

Essential Oils



What is an Essential Oil?

- If you have ever enjoyed the scent of a rose, you've experienced the aromatic qualities of essential oils. These naturally occurring, volatile aromatic compounds are found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant.
- When you first open a bottle of essential oil, you instantly notice that the aroma is potent and you can smell it typically even from some distance. The physical and chemical properties of the volatile aromatic compounds that compose essential oils allow them to quickly move through the air and directly interact with the olfactory sensors in the nose. Using these compounds from plants to help maintain a healthy mind and body – as well as other applications

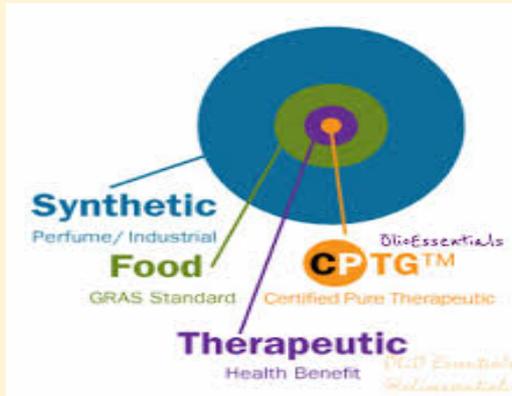


Why doTERRA?

- When you choose doTERRA, you are choosing essential oils gently and carefully distilled from plants that have been patiently harvested at the perfect moment by experienced growers from around the world for ideal extract composition and efficacy
- Each doTERRA essential oil is also carefully and thoroughly tested using the strict CPTG Certified Pure Therapeutic Grade® quality protocol. Experienced essential oil users will immediately recognize the superior quality standard for naturally safe, purely effective therapeutic-grade doTERRA essential oils.



- 100% Pure
- NO pesticides
- NO Fragrances
 - NO Alcohol
 - NO solvents



- **Lifestyle PREVENTS disease**

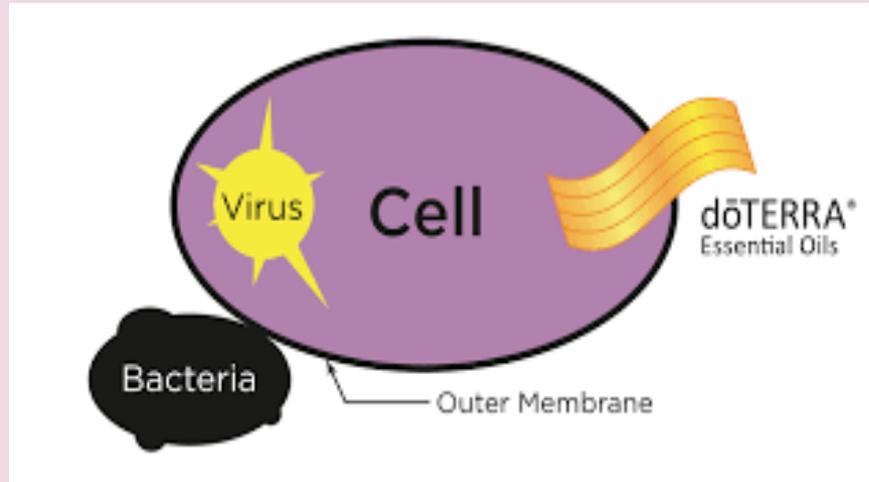
(diet, exercise, rest, stress management, toxic exposure)

- **Doctors TREAT symptoms and fix broken parts**
 - **The body CURES disease and heals itself**

