

ESSENTIAL OIL TIPS FOR TEACHERS!

Essential oils have been the natural medicines of ancient civilizations throughout history. They are easy to use and an effective alternative healthcare solution. dōTERRA Essential Oils are Certified Pure Therapeutic Grade (CPTG) which means they are tested by an independent third party and then by dōTERRA many times throughout the whole production process.



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Mix 2 drops of Wild Orange & Peppermint oil in a diffuser for **ALERTNESS** (especially after lunchtime!)



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Mix a few drops of On Guard & Lemon together with water as a safe, natural & powerful antiviral, antibacterial all purpose **CLEANER & HAND SANITIZER**



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Rub 2 drops of each of InTune & Balance on ears, back of neck and across the forehead before school starts for **FOCUS**



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Add 1-2 drops of each of DigestZen & Lemon oil in water and drink morning and night for strong **IMMUNITY & DIGESTION**



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Mix 1-2 drops of Deep Blue (Ice Blue) & AromaTouch oil in with fractionated coconut oil for the **PAIN IN THE NECK**

ESSENTIAL OIL TIPS FOR TEACHERS!



Sleep is just as important as exercising and eating right. Take 2 soft gels 30 minutes before bed. Add Serenity to your diffuser and smell while you **SLEEP**



Add any of these oils to a diffuser for your **SANITY**

1 WHAT ARE ESSENTIAL OILS?

Essential oils are natural aromatic compounds from plants. They are the plants defense mechanism. Essential oils have many health benefits. They support and protect the body at a cellular level.

2 HOW DO I USE ESSENTIAL OILS?

1. Smell It

- Mood Balancing
- Cleanse The Air
- Open Airways

2. Rub It

- Muscles & Joints
- Skin repair
- Systemic Support

3. Drink It

- Digestive Support
- Organ Cleansing
- Mouth & Throat

3 HOW CAN I GET SOME?

Sign up for an obligation free wholesale account with dōTERRA.

- \$35 Membership fee for the 1st year
- Simple online ordering at your convenience
- Direct home delivery
- Earn loyalty reward points for free product redemption
- \$25 renewal fee
- Continual support and further essential oil education
- **FREE Membership** when you choose any Enrollment Kit Options