

Learn essential oils

What are essential oils?

- Nature's defense and regenerative mechanism for plants
- Pure extracts from plants (50-70 X more powerful than herbs)
- Carefully steam distilled or cold pressed extraction
- Safe, effective, and affordable alternative to synthetic health remedies

One drop of Peppermint = 28 cups of Peppermint tea

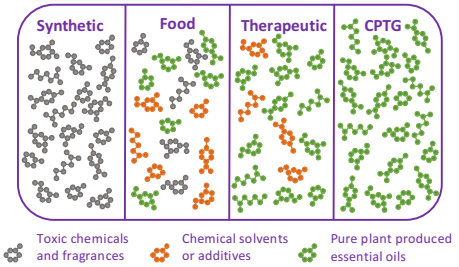
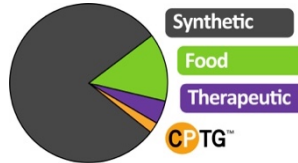


What is Certified Pure Therapeutic Grade (CPTG)?

- Each CPTG oil is **pure** and **potent**
- **Potent** because dōTERRA globally sources oils specifically for therapeutic value
- **Pure** because third-party scientists test every liter before bottling
- dōTERRA essential oils are free of fillers, pesticides, solvents, and additives

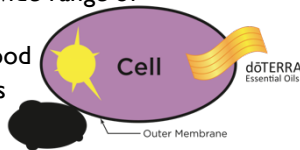


• Sustainable Sourcing



How do essential oils help us?

- Provide a safe and natural alternative to commonly used health remedies
- Hundreds of compounds in each essential oil have a wide range of emotional and physical wellness applications
- Used for thousands of years for health, beauty, and food
- Oils work with body to address issue and root causes on a cellular level



How do we use essential oils?

Aromatically diffuse inhale	Internally drink encapsulate	Topically apply massage
Affects mood, memory, and airways	Digestive system, mouth, throat, organs...	Immediate, systemic, localized effect

• Wellness Philosophy

Guidelines for usage:

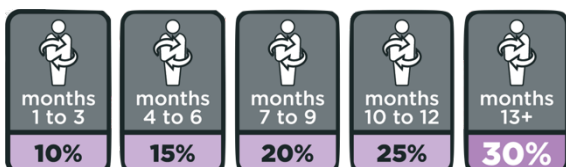
- **Neat** - no dilution required
- **Sensitive** - dilute for young or sensitive skin
- **Dilute** - dilute before using with a carrier oil or lotion



How do I buy dōTERRA essential oils?

You have three ways to buy dōTERRA essential oils:

- **Retail** - buy directly from a Wellness Advocate
- **Wholesale** - buy all your product at 25% off retail
- **Below wholesale** - get free products monthly!



• Generous Loyalty Rewards Program

Why join dōTERRA?

The benefits of setting up a wholesale account:

- **Wholesale prices** (25% below retail)
- **No obligation** or minimum order requirements
- Earn **Shipping Rewards** (get product points)
- Product **Promotions**
- Member **Loyalty Rewards Program** – get up to 30% of your order back in product points
- Only \$35 for first year
- Renewal only \$25 per year receive 15 mL Peppermint oil

Last updated on February 23, 2017
www.jadebalden.com

*This product is not intended to diagnose, treat, cure, or prevent any disease.

The wonderful properties of just a few popular essential oils...

