

Essential Oil Wellness Academy

ESSENTIAL OILS
FOR TEACHERS
GUIDEBOOK



Women's Integrative Health

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Welcome!

We are happy you joined us.



I want to thank you for attending the Essential Oils Class!

I wanted to make sure that you have a resource for all of the oils that we discussed so that you can have a reference.

Enjoy this review and make sure to write down your favorites.

ESSENTIAL OILS FOR TEACHERS

The bell has rung, the classroom door is open, and the books are ready and waiting.

It's school time once again!

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:

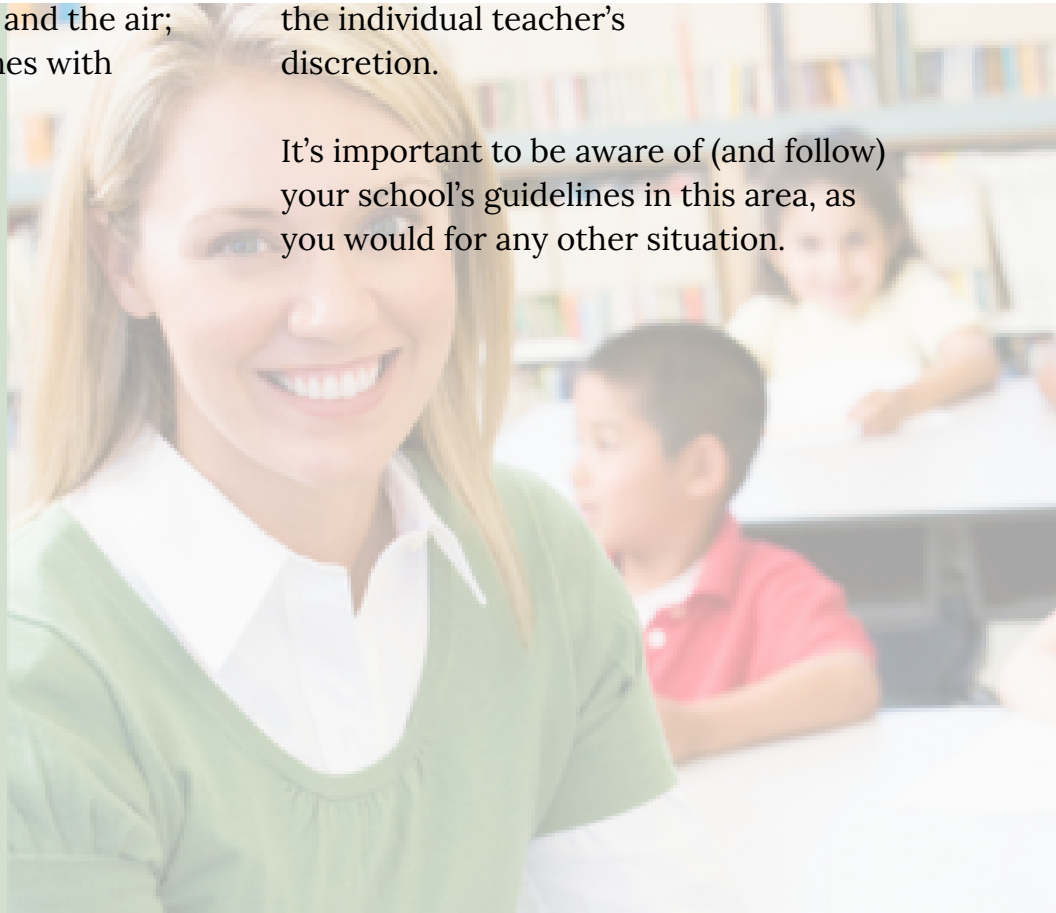
- Create a calm but creative environment;
- Cleanse and purify surfaces and the air;
- Help reduce stress that comes with studying and test taking
- And much more!

In this class, we'll talk about the many benefits of using Essential Oils in YOUR classroom.

One quick TIP to take note of: before introducing Essential Oils into your classroom, make sure you check into your school's policy regarding oils.

Some schools require parental permission, or that certain safety measures be put in place prior to use, especially with children under eight years old; while others have more open policies and leave oil use up to the individual teacher's discretion.

It's important to be aware of (and follow) your school's guidelines in this area, as you would for any other situation.



*Essential
Oils
for*
TEACHERS

Morning Routine

DO YOU HAVE ONE?

The moments before you walk out the door each MORNING may be the last opportunity you get for some well-deserved self-care.

After all, we all know prep hour will be full of fifty things to do and a surprise visit from your Principal wanting to talk about the Homecoming Dance you agreed to chaperone.

There are hundreds of synthetic chemicals and toxins found in the products we use every day. The SKIN is our largest organ, but too many of us wipe, rub, and lather these toxic chemicals all over it several times a day.

By replacing the personal products you use each morning with safer, more natural Essential Oil products, you can eliminate exposure to chemicals while simultaneously adding benefits like immune, skin, and mood support.



ALTERNATIVES

DID YOU KNOW that there are Essential Oil-based alternatives for:

- Soap
- Body Wash
- Shampoo and Conditioner
- Toothpaste
- Hand Cleansers
- Lotions
- Body Butters
- Lip Balms
- Facial Care
- Anti-aging Creams
- And More?

Treat your skin with the respect it deserves by incorporating these natural choices into your morning routine.

IMMUNE SUPPORT

Schools are full of germs, and there's always a bug of some sort going around. Whether you get hugs from your kindergartners or high-fives from your middle school students, extra IMMUNE SUPPORT is ALWAYS welcome.

When it comes to immune support, the PROTECTIVE BLEND is a teacher's best friend.

(You'll learn about several amazing oils in this class, but if you choose to try only one, THIS should be it!)

The PROTECTIVE BLEND contains Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary. It helps promote the immune system and protects against environmental and seasonal threats. It has a warm, spicy aroma that is very uplifting—perfect for cleansing the air.

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.



PRACTICAL USES:

- Add two to three drops in a veggie capsule for an immune boost.*
- Add to water for an effective all-purpose surface cleaner.
- Soak sliced apples in water and a few drops of this blend for a healthy, immune-boosting snack.*
- Combine a few drops with Fractionated Coconut Oil and place on the back of the neck, chest, or bottoms of feet.
- Diffuse for cleansing and purifying the air.
- Diffuse in the classroom setting for an uplifting scent.

CAUTIONS: Dilute with Fractionated Coconut Oil to minimize any skin sensitivity. Avoid sunlight or UV rays for up to 12 hours after applying product.

Energize!

HOW IS YOUR ENERGY THROUGHOUT THE DAY?

Sometimes it feels as if children have an endless supply of energy. Keeping up with them at recess or on field trips can feel like a monumental task some days.

If there isn't enough coffee in the world to ENERGIZE you, reach for your Essential Oils.

Many oils have energizing and uplifting properties, including Peppermint, Spearmint, Arborvitae, Basil, Siberian Fir, Lemongrass, and any Citrus Oil. Diffuse, dilute with Fractionated Coconut Oil and apply topically, or simply uncap and smell directly from the bottle.

