



# doTERRA Essential Oils

Health & Wellbeing  
the *natural* way.



# Hi! My name is Julie Evans

Essential oil educator

Women's Emotional Wellbeing Coach

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Aroma yin yoga teacher

Holistic therapy tutor

Nutritional Therapist





# What is an Essential Oil

- Natural aromatic compounds found in plants – roots, leaves, flowers, seeds, rind.
- Steam-distilled or cold-pressed extraction. Immune system of the plant.
- 50-70 times more powerful than dried herbs.
- Powerful, safe benefits without side effects.





# Essential Oils Made Easy

*3 cool things about Essential Oils*

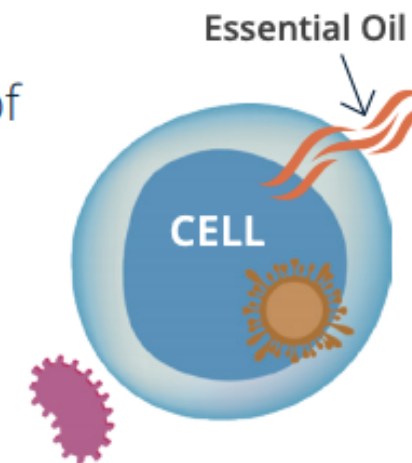
## 1 SAFE

- Natural and safe. Benefits without side effects.
- Extracts from plants with amazing health benefits.
- CPTG Certified Pure Tested Grade™  
Pure and potent.



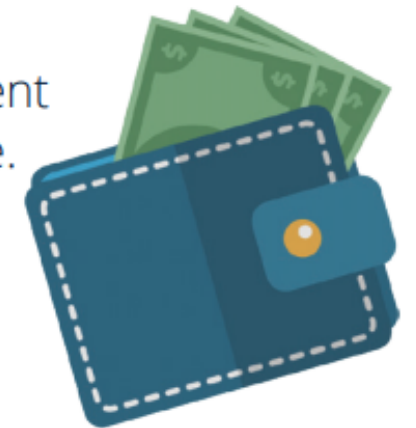
## 2 EFFECTIVE

- Effective way to address root cause of health problems.
- Essential oils permeate the cell membrane.



## 3 AFFORDABLE

- \$6.5 trillion/year spent on global healthcare.
- Essential oils just pennies per dose.
- Save money with natural solutions.





