



ESSENTIAL OILS
to support fitness

Introduction

Sticking to an exercise routine isn't always easy and while it is important to listen to your body and rest when you need to, it can also help having tools to support you.

Sometimes it is mind over matter and essential oils can help shift your mindset and help get you pumped for your workout.

Before I dive into which oils you can use to support your fitness routine it is important to remember that Essential Oils are very potent - ONE drop of doTERRA essential oil goes a long way and when we are using them with our little ones in mind dilution is key.

Not all essential oils are created equal. I use and recommend doTERRA Essential Oils as they are CPTG (Certified Pure Therapeutic Grade), which means they are 100% natural, pure, and concentrated with no additives!



Traditionally, certain essential oil application methods have been preferred or used exclusively. However, as the research surrounding essential oils continues to develop, a greater understanding of application methods is now understood. All application methods are safe when used appropriately, including aromatic, topical, and internal methods. One or multiple application methods can be used for a wide range of emotional and physical wellness applications. They can be used a single oil at a time or in complex blends in one of three methods:

AROMATICALLY - by inhaling directly from the bottle, rubbing a drop of oil in the palm of your hands and inhaling, placing a drop on a shirt collar or pillow, mixing oils in a spray bottle with water to mist over furniture, carpet or linens, using in home-made cleaning products or diffusing in a diffuser.

TOPICALLY - by applying to the affected area of the bottoms of your feet - perfect for spot-treating discomfort or irritated skin, immune support and providing systematic effects. It is important that when you use oils topically you use a carrier oil such as fractionated coconut oil to dilute the oils to reduce any skin sensitivity and keep the effects localised to the area you are using them for.

INTERNALLY - by ingesting oil in capsules (doing it this way bypasses the mucous membranes). Certain oils have a rich culinary history and can be used as dietary supplements supporting a variety of health conditions.

The information shared in this resource is not designed to be used or substituted with other essential oils whose quality is unknown to the author.

Oils to support fitness

Peppermint

Taking a single whiff of Peppermint is the perfect pick me up before heading out to exercise – whether it be a walk, a run, boot camp or PT session, Peppermint is just what you need to put a pep in your step and give you an instant burst of energy. Peppermint can help to stay focused and alert which you need when exercising.

Peppermint is great to use before exercise but also to help you wake-up in the morning. Combine Peppermint with Wild Orange and add a couple of drops to the corner of the shower or simply pop a drop of each in the palm of your hands, rub together and cup over your nose and inhale. This is a dynamic duo that will certainly wake you up and give you the boost you need to get out there and do it!

Peppermint is also great to have in your gym bag as it can help support your digestive system, it is cooling for the body (perfect to put on the back of your neck after exercise on a hot day to help cool you down) and it also helps to support muscles and ease occasional muscle fatigue.



Lemon

Lemon is a cleansing and detoxifying oil. I add it to my water every day – just one drop in 1 litre of water is all you need. Not only is it great for detoxifying my body (particularly detoxing and cleansing for the lymphatic system) but it helps me stay hydrated as I drink more water when I have a drop of lemon in it. Because doTERRA's oils are so strong and potent, one drop definitely gives your water a burst of flavour.

It can assist with kidney and gallstones, treat heartburn and reflux, help clear congestion, runny noses, allergies and to alleviate mucus build up.

On an emotional level it can ease feelings of stress, promote emotional balance and aid improve levels of concentration.

Another added bonus is that Lemon can help to support a healthy immune system – win win in my books!

This oil can be used all three ways – just be mindful when using it topically that citrus oils can be photosensitive so don't go out in the sun for 12 hours after applying topically to your body. I suggest applying at night time for this reason.



Easy Air

This oil is incredible for supporting your respiratory system and opening your airways. This is a blend of laurel leaf, peppermint, eucalyptus, tea tree, lemon and cardamom.

