

ESSENTIAL OIL

Revolution

GUIDE

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WELCOME TO THE OIL REVOLUTION

Hi Mama,

Welcome! I am so excited to share one of my passions with you, one that will have magnificent effects on your health. This program is all about essential oils.

Essential oils are created from plants, stems, and botanicals. They are used in many ways and have many benefits, all of which we will talk about in this program.

Let's get started!

THREE WAYS TO UTILIZE ESSENTIAL OILS

Essential oils can be diffused, applied topically and ingested.

DIFFUSING OILS

Aromatherapy has been utilized for thousands of years to help support the body. When you inhale essential oils, your brain experiences a chemical reaction that has a positive effect on your entire nervous system.

APPLYING OILS TOPICALLY

When you apply essential oils to your skin, they have an immediate positive effect on your nervous system. You can apply oils topically with a carrier oil. Great base carrier oils are almond oil avocado oil, grape seed oil, and evening primrose oil.

The best place to apply your oils is any area of your body where the skin is thinnest such as the wrist, the nape of your neck, under your armpits, under your breastbone, behind your ears and the bottom of your feet.

INGESTING OILS

Essential oils can be used in cooking, or added to a smoothie, green juice or any delicious recipe you desire. You can also add to lemon water (lemon oil is great for this). Essential oils can be taken in a capsule as well. Before ingesting oils, it is best that the oils are certified pure therapeutic grade, and free from all toxins.

FAVORITE ESSENTIAL OILS AND BEST USES

My health philosophy is based on bio-individuality, the concept that no one diet works for everyone. As you learn about essential oils, you will see what oils are right for you and your life, though I will suggest some of my own preferences. There are many oils I would not leave home without and for this reason; I have included them in your detox program.

Let's learn about some my favorite essential oils. During this detox or after the program, you have a simple cheat sheet you can refer to. You can see why I love having essential oils in my home because there are so many uses for them.

All of the below oils can be included in your program because they all support a healthy immune system.

ALL OF THE OILS I'VE INCLUDED ARE:

I have included **LEMON** essential oil because it:

- Cleanses and purifies the air and surfaces
- Naturally cleanses the body and aids in digestion
- Supports healthy respiratory function
- Promotes a positive mood and cognitive ability
- Helps ward off free radicals, environmental toxins, with its antioxidant benefits
- Soothes an irritated throat

I have included **LAVENDER** essential oil because it:

- Is widely used for its calming and relaxing qualities
- Soothes occasional skin irritations
- Helps skin recover quickly
- Eases muscle tension

I have included **PEPPERMINT** essential oil because it:

- Promotes healthy respiratory function and clear breathing
- Alleviates occasional stomach upset
- Frequently used in toothpaste and chewing gum for oral health

I have included **ONGUARD**, a protective blend oil, because it:

- Supports healthy immune function
- Protects against environmental threats
- Cleans surfaces
- Purifies the skin while promoting healthy circulation
- Energizing, uplifting aroma

15 USES FOR OREGANO

- **IMMUNE SYSTEM BOOST:** Consume several drops in a veggie capsule for periodic immune support.
- **KEEP CALM AND OREGANO ON:** Concerned about the sanitary conditions of a public place you or the kids have just walked on with bare feet? Your feet absorb more than you think. Follow up by applying one drop of Oregano and Thyme, diluted with 6-7 drops of fractionated coconut oil. Happy feet.
- **SAVOR THE FLAVOR.** Put a drop of oregano essential oil in your spaghetti sauce, pizza sauce, on a roast, or any other entrée for delicious flavor. Because oregano is so strong, you may want to put the drop first on a spoon and then use a toothpick to slowly add oil to the recipe.
- **THE BEST DEFENSE IS A GOOD OFFENSE:** To help keep your home clean, mix three drops of oregano with water in a spray bottle and spray it in corners of the shower, sink and other damp and darkened areas.
- **LITTLE ITALY AT HOME.** Put a drop of oregano and a drop of basil in your veggie dip! Or, mix them both with olive oil and balsamic vinegar for a savory bread dip!
- **BRING ON SANDAL SEASON:** Apply one drop of oregano to six drops of fractionated coconut oil to soften cuticles and rough spots that many be encroaching on your toenail real estate. Oregano keeps impurities out!