# doTERRA Essential Oils

*3 ways to use*

## A AROMATIC

**Diffuse or inhale to:**

- Positively affect mood
- Cleanse the air
- Open airways



## I INTERNAL

**Enjoy a few drops:**

- In water
- In veggie caps
- Under your tongue



## T TOPICAL

**Apply to affected area for:**

- Localized benefits
- Dilute with Fractionated Coconut Oil for best results



# Essential Oil Safety



Very safe and gentle without side effects

Follow all label  
directions

Keep out of eyes, ears and nose

Dilute with vegetable oil, not water

Skin sensitivity primary safety issue





Peppermint Leaf Oil Sac

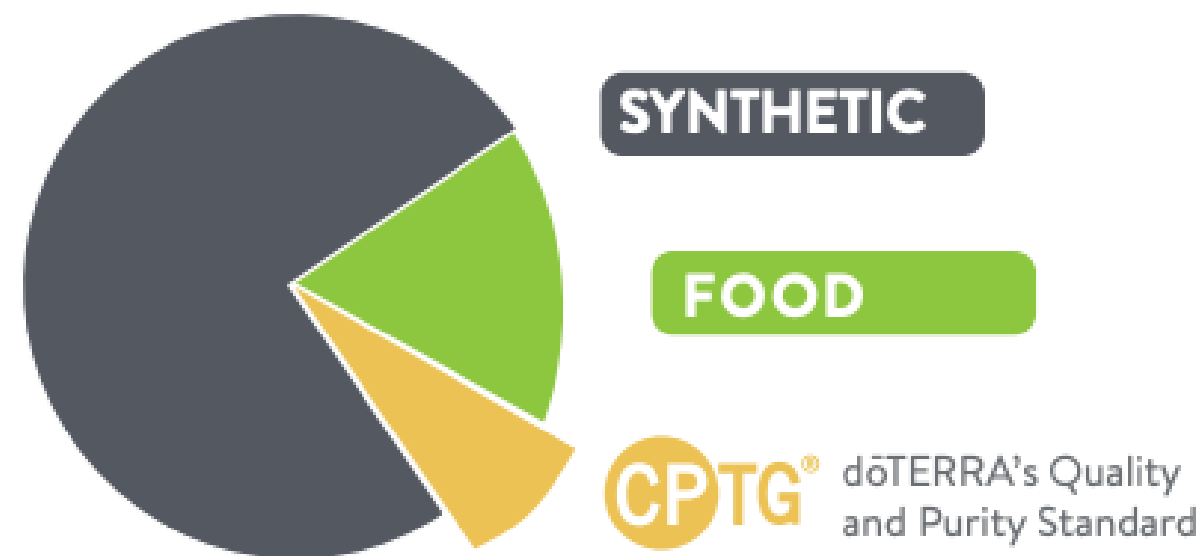


## Natural, Effective, and Safe

- Contains natural compounds that are extracted and distilled from plants for various benefits.
- Comprised of hundreds of different compounds, utilizing complex and versatile abilities to combat threats without building up resistance.
- Work with the body to address issues and root causes on a cellular level.
- Affordable. Pennies per dose!

# Essential Oils Are Effective

Why a new standard of quality?



*Grades of Essential Oils*

**Most tested. Most trusted.**

- Plants harvested in their natural habitat
- Verified pure; free of fillers and harmful contaminants
- Stringent third-party testing to ensure authenticity and potency

