

dōTERRA

CPTG™ Certified Pure Therapeutic Grade™

In addition to being 100% pure and natural, dōTERRA's Certified Pure Therapeutic Grade™ essential oils are subject to further quality testing that ensures the correct composition of the active compounds that should be found in each oil. Even though an essential oil may be 100% pure, if the right species or part of a plant has not been used, or if the plant has not been grown in the right environment or harvested at the right time, or if it has not been distilled under the right conditions, the natural chemical make-up of the extraction will not provide as predictable and powerful a benefit. dōTERRA's Certified Pure Therapeutic Grade™ essential oils are **guaranteed to be 100% pure and natural and free of synthetic compounds or contaminants (including pesticides)**. They far exceed the AFNOR and ISO quality standards and are subjected to rigorous **mass spectrometry** and **gas chromatography** analysis to ensure extract composition and activity. dōTERRA's 100% pure essential oils represent the safest and most beneficial essential oils available today and are certain to exceed customer satisfaction for quality and efficacy.

Experienced essential oil users will immediately recognize dōTERRA's superior standard with first use.



How Essential Oils Heal Your Body

Interesting Fact

Essential oils are composed of tiny molecules that are small enough to penetrate the blood brain barrier, which to you means that using them actually produces healing benefits that many modern-day pharmaceuticals cannot. Essential oils are extremely concentrated. The human body contains 100 trillion cells. One drop of essential oil contains approximately 40 million-trillion molecules. That's enough to cover every cell in our body with 40,000 molecules. It only takes one molecule of the right kind to open a receptor site for healing and alter cellular function. You can see why using even one drop or inhaling essential oil vapor can have a profound effect on your health.



"Using dōTERRA's Certified Pure Therapeutic Grade essential oils with this application increases the benefits people experience in a profound way. Grounded in solid science and research, this technique is beneficial to anyone seeking to improve overall health and well-being, and provides another opportunity to emphasize the benefits of incorporating Certified Pure Therapeutic Grade essential oils in everyday living."
- Dr. David K. Hill

"Take rest; a field that has rested gives a bountiful crop."
Ovid



dōTERRA

Naturally safe, purely effective, guaranteed.

AromaTouch™ Technique: Holistic Essential Oil Application



Systemic Constants and How the AromaTouch™ Technique Will Help



Environmental factors can have a negative impact on overall health and well-being, disturbing homeostasis - the balance our bodies need to function optimally. Such challenges, even when they do not immediately result in disease, cause our bodies to function below optimal levels. These include:

STRESS

Emotional distress, career choices, family discord, financial worries and the like elevate stress levels. Clinical studies have linked high stress and chronic stress to numerous negative health conditions.

TOXIC INSULT

Exposure to a wide array of toxic insults, including disease-causing pathogens, hormone and pesticide contaminated food products, and increasing levels of free-radicals from pollution, foods, and sunlight contribute to rises in the occurrence of varying illnesses

INFLAMMATION

The increased consumption of food with pro-inflammatory components (foods high in polyunsaturated vegetable oils such as safflower, sunflower, corn and peanut oil) together with high carbohydrate, low protein diets contribute to increased inflammation in body systems. Stress, with its accompanying imbalance of cortisol, can also contribute to inflammation, as do various (and increasingly prevalent) immunological dysfunctions. Studies increasingly show links between fatal diseases and inflammation.

AUTONOMIC IMBALANCE

The opposite of homeostasis, an imbalance of the autonomic nervous system (aka: the ANS or visceral nervous system) can negatively impact health in a number of ways. Restoring the body's homeostasis can reduce the physiological impact of stressors on the body.

The Oils and Method

Zones of the feet and back.



The **AromaTouch™ Technique** recommends using 8 CPTG essential oils to reduce and eliminate the impact of systemic constants on our overall health. Applying them with the **AromaTouch™ Technique** has been shown to help enhance systemic benefits and increase feelings of overall health and well-being. The **AromaTouch™ Technique** includes 4 steps (2 oils each)



STRESS REDUCTION

- **Balance** is an essential oil blend formulated from oils that are known to bring a feeling of calmness, peace and relaxation. It can aid in harmonizing the various physiological systems of the body and promote tranquility and a sense of balance.
- **Lavender** essential oil has been used for thousands of years for its calming and sedative properties.

IMMUNE ENHANCEMENT

- **Melaleuca** essential oil has potent antifungal, antibacterial, and anti-inflammatory properties.
- **On Guard™** is a blend of oils that have been studied for their strong abilities to kill harmful bacteria and mold. It also stimulates & supports the body's external and internal defensive immune function.

INFLAMMATION AND PAIN REDUCTION

- **AromaTouch™** is a blend of essential oils that were selected specifically for their ability to relax, calm, and relieve the tension of muscles, soothe irritated tissue, and increase circulation.
- **Deep Blue** is a blend that contains oils that are well known and researched for their abilities to soothe inflammation, alleviate pain, and reduce soreness.

HOMEOSTASIS

- **Peppermint** essential oils has invigorating and uplifting properties.
- **Wild Orange** essential oil has antidepressant properties and is often used to relieve feelings of anxiety and stress. Its aroma is uplifting to both the body and mind.



How to prepare for your session:

- Arrive with a clean body and open mind.
- Your session will last 30-45 minutes.
- Your therapist only needs access to your back and feet.
- Some of the oils will warm you while others will revive you.
- Prepare to begin a journey of healing unlike any other.