

# 3 Methods of Use

CPTG Certified Pure Tested Grade



Aromatic



Topical

*\*dilute as advised*



Internal



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# Peppermint



- ✓ Rub on temples after you wake up for a morning energy boost.
- ✓ Apply topically to relieve feelings of head or neck tension
- ✓ Promotes healthy respiratory function and clear breathing
- ✓ Helps freshens breath
- ✓ Take internally to alleviate occasional stomach upset.
- ✓ Relieves occasional or mild heartburn or acid indigestion.



1 x drop of dōTERRA Peppermint oil is the equivalent to x 28 cups of peppermint tea - our oils are very potent!



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# Lavender



- ✓ Lavender *“Widely used for its calming and relaxing qualities”*
- ✓ Add Lavender to bath water to soak away stress, or apply it to the temples and the back of the neck.
- ✓ Add a few drops of Lavender to pillows, bedding, or the bottoms of feet to prepare for a restful night’s sleep – also can be taken internally
- ✓ It soothes occasional skin irritations
- ✓ It can reduce anxious feelings - even when the ability to smell aromas has been lost



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This product is not intended to diagnose, treat, cure, or prevent disease.”

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# Lemon



- ✓ Add Lemon essential oil to a spray bottle of water to clean tables, counter tops, and other surfaces
- ✓ Remove stubborn, sticky residue off surfaces
- ✓ Lemon oil makes a great wooden furniture polish and will protect your leather furniture and other leather surfaces or garments
- ✓ Promotes a positive mood and cognitive ability
- ✓ Naturally cleanses the body and aids in digestion - It promotes healthy functioning of the GI tract



**45** Lemons = 1 x 15 ml bottle

\*In a sustainable way

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# Melaleuca



- ✓ **Melaleuca “aka Tea Tree oil”** Renowned for its cleansing and rejuvenating effect on the skin
- ✓ Apply this essential oil to the fingernails and toenails after showering to purify and keep nails looking healthy
- ✓ Add a few drops of to shampoo and lather it into hair to keep it looking thick, clean, and healthy.
- ✓ Promotes a healthy complexion,
- ✓ Supports skincare routine, including mild acne.
- ✓ Promotes healthy immune function
- ✓ Protects against environmental and seasonal threats



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# Oregano



- ✓ Known as a popular cooking spice, Oregano also acts as a **powerful cleansing agent, and offers powerful antioxidants** - *extending its uses far beyond the kitchen!*
- ✓ Dilute Oregano with dōTERRA Fractionated Coconut Oil and apply it to the skin
- ✓ Oregano also supports healthy digestion, respiratory and liver function when taken internally (use a veggie capsule or dilute in water)
- ✓ Put just one drop in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast

**70 times more powerful than herbs!**



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# Frankincense



- ✓ Often called the “**King of Oils,**” Frankincense promotes feelings of peace and overall wellness when used aromatically, while topical and internal uses provide many health benefits
- ✓ Helps support and maintain a healthy immune system
- ✓ It's soothing and beautifying properties are used to rejuvenate skin and help reduce the appearance of imperfections when applied topically
- ✓ Apply to the bottom of your feet to promote feelings of relaxation and to balance mood
- ✓ Frankincense helps **promote cellular health** and can be consumed daily for these internal benefits.



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# Air



- ✓ **Air Respiratory blend**
- ✓ Maintains clear airways and breathing
- ✓ Supports overall respiratory health
- ✓ Great to diffuse to assist with chestiness, asthma
- ✓ Hay fever
- ✓ Sinusitis
- ✓ Colds & Flu
- ✓ Apply before a hike, run, or yoga to open the airways and have a better workout!



Peppermint



Eucalyptus



Cardamom



Laurel Leaf



Ravinsara



Melaleuca



Lemon

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# On Guard

- ✓ **On Guard Protective blend – A powerful oil to ward of viruses bugs and germs**
- ✓ Supports healthy immune function
- ✓ Protects against environmental threats
- ✓ Great to apply to the bottom of children's feet before going to school to support the immune system
- ✓ Cleanses surfaces
- ✓ Purifies the skin while promoting healthy circulation
- ✓ Energizing and uplifting aroma"
- ✓ Great to diffuse in meeting rooms with Wild orange to purify the air



Cinnamon



Clove Bud



Wild Orange



Rosemary



Eucalyptus



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# ZenGest



- ✓ **ZenGest Digestive blend**
- ✓ Aids in the digestion of foods
- ✓ Acid reflux
- ✓ Heartburn
- ✓ Motion sickness
- ✓ Gas!
- ✓ Soothes stomach upset – diarrhoea, constipation
- ✓ Maintains a healthy gastrointestinal tract
- ✓ Great to use after a large meal, to help our digestion, reduce bloated feeling



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# Deep Blue<sup>®</sup> (New Formula)



- ✓ **Deep Blue - The Soothing blend** (not to be taken internally)
- ✓ Soothes and relax muscles.
- ✓ Helps ease achy joints.
- ✓ Rub on lower back muscles after a day of heavy lifting at work or during a move.
- ✓ After long hours on the computer, try rubbing on your fingers, wrists, shoulders and neck.
- ✓ Use it on sore muscles after a workout or beforehand to be proactive.
- ✓ Deep Blue products are registered on the *Cologne List*<sup>®</sup> so are approved safe to use for competing athletes.



Japanese Peppermint



Rosemary



Copaiba



Anise



Bergamot Mint



Peppermint



Eucalyptus



Tea Tree



Helichrysum



Blue Tansy



German Chamomile



Wintergreen

