

# WELLNESS AND WEIGHT LOSS SOLUTIONS FOR WOMEN OVER 50

- ✔ AMP UP ENERGY
- ✔ BOOST BRAIN AND BONE HEALTH
- ✔ CONQUER CRAVINGS



## What are Essential Oils?

Essential Oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They are highly concentrated when distilled for purity, potency, and efficacy. They can be used for a wide range of emotional and physical wellness applications.

## How Do I Use Essential Oils?

### Aromatically

Essential oils, when diffused or inhaled, can be very stimulating, calming or soothing. Diffusing essential oils can also cleanse & purify the air.



### Internally

Certain essential oils can be used as dietary supplements for targeted wellness.



### Topically

Essential oils can be safely applied for massage or topical benefit when diluted with a carrier oil like fractionated coconut oil.



## Empowering Solutions

Essential oils provide health-conscious individuals with a *safe & natural* alternative.

They have few, if any, undesirable side effects when used as directed.

One drop is all that is needed to achieve a powerful benefit.

## Why we chose doTerra

DoTerra essential oils are sourced from a global network of growers to ensure the most pure & efficacious essential oils.

In addition, they are rigorously tested for purity & potency (free from fillers, artificial ingredients, harmful contaminants), which is mandatory (in our books) when choosing an essential oil.

Want to find out more? Click [here](#) to book a free essential oil consult to see how essential oils can support your health.