***Single Oils***

**Arborvitae** Protects against environmental & seasonal threats, promotes healthy cell function

**Basil** Soothes sore muscles/joints, promotes mental alertness, enhances memory function

**Bergamot** Reduces tension & stress, lessens sad and anxious feelings, soothes & rejuvenates skin

**Birch** Stimulates mind & enhances focus, soothes sore muscles, promotes clear breathing

**Black Pepper** Rich source of antioxidants, supports healthy circulation, aids digestion

**Cardamom** Eases occasional indigestion,maintains optimal gastrointestinal balance

**Cassia** Supports healthy immune function, promotes healthy digestion, uplifting aroma

**Cedarwood** Supports & maintains healthy respiratory function; promotes clear, healthy skin

**Cilantro** Powerful cleanser and detoxifier, aids digestion, rich in antioxidants, soothing to skin

**Cinnamon Bark** Maintains a healthy immune system, promotes oral health, natural flavoring

**Clary** **Sage** Helps balance hormones, soothes monthly discomfort associated with menstrual cycles

**Clove** Powerful antioxidant properties, helps soothe teeth & gums, supports cardiovascular health

**Coriander** Helps maintain an already healthy insulin response, tones & rejuvenates skin

**Cypress** Supports localized blood flow; soothes tight, tense muscles; assists with clear breathing

**Douglas Fir** Promotesfeelings of clear airways,cleansing & purifying to skin, promotes positive mood & focus

**Eucalyptus** Supports overall respiratory health, purifies & cleanses, helps lessen stress

**Fennel** Supports a healthy lymphatic system, relieves occasional indigestion

**Frankincense** Helps build & maintain a healthy immune system, promotes cellular health

**Geranium** Promotes clear, healthy skin; supports liver health; helps calm nerves & lessen stress

**Ginger** May help reduce bloating, gas, and occasional indigestion; may help reduce occasional nausea

**Grapefruit** Cleanses & purifies, supports healthy metabolism, helps reduce mental & physical fatigue

**Helichrysum** Helps skin recover quickly, promotes healthy liver function, supports localized blood flow

**Jasmine** Hoarse voice, eye discomfort, sensitive skin, uplift mood

**Juniper Berry** Supports healthy kidney and urinary function, natural cleansing and detoxifying agent

**Lavender** Widely used for calming & relaxing qualities, helps skin recover quickly, eases muscle tension

**Lemon** Cleanses & purifies air/ surfaces, antioxidant benefits, soothes irritated throat

**Lemongrass** Supports healthy digestion, soothes aching muscles & joints, purifies & tones skin

**Lime** Supports healthy immune function; used as aromatic, topical & internal cleanser

**Marjoram** Supports healthy nervous, respiratory, & cardiovascular systems & gastrointestinal health

**Melaleuca** Cleansing & rejuvenating to skin, protects against environmental & seasonal threats

**Melissa** Promotes emotional & cognitive health, calms tension & nerves, helps initiate restful sleep

**Myrrh** Powerful cleansing properties, especially for mouth & throat; promotes emotional balance

**Oregano** Powerful cleansing & purifying agent, provides immune-enhancing benefits

**Patchouli** Grounding, balancing effect on emotions, helps skin recover quickly

**Peppermint** Promotes healthy respiratory function & clear breathing, alleviates occasional stomach upset

**Petitgrain** Provides antioxidant supports & may support healthy cardiovascular function when taken internally

**R. Chamomile** Soothes systems of the body; therapeutic, calming effect on skin, mind & body

**Rosemary** Supports healthy digestion, soothes sore muscles & joints, helps reduce nervous tension & fatigue

**Sandalwood** Enhances mood; grounding & uplifting properties (meditation); promotes healthy, smooth skin

**Spearmint**  Promotes digestion & helps reduce occasional stomach upset, promotes sense of focus & uplifts mood

**Spikenard**  Lifts mood and promotes feelings of calmness & relaxation

**Thyme** Cleansing & purifying effects for skin, broad-spectrum activity in promoting winter-time health

**Vetiver** Calming, grounding effect on emotions; immune-enhancing properties; supports healthy circulation

**White Fir** Provides soothing support to sore muscles & joints, energizes body & mind; helps body relax

**Wild Orange** Powerful cleanser & purifying agent, uplifting to mind & body, high in antioxidants

**Wintergreen** Great for a warming soothing massage after exercise, refreshing aroma that’s uplifting & stimulating

**Ylang Ylang** Helps balance hormones, promotes healthy skin & hair, lifts mood

***Signature Blends***

**AromaTouch** Relaxes muscles & soothes joints, promotes circulation, helps calm & soothe target areas

**Balance** Creates sense of calm & well-being, promotes whole-body relaxation, Mind/body harmony

**Breathe** Supports overall respiratory health, helps minimize the effects of seasonal threats

**Citrus Bliss** Cleanses & purifies air and surfaces, helps reduce stress & uplift mood, refreshing properties

**Clary Calm** Provides temporary respite from cramps, hot flashes & emotional swings

**DDR Prime (+softgels)** Supports healthy cellular function & integrity, protects body & cells from oxidative stress

**DeepBlue** Soothes & provides temporary comfort to sore muscles & joints, supports circulation to same

**DigestZen (+softgels)** Aids in the digestion of foods, soothes occasional stomach upset, maintains healthy GI tract

**Elevation** Elevates mood & increases vitality, helps lessen sad & anxious feelings

**Emotional** Includes 6 oil blends: **Cheer** (uplift), **Console** (comfort), **Forgive** (renew), **Motivate** (encourage), **Passion**