Kill Viruses and Bacteria

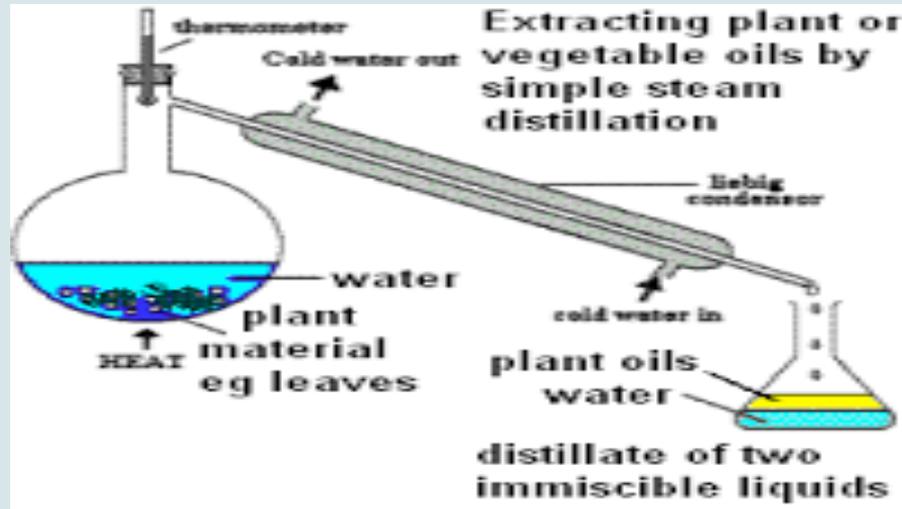
Antibiotics cannot penetrate cell membrane

Essential oils CAN penetrate cells to kill viruses and bacteria



Distillation processes

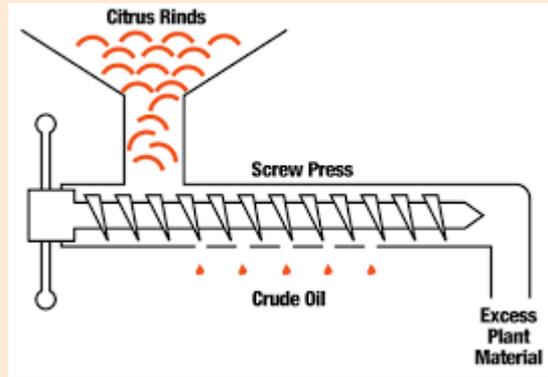
Steam distillation is the most common way to extract aromatic compounds (essential oil) from a plant. During the steam distillation process, steam passes through the plant material. The combination of heated steam and gentle pressure causes the essential oil to be released from microscopic protective sacs. As the vapor mixture flows through a condenser and cools, it yields a layer of oil and a layer of water. The essential oil rises to the top and is separated from the hydrosol (floral water) and collected.



Cold Pressed

Expression

Unlike steam distillation, expression, sometimes referred to as “cold pressed,” does not involve heat. In this process, oil is extracted from the product under mechanical pressure. doTERRA uses expression to extract all of its citrus oils, such as Wild Orange, Lemon, Lime, Bergamot, and Grapefruit, from the rind.





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ONE drop of peppermint essential oil is equivalent to 28 cups of peppermint tea!



Stress- The body's physiological response to overwhelming stimuli



Effects of Stress in the body

According to American psychological association

Stressed body → Tense muscles

Muscle tension → Reflex reaction to stress

Onset stress → Tense all at once then release once stress has passed

Chronic Stress → constant state of guidance

Constant tense → may trigger stress related disorder

How to manage your stress

Some tips..

At work have a diffuser

Wild Orange

Lavender (calming)

Frankincense



Achieving Homeostasis



Healthy Alert Effective

When an individual can honestly assess a situation and choose to interpret it differently, this simple change in thinking can help reprogram and individuals stress response.

Essential oils are excellent support for effectively reprogramming stress response on a chemical level

There are numerous viable essential oils solutions that can interrupt unhealthy stress responses and prevent additional negative results

Usage

Aromatic: Diffuse, inhale from bottle or hands, apply a few drops to clothing, and under nose

Odor molecules travel through the nose and affect the brain through a variety of receptor sites, one of which is the limbic system (emotional brain). Limbic system is directly connected to those parts of the brain that control the heart rate, blood pressure, breathing, memory, stress levels, and hormone balance. This explains why smells trigger emotions.

Topical: Apply to tense muscles, or back, shoulder, neck, legs (anywhere else needed)

Because essential oils are fat solubles, when they are applied directly to the skin, their chemical compounds are readily absorbed and enter the bloodstream and into the cell membranes.

