

Welcome

Nature's Oils for Your Home Education Series



What are Essential Oils?

- Nature's defense mechanism for plants & cells!
- Pure extracts from plants
- Highly concentrated
(50–70 times more powerful than herbs)



Essential Oils are Potent



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



Peppermint

(sourced from Washington State, USA)

- Healthy respiratory functions
- Calms stomach & feelings of head tension
- Cools body



Why explore nature's solutions for your health?

- Addresses problem vs masking symptoms
- Very affordable, pennies per drop
- Available at home immediately
- No side effects with proper recommended use



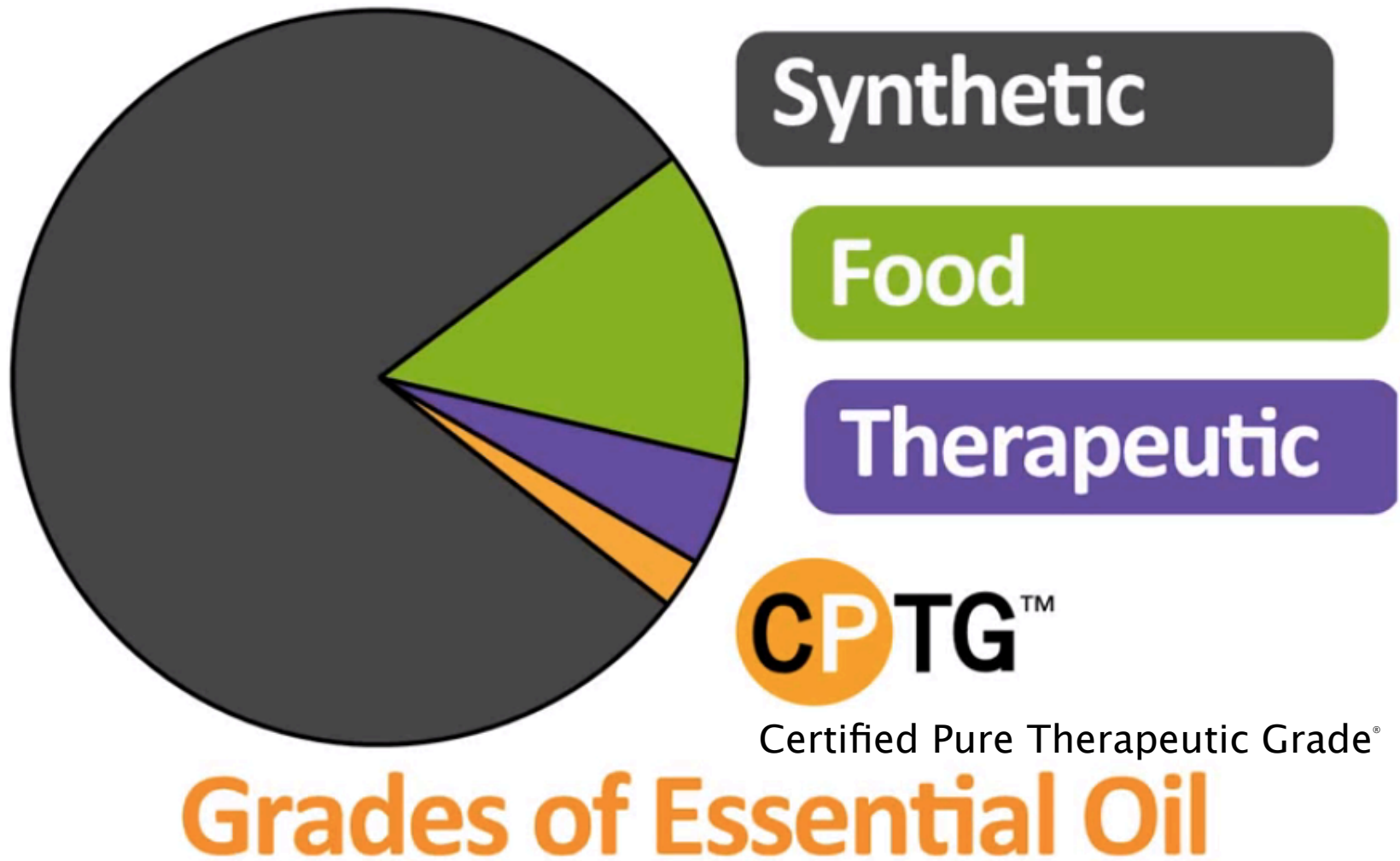
Lavender

(sourced from France)

