



## Take Your Love Life to the Next Level

\* None of the statements in this guide have been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

## NOT ALL OILS ARE CREATED EQUAL!

One of the reasons I chose dōTERRA® is because of their Cō-Impact Sourcing®. dōTERRA® sources its oils from all over the world so that each oil is derived from its indigenous environment. When they are grown and harvested in the proper altitude, climate, seasons, and soil, you end up with a far superior product. This is where dōTERRA®'s commitment to purity begins! Plus the dōTERRA® Cō-Impact Sourcing® initiative helps build communities around the world. Check out [this video](#) to learn more.

The second reason is that the oils are CPTG Certified Pure Therapeutic-Grade® (CPTG). This is REALLY important because every oil has ZERO fillers, synthetics, dyes, pesticides, or contaminants of any kind. They are just pure, unadulterated oils. dōTERRA® created this standard as a promise of purity and each and every batch is third party tested so you can be confident in not just their purity, but potency as well.



## There are three ways to use essential oils:



### 1.) Aromatically

Put a drop in the palm of your hands, cup your hands to your nose and inhale - WOW!!!!  
Diffusing is also a great way to get benefits from the oils. They can support respiratory functions and enhance moods.

### 2.) Topically

When you apply your oils to areas of the body that need support, they reach the bloodstream within 20 seconds and are then distributed throughout the body within 20 minutes. It's best to dilute the oils in fractionated coconut oil to avoid skin sensitivity and ALWAYS dilute for children.

The bottoms of the feet are a great place to apply the oils as it's the most porous section of the skin allowing for quick absorption. [Watch this amazing video](#) on how quickly oils absorb when you used on the feet. You can also apply on the back of the neck or along the spine.

### 3.) Internally

dōTERRA® is the ONLY brand of oil I would trust to use internally. Please do not assume it is okay to use any brand of oil internally as purity varies greatly. If safe for consumption, the bottle will clearly be labelled if it is approved for internal use. Once you are assured of quality, you can add one drop to your water or tea. I like any of the citrus oils for this as it helps me drink my daily recommendation of water.

## Keep the Fire Alive



## Essential Oils for All Areas of Life

Take a look at this 3.5 minute video explaining  
CPTG Certified Pure Therapeutic-Grade® essential oils:

[Click Here](#)

## *Top Essential Oils to* **Boost Your Libido**



### **Most popular oils that help boost intimacy**

- **Cinnamon:** This scent is sweet and spicy and has long been known to enhance energy and reduce fatigue. For today's talk, it is also the oil of sexual harmony and helps to improve circulation and blood flow. Cinnamon essential oil slowly and seductively spreads warmth through your entire body, naturally boosting sexual desire. (Please note, if you are using this oil topically, it is a very hot oil, so dilute 1:4 to carrier oil.)
- **Clary Sage:** This oil has a deep, sweet, nutty flavor and can be described as seductive, sensual, exhilarating, and euphoric. It has been traditionally used to promote hormonal balance within the body and we know that if your hormones are out of whack you will definitely experience low libido. This oil helps calm and soothe stress and anxiety to lessen inhibitions and boost sexual desire.

- **Jasmine:** Enhances mood and energy. Excellent for women.
- **Patchouli:** This has a musky, woody aroma and improves the spirits and balances the libido. Known as an aphrodisiac, it is very voluptuous and sexually stimulating while decreasing inhibition and increasing desire and emotional response.
- **Rose:** This is good for the heart emotionally and physically. Rose supports the circulatory system and is a very sensual scent.
- **Sandalwood:** This oil promotes emotional openness and increases physical sensuality. It creates unprompted interaction and helps lovers get out of a sexual slump.
- **Whisper:** This is a delicious blend of essential oils that are designed to promote sensuality and sexuality in women. Every single oil in this blend helps bring about confidence, joy, peace, and elevated emotions while helping to reduce stress. This blend is also powerful for balancing the hormones in our body.
- **Ylang Ylang:** Known as one of the most powerful essential oil aphrodisiacs, Ylang Ylang has a mesmerizing floral scent that enhances sexual desire, boosts attraction, calms anxiety, and lifts mood while having a very calming effect on the body and the heart. It can relieve those occasional anxious sexual feelings that arise from time to time. It opens the emotions and fosters a feeling of love, security, and serenity while dispelling feelings of anger, jealousy, and envy. It encourages a more sensual and erotic experience during lovemaking. Ylang Ylang can also help with impotence and limited sexual response as it supports the circulatory system.



## **Step One: Set the Mood**

Decide which oils you're going to use and place them on the nightstand. (You may also want to have on hand glasses for drinks, dark chocolate, fresh berries etc.) We will talk more about this in step five.