A super simple but effective combo to help stay alert and energized is the amazing duo of PEPPERMINT and WILD ORANGE:

- PEPPERMINT is invigorating...
- WILD ORANGE is uplifting...
- Together they're stimulating, encouraging, and motivating.



ALTERNATIVES

You can diffuse them at a ratio of one drop PEPPERMINT to two drops WILD ORANGE; or put a drop of each in your palms, then cup your hands near your face and inhale.

This combination doesn't just do wonders for teachers; if your first hour high school students are sleeping through your history lesson, pop some PEPPERMINT and WILD ORANGE into the diffuser and watch the discussion come alive!

Try one of the following energizing diffuser blends found on the next page!

Energize Diffuser Blends:

TRY ONE OR ALL OF THESE

- WAKE UP! DIFFUSER BLEND RECIPE
- ENERGIZE DIFFUSER BLEND RECIPE
- WOODSY WAKE UP CALL DIFFUSER BLEND RECIPE

Wake Up!

- 2 drops Peppermint Essential Oil
- 3 drops Lemon Essential Oil
- 2 drops Frankincense Essential Oil
- 2 drops Tangerine Essential Oil

Energize!

- 1 drops Spearmint Essential Oil
- 2 drops Tangerine Essential Oil
- 2 drops Lemongrass Essential Oil

Woody Wake Up Call!

- 1 drops Arborvitae Essential Oil
- 4 drops Citrus Oil of your choice

CAUTIONS: Dilute with Fractionated Coconut Oil to minimize any skin sensitivity if using topically. Avoid sunlight or UV rays for up to 12 hours after applying oil blends containing citrus.

FOCUS AND CONCENTRATION

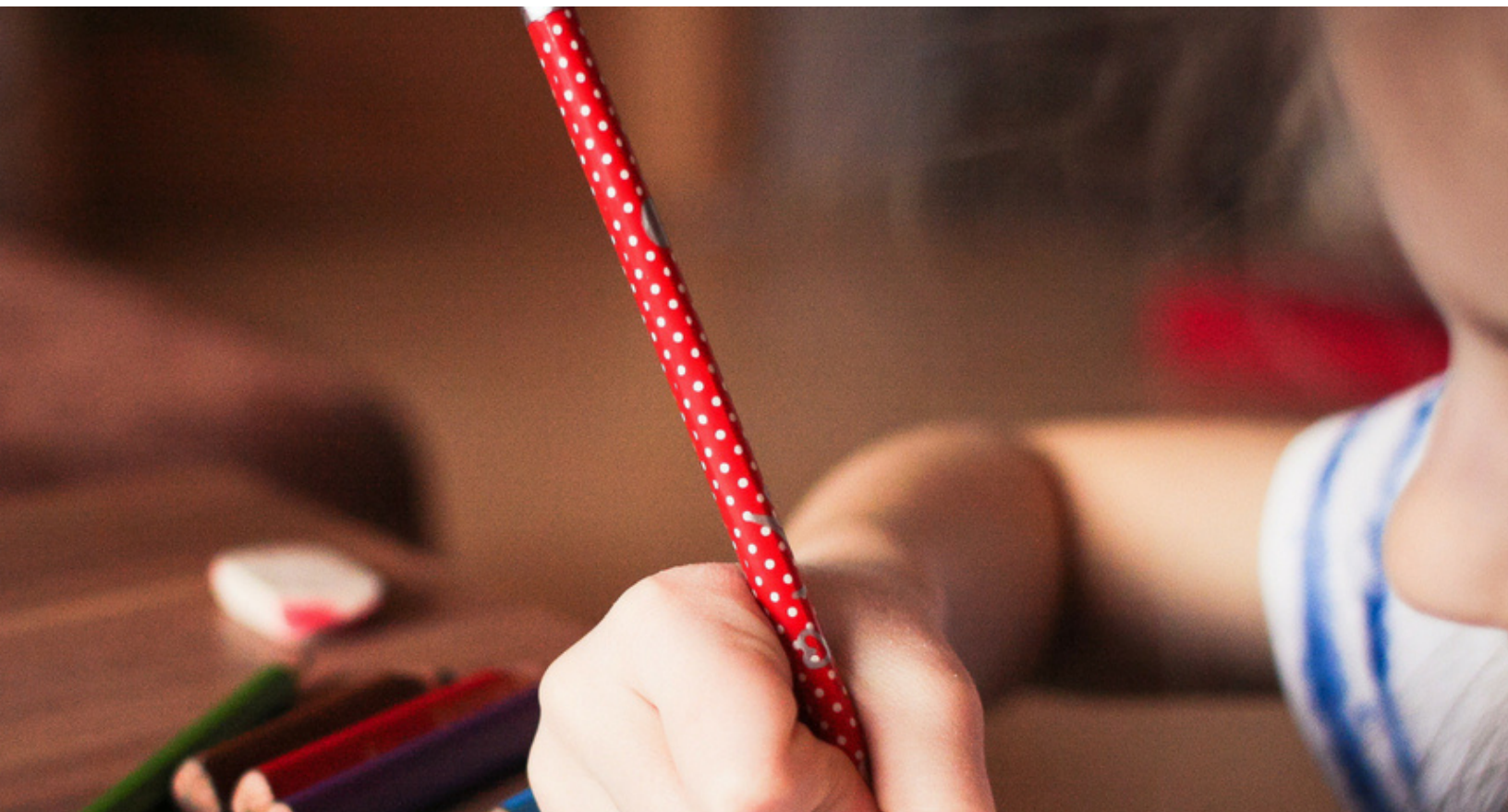
School can be a noisy, chaotic, overstimulating place. Even the most serious students sometimes have trouble paying attention to the work they need to get done.

Essential Oils can help you create a grounding, encouraging environment that promotes FOCUS and CONCENTRATION.

The FOCUS BLEND can help students stay on task and get things done. It's a must-have for the classroom, especially for students with short attention spans or those who have trouble focusing.

The blend consists of Patchouli, Hawaiian Sandalwood, Frankincense, Lime, Ylang Ylang, Roman Chamomile, and Amaris.

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. If you want to diffuse it, you can take the rollerball top off and transfer some of this blend to a standard bottle to more easily put drops into your diffuser.



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.

CAUTIONS: Dilute with Fractionated Coconut Oil to minimize any skin sensitivity. Avoid sunlight or UV rays for up to 12 hours after applying product.



CLASSROOM CONCENTRATION DIFFUSER BLEND RECIPE

- 1 drop Peppermint Essential Oil
- 2 drops Rosemary Essential Oil
- 4 drops Lemon Essential Oil

Caution:

DILUTE WITH FRACTIONATED COCONUT OIL TO MINIMIZE ANY SKIN SENSITIVITY IF USING TOPICALLY. AVOID SUNLIGHT OR UV RAYS FOR UP TO 12 HOURS AFTER APPLYING OIL."

CLASSROOM CLEANING

The custodial staff most likely handles most of the major CLEANING of your classroom, but there are always minor spills and smudges that take place throughout the school day, especially if you teach elementary students.

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.

Plus, it smells great!