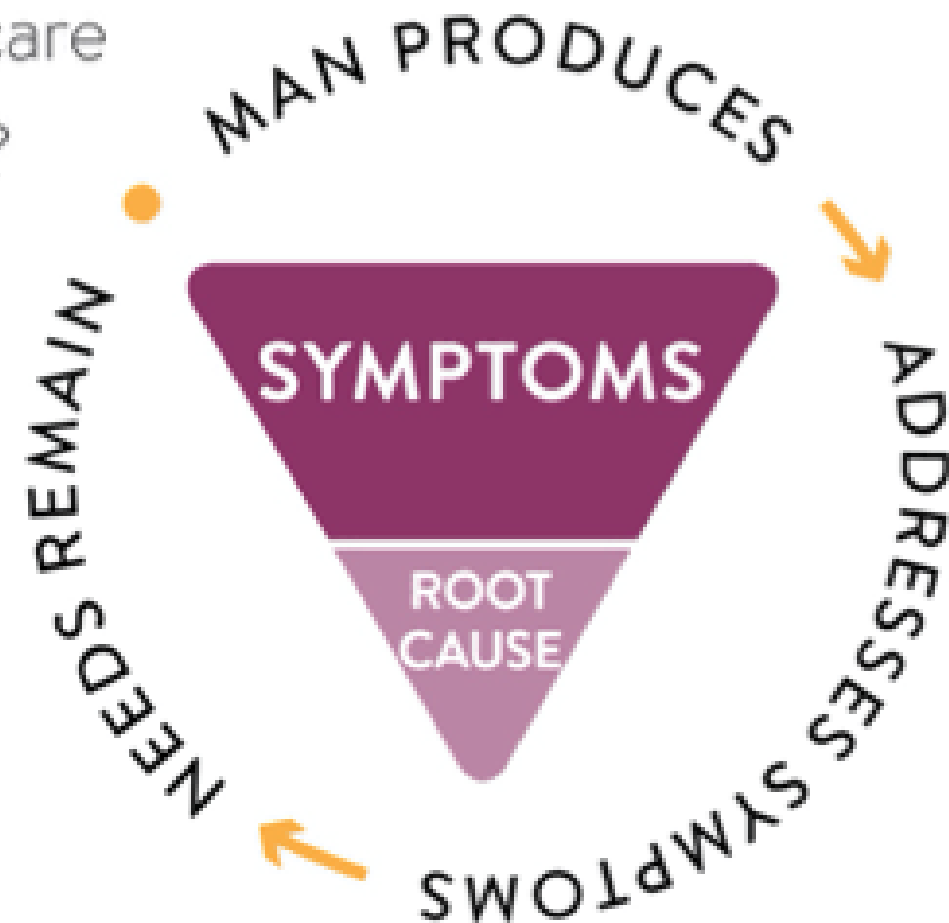
doTERRA Is Safe  
And  
100% Pure



# WE HAVE Choices

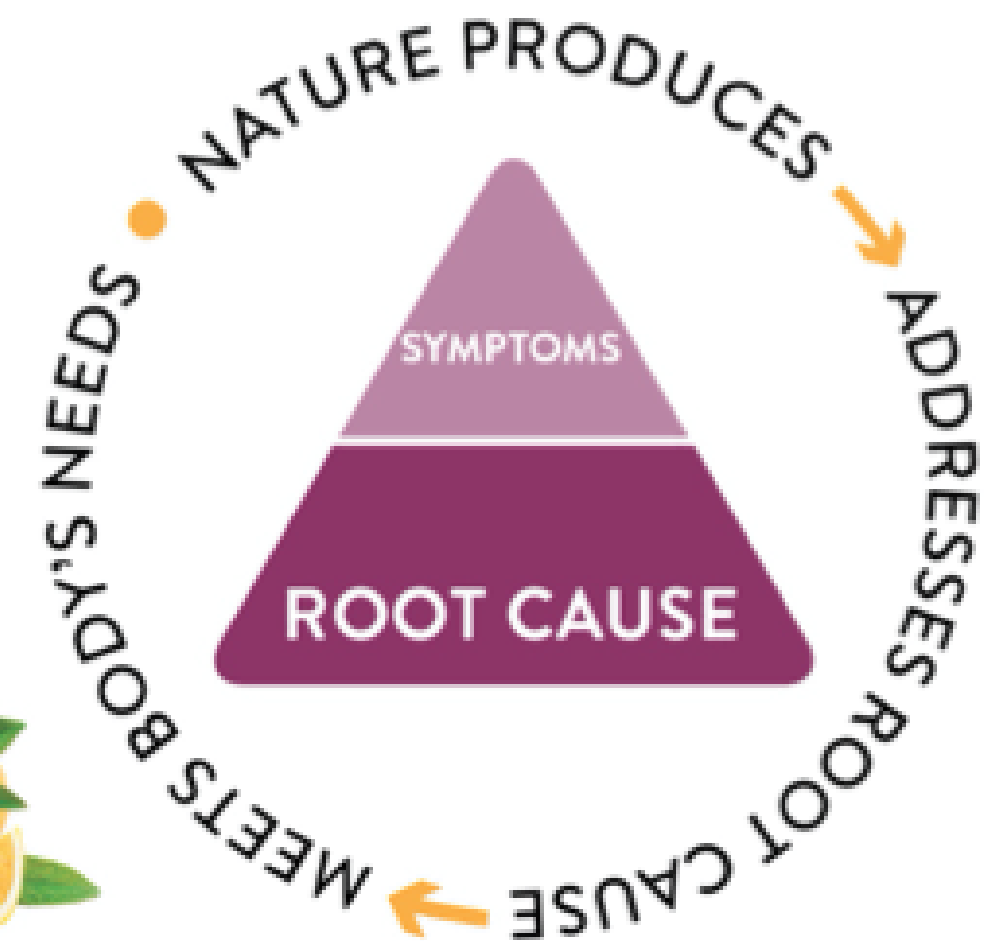
## Modern Approach

- Designed to manage symptoms
- Made from isolated synthetic agents
- Side effects (known and unknown)
- \$6.5 trillion/year spent on global healthcare
- Are we healthier?



## Natural Approach

- Addresses body's needs and root causes
- Extracted from plants
- Enhances physical and emotional health
- Safe benefits without side effects





# Most Tested. Most Trusted.

Each batch of dōTERRA essential oils goes through a battery of rigorous tests to ensure you and your family receive only the most pure, potent, and effective oils on earth. Enter your unique Quality ID to view GC/MS test results from an independent, verified third party lab. We are committed to providing you the highest quality oil, every time.

Proprietary blends are not supported by GC/MS. Please enter single oils to receive your GC/MS test results.

