

## Essential Solutions for Well-Being

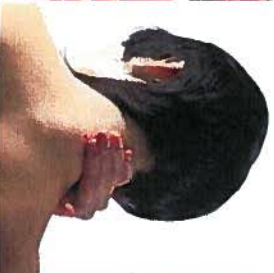
dōTERRA uses certified pure therapeutic grade essential oils to share the life enhancing benefits of well-being. dōTERRA products have the highest standards of quality, purity, and safety used in the industry. They have mastered the art of blending essential oils to create aromatherapy blends that help you stress less, sleep better and feel more energized.

### Benefits of Aromatherapy

dōTERRA essential oil singles & blends help you handle just about anything that gets in the way of a perfect day.

*Sleep Better. Stress Less. Feel Healthy. Get Energized.*

### 3 Simple Ways to Use CPTG Essential Oils



**Internally**

**Topically**

**Aromatically**

To find out how essential oils can help you, please contact me for a personalized consultation.

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# dōTERRA

Naturally Safe, Purely Effective Essential Oils

## Single Essential Oils

<b>Basil</b>	Antibiotic, Anti-inflammatory, Ear Infection, MS, Bunions, RLS
<b>Cinnamon</b>	Low Blood Sugar, Halitosis, Mold, Peptic Ulcers, Anti-inflammatory
<b>Clary Sage</b>	Hormone Imbalance, Menopause, PMS, Cholesterol, Menstrual Issues
<b>Clave</b>	Analgesic, Drawing Salve, Toothache, Lupus, Gingivitis, Bots, Thrush
<b>Cypress</b>	Astringent, Antiseptic, Hemorrhoids, Menopause, Menstrual Problems
<b>Eucalyptus</b>	Sinus Infection, Hay Fever, Bronchitis, Respiratory Congestion, Asthma
<b>Frankincense</b>	Sciatic Pain, Nervousness, Anxiety, Depression, Skin Conditions, Infections
<b>Geranium</b>	Hormone Support, Depression, Dermatitis, Diuretic, Sedative, Dry Skin
<b>Ginger</b>	Colic, Constipation, Diarrhea, Indigestion, Nausea, Motion Sickness
<b>Grapefruit</b>	Antidepressant, Antiseptic, Diuretic, Disinfectant, Appetite Suppressant
<b>Helichrysum</b>	Tissue Regeneration, Coagulant, Scarring, Ectache, Skin Disorders, Eczema
<b>Lavender</b>	Sleep Aid, Insect Bites, Burns, Bruises, Cuts, Blisters, Rashies, ADHD
<b>Lemon</b>	Allergies, Natural Antihistamine, Disinfectant, Neutralize Odors and Bacteria
<b>Lemongrass</b>	Joint Support, Insect Repellent, Reduce High Cholesterol, Analgesic
<b>Lime</b>	Uplifting, Cleansing, Muscle Cramps & Spasms, Cellulite Dissolving
<b>Marjoram</b>	Muscle Relaxant, Chronic Fatigue Syndrome, Shingles, Tension Headache
<b>Metaleuca</b>	Candida, Antifungal, Antimicrobial, Athlete's Foot, MRSA, Acne, Gingivitis
<b>Melissa</b>	Depression, Anger, Alzheimer's, Dementia, High Antiviral Oil
<b>Myrrh</b>	Immune Support, Analgesic, Antispasmodic, Expectorant, Dysentery, Hives
<b>Oregano</b>	Candida, Athlete's foot, Cold, Flu, Pain Killer, Infections, Moles, MRSA
<b>Peppermint</b>	Headache, Fever, Stomach Discomforts, Halitosis, Sinus Congestion
<b>Rosemary</b>	Asthma, Antimicrobial, Bronchitis, Diuretic, Mental Clarity, Expectorant
<b>Sandalwood</b>	Antibacterial, Skin Disorders, Acne, Stress, Candida
<b>Thyme</b>	Antifungal, Mold, Antimicrobial, Antiseptic, Bronchitis, Croup, Lyme Disease
<b>Wild Orange</b>	Inflammation, Dental Infections, Joint Pain, Muscle Pain, Arthritis, Bone Spurs
<b>Wintergreen</b>	Inflammation, Dental Infections, Joint Pain, Muscle Pain, Arthritis, Bone Spurs
<b>Ylang Ylang</b>	Depression, Stress, Hypertension, Insomnia, Sedative, Hormone Imbalance
<b>Signature Blends</b>	
<b>AromaTouch</b>	Tension, Calming, Anti-inflammatory, Excellent for Massage
<b>Balance</b>	Anxiety, Hyperactivity, Nervousness, ADD, Promotes Tranquility
<b>Breathe</b>	Asthma, Bronchitis, Congestion, Cold, Flu, Cough, All Respiratory Issues
<b>Citrus Bliss</b>	Elevating, Disinfectant, Kills Airborne Pathogens, Immune Support
<b>Clear Skin</b>	Fungal Infections, Ringworm, Eczema, Psoriasis, Warts
<b>Deep Blue</b>	Pain, Bruises, Carpal Tunnel, Inflammation, Migraine, Arthritis, Fibromyalgia
<b>DigestZen</b>	Constipation, Diarrhea, Heartburn, Indigestion, Food Poisoning, Nausea
<b>Elevation</b>	ADD, Depression, Lack of Energy, Anxiety, Lupus
<b>OnGuard</b>	Antibiotic, Immune Booster, Anti-Viral, Canker Sores, Flu, Pneumonia
<b>Past Tense</b>	Headache Tension and Pain
<b>Purify</b>	Insect Bites, Cuts, Antimicrobial, Surface Disinfectant
<b>Serenity</b>	Anxiety, Sleep Aid, Stress, Tension Headaches
<b>Slim &amp; Sassy</b>	Appetite Suppressant, Calms Stomach, Mood Lifter
<b>Terra Shield</b>	Natural Insect Repellent with NO Deet! (10 Times stronger than Deet!)

Disclaimer: This information is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition. Please see a qualified health care provider for medical treatment. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.