A couple drops of LEMON Essential Oil on a cotton ball can even tackle permanent marker or paint on many surfaces. It's also great for removing sticker residue and gum from surfaces kids like to stick them to.

Of all the tools in your classroom, one that can become the dingiest is your whiteboard. You use it every day, and even wiping after every use can leave behind a dull, grimy look. LEMON Essential Oil can make it look and smell brand new! Just put three to five drops on a cloth and wipe clean. You'll be amazed at how new it will look!



LEMON Essential Oil is also uplifting, energizing, and great for immune support. So why not replace that gross-smelling chemical cleaner with water, a glass spray bottle, and a few drops of LEMON Essential Oil?

PRACTICAL USES:

- Add to a glass spray bottle of water to clean tables, counter tops, and other surfaces.
- Add a few drops to olive oil to clean, protect, and shine wood finishes.
- Put a few drops on a rag to help remove stubborn, sticky residue off surfaces.
- Wash hands with LEMON Essential Oil to remove oil-based paint or glue.

CAUTIONS: Dilute with Fractionated Coconut Oil to minimize any skin sensitivity. Avoid sunlight or UV rays for up to 12 hours after applying product.



Natural Hand Washing

ALTERNATIVE WHEN THERE IS NO WATER AVAILABLE

You can remind students to WASH HANDS before eating and after using the restroom a thousand times, but you can bet some will STILL forget or just won't bother.

And sometimes there's no sink handy, like during field trips to the petting zoo or on the school bus.

Remember the PROTECTIVE BLEND we talked about while discussing immune support? There's a special hand sanitizing version of this blend that's perfect for times like these, or for that day when the kindergarten student with a runny nose has been insisting on holding your hand but you can't leave all twenty students to head to the bathroom.

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 dries quickly and is infused with apple extract, so it moisturizes while it cleans instead of drying out skin the way many commercial hand sanitizers tend to do.

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

Smells Like Middle School!

ODOR DISASTERS!

You send your students outside to run around during recess or to sweat during that gym class basketball tournament.

Then they come back and raise their hands when you ask a question.

Talk about a recipe for ODOR disaster, especially if you teach MIDDLE SCHOOLERS!

Not only is a stinky room unpleasant for you, but yucky odors can make it tough for other students to concentrate.

It might be tempting to douse your classroom in air freshener spray or add a wall plug-in to every socket, but these products just mask odors. Even worse, they contain countless toxins and chemicals.

All you need is a diffuser and three to five drops of the CLEANSING BLEND to neutralize even the most unpleasant smells naturally and safely. If you don't have a diffuser, you can make a room spray with a two-ounce glass spray bottle, water, and fifteen drops of this oil blend.



THE CLEANSING BLEND

The CLEANSING BLEND has an airy, refreshing aroma that will be sure to banish foul odors with its fresh, woody scent. It contains Lemon, Siberian Fir, Citronella, Lime, Melaleuca, and Cilantro.

PRACTICAL USES:

- Diffuse to purify and freshen the air.
- Freshen smaller rooms (or a car) by placing a few drops on a cotton ball and putting it into the air vent.
- Add five drops to a small spray bottle filled with water and use to wipe down countertops.

The CLEANSING BLEND smells fantastic, but it isn't the only Essential Oil you can use as an air freshener. It's fun to experiment by diffusing your favorite scents or trying out different DIY room sprays. Like those found on the next page!



Room Spray Recipe Variations:

TRY ONE OR ALL OF THESE

- MINTY FRESH MATH CLASS ROOM SPRAY RECIPE
- HOLIDAYS ARE HERE ROOM SPRAY RECIPE
- WOODSY FIELD TRIP ROOM SPRAY RECIPE

Minty Fresh Math Class!

- 5 drops Spearmint Essential Oil
- 10 drops Tangerine Essential Oil

Holidays Are Here!

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

Woodsy Wake Up Call!

- 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.



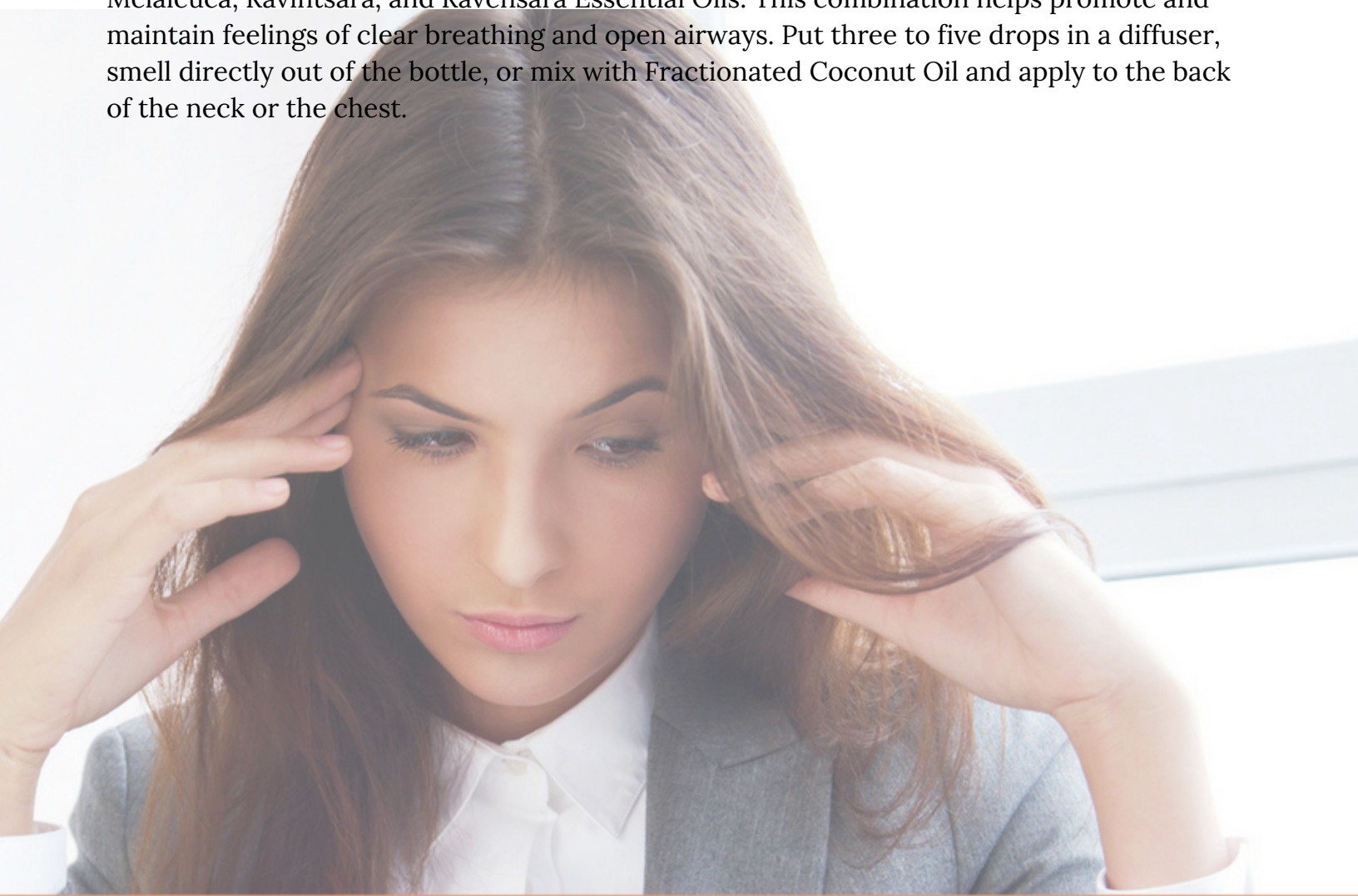
I DON'T WANT TO CALL A SUB!

