



ESSENTIAL OILS & *intimacy*

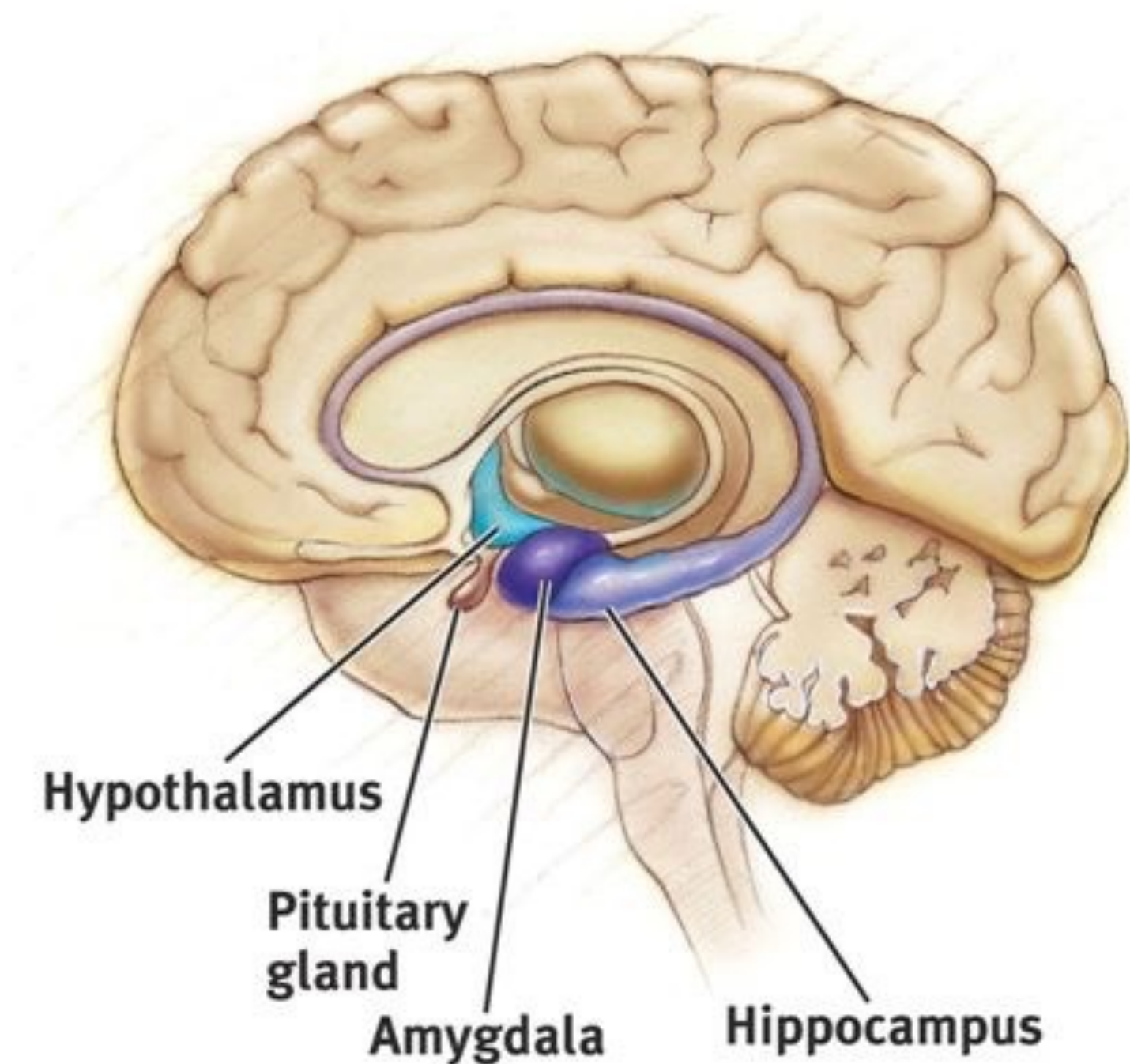
Top 10 benefits of sex

- Boosts immune system (high levels of IgA)
- Heart health
- Lowers blood pressure
- Form of exercise!
- Pain relief (releases pain-relieving hormones)
- Improves sleep (relaxation inducing hormone prolactin released)
- Stress relief
- Boosts libido (mental and physical connection)
- Improves bladder control in women (strengthen pelvic floor)
- Increases intimacy (oxytocin or “love hormone” released)



Why Essential Oils?

