



PINK PEPPER -

*Soothes Nervous System
Healthy Respiratory &
Immune*

Breast Health

*Bring into any Process of
Healthy cell turn over -*

Apoptosis

CITRUS BLOOM

CITRUS & FLORAL

Mental &

Emotional Health

*Encouraging - be our best
self*

\$22

FOUNDATIONS OF HEALTH - Qi Gong

&

OIL USAGE

***Feel Confident, Feel Comfortable, Develop Skills
for Effective Results***



IMAGINE WHAT
WOULD HAPPEN
IF YOU
RECHARGED
YOUR BODY
AS OFTEN
AS YOU DO
YOUR PHONE





Oils to work with
Lung & Heart
TOPICAL APPLICATION

Florals & Evergreens

Citrus

Douglas fir

Siberian Fir

Black spruce

Cardamom

Magnolia - Strength & Valor

Rose touch

Neroli

Blue lotus

Ylang ylang

Apply to

**upper chest, shoulder, neck,
inner arms**

Balance on bottom of feet



WHAT IS QI?



QI GONG- THE ARCHER

✳️ **Cardiovascular benefits - increased blood supply to head and neck**

✳️ **Respiratory effects - increase elasticity of Lung Tissue and improve efficacy of lungs themselves (more Oxygen)**

✳️ **Increase bone and muscle strength**

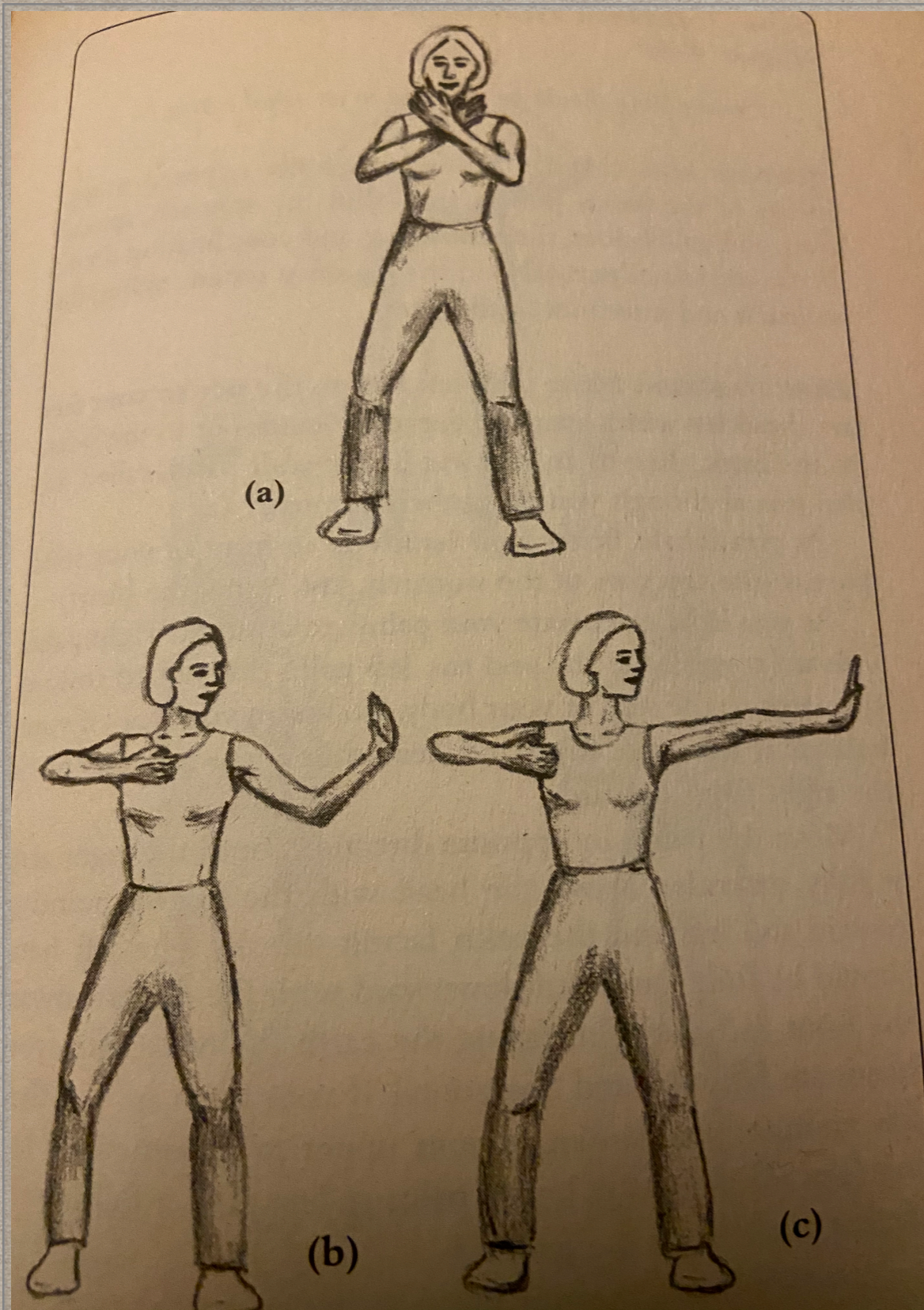
✳️ **Calming to CNS - breath & movement that all ages can do.**

- ✳️ ***Recommendation to do at least 3 rounds, twice a day***
- ✳️ ***Focus on keeping you thoughts tranquil, breathe deeply.***
- ✳️ ***Allow the thoughts to come and go. Remain tranquil.***
- ✳️ ***Focus on Form & Function - QI GONG calms the mind***

Golden 8 Qi Gong Series The Archer

**3 times each side (minimum)
9 times is ideal
2 times a day
Morning & evening**

LETS PRACTICE!



APPLICATION METHODS AROMATIC



DIFFUSER

TENT METHOD

STEAM - MUG

STEAM - BOWL & TOWEL

SHOWER FLOOR

HANDS

HAIR

JEWELRY (Made for this)

INHALERS

CPAP Applicators

APPLICATION METHODS TOPICAL



PROTOCOLS

- *Symphony of the Cells*
- *Aromatouch Technique*

DoTERRA TOUCH LINE -Diluted

DIY Rollers

Layering Oils

Compresses

Neat

Diluted (recommended)

Baths

(recommend to use

cup of Epson salt, FCO,

OR a detox Bath

Sea Salt Cup & 1/4 cup

baking soda Detox)

APPLICATION METHODS INTERNAL



Sublingual

Beadlets

Shot Glass

In water

Doterra's Soft gels

Home made Veggie Capsules

Enteric Soft Gels

(Peppermint & GX Assist)

Suppositories