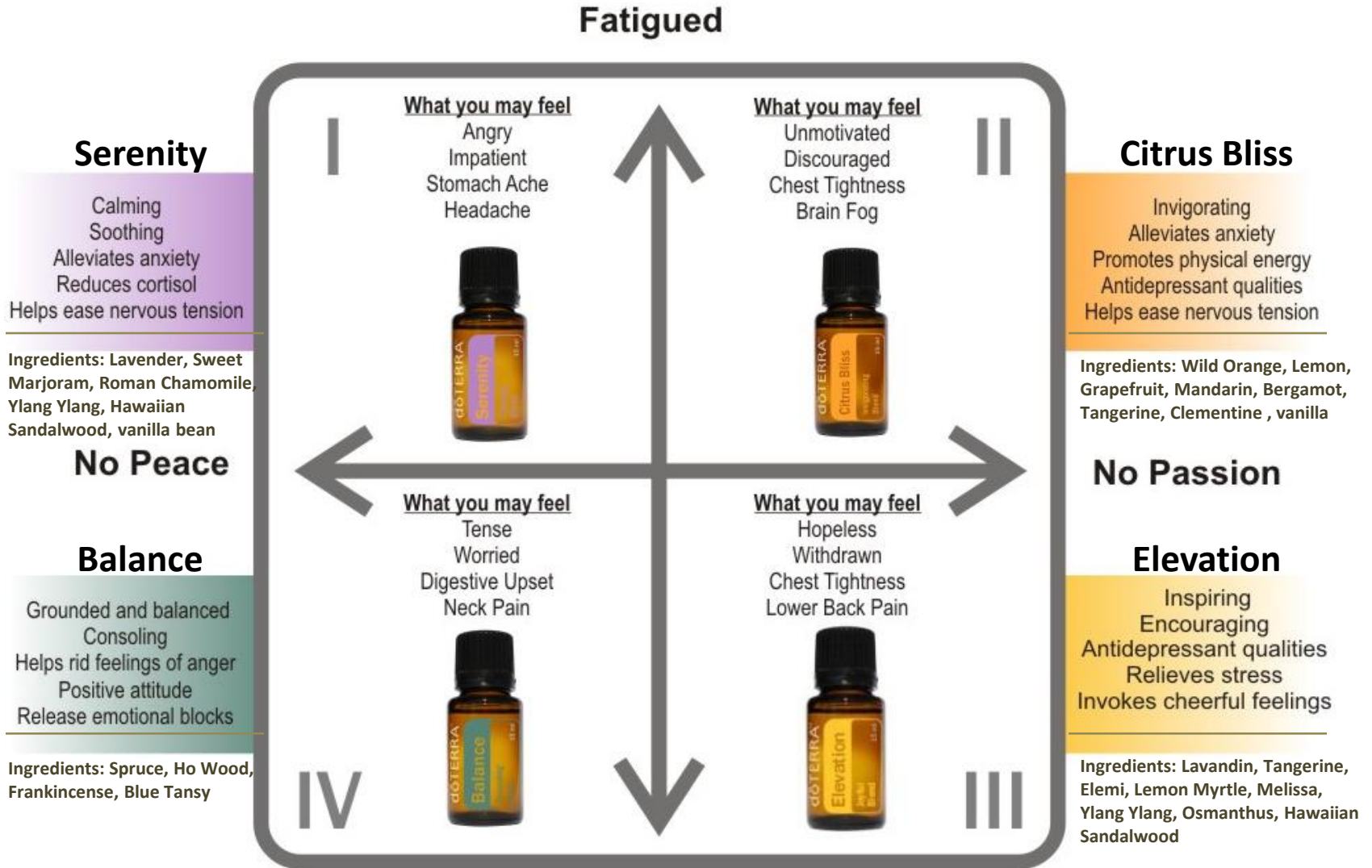


1-Minute Mood Management

Are you feeling kind of funky? Check this chart and see where you fall in the matrix then try the suggested essential oil to help you feel better. Application is 2-3 drops on the bottom of your foot or 1 drop rubbed between your hands, cup over your nose and inhale.



1-Minute Wellness Management

These oils can help clear your airway, keep your focus, enhance your immune support, and soothe a headache.

Application is 1-2 drops applied to location of discomfort or rubbed between your hands, cup over your nose and inhale.



Breathe

Anti-inflammatory
Anti-bacterial
Anti-viral
Opens respiratory airways
Sooths respiratory system

Ingredients:
Laurel Leaf,
Cardamom,
Peppermint,
Eucalyptus,
Melaleuca,
Lemon, and
Ravensara

Common
Uses: ADD/ADHD
Focus
Anxiety
Hyperactivity



InTune



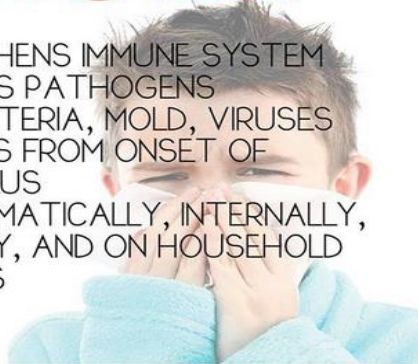
Ingredients:
Amyris Bark,
Patchouli Leaf,
Frankincense
Resin, Lime
Peel, Ylang
Ylang Flower,
Hawaiian
Sandalwood,
and Roman
Chamomile

OnGuard

STRENGTHENS IMMUNE SYSTEM
ELIMINATES PATHOGENS
KILLS BACTERIA, MOLD, VIRUSES
PROTECTS FROM ONSET OF
COLDS, FLU
USE: AROMATICALLY, INTERNALLY,
TOPICALLY, AND ON HOUSEHOLD
SURFACES



Ingredients: Wild Orange, Clove
Bud, Cinnamon, Eucalyptus, and
Rosemary



MUSCLE /JOINT PAIN RELIEF
TENSION HEADACHES
MIGRAINES
ARTHRITIS
NERVOUSNESS/ STRESS
CIRCULATION
ANTI-INFLAMMATORY



PastTense

a tension blend



Ingredients:
Wintergreen,
Lavender,
Peppermint,
Frankincense
, Cilantro,
Marjoram,
Roman
Chamomile,
Basil, and
Rosemary

3 Ways to Use Essential Oils

A

Aromatic



- Kill germs in the air
- Open airways
- Affect mood, including depression

T

Topical



- Apply to head, feet, ears, chest, back of the neck, and/or troubled areas: From bottom of feet, enters bloodstream to affect entire body within 30 seconds

I

Internal



- Specific to doTERRA CPTG™ oils
- Under tongue, in gel capsule, or in water
- Relieves issues in the digestive system, mouth, throat, and liver