

Past Tense - Tension Blend

Wintergreen: Analgesic, antibacterial, anti-inflammatory, astringent and can be a stimulant, strong mover of elements, pain relief even to bones, arthritic pain, headaches, joint pain and skin disorders. It may also be effective with cystitis, acne, bladder infection, gout, gallstones, edema, eczema, osteoporosis, ulcers and UTI.

Lavender: analgesic, antibiotic, antidepressant, anti-inflammatory, antiseptic, diuretic, disinfectant and sedative. Effective on acne, arthritic pain, asthma, bronchitis, burns, colds and flu, cuts and wounds and depression.

Peppermint: Analgesic, anti-inflammatory, antiparasitic, antiseptic, antispasmodic, astringent, expectorant, stimulant. Effective on arthritic pain, asthma, back pain, bronchitis, colds and flu, colic, congestion, depression, diarrhea, fever, headaches indigestion, insect bites, menstrual problems, migraines, motion sickness, nausea and skin disorders.

Frankincense: Analgesic, anti-cancerous, antidepressant, antifungal, anti-inflammatory, antiseptic, astringent, diuretic and sedative, oxygenates the brain and circulatory system. Effective on Asthma, Bronchitis, cuts and wounds, dermatitis, depression, headache, indigestion, skin disorders, sore throat and stomachache.

Cilantro: Plant grows for 8-10 weeks and flowers, once it does flower, it will make seeds, which can be harvested as Coriander Seeds. Cilantro Oil is made from the leaves of the plant and need to be harvested carefully as the leaves are fragile and the oil processes quickly and thinly when distilled. It is primarily thought to be good for detoxing tissues and binding to heavy metals within the body. In the case of surface contact it has a nice analgesic property.

Marjoram: analgesic, antibacterial, antibiotic, antifungal, antioxidant, antimicrobial, antispasmodic, anti-cancerous, antiviral, mood lifter, disinfectant, expectorant, sedative, and stimulant. Effective on arthritic pain, asthma, anxiety, back pain, bronchitis, bruises, colds and flu, constipation, cuts and wounds, headaches, hypertension, indigestion, insomnia, menstrual problems, migraines, sprains, stomach ache and stress.

Roman Chamomile: anti-infectious, anti-inflammatory, antiparasitic, antispasmodic, calming, mood lifter, inspires courage and sense of self, facilitates movement of miniscule elements and toxins out of tissues, and decongestant. Effective on; blood cleansing, helps liver reject poisons, allergies, bruises, cuts, depression, insomnia, muscle tension, restless legs, skin conditions like acne, dermatitis, eczema, shingles, rashes and sensitive skin.

Basil: Antibiotic, antidepressant, anti-inflammatory, antiseptic, antispasmodic, antiviral, decongestant, disinfectant, and expectorant. Effective on bronchitis, cold and flu, depression, earache and ear infections, headache/migraine, insect bites, stress.

Rosemary: Antibiotic, antispasmodic, astringent, diuretic, respiratory relief and stimulant. Effective on acne, arthritic pain, asthma, bronchitis, bruises, colds and flu, cuts and wounds, dermatitis, diarrhea, headaches, insomnia, joint pain, skin disorders, and stomach ache.

Caution: Possible Skin Sensitivity. Keep out of reach of children. Keep out of eyes. Do not put in to nose or ears or other sensitive openings of the body. Dilute with Fractionated Coconut Oil to calm any sensitive skin. The oils in this blend are 100% Pure Therapeutic Grade Essential Oils. If Pregnant or under a doctors' care for any reason consult a physician on usage. This is a very strong blend – use a little and waits 5 minutes before applying more.

IPC Price: \$22.00 Retail: \$35.00

dōTERRA's Whisper Blend For Women

is a perfect balance of several Tested Pure, Therapeutic Grade essential oils unified to impart beauty, femininity, and allure.

Whisper's subtle fragrance, once applied, mingles with your individual scent to enhance the essence that is all your own.

This blend contains no synthetic toxic chemicals.



Contents: Rose, Jasmine, Bergamot, Cinnamon, Cistrus, Vetiver, Ylang Ylang, Cocoa, Vanilla, Sandalwood, and Patchouli.

How To Use: Topical or aromatic use.

IPC Price: \$28.50 Retail: \$45.00

For more information contact:

dōTERRA[®]
Independent Product Consultant

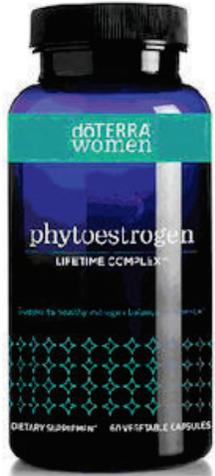


dōTERRA[®] Women
Essential Products



dōTERRA Women is a new line of products formulated to address the unique and changing health needs of women.

PHYTOESTROGEN LIFETIME COMPLEX™



dōTERRA Women's Phytoestrogen Lifetime Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a woman's life. Phytoestrogen Lifetime Complex include a standardized soy extract with genistein, a powerful phytoestrogen that binds with estrogen receptors in cells, and the natural phytoestrogens in pomegranate. It also includes a concentrated extract of flax seed lignans to help manage potentially harmful metabolites that are

produced when estrogen is metabolized in the liver. Balancing hormones and managing harmful metabolites by eating a healthy diet rich in phytoestrogens and other essential nutrients, exercising, and managing weight can help reduce uncomfortable symptoms associated with PMS and the transition through menopause and supports healthy bones, heart, breast tissue, and other body structures and functions as a woman ages.

Directions for use:

Pre and peri-menopausal women take one to two capsules daily with food. Post-menopausal women take two capsules daily with food.

NOTE: *Pregnant or lactating women and people with known medical conditions should consult with a physician prior to taking supplements. Does not contain wheat or milk products.*

IPC Price: \$45.50 Retail: \$65.00

BONE NUTRIENT LIFETIME COMPLEX™



Women begin to build bone mass at an early age reaching a maximum bone density in their late twenties. As a woman ages, bone mass begins to decline and bones become more brittle. Declining bone density and health can be accelerated in women whose diets do not include optimal levels of bone nutrients and whose hormones are out of balance. Not managing harmful estrogen metabolites can also accelerate bone degeneration or wasting. dōTERRA's Bone Nutrient Lifetime Complex is a blend of vitamins and minerals that are essential for bone health including vitamins C and D, calcium, magnesium, and other trace minerals. Bone Nutrient Lifetime Complex can be used by women (and men) of all ages as a dietary supplement to conveniently increase consumption of the bone nutrients found in healthy foods but often deficient in our modern diets.

Directions for use:

Teen and adult women, take four capsules daily with food.

NOTE: *Pregnant or lactating women and people with known medical conditions should consult with a physician prior to taking supplements. Does not contain wheat or milk products.*

IPC Price: \$20.25 Retail: \$30.00

SOLACE™ MONTHLY ESSENTIAL OIL BLEND

dōTERRA Women's Solace is a proprietary blend of Tested Pure, Therapeutic Grade essential oils that have been traditionally used to balance hormones and manage symptoms of PMS and the transitional phases of menopause.

Solace is a topical blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot seed, Palmarosa, and Vitex that provide temporary respite from cramps, nausea, hot flashes, and the emotional swings sometimes associated with regular hormone cycles in women.



IPC Price: \$28.50 Retail: \$45.00