

## Where do I **BEGIN?**

**USING ESSENTIAL OILS IS INTUITIVELY SIMPLE** and highly satisfying. However, the many oils available with their numberless combinations and wellness applications can be a bit overwhelming to beginners. As a simple first step on your journey with essential oils, we recommend a trio of Lavender, Lemon, and Peppermint. Three of our most popular oils, they will provide you and your family a compelling experience with the life-enhancing properties of therapeutic-grade essential oils.



### **INTRODUCTION TO ESSENTIAL OILS KIT** top seller

Perfect for beginners, the Introduction to Essential Oils Kit is everything you need to start experiencing immediately the life-changing benefits of dōTERRA essential oils. The kit includes:

- Lavender essential oil (5 mL bottle)
- Lemon essential oil (5 mL bottle)
- Peppermint essential oil (5 mL bottle)
- List of suggested uses for each oil
- Introductory audio CD and booklet

<b>32180001</b>	Three 5 mL bottles
\$26.67 retail	\$20.00 wholesale   15 PV



### **LAVENDER** *Lavandula angustifolia*

- Apply to the bottom of feet or on a pillow before sleeping
- Use to calm reactions to a bee sting or bug bite
- Use with bath salts for a relaxing spa bathing experience
- Apply to wrists or inhale when traveling to ease motion upset
- Lightly apply to soothe sunburned or scalded skin
- Apply to back, hands, or feet of a restless or agitated child
- Use to calm and soothe diaper rash
- Calm sensitive skin and soothe pores after hair removal
- Apply to dry, chapped lips before applying lip balm
- Use with Peppermint for a healthy scalp massage
- Add to lotion for a stress-relieving hand massage

### **LEMON** *Citrus limon*

- Add a drop to a water bottle or to water served at a restaurant
- Diffuse aromatically or apply topically for mood elevation
- Add to drop of honey to soothe a cough or sore throat
- Dilute with coconut oil for a daily fingernail conditioning massage
- Apply directly to cold sores for soothing relief
- Add a drop of Lemon and Peppermint to your toothbrush after use
- Diffuse in a room to neutralize odors
- Remove gum, label adhesives, and greasy substances from fabric
- Use to clean kitchen counters and stainless steel appliances
- Add to olive oil for a non-toxic furniture polish

### **PEPPERMINT** *Mentha piperita*

- Rub on stomach or feet, or take one drop internally to calm indigestion or upset stomach
- Use with Lemon in water for a healthy, refreshing mouth rinse
- Diffuse aromatically or apply topically to open sinuses and airways
- Apply with Lavender to sore, tired muscles and joints
- Breathe in during a meal to help you feel full
- Add to a cold water compress or foot bath to cool off when overheated
- Inhale as a non-stimulant, invigorating pick-me-up on long drives
- Add to shampoo and conditioner for a stimulating hair and scalp massage
- Use with Lavender and Lemon during allergy season
- Spritz on child's shirt before study time for alertness