

October

Essential Oil News

LISA CARTIER



PRODUCT OF THE MONTH

Cypress

DIY WITH ESSENTIAL OILS

*Diffuser blends and
Recipes*

SPECIAL OFFERS AND CLASSES

*We are packed full of
goodies this month*

Welcome to October!



Fall is definitely in the air!

I am going to be sharing some great tips, recipes, and information this month that you don't want to miss out on. Make sure to read all the way through because there are LOTS of goodies packed in this month - more recipes!

You can join our online classes this month to learn all sorts of interesting things that will help you THIS MONTH. We have changed our schedule so be sure to check out the new programs!

What questions can I answer for you and is there anything I can do for your family this month? Please get in touch and let me know!

Lisa Cartier
518-307-9810

FEATURED

Product of the Month

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Cypress



Get this oil FREE with a 125pv purchase!

Do you ever just want to smell like a forest? I love to use Cypress as a woodsy personal fragrance. Place a 125 PV loyalty order by October 15th to receive a free bottle of Cypress with your order.

Native to Southern Europe and Western Asia, Cypress essential oil is derived from tall evergreen trees. Cypress oil has a fresh, clean aroma that's energizing and refreshing. Cypress is frequently used in spas and by massage therapists. Cypress essential oil contains monoterpenes, making it beneficial for oily skin conditions. One of the main chemical compounds and monoterpenes in Cypress, α -pinene, helps to reduce the appearance of blemishes. The monoterpenes in Cypress oil are beneficial for oily skin and overall skin health. It also has a grounding effect, making it a popular oil to diffuse during times of transition or loss.

Uses

- Apply to feet and legs prior to a long run.
- Diffuse Cypress oil with Lime essential oil for an invigorating scent.
- Mix together Cypress and Grapefruit essential oil with carrier oil for an invigorating massage.
- Add one to two drops to toner to help improve the appearance of oily skin.

This oil is Kosher certified.

Introducing the dōTERRA abode™ line



abode™ Dispenser Set



New Product Line!
Abode! Refillable!

FEATURED

Get 10% Off

Pink Pepper

10% OFF

PINK PEPPER

(October 1st—31st)

- Combine two drops with doTERRA Fractionated Coconut Oil for a soothing massage
- Add a few drops to a veggie capsule and take internally to help calm and soothe the nervous system*
- Inhale or diffuse to promote feelings of alertness

*These statements have not been evaluated by the Food and Drug Administration

Pink Pepper

A sacred tree to the Incans, Pink Pepper essential oil is distilled from the fruit of the pink peppercorn tree, which was used by indigenous people as herbal solutions to health needs.

Internal use of Pink Pepper oil may also help the body maintain healthy cellular function and overall cellular health.* Limonene and α -Phellandrene, two of the main chemical components of Pink Pepper essential oil, may be calming to the nervous system when consumed.* Additionally, Limonene may help support healthy blood sugar and cholesterol levels already in the normal range when taken internally.*

Uses

- Create a soothing massage by combining one to two drops of Pink Pepper oil with doTERRA Fractionated Coconut Oil.
- May help calm and soothe the nervous system when taken internally.*
- Blend Pink Pepper essential oil with citrus or floral oils to create an invigorating aroma.
- May help promote healthy cellular immune function and response when consumed.*

FEATURED

Special Offer



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PROMO

Love the cleaning power x4.



Say goodbye to toxins with the power of abōde™. Right now you can buy 3 get 1 free.

Check out our new Abode Products. Grab this great savings now!

I love these new products and love how they look in the glass containers knowing the eliminate waste and clean with chemicals and harmful ingredients. They have quickly become my favorite products!

recipe

Pure-fume

Vanilla

Pure-fume

***In a 10 mL Amber
Roller Bottle, add:***

- 5 drops Madagascar Vanilla
- 3 drops Lavender
- 3 drops Wild Orange
- 2 drops Sandalwood

Fill the remainder of the
bottle with Fractionated
Coconut Oil.



diffuser

Halloween Blend

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Halloween

DIFFUSER BLENDS

The Midnight Hour

3 Lavender
2 Juniper
3 Sandalwood

Pumpkin Pie

2 Cinnamon
4 Clove
3 Cardamom

Boos and Ghouls

3 doTERRA® Cheer
2 Cassia
1 Vetiver
2 Madagascar Vanilla

Trick-or-Treat

3 Orange
2 Cinnamon
1 Ginger

Candy Corn

2 Madagascar Vanilla
3 Lemon
4 Wild Orange

Happy Halloween

2 Cinnamon
3 Clove
2 Madagascar Vanilla
1 Cardamom



recipe

Autumn Salad

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Autumn Salad

Ingredientes

1 package arugula or baby kale
1/3 cup cranberries, dried
1/3 cup walnuts
1/2 cup feta cheese
1 small clove garlic
2 medium sweet potatoes
1 tsp Dijon mustard
1 tbsp lemon juice
2 drops Pink Pepper
1/2 tsp sea salt
4 tbsp olive oil

Instructions:

1. Chop the sweet potatoes into cubes. Toss with olive oil, sprinkle with salt and pepper, and roast until tender.
2. Mince the garlic. Mix with the Dijon mustard, lemon juice, Pink Pepper, and sea salt to create the dressing.
3. In a large bowl, add the greens and roasted sweet potatoes. Add the walnuts, cranberries, and feta cheese. Add the dressing.
4. Toss the salad and serve



recipe

Apple Butter

APPLE BUTTER

with Essential Oils

Ingredients:

5 1/2 lb Apples
1 cup Brown Sugar
3 drops Cinnamon Bark
2 drops Clove
2 drops Madagascar Vanilla
1/3 cup Water

Instructions:

1. Peel, core, and chop your apples.
2. Add all ingredients into a pot or slow cooker and cook until the apples are softened.
3. Puree the mixture until it's smooth.

dōTERRA®



recipe

Pumpkin Pancakes



Pumpkin

Protein Pancakes

Ingredients:

3 eggs
1/3 cup pumpkin puree
3/4 cup almond flour
1 scoop doTERRA® Vanilla Protein
1 drop Ginger
2 drops Cinnamon Bark
1 tsp baking powder
Pinch of salt

Instructions:

1. Preheat a griddle to 350° F.
2. Mix the wet ingredients. Add the dry ingredients and mix until smooth.
3. Grease the griddle. Scoop the batter onto the griddle using a 1/2 cup measure. Cook for 1—2 minutes per side.

Continuing Education



CONTINUING EDUCATION

**Wednesdays
@ 9:00pm
&
Saturdays
@ 10am**

Oct 2nd ~ Kids & Oils

Oct 6th ~ Immune Support

Oct 9th ~ Emotions - dealing with
overwhelm and stress

Oct 13th ~ Fertility

Oct 16 ~ Self Love

Oct 20th ~ Strengthening your Pets Immunity

Oct 23rd ~ Fall Cleaning list and Detox

Oct 27th ~ Gut Health

You Have Your Oils,
Now What?



doTERRA's loyalty program explained so you
CAN EARN MORE FREE STUFF

**Continuing Ed
October Classes-
Join Us!**

**New to Oils? Join us
for these informative
classes!**

*Go to my.doTerra.com/womenshealth for
more info and how to order*



**WANT TO TALK
ABOUT OILS?**

Don't hesitate to reach out!