

MY TOP 3 OILS  
FOR

*Dealing with  
Stiff Joints*



LALA LAVENDER

## MY FIRST FAVORITE OIL FOR STIFFNESS

# Frankincense



Boswellia trees have been celebrated for centuries. The Babylonians and Assyrians would burn the tree resin in religious ceremonies and for contemplative meditation. The ancient Egyptians used it in perfumes and salves for soothing skin. Oil from the resin has long been used in Ayurvedic and traditional Chinese health practices. According to pre-clinical research, Frankincense essential oil may promote healthy cellular function when taken internally.† Experimental research suggests internal use of Frankincense, high in  $\alpha$ -pinene, may provide soothing effects to the body.† Because of the oil's significant level of  $\alpha$ -pinene, preclinical research also indicates Frankincense may help maintain healthy skin structure.† Nourishing and clarifying as an addition to daily skin care, the oil's warm, spicy, herbal aroma creates a relaxing yet uplifting atmosphere.



\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

MY NEXT FAVORITE OIL FOR STIFFNESS

## *PastTense Blend*



Whether you're worried about an upcoming test, or a first date, PastTense can help you stay centered and grounded. With Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, and Rosemary, this fresh, minty blend has a soothing effect. PastTense provides an aroma of relaxation and tranquility. Apply to the neck, shoulders, or behind the ears and breathe in the cooling, comforting aroma of PastTense.



MY LAST FAVORITE OIL FOR STIFFNESS

## *Deep Blue Blend*



doTERRA Deep Blue is perfect for a soothing massage after a long day of work. Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus work together to soothe and cool. After long hours on the computer, try rubbing Deep Blue proprietary blend on your fingers, wrists, shoulders, and neck. A few drops of Deep Blue Soothing Blend diluted in doTERRA Fractionated Coconut Oil can be part of a cooling and comforting massage.



MY NUMBER ONE SUPPLEMENT FOR STIFFNESS

# Deep Blue Polyphenol



Deep Blue Polyphenol Complex provides a unique blend of extracts of Indian frankincense (*Boswellia serrata*), along with turmeric and ginger. Indian frankincense has long been used for its soothing properties, and its use in the traditional Ayurvedic practices of India is well established.\*

This supplement delivers a unique and standardized *Boswellia serrata* extract (not an essential oil) that has been clinically studied to promote healthy mobility and function, and can provide soothing support throughout the entire body.\*

Like frankincense, turmeric has been used for centuries in Ayurvedic practice and is also part of the popular spice Indian curry. The science behind turmeric's soothing role in overworked muscles and joints is now recognized by experts throughout the world.\* Ginger root has also been used for centuries throughout Asia for health benefits and as a popular spice. Ginger was among the first spices brought to the New World and has long been recommended for its natural soothing benefits.\*



\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

MY DISCOMFORT LOTION

## *Deep Blue Rub*



The rub provides a comforting cooling and warming sensation to problem areas. Infused with CPTG Certified Pure Tested Grade® Wintergreen, Camphor, Peppermint, Blue Tansy, Matricaria (German Chamomile), Helichrysum, Ylang Ylang, and Osmanthus essential oils, Deep Blue Rub is an indispensable addition to your bathroom cabinet and gym bag. Blended in a base of moisturizing emollients, Deep Blue Rub leaves your skin feeling soft and not greasy. It is the trusted choice of results-driven massage therapists and sports practitioners who use doTERRA Deep Blue Soothing Blend in their practice.



WHAT IS WORKING FOR ME

# Easing Stiff Joints

## Morning Routine

- ✦ 3 drops of Frankincense on sore index finger and wrist
- ✦ Layer Deep Blue oil under Deep Blue rub on stiff neck and shoulders
- ✦ Take two Deep Blue Polyphenol capsules with morning portion of Life Long Vitality to reduce internal inflammation

## Evening Routine

- ✦ 3 drops of Frankincense on sore index finger and wrist
- ✦ PastTense oil blend diluted with Fractionated coconut oil on neck and shoulders
- ✦ Deep Blue Rub on hip

## Other Products That Really Help

Life Long Vitality Supplements

---

Copaiba Oil and capsules for over all pain relief and reducing inflammation

---

Deep Blue Stick - easy to apply - Deep Blue Oil Blend and Copaiba

---

Turmeric Dual Chamber Capsule

---

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.



HOW CAN YOU CONNECT WITH ME

## *Set Up a Time to Chat With Me*



I've dealt with a lot of achy joints over the years, and I've helped lots of others to ease the discomfort. I'd be happy to chat with you and see what natural options we might be able to brainstorm together. I am also certified in an amazing oil application called the Aroma Touch Technique that I would love to share with you.

Follow me on  
FaceBook