Sometimes you need to get a substitute teacher—you just can't make it in to work or through the day.

It's good to stay home and rest up when you need to. But having to prep for a sub and catch up after being gone can be a huge pain.

For those days when you don't want to call a sub but aren't feeling tip-top, a couple of key Essential Oil blends can help you feel more comfortable as you stick it out.

The RESPIRATORY BLEND is made up of Eucalyptus, Peppermint, Cardamom, Lemon, Melaleuca, Ravintsara, and Ravensara Essential Oils. This combination helps promote and maintain feelings of clear breathing and open airways. Put three to five drops in a diffuser, smell directly out of the bottle, or mix with Fractionated Coconut Oil and apply to the back of the neck or the chest.



I DON'T WANT TO CALL A SUB

The DIGESTIVE BLEND contains Peppermint, Fennel, Ginger, Anise, Caraway, Coriander, and Tarragon Essential Oils. This blend soothes the occasional upset stomach, aids in digestion, and can help reduce bloating and gas. Diffuse three to five drops, smell it right out of the bottle, add one drop to water, or mix with Fractionated Coconut Oil and apply topically to the tummy to ease any sort of stomach discomfort.

THE MONTHLY BLEND FOR WOMEN combines Clary Sage, Lavender, Bergamot, Roman Chamomile, Ylang Ylang, Cedarwood, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex Essential Oils. This blend balances and soothes emotions during a woman's menstrual cycle. It's cooling and calming, especially when applied to the abdomen.

These amazing blends are just three ways you can use Essential Oils to help with normal discomforts when you want to make it to school but are dealing with minor wellness issues.

CAUTIONS: Dilute with Fractionated Coconut Oil to minimize any skin sensitivity. Avoid sunlight or UV rays for up to 12 hours after applying product.

Confident Speech

ESSENTIAL OILS CAN HELP!

Chances are, you're perfectly comfortable giving a SPEECH in front of a group of people.

After all, you're a teacher and do this for a living every day!

However, some days come with unique, nerve-racking challenges: the principal observing you during an evaluation year, the staff meeting for which you've been asked to present to your peers, or the band introduction you have to make at the Christmas concert—in front of half the town.

Whatever the speech or occasion (you guessed it!)—Essential Oils can help!

Especially the powerful trio of Spearmint, Lavender, and Tangerine

WHY THESE THREE OIS?

According to the book “Emotions & Essential Oils” Spearmint is the “Oil of Confident Speech,” and it can help you express yourself with confidence when speaking in front of a group of people.



Similarly, Lavender is the “Oil of Communication.” Not only is it calming, it also helps with verbal expression and communication.

And Tangerine is the “Oil of Cheer and Creativity,” promoting cheerfulness, creativity, spontaneous thought, and optimism, all of which can come in handy when speaking in public.

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

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.

You will need

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

To Make

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

Cautions

Dilute with Fractionated Coconut Oil to minimize any skin sensitivity if using topically. Avoid sunlight or UV rays for up to 12 hours after applying oil containing citrus.

Throat Soothers

TEACHERS TALK A LOT- IT'S IN THE NATURE OF THE JOB!

Explanations, lectures, reading out loud—all of these can take a toll on your voice, especially those first few weeks in September when you're not used to talking all day.

And that's not even taking into consideration any yelling or voice raising you have to do on the playground, or when cheering your students on at sporting events.

Fortunately, there are several Essential Oil solutions to help soothe your THROAT:

- 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.

TIP: it's a good idea to start with one or more of these solutions a week before school starts and to continue for the first few weeks, even if you don't feel any discomfort. Prevention is always better than remedy, and this way, you won't have to change your lesson plans due to a strained or lost voice.



Ideas for Coaches

SOOTHING BLEND FOR COACHES

“Teaching is an eight-to-three job,” some say.

Not for every teacher. Many spend hours after school involved in extracurricular activities. This includes COACHES.

All you coaches out there are definitely going to want some form of the SOOTHING BLEND in your team’s locker room!

The SOOTHING BLEND is made up of several oils that contain calming properties, like Wintergreen, Peppermint, Ylang Ylang, Helichrysum, and Blue Tansy. Athletes and massage therapists love this blend, as it’s very soothing to sore muscles and joints. This combination of oils is both cooling and warming, and its soothing effects can often be felt immediately.

This blend comes in Essential Oil form and as a lotion (or “rub”). In fact, there’s even a special 32-ounce pump bottle that’s perfect to keep in the locker room for team use.

If you’re not a coach, don’t feel left out; this blend isn’t just for athletes. It’s also soothing for head tension that comes with stress, stiff hands, and neck muscles due to too much typing, and lower backs that are feeling all the unpacking and classroom decorating you did the week before school started.

PRACTICAL USES

- Apply on feet and knees before and after exercise.
- Massage into lower back after a day of heavy lifting at work or during a move.
- After long hours at the computer, rub into fingers, hands, arms, shoulders, and neck.

CAUTIONS: For external use only. Avoid contact with eyes. Do not use on wounds or damaged skin. Do not bandage tightly after application or use with a heating pad.