The **Limbic System** is a doughnut-shaped system of neural structures at the border of the brainstem and cerebrum, associated with emotions such as fear, aggression and **drive for food and sex**. It includes the hippocampus, amygdala, and hypothalamus



Why Essential Oils?

- Addresses root cause
- Assists in hormonal balance
- Boosts energy and positive feelings
- Relieves aches and discomforts
- Promotes healthy sleep patterns
- Facilitate touch

Why Essential Oils?

- Affect the circulatory system by dilating the blood vessels, thereby allowing the blood to flow.
- Increase blood flow, which means increased arousal and sensation
- When applied to the skin, the chemical composition of the oils works quickly on this system, raising the body temperature. Once the body has reached an ideal temperature, the sensual and euphoric properties of EOs are most effective

Why doTerra?

- Most Tested, Most Trusted
- Used by doctors & hospitals worldwide
- Ethically & sustainably sourced
- Can use CPTG oils all 3 ways, especially when it comes to intimacy



a few bedroom favorites . . .



sandalwood

- Manly scent that women love
- Balances testosterone levels in men & women
- Aphrodisiac
- Apply to his/her “sensitive areas” before sex to enhance sensation (remember to dilute)



clary sage

- Euphoric, deep, sweet, nutty
- Promotes hormonal balance, especially estrogen
- Lowers cortisol, promotes relaxation
- Sedative properties
- Anti-depressant properties



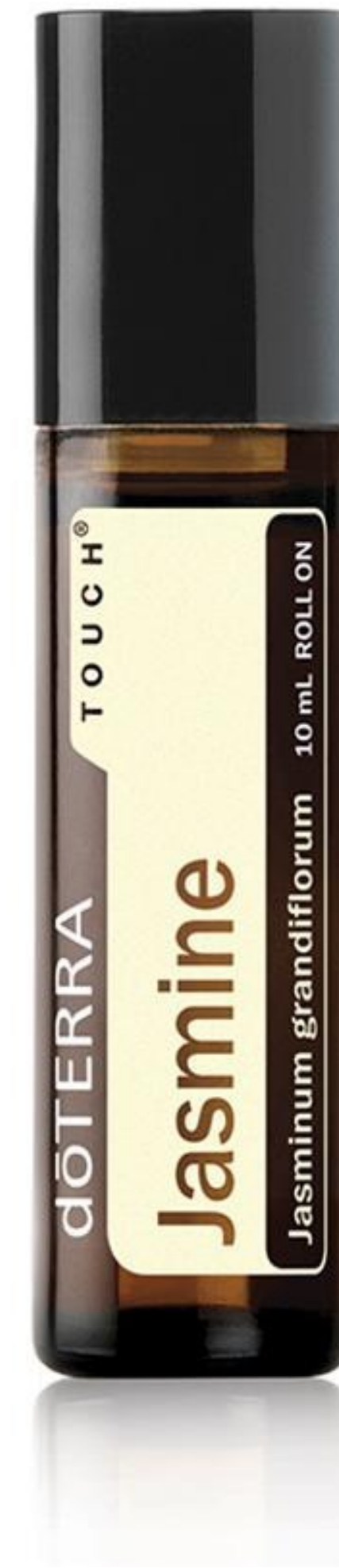
ylang ylang

- Aphrodisiac! Gets you in the mood.
- Calming, relieves anxious feelings.
- Fosters feelings of love, safety and security.
- Combine with Sandalwood for even better results.



jasmine

- Calms nerves
- Relieves stress
- Provokes feelings of euphoria and elation
- Increases energy and arousal, helping you to really get in the mood for sex



jasmine

THE OIL OF SEXUAL PURITY & BALANCE

Jasmine nurtures healthy sexuality and helps to balance sexual forces. It may also arouse dormant passions, assisting individuals to regain interest in the sexual experience. Jasmine cultivates positive experiences within intimate relationships by encouraging the purification of unhealthy sexual intentions and motivations. It asks individuals to honor and respect themselves and others.