- **DIGESTIVE DILEMMAS ABATED:** Oregano is a key ingredient in dōTERRA's GX Assist, for good reason! It helps create a peaceful environment that is unfriendly to 'the unmentionables' that tax our digestive systems.
- **IT'S ABOUT NATURAL EFFECTIVENESS:** Essential oils quickly go to work in your system. This year, when a change of seasons may have you down, make your own wellness blend by combining three drops oregano, five drops OnGuard, five drops Melaleuca and five drops lemon into a veggie capsule. By putting the properties of these oils to work, you will feel better naturally!
- **WARMING WONDER:** Dilute just one drop in several drops of fractionated coconut oil and massage quickly into hands and feet to help warm the body.
- **CHASE AWAY BREATH BLOCKERS:** When it comes to effortless breathing, having oregano in your system (taken with a veggie capsule) can clear the respiratory gunk.
- **COMFORTABLE EXIT CRAMPS:** When your body's waste elimination systems are unhappy, it's uncomfortable. Cranberry juice is great, but oregano in your system can work to clear this out, clean it up and help you feel better.
- **ELIMINATE UNSIGHTLY SKIN WOES:** Your skin can have imperfections, bumps or feel irritated. The same properties that make oregano great for internal use are also effective as a topical ointment. Use sparingly!
- **TEA TIME BOOST:** On a cold winter day, oregano added to earthy, hot tea can do wonders to the body and soul!
- **FOODBORNE PROBLEMS BEWARE:** Oregano has properties that can counteract the effects of improper food handling practices, preparation or food storage. Combined with regular hand washing, oregano has been known to be effective in contributing to the healthiness of foods.

- **LESS IS MORE:** In nearly all applications, more oregano is not the answer. Oregano is one of the most potent essential oils—one drop is usually all you need. When used improperly, be sure to have fractionated coconut oil on hand to dilute its potency if needed. One drop of oregano to four drops of fractionated coconut oil.

15 USES FOR FRANKINCENSE

- **CALM DOWN:** Inhale lavender and peppermint and apply to neck to help calm stress and relieve tension.
- **NOURISH YOUR SKIN:** Use a drop of frankincense with three drops of carrier oil.
- **SPREAD THE LOVE:** Frankincense smells wonderful and uplifts the mood. Wear it as a perfume to lift your mood and feelings of alertness.
- **SOOTHE OVERWORKED HANDS:** Rub frankincense on your hands after a long day of gardening or working to promote a normal inflammatory response.
- **BOOST YOUR FOCUS:** Apply one to two drops to your temples and the back of your neck to help improve your concentration.
- **TOUGHEN UP YOUR NAILS:** Dry weather can take a toll on your nails. Try applying a drop of frankincense to strengthen weak fingernails.
- **GOODNESS IN A CUP:** Dilute a drop of frankincense in one teaspoon of honey in a small herbal tea and take daily to maintain good health.
- **CALMING MOOD LIFTER:** Frankincense can be applied to the bottoms of the feet to relax and calm minor to major mood swings. In fact, it has been used to calm expectant mothers during pregnancy and labor. Diffuse in the room or massage a drop onto the chest or back of the neck.
- **CELLULAR VIGOR:** Frankincense promotes healthy cellular proliferation. So, take frankincense in a veggie capsule to support healthy cells in your body!

- **NO MORE NERVES:** Use frankincense to help relieve anxiety and create a positive mood! Try combining frankincense, peppermint and wild orange essential oil in your hand, rub hands together and inhale deeply. This mix will also help with the most severe need for a three o' clock pick-me-up!
- **BE YOUTHFUL:** Frankincense can help promote youthful, radiant looking skin and slow the signs of aging by reducing the appearance of skin imperfections. Dab with one drop of a carrier oil to trouble areas.
- **RELAX AND REVITALIZE:** Soak in a warm frankincense bath to calm the nerves or diffuse frankincense in the bathroom while you relax in the tub.
- **FRANK TO THE RESCUE:** Frankincense has been used for centuries for challenged skin, skin problems and nearly everything related to skin. It's wonderful for aging skin too! Apply directly to the skin and dab the excess with a cotton ball.
- **MUSCLE AND SORENESS RELIEF:** Use frankincense with a cold compress after working out or on a hot day to cool down and relax. Or, use a hot compress to soothe tired muscles or occasional cramps.
- **PERSONAL SAUNA:** After showering, add a few drops to a warm, wet washcloth for a final rinse. Enjoy the earthy smell as the steam creates your personal sauna.