- Soothes irritated skin
- Soothes emotions
- Supports restful sleep



Why dōTERRA essential oils?



dōTERRA is 100% Pure CPTG

- Plants are grown and oils are harvested in their natural habitat
- CPTG establishes a standard of completely natural purity
- Each batch of oil undergoes multiple 3rd party testing to certify purity
- The purest oils you can find in the world today

Frankincense

(sourced from Oman and Somalia)

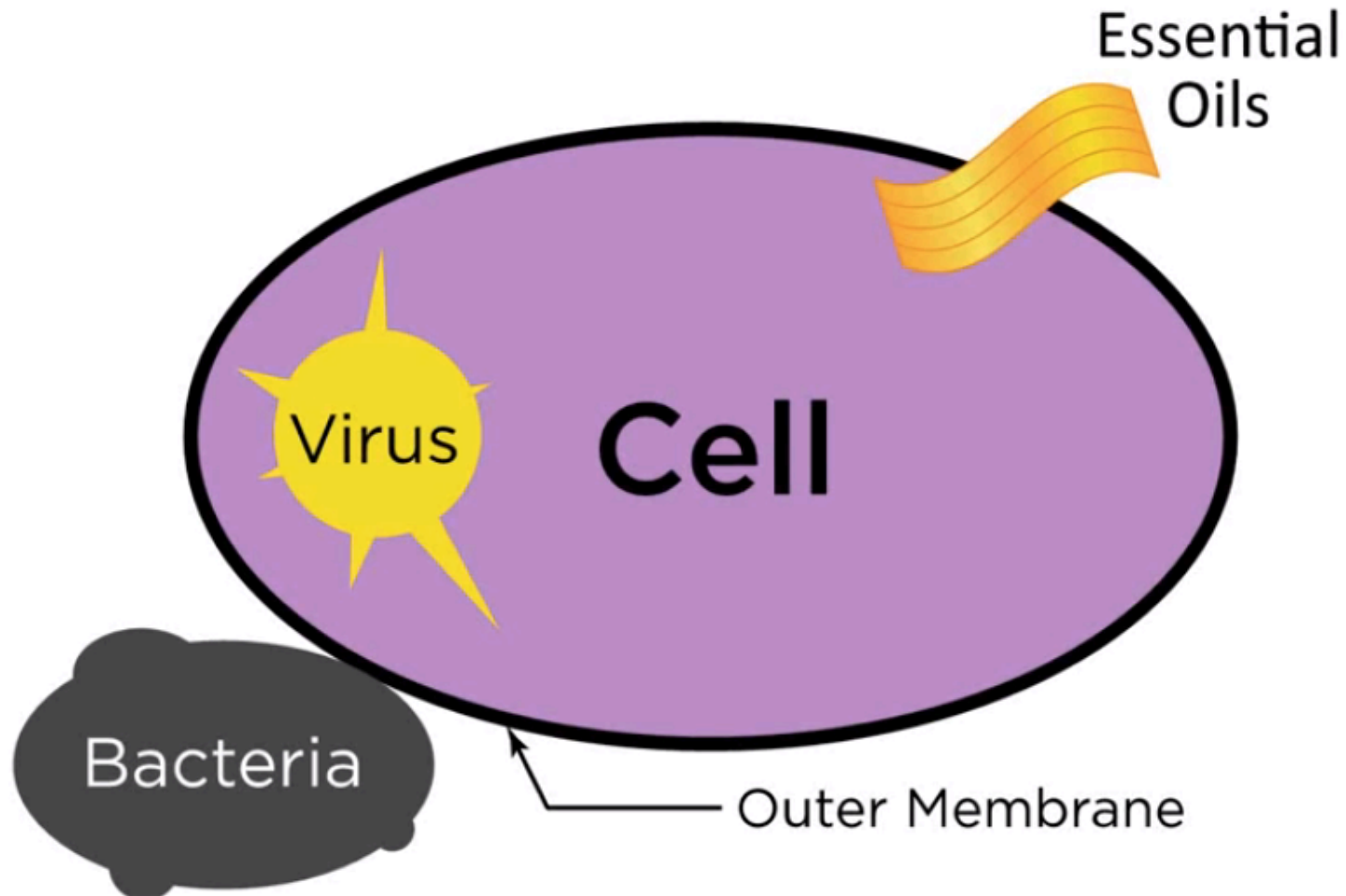
- Supports healthy cellular function
- Use topically to beautify skin
- Balance Mood
- When in doubt, use Frankincense



