for Seasonal Threats!**



Primary Benefits:

Maintains clear airways and breathing.
Supports overall respiratory health.
Perfect for nighttime diffusion - restful sleep.

MORE MOBILITY

- apply topically to area of concern
- gives relief for any kind of muscle and joint pain, stiffness
- inflammation relief



Deep Blue Rub

- it's a rich, moisturizing cream, yet not greasy
- penetrates well
- stimulates sensations of warmth & cooling
- very soothing to tissues, soreness & stiffness

Uses

Inflammation	Arthritis
Joint Pain	Back Pain
Muscle Pain	Bone Pain
Muscle Tension	Bruises
Tendon Pain	Bursitis
Headaches	Fibromyalgia
Whiplash	Back Pain
Arthritis	Tennis Elbow



INTERNAL



Lemon

ALL THINGS Cleansing

Daily Use

- Cleanses and purifies the air and surfaces
- Diffuse to promote a positive mood and cognitive ability

Wellness Support

- Supports healthy respiratory function
- Take internally to assist with seasonal respiratory discomfort
- Naturally cleanses the body and aids in digestion



Detoxify

Lemon Essential Oil:

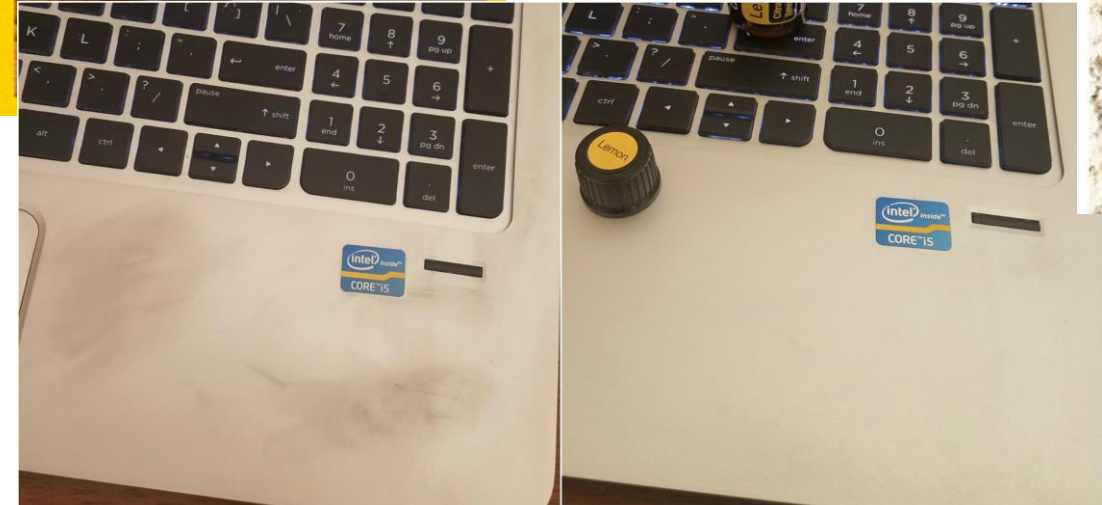
- flushes out the liver and kidneys
- breaks down/releases petrochemicals
 - removes radiation from the body
- boosts the immune system
 - improves concentration
 - supresses appetite
 - cleanses the blood
- aids in digestion
- enhances energy
- purifies water



- put a few drops under your tongue
- add in preferred beverage/water
- Take in a veggie capsule