15 USES FOR LAVENDER

- **RELAX AND REVITALIZE:** Drop a bit of lavender essential oil along with Epsom salts in your bath water for an ultra-relaxing experience.
- **HEAD-TO-TOE REST:** After a hard workout or a long day on your feet, rub lavender along with lemongrass on your legs and feet. It will help soothe sore muscles and fully rest.
- **TAKE THE ACID OUT OF VINEGAR:** Add four to five drops of lavender to your vinegar cleaning mixture for a more bearable scent.
- **QUICK FIX:** Mix three parts fractionated coconut oil with one part lavender essential oil in a small spray bottle or roll on to help clear up skin irritation associated with chafing. Great for little ones!
- **BRING ON THE ZZZ'S:** Rub on the bottoms of the feet for a more restful sleep.
- **ENJOY A FRESH, CLEAN MATTRESS:** Sprinkle a mixture of one cup baking soda and 10 drops of Lavender essential oil over your mattress. Allow the mixture to sit for at least one hour then use the vacuum hose to clean it up. You can combine with drops of eucalyptus, peppermint, clove, or rosemary as well.
- **BANISH BURNS:** The next time someone doesn't realize the iron or pan is still hot, apply lavender oil to the affected area to soothe skin irritation, relieve redness and ease swelling.

- **THE OATMEAL SECRET:** Fill a baby food jar with oatmeal, and add five to eight drops of lavender oil. When it's time to wash your face, add water, and it becomes an excellent natural scrub! A little goes a long way.
- **BETTER BEDTIMES:** A few drops of lavender placed on a pillow will help a restless toddler (or adult) fall asleep and stay asleep.
- **FLAVOR TWIST:** Lavender adds a unique and delicious flavor to marinades, custards, bread, cookies, icings, and even honey and syrup.
- **HOMEMADE AFTERSHAVE:** Use after shaving to soothe and soften skin, and lessen the redness and burn caused by razor burn.
- **TAKE THE "OUCH" OUT:** One drop of lavender will help relieve the pain and sensitivity of occasional sore gums, dry or chapped lips, occasional scrapes, and abrasions, or after too much sun.
- **CLEAR THE MIND:** Apply lavender to the temples and back of the neck to lessen the effects of stress and anxiety and to promote mental clarity.
- **CARE FOR BABY BELLY:** Rub lavender essential oil onto an itchy tummy while pregnant.
- **THERAPEUTIC DISH AND LAUNDRY SOAP:** If your liquid soap smells a bit flat, you can add lavender for additional aromatherapy benefits. It transforms your cleaning experience!

15 USES FOR LEMON

- **ERADICATE SMELLS:** The next time you have an international potpourri of food simultaneously brewing in your apartment complex at dinner time, be sure to diffuse lemon to neutralize odors.
- **GET RID OF STICKINESS:** Lemon essential oil is excellent for removing sticky tree sap, sticker residue and permanent marker. It even gets gum out of hair!
- **PUMP LIFE INTO WATER:** If you, unfortunately, don't have great water taste in your town, add lemon to that pitcher of water in the fridge. Add ice. Shake well. You will love the flavor!
- **A REMODELER'S FRIEND:** It is possible to have fresh paint on the walls and fresh smell in the air! Diffuse lemon essential oil while you repaint or remodel your home.
- **ROAD-TRIP RELIEF:** The next time you are going 'over the river and through the woods' on a family road trip (with family or pets), a little lemon on cotton balls (or other absorbent material), and spread over your air vents. It goes a long, long way to create a more pleasurable trip.
- **PERK UP:** First, diffuse lemon essential oil to brighten and energize your mood. Then, pamper yourself by mixing a few drops with melaleuca and fractionated coconut oil, and apply on tired, dry, cracked feet.
- **FLAVOR BOOST:** Add a drop of lemon essential oil any time you are cooking with lemon juice (salmon on the BBQ, lemon meringue pie, lemon zest) to give it a deeper, richer flavor. In soothing winter teas, you can simply add lemon essential oil to warm water, herbal tea and honey.

