

Dancers are athletes!

Regardless of whether or not you consider dance a sport, it's hard to argue that a high level of athleticism is required of dancers in the 21st Century. The rigorous training and performance regimen of elite dancers is equivalent to that of top athletes in other fields.

Like athletes, dancers are always exploring ways to improve performance and stay healthy— optimizing nutrition, exercise, and wellness in every way possible, including applying “alternative” or more holistic solutions to many important areas of their dance lives.

This is where essential oils come in. We've seen these natural compounds, which are extracted from plants (or parts of plants), consistently recommended by dancers and experts in dance publications. Typically, it is suggested the dancer use them aromatically. However, oils that meet the standard of CPTG (Certified Pure Tested Grade) can also be a benefit when applied to pressure points or taken internally. No matter how you use them, essential oils are a useful tool for supporting the bodies of dancers in natural ways.



Please Contact for Further Information



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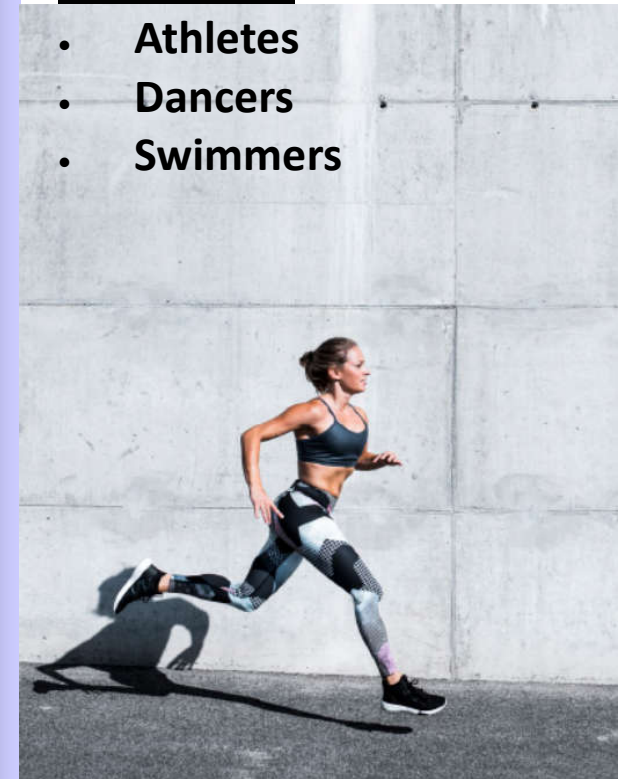
Web: <http://mydoterra.com/earthgifts>

Active Sports Wellness Box

contains everything you need to help you lead an active lifestyle and get you moving! You don't need to be a professional, you just need to get active!

Suitable for:

- **Athletes**
- **Dancers**
- **Swimmers**





Active Sports Wellness Box Contents and Pricing

Within this Wellness Box you can find:

• **Copaiba**

Add a drop or two to your water, juice or tea any time of the day. Mix with your moisturiser to reduce the appearance of blemishes and promote the appearance of clear, smooth skin.

• **Ice Blue Rub**

Great to use before as well as after exercise or a long day of work. Soothing and cooling, can be applied to your neck and shoulders, feet and joints – anywhere that could do with a massage!

• **Lemongrass**

Use to flavour your cooking, clarifying and toning when diluted and applied to the skin, or diffuse to enjoy its pungent enlivening aroma, evoking a day spa experience.

• **Wintergreen**

Sourced in Nepal, add a drop to your diffuser for a refreshing scent, dilute a drop in FCO for a warming sensation when applied to the skin, for a soothing massage with its uplifting aroma.

• **Eucalyptus**

While showering, place a few drops in your hands and inhale for a feeling of invigoration and vitality, add to a spray bottle with lemon and peppermint to wipe down kitchen and bathroom surfaces.

• **Motivate®**

Unleash your creative powers by adding to the soles of your feet, diffuse when working on a project or apply to pulse points so you can enjoy the uplifting aroma.

• **Peppermint Beadlets**

Each tiny beadlet delivers a refreshing burst of peppermint, more than a breath freshener, it will also invigorate your senses as you breathe in the cooling aroma.

• **Fractionated Coconut Oil**

Apply topically morning and night to hydrate your skin without interfering with your essential oil blends. Use to dilute strong oils, mix with your favourite oil to use in massage.



Price List

Active Sports Wellness Box	\$194.00
Includes Wholesale Membership which entitle you to 25% off all further products	Plus \$7.95 Postage
Copaiba	Retail
15ml bottle	\$69.00
	W/S
	\$52.00
Ice Blue Rub	Retail
120g tube	\$51.00
	W/S
	\$38.00
Lemongrass	Retail
15ml bottle	\$17.33
	W/S
	\$13.00
Wintergreen	Retail
15ml bottle	\$48.00
	W/S
	\$36.00
Eucalyptus	Retail
15ml bottle	\$24.00
	W/S
	\$18.00
Motivate	Retail
5ml bottle	\$50.00
	W/S
	\$37.50
Peppermint Beadlets	Retail
125 beadlets	\$22.00
	W/S
	\$16.50
Fractionated Coconut Oil	Retail
Includes Wholesale Membership which entitle you to 25% off all further products	\$22.00
	W/S
	\$16.50