

Summer Suncare

Summer Isn't Waiting for an Invitation



What's on Your Summer Bucketlist?

Close your eyes and think of your favorite summer vacation. Where were you? Who were you with? What were you doing? Was the sun warming your skin?

Open your eyes and tell me about your favorite summer vacation. Who wants to share? *Take comments from the audience.*

Think about this coming summer. Creating similar memorable moments doesn't need to be complicated or expensive. Take a moment and write on your handout your top summer bucket list item. *Example: watching your kids do chalk art on the patio.* I'm excited for you to check items off your summer bucket list! While you're making memories, the last thing you should be worried about is if the products you are using to keep your family safe and healthy are doing more harm than good.

Our Friend, The Sun

First and foremost, the sun is our friend. It is fundamental to the climate and habitability of our planet and essential to life on earth. It provides warmth, daylight, and sends all kinds of positive signals to our bodies. It helps your body create serotonin, which has been linked to improved mood and mental health. It also helps regulate the production of melatonin, support circadian rhythms, and improve sleep cycles. Sunlight helps you synthesize vitamin D, which promotes calcium absorption (hello, strong muscles and bones), and can even support proper immune responses, among a number of other health benefits.

Sunshine is a classic example of how you can sometimes have too much of a good thing. No one likes a sunburn, and the risk of skin cancer should always be taken seriously. Ideally, we appreciate

and enjoy the sun without putting our skin at risk of long-term damage including sunspots, wrinkles, premature aging, and loss of skin elasticity.

Some ways you can maximize your time outdoors while protecting your skin include staying in the shade, wearing a wide-brimmed hat, or covering your skin in thick, dark clothing. For many outdoor activities, these aren't the most realistic options.

That's why sunscreen is so great! However, as those of you who are particularly plugged into the sun care industry know, not all sunscreens are created equal.

Types of Sunscreen

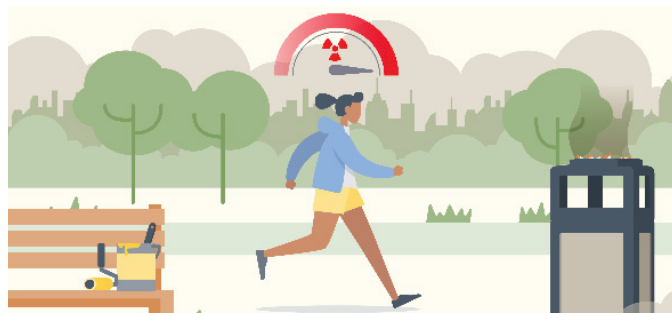
There are two primary types of sunscreens on the market: chemical and mineral. Chemical sunscreens are designed to absorb UV rays to protect your skin, while mineral sunscreens reflect UV rays to protect your skin.

Some chemical sunscreen filters can eventually degrade when exposed to UV rays, generating free radicals. Some active ingredients in chemical sunscreens can cause skin allergies.

We're exposed to countless toxins every day with everything we do, from sources we may not even be aware of. Every breath, every bite, every minute under the sun—they all introduce you to substances and chemicals (natural or synthetic) that can negatively impact your health.

A toxin is any substance that places undue stress on the body. Toxic load is the sum of these substances, accumulated within your body, and the burden they place on organs at any given time.

Toxins can cause imbalances, lead to negative effects on wellness, and influence your daily and long term health. Knowing this, why would we allow toxins in our lives? Why would we use products with toxins?





Mineral sunscreen filters

So, what sunscreen filters won't absorb into the skin? Mineral sunscreen filters work as a physical barrier, reflecting UVB and UVA rays for broad-spectrum protection. They don't degrade when exposed to UV rays, and because they act like a physical barrier, they're effective immediately. The main mineral sunscreen filters are titanium dioxide and zinc oxide. These are both recognized as generally safe for use on all skin types!

dōTERRA® sun Line

Now that you're an expert in all things sun care, let's dive into the new dōTERRA® sun product line! The dōTERRA sun brand includes a series of sun care products that are safe and natural. When creating this product line, dōTERRA knew they had to meet three key objectives in order to create sun care products we would be proud to introduce to the market.