Enter your Quality ID



Submit

How to find your Quality ID

dōTERRA  
Is Safe  
And  
100% Pure





Empower Your  
Health

# LAVENDER All Things Calming

- + Diffuse in a room or apply topically to calm anxiety and soothe emotions
- + Apply topically to soothe irritated skin and lips
- + Massage on back or bottom of feet and apply a drop to pillow at bedtime
- + Apply immediately to help calm reaction to a bee sting or bug bite





# LEMON Clean and Freshen

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- + Add a drop to honey to soothe a dry throat
- + Diffuse in a room to neutralize odors and elevate mood
- + Use to clean kitchen counters and stainless steel appliances
- + Take internally with water as an antioxidant and detoxifier



# PEPPERMINT Cool and Invigorate

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- + Use with Lemon in water for a healthy, refreshing mouth rinse
- + Promotes clear breathing
- + Energising
- + Add to water in a spray bottle and mist body when overheated
- + Apply to neck and forehead with Lavender to calm tension



# **MELALEUCA** First Aid for the Skin

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- + Apply to skin as part of a daily cleansing program
- + Use with shampoo or conditioner for healthy scalp and hair
- + Apply to feet and toenails after showering, swimming, or working out
- + Surface cleaner





# OREGANO The Big One!

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- + Take several drops in an empty gelatin capsule for periodic immune support
- + Dilute and apply to bottom of feet of kids and adults as a natural defense
- + Use internally as part of a monthly cleansing regimen for GI health



# FRANKINCENSE – King of Oils!

- + Use to clean and soothe minor cuts and scrapes
- + Use with a carrier oil for beautiful, radiant skin
- + Apply to bottom of the feet or use internally to support immune function
- + Use with Lavender and Peppermint to calm stress and tension
- + Promotes calm feelings
- + Supports a healthy nervous system
- + Helps cells to perform optimally
- + Grounding oil – use in yoga or meditation
- + **When in doubt, use Frankincense!**



# **DEEP BLUE® Muscle and Joint Support**

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- + Apply directly to occasional tired joints
- + Rub on muscles before and after exercise to reduce discomfort
- + Use with a carrier oil for a therapeutic deep-tissue massage





# AIR Respiratory Support

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- + Apply topically to maintain clear airways and breathing
- + Diffuse or add to humidifier at bedtime for more restful sleep
- + Apply to chest or bottom of feet for seasonal respiratory discomfort



# ZENGEST® Digestive Support

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- + Rub on stomach to ease digestive discomfort, nausea, or motion sickness
- + Take internally at meal times to support healthy, comfortable digestion
- + Apply to bottom of feet of children to help ease digestive issues



# ON GUARD® Natural Defense

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- + Diffuse in a room to reduce environmental threats.
- + Cleansing for the hands and home. Can be used diluted in a spray bottle for use around the home
- + Dilute and gargle morning and night as a protective mouth rinse
- + Take several drops in an empty gelatin capsule for added immune support





# MAKE YOUR OWN!!

Serious Immune Support

## F.L.O.O.M.

1 drop each in a veggie cap  
10 drops each in a 10 ml roller for adults  
3-5 drops each in a 10 ml roller for kids  
Top with carrier oil, roll on spine



# WHAT'S THE BEST WAY TO GET STARTED?



dōTERRA

# 3 WAYS TO purchase

1

## RETAIL

- Most expensive
- Only pay retail in professional settings

2

## WHOLESALE

- Get the best products for the best prices! (like Costco)
- 25% below retail
- £24 membership fee

3

## BELOW WHOLESALE

- Deep Savings BELOW wholesale when you begin with a starter kit
- Waives the £24 fee!