 <p>❑ AromaTouch® Massage Blend—relaxes muscles and soothes joints; promotes circulation; and helps to calm and soothe</p>	 <p>❑ InTune® Focus Blend—enhances and sustains focus; supports efforts of paying attention; and improves concentration</p>
 <p>❑ Balance® Grounding Blend—grounding; lessens stress and anxious feelings; quiets mind chatter; and creates a sense of calm</p>	 <p>❑ Juniper Berry—support healthy kidney and urinary function; may benefit problematic skin areas; and acts as a natural detoxifier</p>
 <p>❑ Bergamot—uplifts; reduces tension and stress; promotes healthy, clear skin; reduces tension and stress; soothes; and rejuvenates</p>	 <p>❑ Lavender Peace® Calming Blend—calming and renewing fragrance; promotes relaxation and restful sleep; and lessens tension</p>
 <p>❑ Cilantro—powerful cleanser and detoxifier; powerful antioxidant; rich in antioxidants; aids digestion; and a powerful detoxifier</p>	 <p>❑ Lavender—widely used for its calming and relaxing qualities; soothes occasional skin irritations; and helps skin recover quickly</p>
 <p>❑ Citrus Bliss Invigorating Blend—invigorating; energizing; uplifting; refreshing; and cleanses and purifies the air and surfaces</p>	 <p>❑ Lemon—cleanses and purifies the air and surfaces; naturally cleanses the body; aids digestion; and promotes a positive mood</p>
 <p>❑ ClaryCalm® Monthly Blend—helps balance hormones; provides temporary relief from cramps, hot flashes, and emotional swings</p>	 <p>❑ Lime—supports healthy immune function; positively affects mood with stimulating and refreshing properties; and aids emotional balance</p>
 <p>❑ DDR Prime® —supports healthy cellular integrity by helping to reduce oxidative stress; and supports healthy metabolism</p>	 <p>❑ On Guard® Protective Blend—supports healthy immune function; protects against environmental threats; and cleanse surfaces</p>
 <p>❑ DigestZen® Digestive Blend—aids in the digestion of foods; soothes occasional stomach upset; and helps maintain a healthy gut</p>	 <p>❑ Oregano—used as a powerful cleansing and purifying agent; provides immune-enhancing benefits; and supports healthy digestion</p>
 <p>❑ Easy Air® Respiratory Blend—maintains clear airways; supports overall respiratory health; and helps seasonal threats</p>	 <p>❑ PastTense® Tension Blend—eases muscle tension in the head and neck; helps reduce tension, stress, and worry; and soothes</p>
 <p>❑ Elevation® Joyful Blend—elevates mood; increases vitality; helps lessen sad and anxious feelings; and energizes and refreshes</p>	 <p>❑ Peppermint—promotes healthy respiratory function and clear breathing; and alleviates occasional stomach upset</p>
 <p>❑ Frankincense—promotes cellular health; supports a healthy immune system; reduces the appearance of blemishes; and rejuvenates skin</p>	 <p>❑ Salubelle® Anti-Aging Blend— reduces the appearance of lines and wrinkles; and helps sustain smoother, youthful skin</p>
 <p>❑ Geranium—promotes clear, healthy skin; supports liver health; helps calm nerves and lessens stress; and balances emotions</p>	 <p>❑ Smart and Sassy® Metabolic Blend—calms your stomach and lifts your mood; promotes healthy metabolism; manages cravings</p>
 <p>❑ Ginger—helps ease occasional indigestion and nausea; promotes digestion; and supports overall digestive health</p>	 <p>❑ Tea Tree—renowned for its cleansing and rejuvenating effect on the skin; promotes healthy immune function; helps purify and freshen the air</p>
 <p>❑ Grapefruit—cleanses and purifies; beneficial for oily skin issues; supports healthy metabolism; and helps reduce mental fatigue</p>	 <p>❑ TerraShield® Repellent Blend—acts as an effective, natural repellent; natural approach to ward off insects</p>
 <p>❑ Helichrysum—helps skin recover quickly; promotes healthy liver function; supports localized blood flow; and helps detoxify the body</p>	 <p>❑ Whisper® Women's Blend—combines individuals' chemistry to create a unique and personal fragrance; calms the skin and emotions</p>
 <p>❑ Ice Blue® Soothing Blend—soothes sore muscles and achy joints; supports healthy circulation; and comforts tired and sore muscles</p>	 <p>❑ Wild Orange—powerful cleanser and purifying agent; protects against seasonal and environmental threats; and uplifts the mind</p>