Essential Oils are Effective

- Essential oils work at the cellular level and protect cells
- Impurities and threats reside on the inside and outside of cells
- Essential oils are nutrients that penetrate (diffuse into) the cell membranes and fight against threats

Essential Oils Have Many Properties



Melaleuca

(sourced from Australia)

- Add to shampoo to nourish the scalp
- Apply topically to nourish skin
- Soothes skin and mouth irritations



How to Use Essential Oils Aromatically

- Inhale or use diffuser
- What you breathe affects your mood
- Cleans the air
- Supports breathing



Breathe

(Respiratory Blend)

- Promotes feeling of easy breathing
- Diffuse at night for healthy and restful breathing
- Apply 2–3 drops on chest and bottom of feet as needed for a soothing sensation



How to Use Essential Oils Topically

- Powerful! One drop of Essential oil can service every cell of your body
- From bottom of feet it nourishes your blood stream within 30 seconds
- Apply to feet, ears, chest, back of neck, head and troubles areas such as tummy
- For sensitivity dilute with fractionated coconut oil



Deep Blue

(Soothing Blend)

- Apply to muscles and joints
- Apply before and after exercise
- Use for deep tissue massage



How to Use Essential Oils Internally

- Just add to water, drop under tongue, or put in a capsule
- Nourishes the whole body – including the digestive system, mouth, throat, liver and urogenital tract
- Taking internally is specific to doTERRA CPTG™ oils



#2

Metabolic Support

Product

Slim and Sassy
(metabolic blend)

- Supports a healthy metabolism
- Nutritionally helps body break down petrochemicals
- Manages hunger cravings
- Take internally and apply topically to target areas
- 3–5 drops or softgels with water 3–5 times per day



Antioxidant Support

On Guard
(protective blend)

- Effective option for immune support
- Diffuse for cleansing the air
- Add two to three drops in a veggie capsule for a quick immune boost
- Supports the body's natural antioxidant defenses
- Rub on bottom of kid's feet during school
- Supports healthy immune function



Lifelong Vitality Pack

- Promotes healthy cardiovascular, nervous, and immune system function
- Supports healthy joint function and comfort
- Supports healthy function of the brain, eyes and nervous system
- Promotes healthy skin
- Provides 22 essential vitamins and minerals to support normal growth, function and maintenance of cells
- Supports healthy metabolism and cellular energy



#1
Product



TerraZyme

- Supports healthy digestion and metabolism of enzyme-deficient processed foods
- Supports conversion of food nutrients to cellular energy
- Promotes gastrointestinal comfort and food intolerance
- Supports healthy production of metabolic enzymes



What are your top 3 health goals?



1. _____

Recommendations:

2. _____

Recommendations:

3. _____

Recommendations:

Success Tips for Natural Solutions

- Use common sense (Follow all label instructions)
- Use Modern Essentials Reference Guide
- Use oils frequently (i.e. every 15 min) for acute problem
- Use oils a couple times a day for a chronic problem
- Use caution with sensitive skin, keep oils out of eyes, ears and nose
- For sensitivity dilute with fractionated coconut oil, not water

APPLICATION METHODS	SKIN SENSITIVITY
A Can be used aromatically	N Can be used topically with no dilution (NEAT)
T Can be used topically	S Dilute for young or sensitive skin (SENSITIVE)
I Can be used internally	D Dilute before using topically (DILUTE)



Three Ways to Purchase

1
retail

2
standard
wholesale

3
loyalty
rewards

benefits

- 25% wholesale discount
- 10–30% back in free product credits
- Free Product of the month
- Returned shipped costs in product credits
- Qualify to receive income



Months
1 to 3

10%

Months
4 to 6

15%

Months
7 to 9

20%

Months
10 to 12

25%

Months
13+

30%

How do I become a wholesale member?

\$35 to Activate Your Membership
or
Membership is **FREE** with any kit!



Wellness Advocate

- ✓ **25% DISCOUNT** OFF RETAIL PRICES
- ✓ 10%– 30% LOYALTY REWARD CREDITS
- ✓ EXCLUSIVE FACEBOOK GROUP
- ✓ PRIVATE CONSULTATION
- ✓ SPECIAL PROMOTIONS
- ✓ WEEKLY PHONE CLASS
- ✓ REFERENCE BOOK!!



- ✓ SPONSOR OTHER WELLNESS ADVOCATES
- ✓ EARN SALES COMMISSIONS