



Essential Oils for Breast Health

4 essential oils for topical use that aid breast health.

These oils support a healthy inflammatory response and support cellular health.

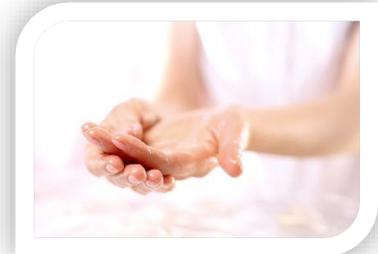
1. **Frankincense** - Often called the “king of oils,” topical and internal uses of Frankincense provides modern health benefits. It may also provide a soothing aromatic experience.
2. **Myrrh** - Provides powerful cleansing properties, especially for the mouth and throat. It is also soothing to the skin when applied topically—promoting a smooth, youthful-looking complexion.
3. **Sandalwood** - Sandalwood is very beneficial to the skin; it can help reduce the appearance of skin imperfections and it promotes a healthy, smooth complexion.
4. **Vetiver** - Due to Vetiver’s calming, grounding effect on the emotions, it is an ideal oil to use in massage therapy.



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How To Use Topically:

- Pour Fractionated Coconut Oil into the palm of your hand (about the size of a quarter).
- Add 1-2 drops of the desired essential oil to the Fractionated Coconut Oil in the palm of your hand.
- Massage into your breast using your hands; cover the whole breast, the side into the armpit and on your chest above the breast.
- Rotate each essential oil every 2 weeks and then start the rotation over again with the first oil.



Note About Vetiver: *Vetiver is a very thick oil. You may want to remove the clear inner stopper for easier access. You can also use a toothpick to help ease it out and mix the toothpick around in the fractionated coconut oil in the palm of your hand.*

doTERRA's fractionated coconut oil (FCO) *has the fat removed from the oil so that it allows the essential oil to penetrate into the tissues. Regular coconut oil has fat, which can be a barrier to the effectiveness of the essential oil.*

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3 essential oil blends for internal use that aid breast health.

1. **Cellular Complex (DDR Prime) Soft Gels:** Take 2-3 soft gels with food per day. Blend of essential oils that support cellular health, function, and renewal.
2. **Mito2Max:** Take 2-3 capsules daily with food. Supports healthy cellular energy production. Promotes production of ATP in the Mitochondria of the cell (ENERGY and increased STAMINA).
3. **Pink Pepper Oil:** One drop in 4 ounces of water 1-2 times a day. Works well with DDR Prime and Mito2Max. Supports a healthy metabolism and immune system. Assists healthy cellular function and overall cellular health.



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Additional essential oils for topical use on other parts of the body to aid health and healing.

1. **Cellular Complex (DDR Prime) Oil:** Combine 1-2 drops of the DDR Prime oil with Fractionated Coconut Oil (as the carrier) and massage onto the bottoms of your feet daily in the morning or evening.
2. **Pink Pepper Oil:** Combine 1 drop of the oil with Fractionated Coconut Oil (as the carrier) and massage onto the bottoms of your feet daily in the morning or evening.
3. **ClaryCalm (Monthly Blend for Women):** Proprietary blend designed to provide a soothing effect for a woman's hormonal changes, ClaryCalm offers cooling effects and balance for emotions. Apply to your abdomen based on your hormonal changes.



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Thermography For Health NY

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Properties and Benefits of Essential Oils:

- Biologically active
- Have specific cellular targets
- Selective
- Active at the surface of the cell
- Very small molecules (up to 6 million in one drop) efficient at penetrating into tissues/ cells
- Lipid soluble – they pass through tissue and membranes
- Cell signaling – interacts with receptors for specific outcomes
- Provides benefits even when there is physiologic compromise- always every time

Please Note:

- ✓ Only use top-grade oils on your breasts. *(Do not order from Amazon and other unknown sources to avoid low quality or contamination.)*
- ✓ [Order your breast health oils directly from doTERRA.](#)
- ✓ Why doTERRA? Because their oils are created using a CPTG Certified Pure Therapeutic Grade® protocol. The CPTG process includes a rigorous examination of every batch of oil, along with third-party testing to guarantee transparency.



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