

# 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



### 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

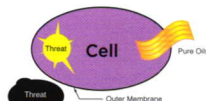


Learn more at [www.doterratools.com/single-oils](http://www.doterratools.com/single-oils)

### 3. Why dōTERRA essential oils?

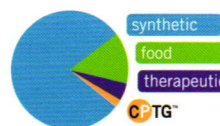
#### SAFE

- Quality! dōTERRA 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. dōTERRA helps you build on a foundation of good nutrition and supplementation

For optimal health and nutrition:

- Use dōTERRA's rare, natural and pure essential oils
- Exercise daily, get adequate sleep, eat right and use essential oils freely
- dōTERRA 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. \_\_\_\_\_



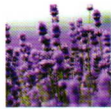


## 7. Essential Oils Every Household Should Have



### Peppermint

- Sourced pure from Washington State, USA
- Has Menthol
  - Invigorates lungs
  - Calms stomach and head tension
  - Increases alertness and focus
  - Cools body



### Lavender

- Sourced pure from France
- Contains linalool – a soothing element
  - Soothes irritated skin
  - Calms bee stings and insect bites
  - Soothes emotions
  - Supports restful sleep and breathing



### Frankincense

- Sourced from Oman, Somalia, and other areas of North Africa.
- See the health benefits listed at [www.pubmed.gov](http://www.pubmed.gov)
  - Good for nourishing the blood and the brain
  - Use topically to beautify skin
  - Take internally to support immunity
  - Good nutrition for aches and pains
  - When in doubt, use Frankincense (the “king of oils”)



### Tea Tree

- Sourced from Australia
- Add to shampoo to nourish the scalp
  - Apply topically to nourish skin
  - Good for feet and toenails
  - Good for mouth and skin
  - Nourishes sores and rashes
  - Apply to cotton ball to soothe ear discomfort



### Oregano

- Sourced from Turkey
- Natural immune support
  - Supports health
  - Good for feet, toenails and warts



### Lemon

- Sourced from Italy
- Drink with water daily
  - Soothes irritated throat
  - Neutralises odours
  - Naturally breaks down petrochemicals in the body
  - Dilute in spray bottle to clean home or kitchen
  - Antioxidant and detoxifier
  - Elevates mood



### Ice Blue®

- A blend of pure oils
- To nourish muscles and joints
  - Rub on arms and legs before and after exercise
  - Apply to tired and aching joints
  - Use for deep tissue massage



### Easy Air™

- A blend of pure oils
- Nourish the lungs and sinuses
  - Diffuse at night for healthy and restful breathing
  - Apply 2-3 drops on chest and bottom of feet as needed for seasonal respiratory discomfort



### Smart & Sassy

- A metabolic blend health program
- Supports a healthy metabolism
  - Nutritionally helps body break down petrochemicals
  - Supports healthy energy and lifts mood
  - Calms stomach
  - Manages hunger
  - Take internally or apply topically on arms, legs and feet
  - 3-5 drops in water 3-5 times a day



### DigestZen®

- A digestive blend of seven pure oils
- Eases digestive discomfort
  - Eases motion sickness or nausea
  - Use at meal time for comfortable digestion
  - Apply 2-3 drops on stomach or drink with water

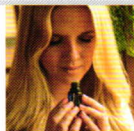


### On Guard®

- A protective blend
- Protective mouth rinse
  - Diffuse in air to eliminate airborne threats
  - Immune support
  - Apply 2-3 drops on spine or bottom of feet
  - Contains nature's most powerful anti-oxidant (Clove oil)

## 8. How to get dōTERRA essential oils

- Choose the product kit that is best for you
- Become a member to enjoy member-only benefits
  - 25% discount off retail
  - Only \$35 membership or free when you purchase an Enrolment Kit
  - Not available in stores



## 9. dōTERRA has a premium Loyalty Rewards Program

LOYALTY  
REWARDS  
PROGRAM

- Be rewarded for making on-going monthly purchases
- Receive product points from regular purchases that can be redeemed for dōTERRA products
- The longer you participate, the more product points you can earn - up to 30% of your total monthly Loyalty Rewards purchases!
- Receive a FREE Product of the Month when your loyalty rewards order totals 125 Points Value and ships on or before 15th of the month
- No lock-in contract – freedom to cancel anytime

dōTERRA Loyalty Rewards Program

### dōTERRA Rewards Credits

Months 1 - 3	Months 4 - 6	Months 7 - 9	Months 10 - 12	Months 13+
10%	15%	20%	25%	30%

25% Wholesale Savings

## 10. Three ways to become an oil user that will benefit your life

### LIVE

Take charge of your Health and Nutrition

- Take care of your health naturally by using dōTERRA's pure essential oils
- Enhance your lifestyle and learn more about oils and other dōTERRA products at [www.doterra.com/au](http://www.doterra.com/au)
- Earn FREE products with the Loyalty Rewards Program
- dōTERRA teaches informed self-care and encourages people to take a proactive role in their health

### SHARE

Help others improve their Health

- Help your friends by sharing essential oils with them
- Invite those you know to learn more about essential oils
- Host a class and be rewarded for sharing the oils
- dōTERRA essential oils represent the safest and most beneficial essential oils available today

### BUILD

Supplement or Replace Income

- dōTERRA offers you the opportunity to supplement or replace your income
- Opportunities to become financially free when you join
- To learn more speak with the person who invited you to this event

