

## APRIL: ENERGY – Capture the Rejuvenation of Spring

*Today's workshop uses individual essential oils designed to help us release any physical or emotional toxins ---allowing the body to move out what is no longer needed to make way for the new this spring. Detoxifying. Cleansing. Rejuvenating in our yoga practice and oils selection.*

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### AROMATIC/DIFFUSE: PEPPERMINT & WILD ORANGE

*(describe Wild Orange during the resting pose)*

**PHYSICAL (Peppermint):** Supports healthy respiratory function – chosen to help us breathe freely to open up to let go – exhale what doesn't serve us.

Assists in lowering body temperature temporarily.

Alleviates occasional stomach upset – relieves occasional gas and colic, relieves occasional acid indigestion.

Freshens breath.

Stimulating to the mind –wakes us up – makes us more aware.

**EMOTIONAL (Peppermint):** “Oil of a Buoyant Heart”

Lifts our spirits and soul – gives us a break.

Helps us feel free to move on and avoid get entangled in our difficulties.

Energizing aroma allows us to see a bigger picture – increase our vision and tolerance for things that aren't to our liking and make other choices.

Helps us “stomach” any concerns.

Used in our ENERGY theme today to encourage us to let go and move on with awareness.

Used in today's workshop to help us make new choices and move on with renewed energy and awareness.

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## INTERNAL/DRINKING: LIME

**PHYSICAL:** Included in our workshop, and taken internally as a gentle, internal cleanser for the body – delicious flavor in water and for antioxidant support.

Supports a healthy immune function.

Known to lift mood and relieve anxious feelings with its stimulating aroma.

Supports the healthy function of the lymphatic system – our system to remove excess water, proteins and toxins from the body.

Supports a healthy respiratory system when diffused.

**EMOTIONAL:** “Oil of Zest for Life”

Helps elevate those who are discouraged or grieving.

Cleanses the heart of emotional toxins that have been repressed and stored.

Dispels apathy and resignation, instilling hope, joy, courage and determination in the face of life’s challenges.

Especially beneficial to those who are overly developed intellectually but need to further develop themselves emotionally. Encourages a balance between the heart and mind.

Used in today’s workshop to lighten our mental load, release toxic thinking and physical concerns so we can move ahead, lighter, this spring.

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## CEDARWOOD

**PHYSICAL:** Relaxing to the body and mind, a calming oil.

Dissipates anxious feelings. Letting go of “tightness” in the body to open to flow.

Supports a healthy respiratory function to take in a deep breath.

Promotes healthy, clear skin by supporting a balanced inflammatory response while soothing imperfections.

(use caution with pregnancy)

**EMOTIONAL:** “The Oil of Community”

Helps us see we are not alone and that we have support.

Good for those who tend to ignore potential help and become overly self-reliant.

Brings people together to experience the value of community – bonds together families, friends, community.

Inspires feeling of belonging – allowing us to both give & receive LOVE.

Allows us to experience the joy of relationships.

Used in today's workshop clean out stale thought patterns our bodies may be holding and relax so we can open up to new insights and connections of support in our world.

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## ROSEMARY

**PHYSICAL:** Supports a healthy respiratory function to take in a deep breath.

Known as the Herb or Oil of “Remembrance”

Helps us let go of mental fatigue so we can improve our recall and memory.

Uplifting and exhilarating to awaken our minds to the spring season – especially if feeling a bit “foggy.”

Energizes the heart and encourages blood flow in the body and to the brain.

Helps us to open our conscious mind to take in our practice today.

**EMOTIONAL:** “Oil of Knowledge and Transition”

Encourages us to look deeper within and excavate our true knowledge to discover our own answers.

Supports a healthy ego – one that values itself and its purpose in this world.

Helps us know we CAN learn new information and experiences and that although we may not see it yet – there is a grand plan for us, our destiny!

Boosts our confidence and morale to have faith in our own potential.

Used in today's workshop to further clean out mental & emotional sluggishness on a deep level, opening our conscious mind to new thinking and optimism for our future.

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## GERANIUM

**PHYSICAL:** The ultimate “balancing” oil that assist our body, mind & spirit to be well and healthy. (A little bit goes a long way aromatically.)

Assist with blood flow and circulation – a gentle oil used to calm nerves and lessen anxious feelings.

Effective to use in supporting a healthy balance of skin sebum ---balancing oily or drier skin and scalp.

Supports a healthy circulatory system in the body – allowing the body to release and contract, release and contract in an effective way.

**EMOTIONAL:** “The Oil of Love and Trust”

Helps us restore our confidence in the goodness that surrounds us and in our world, to reestablish trust when trust has been broken by others.

Reopens the heart –softening anger and helping heal emotional wounds.

Instills unconditional love and trust with those who are stuck in the mind so they can begin focusing on their heart.

Used in today’s workshop to help balance the lifeforce within us, guiding us to release any anger or resentment or emotional wounds to encourage feelings of love and trust.

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## WILD ORANGE

**PHYSICAL:** Powerful cleanser and purifying agent for surfaces.

Protects against seasonal and environmental threats – as it is high in antioxidants and supportive to the immune system.

Uplifting aroma lifts the mind and body.

Taken internally or applied topically, this oil can provide relief from occasional digestive discomfort.

## **EMOTIONAL: “Oil of Abundance”**

Helps reduce anxious feelings, and calm emotions.

Inspires creativity, a positive mood and brings joy & peace, happiness and FUN into your day.

Encourages creative thinking and fearlessness.

Used in today's workshop to both begin and end our practice by cleansing and releasing anything that no longer serves us, and opening us up to receive courage, creativity and peace. This oil encourages knowledge that the world is an abundant place that welcomes us and the renewed energy we offer.

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## **AT THE END OF THE WORKSHOP – REVIEW THE OILS USED:**

We hope you noticed the connection created by today's oils – designed to help you clean out toxicity in your being and renew yourself with the support and tools that can assist you this spring toward an even better place.

- PEPPERMINT & WILD ORANGE – to open up, cleanse and let go
- LIME – to help cleanse our body further
- CEDARWOOD – to release tightness holding us back from connecting
- ROSEMARY – to clarify our thinking process and gain new insights
- GERANIUM – to help us balance our experiences
- WILD ORANGE – to continue cleaning out all dimensions, knowing the world has abundant resources to support us as we move forward this spring.

If you'd like to learn more about these and other essential oils & blends and how you can get your own doTERRA oils, please see the person who invited you to today's workshop or come see us afterward.

We would also like to invite you to join us to learn more at our FREE essential oil class happening \_\_\_\_\_ at \_\_\_\_\_.