

Peaceful Earth Essentials with Bethany Collins

NEWSLETTER

September 6, 2016

Introduction to Essential Oils eBook!



Exciting News!

I recently wrote an eBook! It's a short, beautiful book about how to use Essential Oils. For the month of September I will continue to offer this awesome book for FREE, so that my friends may download it and enjoy it. After September 25th I will apply to sell the book on iTunes and it will be available for people WORLDWIDE to purchase and download!! Here is the link for the [free eBook](#).

If you would like to order essential oils and don't yet have a doTerra account please visit my [website](#) for more information. If you have any questions please fill out this [form](#). Thank you!

Diffusing Essential Oils is one of the best ways to receive their health benefits. Try this blend to invigorate and revitalize.



Refresh Mint
DIFFUSER BLEND

- Spearmint
- Wintergreen
- Cedarwood

dōTERRA

Take advantage of this month's doTerra Promotions!



**Save 10%
DDR Prime® Softgels**

Product of the Month

The Sweetest Things

September Promotions

Introducing.....

bethanycollins.net

I recently created a wonderful website that integrates all my passions in one place. You will be able to listen to my band's music, learn about my health and wellness journey and how I learned how to connect with myself spiritually. Gain a closer connection to nature, and read about some of my most challenging life and family experiences.

DIY fun! Whipped Peppermint Foot lotion.



Click [here](#) for the recipe.



Back to School with Essential oils

Its that time again ~ Back to School!

Whether you homeschool, send your kids to school or go to school yourself, there are several different essential oils that can help transition from summer back to early mornings and homework.

1. In Tune Designed to enhance the body's ability to focus and support healthy thought processes. Whether you are the child, the parent or the teacher (or both!) this blend can help you focus and stay on task. Apply to the bottom of the feet morning and night and as needed throughout the day. Can also apply on the neck or rub well into the spine ([dilution](#) recommended)

Essential Oil Dilution Guide

Start with the minimum amount of drops. You can always add more oils later if necessary. Dilute more for hot oils, the elderly and pregnant women.



healinginourhomes.com



10ml
(2 tsp)

Babies	1 drop
Toddlers	2 drops
Young Children	3 drops
Teens	4 drops
Adults	5 drops

2. Cedarwood: For promoting relaxation. Diffuse, rub into the bottom of the feet, dilute and apply to neck, wrists, neck, etc. This is a wonderfully calming oil and also great if your child is agitated or upset. It's a wonderful oil to have in your home if you have a child prone to drama or tantrums (and great for older boys who might not want to smell like a "girly" oil). It's always my favorite oil to shut off my brain at night and fall asleep.

3. On Guard. Support your immune system with this amazing blend that smells like Fall with a blend of oils including Cinnamon, Clove and Wild Orange. Diffuser, make your own hand cleaning spray, clean with the the On Guard cleaning concentrate, utilize the throat drops – make it part of every day!

4. Balance. Think about trees – they are rooted and stable yet also flexible in the wind. This is how we want to be – rooted and grounded yet flexible when there's change, without being broken. This blend, containing several different tree oils, is a great oil for calming, tantrums, hormone fluctuations, low mood and more.

5. Whole food kids vitamins and fish oils For a foundation of health. These supplements designed specifically for children to give them all the whole-food derived nutrients they need along with the Omega 3s so vital to brain growth and health. My kids love these! They are not full of sugar and junk like many mainstream kids vitamins – it feels good to give them something good for them.

6. Citrus Bliss: Great for waking up in the morning, mood lifting, energizing and just general happiness. Diffuse, mix with water for a room spray (only mix in glass not plastic) or just smell from the bottle. Citrus blend smells like a creamsicle – yum!

7. Rosemary – Rosemary is wonderful to support the brain in retaining information. I love Rosemary – it's a warm, soothing oil that's brought me great comfort when I needed respiratory support.

8. Serenity or Lavender for peace. A new grade, new teacher or new school can be very stressful. Diffusing Calming blend or sending them with a roller bottle of Lavender in their pocket can be a great way to give them comfort and support throughout their day.