

# *Essential Oil Wellness Academy*

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ESSENTIAL OILS  
FOR TEACHERS  
GUIDEBOOK



*Women's Integrative Health*

[WWW.WOMENSINTEGRATIVEHEALTHNY.COM](http://WWW.WOMENSINTEGRATIVEHEALTHNY.COM)

# WISH LIST

## Essential Oils for TEACHERS



### MORNING ROUTINE

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- Sopa
- Body Wash
- Shampoo and Conditioner
- Toothpaste
- Hand Cleansers
- Lotions
- Body Butters
- Lip Balms
- Facial Care
- Anti-aging Creams

### IMMUNE SUPPORT

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- Protective Blend

### ENERGIZE

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- Peppermint
- Spearmint
- Arbovitae
- Basil
- Siberian Fir
- Lemongrass
- Lemon
- Frankincense
- Tangerine

### FOCUS AND CONCENTRATION

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- Focus Blend
- Peppermint
- Rosemary
- Lemon

# WISH LIST

## Essential Oils for TEACHERS



### CLASSROOM CLEANING

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- Lemon
- Orange
- Peppermint
- Melaleuca
- Eucalyptus
- Thyme
- Cedarwood

### NATURAL HAND WASHING

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- Protective Blend Sanitizing Mist

### SMELLS LIKE MIDDLE SCHOOL

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- Cleansing Blend
- Spearmint
- Tangerine
- Frankincense
- Douglas Fir
- Wild Orange
- Cedarwood
- Siberian Fir
- Arborvitae

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

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- Respiratory Blend
- Digestive Blend
- Monthly Blend for Women

# WISH LIST

## Essential Oils for TEACHERS



### CONFIDENT SPEECH

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- Spearmint
- Lavender
- Tangerine

### THROAT SOOTHERS

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- Sandalwood
- Lavender
- Melaleuca
- Lemon

### IDEAS FOR COACHES

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- Soothing Blend

### TEST DAY NERVES

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- Lavender
- Roman Chamomile
- Sandalwood
- Grounding Blend
- Peppermint

# WISH LIST

## Essential Oils for TEACHERS



### OILY CREATIVITY

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- Invigorating Blend

### SCIENCE AND OILS

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- Lemon
- Wintergreen
- Cinnamon

### ALL THE EMOTIONS

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- Encouraging Blend
- Uplifting Blend
- Inspiring Blend
- Renewing Blend
- Comforting Blend
- Reassuring Blend

### STRESS MANAGEMENT

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- Grounding Blend
- Lemon
- Wild Orange
- Bergamot
- Lime
- Tangerine
- Grapefruit
- Lavender

# WISH LIST

## Essential Oils for TEACHERS



### SLEEP SUPPORT

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- Restful Blend
- Juniper Berry
- Cedarwood
- Lavender
- Wild Orange
- Frankincense
- Roman Chamomile

### OTHER ITEMS

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- Fractionated Coconut Oil
- Roller Bottles

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**Mark items you would like to  
create so it is easier for  
ordering**

Items can be ordered at:  
[my.doterra.com/womenshealth](https://my.doterra.com/womenshealth)