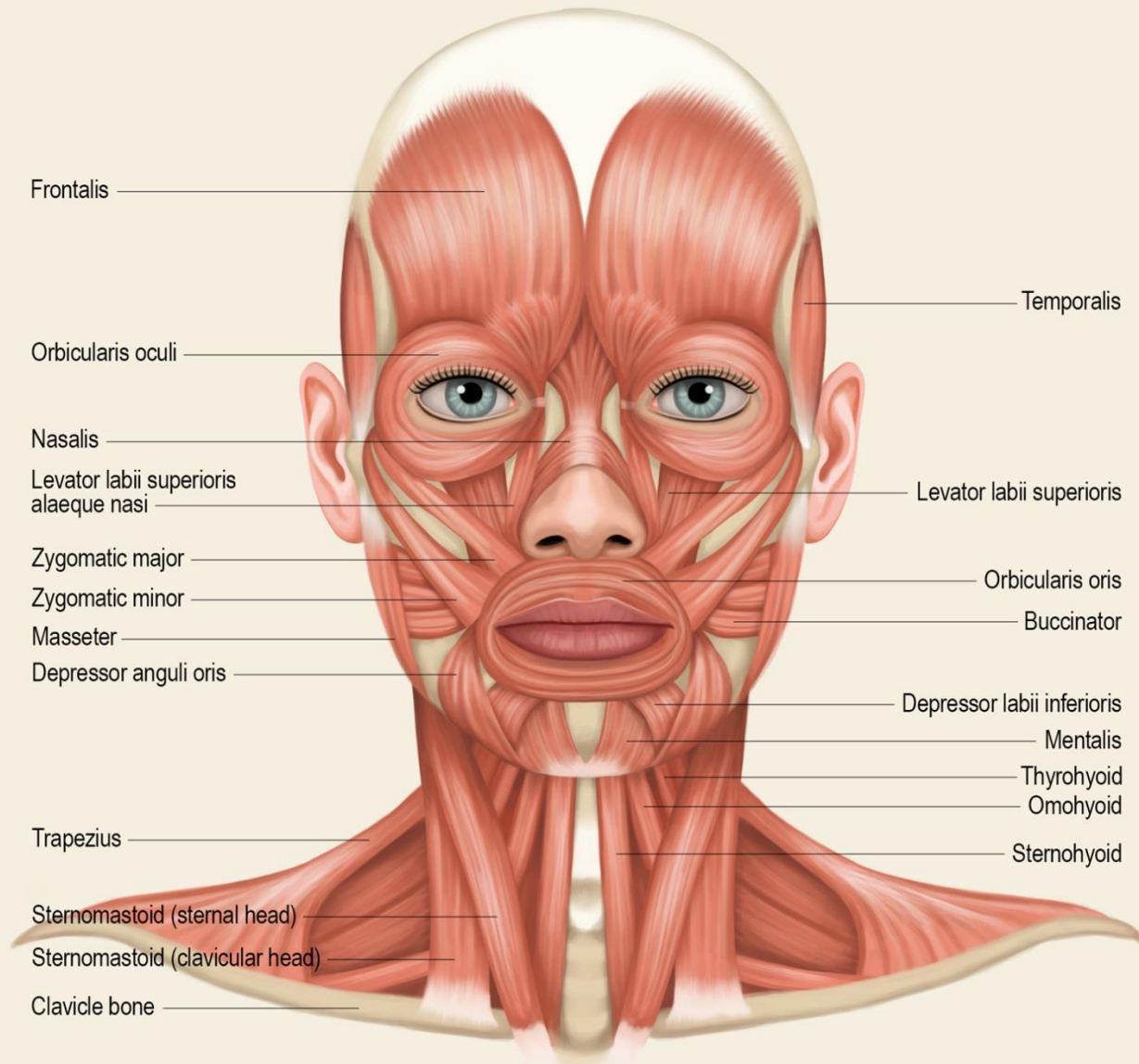


# Using Avazzia and Essential Oils

Presented By:

Dr. Carmen Meadows

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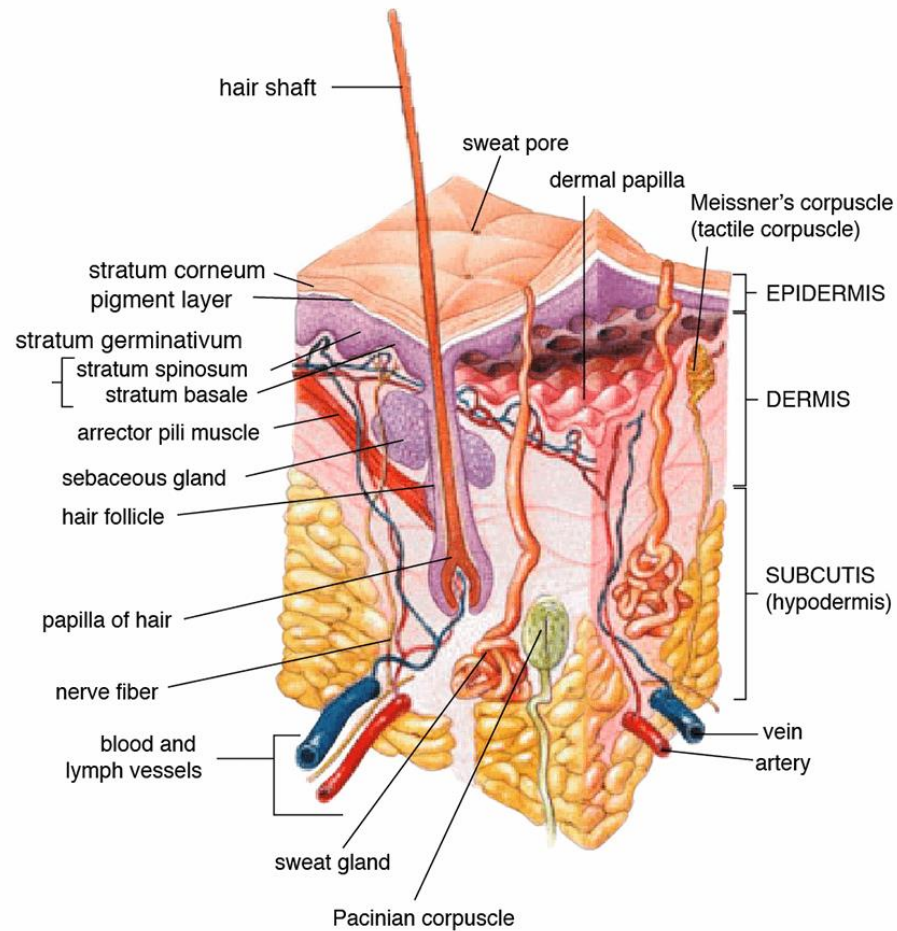


# WHAT IS SKIN?

## **The largest organ in the body**

- Acts like a sponge to outside agents including harmful chemicals found in many consumer products
- What you put on your skin is as important as what you eat

# Integumentary System



# Free Radicals and Extrinsic Skin Aging

**Borut Poljsak and Raja Dahmane**

Dermatology Research and Practice

Volume 2012, Article ID 135206

Human skin is constantly directly exposed to the air, solar radiation, environmental pollutants, or other mechanical and chemical insults, which are capable of inducing the generation of free radicals as well as reactive oxygen species of our own metabolism.

Extrinsic skin damage develops due to several factors: ionizing radiation, severe physical and psychological stress, alcohol intake, poor nutrition, overeating, environmental pollution, and exposure to UV radiation.

Endogenous protection: Melanin and enzymatic antioxidants and antioxidants consumed from food

Exogenous antioxidants can be consumed orally or topically to enhance DNA repair

# Sun Damaged Skin



# ORAC Scoring

ORAC stands for Oxygen Radical Absorbance Capacity

Clove Oil	1,078,700
Myrrh Oil	379,800
Rose Oil	160,400
Helichrysum	1,740
Frankincense	630
Lavender	360
Blueberries	2,400
Kale	1,770
Oranges	750

# What Are Essential Oils?

- Extracts from plants
- Highly concentrated
- 50-70 times more powerful than herbs
- Wide range of uses, from cosmetics to foods to natural health solutions
- Often the inspiration for synthetically produced pharmaceutical products





# Essential Oil

## SPOTLIGHT



- Reduces the appearance of fine lines and wrinkles
- Helps to reduce the contributing factors to aging skin
- Supports skin at a cellular level

doTERRA'S  
*Immortelle* →  
ANTI-AGING BLEND IS  
FORMULATED TO  
PROTECT AND  
NOURISH SKIN WHILE  
HELPING TO REDUCE  
INFLAMMATION



# IMMORTELE

## **Primary Benefits**

- Helps to reduce the appearance of fine lines and wrinkles
- Helps reduce contributing factors to the appearance of aging skin
- Helps sustain smoother, more radiant, and youthful-looking skin

## **Ingredients**

Frankincense Resin, Hawaiian Sandalwood, Lavender Flower, Myrrh Gum Resin, Helichrysum Flower, and Rose Flower essential oils.

