

What are Essential Oils?



As we evolve as a species and science keeps upgrading our world with new information, we are finding more information that lead us back to the basics of the wisdom that is found in nature. With that we are rediscovering the natural healing properties found in plants. Essential oils are compounds naturally extracted from plants (flowers, stem, bark, roots, etc.). As the natural intelligence of plants created these compounds as their defense mechanism for protection we can also learn and heal from there wisdom.

Impurities within nature (plants and mammals) reside both inside and outside of cells. The compounds extracted and made into essential oils work at the cellular level to heal. Essential oils protect and penetrate cell membranes to fight against impurities and threats. With that they address the problems and the source, rather than just masking the issue as some modern medicine does.

Essential oils are highly concentrated. Just one drop of peppermint is equal to 28 cups of peppermint tea. Because of that, it makes investing in your healing very affordable, as its pennies to the drop. While essential oils have no side effects with recommended usage, it is important to know how to use them properly and safely with their high potency.

As we connect to the healing properties of nature, we become more intuitive to what we need when, to balance our lives and heal. For instance, when we feel scattered and need to get more grounded, we may realize a walk in the woods or use of an essential oil made from tree bark makes us feel more grounded and less scattered. On the other hand, if we feel dull and unmotivated perhaps a vigorous swim or the use of an essential oil made from a flower blossom will uplift and energize us. The more we connect with nature, the more we learn to be our own healers and take our health into our own hands.

Why doTERRA Essential Oils?

While more affordable essential oils can often be found at large corporate chains, it is not the same quality, and therefore not the same healing properties. Often other oils are made in labs that produce chemicals that might smell identical to the natural product, but they don't have the same healing qualities since they are not found in nature. doTERRA is completely pure and natural and one of the only essential oils companies that tests this. Each batch produced undergoes third party testing to ensure its purity.

doTERRA grows and harvests their oils from the habitats they are naturally found in. They are sourced in sustainable and responsible ways that respect the land, while also restoring communities by providing employment and education. They have also created the [Healing Hands](#) foundation which empowers communities world wide to make the most of their resources and create positive change.

