

dōTERRA® eBOOK



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CHAPTER

Healthy habits and essential oils

There are countless products, methods, and trends that promise to help you lose weight, build muscle, or look and feel better with little to no work. The problem is, feeling good does take work—it requires healthy habits like regular exercise, a balanced diet, self-care, and much more. The powerful, natural qualities of essential oils make them useful for supporting a healthy lifestyle. Essential oils can be an extremely useful part of a weekly exercise routine, a healthy diet, and proper self-care, because of their versatile nature. When you incorporate essential oils into your healthy lifestyle, your options for supporting a healthy body (inside and out) are limitless.

The importance of exercising and eating healthy

While every individual has unique DNA, a different body type, and specific health concerns, it is important for everyone to have some sort of exercise routine, and to fuel their body with proper nutrition. Some people go to the gym every day to get their exercise, while others prefer to play sports or spend time outdoors. Regardless of the way in which you exercise, your body needs physical activity in order to maintain proper health, promote better sleep at night, deal with stress, and much more.

There are countless benefits that come from regular exercise. Eating a nutritious diet will only add to these benefits. Healthy food not only acts as fuel for our bodies, but it can protect the body against health concerns, promote brain function, and help build muscle.

Yes, we all have different bodies, issues, and physical needs, but a healthy lifestyle can often help any person feel better—especially when consistent exercise and healthy eating is employed.

BENEFITS OF EXERCISE

- Helps maintain proper health
- Promotes better sleep
- Helps maintain a healthy weight
- Provides an outlet for stress
- Can decrease cravings for unhealthy food
- Can elevate cognitive function

BENEFITS OF EATING HEALTHY

- Helps maintain a healthy weight
- Promotes heart health
- Helps defend the body against health issues
- Provides necessary nutrients to build strong muscles, bones, etc.
- Promotes brain function
- Can help improve mood
- Can support a longer life span

Proper body function

As discussed, no two people will have exactly the same needs when it comes to exercise and diet; however, these two elements have major influence over how the body functions. Just as there are many benefits that come from eating healthy and exercising, there are many problems that can come from failing to do so. While there are many health concerns that cannot simply be solved by nutritious eating or hitting the gym a few times every week, these healthy habits can do a lot to promote overall wellness.

Whether you want to keep your body free of extra weight, stress, or you simply want to enjoy the endorphins and confidence that come from working out, developing healthy habits is an important part of making sure that your body functions as well as it possibly can.

Healthy habits and emotional health

Not only will your exercising and eating habits have significant bearing on how your body looks and feels, but they have a huge influence on emotional health. Practicing healthy habits can do wonders for promoting good emotional health. Exercising and eating healthy are important parts of self-care. A lack of healthy habits can often make it difficult to maintain proper emotional health.

Essential oils can be a healthy part of any workout routine or diet

As mentioned, essential oils can promote wellness when used as a part of a healthy lifestyle. On their own, essential oils have many benefits for the body. When combined with physical activity and proper eating, they can help the user feel better overall. The beauty of essential oils is that they can be tailored to any kind of workout by altering application methods and oil types to fit your needs and preferences. So whether your exercise routine includes heavy lifting, recreational sports, intense cardio, or a dusty hiking trail, you'll be able to use essential oils to keep your body at peak performance.



CHAPTER 2

Which essential oils are most useful for fitness?



Essential oils have a wide variety of uses and benefits that make them useful for fitness, but how do we know which oils are the most useful? As we learn more about the characteristics of each oil, it becomes easier to determine which ones are the best fit for your healthy lifestyle.



Essential oils and chemical properties

The chemical properties found in an essential oil are what give it a certain smell and specific benefits. These properties also make an essential oil useful for particular tasks. Each oil has a unique set of chemical components, which is what makes essential oils so versatile. With dozens of oils to choose from, and each oil possessing different properties, you'll be able to tailor your essential oil experience to fit your personal preferences and needs when it comes to fitness.



Using essential oils for soothing purposes

Due to their chemical makeup, some essential oils can be used to provide your body with soothing comfort by creating a warming or cooling sensation when applied topically. While these oils do not change the actual temperature of the body, they are referred to as “warming” and “cooling” because their properties interact with nerve receptors to provide a warming or cooling sensation. Essential oils with warming or cooling properties can be useful for athletes before, during, and after a workout because they can help soothe different areas of the body after topical application.



WARMING PROPERTIES

Essential oils that are warming in nature can be extremely useful for the body. For example, an essential oil with warming properties can be used during your warm up by giving muscles and limbs a loose, flexible feeling. Using warming essential oils when preparing to exercise can help you feel more limber and ready for your workout.

COOLING PROPERTIES

Essential oils with cooling properties can be useful during your cool down or at the end of a workout. By providing a cooling sensation, these types of essential oils will help soothe the body after strenuous physical activity.

Both warming and cooling essential oils can be useful for recovery and rest between workouts because they can soothe and relax. Whether you use warming essential oils for a relaxing massage or cooling oils to put yourself at ease in the locker room, these oils can be an invaluable part of getting your body to rest and relax between workouts.

