



Education beyond the basics
Lesson 1: Essential Oil Foundation

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Notes

Understanding the use of oils

Using essential oils is quite simple. However, as there are many oils available with numberless combinations and applications, it can be overwhelming for beginners.

- All doTERRA oils are labelled for type of use
- Please refer to the "Quick reference chart" in the product guide.
- Skin sensitivity is the primary safety issue

Application Method:



Can be used aromatically



Can be used topically



Can be used internally

Skin Sensitivity:



Can be used topically with no dilution (Neat)



Dilute for young or sensitive skin (Sensitive)



Dilute before applying topically (Dilute)

- keep out of the eyes, ear canals and nose
- Dilute with carrier oil, not water

When in doubt . . . Dilute



Fractionated Coconut Oil

- All natural carrier oil
- Readily absorbs into skin
- Provides soothing barrier without clogging pores
- Excellent for dry or troubled skin
- Not greasy and completely soluble with essential oils
- Colourless, odorless, will not stain or go rancid

Suggested Oils to Dilute

- Oregano
- Thyme
- Cinnamon
- Cassia
- Clove

Notes

Why plants

In a plant, essential oils perform many functions

- Regulates plant growth
- Regulates plant metabolism
- Functions as the plant's enzymes
- Builds the plant's immune system
- Wards off viruses, bacteria, microbes, fungi, parasites and insects

When a plant is cut, it produces an oleo-gum-resin in the wound which initiates healing



Oleo-gum-resin an action that comes out in the form of a volatile oil, gum and resin.

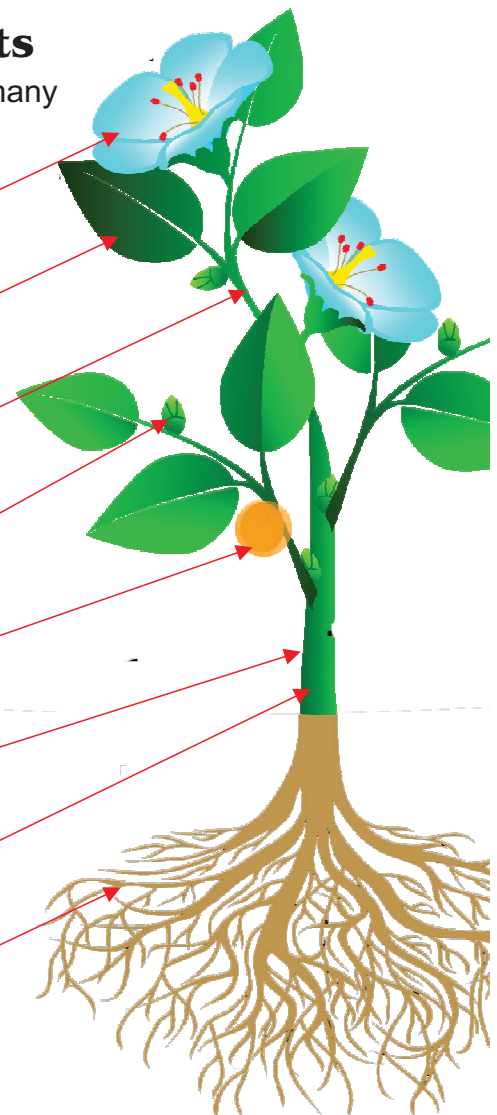
Essential Oils are "Smart Medicine"

While essential oils are friendly to us and our good bacteria they are hostile to bad bacteria, fungus, mold and virus. Using essential oils directly at the time of injury has benefits in the healing process both with infections and also in aiding skin tissues to repair

A Closer Look at Plants

Essential oils are extracted from many different parts of the plant.

