
BHAKTI ROSE

Guidelines about your oils

WHAT IS AN ESSENTIAL OIL?

Essential oils are small bottles of concentrated distilled goodness from the plant world. They contain volatile aromatic compounds – which is a fancy way of saying: tiny organic molecules that serve a variety of protective, reproductive and regenerative purposes.

Intuitively, we often know to reach for plants to ease ailments, settle symptoms and enhance our wellbeing. In my home, dōTERRA Essential Oils provide us with safe, natural alternatives to chemical and pharmaceutical products; they've been part of my home and family for years.

WAYS YOU CAN USE YOUR OILS:



Health

- Diffuser
- Bath
- Massage
- Illness prevention (for example dōTERRA On Guard has wonderful immune boosting benefits)
- Illness relief
- Support wellness for your pets



Home

- Cleaning
- Deterrent (for example ants hate the smell of spearmint oil)
- Diffuser
- Bath



Food

- Peppermint brownies anyone?
- Add to water, smoothies, cakes, savory dishes and more.

For much more detailed instructions please head to www.dōTERRA.com

For discounts and special offers be sure to place your order through Bhakti Rose (dōTERRA ID: 8463469)

Always read labels and package instructions before using an essential oil for the first time.