WARMING

- Useful during a warm up
- Gives the muscles and limbs a loose, flexible feeling
- Can help you feel more limber and ready to workout
- Useful for resting and recovery periods between workouts
- Useful for massage

EXAMPLES OF ESSENTIAL OILS WITH WARMING PROPERTIES:

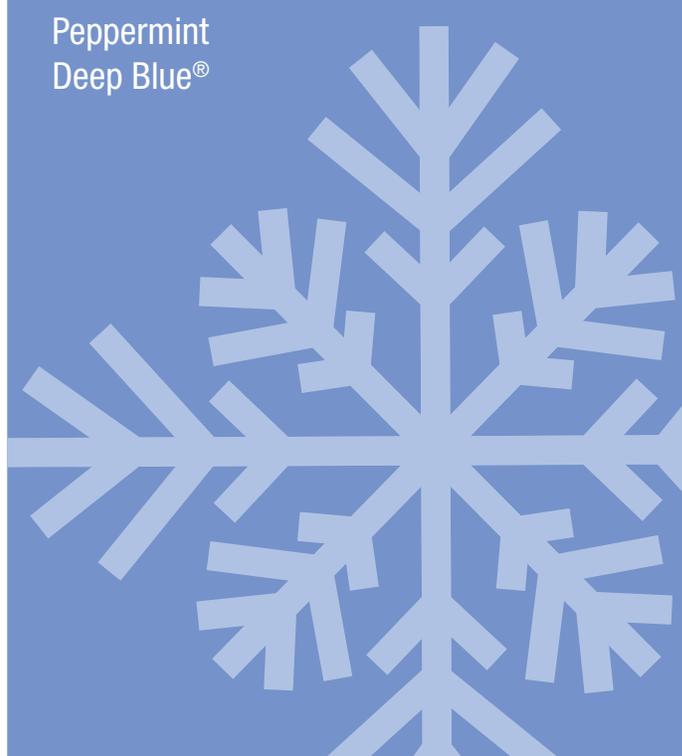
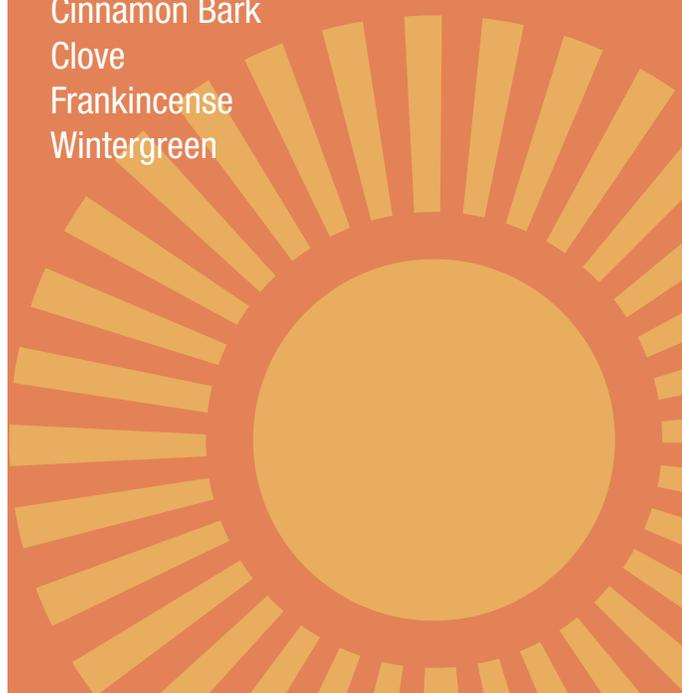
Black Pepper
Cassia
Cinnamon Bark
Clove
Frankincense
Wintergreen

COOLING

- Useful during a cool down or post-workout
- Provides the body with a cooling sensation
- Soothes the body after strenuous activity
- Useful for massage

EXAMPLES OF ESSENTIAL OILS WITH COOLING PROPERTIES:

Basil
Cardamom
Peppermint
Deep Blue®



Using essential oils to uplift, energize, invigorate, and motivate

Essential oils that are naturally uplifting because of their chemical makeup and aroma can be used aromatically to promote energy, vitality, and motivation both before and during physical activity. Many oils are energizing or invigorating by nature, and thus can help to get your mind and body ready for a workout when they are diffused or inhaled. Some oils provide the body with an energizing or stimulating sensation when applied topically that will get the body ready for exercise, or give you a little boost of energizing aroma during a workout.

Whether you need a pick-me-up when you are feeling emotionally or physically sluggish, or want a way to keep the body and mind energized throughout your workout, aromatic use of uplifting essential oils can provide an easy, safe way to invigorate the senses. Once you find an invigorating, motivating, or energizing oil (or even combination of oils) that you like, you can incorporate this oil into your fitness routine to give you a boost.

The following uplifting essential oils will help provide energy, motivation, and vitality before and during your workout:

- Bergamot
- Cassia
- Clove
- Cypress
- Eucalyptus
- Ginger
- Grapefruit
- Helichrysum
- Lemon
- Lime
- Myrrh
- Peppermint
- Sandalwood
- Siberian Fir
- Spearmint
- Spikenard
- Tangerine
- Wild Orange



Other useful oils for fitness

In addition to essential oils with warming, cooling, soothing, or uplifting properties, there are dozens of other properties that can be useful for fitness and maintaining a healthy lifestyle. As discussed, every essential oil has its own set of unique chemical properties, a distinct aroma, and a special set of benefits—making the possibilities for use practically endless.

Maintaining feelings of clear breathing

The ability to take deep, clear breaths is an important component of any type of physical activity. Whether you are hiking in the mountains, taking a yoga class, running on a treadmill, or playing rugby in the park, feelings of clear breathing are vital to a good workout.

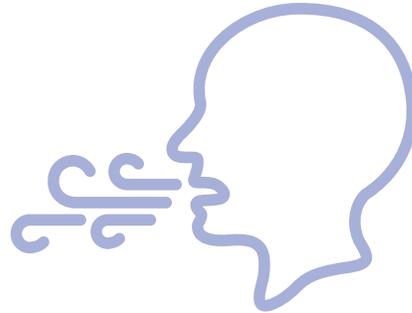
During exercise, it is important to follow a proper breathing pattern in order to provide your muscles with oxygen. While factors like how many breaths you take, whether you breathe out of your nose or mouth, or when to inhale and exhale will depend on what type of workout you are doing, you need to make sure that you are able to take deep breaths throughout your workout.

