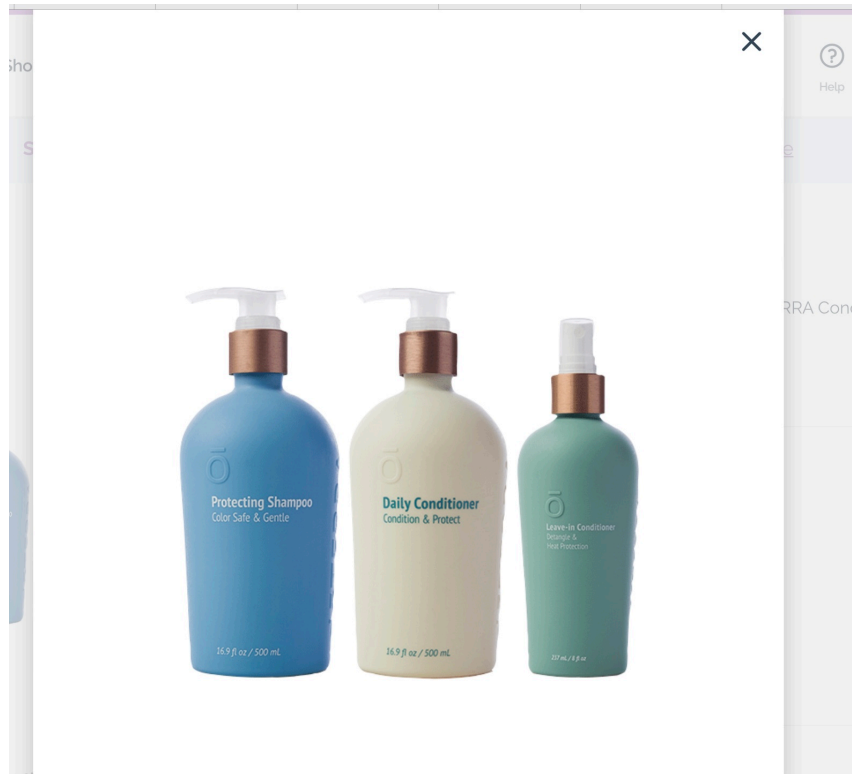


Easiest Ways to Start Using Essential Oils



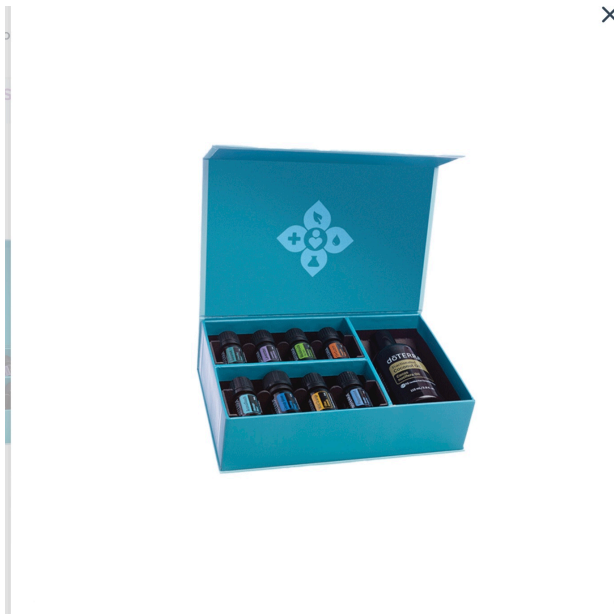
1. Products infused with Essential Oils.

doTERRA offers a wide range of products infused with their oils. From Personal Care, supplements and cleaning products. Trying any of these products will help you narrow down the oils that you may want to diffuse in any space or to wear on your body.



2. Roller or Touch Essential Oils

An easy way to apply essential oils directly onto your skin. When an essential oil is in a roller or touch jar it is mixed with a carrier oil which dilutes the oil from irritating skin but still allows the oil to be functional.



3. Kits & collections

doTERRA offers a variety of kits. Collections of essential oils and products to help you get started. From kids collection to a yoga collection & everything in between.

4. Contact a doTERRA Wellness Advocate..ME!!

I am happy to help you select the right oils for you to get started.

E-mail: sewcoaching@gmail.com

IG: Saradivinelyou (DM me)