



# ESSENTIAL OILS for TEACHERS



## I DON'T WANT TO CALL A SUB!

**RESPIRATORY BLEND** - Helps promote and maintain feelings of clear breathing and open airways.

**DIGESTIVE BLEND** - Soothes the occasional upset stomach, aids in digestion, and can help reduce bloating and gas.

**MONTHLY BLEND FOR WOMEN** - Balances and soothes emotions during a woman's menstrual cycle. It's cooling and calming, especially when applied to the abdomen.

## ESSENTIAL OILS FOR TEACHERS

As **TEACHERS**, you're always looking for new ideas and tools to benefit your students' learning. Essential Oils can play many positive roles in the classroom for students **AND** teachers. Among other things, they can:

- Create a calm but creative environment;
- Cleanse and purify surfaces and the air;
- Help reduce stress that comes with studying and test taking
- And much more!

## ENERGIZING DIFFUSER BLENDS

### WAKE UP!

- 2 drops Peppermint EO
- 3 drops Lemon EO
- 2 drops Frankincense EO
- 2 drops Tangerine EO

### ENERGIZE!

- 1 drop Spearmint EO
- 2 drops Tangerine EO
- 2 drops Lemongrass EO

## FOCUS AND CONCENTRATION

The **FOCUS BLEND** comes in a roller bottle for easy topical application; however, it does not contain Fractionated Coconut Oil, as many of the other roller bottles do. It can be diluted with carrier oil to minimize any skin sensitivity.

### PRACTICAL USES:

- Apply to the temples and back of the neck when you need to tune in to tasks that require concentration.
- Apply to wrists and inhale deeply to promote a sense of clarity.
- Use at work to stay on task or when feeling tired mid-afternoon.
- Diffuse or drop on a clay pendant and place on a desk or in other key areas in the classroom.

## CLASSROOM CLEANING

Instead of reaching for those toxic, chemical-based commercial wipes, try some Essential Oil cleaners instead. Most Essential Oils are cleansing and purifying in some way.

**LEMON** Essential Oil is probably the most popular of the cleansing oils, but some other favorites include Wild Orange, Peppermint, Melaleuca, Eucalyptus, Thyme, and Cedarwood.

Adding **LEMON** Essential Oil to a glass spray bottle of water can make a quick, simple surface cleaner to wipe down desks, counters, keyboards, and even toys.

## DID YOU WASH YOUR HANDS?

The **PROTECTIVE BLEND SANITIZING MIST** comes in a spray bottle that is convenient and easy to use. This blend kills 99.9% of germs and bacteria, which makes it the ideal product to have ready and waiting in your purse or desk drawer when the need to cleanse and purify hands without water comes up.

It cleanses surfaces as well as skin, so it can discreetly tackle that sketchy-looking table in the teacher's lounge. Perfect to bring and share on field trips and bus rides.

## IMMUNE SUPPORT

This blend can be used aromatically, topically, or internally. It's a great blend to diffuse in the classroom, as everybody can benefit from immune support, especially during the fall and winter months. Try starting the day off by diffusing the **PROTECTIVE BLEND** at home while you eat breakfast, or in the classroom while preparing for the day.

## ROOM SPRAY RECIPES

### HOLIDAYS ARE HERE

- 5 drops Frankincense Essential Oil
- 5 drops Douglas Fir Essential Oil
- 5 drops Wild Orange Essential Oil

### WOODSY FIELD TRIP

- 5 drops Cedarwood Essential Oil
- 5 drops Siberian Fir Essential Oil
- 5 drops Arborvitae Essential Oil

For these Recipes, add Essential Oils to a glass spray bottle. Fill with water. Shake before each use, then spray. Enjoy the lovely aroma! These recipes are for 2 oz. bottles, so feel free to adjust the amount of oil used for different-sized bottles.

## SCIENCE AND OILS

Here are a couple of ideas to get you started introducing Essential Oils and their place in the study of science to your students:

- Oil chemistry.
- Oil density.
- Nutrition.
- Senses, especially olfaction.
- Benefits of plants.
- What it means to promote sustainability.

The Science for Kids Blog has several experiment ideas, videos, and worksheets to help you plan Essential Oil-related lessons.

Check it out: <https://www.doterra.com/US/en/blog/science-for-kids>

## STRESS MANAGEMENT

Beginning the day by applying the GROUNDING BLEND to the bottoms of the feet can promote feelings of calmness and emotional balance throughout the day.

### PRACTICAL USES:

- For a grounding experience, breathe in deeply.
- Begin your morning by putting on the bottoms of your feet to lessen stress throughout the day.
- Use before bed for a restful night's sleep.
- Use while meditating or doing stretching exercises.
- Add to Epsom salts for a comforting bath.
- Apply to your wrists or neck to help ease anxious feelings.
- Diffuse in the car during your morning commute to create a calm state of mind.

## NOTES:

\*All statements in this class have not been approved by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent disease. Pregnant or lactating women and persons with known medical conditions should consult a physician prior to the use of any Essential Oil product.

## CONFIDENT SPEECH

The next time you feel nervous about speaking to a group, put a drop of each of these oils on a diffuser bracelet or pendant, or mix up a roller bottle blend and apply to the back of the neck and chest before speaking.

### STAGE FRIGHT STOPPER ROLLER BOTTLE BLEND RECIPE

- 5 drops Spearmint Essential Oil
- 3 drops Lavender Essential Oil
- 2 drops Tangerine Essential Oil

Combine in a 10 mL glass roller bottle and top with Fractionated Coconut Oil.

## THROAT SOOTHERS

- Mix one or two drops of Sandalwood and/or Lavender with one tablespoon of Fractionated Coconut Oil and apply to the outside of your throat. These oils are both soothing and calming.

- Gargle with Melaleuca. Simply place one or two drops in a cup of warm (not hot) water, stir up, and gently gargle. Do not swallow.

- Place a drop or two of Lemon in a cup of hot herbal tea. This can also be very soothing on overused vocal muscles.

## SLEEP SUPPORT

Try the SLEEP IN A BOTTLE BLEND in a 10 mL roller bottle:

- 10 drops Lavender Essential Oil
- 5 drops Roman Chamomile EO
- 5 drops Cedarwood Essential Oil

Top with Fractionated Coconut Oil