A quick and easy way to sensually and naturally fragrance a room is to create a room or linen spray in advance.

### **Exotic Linen Spray**

15 drops Ylang Ylang

5 drops Sandalwood

5 drops Patchouli

1 oz. Vodka

1 oz. Purified Water

Combine ingredients in a small, glass spray bottle.  
Shake well and mist bed to set a provocative mood.

Lightly mist pillows and sheets to create an aroma that will titillate the senses and inspire a love-making mood. Eventually, your mind and body will associate this provocative scent with anything but sleep.

## Intimacy Diffuser Blends



### **Aphrodisiac Bedroom Blend**

2 drop White Fir  
2 drop Cinnamon  
2 drop Patchouli  
2 drop Rosemary  
2 drop sandalwood  
2 drop Ylang Ylang

### **Date Night to Remember Blend**

2 drops Cinnamon Bark  
2 drops Patchouli  
2 drops Rosemary  
6 drops Sandalwood  
2 drops Ylang Ylang

### **Peace and Serenity Blend**

5 drops Patchouli  
5 drops Sandalwood

### **Pure Romance Blend**

5 drops Cedarwood  
5 drops Lavender  
3 drops Wild Orange

## **Step Two:** *Relax & Unwind*



- Mix 1 cup Epsom Salts with 10 drops of your favorite dōTERRA® essential oils and store in a sealed jar.
- Add bath salts into a warm bath. Soak and relax.

Relaxing Oils: Lavender, Serenity, Whisper or Ylang Ylang

*If a bath is not your thing, you can still enjoy the aroma of essential oils during your shower ritual. After turning on the water and allowing it to get comfortably hot, sprinkle 2-3 drops of essential oil on the sides of your shower. The oils will disperse into the steam-filled air.*



**Roman Chamomile:** While providing a sweet, floral aroma, Roman Chamomile can soothe body systems as it supports calming effects for the skin, mind and body.\*

**Lavender:** Often considered a must-have oil to keep on hand at all times due to its versatile uses, including calming and relaxing properties that promote peaceful sleep and ease feelings of tension.\*

**Serenity:** dōTERRA® Serenity Restful Blend has a calming and relaxing aroma that provides a unique user experience. This perfectly balanced, tranquil blend can be felt immediately, transporting the user to a state of blissful repose.

**Vetiver:** With a tranquil, grounding and reassuring energy. Great for calmness and stabilization - a nervous system tonic

**Frankincense:** Has a calming and tranquil energy as well as spiritual grounding, helps to quiet the mind and deepen states of meditation



**Step Three:**  
*Turn Up the  
Passion*

*Obviously, you can't just leave it at the step of relaxation or you won't be motivated to do much else. You have to take it one step further by using stimulating oils that activate the body and senses, encouraging love and desire.*

*You can do this a few ways...*

*Use essential oils topically either as a perfume, a massage oil, or both!*



Combine the deep, intoxicating effects of essential oils with an evening of loving, sensual touch and massage to arouse intense desire between you and your significant other!

*Take turns giving each other an intimacy-boosting massage with any of these blends.:*

**Erotic Ecstasy Massage Blend**

2 drops Geranium  
 1 drops Cinnamon  
 1 drop Ginger  
 1 drop Lemon  
 1 drop Peppermint  
 ¼ cup Fractionated Coconut Oil

**Aphrodisiac Massage Blend**

2 drops Rose or Geranium  
 3 drops Sandalwood  
 2 drops Ylang Ylang  
 3 drops Clary Sage  
 ¼ cup Fractionated Coconut Oil

**Sweet and Spicy Massage Blend**

13 drops Wild Orange  
 13 drops of Black Pepper  
 2-4 ounces of Carrier Oil

**Monkey Business Massage Blend**

2 drops Rosemary  
 3 drops of Wild Orange  
 2 drops Patchouli  
 2 drops Bergamot  
 1 ounce Carrier Oil

*These massage blends can be used intimately and applied directly to “sensitive” areas. (Yes, really!) However, because everyone is different, I would suggest having a carrier oil available (FCO, olive oil, or coconut oil), just in case you or your partner find any of the oils a little too stimulating.*



*Your goal should be to leave your man or woman yearning for more and body scents are a GREAT way to accomplish this feat!*

If you want to keep it really simple, try these...

**For Her to Attract Him:** 3 drops of dōTERRA®'s Whisper on the neck or wrists.

**For Him to Attract Her:** Apply 2 drops of dōTERRA®'s Intune to the back of the neck right under the hairline.

*Here are some really special blends if you want to take it into high gear:*

**Perfume Blend for Her**

6 drops of Sandalwood  
3 drops of Ylang ylang  
3 drops Ginger  
10 ml Carrier Oil

**Perfume Blend for Him**

6 drops of Sandalwood  
3 drops of Cinnamon Bark  
3 drops Patchouli  
10 ml Carrier Oil

## **Step 4:** *Get Physical*



**Peppermint:** The high menthol content of dōTERRA® Peppermint essential oil sets it apart from others when it comes to quality, making it one of the best-selling favorites among dōTERRA® essential oils.

