

JUNE: BREATHE – Open to Life

Today's workshop and the essential oils we selected provide an uplifting energy to help us open our vision to all that surrounds us. With summer season underway, we incorporate light, fragrant citrus oils paired with flowers and trees to open our vision and BREATHE as we take in more of life.

AROMATIC/DIFFUSE: ELEVATION BLEND

PHYSICAL: Blend includes: Tangerine, Elemi, Lemon Myrtle, Melissa, Ylang Ylang, Osmanthus & Sandalwood.

Combination of flower and citrus oils, anchored by a tree oil.

Stimulates body chemistry when person is feeling sad or lethargic – helps us wake up!

Balances emotions – uplifting, refreshing, elevating for mood and emotion.

Reduces stress and lets us lighten up our minds and burdens.

EMOTIONAL: “Oil of Joy”

Let go of low vibrations & open to JOY.

Helps release old habits and addictions to enhance SELF WORTH & SELF LOVE

Raises energy & vibration and brings in the sunshine and joy of life.

Helps us to be carefree, happy and open to abundance!

Used in today's workshop to set the stage of letting go of the heavy, stressful worries and open up to a lighter state of being.

INTERNAL/DRINKING: GRAPEFRUIT

PHYSICAL: Detoxifies and cleanses the body to supports a healthy lymphatic system.

Taken internally throughout the day with 1-2 drops in water, supports a healthy metabolism and assists those trying to diet or lose weight.

Uplifting aroma helps lift our mood and let go of anxious feelings.

Powerful cleansing oil to use when trying to get the body to let go of “issues” stored in the tissues---from skin to internal to emotional.

EMOTIONAL: “Oil of Honoring the Body”

Encourages self-love and respect of our body’s true needs.

Releases deep-seated tension, frustration, irritability and moodiness.

Helps control stress-eating driven by anger and self-criticism.

Encourages us to tune into what our body honestly wants and let go of toxic thinking resulting in body abuse, strict regimens, eating disorders and other forms of addiction.

Used in today’s workshop as a powerful internal detoxifier, urging us to let it go, let it go...on all levels from the physical to the emotional to the spiritual.

LEMON

PHYSICAL: Uplifting, bright aroma to inhale or diffuse.

Cleanses and purifies the air and surfaces.

Taken internally – it cleanses the body and aids in digestion.

Lemon supports a healthy immune and respiratory function overall AND can assist with seasonal respiratory discomfort.

EMOTIONAL: “Oil of Focus”

Calms and focuses our consciousness.

Allows us to stay present on the mat --take one thing at a time and clarify our path.

Lightens our mental load and restores energy to the spirit.

Clears self-judgment about what you will learn today – restores confidence!

Used in today’s workshop to support a healthy respiratory system and the organs that allow us to take in air, and life!

BERGAMOT

PHYSICAL: IMPORTANT: Photosensitizing oil – caution on summer application to face/neck/arms/feet/legs. Apply this somewhere on the body where it will not be directly exposed to sunlight over the next 12-24 hours such as under areas of clothing.

Cooling and refreshing.

Calms nervous and anxious feelings that effect appetite and the digestive process.

Aromatically powerful to instill a sense of self confidence and decrease tension in the home or at work when stress levels are high.

EMOTIONAL: “Oil of Self Acceptance”

Supports self-love & optimism.

Uplifting to help us let go of limiting beliefs, frustrations and tension to reveals our true thoughts & feelings.

Awakens courage and hope as it cleanses our energy.

Balances emotion.

Releases self-judgment, encourages spontaneity and fills us with self-LOVE.

Used in today’s workshop to help us let go of any restrictions we are putting on ourselves so we can open to the future.

JUNIPER BERRY

PHYSICAL: Natural cleansing and detoxifying agent for core organs such as kidneys, liver and urinary tract.

Supports a healthy lymphatic system in releasing excess fluids, toxins and proteins.

Soothes digestive stress and releases grief with a warming, invigorating effect.

Natural skin toner that reduces appearance of skin blemishes and promotes a clear, healthy complexion.

Opens the lungs and respiratory system to take in full life force or breath.

EMOTIONAL: “The Oil of Night”

Helps those afraid of the literal or figurative “dark” or unknown aspects of themselves.

Used to break through psychological stagnation and to let life flow freely and naturally.

Releases worry, pressure and unpleasant memories that create feelings of burden.

Reassures with feelings of courage, peace and love to face fears.

Creates balance of light and dark, conscious and subconscious—leading to wholeness.

Used in today's workshop to opens our lungs and breathe, allowing us to see the darker/shadow areas of ourselves that we can love and shift into a better place.

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 fully breathe in and breathe out from our true, authentic self.

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

We hope you noticed the connection created by today's oils – purposely selected as citrus based oils to lighten our burdens and helps us breathe in all that life can offer from a place of true authenticity.

- ELEVATION – to wake up and open to the joy that surrounds us
- GRAPEFRUIT – to cleanse and detoxify, letting go to love ourselves
- LEMON – to help our body's respiratory system and ability to breathe
- BERGAMOT – to increase our confidence to handle life's challenges
- JUNIPER BERRY – to release, reassure and balance the easy & difficult
- LAVENDER – to help us speak our truth in love, to the world.

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 _____.