

ESSENTIAL
KIDDOS



five must have recipes for any mom

EASY | SAFE | EFFECTIVE

WITH KAMI OF @CLEANSEYOURLIFE

HOW TO USE *ESSENTIAL OILS*



AROMATICALLY: PLACE 3-4 DROPS IN A DIFFUSER. OR, PLACE 1 DROP IN HAND, CUP NOSE, AND BREATHE IN DEEPLY.



TOPICALLY: RUB ON THE AREA OF BODY THAT IS NEEDING ATTENTION OR ON THE SPINE/BOTTOMS OF FEET. ALWAYS DILUTE OILS FOR USE ON CHILDREN.



INTERNALLY: PLACE 1 DROP IN A GLASS OF WATER OR IN A VEGGIE CAPSULE.

ESSENTIAL OIL SAFETY *FOR CHILDREN*

- KEEP OILS OUT OF REACH AND AWAY FROM EYES.
- ALWAYS DILUTE ESSENTIAL OILS (SEE DILUTION CHART ON NEXT PAGE).
- AVOID OR USE CARE WITH "HOT" OILS SUCH AS BIRCH, CASSIA, CINNAMON, CLOVE, EUCALYPTUS, GINGER, LEMONGRASS, OREGANO, PEPPERMINT, THYME, AND WINTERGREEN.

ESSENTIAL OIL DILUTION FOR *ADULTS & CHILDREN*

	Adult		Child	
	Ideal Amount	24 hr Max	Ideal Amount	24 hr Max
Aromatic	-	-	-	-
Internal	2 - 4 drops	12 - 24 drops	1 - 2 drops	3 - 12 drops
Oral	1 - 3 drops	4 - 18 drops	-	-
Dermal	3 - 6 drops	12 - 36 drops	1 - 2 drops	3 - 12 drops



RECIPES

SUPERCHARGE THAT *IMMUNE SYSTEM*



COMBINE 2 TABLESPOONS OLIVE OR COCONUT OIL WITH 1 DROP LEMON, 1 DROP MELALEUCA, 1 DROP ON GUARD, AND 1 DROP ARBORVITAE.

MASSAGE A PORTION OF THE BLEND ONTO THE CHEST, SPINE, AND FEET.

THIS SAME BLEND MAY ALSO BE DIFFUSED.

CALM THAT *CRAZY*



IN A 10 ML ROLLER BOTTLE, COMBINE 5 DROPS BALANCE, 5 DROPS SERENITY, AND 5 DROPS WILD ORANGE. FILL TO THE TOP WITH CARRIER OIL (OLIVE OIL, COCONUT OIL, ETC).

ROLL THE BLEND ONTO THE CHEST, SPINE, AND FEET. ALTERNATIVELY, DIFFUSE THIS SAME BLEND (1-2 DROPS OF EACH) IN A DIFFUSER.

SOOTHE THAT *THROAT*



1/2 CUP RAW HONEY
SPLASH OF WARM WATER
STIR HONEY AND WATER TOGETHER TO
THIN.

ADD:

5 DROPS ON GUARD
5 DROPS WILD ORANGE
5 DROPS LEMON

PLACE IN A JAR AND TAKE 1/8
TEASPOON AS NEEDED.

CALM THAT *ITCH*



COMBINE 5 DROPS MELALEUCA, 5 DROPS LAVENDER, AND 5 DROPS FRANKINCENSE OR GERANIUM (OPTIONAL) IN A 10 ML ROLLER BOTTLE. FILL TO THE TOP WITH CARRIER OIL.

ROLL ON ANY SKIN THAT NEEDS SOOTHING.

SOOTHE THOSE *EARS*



COMBINE 2 DROPS MELALEUCA, 2 DROPS LAVENDER, AND 2 DROPS BASIL (OPTIONAL) IN A 10 ML ROLLER BOTTLE. FILL TO THE TOP WITH CARRIER OIL.

ROLL ALONG THE OUTER EARS AND DOWN JAWLINE AS NEEDED. YOU MAY ALSO ROLL A BIT ON A COTTON BALL AND PLACE ON TOP OF THE EAR CANAL.

MY TOP 3

ACCESSORIES



DIFFUSERS (IN EVERY ROOM! LOL):
DOTERRA'S PETAL DIFFUSER IS HANDS
DOWN MY FAVORITE (IT COMES FREE
WITH THE HOME ESSENTIALS KIT!)

ROLLER BOTTLES: I GET THEM FROM
AMAZON, AROMATOOLS, OR SHARE OILS

CARRIER OILS: I ALWAYS USE WHAT I
HAVE IN MY KITCHEN, WHICH IS OLIVE
OIL OR COCONUT OIL

BE A PART OF MY *COMMUNITY!*

WHEN YOU GET STARTED WITH A DOTERRA WHOLESALE ACCOUNT, YOU GET ACCESS TO MY GROWING ESSENTIAL OIL COMMUNITY WHICH IS FILLED WITH AMAZING, HEART-CENTERED WOMEN WHO WANT THE BEST FOR THEIR FAMILIES. I AM HERE AS YOUR MENTOR TO GUIDE YOU AND EDUCATE YOU SO THAT YOU FEEL EMPOWERED AND CONFIDENT USING NATURAL REMEDIES IN YOUR HOME!

ALL ABOUT A WHOLESALE *MEMBERSHIP*

- 25% OFF RETAIL PRICES
- OPTIONAL GENEROUS REWARDS PROGRAM (UP TO 30% BACK IN PRODUCT POINTS)
- NO COMMITMENT TO BUY MONTHLY, FILL A QUOTA, OR SELL ESSENTIAL OILS
- ACCESS TO MY INCLUSIVE, LOVING COMMUNITY

YOUR USAGE IS UP TO YOU AND I AM
HERE TO HELP SUPPORT YOU IN
WHATEVER WAY YOU NEED!

GET
STARTED

YOU CAN EMAIL ME FOR MY CURRENT
PROMOTIONS
(HELLO@CLEANSEYOURLIFE.ORG)

OR GET STARTED HERE:

MYDOTERRA.COM/CLEANSEYOURLIFE

ABOUT ME

HI! I'M KAMI. I AM A CERTIFIED DR. SEAR'S HEALTH COACH, HOLISTIC EDUCATOR, AND MOTHER OF FOUR. I BEGAN MY JOURNEY INTO NATURAL LIVING 6 YEARS AGO AS MY OLDEST STRUGGLED WITH SPECIAL NEEDS. I'M A NATURAL BORN TEACHER AND LOVE SHARING MY PASSIONS WITH OTHERS! I CURRENTLY LIVE IN UTAH WITH MY HUSBAND AND KIDS.



CONNECT WITH ME!

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INTENDED TO DIAGNOSE, TREAT, CURE,
OR PREVENT ANY DISEASE.

THIS IS NOT INTENDED TO REPLACE
MEDICAL CARE AND IF MEDICAL CARE IS
NEEDED, PLEASE SEEK APPROPRIATE
HELP.

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