TEST DAY NERVES

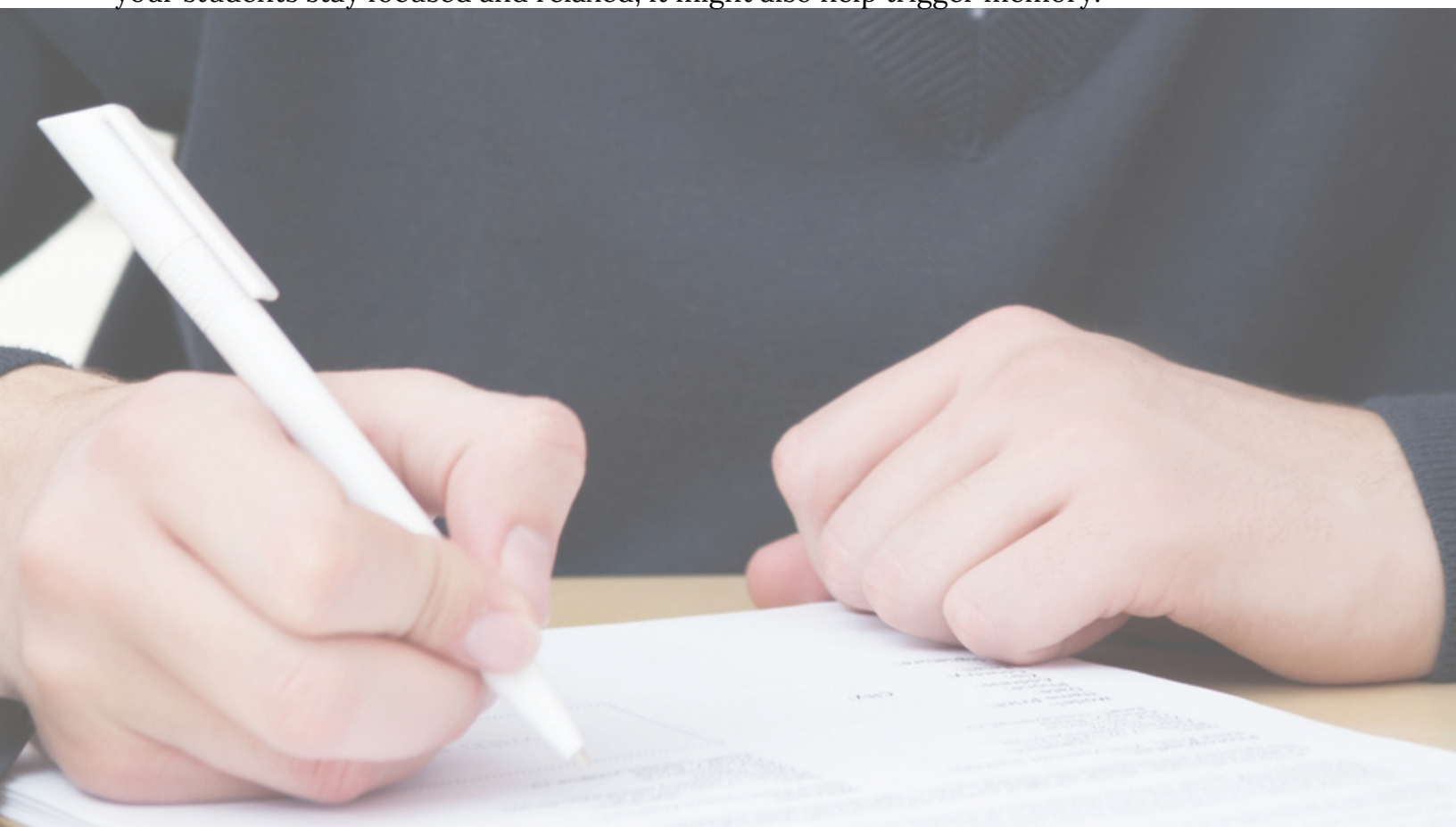
Some students are excellent test takers, but for others, the pressure of TEST DAY can cause anxious feelings and stress.

Try taking the edge off those nerves by diffusing grounding oils, such as Lavender, Roman Chamomile, Sandalwood, or, of course, the Grounding Blend. These oils will help students feel calmer and more confident during important evaluations.

PEPPERMINT can promote focus and concentration and is another great oil to diffuse during test-taking times. It can help students stay alert and boost mood at the same time.

TIP:

Because the sense of smell is closely linked with memory, try diffusing your favorite study oil or blend (like the Focus Blend) while you are teaching the material or when students are studying. Then diffuse the same oil or blend during the test or exam. Not only will this help your students stay focused and relaxed, it might also help trigger memory.



TEST DAY NERVES

Oil Creativity

CREATIVITY IN THE CLASSROOM

When you think of CREATIVITY in the classroom, art and music classes come immediately to mind. Drama classes, creative writing classes, and other assignments also involve seeking out Muses and letting those creative juices flow.

Just about any Essential Oil you love can help encourage creativity, but of special note is the INVIGORATING BLEND.

This blend is energizing and refreshing and can help uplift mood and reduce stress. It's made up mainly of Citrus Oils, including Wild Orange, Grapefruit, Lemon, Mandarin, Bergamot, Tangerine, and Clementine, tied together with a hint of Vanilla.

This sweet aroma can also cleanse and purify the air, so it performs double duty in the classroom.

Dubbed "The Oil of Creativity," this blend is motivating and also inspires creativity and self-expression. It can help rekindle your passion for creative projects and is an excellent blend to diffuse when students are working on creative endeavors. Say goodbye to writer's block and low motivation when the INVIGORATING BLEND is wafting around the room!



PRACTICAL USES

- After a long day of work, diffuse to help reduce stress and uplift a bad mood.
- Place one to two drops on your wrist for a refreshing everyday perfume.
- In the morning, apply one to two drops to the bottoms of your feet to invigorate your mood and prepare you for the day.
- Add to a carrier oil for a cheerful hand massage.
- Diffuse three to five drops to help uplift mood and encourage creativity.

CAUTIONS: Dilute with Fractionated Coconut Oil to minimize any skin sensitivity if using topically. Avoid sunlight or UV rays for up to 12 hours after applying oil containing citrus.



Science and Oils

ESSENTIAL OILS ARE A GIFT FROM THE EARTH

Essential Oils are truly a gift from the earth. Therefore, there are many ways you can incorporate Essential Oils, their origins, their properties, and their uses into SCIENCE discussions and experiments.

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>

One favorite is the density experiment/video, which compares what happens when you put drops of Lemon, Wintergreen, and Cinnamon into a glass of water. Lemon, being less dense than water, floats. Wintergreen, being denser than water, sinks. What does Cinnamon do? Something wild that you have to see for yourself!

ALL THE EMOTIONS

Being a teacher is an immensely rewarding job. The lives you touch and the students you influence make even the most challenging days worthwhile.

But it can also be an EMOTIONALLY DRAINING job. Between students who come from broken homes and kids whose only meal that day is the school-provided lunch, a teacher's emotions can be all over the map.

A triumph for a slow reader or a breakthrough in Algebra class that makes your day is often followed by an email from an angry parent or a reprimand by the Principal.

Education can be a roller coaster ride, so you'll want to check out the Emotions Kit Oils. These six blends have been created with different emotional needs in mind.



ALL THE EMOTIONS

- The ENCOURAGING BLEND promotes feelings of confidence and courage and motivates you to get the task at hand done, no matter how monumental it is.
- The UPLIFTING BLEND promotes feelings of optimism and hope and helps you cheer up when you're feeling down.
- The INSPIRING BLEND promotes feelings of excitement and creativity and can help you regain your passion when you're feeling burdened or overwhelmed.
- The RENEWING BLEND promotes feelings of contentment and relief that help you forgive yourself and others when you feel guilt or resentment.
- The COMFORTING BLEND promotes feelings of contentment and hope and comforts you when you feel overwhelming sadness.
- The REASSURING BLEND counteracts negative feelings of stress and fear and helps calm so you can feel confident about what's to come.

These oils come individually or bundled together in a kit. You can get them in their undiluted form, perfect for dropping into your diffuser, or already diluted with Fractionated Coconut Oil in ready-to-apply-topically roller bottles.

These blends are sure to help support you emotionally, no matter what you're facing at school.

CAUTIONS: Dilute with Fractionated Coconut Oil to minimize any skin sensitivity. Avoid sunlight or UV rays for up to 12 hours after applying product.

Stress Management

WORKPLACE STRESS!