Essential Oils for Muscle Support*

- Basil
- Bergamot
- Black Pepper
- Cassia
- Cedarwood
- Cinnamon Bark
- Clove
- Coriander
- Cypress
- Eucalyptus
- Frankincense
- Ginger
- Lemongrass
- Marjoram
- Peppermint
- Rosemary
- Siberian Fir
- Vetiver
- Wintergreen
- Ylang Ylang

Essential Oils for Respiratory Support*

- Cardamom
- Douglas Fir
- Eucalyptus
- Lavender
- Melaleuca
- Peppermint



Oils for massaging muscles

As mentioned, essential oils with soothing, warming, or cooling properties (or any combination of these properties) are useful for massaging the muscles both before and after physical activity. These oils are useful during a warm up to help the body prepare for movement, and equally useful after a workout for soothing the muscles in preparation for rest and recovery.



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Providing immune support

Whether you are trying to lose weight, build muscle, or maintain a healthy body, having a strong immune system is an integral part of a healthy lifestyle and reaching your fitness goals. It is important to protect and bolster your immune system so that you have the strength and energy to work out, as well as the ability to recover after physical activity.

Use essential oils with immune supporting properties to help you stay on track with your wellness goals.



Essential Oils for Metabolic Support*

- Bergamot
- Black Pepper
- Black Pepper
- Cassia
- Clove
- Fennel
- Grapefruit
- Helichrysum
- Lime
- Thyme

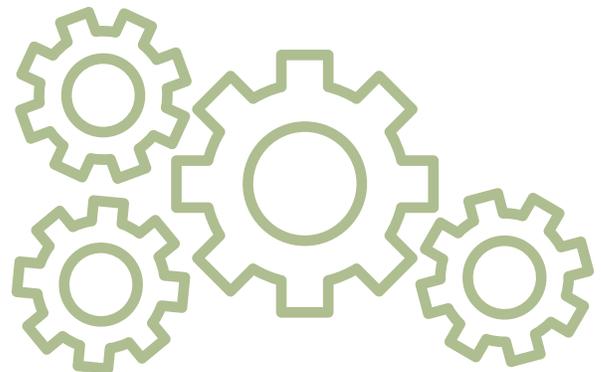
As you can see, the wide variety of benefits provided by essential oils makes them useful for many practices associated with a healthy lifestyle. You can experiment to find which essential oils you like best, and to see how the natural properties of each oil can be used to help you reach your health and wellness goals.

Essential Oils for Healthy Immune Support*

- Basil
- Black Pepper
- Cardamom
- Cassia
- Cilantro
- Cinnamon Bark
- Clove
- Coriander
- Fennel
- Frankincense
- Geranium
- Helichrysum
- Juniper Berry
- Lavender
- Lime
- Marjoram
- Melaleuca
- Melissa
- Myrrh
- Oregano
- Petitgrain
- Roman Chamomile
- Tangerine
- Thyme
- Wild Orange

Promoting a healthy metabolism

Along with a healthy immune system, supporting a healthy metabolism is essential to reaching any goals for physical fitness. Having a healthy metabolism that can properly process your food (and use it to provide the body with energy and nutrients) is a key part of any healthy lifestyle. While a healthy metabolism is determined by many factors, essential oils can be useful for supporting your metabolism, especially when you are working toward specific fitness goals.*



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CHAPTER

Important elements of a workout

With the importance of chemical properties in mind, let's discuss the ways in which essential oils can be used during a workout, no matter your health status or preferences. Some people like to exercise outdoors by hiking or biking, while others prefer to play team sports, and some simply like to go to the gym several times per week. Regardless of your preferences when it comes to physical fitness, most workout routines consist of the same basic elements.

You will soon find that essential oils can be used to improve any workout, whether it is indoors or outdoors, every day, or a few times a week. The basic elements of any workout include a pre-workout, the workout itself, recovery and rest.



Basic elements of a workout:



Pre-workout

Whether you are exercising for fun, to lose weight, or to reach other fitness goals, much of the success of your workout depends on your preparation before you even start. Your pre-workout routine will have much to do with the type of workout you plan to do, your own health status, and your specific goals; There are several elements of your workout preparation where essential oils will come in handy.

Hydration

Because your body will lose water as you sweat, and because dehydration weakens the body, it is important to be well-hydrated before starting your workout. If you have trouble remembering to drink enough water, you can always add a few drops of your favorite essential oil to your water for extra flavor. Not only will essential oils turn plain water into a delicious, flavorful beverage, but you can use essential oils that will give you a little boost of energy or invigoration.

Citrus essential oils like Grapefruit, Wild Orange, Lemon, Lime, or Bergamot make a great addition to your water, especially if you want an invigorating, zesty flavor. Consider adding a few drops of an essential oil to your water before a workout to help you get the hydration you need.



Warm up

Loosening the muscles and getting the body ready for physical activity is another important part of a pre-workout routine. This prepares the body for movement, muscle-building, and exertion, and can help athletes avoid injury. Most people have their own preferences and routines when it comes to a warm up that largely depend on what kind of workout they plan to do and their personal health status. However, doing some kind of warm up is important because it prepares the body for movement by loosening the muscles and raising the body's core temperature.

Essential oils can be massaged topically during your warm up routine to help loosen and soothe the muscles—especially when they feel tight or stiff. Use essential oils with warming properties if you are stiff or need help warming up your limbs during your pre-workout routine.

In addition to applying essential oils to help you prepare for movement, you can also use essential oils aromatically during your warm up to help prepare you for your workout. Inhaling essential oils with uplifting or energizing aromas can help provide you with vitality and motivation before you begin your workout—giving you the sense of focus and energy you need. Consider blending several energizing or invigorating essential oils together and diffusing them before a workout to help get you ready.



