## HAND TECHNIQUE SUGGESTED OILS

dotentra Balance Geomans	Single oils within the blend that are available and can be used for the Hand Technique are: Frankincense dōTERRA Balance <sup>®</sup> creates a sense of calmness and well-being."	<b>Ingredients:</b> Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Fractionated Coconut Oil
doTenka Breathe Respiredy	Single oils within the blend that are available and can be used for the Hand Technique are: Cardamom, Peppermint, Eucalyptus, Melaleuca, and Lemon. doterrand breathe <sup>™</sup> promotes a feeling of clear breathing.	<b>Ingredients:</b> Laurel Leaf, Cardamom, Peppermint, Eucalyptus, Melaleuca, Lemon, and Ravensara.
doTERRA Citrus Bliss Biss Bissenta Lines	Single oils within the blend that are available and can be used for the Hand Technique are: Wild Orange, Lemon, Grapefruit, and Bergamot. <b>Citrus Bliss</b> <sup>®</sup> combines the powerful benefits of popular citrus essential oils.	<b>Ingredients:</b> Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine with a hint of Vanilla.
doterra Digesticen Digesticen	Single oils within the blend that are available and can be used for the Hand Technique are: Ginger, Peppermint, Fennel, and Coriander. <b>DigestZen</b> <sup>®</sup> is provides a feeling of comfort and relief.	<b>Ingredients:</b> Ginger, Peppermint, Tarragon, Fennel, Carraway, Coriander, and Anise.
dorenna Elevation Ben	Single oils within the blend that are available and can be used for the Hand Technique are: Melissa, Ylang Ylang, and Hawaiian Sandalwood. <b>Elevation</b> <sup>®</sup> lifts your mood as it revitalizes.	<b>Ingredients:</b> Lavandin, Tangerine, Elemi, Lemon Myrtle, Melissa, Ylang Ylang, Osmanthus, and Hawaiian Sandalwood.
In Tune -	Single oils within the blend that are available and can be used for the Hand Technique are: Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, and Roman Chamomile. InTune <sup>®</sup> is a blend of oils known to promote a sense of focus.	<b>Ingredients:</b> Amyris Bark, Patchouli Leaf, Frankincense Resin, Lime Peel, Ylang Ylang Flower, Hawaiian Sandalwood, and Roman Chamomile Flower.
doTERRA On Guard Records	Single oils within the blend that are available and can be used for the Hand Technique are: Wild Orange, Clove Bud, Cinnamon, Eucalyptus, and Rosemary. doterrate offers fragrant and effective cleansing properties.	<b>Ingredients:</b> Wild Orange, Clove Bud, Cinnamon, Eucalyptus, and Rosemary.
	Single oils within the blend that are available and can be used for the Hand Technique are: Lavender, Marjoram, Roman Chamomile, Ylang Ylang, and Hawaiian Sandalwood. <b>dōTERRA Serenity</b> <sup>®</sup> creates a sense of peace and well-being while promoting relaxation.	<b>Ingredients:</b> Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, Hawaiian Sandalwood, and Vanilla Bean.

This technique is an essential oil application that is intended for personal use (in homes and on family or close friends) and not for monetary benefit. Anyone who uses it for non-personal use or for monetary benefit assumes all responsibility for that use and must comply with the laws of their state.