Workplace STRESS runs rampant in our culture, and the teaching profession is no exception. Grades are due, the standardized test is coming up, and there's way too much to get done before Christmas break!

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.

This blend is made up of Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Osmanthus, and it helps promote feelings of tranquility and well-being.

It's already diluted with Fractionated Coconut Oil, so it can be applied topically or diffused.

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.

The uplifting properties of CITRUS OILS make them powerhouse stress-busters as well. They are energizing and refreshing and give off a fresh, sweet scent. Citrus aromas increase feelings of happiness and satisfaction. Diffuse three to five drops, put a drop in your water, or dilute with Fractionated Coconut Oil and apply topically.

There are several CITRUS OILS to choose from, including Lemon, Wild Orange, Bergamot, Lime, Tangerine, and



Classroom Calm Diffuser Blend:

- 3 drops GROUNDING BLEND
- 1 drop Lavender Essential Oil
- 2 drops Wild Orange Essential Oil

If you'd like to apply the Classroom Calm blend topically, double the drops and place them in a 10 mL roller bottle, then top with Fractionated Coconut Oil or carrier of your choice. Swipe on when stress attacks and take a few deep breaths.

CAUTION:

Citrus Oils can be phototoxic, so avoid exposure to the sun or UV rays for at least 12 hours after topical application.





Sleep Support

GET ENOUGH SLEEP!

Getting enough SLEEP is one of the most basic ways to stay healthy physically, emotionally, and mentally. But when you care about the students you work with, it's easy to find yourself lying awake at night with various concerns running through your head.

The RESTFUL BLEND includes the calming, soothing combination of Lavender, Roman Chamomile, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Vetiver, and Hawaiian Sandalwood. It promotes a restful sleeping environment so you can relax and get a good night's sleep, even during the chaos of homecoming week or exam time.

For maximum sleep support, try pairing the RESTFUL BLEND with the RESTFUL COMPLEX. These softgels also help encourage quality sleep and the ease with which one falls asleep.

PRACTICAL USES:

- Apply to bottoms of feet at bedtime to help wind down before going to sleep.
- Add two to three drops to a warm bath with Epsom salts to create a peaceful, renewing aroma.
- Diffuse to help promote relaxation and decrease stress.
- Apply to an aromatherapy necklace to help reduce anxious feelings throughout the day.

Diffusing calming oils before bed and during sleep times is one of the most popular diffuser uses.

Here are a couple diffuser blends you can try:

Sleepy Time Diffuser Blends:



TRY THEM ALL!

- Berry Sleep
- Peaceful Dreams
- Sleep in Bottle

Berry Sleep

- 3 drops Juniper Berry Essential Oil
- 3 drops Cedarwood Essential Oil

Sleep in a Bottle

- 3 drops Lavender Essential Oil
- 2 drops Wild Orange Essential Oil
- 2 drops Frankincense Essential Oil

Peaceful Dreams

- 10 drops Lavender Essential Oil
- 5 drops Roman Chamomile Essential Oil
- 5 drops Cedarwood Essential Oil
- Top with Fractionated Coconut Oil

Use a 10ml roller bottle



ALWAYS IN SESSION!

As you can see, there are many ways Essential Oils can enhance your classroom and the lives of your students.

And Essential Oils can make a difference in countless areas of your life. So as you go out from here, into your school, home, and community, always keep learning. We have Classes available on many subjects, so just let us know what you're interested in!

As a teacher, you know as well as anyone that Class is always in session!



ALWAYS IN SESSION...



Thanks for Attending

ANY QUESTIONS?

Thank you again for attending the class, I look forward to offering you more classes for the opportunity to learn about NATURAL HEALTH and WELLNESS for you and your family. If you have any questions, do not hesitate to message me.

I have included a catalog of oils used during this class that you can use as a checklist/wish list you can use for now or future considerations.

I recommend you to check off the issues for which you or your loved ones would like to from today's class.

Send me the list of those five through email or Facebook or use the link I have provided on the check list page for you to order them.

I will also provide a link to my website so you can find more information about essential oils and how they can support your health and wellness goals. You can contact me there and I will get in touch to help you with any issue you would like support.

You can decide how many you would like to order at this time, and what oil may be on your next purchase. So, let me help you by giving you the specialized treatment or let me know that you will decide about the oils on your own.

I look forward to helping you!

WISH LIST

Essential Oils for TEACHERS



MORNING ROUTINE

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

IMMUNE SUPPORT

- Protective Blend

ENERGIZE

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

FOCUS AND CONCENTRATION

- Focus Blend
- Peppermint
- Rosemary
- Lemon

WISH LIST

Essential Oils for TEACHERS



CLASSROOM CLEANING

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

NATURAL HAND WASHING

- Protective Blend Sanitizing Mist

SMELLS LIKE MIDDLE SCHOOL

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

I DON'T WANT TO CALL A SUB

- Respiratory Blend
- Digestive Blend
- Monthly Blend for Women

WISH LIST

Essential Oils for TEACHERS



CONFIDENT SPEECH

- Spearmint
- Lavender
- Tangerine

THROAT SOOTHERS

- Sandalwood
- Lavender
- Melaleuca
- Lemon

IDEAS FOR COACHES

- Soothing Blend

TEST DAY NERVES

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

WISH LIST

Essential Oils for TEACHERS



OILY CREATIVITY

- Invigorating Blend

SCIENCE AND OILS

- Lemon
- Wintergreen
- Cinnamon

ALL THE EMOTIONS

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

STRESS MANAGEMENT

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

WISH LIST

Essential Oils for TEACHERS



SLEEP SUPPORT

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

OTHER ITEMS

- Fractionated Coconut Oil
- Roller Bottles

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

Items can be ordered at:
my.doterra.com/womenshealth



Thank You...

I am so happy you joined us today. I hope you found some oils you wanted to try. I am available to help you with anything you would like to order and to give you more information on any of the items or other doTERRA products.

You can email me with any questions at withny@yahoo.com or give me a call. If you know any items you would like, you can order here:

my.doterra.com/womenshealth

Join our Facebook Group for more information on health and wellness and for information on upcoming webinars.

Join us by clicking here:



Women's Integrative Health

Contact Information

Phone: 518-307-9810

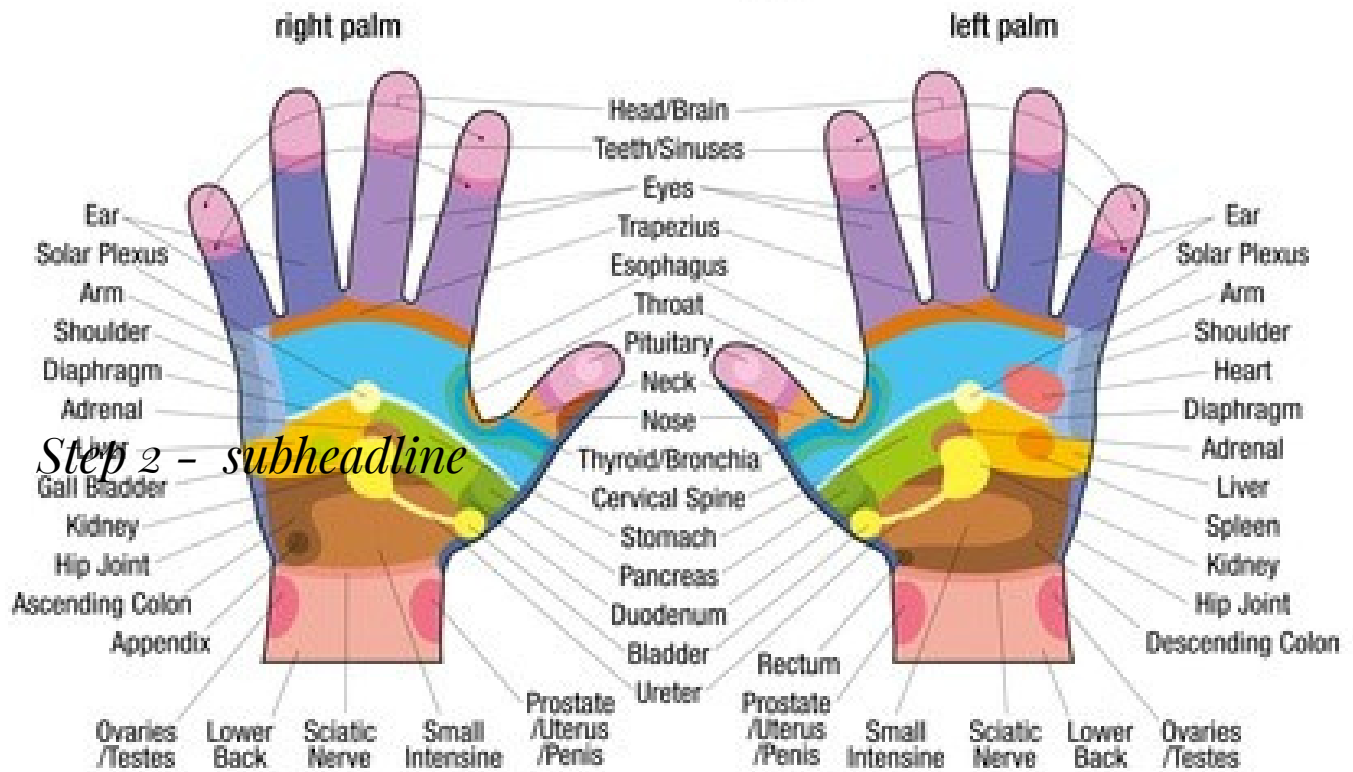
Email: wihny@yahoo.com

Website: womensintegrativehealthny.com



Hand Reflexology Chart

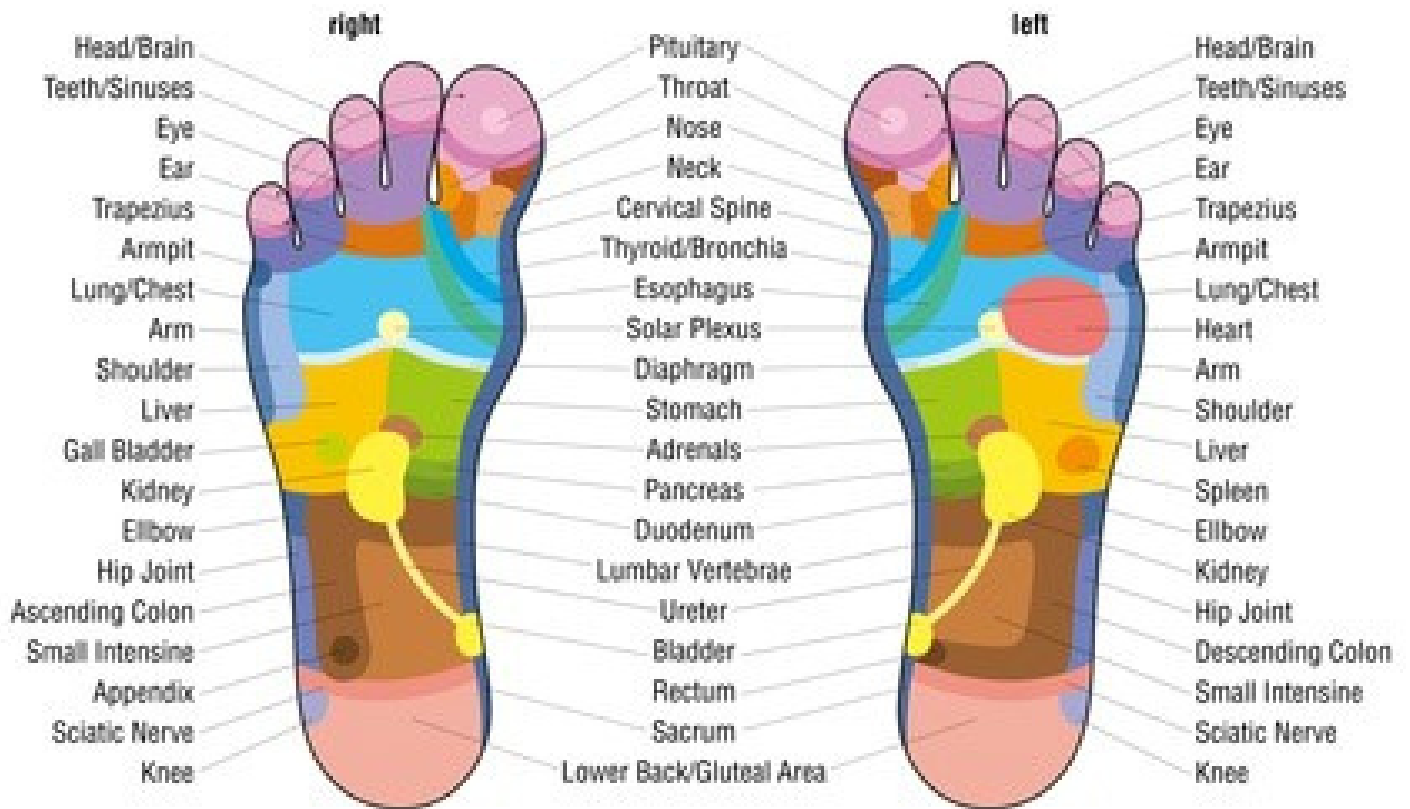
Hand Reflexology Chart