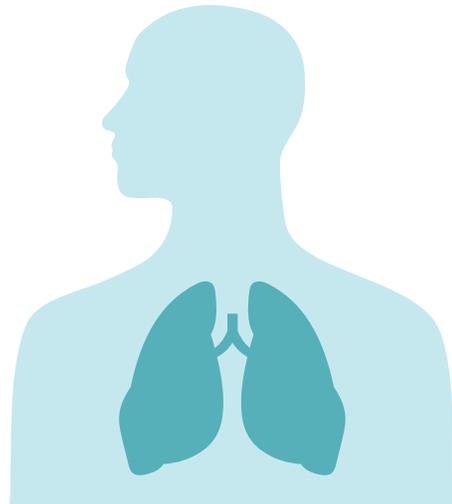
Workout

Once you have hydrated the body and completed your warm up, you are ready for your workout. There are countless types of workouts, but there are several important elements that all workouts have in common. These include breathing, focus and motivation, and avoiding problems. Using essential oils during your workout can help with all of these elements.

Proper breathing

While different breathing methods work for different workouts, being able to take clear, deep breaths during a workout is important. When your breathing is limited during a workout, you are not getting enough oxygen (and energy) to your cells and muscles, resulting in decreased performance.

Using essential oils that are known to promote clear airways can help you to smoothly and efficiently complete your workout. Consider applying essential oils with properties that promote clear breathing to the chest or neck before a workout. Essential oils can also be applied to the chest to help create an invigorating vapor and promote feelings of open airways.



Staying alert and motivated

When you are trying to reach specific fitness goals, it is easy to feel sluggish, unmotivated, or tired—especially if you are following a strict or rigorous workout schedule. Keeping your body and mind alert and motivated during a workout will help you complete each workout with accuracy, and get one step closer to reaching your goals.

Essential oils with invigorating, energizing, or uplifting aromas can be diffused during a workout, or applied topically to help keep you focused. If you are working out at home, consider placing a diffuser in your workout area and diffusing these types of motivating essential oils. If you are going to the gym, the park, the mountains, or somewhere else for your workout, apply invigorating oils to your skin or clothing before leaving the house to give you a sense of motivation.

Avoiding injury

No matter what type of exercise you enjoy, avoiding injuries is key to a successful and enjoyable workout. As mentioned, massaging warming or soothing essential oils during your warm up can help keep muscles loose. Using essential oils to promote a sense of focus and invigoration will help you concentrate and avoid mistakes. When your body and mind are prepared for a workout, it is easier to avoid problems. Using essential oils to keep the body loose and the mind alert will help anyone have a safe, enjoyable workout.



Recovery

While you might have your own routine for recovering from a workout, or a specific cool down routine that you like to follow, there are a few things that will help your body at the end of a workout so that you can prepare to rest and exercise again the next day. The important elements of recovery include proper cool down and stretching, re-hydrating the body, soothing tight or sore areas, and, if necessary, massage.

Cool down

Just as a warm up is crucial, taking time for a cool down is a key element to a successful workout. Allowing your body to slow down gradually, while continuing movement of the muscles can help you avoid tightness or stiffness. What you decide to do for your cool down routine will depend on what kind of workout you've done, and your personal abilities or needs. Nevertheless, a cool down is important, as it will help you to gradually slow your breathing and heart rate as you prepare for rest.

Similar to a pre-workout warm up, essential oils can be useful during the cool down that takes place post-workout. Try using essential oils with cooling properties to help calm the body and soothe the affected areas after exertion. By applying these types of oils topically, you can provide the limbs with a cooling sensation that offers soothing comfort to the muscles and extremities.

You can also diffuse essential oils during your cool down or post-workout stretching session to help the body and mind calm down. Diffusing essential oils with a calming or soothing aroma will help you relax and prepare for rest.



Hydration

Once you've finished your workout, you'll want to restore the water that your body lost through sweating. Again, adding essential oils to your water will give it a little extra flavor, which can be helpful if you have trouble drinking water instead of sugary drinks. Adding essential oils to your water will also allow you to reap any internal benefits of that particular oil. For example, some essential oils provide antioxidant support when taken internally, while other oils can be taken internally to promote healthy digestion or support healthy cardiovascular system function.* By adding essential oils to your water, you can experience any internal benefits that the oils have to offer.

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Soothing affected areas

Even after your cool down, you may still feel tired from your workout. By topically massaging essential oils with warming or cooling properties to areas like the legs, feet, arms, shoulders, back, and neck, you can provide soothing comfort to muscles after physical activity. Not only will these types of oils provide a soothing sensation on the surface, but their benefits can continue for several hours after application.



Massage

In addition to simple topical application of essential oils and stretching, using essential oils for massage can help the body feel calm and soothed during the recovery process. Sometimes topical application of oils will be enough to soothe your tired muscles. Oftentimes you will need to massage certain areas of the body, especially after a particularly tough workout. For many athletes, massage is a regular and vital part of post-workout recovery.

Essential oils have been used in massage therapy for centuries and can enhance your massage experience, especially when you use massage for post-workout recovery. In addition to making a massage more smooth and comfortable, essential oils also allow the user to enjoy a lovely aroma during their massage that can help promote feelings of relaxation and comfort, and balance the emotions.

We have established that some essential oils have chemical components that make them useful for soothing and calming the muscles when applied topically. Likewise, some essential oils have soothing and calming aromas that can put the mind and body at ease. This adds an extra layer of relaxation to your massage—further helping your brain and body calm down after a vigorous workout.



Rest

After you've done a proper cool down, it is important to rest before your next workout. Your body will be able to perform better after resting. Lack of rest can lead to injuries or overworking the body. Because it will allow you to continue to have safe, effective workouts, rest is an element just as crucial as stretching or hydration.



The importance of rest

When you exercise, you are breaking down your muscle tissue. The pain or soreness you feel after exercise comes from tiny **microtears** occurring throughout your tissue. As you rest (and restore your body with proper nutrition), the muscle fibers that were torn during exercise begin to repair. This repairing process, known as **hypertrophy**, allows the muscles to grow bigger and stronger.