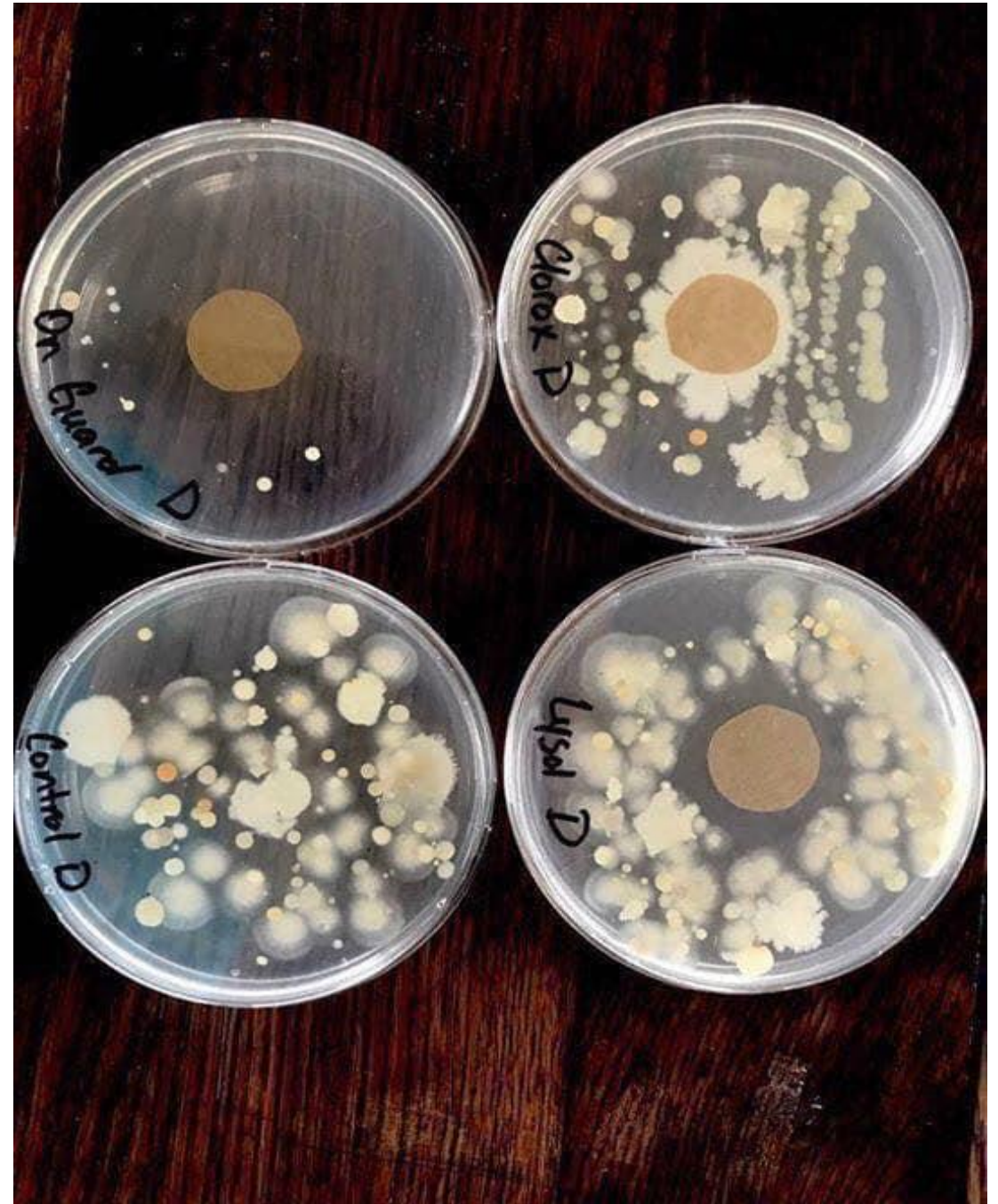
Whiteboard
Make-Over
1 dr Lemon 🍋



ONGUARD

spicy | holiday-like | sweet

OnGuard essential oil is our "I don't want to get sick essential oil". The oils in this blend have been shown to eliminate harmful pathogens, while boosting the immune system.



OnGuard – IMMUNE SUPPORT

Daily Use

- Diffuse for cleansing the air
- Supports the body's natural antioxidant defenses
- Supports healthy immune function
- Supports healthy respiratory function

Wellness Support

- Is an effective alternative to synthetic options for immune support
- Protects against environmental threats
- Rub on bottom of kids feet during school season



Blend Includes: Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary.

How many Cleaning Sprays do YOU have?

I got ONE, one single one =
for EVERYTHING !!!!