Jasmine encourages the release of past sexual trauma. Through its gentle, purifying nature, Jasmine brings forward unresolved sexual experiences and facilitates the healing process. Traumatic experiences can distort one's relationship with sexuality. Jasmine can assist both kinds of common compensations: those who fear, repel, or resist the sexual experience, as well as those who obsess over or are fixated on sexuality. It is balancing for individuals who use sex to fill a desperate need for love and approval, as well as individuals who resist sexual intimacy.

Jasmine supports the resolution of sexual trauma, encourages safety within intimate relationships, and invites only the purest intentions to the sexual experience.

NEGATIVE EMOTIONS: Unresolved sexual trauma, sexual repression, sexual fixation

POSITIVE PROPERTIES: Healthy sexuality, pure intentions, innocent, healing, self-acceptance, intimate, trust, safe

neroli

- A precious and very useful oil from the blossoms of the bitter orange tree
- In a clinical trial, researchers found that “inhalation of neroli oil helps relieve menopausal symptoms, **increase sexual desire**, and reduce blood pressure in postmenopausal women”
- Helpful option when libido is low due to hormones or stress



neroli

THE OIL OF SHARED PURPOSE & PARTNERSHIP

Neroli is a unifying and stabilizing oil. It is particularly helpful for calming troubled hearts in relationship conflict. Its influence promotes harmony in the changing dynamics of long-term relationships. Ongoing partnerships require acceptance and growth. Over time, perceived weaknesses in others come into full view, and, as a result, individuals can grow bitter, frustrated, unsympathetic, and create emotional distance from people they once loved and cherished. If left unchecked, these feelings can grow into dysfunctional and destructive thoughts and behaviors. Perceived stagnation in a relationship can cause despair and apathy, and feed a desire to blame, punish, or escape. Alternatively, Neroli invites individuals to develop the character traits of fidelity, empathy, patience, forgiveness, and resilience to ease these relationship challenges.

Neroli assists with the positive evolution of sexual intimacy between individuals who have been together long enough to experience significant contrasts in their sexual relationship.

It symbolizes the fleeting beauty of spring blossoms and honors the long-lasting creation cycle in the life of the tree. Neroli aids in realizing deeper states of connection in intimate moments. It also encourages individuals to address the emotional barriers that impede healthy sexual expression and connection. Neroli gently reminds that sexual unity is a key aspect of relationship happiness, and to take the time to nurture this process.

Neroli teaches that unity blossoms from adaptation, cooperation, tolerance, perseverance, and kindness. It encourages active acceptance and supportive space for the chosen partner. Neroli invites individuals to attune their focus to the beautiful tapestry that is created as two lives intertwine to share purpose and find meaning.

NEGATIVE EMOTIONS: Conflicted, restless, impatient, bitter, frustrated, unsympathetic, disloyal, dispassionate, sexual inhibition, aloof, unkind, stagnant, blaming, escapism

POSITIVE PROPERTIES: Patient, empathetic, kind, tolerant, fidelity, calm, intimate, sexual desire, resilient, cooperative, committed

rose

- Promotes feelings of calm and relaxation
- Helps to ease any worries you may have about sex
- Stimulates sexual desire



rose

THE OIL OF DIVINE LOVE

Rose oil holds a higher vibration than any other oil on the planet. It is a powerful healer of the heart. It supports individuals in reaching heavenward and connecting with divine love. Rose teaches the essential need for divine grace and intervention in the healing process. As an individual opens to receive divine benevolence in all its manifestations, the heart is softened. If one can simply let go and choose to receive divine love, they are wrapped in warmth, charity, and compassion.