As you can see, important processes take place during rest. You need to allow your muscles time to rest in order to repair the microtears that occurred during your workout. Without proper rest, you could end up overworking your body or even damaging muscles or connective tissue by not giving the muscle tissue ample time to restore itself.

MICROTEARS: *Tiny, microscopic tears in the muscles that occur during exercise.*

HYPERTROPHY: *The tissue repair process that torn muscle fibers go through during resting periods. During this process, muscle tissue repairs itself and grows bigger, stronger, and more resilient.*

Sleep

Calming essential oils can be used for more than just relaxation—many essential oils are known to help promote a good night of sleep. Getting adequate sleep gives your body time to recuperate and restore itself in between workouts. If you have trouble relaxing or cannot get, deep sleep, it can be difficult to feel prepared for your next workout. Adding essential oils to a warm bath, or diffusing calming oils in your bedroom can create a calm atmosphere. You can also apply calming essential oils to the bottoms of your feet before bed, or combine relaxing oils with a little water in a spray bottle and spritz the combination over your pillows and bedding.

By creating an environment that promotes a relaxing night of sleep, you'll be able to get enough rest before and after a hard workout.



Relaxation

There are countless ways to use calming or soothing essential oils to promote relaxation as a part of your rest routine after a workout. For example, you can add a few drops of a calming essential oil to a warm bath before going to bed. Not only will this cover the body in calming essential oils, but the aroma of the oils can soothe and relax the mind. You can also diffuse calming essential oils to help create a relaxing environment. No matter what your rest routine includes, having calming, soothing, or relaxing essential oils diffusing nearby can help cultivate a relaxing environment that will put your body and mind at ease. Creating a relaxing environment will help you get the proper rest your body needs before the next workout.

Fighting fatigue

When you are following a strict or regular workout routine, or trying to reach specific fitness goals, it is common to feel fatigued or burnt out. This is especially true when you are first starting a specific workout regimen. You might feel tired all the time, which makes it difficult to find the energy and motivation to keep exercising.

While fatigue can impede your progress toward fitness goals, essential oils can be used to help you relax during rest periods and invigorate you when it comes time to workout. Consider using essential oils with calming, relaxing tones during your cool-down or post-workout recovery routine. These oils have an aroma that can help you unwind and relax in preparation for your next workout. By using these calming oils, you can help your body get the rest it needs before exerting yourself again.

When it comes time to exercise again, try using invigorating or uplifting essential oils to help you feel awake, focused, and energized. Whether you inhale these oils, apply them topically before exercise, or diffuse them during your workout, essential oils with an uplifting or energizing nature can help give you the motivation and attentiveness you need to brush off feelings of fatigue and prepare you for a successful workout.

Maintaining a healthy diet

In addition to focusing on your warm-up, workout, recovery, and rest periods, it is important to fuel and replenish the body with proper nutrients in order to progress and reach your fitness goals. While what you eat might depend on whether you are trying to build muscle, lose weight or maintain your current weight, you will need to provide your body with adequate nutrition before and after exercising.

Muscle tissue is broken down during exercise and repaired during rest. Resting is crucial to strengthening the body after a workout; however, you also need to help the body recover by fueling it with useful nutrients. While there are countless benefits to eating a healthy diet, providing your body with adequate nutrients in between workouts can help with the following:

- Providing the nutrients that muscles need
- Replenishing glycogen storage in order to give you energy for your next workout
- Reducing soreness after an intense workout
- Restoring normal function to the central nervous system



Internal use of essential oils

Much like a healthy diet, the internal use of essential oils can help the body in between workouts. In Chapter 2, we discussed how the chemical components of each essential oil give it specific benefits. Many essential oils contain internal benefits that can be useful for promoting a healthy body.

Fueling the body

When you want to experience the internal benefits of essential oils in addition to a healthy diet, simply find oils that hold the kind of benefits you are looking for, and add that oil to your diet.

While essential oils provide a safe and natural way to provide the body with internal benefits, it is important to educate yourself about internal usage of essential oils before incorporating them into your diet. Safe internal usage requires proper dosage and awareness about any sensitivities you might have to specific essential oils. There are many essential oils that can provide the body with internal benefits; however, due to their chemistry, some essential oils should never be used internally—in any amount. Once you have learned how to internally use essential oils safely, it is easy to incorporate them into your healthy lifestyle as you strive to reach specific fitness goals.

You can use essential oils internally by placing a few drops of an essential oil in a veggie capsule and swallowing, adding some drops of oil to a glass of water or other beverage, or adding small amounts to add flavor to your food.

Aiding body systems

We've established that essential oils can provide the body with benefits when taken internally, but exactly what kinds of benefits do they offer the body? For someone who is exercising, eating a healthy diet, and consistently working toward wellness goals, essential oils can provide many benefits for the body when taken internally. Depending on the oil and its chemical makeup, you can derive a number of benefits from taking an essential oil internally as part of a healthy diet. The internal use of essential oils may provide the following benefits:

- Overall health and wellness support*
- Antioxidant support*
- Digestive support*
- Cardiovascular system support*
- Nervous system support*
- Immune system support*
- Respiratory system support*

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Essential oil supplements

While the use and success of dietary supplements is still widely debated and rather controversial, there is no denying that most diets are deficient of many important nutrients. When used in conjunction with a healthy, balanced diet, supplements (including essential oil supplements) can help those with nutrient deficiencies, promote cellular health, and improve other areas of general well-being.*

Because essential oils provide many potential benefits when taken internally, it can be beneficial to take specially-formulated supplements that use essential oils, especially when you are working toward specific goals regarding your health and wellness.

