

Using dōTERRA's Introductory Trio Essential Oils To Enhance Your Client's Spa Experience

Hair Removal

- ◆ Apply one drop of Lavender essential oil to upper lip, brows, or other sensitive skin areas immediately after hair removal procedures to soothe irritated and inflamed skin and minimize post-treatment breakout. (Keep out of eyes.)

Hair Treatment

- ◆ Massage one drop of Lemon and Lavender essential oils to the scalp during shampooing, and massage two drops of Peppermint oil to the scalp during conditioning for a stimulating and conditioning boost to your hair treatments. (Keep out of eyes.)

Nail Treatment

- ◆ Massage several drops of Lemon essential oil into nails to cleanse and detoxify after using polish removers and cleansers. Massage several drops of Lavender essential oil after aggressive cuticle and shaping work to soothe and calm irritated cuticles and to prepare nails for finishing. Add one drop of Peppermint essential oil to the palm after nail treatment to help neutralize residual chemical odors and to remind your clients of their pampering after they leave your spa.



Hand Massage

- ◆ Offer an application of essential oils to your clients' hands in preparation for a spa treatment. Ask them their desired mood for their treatment session. If they want to relax and de-stress during their visit, start with Lavender essential oil. If they want a more invigorating session, use several drops of Lemon and Peppermint as a pre-hand-massage mood setter. (Remind your clients not to touch their eyes immediately following their hand massage.)

Aromatherapy

- ◆ Diffuse a blend of equal parts of Lemon, Lavender, and Peppermint essential oils in your treatment area to create a beautiful and uplifting atmosphere for pampering your clients. If you do not have a diffuser, apply the blend to cotton balls and place throughout the room.

Refreshment

- ◆ Add one drop of Peppermint or one drop of Lemon essential oil to a chilled bottle of water for your clients. Lemon is a natural antioxidant and detoxifier. Peppermint can help cool on a hot day and help calm upset stomachs or nausea.

Note: dōTERRA's all-natural, pure essential oils are very safe and have few if any undesirable side effects. However, they are very potent and only a very small amount is needed for results. Do not apply essentials in the eyes, ears, or inside the nose. If you experience any discomfort using essential oils, do not use water to wash. Instead, dilute with a vegetable oil such as olive oil or fractionated coconut oil. dōTERRA essential oils can also be consumed internally when labeled with appropriate supplement facts and usage instructions. Follow label directions.

For additional information, contact the dōTERRA Independent Product Consultant who provided you with these suggestions.