First, the products needed to be good for all skin types. These formulas are nourishing, antioxidant-rich, and hydrating. They also leave a minimal white-cast, so they accommodate all skin tones.

Second, we made sure these products are environmentally conscious. All of the formulas are vegan-friendly and cruelty-free. Plus, they're reef safe! This makes them usable in areas of the world that restrict non-reef safe sunscreens and helps keep our underwater ecosystems healthier and happier.

Last but definitely not least, the products needed to have clean, green formulas. On top of being mineral-powered by non-nano zinc oxide, every dōTERRA sun product is free from a number of harsh, synthetic ingredients, including oxybenzone, parabens, phthalates and more.

Our Heros

The hero essential oils found in all the dōTERRA sun care products include Frankincense, Helichrysum, and Carrot Seed. These are fabulous for your skin!

There are also a number of ingredients found throughout the dōTERRA sun product line that provide **nourishment**.

- **Tocopherol**, which is more commonly known as vitamin E, is extremely nourishing. It's present in EVERY dōTERRA sun product!
- **Raspberry Seed Oil, Avocado Oil, and Jojoba Esters** are nourishing ingredients found in the SPF lotion and spray.
- **Shea Butter and Coco Butter** are nourishing ingredients found in the SPF stick.
- **Aloe Vera, Red Algae extract, and Hyaluronic Acid** are nourishing ingredients found in the After Sun Mist. Hyaluronic Acid is particularly nourishing because of the deep hydration it delivers.

Here are a few ingredients that deliver **soothing benefits**.

- **Bisabolol** can reduce redness and irritation. It's generally calming to the skin. It's present in all SPF products as a preventative measure.
- **Turmeric Extract** has excellent anti-inflammatory properties when applied topically. It can be found in the SPF lotion and spray!
- **Aloe Vera** is a no-brainer for skin-soothing. We've all slathered aloe vera all over our bodies before, right? That's why aloe vera is the base for our After Sun product. It's also found in the SPF lotion and spray.
- Also in the After Sun product are hero ingredients of **Red Algae extract and Arnica Montana flower**. Red algae is rich in protein, antioxidants, and vitamins, all of which are essential to the skin. Arnica Montana flower is a natural anti-inflammatory ingredient, which is especially important when your skin is weathered and tired.

What does "Reef-Safe" Mean

Terms like "reef-safe" or "reef-friendly" mean that the sunscreen does not contain oxybenzone and octinoxate. Studies have shown that these UV-blocking chemicals can cause coral bleaching. When coral bleaches, it's still alive, but it's under severe stress, which leaves it susceptible to disease and death.



dōTERRA[®] sun Face + Body Mineral Sunscreen Lotion

Now let's talk about the dōTERRA sun Face + Body Mineral Sunscreen Lotion. It's SPF 30, provides UVA/UVB Broad Spectrum protection, and is water resistant for up to 80 minutes.

Its key ingredients include non-nano zinc oxide for protection, and aloe vera, bisabolol, vitamin E, raspberry seed oil, avocado oil, turmeric extract, and jojoba esters for restoration.

The hero essential oils found in the Mineral Sunscreen Spray include Frankincense, Helichrysum, and Carrot Seed.



dōTERRA[®] sun After Sun Restorative Body Mist

The dōTERRA sun After Sun Restorative Body Mist is a spray that's packaged in an aluminum, non-aerosol spray bottle delivering a continuous fine mist with 360-degree application for easy, all-over coverage.

The mist's key ingredients include vitamin E, aloe vera, hyaluronic acid, red algae extract, and Arnica Montana flower.