- Flower
- Leaves
- Twigs
- Seed
- Citrus (Fruit)
- Bark & Wood
- Resin
- Rhizomes & Roots

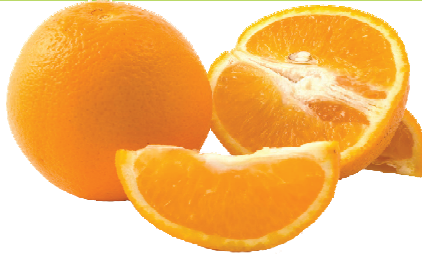


Essential Oils From Different Areas of the Plant

Notes

1. Citrus Oils

- Bergamot
- Grapefruit
- Lemon
- Lime
- Wild Orange



- Cleaning
- Strengthening
- Energising
- Invigorating
- Refreshing
- Uplifting
- Embracing

2. Flower Oils

- Clary Sage
- Clove
- Helichrysum
- Lavender
- Melissa
- Patchouli
- Roman Chamomile
- Rose
- Rosemary
- Ylang Ylang



- Light
- Energy
- Fresh
- Sparkling
- Radiant
- Lifted
- Airy
- Delicate

3. Leaf Oils

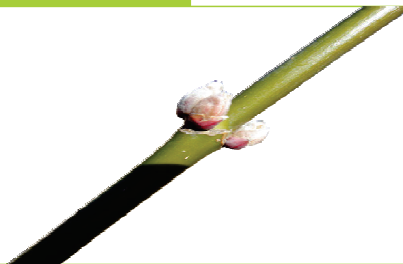
- Basil
- Eucalyptus
- Geranium
- Lemongrass
- Marjoram
- Melaleuca
- Oregano
- Peppermint
- Cilantro



- Clarity
- Pure
- Uplifting
- Fresh

4. Twig Oils

- Cypress
- White Fir
- Wintergreen



- Strengthening
- Clear
- Energising
- Active

Notes

Essential Oils From Different Areas of the Plant

5. Bark & Wood Oils

- Birch
- Cassia
- Cinnamon
- Sandalwood
- Thyme



- Warm
- Inspiring
- Balancing
- Exotic

6. Rhizome & Root Oils

- Ginger
- Vetiver



- Earthy
- Grounding
- Stabilising
- Centreing
- Balancing
- Strength
- Courage & Depth

7. Resin Oils

- Frankincense
- Myrrh



- Anti-Inflammatory
- Skin
- Immune Protection
- Anti-Anxiety

8. Seed Oils

- Coriander
- Fennel



- Reproductive Support
- Balance Hormones
- Liver Function
- Digestive Support

Loyalty Rewards Program

Months 1 to 3	Months 4 to 6	Months 7 to 9	Months 10 to 12	Months 13+
10%	15%	20%	25%	30%

- Free Products
- Completely Optional
- Flexible Dates (1st to 28th)
- View Reward Points Online
- 50PV Accrues Points
- 125 PV by the 15th = **Free** Product of the Month (POM)

Developing Your Why

Motivation comes from the inside out, and it is your "WHY" that gives you staying power. **WHY! Not HOW?**

Discovering your Why - What you need to do first is find out what you really, REALLY want.

Answering a few questions may unlock the door:

- **What do you do with your free time?**

-
- **What would you love to do, either for fun or for a living?**

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- **What would you love to accomplish?**

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- **What would you try if you were guaranteed to succeed?**

-
- **What big thoughts move your heart into a state of excitement and joy?**

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- **WHY IS THIS IMPORTANT TO YOU?**

Your Why needs to stimulate emotions in you - excite you, get you out of bed in the morning or even scare you. When you answer these questions you will feel great and you will be in the "dream zone". It is only when we get to this point that we experience what our dreams are.

Write down your dreams as you have them

Prioritise your dreams - Which feel most important? Which seem the most feasible? Which would you love to do? Put them in the order in which you will actually try to attain them. Remember, we are always moving toward action, not just dreaming.

These are questions only you can answer.

As you consider these things, it will help you to fine tune your motivation, clarify your vision of what you want and help find the motivation within yourself that will get you through the hoops and over the humps to your success. Starting a new business may be a significant new direction for you, and finding your WHY is the first step to your success.

Make Your Vision Board

<http://www.wikihow.com/Make-a-Vision-Board>



There is nothing like a dream to create the future. - **Victor Hugo**



Book Recommendation -

***Make the First Circle Work* - by Randy Gage**

<http://www.amazon.com/Making-First-Circle-Work-Randy/dp/0967316456>

Classes in the Series

Class 1: Essential Oil Foundation

Class 2: Power of Proper Health

Class 3: Body Systems

Class 4: Natural and Permanent Weight Management

Class 5: Mood Management and Emotional Health

Class 6: Pain Management and Body Balancing with Aroma

Touch Technique

Class 7: Family Health and Hormone Balance

Class 8: Essential Science

