

Essential Oils Made Easy Class Worksheet

What are your top 3 health concerns?



3 cool things about doTERRA essential oils

What 5 ways can you use essential oils?

PEPPERMINT

Oil of a Buoyant Heart

A T I

Energizing
Supports Neck &
Head Tension
Helps to Open
Airways
Freshens Breath

What makes doTERRA different?

DEEP BLUE

Soothing Blend

Oil of Surrender

A T

Wintergreen, Camphor, Peppermint
Helichrysum, Ylang Ylang, Blue Tansy
German Chamomile, Osmanthus

COPAIBA

Oil of Unveiling

A T I



Supports Multiply Body Systems,
Including the Endocannabinoid System

ADAPTIV[®]

Calming Blend
Oil of Adaptability

A T



Wild Orange, Copaiba, Spearmint,
Neroli, Sweetgum, Laurel Leaf

ON GUARD

Oil of Protection

A T I



Wild Orange, Clove Bud, Cinnamon Leaf
& Bark, Eucalyptus, Rosemary

EASY AIR

Respiratory Blend

Oil of Letting Go

A T



Laurus Nobilis (Bay Leaf), Peppermint, Eucalyptus
Tea Tree, Cardamom, Ravintsara, Ravensara

ZENGEST[®]

Digestion Blend

Oil of Assimilation

A T I



Peppermint, Coriander Ginger Caraway
Anise, Cardamom, Fennel

LEMON

Oil of Focus

A T I



Most Popular & Cost Effective Essential Oil.
Used for its Cleansing Properties.

LAVENDER

Oil of Communication & Calm

A T I



The "Swiss Army Knife of Essential Oils"

SERENITY

Restful Blend

Oil of Tranquility

A T



Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram
Roman Chamomile, Vetiver, Vanilla, Sandalwood