**Fennel:** With several health benefits dating back to ancient Rome, Fennel essential oil can still be used to promote healthy digestion and respiratory function while exuding a unique licorice aroma and flavor.

**Ginger:** When used as a kitchen spice, the hot, earthy nature of Ginger adds flavor to a variety of dishes and may help to support healthy digestion.\*

**Lemongrass:** A favorite oil for massages, Lemongrass provides a pungent, smoky aroma and offers purifying and toning benefits for the skin.

**Thyme:** With a specific chemistry that supports a healthy immune system, Thyme is a potent, warm essential oil that holds powerful cleansing and purifying properties.\*

**Cinnamon Bark:** Cinnamon supports healthy metabolic function and helps maintain a healthy immune system, especially when seasonal threats are high.\*

**Black Pepper:** With noteworthy topical and internal benefits, Black Pepper essential oil can be used to add spice and sharpness when cooking, or to ward off seasonal and environmental threats.

# **dōTERRA** Lifelong Vitality Pack®



If having a good sex life and a strong intimate connection with your partner are important, I highly recommend that you nourish and fortify your body by providing a healthy foundation of vitamins, minerals, whole-food extracts, antioxidants, fatty acids, and essential oils.

As we noted before, things like exhaustion, low mood, lack of sleep, hormonal imbalance, and certain health conditions can really put a damper on your sex drive. And remember when I mentioned “getting to the root of the issue?” This is exactly one of the things that you can help you tremendously in doing so!

As one of dōTERRA®'s most popular products, the dōTERRA® Lifelong Vitality Pack is full of essential nutrients, metabolic benefits, and powerful antioxidants designed to help promote energy, health, and lifelong vitality.

The dōTERRA® Lifelong Vitality Program makes taking the first step on the path toward a lifetime of vitality and wellness convenient and affordable. The three core products of the dōTERRA® Lifelong Vitality Program—Alpha CRS®+, xEO Mega®, and Microplex VMz®—are formulated to provide you with targeted levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.\*

Our lifelong health and vitality depend on many factors including diet, physical activity, weight management, rest, stress management, exposure to toxins, and inherited genetic predisposition for disease or wellness. While some of these variables are beyond our complete control, breakthrough scientific research is revealing many ways we can influence—and even control—significant factors of aging and wellness. A long life full of vitality and healthy aging begins with providing your cells with essential nutrients and metabolic factors to help them perform optimally.



## **Step 5:** *Keep it Creative*

*Don't be afraid to get super creative with some of these fun DIY ideas:*

### **Mint Chocolate Body Butter**

- ½ cup cacao butter
- ½ cup organic extra virgin coconut oil
- 4 drops peppermint essential oil
- 3 teaspoons raw honey

### **Peppermint-Whisper Personal Lubricant**

- ½ cup organic extra virgin coconut oil (solid)
- 4 drops Peppermint essential oil
- 4 drops Whisper essential oil blend

Whip solid coconut oil on high for 7-10 minutes or until light and fluffy. Whip in essential oils and store in a sealed contact at room temperature.

### **Better Your Sex Chocolates**

- 1 package of high quality dark chocolate chips
- 5-8 drops of dōTERRA® essential oils of choice (ie. Peppermint, Cinnamon Bark, Lavender, Wild Orange, Ylang Ylang)

Melt chocolate in a double boiler stirring frequently. Remove from heat and allow to cool for one minute before stirring in the essential oils of your choice. Add to a mold or smoothe over parchment paper and place in the freezer until solid (about 5 minutes).



Inspiring love and passion doesn't have to be an insurmountable challenge or stress-inducing task, but can be a satisfying and delightful ritual that is an expression of love and intimacy in itself.

The age-old technique of using aromatic essential oils to set the mood and inspire responsiveness might be just what your modern day love life needs.

Spice up your love life starting right now!

\*If you have any questions about the above information, please feel free to reach out to me or the person who introduced you to doTERRA.

[Meghan Marie Harlow](mailto:MeghanMarieHarlow@WiseHeartBotanica.com)

[MeghanHarlow@WiseHeartBotanica.com](mailto:MeghanHarlow@WiseHeartBotanica.com)

[@MamaWiseHeart](https://www.instagram.com/MamaWiseHeart)

[WiseHeartBotanica.com](http://WiseHeartBotanica.com)