

# aromatouch® TECHNIQUE OILS



**doTERRA Balance®** essential oil blend creates a sense of calmness and well-being. Starting the AromaTouch with this oil creates a great initial bond between the giver and the receiver.

**Ingredients:** Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Fractionated Coconut oil



**doTERRA On Guard®** offers fragrant and effective cleansing properties. Because of these properties, it is used in the AromaTouch Technique.”

**Ingredients:** Wild Orange, Clove Bud, Cinnamon, Eucalyptus, and Rosemary



**AromaTouch®** essential oil blend combines the benefits of oils well known for calming and relaxing effects. The AromaTouch blend is used in the AromaTouch Technique because of its soothing sensation.

**Ingredients:** Basil, Grapefruit, Cypress, Marjoram, Peppermint, and Lavender



**Deep Blue®** essential oil blend has an immediate tingling and warming effect. Because of this and its aromatic properties, it was chosen to be a part of the AromaTouch Technique.

**Ingredients:** Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, and Osmanthus



**Lavender** essential oil has been cherished for its unmistakable aroma and calming properties for thousands of years. Due to its soothing nature, it is used in the AromaTouch to promote relaxation.



More commonly called “tea tree,” **Melaleuca** has 90 different compounds and limitless applications. Melaleuca is an essential part of the AromaTouch Technique for its cleansing effects.



**Peppermint**, a well-loved oil, provides a myriad of health benefits. Peppermint essential oil is used in the AromaTouch Technique for its invigorating and energy-promoting qualities.”



Cold pressed from the peel, **Wild Orange** essential oil releases an energizing, citrusy aroma. We use Wild Orange in the AromaTouch Technique because of its ability to energize and revitalize.

