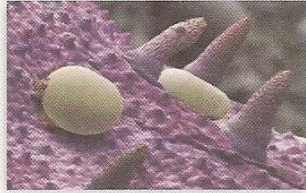


WHAT ARE ESSENTIAL OILS?

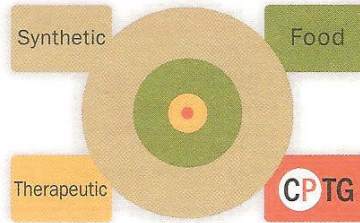
- Aromatic compounds naturally extracted from plants
- Powerful—safe benefits without side effects
- 50 to 70 times more powerful than herbs



- Wide range of uses, from cosmetics to foods to natural health solutions
- Often the inspiration for synthetically produced pharmaceutical products

100% NATURAL

- A natural way to take care of our health used by ancient cultures
- Similar properties to synthetic drugs with no side effects
- Potent—a little goes a long way



CPTG Certified Pure Therapeutic Grade®

- Plants must be sourced from their native (indigenous) growing region
- Testing guarantees absence of toxins, contaminants and microorganisms
- Rigorous testing assures the presence of desired therapeutic qualities
- Purity of oils guarantees no negative side effects or drug interactions
- All natural



Learn more about CPTG by scanning this QR code.

doterra.com/us/companyCPTGEssentialOils.php

HOMEMADE CLEANERS

HARMFUL effects of store bought cleaners

- Rashes and skin irritation
- Eye damage
- Allergies
- Lung, liver and respiratory damage
- Cancer
- Headaches
- Certain chemicals being mixed together can cause death (ammonia and bleach)
- Household cleaners labeled as disinfectants must be registered pesticides with the EPA.**

BENEFITS of cleaning with dōTERRA Oils

- Toxin free
- Effective
- Safe to use around children & pets
- Positive side effects
- Inexpensive
- Oils have antiviral, antibacterial and antiseptic properties

**Mike Watson, Ph.D. a toxicologist at the U.S. Environmental Protection Agency

COST COMPARISON

Product	Cost	Compare
Mirror / Counter Spray — 32oz		
Oil with ingredients	80¢	
Windex		\$2.47
Laundry Detergent — 2 gallons		
Oil with ingredients	70¢	
Organic		\$30.72
Fabric Softener — 1 gallon		
Oil with ingredients	\$3.40 (20 drops – Wild Orange)	
Snuggle		\$9.30

ESSENTIAL OILS



LEMON *Clean and Freshen*

- Antiseptic, antifungal and antiviral
 - Diffuse in a room to neutralize odors and elevate mood
 - Use to clean kitchen counters and stainless steel appliances
 - Removes gum, glue, paint and more
 - Add a drop to honey to soothe a dry or sore throat
- \$13.33 / \$10**



MELALEUCA *Strong Antiseptic*

- Antiseptic, antibacterial, antifungal, anti-infectious and antiviral
 - Apply to skin blemishes and rashes as part of a daily cleansing program
 - Use with shampoo or conditioner for healthy scalp and hair
 - Mix with vinegar and baking soda for a toilet scrub
- \$25.33 / \$19**



ON GUARD® *Natural Defense*

- Kills harmful bacteria, mold and viruses
 - Dilute and gargle morning and night for a protective mouth rinse
 - Diffuse to eliminate airborne pathogens
 - Dilute in spray bottle to clean doorknobs, telephones, and other community surfaces
 - Mix with coconut oil for all natural hand sanitizer
- \$42.67 / \$32**

How to "mix & make" video available by scanning this QR code.



youtube.com/watch?v=qrEYHBO0uM

RECIPES

All Purpose Cleaner

- 2 cups boiling water
- 2 Tablespoon white vinegar
- ½ teaspoon dish soap
- 1 teaspoon baking soda
- 5 drops of Lemon
- Mix baking soda, water and dish soap together with essential oils.
- Place container inside of a bigger bowl. Add vinegar. Mix.
- Save over flow and just use the spray bottle and add the over flow to it after you are done cleaning.

Washing Soap *(safe for HE)*

- 1 bar of shaved soap
- ½ cup of borax
- ½ cup of washing soda
- 3 drops essential oil*
- If using warm or hot water just add 1-2 Tablespoons of powder to the wash.
- If using cold water dissolve the 1-2 Tablespoons of powder in hot water to be sure it distributes through the clothing properly.
- You won't see a lot of suds, but your clothes will be spectacularly clean.

Additional Recipes available by scanning this QR code



clean.essentialoilhelp.com