- **A LEMONY BOOST OF ENERGY:** When you lack motivation or energy, try rubbing a drop of lemon on your hands, the back of your neck, or even through your hair. You'll be amazed at the power of the aroma!
- **SMELL LEMONS, NOT CHEMICALS:** Add a couple drops of lemon essential oil to your dishwater. Adding lemon will make it a better experience for you while taking advantage of its cleaning properties. Your glassware will be crystal clean.
- **SUPER STUDY POWERS:** Diffuse with peppermint in the classroom or during homework time to help the kids stay awake and focused.
- **AN ORIGINAL ALL-PURPOSE CLEANER:** Mix five to six drops lemon essential oil with water and vinegar in a spray bottle to cleanse and purify surfaces. Use to clean kitchen counters and stainless steel appliances. For stainless steel, mix lemon essential oil with olive oil for best results.
- **PRESERVE FRUIT:** Use lemon essential oil in a spray to keep your cut fruit fresh until serving.
- **REFRESH FOUL WASHCLOTHS:** When kitchen washcloths smell foul and could use a boost, add lemon oil to your detergent, soak overnight, wash and dry, and your kitchen will smell so much better!
- **NOURISH LEATHER AND FURNITURE:** Preserve and prevent leather from splitting with a lemon-soaked cloth. Also, a few drops of lemon essential oil combined with a few drops of olive oil makes a great furniture polish.
- **'LEMONIZE' YOUR LAUNDRY:** Instead of dryer sheets, try adding a few drops to a damp washcloth in the dryer with the rest of your laundry. Be sure to set the dryer to a low-temperature cycle, as high heat will lessen the effects of the oil.

15 USES FOR PEPPERMINT

- **SUPPORT HEALTHY BREATHING:** Dilute a drop of peppermint oil combined with fractionated coconut oil and place under your nose to open airways and help you breathe easily.
- **SOOTHE OVERWORKED FEET:** Add peppermint to a cold compress and cool down your overworked feet.
- **BREAK AWAY FROM HEAT:** Keep a spray bottle of water with a few drops of peppermint essential oil nearby, especially when you need to cool down!
- **FRESHEN BREATH:** Use a drop of peppermint with lemon in water for a healthy, refreshing mouth rinse. It freshens breath and builds confidence in your close encounters.
- **TAKE A DEEP BREATH:** Inhale deeply to invigorate lungs and increase alertness.
- **NO MORE STRESS:** Apply to neck and forehead with lavender to relieve tension and pressure.
- **A JOINT EFFORT:** Peppermint is a great way to cool joints without taking an ice bath. It helps to soothe occasional soreness in muscles and joints.
- **TUMMY CALMER:** Rub on the stomach or take internally for occasional digestive discomfort.

- **SHAKE IT UP:** Add a drop of peppermint to your chocolate shake for a yummy twist.
- **ZERO TO SATIETY IN SECONDS:** Most people eat until they feel full. Diffusing peppermint will help reign in the urge to snack on junk food. It's a good way to control appetite and to feel full faster.
- **OUT ON THE OPEN ROAD:** Don't fall asleep at the wheel! Inhale peppermint from a handkerchief or straight from the bottle to perk up on long drives.
- **AWAKEN YOUR SENSES:** Before your next workout, apply a bit of peppermint to your chest or just take a deep breath straight from the open bottle. Then, after your workout, add to shampoo to stimulate your senses and help with scalp health.
- **DITCH EXHAUSTION:** Rather than grab a Snickers to revitalize you as you 'go the extra mile', deeply inhale peppermint to feel revitalized and ready to go.
- **UN-BLOCK WRITER'S BLOCK:** Peppermint can support blood circulation and leave you feeling rejuvenated to keep those creative juices flowing. Simply spritz peppermint on child's shirt before study time for improved concentration and alertness.
- **SAVOR THE COMBINATION:** Peppermint makes a delicious addition to all things chocolate. Add a drop into your chocolate beverages and baked goods. Yum!