Rose invites individuals to experience the unwavering, unchanging, unconditional love of the Divine. This love heals all hearts and dresses all wounds. It restores individuals to authenticity, wholeness, and purity. As one feels unconditional love and acceptance, the heart is softened. As the heart fully opens, a fountain of love flows freely through the soul. In this state, one feels charity and compassion. Charity is experienced on behalf of oneself and others. Rose embodies divine love and teaches individuals how to contact this love through prayer, meditation, and opening the heart to receive.

NEGATIVE EMOTIONS: Bereft of divine love, constricted feelings, closed or broken heart, lack of compassion, wounded

POSITIVE PROPERTIES: Loved, compassionate, healing, tenderhearted, accepted, empathy, receiving divine love

passion

- Inspiring blend - cinnamon, cardamom, sandalwood, jasmine, ginger, clove, and vanilla
- Help you rekindle excitement in your life
- Diffuse in the morning to start the day feeling energized and enthusiastic, and in the evening to set the mood
- Any to pulse points throughout the day
- Give your partner a massage with Passion



amavi



Jill Shafer My husband loves it!! Just for the smell!

Love · Reply · 1d



Leigh-Erin Jett I have actually used it in my diffuser for a manly smell in the house. I also make sugar scrubs and added it for a few men. My dad loved the bar of soap.

Like · Reply · 1d



Lynnette Hunter It helps me own my space! So I like to put it on when I leave the house. Gives me confidence and grounded strength to be me, it is okay to take up space and share my voice.

Like · Reply · 22h



Andrea Watkins My daughter discovered that it works great for head discomfort. She keeps one in her bag to use as she feels discomfort coming on. Roll on back of neck, around the back of ears and on temples. I have used it with great relief as well.

Like · Reply · 1d



**Buddha Wood
Balsam Fir
Black Pepper
Hinoki
Patchouli
Cocoa Extract**

**Amavi works synergistically
with each individual's
chemistry to create an
elevating personal aromatic
experience**

Excuse me, have you seen my libido?

- Poor health (diet and exercise)
- Stress
- Medication side affects (esp. anti-depressants)
- Hormonal imbalance
- Lack of self confidence
- Fatigue
- Erectile dysfunction



poor health

Diet

Our bodies cannot function optimally without a foundation of health. When you feel good, you are much more likely to be excited about sexual activity.

Exercise

Physical fitness increases blood flow and boosts endorphins (which lift your mood). It also boosts self confidence!



stress

- Wreaks havoc on all areas of your health, including your libido
- Disrupts your hormone levels
- Arteries narrow in times of stress, restricting blood flow which diminishes pleasure and potentially causing erectile dysfunction
- Use calming oils and blend like Lavender, Frankincense, Bergamot, Ylang Ylang, Roman Chamomile, Vetiver, Balance, Peace, Adaptiv, and Serenity to combat stress



medication side effects

- Anti-depressants
- Birth control pills
- Proscar (for enlarged prostate)
- Antihistamines
- Opioids (pain killers)
- Beta-blockers (blood pressure medication)

Be informed. Some medications are unavoidable, but many are not. Work with your MD to find a plan that meets your needs while minimizing the amount of prescriptions and OTCs you take.



ladies

If you would rather mop the floor than have sex...

**THERE'S A GOOD CHANCE
THERE'S A HORMONE PROBLEM.**



hormone imbalance

Approx. 70% of low sex drive is due to misfiring hormones. Cortisol (stress hormone), estrogen/progesterone, testosterone and our thyroid all play a major role in our libido.

hormone imbalance

LADIES

- Apply Clary Calm and Whisper to wrists and back of neck daily
- Take LLV, Phytoestrogen, and Bone Nutrient daily
- Drink Grapefruit in water



hormone imbalance

GUYS

- Apply 1 drop Sandalwood, 2 drops Clary Sage, 1 drop Ylang Ylang to lower abdomen daily
- Take LLV, Mito2Max, and DDR Prime daily



hormone imbalance

“

“The essential oils do magic and stimulate the pituitary gland, the master endocrine gland, which controls hormone production. Inactiveness of pituitary gland can lead to low sex drive. So the oils help keep it in an active state.”