**Aromatherapy**

(Inspire), **Peace** (reassure)—makes aromatherapy easy when dealing with common negative emotions

**HD Clear** Promotes clear, smooth skin; soothes skin irritation, promotes cell renewal

**Immortelle** Reduces appearance of fine lines & wrinkles, supports skin at a cellular level

**InTune** Clarity of mind, focus, concentration

**On Guard (+softgels)** Supports healthy immune function, protects against environmental threats, purifies skin

**PastTense** Eases muscle tension in head & neck; helps reduce tension, stress & worry, calms emotions

**Purify** Eradicates unpleasant aromas & clears the air, protects against environmental threats

**Serenity** Promotes relaxation & restful sleep, lessens tension & calms emotions, helps reduce stress

**Slim & Sassy (+softgels)** Promotes healthy metabolism, stimulates the endocrine system, helps manage hunger cravings

**TerraShield**  Acts as a natural, effective repellent; wards off insects

**Whisper** Calms the skin & emotions; creates a beautiful, unique & personal fragrance; entices the senses

**Zendocrine (+softgels)** Supports healthy liver function, supports body’s natural ability to rid itself of unwanted substances

**Misc: doTERRA Touch** Most popular oils in a roller bottle with base of FCO for easy application, these oils are **underlined**

 **LifeLong Vitality Pack**\*



*doTERRA’s*

*#1*

*Product*

***dōTERRA Essential Oil Inspired Wellness Supplements***

**A2Z** Contains a superfood blend that helps support health & wellness

**\*Alpha CRS+** Supports healthy cell function & metabolism, supports mental clarity

**Bone Nutrient Complex** Optimal levels of vitamins & nutrients for healthy bone mass & density

**Breathe Respiratory Drops, Vapor Stick** Supports overall respiratory health

**Deep Blue …Complex** Patent-pending, fast-acting boswellia extract shown to help support muscle & joint comfort & function

**DigestTab** For individuals with sensitive stomachs, combines calcium carbonate & essential oils for soothing support

**GX Assist** Supports a healthy digestive environment, first step in an essential oil digestive maintenance program

**IQ Omega** Promotes healthy cardiovascular, nervous, & immune system function, healthy joint function

**\*Microplex MVz** Provides 22 essential vitamins & minerals to support normal growth & function of cells

**Mito2Max** Enhances stamina & efficient use of oxygen, improves mental energy, supports regeneration of cells

**Natural Deodorant** Uses beeswax, coconut oil, shea butter, cypress, melaleuca, cedarwood & bergamot oils; men & women

**OnGuard Throat Drops** Helps calm & soothe dry, scratchy throats; supports healthy immune function

**PB Assist+** Supports healthy digestive functions, helps boost GI immunities, helps support healthy skin conditions

**Phytoestrogen** Supplemental dietary phytoestrogens help balance & support normal hormone levels throughout life

**TerraGreens** Supports immune & digestive health, supports weight management,essential nutrients

**Terrazyme** Provides body with essential nutrients,speeds conversion of nutrients to cellular energy

**TriEase Softgels** Maintains clear breathing & healthy immune system function, protects against seasonal elements

**Trim and V Shakes** Provides convenient low-fat, low-calorie, high-protein, high-fiber, lean alternative

**\*xEO Mega** Blend of CPTG oils, marine and land-sourced omega fatty acids, Promotes healthy cardiovascular,

nervous, & immune system function, healthy joint function

**Zendocrine Complex** Supports healthy cleansing & filtering functions of the liver, kidneys, colon, lungs & skin

***Also available: dōTERRA Spa*** *to benefit skin & hair* ***& Essential Living Products*** *for green cleaning & a healthy lifestyle* ***(Cleaner Concentrate, Laundry Detergent, Whitening Toothpaste…)***

***Disclaimer***

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Information on this flyer sourced from Approved Claims List from doTERRA Holdings, LLC.*

*\*These 3 products are sold separately or at a large savings as part of the LifeLong Vitality Pack (LLV)*

