



Hey Beautiful.

ARE YOU READY FOR CLEAR SKIN?

Get started with my 5 favorite power oils today!



These are the exact oils I got started with for clear skin.

The journey to clear to clear skin begins from the inside.

Lemon

Essential Oil



Gut Cleansing & Skin Glowing

1 drop in 4 oz of water daily

d-Limonene is the main naturally occurring chemical constituent in Lemon essential oil.

Studies have shown it to be...

- Highly Antioxidant
- pH Balancing
- Relieves Bloating
- Gut Cleansing
- Highly Astringent
- Antibacterial
- And a whole lot more

BE VERY CAREFUL when using Lemon or any Citrus Oil Topically as they may cause photosensitivity. The label states "avoid UV rays for up to 12 hours after applying product." 2% dilution ratio is recommended for topical skincare usage. Apply SPF over the skin if Lemon essential oil is used topically.

Tea Tree

Essential Oil



Spot Treating Pimples

1 drop dabbed on acne twice daily

Terpinen-4-ol, γ -terpinene, α -terpinene are the main naturally occurring chemical constituents in TeaTree essential oil.

Studies have shown it to be...

- Highly Antibacterial
- Anti fungal
- Immune-Boosting
- Cleansing & Purifying to the Skin
- Soothing to Skin Irritations
- Has a Cooling Effect on Skin

BE VERY CAREFUL when using any essential oil topically as they may cause skin irritation on sensitive skin. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

Peppermint

Essential Oil



Soothing to Itchy, Irritated Skin

**1 drop diluted with carrier oil on
irritated skin as needed**

Menthol and menthone are the main naturally occurring chemical constituents in Peppermint essential oil.

Studies have shown them to be...

- Cooling to Itchy, Irritated Skin
- Immune-Boosting
- Cleansing & Purifying to the Skin
- Useful for Calming Headaches
- Inhale Prior to Working Out
- Promotes Digestive Health

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Geranium

Essential Oil



All-Over Soft & Supple Skin

1-2 drops mixed in body lotion daily

Citronellol is the main naturally occurring chemical constituent in Geranium essential oil.

Studies have shown it to be...

- Promotes Clear, Healthy Skin
- Give Hair a Vibrant, Healthy Glow
- Naturally Repels Insects
- Smoothing Effect on Skin
- Calms Nerves
- Lessons Feelings of Stress

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Helichrysum

Essential Oil



Wound healing for skin

1 drop diluted in carrier oil on wounded, irritated skin or rash.

Neryl acetate, alpha pinene, γ -curcumene are the main naturally occurring chemical constituents in Helichrysum essential oil.

Studies have shown them to be...

- Speeds Wound Healing on Skin
- May Lessen Pain on Skin Wounds
- Cleansing to Skin Wounds
- May Calm Skin Inflammation
- Known as "Liquid Stitches"
- Beautifies Skin

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I want these oils? How do I get them?

You can find these skincare oils at this custom link:
https://doterra.me/D3A_ot

Or, you can go to my website at **my.doterra.com/ashleyzupan** and add the oils you'd like a la carte. You might want to add on the fractionated coconut oil and the empty roller bottles as well.

To consult about your skin & health and natural products to support you or your loved ones, please consult the **www.ashleyzupan.com** website or contact me Ashley Zupan, at **ashley@ashleyzupan.com**

E-Book Design by Trudi Baker at www.trudibakerdesign.com

For more info about natural solutions & skin health, go to:

www.ashleyzupan.com

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