Ingest: Fully target the chemical compounds inside your body

Melaleuca

Eczema, Athlete's foot & candida

Bronchitis, cold and flu

Cuts and wounds

Acne, pinkeye, Staph infection & MRSA

Sore throat & tonsillitis

Dandruff, scabies & lice

Hives, rashes & itchy eyes

Cavities & gum disease

Shock - emotional balance



Lemon

- Detoxify the kidney and gallstones in the body
- Detox & lymphatic cleansing
- Heartburn & reflux
- Congestion & mucus
- Stress
- Runny nose & allergies
- Gout, Rheumatism & allergies
- Degreaser & furniture polish
- Varicose veins
- Emotional balance



Peppermint

- Headaches & migranes
- Bad breath
- Asthma & sinusitis
- Decrease milk supply
- Loss of sense of smell
- Gastritis & digestive discomfort
- Alertness
- Fevers & hot flashes
- Autism
- Cravings
- Allergies & hives



Deep Blue

- Muscle, back & joint pain
- Arthritis & aches
- Whiplash & muscle tension
- Pre- & post-workout
- Growing pains
- Headache & neck pains
- Bruises & injuries
- A toxic free substitute for topical ointments & creams. This blend naturally reduces pain & inflammation



Frankincense

- Oxygenation of the cells
- Supports healthy cellular function
- Promotes feelings of relaxation
- Reduces the appearance of skin imperfections
- Wrinkles
- Scars & stretch marks
- Back pain
- Immune system
- Congestion, cough and allergies
- Meditation, prayer & focus
- Emotional Balance



Oregano

- Viruses
- Intestinal worms & parasites
- Warts, callouses & canker sores
- Urinary infection
- Athlete's foot, ringworm & candida
- Inflammation
- Emotional balance



Lavender

- Sleep issues
- Stress, anxiety & teeth grinding
- Focus & concentration
- Sunburns, burns & scars
- Allergies & hay fever
- Pains & sprains
- Cuts, wounds & blisters
- Headaches
- Emotional balance



Digest Zen

- Ginger, Peppermint, Caraway, Coriander, Anise, Fennel
- Bloating, gas & nausea
- Reflux & indigestion
- Dry, sore throat
- Morning sickness
- Motion & travel sickness
- Colitis
- Diarrhea & constipation
- Food poisoning
- Sinus issues



Breathe

- Peppermint, Eucalyptus, Melaleuca, Lemon, Cardamom
- Asthma
- Allergies
- Cough & congestion
- Sinusitis & nasal polyps
- Sleep issues
- Healthy air flow & oxygen supply bring life and energy with each breath.
Enjoy a restful sleep with this blend



On Guard

- Colds & flu's
- Throat infection
- Antiseptic cleaner
- Urinary tract support
- Cold sores, warts & infected wounds
- Oral health
- Fungal & parasitic issues
- Killing germs & airborne pathogens



Benefits

\$35.00

Discount in all the products

Products free every month!

Free classes!

Family Physician Kit \$150.00

- Lemon
- Lavender
- Peppermint
- Oregano
- On Guard
- Frankincense
- Digest Zen
- Melaleuca
- Deep Blue
- Breathe



Membership Included!

Natural Solutions Kit \$550

(\$100 Free product credits)

- 5 mL
- Digestzen
- Purify
- Melaleuca
- Oregano
- Aromatouch
- Frankincense
- Serenity
- Breathe
- Balance

- 10 ml
- Past Tense
- Clary Calm

- 15 ml
- Citrus bliss
- Lavender
- Lemon
- Peppermint
- Slim & sassy
- Lemongrass
- On Guard

- Other Products
- Lifelong Vitality Pack
- DigestZen
- Terrazyme
- HD Clear
- Foaming face wash
- Deep Blue Rub
- Breathe Vapor Stick
- Correct-X
- Fractionated Coconut oil
- Aroma Lite diffuser
- Wooden Box



Membership included