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Essential oils and weight loss

For many people, exercise and healthy eating goals are centered on losing weight or maintaining a healthy weight. Essential oils can be a healthy part of a weight loss program when combined with healthy eating and consistent exercise. Many essential oils contain properties that are useful for weight loss because they can help curb cravings, promote a healthy metabolism, aid in digestion.*

Here are a few examples of how essential oils can be helpful for those working toward weight loss goals:



- Combine one to two drops of **Cinnamon Bark oil** along with **Lemon oil** in a glass of water to aid digestion or ward off hunger cravings.*
- Take a drop of **Fennel oil** in water or tea to help fight sweet tooth cravings.*
- Diffuse **Grapefruit oil** while dieting or trying to lose weight to increase motivation.
- **Lime oil** supports healthy weight management.*
- **Thyme oil** may help support healthy metabolism and weight management.*

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Now that we've learned about the important elements of a workout and how essential oils can play a vital role at each stage, let's talk about more specific ways to use essential oils for different workout routines, fitness goals, and healthy lifestyles.

CHAPTER

Incorporating essential oils into your fitness routine

Because each essential oil has a unique aroma, specific benefits, and a distinct chemical makeup, there are plenty of ways to incorporate essential oils into your fitness routine. With so many diverse benefits and uses, essential oils can be just as useful during yoga practice as they are before a big football game or at the bottom of your favorite hiking trail. Just as there are countless ways to exercise and keep your body in shape, there is no end to the different essential oils and essential oil combinations that can be used to enhance any form of physical activity.



If you are trying to determine which essential oils will be the most useful for your personal workout routine and fitness goals, take a look at some of the main benefits for fitness that each oil holds:

Basil:

May calm tense muscles*

Bergamot:

May calm the nervous system and relax the muscles;* helps support a healthy metabolism*

Birch:

Can be massaged into hands, back, and legs after exercising for a soothing and warming sensation

Black Pepper:

Contains important antioxidants;* supports a healthy metabolism*

Cardamom:

Promotes clear breathing and maintains respiratory health*

Cassia:

Can be used to create a warming massage after a difficult workout

Cedarwood:

Before exercising, try rubbing one to two drops on your chest to maintain vitality throughout your workout

Cinnamon Bark:

Dilute with dōTERRA® Fractionated Coconut Oil and create a warming massage for cold, achy joints

Clove:

Helps maintain a healthy immune system;* promotes healthy blood circulation;* may calm tense muscles*

Coriander:

After a short workout, apply to the legs for a soothing massage

Cypress:

Prior to a long run, apply to the feet and legs for an energizing boost

Douglas Fir:

Promotes feelings of clear airways and easy breathing

Eucalyptus:

Promotes feelings of clear breathing and open airways; creates soothing massage

Fennel: Take a drop in water or tea to help fight off sweet tooth cravings*

Frankincense:

After a day of outdoor activity, massage into the hands and feet for a warming and soothing effect

Geranium:

Apply to armpits after a sweaty workout

Ginger:

May help support healthy joint function;* diffuse to promote a sense of equilibrium

Grapefruit:

Diffuse while dieting or trying to lose weight to increase motivation

Helichrysum:

Use in conjunction with full body massage to promote vitality and energy

Lemongrass:

Combine with a carrier oil and use for massage after a hard workout

Lime:

Supports healthy metabolism and healthy weight management*

Marjoram:

Add to a massage blend for targeting tired, stressed muscles, or apply before and after exercising

Melaleuca:

Supports healthy joint function and soothes body soreness after exercise*

Melissa:

Can help calm and soothe after a rigorous workout

Myrrh:

Helps relax the musculoskeletal system and relieve tension*

Oregano:

Can contribute to better overall health and wellness when used in conjunction with healthy dietary and exercise patterns*

Peppermint:

Promotes clear airways; provides an energizing pick-me-up when applied topically or diffused

Siberian Fir:

Diffuse before exercising for an energizing effect

Thyme:

May contribute to better overall health in conjunction with a better diet and exercise regimen.*

Vetiver:

Apply to feet after a workout as part of a soothing massage

Wild Orange:

Add to your water for a burst of flavor and to promote overall health*

Wintergreen:

Massage into hands, back, and legs for a warming and soothing sensation after exercise

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

How to use essential oils for specific sports and workouts

With so many different body types, fitness goals, weight loss methods, and types of workouts, it is unlikely that any two people will have exactly the same workout routine. How, where, and why you work out will have much to do with your own personal wellness goals, your current health status, where you live, your preferences, interests, talents, and more. Thankfully, essential oils are extremely versatile. In addition to the general uses for each oil listed above, the benefits of essential oils are far-reaching and diverse. From the gym, to the court, to your own home, keep reading to learn how to use essential oils for specific sports and types of workouts.



Yoga

Essential oils are useful before, during, and after yoga practice because of their many benefits for the emotions and body. You can improve your own yoga practice by using essential oils with distinct aromas that create an atmosphere of your choosing.

Oils can help reduce anxious feelings, promote feelings of wellbeing and emotional balance, and support feelings of focus, making them extremely useful during several stages of a yoga practice. In addition to mental focus and emotional awareness, clear breathing is an important part of any successful yoga practice, and essential oils can be used to promote feelings of clear airways and easy breathing.

Here are a few simple ways to use essential oils to enhance your yoga practice:

- Apply oils topically or diffuse to **promote focus:**
Basil, Douglas Fir, Frankincense, Spearmint
- Apply oils to the chest to promote feelings of **clear breathing:**
Cardamom, Eucalyptus, Melaleuca, Peppermint
- Apply oils to the temples to help **relax** and **reduce stress:**
Frankincense, Lavender, Sandalwood, Spikenard
- Diffuse calming oils for a **soothing** practice: Bergamot, Cedarwood, Frankincense, Lavender, Petitgrain, Ylang Ylang
- Diffuse energizing oils for an **invigorating** practice:
Cypress, Lime, Peppermint, Wild Orange

While there are dozens of helpful essential oils to use before, during, and after your yoga practice, avoid using too many different oils at once, as this can overload or confuse the senses. You might consider mixing a few of your favorite oils to create your own unique diffuser blend and enjoy the aroma throughout your practice.

dōTERRA® YOGA MAT SPRAY

It is important to clean your yoga mat after each use. Follow the directions below to create your own cleansing yoga mat spray.

