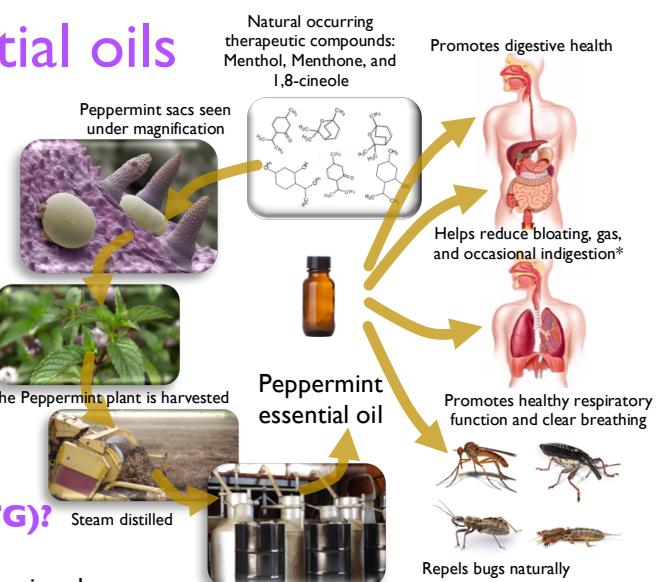


# Learn essential oils

## What are essential oils?

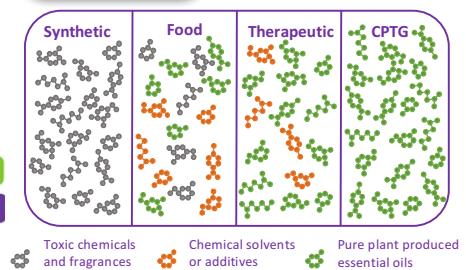
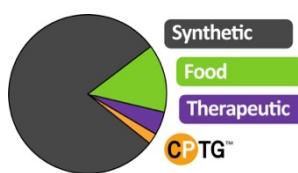
- Nature's defense and regenerative mechanism for plants
- Pure extracts from plants (50-70 X more powerful than herbs)
- Carefully steam distilled or cold pressed extraction
- Safe, effective, and affordable alternative to synthetic health remedies

One drop of Peppermint = 28 cups of Peppermint tea



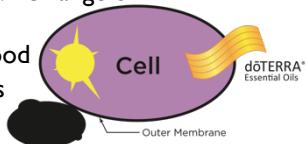
## What is Certified Pure Therapeutic Grade (CPTG)?

- 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



## 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



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