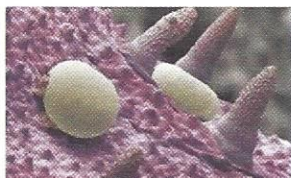


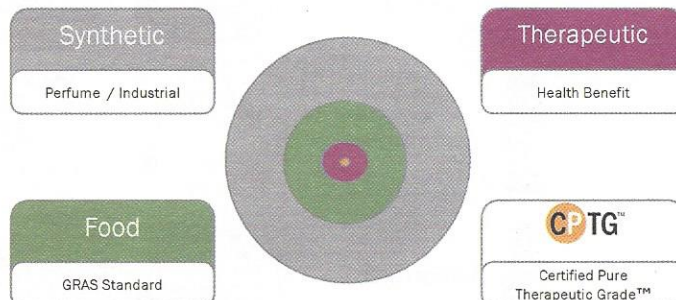
1. What are Essential Oils?

- Natural aromatic compounds found in plants
- Steam distilled or cold pressed extraction
- Very concentrated
- 50 to 70 times more powerful than herbs
- Powerful, safe benefits, without side effects
- A natural way to take care of our health
- Used by ancient cultures



2. They Are 100% Natural

- Tested to ensure safety and quality
- CPTG is critical
- No fillers or harmful additives



3. What is the AromaTouch™ Technique?

dōTERRA's AromaTouch Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body. Developed by Dr. David Hill, a leading expert in integrative medicine and therapeutic applications of essential oils, the AromaTouch Technique improves wellbeing by reducing physical and emotional stressors and by supporting healthy autonomic function. The technique is simple and intuitive and uses dōTERRA's CPTG Certified Pure Therapeutic Grade™ essential oils for an unparalleled grounding experience for recipients.

4. AromaTouch™ Procedure

The AromaTouch Technique includes four primary steps designed to minimize systemic stressors to autonomic balance. Each step includes the application of two essential oils or essential oil blends specifically formulated to support healthy emotional and physiological functions for wellbeing. The technique requires 30 minutes per application, and multiple applications can be serviced with one set of dōTERRA's essential oils.



5. Zones & Regions