We use this all the time in our home – in the diffuser, rubbed on our chest, under our noses, in our home made chest rub and also before exercise. You can apply Easy Air on to your chest before a walk, run or exercise and it will help support clear breathing. When I do this I notice a huge difference.

It is also an oil that you can use for support with allergies and if you are suffering from coughs or congestion or asthma. We love diffusing this at night time with Lavender or Lavender Peace to create a calming environment for sleep.

Easy Air Vapour Stick

The Easy Air oil blend is also used in this convenient vapour stick for quick absorption and smooth application. This can be used anywhere, anytime and is perfect to keep in your gym bag for its cooling and soothing vapour and its ability to open your airways and help you breathe easy while exercising. The oils in this blend are also great for helping to invigorate and clear the mind.



Ice Blue essential oil

This soothing blend is a must have for anyone who exercises – it is amazing for support sore joints and muscles and relax the body after strenuous activity. It is a blend of Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus and needs to be in your gym bag for application both pre and post workout.

It helps to loosen any stiffness, reduces pain in your muscles and helps you to exercise consistently. It is also a great one to have on hand for any neck and shoulder tension and for support you at times when you are feeling stressed.

For a comforting solution that will empower and soothe during and after exercise, apply Deep Blue essential oil blend to your feet and knees pre- and post-workout.

This is an oil that I only use topically to support me in localised areas but if you love the smell, you can also add to your diffuser for aromatic application.



Ice Blue Rub

This pre-made Ice Blue Rub is very convenient to have on hand for supporting muscles and joints. It is made with doTERRA's top-selling Ice Blue essential oil blend of Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus, and is an essential addition to your bathroom cabinet and gym bag.

Ice Blue Rub is blended in a base of moisturising emollients that leave your skin feeling soft and not greasy. When applying to the skin it provides a comforting sensation of cooling and warmth to problem areas. It is the choice of massage therapists and sports practitioners who currently use doTERRA's Deep Blue proprietary blend in their practice.

If your muscles are super sore, apply the Ice Blue oil (with a carrier oil of course) first and then layer with the Ice Blue rub for extra support.

Lavender



Lavender is often referred to as the calming oil, it helps with stress, anxiousness, calming you down after a big day and supports you to get a good night's sleep – all important to rest your body, especially if you are getting up early in the morning to get in your exercise.

It is also an amazing oil to massage into your muscles after exercise to help them relax – you can use Lavender on its own or use with Ice Blue or Peppermint for a soothing or cooling effect. Or add Lavender to some Epsom Salts and put them in the bath to soothe and relax the body and mind.

Another tip for using your Lavender oil – if you have been exercising in the sun and get a bit of colour - grab our your Lavender and Peppermint, mix with Fractionated Coconut Oil or another carrier oil and massage into the affected areas and these oils will soothe and cool the skin and reduce the redness!

OnGuard

When you are busy and are striving for a healthy lifestyle you don't have time to get sick and there are times when we need extra support for our immune system. OnGuard is the oil to help with just that. This blend with Cinnamon, Clove and Wild Orange helps prevent and treat common colds and flus, strep throat, cold sores, warts, killing germs and airborne pathogens.

It can assist treat urinary tract infections, chronic fatigue as well as support fungal and parasite issues by taking it internally.

We use this a lot in our household, particularly during the winter months. We use this all three ways – aromatically, topically and internally. When there is a sign of coughs or colds in our house – this blend goes straight in the diffuser, we apply topically and I also gargle a drop of OnGuard in water.



*The greatest
wealth
is health*



Grapefruit

Grapefruit essential oil, cold pressed from the rind of Grapefruit has a multitude of health benefits and is another oil that you can add to your water bottle. This oil not only helps with sugar cravings, weight loss and cellulite but also like Lemon helps me boost my water intake as it adds a burst of flavor.

It assists the body detoxify and supports ailments such as gallstones and adrenal fatigue and balance progesterone and is an amazing oil to use on your skin to prevent breakouts.

This can be used all three ways but like Lemon, be careful using it topically if you are going out in the sun.



