

doTERRA

Your Muscle, Joint & Body Comfort



www.Visionsinthewoods.com

Smart Supplementation

Sadly we don't get the nutrients in our diet that we once did before the industrial age. In order for our bodies to function at their optimum and thrive, supplementation, especially as we age, is ultra important.

The following supplements are what I use and recommend to the people I work with. The foundation of Everything we build on. - Deborah

lifelong vitality

LLV is full of essential nutrients, metabolism benefits, and powerful antioxidants and is designed to promote energy, health, and vitality.



Bone health | Immune function | Stress management
Cardiovascular health | Healthy hair, skin, and nails
Eye, brain, nervous system | Liver function and digestive

There is a Vegan Option as well.

The quality and value are fantastic!
doTERRA knows the impact they will have on our lives, so they offer a
30 Empty Bottle Money Back Guarantee if you are not satisfied with how you feel after 30 Days!

Have Issues?

GRAB DEEP BLUE RUB® FOR SUPPORT

sore joints
growing legs discomfort
tension in fingers, wrists, and hands
head tension
overworked muscles
shoulder tension



Get Some Relief with a little Deep Blue!
There's a 5ml bottle of Deep Blue in Every Tube of Lotion.

Inside



Wintergreen is a key component of Deep Blue. Combined with lotion and used to soothe muscles and joints.

Helichrysum is a rare but powerful essential oil. It has the ability to encourage energy and vitality when applied topically.

Blue Tansy is used in massage to provide a soothing sensation on affected areas. It is also emotionally calming and beneficial to the skin.

Ylang Ylang encourages feelings of calm and relaxation and reduces the effects of daily stress.

Osmanthus is used for irritated skin.

Peppermint is cooling to the skin, and is helpful for soothing feelings of tension.

Camphor Bark is widely used in massage therapy for its ability to soothe affected areas.

Blue Chamomile (or German Chamomile) has a warm, herbaceous aroma that is calming and soothing.



Deep Blue Polyphenol

Polyphenol Extract Benefits

Frankincense	support muscle and joint comfort and function
Tumeric	soothe aches and discomfort
Green Tea	Powerful free radical fighting support
Ginger	soothe aches and discomfort
Pomegranate	Powerful free radical fighting support
Grape Seed	Assist with proper oxidative stress response
Resveratrol	soothe aches and discomfort



Includes Ginger root, Peppermint leaf, and Caraway Seed that promotes digestibility and bioavailability

COPAIBA

Copaifera

- Copaiba Oil, similar to Black Pepper, can help soothe anxious feelings and, when taken internally, supports a healthy **immune** and **cardiovascular system**.
- Powerful **antioxidant benefits** when taken internally.
- Promotes **clear, smooth skin** and reduces the appearance of blemishes.
- Internal use helps calm, soothe, and support the **nervous system**.



The most anti-inflammatory substance on the Planet!

Turmeric

oil of restoration

Rich in antioxidants, Turmeric essential oil supports the metabolism and the immune system.* It is also emotionally uplifting.

Benefits

When taken internally, it offers daily antioxidant support and helps support a healthy nervous system, cellular function, and immune response.*

Internal use may enhance cellular antioxidant enzymes*

Promotes feelings of positivity and improves mood.

Emotional

Faithful, resilient, stable, trusting, confident.

Uses

Take internally for daily antioxidant support and to improve immune response.*

To better support your metabolism, take one to two drops of Turmeric internally*

Use as a spot treatment to help reduce the appearance of blemishes.

Add a drop to scrambled eggs or frittatas, plain rice, or soups.

After strenuous activity, apply Turmeric topically to targeted areas for a soothing experience.



Turmeric

quick facts

Dual Chamber Capsules

- Combines the complementary benefits of both turmeric essential oil with the **joint support** of the curcuminoids of turmeric extract in a unique and convenient delivery system.
- Helps support a **healthy inflammatory response** in the body.
- May help the body **fight free radicals** and protect the body from oxidative damage.



doTERRA is the first to combine **Turmeric essential oil and Turmeric extract** in a dual chamber capsule, creating a uniquely powerful synergy of tumerones and curcuminoids, in order to **maximize the effectiveness and benefits** of both compounds for a healthy inflammatory response

How to use: Take two Turmeric Dual Chamber Capsules daily as needed to support an active lifestyle.

Want to Explore
Learn More
About These
doTERRA
Products & How
They Can Help
You?



Book a FREE 1 Hour
Wellness Consult
with Deborah

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