# LIFELONG VITALITY PACK

## Primary Benefits

- General wellness and vitality
- Antioxidant and DNA protection
- Energy metabolism
- Bone health
- Immune function
- Stress management
- Cardiovascular health
- Healthy hair, skin, and nails
- Eye, brain, nervous system
- Liver function and digestive health
- Lung and respiratory health
- Gentle on stomach
- Non-GMO, gluten-free, dairy-free



# DDR PRIME

## Primary Benefits

- Promotes a healthy response to free-radicals.\*
- All the benefits of DDR Prime in an easy-to swallow softgel.\*
- Protects the body and cells from oxidative stress.\*

## Key Ingredients and Benefits

**Frankincense:** Promotes a healthy response to free radicals\*

**Wild Orange:** Supports a healthy cellular response\*

**Lemongrass:** Protects against environmental threats\*

**Thyme:** Broad-spectrum activity in promoting immunity and cellular health\*

**Summer Savory:** Supports healthy response to oxidative stress\*

**Clove:** Powerful antioxidant properties\*

**Niaouli:** Supports cellular immunity\*



# DIGESTZEN TERRAZYME

## Primary Benefits

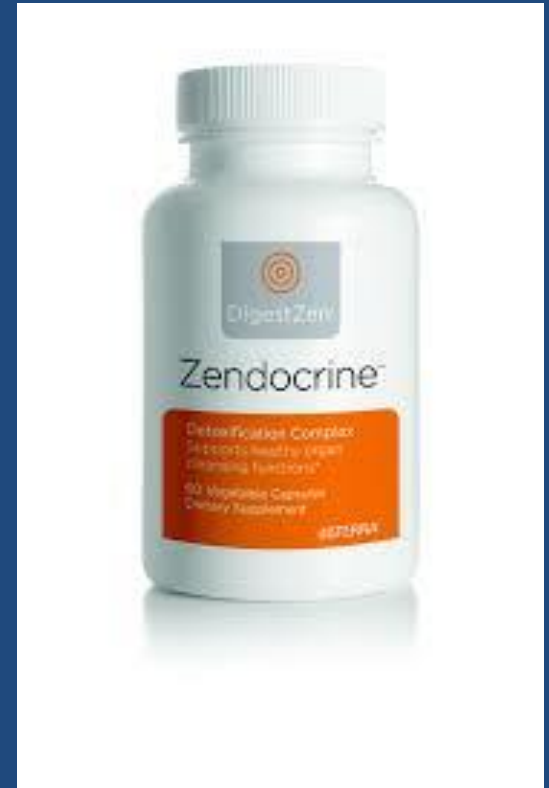
- Supports healthy digestion and metabolism of enzyme-deficient, processed foods\*
- Supports conversion of food nutrients to cellular energy\*
- Promotes gastrointestinal comfort and food tolerance\*
- Supports healthy production of metabolic enzymes\*
- Proprietary blend of 10 active whole-food enzymes
- Contains the doTERRA tummy tamer blend of Peppermint, Ginger, and Caraway Seed
- Sodium lauryl sulfate-free HPMC vegetable capsules
- Safe and effective



# ZENDOCRINE DETOXIFICATION COMPLEX

## Primary Benefits

- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin\*
- Supports normal self-detoxification functions of the cleansing organs\*



Skin can be a mirror of your digestive tract.  
A sabotaged diet, or simply a weakened digestive system, can translate into a skin condition in many cases.





dōTERRA wellness advocate

# HD Clear<sup>®</sup>

## Topical Blend

**Ingredients:** Black Cumin Seed Oil, Ho Wood, Melaleuca Leaf, Litsea Berry, Eucalyptus Leaf, Geranium Plant essential oils

**Aromatic Description:** Woody, sweet, herbaceous

### KEY BENEFITS

- Helps reduce breakouts
- Helps keep skin clean, clear, and hydrated
- Apply to smooth skin imperfections

**T** Topical

**N** Neat—Can be used topically with no dilution

### Essential Oil Tip:

Use with the HD Clear Foaming Face Wash and HD Clear Facial Lotion.



# HD CLEAR

## **Primary Benefits**

- Promote a clear complexion
- Helps reduce breakouts
- Helps keep skin clean, clear, and hydrated

## **Ingredients**

Black Cumin Seed Oil, Ho Wood Leaf, Melaleuca Leaf, Litsea Berry, Eucalyptus Leaf, Geranium Plant essential oils

# LIFELONG VITALITY PACK

## Primary Benefits

- General wellness and vitality
- Antioxidant and DNA protection
- Energy metabolism
- Bone health
- Immune function
- Stress management
- Cardiovascular health
- Healthy hair, skin, and nails
- Eye, brain, nervous system
- Liver function and digestive health
- Lung and respiratory health
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# DIGESTZEN TERRAZYME