- Dr. Naresh Arora

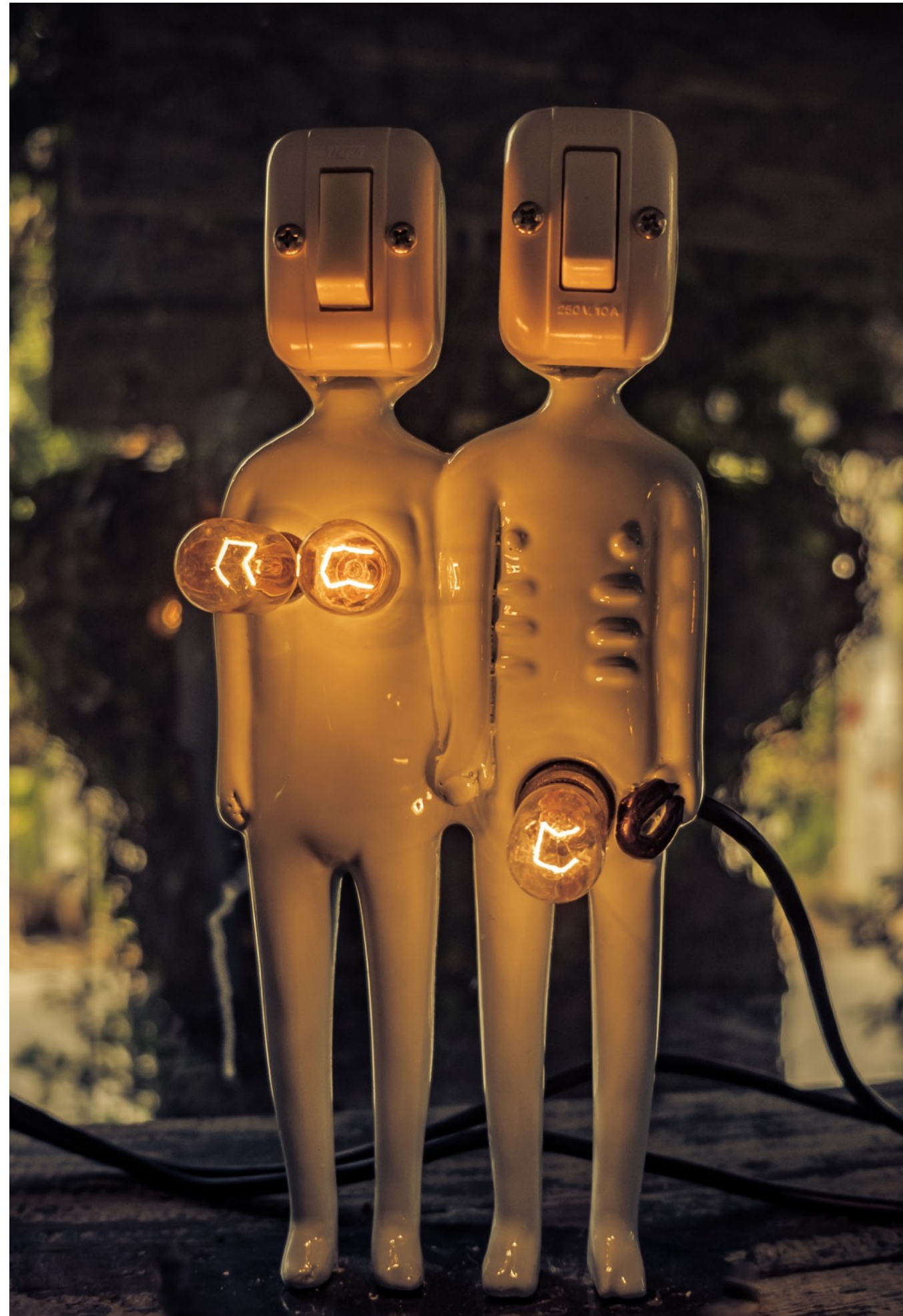
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fatigue

