***My Favorite Essential Oils for Athletes***

**OnGuard – protects against viral and bacterial assaults, immune boost**

**Lemongrass – relieves tight muscles, stiffness**

**AromaTouch – relieve achy muscles, spasms – use with lemongrass**

**Breathe – increase breathing capability and relieve congestion**

**Lavender or Serenity – calming blends to soothe nerves**

**Deep Blue – muscle aches, similar to icy hot**

**Ginger – digestion and nausea relief**

 

Breathe® is a remarkable blend of essential oils that help you breathe easier. This proprietary blend cleanses and soothes the airways.

On Guard®   
is formulated to support healthy immune function. A natural and effective alternative to synthetic options for immune support.

AromaTouch®   
is a massage blend to relax muscles, calm tension, soothe irritated tissue, increase circulation, smooth and tone.





Deep Blue® is a soothing solution to pain. It works to ease achy joints and sore muscles. Its effects are deep and penetrating results.





**Application:** Aromatic (diffuser), Topical (on skin)   
  
Visit [**www.mydoterra.com/joannachodorowska**](http://www.mydoterra.com/joannachodorowska)Or call 215-272-6774 to schedule your private   
session to pick which oils may be right for you.

Lavender is widely used and accepted for its calming and relaxing qualities.