

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, sleep better

Deep Blue – muscle aches, similar to icy hot

Ginger – digestion and nausea relief

Essential Oil

SPOTLIGHT



- Supports healthy digestion
- Soothes aching muscles
- Purifies and tones skin
- Acts as an overall tonic to the body's systems



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

ESSENTIAL OIL SPOTLIGHT

GINGER



- During a long car ride, diffuse or place a drop of Ginger in the palm of your hand and inhale
- May help support healthy digestion*
- May help to reduce bloating, gas, and occasional indigestion*
- May help reduce occasional nausea*

Use doTERRA Ginger essential oil in your favorite sweet and savory dishes.



*Non-clinical data based on studies published by the Food and Drug Administration. Do not use if you are pregnant, nursing, or taking any medication.



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



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



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

Application: Aromatic (diffuser), Topical (on skin)

Visit www.mydoterra.com/joannachodorowska
www.nutrition-in-motion.net/products/essential-oils
Or call Joanna at 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.