We must prioritize healthy sleep habits. This is as important for our overall health as diet and exercise.



recipes



for men

- **GIDDY UP:** Apply Immortelle to genital area 2-3 times daily. Take 10 drops of Slim & Sassy internally before sex.
- **CIRCULATION SUPPORT:** Apply diluted Cinnamon, Cypress, and/or Aromatouch to inner thighs and lower abdomen.
- **PROSTATE RELIEF:** Apply 2-3 drops of Balance to bottoms of feet morning and evening. Take DDR Prime softgel with each meal, take 2-3 drops Frankincense morning and evening internally.
- **HORMONE BALANCE:** 1 drop Sandalwood, 2 drops Clary Sage, 1 drop Ylang Ylang. Apply topically on lower abdomen.
- **SUPPORT HEALTHY NUTRITION:** Take LLV, Mito2Max and DDR Prime daily



for women

- **HORMONAL BALANCE:** Apply Clary Calm & Whisper to wrists and back of neck daily. Take LLV, Phytoestrogen and Bone Nutrient daily. Drink Grapefruit in water.
- **BREAST ENHANCER:** 1 drop Vetiver across top of breasts 2x daily until desired results achieved (generally a couple months)
- **BREAST DETOX:** 4 drops Frankincense (w/ FCO for easier distribution) to each breast 2x daily for 30 days. Repeat 2-4 times per year
- **HOT MESS BLEND:** 4 drops each of W. Orange, Lavender, Serenity, Balance, Citrus Bliss with FCO in 10ml roller bottle



set the stage

Any time you are on a romantic date, use your favorite aphrodisiac oils the whole time.

The next time you pull out those oils, even for a “quickie”, the memories triggered by your limbic system will greatly enhance the experience



diffuser recipes

Mood Maker

1 Cinnamon
1 Patchouli
1 Rosemary
1 Sandalwood
1 Siberian Fir
1 Ylang Ylang

Date Night

3 Ylang Ylang
3 Bergamot
3 Black Pepper

Let's Get It On

3 Sandalwood
2 Ylang Ylang
1 Clary Sage
1 drop Wild Orange

Goodnight Kiss

2 Cinnamon Bark
2 Patchouli
3 Sandalwood

Attract Him

3 Passion
3 Whisper
3 Ylang Ylang

Attract Her

3 Bergamot
3 Sandalwood
3 Vetiver



relax together with massage

Body Warmer

- 2 Rose or Geranium
- 3 Sandalwood
- 3 Ylang Ylang
- 3 Clary Sage

Put in 2oz glass bottle, top off with FCO.

Use as a massage oil to warm the body temperature and create arousal.



come together

SAY NO TO STORE BOUGHT LUBRICANTS

They are full of harmful substances like parabens, petrochemicals, and glycerin

PERSONAL LUBRICANT RECIPES

5 drops Ylang Ylang	10 drops Whisper
2 drops Black Pepper	10 drops Ylang Ylang
2 drops Peppermint	5 drops Sandalwood
2 oz FCO	1 cup FCO

ECSTASY EXTENDER MASSAGE OIL

2 drops Geranium	1 drop Lemongrass
1 drop Cinnamon	1 drop Peppermint
1 drop Ginger	

Put in 2oz bottle, top off w/ FCO.
Blend supports reaching & prolonging climax.



promo this month



**PLACE A 200PV ORDER THIS MONTH, AND
YOU'LL RECEIVE THE FOLLOWING PRODUCTS
FOR FREE**

- 15ML ON GUARD
- ON GUARD FOAMING HAND WASH
- ON GUARD TOUCH
- ON GUARD SANITIZING MIST

**WHEN YOU PLACE YOUR ORDER ON LRP
BEFORE THE 15TH OF THE MONTH.**

YOU'LL RECEIVE AN EXTRA LEMON EUCALYPTUS FREE!