Ingredients:

- ¾ cup distilled water
- ¼ cup alcohol-free witch hazel or white vinegar
- 5 drops Lavender oil
- 3 drops Melaleuca oil
- Glass spray bottle



Instructions:

1. Combine all ingredients in glass spray bottle
2. Shake until combined
3. To use, spray on mat and wipe dry with towel



Note: Not all yoga mats are treated the same. Spray a test patch on a small part of your mat first to make sure it isn't adversely affected.

Organized sports

Many individuals choose to get their exercise by playing organized sports. Whether you are a professional athlete, or like to get together for pick-up games with your friends, you can use essential oils to help enhance your experience. Once you have identified which essential oils have soothing, warming, cooling, invigorating, or uplifting properties, it is easy to use them during the preparation and recuperation stages both before and after a game or practice.

While the needs of athletes vary based on the sport, most athletes will need something to help motivate and energize them before a game or practice, and something to help them to relax and recuperate after. This is where essential oils come in handy. So whether you play basketball at the park, tennis after school, or golf on the weekends. Essential oils can become your key to smooth pre-game preparation and post-game recovery.



Here are a few ways that any athlete can use essential oils during practices, workouts, and games.

- **Diffuse essential oils in the locker room** before a game to promote uplifting, energizing, or motivating feelings.
- **Apply cooling essential oils to the chest** before a game to help promote clear airways and easy breathing.
- **Apply soothing essential oils to the feet** after a long practice or tournament to soothe the legs and feet.
- **Use calming, soothing, or warming essential oils for massage** after a game or practice to help your body recuperate.
- If you like to soak in a hot or cold bath after a game, consider **adding a few drops of an essential oil to the water**. Use essential oils that are soothing to enhance your post-game bath experience.
- **Place a few drops of Wintergreen on a cotton ball and place in your gym bag**. Wintergreen's strong scent will work to mask any odor.

Endurance athletes

For endurance athletes who are used to long hours of training, essential oils can be a useful part of preparation and recovery. Endurance athletes push their bodies to the limit and often need help keeping their muscles loose, their joints strong, their feet and legs in optimal shape, and their minds sharp.

Chapter 2 features a list of some of the best essential oils for soothing muscles—these are important oils to keep on hand if you are a runner, cyclist, or endurance athlete. Applying essential oils to your legs and feet before and after a training session can help keep your body loose and at peak performance.

You might consider combining a few of the best essential oils for soothing muscles along with a carrier oil like Fractionated Coconut Oil to help the effects last longer. Here are a few good combinations that are useful to apply before and after a long training session:

Rosemary + Black Pepper + dōTERRA® Fractionated Coconut Oil

Cypress + Bergamot + dōTERRA Fractionated Coconut Oil

Lemongrass + Basil + dōTERRA Fractionated Coconut Oil

In addition to keeping muscles loose, runners and endurance athletes are often concerned about their joints—particularly runners, because of all the impact their body takes during a run. You can use essential oils with soothing properties to help you before or after a long run.

- Dilute **Cinnamon** with dōTERRA **Fractionated Coconut Oil** and create a warming massage
- **Ginger** is soothing and supports healthy, flexible, resilient joints
- **Frankincense** promotes healthy joint mobility and function, and can provide soothing support throughout the entire body*



dōTERRA® Essential Oil Foot Soak

After a long run or ride, your feet will need some rest and recuperation. If you like to soak your feet after a race, marathon, or training session, consider adding essential oils to the mix for ultimate relaxation.

You will need:

Hot water
Epsom salt
Baking soda

Try any of these essential oils (or a combination):

Roman Chamomile
Peppermint
Lavender
Rosemary
Ginger
Clove
Lemon
Black Pepper



Instructions: Combine the hot water, a handful of Epsom salts, and a few scoops of baking soda into a tub big enough for your feet. Then, add a few drops of your essential oil of choice (or several oils), and soak your feet for relaxation and relief.

Fresh feet:

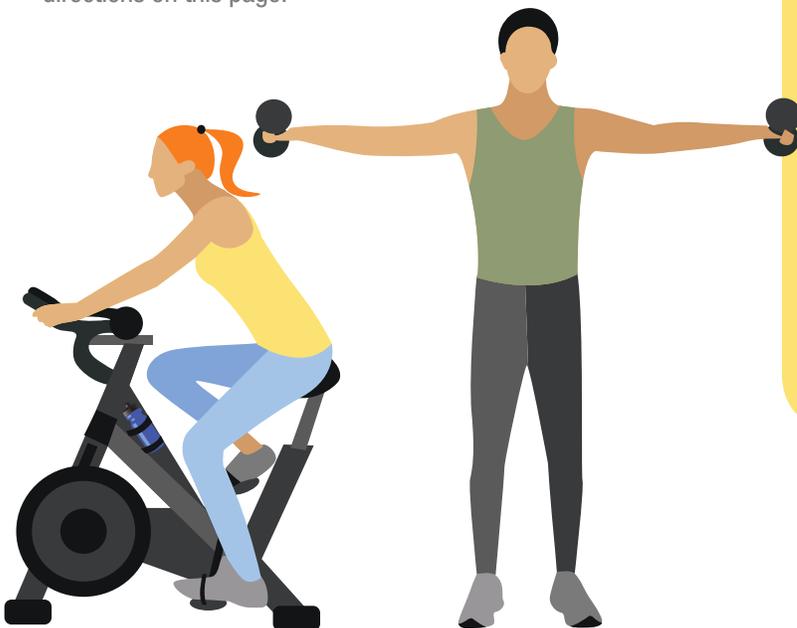
To keep your running shoes smelling fresh, place a few drops of a refreshing essential oil like Peppermint, Lemon, Wild Orange, Grapefruit, or Lime on a dryer sheet and slip into your shoe overnight to help dispel any unpleasant odors.