The hero essential oils found in the Body Mist include Frankincense and Helichrysum as well as Copaiba, Lavender, Peppermint, and, Blue Tansy.



dōTERRA[®] sun Body Mineral Sunscreen Spray

Next, the dōTERRA sun Body Mineral Sunscreen Spray is also SPF 30, provides UVA/UVB Broad Spectrum protection, and is water resistant for up to 80 minutes. It is packaged in an aluminum, non-aerosol spray bottle that delivers a continuous, 360-degree application for easy, all-over coverage.

Like the lotion, this spray's key ingredients include non-nano zinc oxide for protection, and aloe vera, bisabolol, vitamin E, raspberry seed oil, avocado oil, turmeric extract, and jojoba esters for restoration.

The hero essential oils found in the Mineral Sunscreen Spray include Frankincense, Helichrysum, and Carrot Seed.



dōTERRA[®] sun Body Mineral Sunscreen Stick

The dōTERRA sun Body Mineral Sunscreen Stick is SPF 40, provides UVA/UVB Broad Spectrum protection, and is water resistant for up to 80 minutes. It's helpful for anti-blue light and protects from pollution. Put it on for your commute or for working in the office to give your skin that extra layer of protection.

It is packaged in a sturdy twist-up tube that fits comfortably in the hand.

The stick's key ingredients include non-nano zinc oxide for protection, as well as shea butter and cocoa butter for restorative moisturization.

The hero essential oils found in the Mineral Sunscreen Stick include Frankincense, Helichrysum, and Carrot Seed.



dōTERRA[®] sun Face Mineral Sunscreen Daily Moisturizer

The best sunscreen is the one you look forward to using every day. This dermatologist-tested moisturizer is also a broad-spectrum SPF 28, mineral-based sun protector that's meant to be used daily. The lightweight formula is tested safe for sensitive skin and shields your face from damaging UVA/UVB rays and blue light-emitting screens.

dōTERRA sun Face Mineral Sunscreen Daily Moisturizer feels good going on, absorbs quickly with no white cast, and makes your complexion look fresh and hydrated—you might not even want to apply makeup!

It's noncomedogenic and antioxidant-rich, with key ingredients like vitamin E and nourishing botanicals like evodia and grapeseed oil.

The hero essential oils in this natural moisturizer are Frankincense, Helichrysum, Magnolia, Ylang Ylang, and Lemongrass.



dōTERRA[®] sun Mineral Sunscreen Lip Balm

This mineral-based sunscreen lip balm delivers incredible benefits so you can nourish and protect your lips all summer. Formulated with non-nano zinc oxide, it delivers SPF 20 UVA/UVB broad-spectrum sun protection. The lip balm helps protect lips against environmental stressors like wind, cold, and heat. It also helps soothe and soften stressed lips.

The plant-powered formula includes key ingredients like shea butter and mongongo oil.

The hero essential oils in this natural lip balm are Frankincense, Helichrysum, Lemongrass, Spearmint, and Manuka.



Your Summer Adventures Await You

Think of the current products you use every day, are any of these harmful ingredients we've discussed lurking in your swim bag? No stress, dōTERRA sun has you covered...naturally!

Which dōTERRA® sun product is right for you?

- dōTERRA® sun Face + Body Mineral Sunscreen Lotion
- dōTERRA® sun Body Mineral Sunscreen Spray
- dōTERRA® sun Face + Body Mineral Sunscreen Stick
- dōTERRA® sun After Sun Restorative Body Mist
- dōTERRA sun Face Mineral Sunscreen Daily Moisturizer
- dōTERRA sun Mineral Sunscreen Lip Balm

Your summer bucket list items are the things you want to experience, so I invite you to make them happen. Take that trip, have that barbecue with friends, break out the sidewalk chalk and make art with your kids. With dōTERRA sun you've got peace of mind because we've got you covered--with safe, protective ingredients.

Which dōTERRA sun product is right for you? *End the class with a powerful testimonial of the product. Share any enrollment incentives or promotions being offered. Be clear and concise.* If you have any questions, I'll be coming around to help you choose what's best for you.