**TOTAL
\$93 FREE!**

intimacy is a gift

PRIORITIZE EACH OTHER, AND YOU WILL THRIVE!

3 Types of People



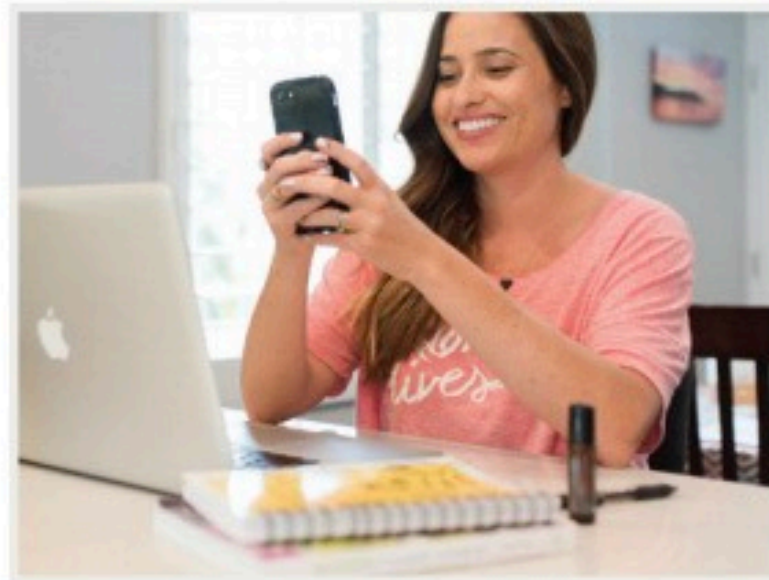
live

THE WELLNESS
LIFESTYLE



share

TO GET YOUR
PRODUCTS PAID FOR



build

TO EARN INCOME
AND MAKE AN IMPACT

THE JOY OF
sharing oils

Why doTERRA, Why now?

- ♡ LARGEST ESSENTIAL OIL COMPANY IN THE WORLD
- ♡ MOST TESTED, MOST TRUSTED OILS IN THE MARKET
- ♡ USED BY DOCTORS AND HOSPITALS WORLDWIDE
- ♡ ETHICALLY AND SUSTAINABLY SOURCED
- ♡ WORK DIRECTLY WITH THE FARMERS
- ♡ 120+ MARKETS OPEN
- ♡ COMPENSATION PLAN IS GENIUS
- ♡ HIGH RETENTION RATE OF 65% (CUSTOMER LOYALTY!)
- ♡ PRIVATELY OWNED COMPANY
- ♡ INCREDIBLE OWNERSHIP TEAM
- ♡ DEBT FREE WITH NO OUTSIDE FUNDING

Questions you may have...

- HOW DO I MAKE MONEY?
- HOW MUCH TIME IS INVOLVED?
- COULD THIS WORK FOR ME?
- WHAT IS THE NEXT STEP?

How do I make money?