Gym workouts

For many people a trip to the gym for a workout or group class is a normal part of every day or every week. There are many who use the gym as a regular part of their workout routine in order to reach their fitness and wellness goals. Others choose to have exercise equipment in their homes to make working out even more convenient. In either situation there are plenty of ways to use essential oils to enhance your experience.

- Add a few drops of **Lemon, Lime, or Wild Orange** essential oil to your water bottle to help hydrate and invigorate you before going to the gym.
- Apply warming essential oils to the limbs during your warm up to help loosen problem areas.
- Dilute essential oils like **Peppermint** with dōTERRA® Fractionated Coconut Oil and rub on the chest before your workout to promote clear breathing.
- If working out at home diffuse essential oils like **Grapefruit, Bergamot, Wintergreen,** and other oils with an uplifting aroma to keep you motivated throughout your workout.
- After your workout massage essential oils like **Coriander** and **Lemongrass** to the legs and feet to help soothe and relax the muscles.

Because essential oils have such pleasant natural aromas, they can be used to keep odors at bay during your exercise. To keep your body smelling fresh during your trip to the gym, consider making your own essential oil deodorant using the directions on this page:



Essential Oil Deodorant

Ingredients

- ¼ cup aluminum free baking soda
- ¼ cup arrowroot or cornstarch
- 3–5 tablespoons coconut oil
- 15 drops essential oil



Recommended essential oils:

Lemon, Melaleuca, Lavender, Lime, Geranium, Lemongrass, and Thyme.

Note: If you live in a warm climate, add one ounce of melted Shea or cocoa butter to recipe.

Instructions

1. Combine baking soda, arrowroot, and essential oil in bowl.
2. Combine coconut oil with other ingredients one tablespoon at a time until mixture is at desired consistency.
3. Press firmly into empty deodorant container and let sit until coconut oil solidifies.

In addition to refreshing, uplifting aromas, essential oils also possess cleansing properties that can be useful for keeping your exercise equipment clean. Whether you are using your own equipment at home, or want to cleanse the machines at the gym before using them, you'll want to have this essential oil equipment cleansing spray on hand.

Essential Oil Equipment Cleansing Spray

Recommended essential oils: Try using oils with cleansing properties like **Eucalyptus, Grapefruit, Lavender, Lemon, Peppermint,** or **Wild Orange.** Combine all ingredients together in the glass bottle. Mix well, spray, and wipe.

- 2–4 ounce spray bottle
- Witch hazel (¼ of spray bottle)
- 5 drops of essential oil(s)
- Filtered water

Outdoor recreation

If you live near any beautiful terrain, or if you simply love being outside, there are plenty of ways to reach your fitness goals by having fun in the outdoors. Whether you are hiking, mountain biking, skiing, kayaking, or rock climbing, you can always find creative ways to exercise while enjoying some fresh air and beautiful scenery.

Taking your workout outside can sometimes present a few challenges, but as you might have guessed, there are a few essential oils that can help make your outdoor exercising excursions infinitely more enjoyable.

Keeping the bugs at bay

Did you know that some essential oils provide a way to naturally repel insects? Experimental research has shown that **Arborvitae, Cedarwood, Cinnamon, Clove, Geranium, Lemongrass, Rosemary, and Thyme** essential oils may be useful for repelling insects naturally. Before you head outside for your workout, topically apply any of these essential oils to keep bugs away.

Soothing tired legs and feet

Whether you've hiked for miles to reach your campground, spent all afternoon on your mountain bike, or have been skiing through fresh powder all day, your muscles and extremities will likely feel tired and worn out after a long day outdoors. To help soothe your muscles, topically apply essential oils with warming or cooling properties and massage them into your legs and feet. The soothing nature of these oils will help you relax after a long day of exertion.

Promoting motivation and vitality

Even if you love being outside, it can often be difficult to maintain motivation throughout the course of a long hike, bike ride, or trip down the river. To help keep yourself motivated, try applying essential oils with uplifting tones before starting your journey. Whether you apply the oil to your skin or your clothing, you'll be able to breathe in the aroma throughout your outdoor workout to help you maintain motivation and vitality. Try using essential oils like Cedarwood, Cypress, and Eucalyptus to keep you invigorated and motivated throughout your adventure.

Combating environmental threats

With all of the different elements found in nature, environmental threats can arise and ruin your outdoor workout before it even begins. To handle environmental elements and keep threats at a distance, consider using essential oils with properties that can protect against these types of threats. Essential oils like **Arborvitae, Clove, Coriander, Frankincense, and Melaleuca** have cleansing properties that make them useful for combating environmental threats, and can be applied topically before going outdoors for exercise.

You can also use essential oils like **Cardamom, Douglas Fir, Eucalyptus, Lavender, Melaleuca, and Peppermint** to promote feelings of easy breathing and clear airways when experiencing discomfort during an outdoor excursion.



Infuse your fitness routine with essential oils

Once you learn about the specific properties and benefits of essential oils, it is easy to work them into your exercise routine. The benefit of using essential oils to build a healthy lifestyle and reach your fitness goals is that you don't have to alter your routines or preferences—you can simply use essential oils to help with workouts you already participate in and enjoy. With such a wide variety of oils and countless ways to use them, you can instantly enhance your fitness routine by harnessing the power, potency, and efficiency of essential oils for the body.

