

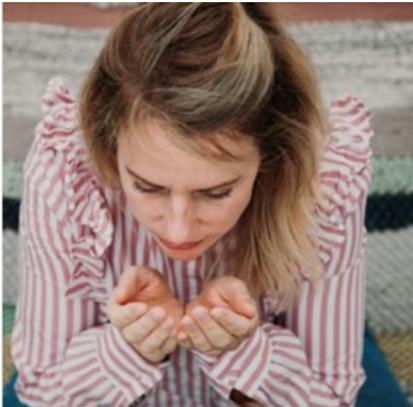


Essential Oils Guide

"ENTERING THE ESSENTIAL OIL WORLD CAN FEEL DAUNTING BUT I GUARANTEE THAT AS YOU ADOPT THEM INTO YOUR DAILY ROUTINE, YOU WILL FEEL MORE EMPOWERED AND CONFIDENT WITH YOUR HEALTH CHOICES."

An Empowered Mum

Being a mum is a constant learning experience. I am always reading and searching for ways to be a "better mum" and when I first learned about Essential Oils I knew I could take control of my family's health without relying on doctors and medication. Don't get me wrong, I value Drs and their knowledge but I realised I was able to fix my child's earache, soothe my panic attack, clear my husbands headache, do away with hayfever and help everyone sleep all without medication. This was so empowering for me. So I looked into which oils were the best quality and became an advocate for dōTERRA Essential Oils.



Esme



What Are Essential Oils?

When you rub your hand on a peppermint leaf, you are popping tiny little oil sacs and enjoying the benefits of Peppermint Oil (peppermint can target headaches, tiredness, sadness, IBS & indigestion to name a few).

They are the plants own natural defence against pests and disease and when we use them for ourselves, we harness their healing power. We use them for a wide range of emotional and physical wellness applications.

Essential Oils can support your body to heal itself and as you introduce oils in your daily routine you will quickly begin to notice the difference in your health.



SHARE • EDUCATE • EMPOWER

Aromatic (Breathing it in)

Aromatic use can help with anxiety, exhaustion, help with sleep & help with no sleep 😊 Using a drop in the palm of your hand or a few drops in a diffuser is the most effective way. For example, when we smell Lavender or Serenity Restful Blend, the limbic system responds to the compounds in those oils and communicates to the mind to relax and calm down. It's been a game changer in our home with 4 young children! Wild Orange is also an effective oil for anxiety and stress. It promotes feelings of abundance, joy and creativity.



Topical (On the skin)

Applying oils on the bottom of the feet is a safe & effective way to use them (from babies to adults). They can also be used on pressure points or specific areas (eg. bites, stings, burns, spots). For example, if you had stitches after labour (Vaginal or Caesarian) applying diluted Melaleuca to your wound can help prevent infection and applying Frankincense can avoid scarring.



Oils for Mums, baby and Children

Lavender

Sleep, anxiety, stress, nappy rash, tummy aches, wounds, scars, stretch marks, sore breasts

Peppermint

Energy, headaches, hayfever, asthma, morning sickness

ZenGest Digestive Blend

Morning sickness, reflux, colic, heartburn, IBS, trapped wind, basically anything in the digestive system!

Melaleuca

Infections, stitches, ear aches, inflammation, coughs, colds, thrush, sore throat

Wild Orange

Anxiety, stress, tantrums, PMS, baby blues