



5 doTERRA Essential Oils to never be without for your “Healthy Body, Mind, Business, Life.”

Essential Oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers and other parts of plants. They can lift the mood, calm the senses and elicit powerful emotional responses, but that is not all

Essential Oils have been used throughout history in many cultures for their medicinal and therapeutic benefits. Modern trends toward more holistic approaches to self-care and growing scientific validation of alternative health practices are driving a rediscovery of the profound health benefits of Essential Oils.

There are so many Essential Oils to enhance every area of your life, however, I have chosen a mere 5 (in keeping with my ‘5’s’ theme), that I would not now be without:

Lavender

Lavender has been cherished for its unmistakable aroma and therapeutic properties for thousands of years. Widely used for its calming and relaxing qualities, it soothes occasional skin irritations, helps skin recover quickly and eases muscle tension in the head and neck.

- ❖ Apply to bottom of feet or pillow before sleeping
- ❖ Use to calm reactions to a bee sting or bug bite
- ❖ Use with Epsom Salts for a relaxing Spa Bathing experience
- ❖ Apply to wrists or inhale when travelling to ease motion upset
- ❖ Use with Peppermint for a healthy Scalp Massage.

Lemon

This top-selling oil has multiple uses and benefits being cold pressed from lemon rinds to preserve its delicate nature and potent properties.

Known as a powerful aromatic and internal cleanser, it also cleanses the air and uplifts mood and can be used throughout the home as a non-toxic cleaner.

- ❖ Add a drop to a water bottle or to water served at a restaurant
- ❖ Diffuse aromatically or apply topically for mood elevation
- ❖ Add to a drop of honey to soothe an irritated throat
- ❖ Add a drop of Lemon and Peppermint to your toothbrush after use
- ❖ Use to clean kitchen counters and stainless steel appliances.

Peppermint

A top-selling favourite, Peppermint provides a myriad of health benefits.

It promotes healthy respiratory function and clear breathing, alleviates stomach upset and is frequently used in toothpaste and chewing gum for oral health.

- ❖ Rub on stomach or feet or take one drop internally to calm indigestion or upset stomach
- ❖ Diffuse aromatically or apply topically to promote healthy respiratory function
- ❖ Apply with Lavender to sore, tired muscles and joints
- ❖ Inhale as a non-stimulant, invigorating pick-me-up on long drives.

On Guard

This is a 'protective blended oil' for natural defence.

With its unique aroma, On Guard offers a fragrant, natural and effective alternative to synthetic options for immune support

Features a combination of Wild Orange, Clove Bud, Cinnamon, Eucalyptus and Rosemary Essential Oils

Formulated to support healthy immune function

Protects against environmental threats

Safe for use on counter tops as a non-toxic cleaner or to purify the air through diffusion.

- ❖ Dilute and gargle morning and night as a protective mouth rinse
- ❖ Take several drops in an empty veggie cap or diffuse in a room for added immune support
- ❖ Dilute in spray bottle to clean doorknobs, telephones and other community surfaces.

DigestZen

This is a 'digestive blended oil' for digestive support.

The well recognised Essential Oils in DigestZen are known for providing soothing digestive relief

Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Co riander and Anise Essential Oils.

Maintains a healthy gastrointestinal tract.

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

So there you have it! 5 doTERRA Essential Oils to never be without, for a **Healthy Body, Mind, Business, Life**. These benefits are by no means exhaustive, we have only touched the surface here if you have the desire and curiosity to learn more, please contact Rachel via info@thewisdommentor.org or **07786 912 355** and visit <http://thewisdommentor.org> for full information about **The Wisdom Mentor™ 1:1 and Intimate Group Mentoring**.



About the Author

Rachel Gedney is a **Transformational Mentor and Lifestyle Entrepreneur**, **"Guiding her Female Goddess Tribes on a Life of Adventure to Pleasure, Radiance, Femininity, Vitality, Joie de Vivre and more" aboard her Goddess Yacht to Pleasure Island**. She openly admits to being a **"Recovering Perfectionist!"**