15 USES FOR MELALEUCA

- **SAY GOODBYE TO RAZOR BURN:** Apply after shaving to prevent skin irritation. You can also mix melaleuca with a bottle of fractionated coconut oil for a great facial moisturizer. Consider also mixing with lavender or frankincense for added benefit.
- **ADD "OOMPH" TO YOUR LOTION:** Help soothe your skin by placing one drop of melaleuca essential oil in your moisturizer during your morning and night skin routine. You can also apply to skin blemishes and rashes as part of a daily cleansing program.
- **BATHROOM CLEANER:** Combine 10 drops of melaleuca with half a cup baking soda and one-fourth cup vinegar to clean the toilet.
- **REFRESH YOUR WASH:** Add a couple drops of melaleuca to laundry detergent to get rid of any musty smells caused by poor ventilation.
- **HOMEMADE BABY WIPES:** Cut a paper towel roll in half and place it in a storage container with two cups warm water, two tablespoons fractionated coconut oil and three drops each of melaleuca and lavender. When the liquid is absorbed, remove the cardboard roll and pull wipes from the center.
- **FOR WHEN SOAP WON'T DO IT:** Melaleuca is great for removing permanent marker from skin.
- **BABY BOTTOM REMEDY:** Mix with fractionated coconut oil, lavender and frankincense to make a diaper paste for baby's irritated skin.

- **TOO MUCH FUN IN THE SUN:** Apply to the skin during your family vacation or after a long day in the sun.
- **SLEEP FEELING CLEAN:** Spray melaleuca on your mattress pad when you change the sheets.
- **HANDY FOR HIKERS:** Take melaleuca essential oil in your pack next time you go the off the beaten trail. Melaleuca is a great cleansing agent for occasional scrapes and other skin irritations.
- **LEARN FROM THE PAST:** Historically, melaleuca oil was used as a cleanser for the face and to deal with periodic skin and toenail challenges.
- **BOOST IMMUNE FUNCTION:** Diffuse melaleuca or rub it on the bottom of your feet. Combine with On Guard for even more immune support.
- **CHEMICAL-FREE CLEANING:** Dilute eight or 10 drops with water in a spray bottle to clean around the house. It is great to use in damp places and the bathroom!
- **AN ATHLETE'S BEST FRIEND:** Apply directly to the feet and toenails after practice each night and especially if you are also showering, swimming, or exercising in public, high-traffic areas.
- **HEALTHY, HAPPY YOU:** Massage onto the bottoms of feet and the chest area to promote overall health, especially during the winter. For occasional skin irritations, apply melaleuca directly to the skin or dilute with a drop of fractionated coconut oil.

BOOSTING HEALTH WITH ANTIOXIDANTS RICH ESSENTIAL OILS

Did you know you can boost your antioxidants with essential oils? The ORAC levels in the essential oils are amazing.

What is an ORAC level? And ORAC level is an Essential Oils Antioxidant Capacity.

Dr. Weil states, "ORAC stands for oxygen radical absorbance capacity, a measure of the ability of a food or any other substance to quench oxygen free radicals in a test tube. Free radicals are unstable atoms or molecules generated in the course of normal metabolism that can strip electrons from other molecules, causing chain reactions of oxidative damage. Cumulative damage of this sort probably accounts for many of the degenerative changes of aging and for a lot of age-related disease."

HERE ARE ORAC LEVELS FOR SOME OF MY FAVORITE ESSENTIAL OILS:

Clove	10,786,875
Cinnamon bark	103,448
Thyme	159,590
Oregano	153,007
Mountain Savory	113,071
Cistus	38,648
Eucalyptus globulus	24,157
Orange	18,898
Lemongrass	17,765
Helichrysum	17,430
Ravensara	8,927

Lemon	6,125
Spearmint	5,398
Lavender	3,669
Rosemary CT cineole	3,309
Juniper	2,517
Roman Chamomile	2,446
Sandalwood	1,655

HERE ARE ORAC LEVELS FOR SOME OF MY FAVORITE FOODS:

GOJI Berry/Wolfberry	25,300
Blueberries	2,400
Kale	1,770
Strawberries	1,540
Spinach	1,260
Raspberries	1,220
Brussels sprouts	980
Plums	949
Bees	840
Broccoli florets	890
Oranges	750
Red grapes	739
Red bell peppers	710
Cherries	670
Yellow corn	400
Eggplant	390
Carrots	210

ANTIOXIDANT RATINGS:

Vitamin C	100
Vitamin E	100
Carrots	210
Oranges	750
Beets	840
Tahitian NONI	1,506
Raspberries	1,220
Strawberries	1,540

Blueberries	2,400
Pomegranates	3,000
Wolfberries	25,300
Thyme Oil	159,590
Clove Oil	10,786,875

Reference: "The Essential Oils Desk Reference" page 415

EMOTIONAL SUPPORT WITH ESSENTIAL OILS

Emotions and essential oils interact chemically. Essential oils promote emotional purification (detoxification). Every essential oil has a beautiful and profound effect on the emotional state of our well-being.

