

# SPRING ESSENTIALS





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# Introduction

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Springtime has long been associated with renewal, cleaning and detoxification; more daylight illuminates corners of our home that need a good clean or declutter and the brighter days also help us feel more positive about our own self-care. I began detoxing my home well over a decade ago when I became sensitized to bleach. Since then, I've eliminated harsh chemical cleaners, personal care products and home scenting products. I've replaced them all with essential oils and five years ago I started using doTERRA oils as I've found them to be the purest and I feel confident that they are safe enough to use internally – which I do!

Here are some of my favourite ways of using oils to help you freshen your home, strengthen your health, lift your mood, and rejuvenate your daily practices.





I use essential oil blends to clean EVERY part of my home ...  
Here are a couple of my favourite blends; you'll need 250ml  
Glass Trigger Spray Bottles for the following:

- 15 drops Onguard essential oil blend
- 80ml White Vinegar
- 15ml Onguard cleaning concentrate
- 140ml warm water

## Natural Wood Furniture Spray

- Add everything to the bottle. Shake vigorously to combine and before each use. Spray onto surfaces and wipe with a microfibre cloth.



# Diffusing & Inhalation

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I have diffusers in my kitchen/living area, my yoga space, my bedroom and my bathroom and they are always in use. But if you don't have a diffuser you can also splash oils directly into your sink and add hot water or drop onto a piece of felt or natural wood and place somewhere warm like on a radiator. Here are some of my favourite blends:

## Kitchen

3 drops Grapefruit, 3 drops Lime, 3 drops Rosemary

## Living Room

3 drops Wild Orange, 3 drops Cinnamon, 2 drops Vetiver

## Bathroom

3 drops Eucalyptus, 2 drops Bergamot, 1 drop Juniper

## Bedroom

3 drops Lavender, 3 drops Geranium, 2 drops Frankincense

## Yoga Space

3 drops Geranium, 3 Drops Bergamot, 1 drop Ylang Ylang





# Topical & Internal Uses

doTERRA oils are certified therapeutic grade so can be used internally. I am frequently using the following oils internally:

## Lemon

1 drop in a glass of water to start the day.

## Peppermint Beadlets or Digestzen Softgels

2 beadlets or 1 softgel after main meal to aid digestion. Also great for freshening the breath on the go.

## Oregano

Oregano can help to guard against potential digestive threats. You can use a rollerball over your abdomen or take GX Assist, which combines Oregano, Melaleuca, Peppermint, and Thyme for broad-spectrum digestive support.

## OnGuard Capsules

I use these all the time, but especially when I've been near to someone with coughs, colds and Covid – so far so good!

## Cinnamon

Use a micro-pipette and add to smoothies, coconut yoghurt or overnight oats for an instant sweet treat. So good!



# GETTING YOUR OILS

I experienced chemical poisoning – it was terrifying – and it was simply from the odour of an everyday product that's in just about every household - bleach! It has left me permanently sensitized to bleach and unable to use it!

I'll share the story one day but it's what led me to essential oils and it is why I choose my oils very carefully. I ONLY use **doTERRA** – these are Certified Therapeutic Grade oils. Many essential oils are far from pure!

But what I've also learnt is that it is very important to use these oils with great care as they are extremely powerful.

Which is why, when you start your doTERRA journey with me you'll not only receive wholesale prices but you'll also receive ongoing education and personal guidance from me.

And you may consider building your own business with doTERRA as a Wellness Advocate, with an online office ready to go, access to educational resources and personal business mentorship from me.

Let me know if you'd like to know more and we can chat!