# Essential Oil Intro Kits

## Top 10 core oils

£244.50

RRP £326.00



£124.25

RRP £165.67



**doTERRA Pay Your Membership!!**

# EXTRA'S FROM US!

## Family Essentials Kit

5 ML



- ❖ 5ml bottle of Wild Orange
- ❖ A-Z Mini Guide Essential Oil Basics Book
- ❖ 2x 10ml rollerball bottles

# EXTRAS FROM US!

## Home Essentials Kit



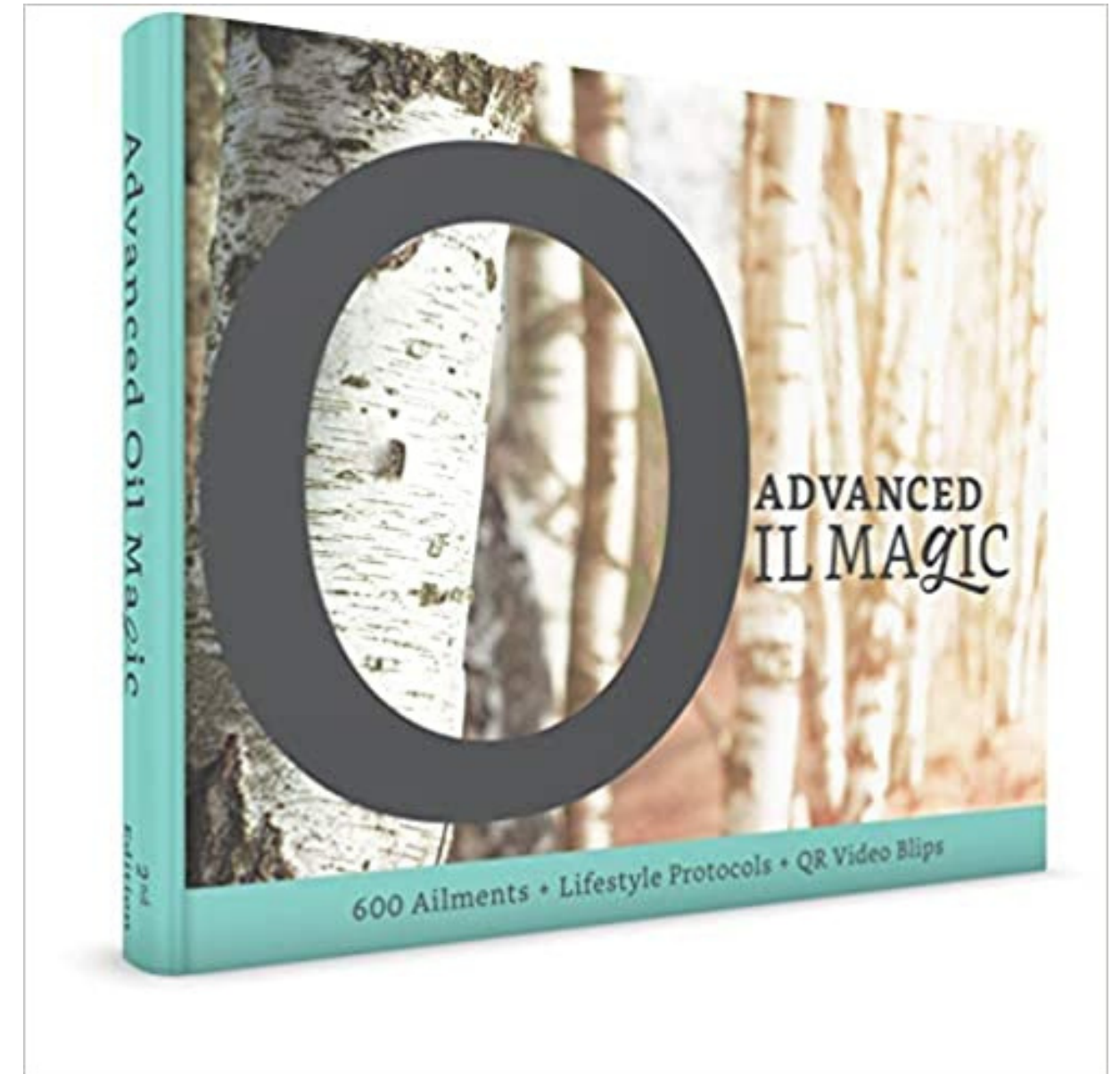
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# PLUS.....

1:1 New Member Induction

Access to Learning Portals,  
Closed & Private Facebook Groups

On-Going Education  
& Support

Julie Evans

Tel: 07810 836887

[julie@nourishtobloom.co.uk](mailto:julie@nourishtobloom.co.uk)