Did you know your 3 Brains govern you?

“YOU FILL A BUCKET DROP
BY DROP. YOU CLEAR YOUR MIND THOUGHT
BY THOUGHT.

YOU HEAL YOURSELF MOMENT
BY MOMENT.”

LISA WIMBERGER,
FOUNDER, NEUROSCULPING INSTITUTE

When it comes to emotional detoxing, I've fallen in love with a handful of essential oils that have helped my body and mind get back into balance and flourish in harmony. I love in tune, purify, citrus bliss and vetiver, serenity, balance, elevation, citrus bliss and wild orange. For more information on which oils I use for emotional support and balance, please contact me.

ESSENTIAL OILS AND THE CHAKRAS

When it comes to balancing the chakras, you do not need a lot. Essential oils are beautiful for chakra balancing because they can support you on a cellular and emotional level.

HERE'S HOW TO DO IT:

- Apply two drops of each oil to the chakra and set the intention for release.
- Close your eyes and see the shift and open your heart.
- Focus on why you are here.
- What is your purpose?

Allow any feelings to come up and release. Apply the oils that innately call to you on each area of your chakra and meditate with deep breathing as you express release. Incite new thoughts to replace old patters and thoughts that do not serve you.

ROOT – Balance – GROUNDED

SACRAL – Wild Orange – CREATIVE

SOLAR PLEXUS – Lime – CONFIDENT

HEART – Lemon – LOVING

THROAT – Bergamot – EXPRESSIVE

THIRD EYE – Roman Chamomile or Purify – KNOWING

CROWN – Elevation – CONNECTED

SIMPLE WAYS TO SUPPORT HEALTHY DETOXIFICATION WITH ESSENTIAL OILS

1. Add citrus oil such as lemon, lime, grapefruit or wild orange to your morning lemon water. Did you know one drop of lemon essential oil equals one teaspoon lemon juice?
2. You can use essential oils in your Epsom salt baths. I love adding lavender, eucalyptus, peppermint, or lemon oil to my bath.
3. You can also do a Slim and Sassy wrap while you are doing your castor oil wrap. Make sure you apply the oil directly to your skin and follow the directions in your Detox Support Tool guide for doing the castor oil pack. If you want to do the full Slim and Sassy Wrap, then you can use the following oils and apply with your castor oil or fractionated coconut oil. Make sure you use an old shirt or piece of wool, as you do not want the BPA-free plastic to touch the citrus oils.

THE OILS AND THE AMOUNTS YOU NEED:

- 40 drops Slim & Sassy
- 15 drops eucalyptus
- 15 drops wintergreen
- 10 drops peppermint
- 10 drops lavender
- 10 drops grapefruit
- 5 drops cypress

4. Each season your immune system needs extra protection, try diffusing the following oils in your home: lemon, grapefruit, wild orange, Purify Cleansing Blend, or the On Guard Protective Blend. I have a diffuser in every room in my home, and I even travel with one.
5. You should also make your own face cream. The joy of making your own face cream is amazing, especially when you are detoxing because there is a tendency to get dry skin. I love to add myrrh, frankincense and lavender. You can add any essential oil to your face cream or mix with shea butter, or buy face creams made with essential oils. Just ask me which ones I use.

Here is my favorite dry skin solution.

DRY SKIN MOISTURIZER

- 2 ounces organic unscented lotion
- 10 drops frankincense essential oil
- 10 drops lavender essential oil
- 2 drops myrrh oil

6. Making deodorant is easy as 1-2-3.

NATURAL DEODORANT

- 1/2 cup baking soda, omit baking soda if you are allergic
- 1/2 cup arrowroot
- 1/2 cup virgin coconut oil
- 10 drops Protective essential oil blend
- 10 drops wild orange essential oil blend or lavender

Melt the coconut in a pan at low heat. Then add the arrowroot powder, baking soda and essential oils. Then add the mixture to a glass jar and let cool. Apply the mixture daily under your arms for a natural deodorant.

