



Magnified Peppermint Leaf

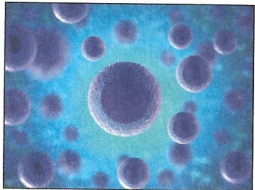
1. What are essential oils?

- Nature's defense mechanism for plants and cells!
- Natural aromatic compounds found in the seeds, bark, stems, roots, flowers & other parts of plants.
- Highly concentrated (50-70 times more powerful than herbs)
1 drop of peppermint essential oil = 28 cups of peppermint tea



Peppermint (sourced from Washington State, USA)

- Promotes healthy respiratory function and clear breathing.*
- Promotes digestive health.*
- Diffuse when feeling fatigued or low on energy.



Cells

2. Why are essential oils effective?

- Essential oils work at the cellular level and protect cells.
- Essential oils are nutrients that penetrate the cell membranes.
- Unique chemical structure allows oils to pass directly through the skin for immediate systemic response to topical application.



Melaleuca (sourced from Australia)

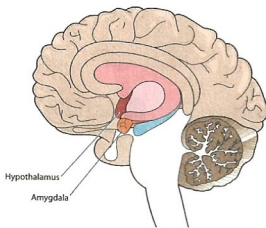
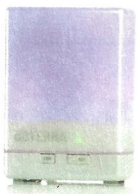
- Add to shampoo to nourish the scalp
- Renowned for its cleansing and rejuvenating effect on the skin.
- Protects against environmental and seasonal threats.*

3. How to use essential oils.

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Aromatically

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



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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 troubled areas
- For sensitivity dilute with fractionated coconut oil



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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



Breathe™

- 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



Deep Blue®

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



On Guard®

- 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.*

4. Why dōTERRA Essential Oils?



cō·impact SOURCING

- Growers are organized into cooperatives with teaching, trainings, capacity building and coordinated services.
- Improved growing and harvesting practices to achieve optimal oil yield and ensure sustainability.
- Consistent higher quality oil. Growers also receive fair and predictable pricing from a long term buyer.



Frankincense (sourced from Oman and Somalia)

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

CPTG



Certified Pure Therapeutic Grade

- 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

