

# Deb's doTERRA March Picks!

## I Love this Combo! Super Silky Soft Skin & Much More!

doTERRA's unscented Hand & Body Lotion, Gives You the Freedom to add Whatever Combination of Essential Oils You Like to it!

Our hands can easily show signs of aging and dryness, with all that we put tme through. This combination is one of my favorites to combat aging & dryness! ***Here's why... It has faded the age spots on my hands and makes my skin feel & smell amazing!!!***

### Unscented Hand & Body Lotion:

Macadamia & Sunflower Seed Oils are exceptionally moisturizing and help our skin retain moisture and is a non-greasy formula.

### Yarrow | POM Body Renewal:

Yarrow, Pomegranate Seed Oil and a variety of other ingredients, are known to help reduce the appearance of aging skin.

### Immortelle:

Frankincense, Hawaiian Sandalwood, Lavender, Myrrh, Helichrysum and Rose all are known to help reduce the appearances of skin imperfections. Including age spots, stretch marks and scars.

### Green Mandarin:

In addition to being a beautiful uplifting essential oil, Green Mandarin also is know to help reduce wrinkles, fine lines, age and stretch marks. I also love taking it internally in my water!

### HOW I USE THEM... 2-3 TIMES DAILY

**OR AS NEEDED:** For Starters, I took an empty 5ml bottle with an eyedropper and filled it with pure Immortelle (its a pure undiluted oil blend) or create a Immortelle roller with 1/3 the oil & FCO and roll this on the top of your skin first.

With my bottles open, I put a dime size amount of Lotion in my hand & then add one drop of each to the lotion, mix them together & apply to my hands and arms. Repeat to cover the rest of your body! IT'S SO GOOD!!!

**\*IMPORTANT SAFETY NOTE:** If your hands are going to be exposed to the sun, switch to Vetiver or Balance instead of Green Mandarin. Citrus Oils can cause sunburn, if you're not careful.



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