*Mini Usage Guide – oils soothe/support healthy function of….*

|  |  |
| --- | --- |
| **Antioxidants, source:** | black pepper, cilantro, clove, lemon, oregano, w. orange |
| **Anxious feelings:** | black pepper |
| **Blood flow, localized:** | cypress, helichrysum |
| **Breathing, assist clear:** | basil, Breathe, cardamom, cypress, eucalyptus, white fir |
| **Calm & well-being:** | Balance, lavender, ylang ylang |
| **Cardiovascular health:** | clove, marjoram |
| **Cell function, healthy:** | arborvitae, DDR Prime, frankincense |
| **Circulation, healthy:** | b.pepper, cassia, cinn., clove, DB, helich., vetiver, AT, Balance |
| **Cleanse & detoxify:** | cilantro, juniper berry, lime, Zendocrine |
| **Cramps, hot flashes,** | (emotional swings, temporary respite from) ClaryCalm |
| **Digestion, supports:** | b. pepper, cassia, DigestZ, ginger, lmngrass, oreg., rosemary |
| **Endocrine System** | (stimulates) Slim & Sassy |
| **Fatigue, helps reduce** | grapefruit, rosemary |
| **Head & neck tension** | (eases) Past Tense, patchouli  |
| **Hormones, balance** | clary sage, ClaryCalm, ylang ylang |
| **Hunger cravings** | (helps manage) Slim & Sassy |
| **Immune Function** | frankincense, lime, melaleuca, melissa, OnGuard, oregano |
| **Indigestion, eases** | (occasional) cardamom, fennel, ginger |
| **Insect repellent** | Arborvitae, TerraShield |
| **Internal health**  | (benefits) cinnamon |
| **Kidney & urinary** | (function, supports healthy) juniper berry |
| **Liver health/function** | (supports healthy) geranium, helichrysum, Zendocrine |
| **Lymphatic System** | (supports healthy) fennel |
| **Memory function** | (& alertness, enhances) basil |
| **Monthly discomfort** | (soothes female) clary sage, fennel |
| **Mood, uplifts** | cardamom, Elev., frank., lemon, lime, sandalwood, ylang. |
| **Muscles & joints** | Bal., basil, cinn, coriand., DB, lmngrass, rosemry, white fir |
| **Nausea, eases occas.** | ginger, DigestZen |
| **Nerves, soothes**  | black pepper, geranium, melissa |
| **Nervous System,**  | (calming) marjoram, rosemary |
| **Oral health, promotes** | cinnamon, clove, eucalyptus, peppermint |
| **Relaxation, promotes** | Serenity, white fir |
| **Respiratory function** | cedarwood, eucalypt., marj., oregano, pepp, w. fir, wintergn |
| **Sad & anxious feelings** | (lessens) bergamot, Elevation |
| **Skin, recover quickly** | helichrysum, Immortelle, lavender, patchouli |
| **Skin, healthy & clear** | berg., cedarwood, geran., sandalw., HDClear, helichr., myrrh |
| **Sleep, helps initiate** | (restful) melissa, Serenity |
| **Stomach upset** | (eases occasional) coriander, DigestZen, peppermint |
| **Stress, lessens** | Balance, basil, Citr Bliss, euc., geran., sandalwood, Serenity |
| **Teeth & gums** | (helps soothe) clove |
| **Tension, relieves** | Helichrysum, juniper berry, Melissa, Serenity |
| **Threats, environment** | (& seasonal) arborvitae, b pepper, melaleuca, Purify |
| **Throat, soothes**  | lemon, peppermint, juniper berry, thyme |

**Introduction to dōTERRA Essential Oils and Wellness**

**What is an essential oil?**

The aromatic and healing compounds found in the seeds, flowers, bark, leaves, and/or roots of plants. They are carefully steam distilled or cold pressed in order to keep the plants’ powerful healing components alive. Essential oils are 50-70x more powerful than herbs!





**What makes dōTERRA oils different from other oils?**

Every batch of every essential oil is thoroughly analyzed

in independent laboratories with a series of tests. The

Certified Pure Therapeutic Grade (CPTG) standard guarantees

that dōTERRA's oils are 100% pure and natural, no synthetics

or contaminates, including pesticides. dōTERRA essential oils

are the safest, most beneficial oils available today.

**There are three main ways to use essential oils:**

* **Topically**: Apply 1-2 drops on the area of concern and gently rub in to increase circulation and absorption. Or, you can apply 1-2 drops on the bottoms of the feet—the pores of the feet are bigger than any other pores, so absorption is very fast.
* **Aromatically:** Use 4 drops in a diffuser. Make your own personal diffuser by putting 1 drop of oil in your hands; rub your hands together, cup over your nose and inhale.
* **Internally:** To use, put 1-2 drops in water and drink, mix with honey or milk, or put a few drops in an empty veggie capsule (found at health food stores or pharmacies) and take like a pill.

**Just remember 2 safety rules:**

* Do not apply (or get) essential oils inside your ear canals, eyes, or nose. These are the most sensitive areas of the body, and essential oils contain very condensed healing components.
* If your skin feels sensitive to an essential oil when used topically, dilute with any vegetable oil, NOT water. Water will drive an oil in faster (which is great when that’s what you want to do!)

**If you aren’t getting the results you were hoping:**

* Increase the frequency of use (try applying every 15-20 minutes!)
* Give me a call if you have any questions.

Name & Info here

*To learn more: call us for class times or to set up a free personal consultation.*