

dōTERRA Aromatherapy Upgrades

Aromatherapy is an upgrade than can be added to almost any massage session. There are currently seven different kinds of aromatherapy available. Each oil is diluted with Bon Vital Original Massage Oil, to avoid any potential skin irritation, and put into a roll-on container. The oil is used throughout the massage session. Any remaining oil is provided for home use, or can be brought back for the next massage!

BALANCE



INGREDIENTS

Spruce Needle/Leaf, Ho Wood, Frankincense Resin, Blue Tansy Flower, and Blue Chamomile Flower essential oils in a base of Fractionated Coconut Oil.

AROMATIC DESCRIPTION

Airy, Fresh, Sweet, Woody

KEY BENEFITS

- Promotes a whole-body sense of relaxation
- Evokes feelings of tranquility and balance
- Use before bed for a restful night's sleep
- Add to wrists or neck to help ease anxious feelings

LAVENDER



INGREDIENTS

Lavender Flower

AROMATIC DESCRIPTION

Powdery, Floral, Light

KEY BENEFITS

- Helps ease feelings of tension
- Soothes occasional skin irritations
- Add a few drops of Lavender to pillows, bedding, or bottoms of feet for a restful night's sleep
- Apply to temples and the back of neck to help relieve stress

CITRUS BLISS



INGREDIENTS

Wild Orange Peel, Lemon Peel, Grapefruit Peel, Mandarin Peel, Bergamot Peel, Tangerine Peel, Clementine Peel essential oils and Vanilla Bean Absolute

AROMATIC DESCRIPTION

Citrus, Sweet

KEY BENEFITS

- Helps reduce stress and uplift mood
- Positively affects mood with energizing and refreshing properties

LAVENDER & CEDARWOOD



INGREDIENTS

Lavender Flower, Wood

AROMATIC DESCRIPTION

Sweet, Floral, Warm, Powdery, Earthy

KEY BENEFITS

- Relax the mind and body
- Sooth occasional skin irritation
- Helps ease feelings of tension

DEEP BLUE



INGREDIENTS

Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus essential oils

AROMATIC DESCRIPTION

Minty, Camphoraceous

KEY BENEFITS

- Rub Deep Blue on lower back muscles after heavy lifting
- Perfect for a soothing massage after a long day of work
- Apply on feet and knees before and after exercise

SERENITY



INGREDIENTS

Lavender Flower, Sweet Marjoram Leaf, Roman Chamomile Flower, Ylang Ylang, Hawaiian Sandalwood essential oils and Vanilla Bean Absolute

AROMATIC DESCRIPTION

Sweet, Warm, Powdery

KEY BENEFITS

- Creates a perfect escape with its renewing scent
- Promotes relaxation and a restful sleeping environment
- Helps decrease feelings of stress

EUCALYPTUS & PEPPERMINT



INGREDIENTS

Eucalyptus Leaf and Peppermint Plant

AROMATIC DESCRIPTION

Airy, Minty, Camphoraceous, Herbaceous

KEY BENEFITS

- Helps clear the mind
- Promotes feelings of relaxation
- Relieve feelings of tension

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent disease.

For more information about the benefits of dōTERRA essential oils, please visit their website, at:

www.doterra.com