7. Sprays can easily be made and kept in dark colored glass bottles or BPA-free spray bottles as long as there is not citrus in the blend.

8. Steam inhalation is a wonderful way to create your own diffuser and breathe in the essential oils. I use this method when I feel congested or when I'm clearing out my chest.

All you need is a towel, a pan, water and the essential oil of choice. Boil water and then put the water into a glass bowl. Add a few drops of essential oil and then cover your head with a towel. Breathe in the essential oils for 15 minutes. Breathe in the vapors but be careful not to get your face too close to the water.

Remember have fun with essential oils during and after this program.

COOKING WITH ESSENTIAL OILS

If you are comfortable ingesting oils, then I have so much to introduce you to.

Essential oils are more powerful than dried herbs or plants. Dried herbs can lose up to 90% of their supportive qualities in that process while essential oils maintain the nutrients in the oil.

In one teaspoon, there are 60 drops of essential oil. Remember how many lemons it would take for one teaspoon versus using essential oil or one drop of peppermint for a cup of peppermint tea? Powerful and awesome, right?

The easiest way to start cooking with oils is to replace any dried herbs with essential oils. It only takes two-three drops when cooking and one drop in a smoothie or juice. I have found one drop goes a long way when I make protein balls or kale chips or even healthy vegan ice cream in my Vitamix.

Remember one drop of peppermint equals 28 cups of peppermint tea, so imagine the aromatic smell and taste of the food you consume or the smoothies you make with essential oils.

If you desire to consume essential oils, please consult your doctor or work with a certified aromatherapist or certified oil specialist to discuss oils and make sure they are therapeutic and pure.

Note: I have been told you should dilute your oils before cooking. The best way to do this would be to add one drop of essential oil into one teaspoon of honey, olive oil, grapeseed oil or any cooking oil, and then cook. If you are adding to a smoothie, add the essential oil to your dairy-free milk or coconut oil before adding to your smoothie and then blend.

Make sure you are drinking all citrus oils in a glass container such as a mason jar. You should also use glass mason jars to store your foods, dressings or smoothies.

You cannot use citrus oil and plastic.

HERE ARE SOME COMMON GUIDELINES WHEN YOU ARE EXCHANGING YOUR HERBS FOR ESSENTIAL OILS:

CITRUS ZEST OR JUICE MEASUREMENT GUIDELINES

When switching out dried herbs for essential oils and the recipes call for zest from one lemon or orange, you can use 8 to 14 drops of its companion essential oil. Example: Zest of one lemon, orange or tangerine = 8 to 14 drops of its companion essential oil. This same example applies to lime or grapefruit saw well.

SPICES / ESSENTIAL OIL MEASUREMENT GUIDELINES

I have found 1 tablespoon of dried herbs equals ½ to 1 drop of essential oil. Examples of these spices include: marjoram, oregano, sage, rosemary, thyme, or coriander.

FAVORITE WAYS TO ADD OILS TO FOOD AND DRINK

JUICE: I like to add a drop of lemon, lime, grapefruit or cilantro to my green juices. Not only does this freshen the taste but also the benefits of essential oils are outstanding.

SMOOTHIES: I love to add peppermint, cinnamon, lemon, lime, basil, or wild orange to my favorite smoothie.

INFUSED WATERS: Add cinnamon to your water with apple slices or cucumber and a drop of lemon or a drop of Slim and Sassy with grapefruit slices.

POST WORKOUT: I love adding a drop of wild orange and peppermint to my coconut water after a good workout, run or a long sauna.

DIPS AND SNACK: Add three drops of basil or cilantro to the Detox Pesto. You can still keep the recipe the same as detailed in the Recipe Guide or insert drinks.

I hope you feel more empowered now!

It has been my pleasure and honor to support you. If you would like to purchase essential oils or would like to book a consultation with me, contact me at:

- **Buy here:** <https://www.mydoterra.com/kimlam/#>
- **Email:** leftucebehealthy@yahoo.com
- **Phone:** (408)607-6674

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