Clary Calm

The women's monthly blend! But so much more than that! This blend is specially formulated to assist with balancing hormones, heavy periods, PMS and cramps. Something you don't want when you are trying to exercise. This blend also helps to ease moments of anxiousness and stress.

Clary Calm is also beneficial during pre and perimenopause, to help alleviate hot flashes, moderate mood swings and regulate blood sugar.

It is super easy to use as it comes in a handy roll on bottle that I roll on my wrist pulse points, back of neck and over my tummy when needed. When applying to my tummy I dilute it with fractionated coconut oil.



DigestZen



This is my go to for any digestive issues whether it is bloating gas, constipation, diarrhea and general pain and discomfort. It is so amazing. It smells like Licorice or Fennel and many people say it reminds them of Sambucca. You can use this both topically and internally and whether you like the taste or not may determine which way you choose to use it.

I like to dilute and massage into my belly. This blend is also great for morning sickness, motion and travel sickness as well as chronic fatigue and when food poisoning occurs.

Lifelong Vitality Pack

This pack of supplements is actually doTERRA's number 1 selling product and for good reason. It is full of essential nutrients, has positive effects on your metabolism and contains powerful antioxidants designed to help promote energy, health, and lifelong vitality.

It is a combination of three different supplements:

- 1. Alpha CRS®+** - Cellular Vitality Complex that supports a healthy inflammatory response, cellular immune function, mental clarity and brain function.
- 2. xEO Mega®** - Essential Oil Omega Complex that promotes healthy skin, supports healthy joint function, cardiovascular health, as well as muscle strength and endurance.
- 3. Microplex VMz®** - Food Nutrient Complex that fights free radicals with Antioxidants A, C and E. Supports healthy metabolism and cellular energy, as well as fostering a healthy digestive system.

We can all benefit from adding supplements into our nutrition regime as most of us don't get all the nutrients from our foods due to poor soil quality and pesticides and herbicides used on our crops.

This pack is the key to living younger, for longer! I really urge you to try this one as part of your daily essentials.



Natural Deodorant

Many of the commercial deodorants on the market contain nasties that you don't want to put on your skin. This natural deodorant is infused with Cypress, Melaleuca, Cedarwood, and Bergamot essential oils to create an effective, odor-fighting deodorant.

The combination of these essential oils prevent underarm odour while leaving you feeling fresh. An incredibly safe, natural option for preventing odour throughout the day. You can even add a drop of your favourite oil to the top before applying should you wish to change up the scent.

It is important when switching to natural deodorant to detox your pits – [click here](#) to read what you need to do. This was a game changer for me when I switched to natural deodorant.

But just a heads up, because it is a natural deodorant, you will need to probably apply it more than once if you are having a super active day.



Yoga Collection



I realise that not everyone is into personal training, bootcamp or strenuous exercise and some opt for more gentle exercise like Yoga and Pilates. Don't worry; we have you covered with this beautiful exclusive collection of Yoga oils designed by doTERRA for the yogi in you.

Anchor, Align, and Arise are the perfect blends to enhance your life and yoga practice. These blends provide aromas to steady, center, and enlighten your spirit through every breath while strengthening and stretching your body.

doTERRA Anchor

promotes feelings of completeness, calmness, and courage

Ideal Yoga Poses with Anchor

- Seated Meditation
- Seated Twist
- Bhujangasana (one hand on the heart, the other on the Earth)

doTERRA Align

encourages harmony and calm progress

Ideal Yoga Poses with Align

- Warrior II
- Triangle
- Gate pose

doTERRA Arise

helps to instill feelings of happiness, clarity, and courage

Ideal Yoga Poses with Arise

- Standing
- Arms high and standing side stretch
- Half Moon

You don't have to be an expert in yoga to enjoy the beautiful benefits of these oils. With these blends, the beginner as well as the seasoned yogi will enjoy using each distinct blend in their practice. Each blend is carefully designed with a unique combination of essential oils to provide different scents and benefits.

