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TRANSFORM YOUR DAY  
WITH **dōTERRA**  
ESSENTIAL OILS

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ESSENTIAL EARTH WISDOM

# TRANSFORM YOUR DAY WITH **dōTERRA** ESSENTIAL OILS

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## *Morning:*

- Brush with OnGuard toothpaste - This toothpaste contains not just the OnGuard blend, but also Myrrh! Tip - Create a custom mouthwash and blend a drop of On Guard with ½ glass of water.
- Rub 1-2 drops of peppermint onto neck to get out of bed superfast and ready for a great day
- One drop each of lemon (to cleanse) and OnGuard blend (to boost immunity) in water to rehydrate and to detoxify
- Take 1/2 dose of Lifelong Vitality supplements (Did you know this is our #1 product- like Wow!)

## *Lunch/Afternoon:*

- Take 1/2 dose of Lifelong Vitality supplements (Yes, you need them! Otherwise you will be snoozing at your desk by 3 pm ... just trust me!)
- Before/After lunch 1-5 drops of Slim and Sassy metabolic blend (This blend has other positive side effects besides curbing hunger, namely an energy boost and helps fight sugar cravings!)
- 1-2 capsules of Terrazyme (helps to support smoooooth digestion, ya know it!)
- 1-2 drops of lemon oil in your salad dressing is a great idea, refreshing and zesty
- 1-3 drops each of lemon and/or OnGuard protective blend in beverage with lunch (you already know water is best, right? Yes, we thought so...)
- Rub Intune on back of neck during work (because yes, I get distracted ... need I say more?)

## *Dinner/Evening*

- 1-2 capsules of terrazyme with dinner because ...yummy carbs!
- 1 capsule PB Assist Probiotic with dinner ( this is the BEST probiotic ever.)
- 1-5 drops slim and sassy metabolic blend to conquer late night munchies (sometimes I win and sometimes I don't, but this at least gives me an edge! )
- 1-2 drops each of balance and serenity on back of neck and/or bottom of feet
- 1-2 Serenity Restful Blend softgels 30 mins before bed.
- Brush with OnGuard toothpaste.
- Diffuse this night time blend of ⅔ drops of Lavender and Vetiver
- Glass of water and then
- Lights Out



## What is an Essential Oil?

A variety of plants cover the Earth in different shapes, sizes, colors, and scents. Each of these plants contains compounds that typically can't be seen with the naked eye—they hide within the roots, flowers, seeds, bark, or other areas of the plant. These compounds are known as essential oils. They are highly concentrated, making them extremely potent.

- **Egypt:** Egyptians used plant-based products in beauty treatments, food preparations, burial rituals, and religious ceremonies.
- **Greece:** In ancient Greece, men like Homer and Hippocrates explored the aromatic uses of plants, building on discoveries made by early Egyptians.
- **Rome:** Ancient Romans often used plant extracts for massage, perfume, and scented baths.

## Why use Essential Oils?

Essential oils are just great and give loads of benefits for anyone who uses them. With a basic understanding of how essential oils work, it is easy to include them in your everyday routine (see page 1) If you are wondering, “Do I really have use for essential oils in my normal, everyday life?” answer the questions below to see how essential oils might fit into your daily routine:

Q: Do you worry about using household cleaners that may expose your children to harsh chemicals or toxins?

Q: Do you ever look for ways to strengthen damaged hair or a stressed scalp?

Q: Do you ever experience occasional digestive discomfort?

Q: Are you ever in need of products to help support a healthy immune system?

If you answered ‘yes’ to any of these questions, you might have more use for essential oils in your life than you think. While some view essential oil as mysterious or complicated, they can be used for household cleaning, cooking and baking, improving well-being, and more. Along with the applications for everyday life, many enjoy essential oils because of their health benefits, as well as their positive effects on emotions.

The chemical design of an essential oil gives it specific benefits. The aroma of essential oils can also create a chemical reaction in the brain, eliciting emotions and internal responses!

