

ESSENTIAL OILS FOR A HEALTHY HOME

Empowered To Solve Your Family's Needs

1. What are essential oils?

- Pure extracts from plants (50-70 times more powerful than herbs)
- Nature's defence mechanism for plants and cells
- Used anciently and throughout history for health benefits
- Highly concentrated – 1 drop of peppermint essential oil = 28 cups of peppermint tea
- Safe, effective, affordable, and an alternative to synthetic remedies



Learn more at www.doterratools.com/single-oils

2. Explore nature's solutions for your health

Essential oils don't replace traditional medication, however they provide a natural alternative to commonly used medicine.

Choosing to use essential oils provides you with:

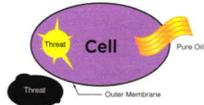
- 100's of natural compounds that have many health and healing properties
- Ability to treat the problem vs. mask the symptoms
- Option to take informed self-care by playing a proactive role in your health
- No side effects vs. known/unknown side effects and possible addictions
- Safe for the whole family



3. Why doTERRA essential oils?

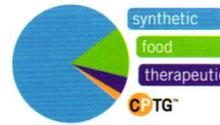
SAFE

- Quality! doTERRA has established a standard of purity - CPTG
- Plants are grown and oils harvested in their natural habitat
- Each batch undergoes multiple third party tests for purity
- The purest oils you can find in the world



EFFECTIVE

- Plants produce essential oils to fight threats such as mold, fungus, viruses, and bacteria
- Essential oils can penetrate the cell membrane and eliminate threats
- Essential oils help you take control of your health naturally



AFFORDABLE

- Only cents per drop vs. costly fees and prescriptions
- Available at home immediately as opposed to waiting for a doctor.



4. How to use essential oils?

I INTERNALLY

- Add to water, drop under tongue, or put in a capsule
- Nourishes the whole body – including the digestive system, mouth and throat, liver and urogenital tract
- Use as directed on labels



Lemon essential oil added to water is both hydrating and alkalisng.

T TOPICALLY

- Powerful! One drop of essential oil can service every cell of your body
- When applied to the bottom of feet it enters your blood stream within 30 seconds.
- Immediate comfort
- Apply to feet, back of ears, chest and back of neck, massage head or troubled areas
- Use with caution on sensitive skin – Keep out of eyes, ears and noses or discomfort will result
- For sensitivity dilute with fractionated coconut oil



Apply Ice Blue® Athletic Blend to areas of the body post work-out.

A AROMATICALLY

- Inhale or use a diffuser
- Inhaling essential oils has the power to affect your mood
- Kills germs in the air
- Eases breathing



Diffuse Easy Air™ during the day or at night, especially during flu season.

5. doTERRA helps you build on a foundation of good nutrition and supplementation

For optimal health and nutrition:

- Use doTERRA's rare, natural and pure essential oils
- Exercise daily, get adequate sleep, eat right and use essential oils freely
- doTERRA has an amazing nutritional product line that maximises the impact of essential oils
- Builds a foundation of nutrition and healthy lifestyle



6. What are the top three health challenges or needs for you or your family?

1. _____
2. _____
3. _____