1 Bottle of On Guard Cleaner
Concentrate makes (18) 16-ounce
bottles of Multi-purpose Spray

THE ONGUARD FAMILY



dōTERRA On
Guard®



dōTERRA On
Guard® Beadlet



dōTERRA On
Guard®+
Softgels



dōTERRA On
Guard® Touch



dōTERRA On
Guard® Cleaner
Concentrate



dōTERRA On
Guard® Foaming
Hand Wash—2
Pack



dōTERRA On
Guard® Laundry
Detergent



dōTERRA On
Guard® Natural
Whitening
Toothpaste



dōTERRA On
Guard® Natural
Whitening
Toothpaste
Samples



dōTERRA On
Guard®
Protecting
Throat Drops

The GUT is the "home" to your immune system

DIGESTZEN™ Digestive Support



**70% of body's
immune function!**

Compromised Microflora

- Digestive discomfort
- Food sensitivities
- Chronic GI challenges
- Fatigue, no energy
- Underactive immunity
- Mood imbalances



Threats to Microflora

- Physical stressors
- Chemicals and toxins
- Unhealthy diet
- Traveler's exposure
- **Antibiotics**



Digestzen



Apply over abdomen & take in capsule to
help relieve bloating, gas, nausea,
heartburn and indigestion



Drop directly onto back of throat
to soothe a dry or sore throat



Take in water with lemon for acid reflux



Inhale or apply under nose to relieve
symptoms of motion sickness

Eat too much?

Upset stomach?

Got gas?

bloated?

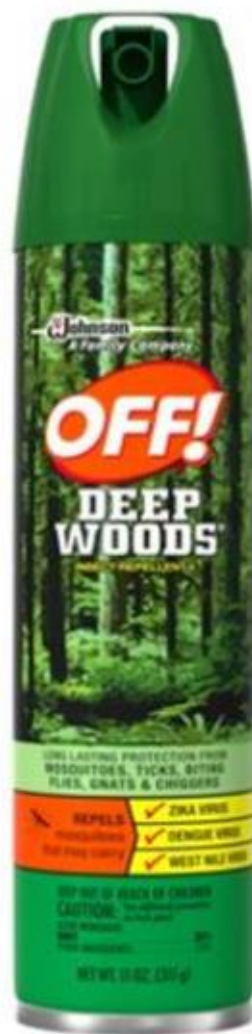


Have a chemical free summer



WHAT ARE YOU PUTTING ON YOUR SKIN?

Fractionated Coconut Oil
Ylang Ylang Flower
Tamanu Seed
Nootka Wood
Cedarwood Wood
Catnip Plant
Lemon
Eucalyptus Leaf
Litsea Fruit
Vanilla Bean Absolute
Arborvitae Wood



DEET
Synthetic fragrance
Butane
Propane
Isobutane
Ethanol
Corn starch
Magnesium
Carbonate
Isopropyl myristate
Aminomethyl propanol
Dimethicone

DEET effectiveness wears off...



A 2013 study at the London School of Hygiene and Tropical Medicine has found that DEET works the first time for mosquitoes, but begins to wear off just after a few hours. After reapplying, the DEET was found to be less effective and the mosquitoes began to ignore it. Mosquitoes are quickly evolving to becoming resistant to DEET!



DANGERS OF DEET



Did you know that...

DEET can melt plastic.

DEET is an effective solvent, and may dissolve plastics, rayon, spandex, other synthetic fabrics and painted or varnished surfaces including nail polish.



DEET can cause nerve damage, severe skin irritation, blistering & burning.

TerraShield – Outdoor Blend

- All-natural formula of Citronella, Cedarwood, and a blend of 11 other CPTG essential oils blended in a base of pure fractionated coconut oil.
- A primary function of essential oils in plants is protecting against insects and other predators. Unlike other products that contain synthetic and toxic chemicals, TerraShield is a natural approach to managing exposure to biting insects.



Eating Right – can I get everything my body needs from my diet?

dōTERRA Wellness Lifestyle



Vitamin / Mineral Deficiency Signs

- Lack of energy, fatigue, mood, irritability
- Immune function
- Bone health, joint discomfort
- Skin, hair, nails



dōTERRA LIFELONG VITALITY PACK®



Cellular
Longevity Blend

Cellular
Energy Blend



Essential Fatty Acids

Carotenoid Blend

CPTG Essential Oils



Essential Vitamins

Essential Minerals

Thank you for coming! I hope you will enjoy these gifts of the earth.

