

# Scentsory accessories

How fantastic! You've received a **Scentsory KODES** diffuser necklace with doTerra essential oil samples of

**Morena's beautiful necklace creations inspired me to specially select these essential oils for you!**

**Simply put 1-2 drops onto the lava rock diffuser bead in the centre of your necklace and enjoy the aroma gently diffusing just for you.**

**Top up whenever you need to and let yourself breathe in these certified pure therapeutic grade essential oils.**

**I also like to put a drop in my palm, rub my hands together, close my eyes (essential oils don't belong in eyes!) and take a few, deep breaths in and out, slowly.**

**For more about the world of doTerra contact me:**

**[www.mydoterra.com/freshwellnatural](http://www.mydoterra.com/freshwellnatural)**

**and enjoy your free e-book and gift guide!**



*Wishing you well,  
naturally! Shehnaaz  
x*



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lilac: PEACE floral/mint reassuring blend  
and LAVENDER  
sage : MOTIVATE citrus/mint joyful blend  
and EUCALYPTUS  
rust : BALANCE woody/floral grounding  
blend and WILD ORANGE  
mustard : CITRUS BLISS and ADAPTIV  
citrus/floral calming blend

Wishing you  
well,  
naturally!  
Shehnaaz



## ESSENTIAL OIL SAFETY



**Read labels.** Pay attention to any warnings on essential oil packaging.



**Areas to avoid.** Avoid putting oils into the nose, inner ears, eyes, broken skin, or other sensitive areas.



**Dilution.** To minimize skin sensitivity, dilute oils using a carrier oil. The suggested dilution ratio is one drop of essential oil to five drops of carrier oil.



**Strong oils.** Essential oils with a strong chemistry should always be diluted before topical application. This includes oils like Cassia, Cinnamon Bark, Clove, Oregano, Thyme, and others.



**Sun sensitivity.** Some essential oils may pose a risk for sun sensitivity (particularly citrus oils). Avoid direct sunlight or UV rays for at least 12 hours after using these oils on the skin.



**Safe storage.** Make sure to store essential oils out of reach of children. Keep oils away from excessive light or heat.



**Supervise young children.** Always supervise essential oil application with your children. Always dilute oils before applying them to a child's skin.



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