

AUGUST: BALANCE – Creating Optimal Health

In today's workshop we use all eight oils and blends in the doTERRA AromaTouch Technique kit designed to create optimal health in all body systems. When paired with a slower paced workshop, you'll note how beautifully the aromas weave together as applied and your body warms. We'll address stress, the immune system, inflammatory response and balance of the nervous system in our workshop, resulting in a deep sense of balance.

AROMATIC/DIFFUSE: ON GUARD BLEND

PHYSICAL: Blend includes: Cinnamon, Clove, Wild Orange, Rosemary & Eucalyptus.

Supports healthy immune function – (our body's ability to fight off bacteria, viruses, pathogens.)

Great to diffuse as we begin coming back inside for fall season.

Beautiful aroma – energizing and uplifting.

Cleans surfaces.

Cleanses our skin while promoting healthy circulation – so it is great for topical use.

EMOTIONAL: “The Oil of Protection”

Helps us fight off energy parasites, domineering personalities and other negative influences.

Strengthens our inner self and resolve to live in integrity.

Helps us set boundaries if our personal space is repeatedly violated by others.

Gives us strength to say “no” and cut off unhealthy relationships or “group thought” that doesn't match our own.

Used in today's workshop to support and fortify us as we claim our place in the world.

INTERNAL/DRINKING: PEPPERMINT & WILD ORANGE

PHYSICAL - PEPPERMINT: Supports healthy respiratory function – chosen to help us breathe freely in our theme of balance.

Assists in lowering body temperature temporarily.

Alleviates occasional stomach upset, relieving occasional gas, colic or acid indigestion.

Freshens breath.

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

EMOTIONAL: “Oil of a Buoyant Heart”

Lifts our spirits and soul to give us a break.

Helps us feel free to move on and avoid focusing on our difficulties.

Allows us to see a bigger picture – increase our vision and tolerance for things that aren't to our liking.

Lets us “stomach” any concerns and “digest” new ideas and impressions.

Great oil for those who are in need of inspiration and insight.

Used in today's workshop to open up our ability to assimilate our experiences.

PHYSICAL – WILD ORANGE: 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 awaken us to approach this time with childlike wonder.

BALANCE BLEND

PHYSICAL: Blend of Spruce, Frankincense, Blue Tansy, HoWood and Blue Chamomile

Designed to help us ground our emotional and physical body – to keep us centered or balanced about whatever challenges cross our life’s path.

Soothes and relaxes sore muscles and joints.

Assists the nervous system to remain healthy and balanced.

Harmonizing blend – connecting body, mind and spirit together and calming anxious feelings.

Frankincense in the blend is known to support cellular health and overall well-being.

EMOTIONAL: “Oil of Grounding”

Calming tree and flower oils that brings tranquility to our spirit.

Helps us reconnect or settle into our “roots” – very important to help those who spend a lot of time thinking, speaking or in spiritual activity.

Good for those who tend to avoid long-term commitments to root down like a tree rather than finding themselves drifting on to the next thing, with the wind.

Applying it helps us stay present in the moment to achieve our longer-term goals – as a tree grows slowly over time.

Used in today’s workshop to anchor or ground us into this yoga experience. To be truly present today.

MELALEUCA

PHYSICAL: Powerful cleaning oil to purify and cleanse.

Renown for its cleaning and rejuvenating effect on the skin.

Promotes healthy immune function – also protecting against environmental and seasonal threats...purifies and freshens the air.

Soothes minor skin irritations - promoting a clear, healthy complexion.

Helps ward off anything that upsets our immune response.

EMOTIONAL: “Oil of Energetic Boundaries”

Releases co-dependent and parasitic relationships so we can get rid of the baggage!

Helps break negative ties and energetic “vampires” in our lives.

Encourages us to connect with others in an honorable and respectful way.

Hold our boundaries: stand up for ourselves, our time & talents.

Used in today’s workshop to help us remove inappropriate influences in our lives and prepare for experiences and people better matched to where we want to be in life.

DEEP BLUE BLEND & AROMATOUCH BLEND

PHYSICAL – DEEP BLUE BLEND: Blend includes: Wintergreen/ Camphor/ Peppermint/ Blue Tansy/ Blue Chamomile/ Helichrysum/ Osmanthus essential oils.

Oils combine to support a healthy inflammatory response in the body.

Soothes sore muscles and joints and supports healthy circulation.

Wonderful tool for home use for adults of all ages, and professional body workers to rub onto achy muscles and joints.

EMOTIONAL: “Oil of Surrendering Pain” - Generally used for physical pain, but can also help us if we resist addressing the emotions that underlie our pain.

Gives us strength to observe our pain but stay calm, cool & collected to face it.

Transformation is possible when we excavate what lies beneath our outward expression.

Allows us to see pain as a teacher as we let go of resistance....it dissipates.

Used in today’s workshop to help us look at the life messages hidden in our pain.

PHYSICAL- AROMATOUCH: Blend includes: Basil/ Marjoram/ Lavender/ Peppermint/ Cypress/ Grapefruit

Referred to by doTERRA as the Massage Blend.

Relaxes, calms and soothe muscles and joints – great choice to apply after a rigorous workout.

Promotes circulation in the tissue to which it is applied.

Oils in the blend support the healthy function of the respiratory system as well.

EMOTIONAL: “Oil of Relaxation”

Opens the heart and mind – relaxing as it provides comfort in times of grief or sorrow.

Calms and slows the body, therefore the mind as well as it releases tension.

When muscles release tension and we slow down, we reconnect with our heart and it opens, allowing us to move in harmony with our body.

Used in today’s workshop to help us harmonize our mind and body today.

LAVENDER

PHYSICAL: Known for its calming and relaxing properties.

Helps to reduce feelings of tension in the body – gentle and soothing to the skin, emotions and spirit.

Indicated for respiratory support ---opening the lungs to take in a deep breath.

Balances emotion and nervous system to enhance meditation.

Can be taken internally to reduce anxious feelings and encourage a peaceful night’s sleep.

EMOTIONAL: “Oil of Communication”

Helps us express our inner truth.

Connects our heart with our voice by calming us so we can regain our composure.

Releases the tension and restriction from the past, helping us know it is safe to express ourselves and to be heard.

Encourages creative people to be honest with our emotions and let them sing out in full expression!

Used in today’s workshop to help us balance our inner thoughts with our outer communication.

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

We hope you noticed the connection created by today's oils – purposely selected to create balance in all body systems, in our hearts & minds, our spirit and outer world.

- ON GUARD BLEND – to provide strength and protection
- PEPPERMINT – so we can raise our vibration and digest new ideas
- WILD ORANGE – to cleanse us, and free us from “lack”
- BALANCE BLEND – to ground our thinking and feelings, therefore our body
- MELALEUCA – to help support healthy boundaries and stand up for ourselves
- DEEP BLUE BLEND – to let go of old pain that is holding us back
- AROMATOUCHE BLEND – so we can relax and create inner & outer harmony
- LAVENDER – to balance our inner thoughts and outer expression

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 _____.