# How do I use essential oils?

Now that you know what an essential oil is and where essential oils come from, it is time to learn how to use them. All you need is a basic understanding of how to safely and simply use essential oils during your daily routine to reap the benefits.

## Aromatic

One way to experience the benefits of essential oils is aromatically, or by breathing them in. Using essential oils aromatically can offer many benefits; however, it can be particularly helpful for improving or managing mood.

## Diffusion

Diffusion is the most effective way to enjoy essential oils aromatically and is most efficiently accomplished by using an essential oil diffuser. Essential oil diffusers take a whole oil and transform it into a mist, or microscopic droplets, that allow the user to experience the aroma of the essential oil for an extended period of time.

## Topical Use

Applying essential oils topically is a safe, effective way to yield the benefits that essential oils hold for the skin and other aspects of the human body. Essential oils are easily absorbed into the skin; however, you can prolong the benefits of an essential oil by using a carrier oil to slow down the evaporation of the oil, allowing it to moisturize the skin.

## Internal Use

Research continues to confirm the safety of internal application and validate its many uses. It turns out, essential oils are most likely already a big part of your daily diet. A large portion of the plants that we consume throughout the course of a day produce small amounts of essential oil.





- Reduce the appearance of skin imperfections or soothe occasional skin irritations by applying Lavender oil to the skin.
- Place a few drops of Lavender oil in your essential oil diffuser to help ease feeling of tension.



- Place a few drops of Lemon oil in your diffuser to help create an uplifting environment
- Soak a cloth or rag in Lemon oil and use it to protect, clean, and shine wood finishes around the home
- Add a few drops of Lemon oil to a glass of water for a more refreshing beverage.



- Freshen your breath by placing one drop of Peppermint oil in your mouth
- Place a few drops of Peppermint in your essential oil diffuser when you are feeling low on energy
- Add Peppermint oil to your shampoo or conditioner to give yourself a stimulating hair massage

## Oil Blends

### *Fabulous Foot Treat*

Soothing Bath or Foot Soak

- 1/2 C Baking Soda
- 1/2 C Epsom Salt
- 3 drops Roman Chamomile
- 3 drops Wild Orange

Mix oils into baking soda, mix baking soda into epsom salt & add to warm, running water.

Step in, tune out & enjoy.

### *Sweet Dreams*

Because for some people, lavender just doesn't cut it.

- 2 drops Frankincense
- 3 drops Citrus Bliss
- 2 drops Roman Chamomile

### *Blissful Blend*

- 25 drops Citrus Bliss
- 10 drops Hawaiian Sandalwood
- 10 drops Patchouli
- 10 drops Ylang Ylang

Fill 10ml roller bottle with fractionated coconut oil.



# THERE ARE OVER 6,000,000 HOMES WORLDWIDE USING dōTERRA ESSENTIAL OILS.

## Why use dōTERRA Essential Oils?

dōTERRA essential oils are carefully distilled from plants that have been harvested at the perfect moment by experienced growers from all over the world for ideal extract composition and efficacy. Plants are always sourced from their native growing region. Each dōTERRA essential oil goes through thorough testing using the strict CPTG Certified Pure Therapeutic Grade quality protocol. This testing guarantees the absence of toxins, contaminants and organisms. The purity of an essential oil is its most important characteristic. The CPTG process begins immediately after distillation and every oil is reviewed for its chemical composition. We harvest our oils all around the globe where the oils have their highest therapeutic value and we work with our growers through our co-impact sourcing initiative.

dōTERRA oils are 100% natural, easy to use, safe for all ages and will actually work within minutes and have virtually no side effects.

Want to get these oils into YOUR home and learn more ?  
Looking for a better way to support your body and your family?

What are you waiting for? You need these in your life!

I am happy to support you, If you want to learn more please reach out.

fiona@essentialearthwisdom.com | [www.essentialearthwisdom.com](http://www.essentialearthwisdom.com)