Foot Reflexology Chart



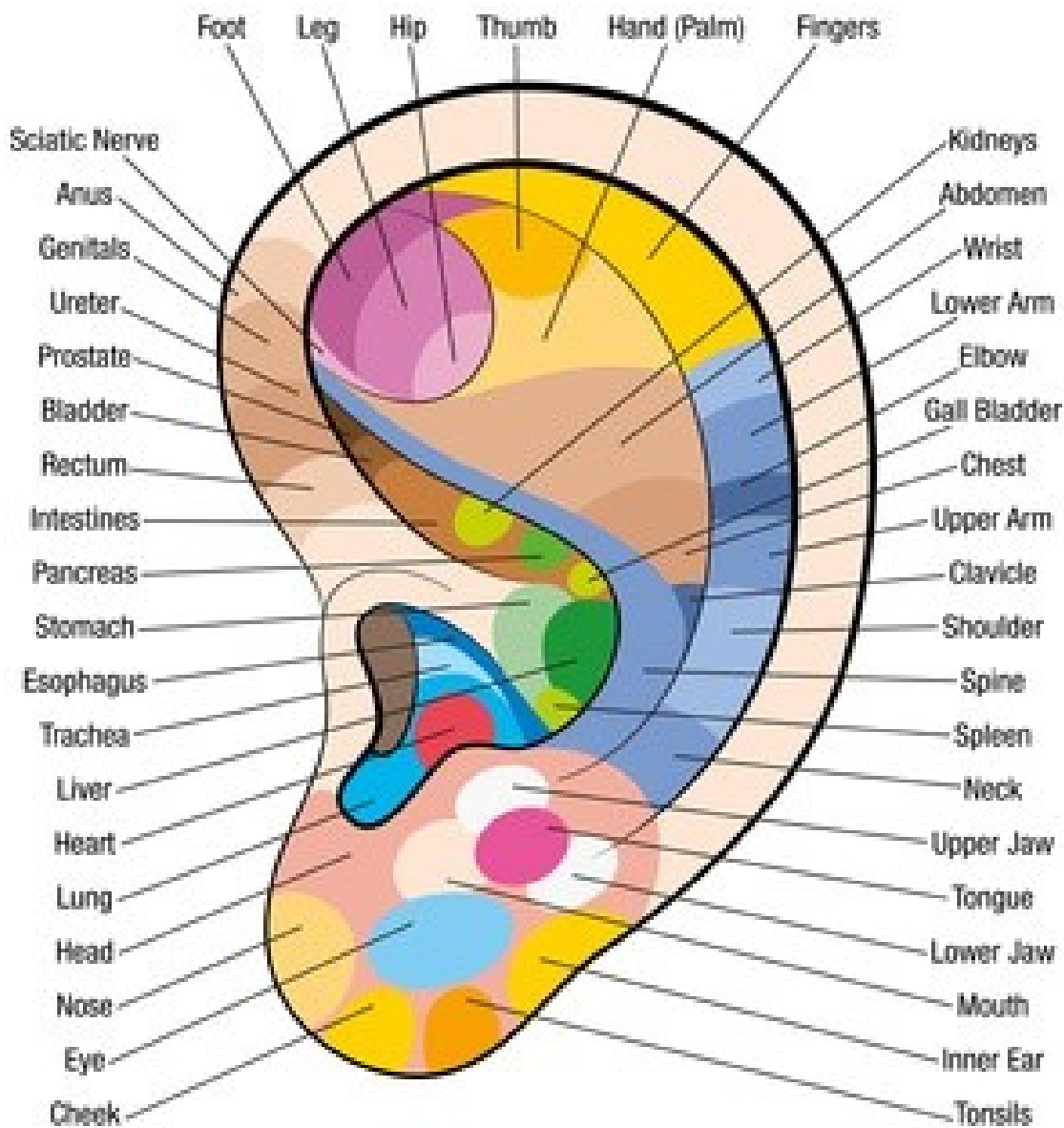
Foot Reflexology Chart



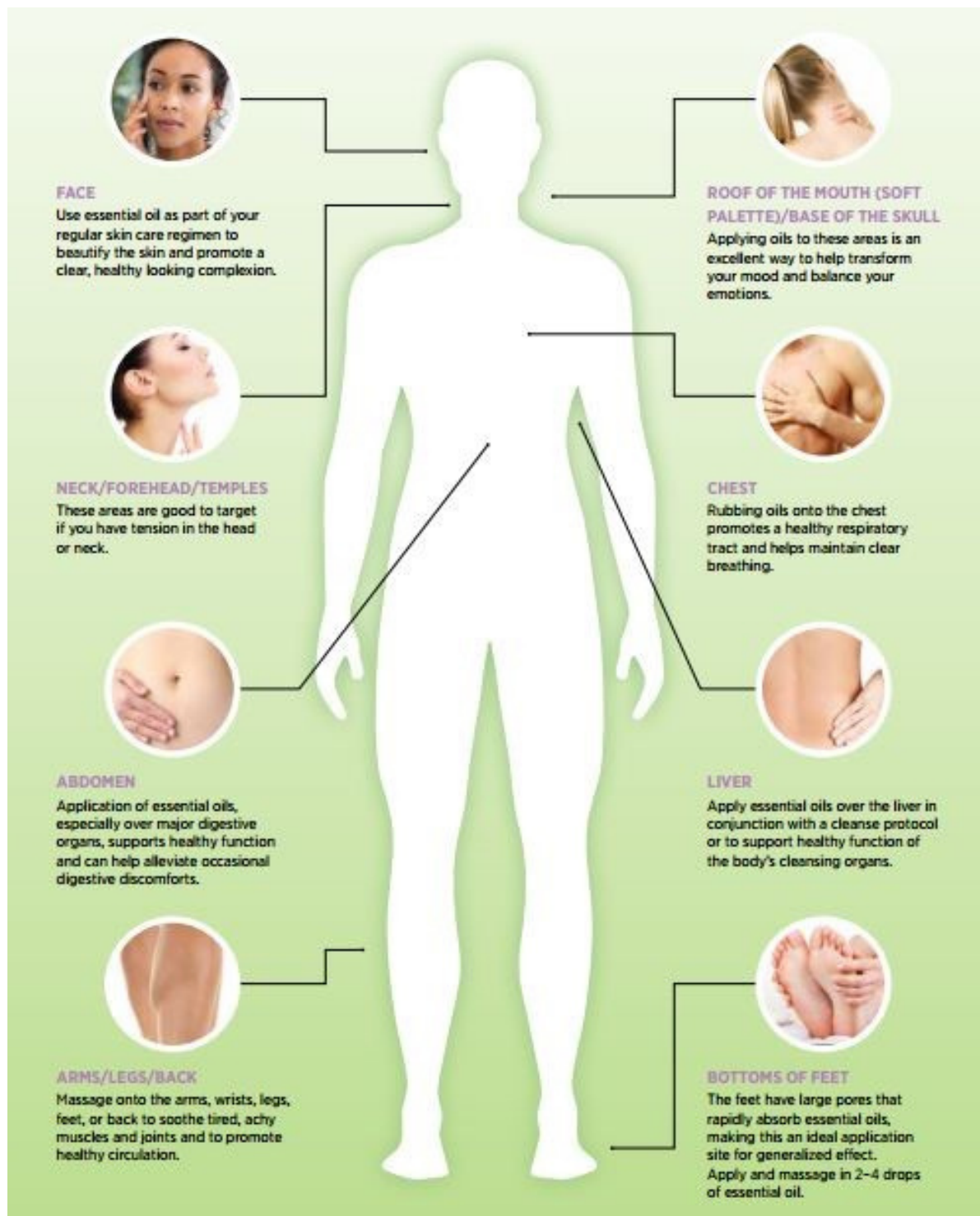
Ear Reflexology Chart



Ear Reflexology Chart



Oil Application Chart





Women's Integrative Health

Hope
you had
fun!

womensintegrativehealthny.com