



Top 10 Essential Oils

WITH DR. BRENDA YANOFSKY



The Top 10 Essential Oils You Need NOW!

Here are the six essential oils and four essential oil blends that no family should be without.

Lavender All things calming

- + Diffuse in a room or apply topically to calm anxiety soothe emotions
- + Massage on back or bottom of feet and apply a drop to pillow at bedtime
- + Apply topically to soothe irritated skin and lips
- + Apply immediately to help calm reaction to a bee sting or bug bite



Lemon All things calming

- + Add a drop to honey to soothe a dry throat
- + Diffuse in a room to neutralize odors and elevate mood
- + Take internally with water as an antioxidant and detoxifier
- + Use to clean kitchen counters and stainless steel appliances



Top 10 Essential Oils



Peppermint **Cool and invigorating**

- + Use with Lemon in water for a healthy, refreshing mouth rinse
- + Inhale deeply to invigorate lungs and increase alertness
- + Add to water in a spray bottle and mist body when overheated
- + Apply to neck and forehead with Lavender to calm body



Melaleuca **First Aid for the Skin**

- + Add to skin as part of a daily cleansing program
- + Use with shampoo or conditioner for healthy scalp and hair
- + Apply to feet and toenails after showering, swimming or working out

Oregano **Natural Immune Support**

- + Take several drops in an empty gelatin capsule for periodic immune support
- + Dilute and apply to bottom of feet of kids and adults for natural defense
- + Use internally as part of a monthly cleansing regimen for GI health





Top 10 Essential Oils



Frankincense

- + Use to clean and soothe minor cuts and scrapes
- + Use with a carrier oil for beautiful, radiant skin
- + Apply to bottom of feet or use internally to support immune function
- + Use with Lavender and Peppermint to calm stress and tension

When in doubt, use Frankincense!



Deep Blue Muscle and Joint Support

- + Use with a carrier oil for a therapeutic deep-tissue massage
- + Rub on muscles before and after exercise to reduce discomfort
- + Apply directly to occasional tired joints

Contains: Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, Osmanthus

Breathe Respiratory Support

- + Apply topically to maintain clear airways and breathing
- + Diffuse or add to humidifier at bedtime for more restful sleep
- + Add to chest or bottom of feet for seasonal respiratory comfort

Contains: Laurel Leaf, Peppermint, Eucalyptus, Tee Tree, Lemon, Ravensara, and Cardamom





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DigestZen Digestive Support

- + Rub on stomach to relieve digestive discomfort, nausea, or motion sickness
- + Take internally at mealtimes to support healthy, comfortable digestion
- + Apply to bottom of feet of children to help ease digestive issues

Contains: Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise



On Guard Natural Defense

- + Diffuse in a room to reduce environmental threats
- + Dilute and gargle morning and night as a protective mouth rinse
- + Dilute in a spray bottle to clean doorknobs, telephones and other community surfaces

Contains: Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary

Certified Pure Therapeutic Grade The doTERRA Way

- + PURE - Natural, no artificial ingredients, fragrances or fillers
- + SAFE - Certified to be free of pesticides and other chemical residues
- + POTENT - Standardized active compounds



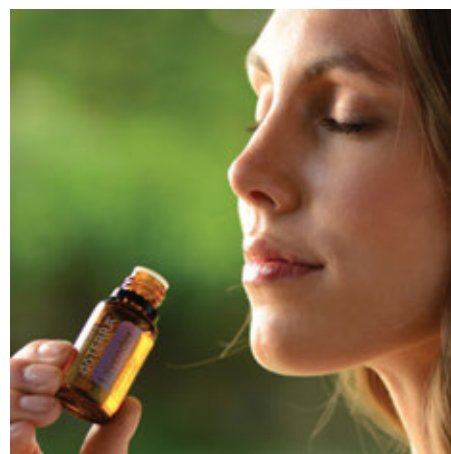


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Why Choose 100% Pure CPTG Essential Oils

- + Plants grown and harvested in their natural habitat
- + Each liter of oil undergoes multiple third party laboratory testing
- + 100% Certified Pure Therapeutic Grade is beyond organic, verified pure, free of fillers, pesticides and foreign contaminants



Get started with the

Home Essentials Kit

- + Frankincense (15 mL)
- + Breathe (15 mL)
- + DigestZen (15 mL)
- + On Guard (15 mL)
- + Tee Tree (15 mL)
- + Deep Blue (5 mL)
- + Lavender (15 mL)
- + Lemon (15 mL)
- + Oregano (15 mL)
- + Peppermint (15 mL)
- + Petal Diffuser
- + 1 Year doTERRA Membership

BECOME A WHOLESALE CUSTOMER & RECEIVE:

25% DISCOUNT OFF RETAIL PRICES
10%- 30% FREE AUTOSHIP REWARD CREDITS

AND FOR THE SAME PRICE YOU CAN:

- Earn Referral Commissions
- Special Promotions & Oil of the Month

~~\$1,010 Value~~ - You Pay \$275

Plus Shipping & Tax



- Get FREE Online Tools & Training
- Have FREE Personalized Website
- Sponsor Other Wellness Advocates



+ Hi! I'm Dr. Brenda Yanofsky. I've studied essential oils for over 40 years. Sharing what I know about essential oils is my passion. As an Acupuncture Physician and Clinical Psychologist, I find joy and fulfillment in helping others discover a life of Harmony, Health & Healing.

Contact me to schedule a **FREE** Essential Oils Consultation