## Primary Benefits

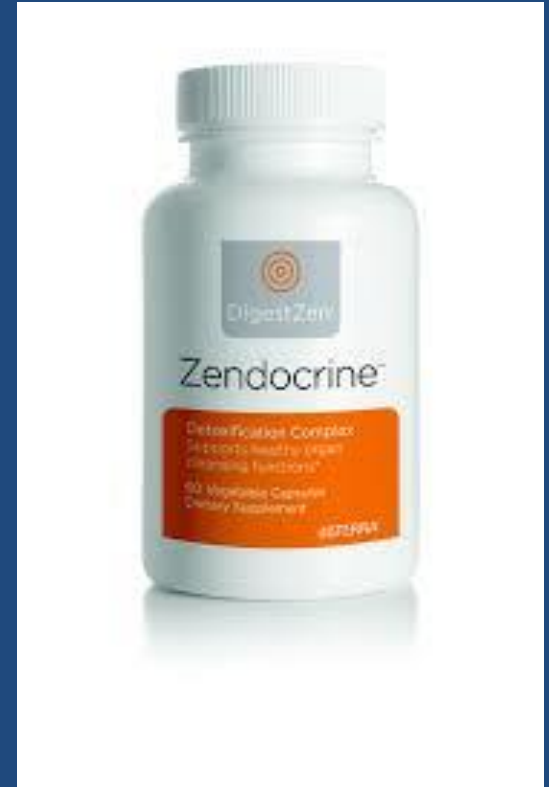
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# ZENDOCRINE DETOXIFICATION COMPLEX

## Primary Benefits

- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin\*
- Supports normal self-detoxification functions of the cleansing organs\*



# PB ASSIST (Probiotics)

## Primary Benefits

- Promotes a positive balance and proliferation of beneficial bacteria\*
- Maintains healthy intestinal microflora balance\*
- Supports healthy functioning of the digestive and immune systems\*
- Supports the health of the GI tract, particularly the intestines and colon\*
- Helps support optimal metabolism and absorption of food\*



# EO'S FOR ACNE

- HD Clear
- Melaleuca
- Lemon, Grapefruit, Lime
- Melissa, Sandalwood or Geranium
- DigestZen

# Customize for your skin type

Add a drop of one of the following essential oils  
with your cleanser or moisturizer:

**Cleansing:** basil, lemon, lemongrass, melaleuca, peppermint

**Mature Skin:** frankincense, geranium, lavender, myrrh

**Oily Skin:** clary sage, cypress, eucalyptus, lavender, roman chamomile

**Puffiness:** clary sage, frankincense, roman chamomile, rosemary, ylang ylang

**Discoloration:** helichrysum, lavender, frankincense, myrrh

# PROTOCOL FOR WRINKLES

Avazzia ezzi-lift:

- 1 session weekly for 10 weeks
- 1 session monthly for maintenance

Wrinkles:

- Apply Immortelle as directed
- Use Lifelong Vitamins as directed
- Use DDR Prime as directed
- Use Terrazyme for digestion as directed
- Drink 3-4 drops of lemon or other citrus oils in water daily
- Use Zendocrine Detoxification Blend Complex as directed



# WRINKLES



*Essential Oil*

SPOTLIGHT

- Reduces the appearance of fine lines and wrinkles
- Helps to reduce the contributing factors to aging skin
- Supports skin at a cellular level

doTERRA's *Immortelle* ANTI-AGING BLEND IS FORMULATED TO PROTECT AND NOURISH SKIN WHILE HELPING TO REDUCE INFLAMMATION

 A small glass bottle of doTERRA Immortelle essential oil is shown next to decorative floral illustrations of roses and leaves.


# PROTOCOL FOR ACNE

Avazzia ezzi-lift:

- 1 session weekly for 10 weeks
- 1-2 sessions monthly for maintenance
- Smooth scar tissue with Blue Relax

Acne:

- Apply melaleuca, lemon or HD Clear on area of concern
- Use Lifelong Vitamins as directed
- Use Zendocrine Detoxification Complex and Terrazyme Digestive Enzymes as directed
- Roll-on blend of melissa, sandalwood or geranium
- Apply 4-5 drops of DigestZen on abdomen daily
- Use PB Assist as directed
- Drink lemon, grapefruit or lime in water daily

# ACNE



# EO'S FOR ACNE



# PROTOCOL FOR SCAR TISSUE

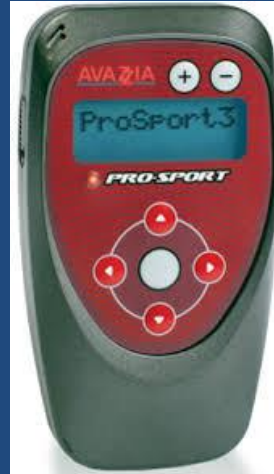
Avazzia Pro Sport III:

- 1 session weekly for 10 weeks (Different for everyone)
- Smooth scar tissue with Blue Relax or Blue Stim

Tissue Repair:

- Use Lifelong Vitamins as directed
- Use Terrazyme Digestive Enzymes as directed
- Apply 4-5 drops of helichrysum, Immortelle, basil, sandalwood, lavender, lemongrass or myrrh 2-3 times daily

# TISSUE REPAIR



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