SAMPLE



TEACH



ENROLL

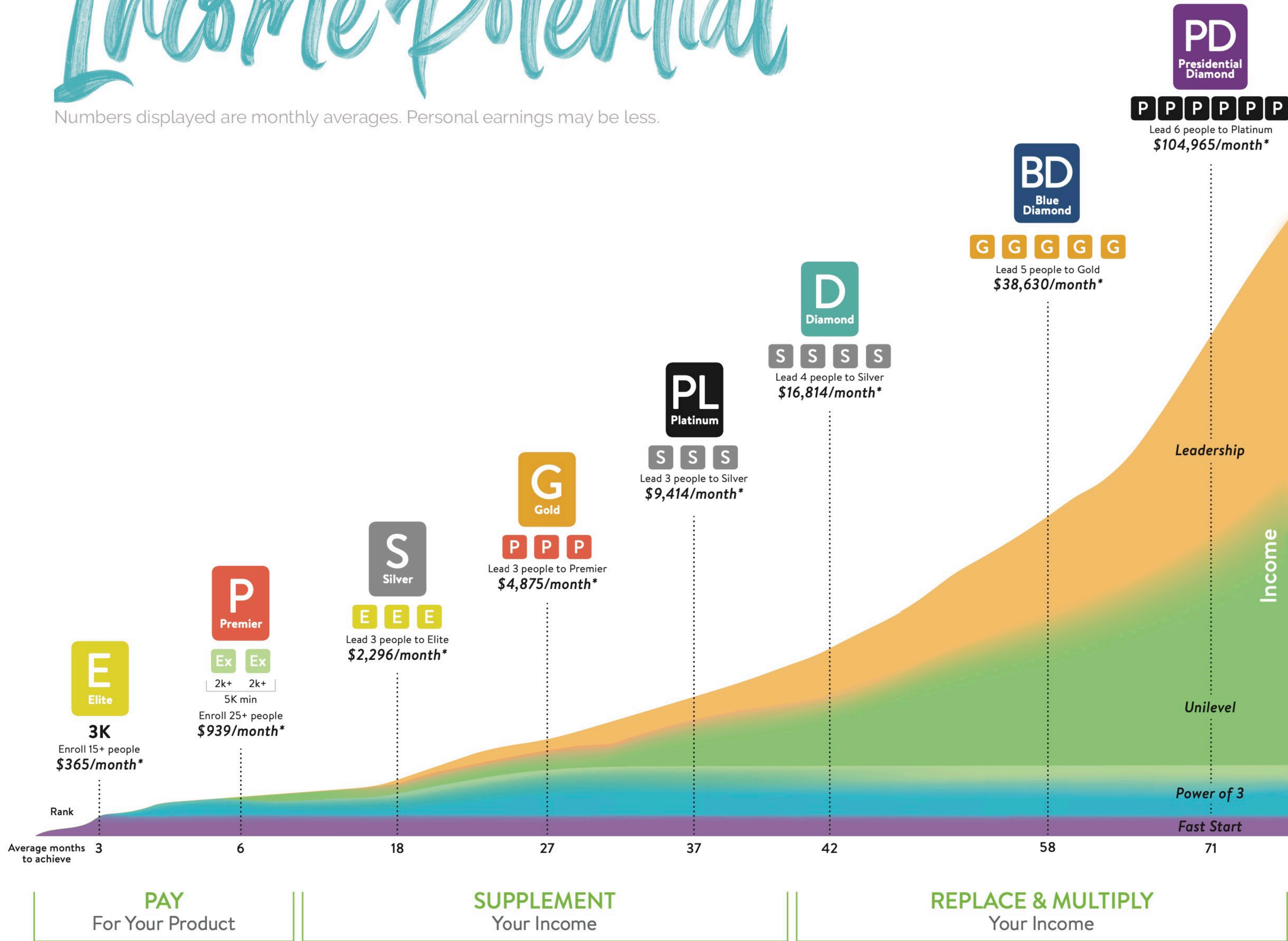


SUPPORT



Income Potential

Numbers displayed are monthly averages. Personal earnings may be less.



How much time is involved?

I WANT MY OILS PAID FOR:

3-5 HRS/WEEK

I WANT TO SUPPLEMENT MY INCOME:

5-15 HRS/WEEK

I WANT TO REPLACE MY INCOME:

15-30 HRS/WEEK

Could this work for me?

ARE YOU...

PASSIONATE ABOUT OILS?

DO YOU...

LOVE PEOPLE?

CAN YOU...

FOLLOW A SYSTEM
& GET THINGS DONE?

What is the next step?

DO YOU HAVE A WHOLESALE ACCOUNT?

YES: UPGRADE & SET UP 100PV LRP

NO: CHOOSE A KIT & SET UP LRP

REACH OUT FOR HELP!

WE WILL PLUG YOU INTO ALL OF
OUR TRAINING & RESOURCES!

START MAKING YOUR LIST & SAMPLE EVERYONE!

THIS IS SO MUCH FUN!

the only thing

KEEPING

you from what

YOU WANT IS

your story

ABOUT WHY

you can't have it.