

# The Intuitive Connection

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## Essential Oil Spotlight: Breathe



Feeling stuffed up? Then this essential oil blend is for you. This is a favorite oil blend for both myself and my husband. We use this oil daily. Enriched with a series of oils that help cool and invigorate, promoting feelings of easy breathing, it can be used both aromatically and topically to help minimize the effects of seasonal threats. This powerful blend can also be used to promote peaceful sleep. dōTERRA Breathe is a blend of Peppermint, Eucalyptus, Tea Tree, Lemon, Cardamom, Ravensara, Laurel Leaf, and Ravintsara that emits an airy and fresh mint aroma. In addition to the essential oil, it is available in an easy to apply roller bottle, vapor stick and respiratory drops.

**Peppermint:** Rich in menthol, menthone, and 1,8 cineole this oil is great at cooling, and reducing inflammation, spasms, mucus secretions and acts as a decongestant and expectorant.

**Eucalyptus:** Due to its high content of 1,8 cineole, research has shown it reduces inflammation in the lungs, clears nasal and sinus congestion, clears mucus and acts as an expectorant.

**Tea Tree:** A great source of terpinen-4-ol, this oil aids in alleviating seasonal threats by suppressing histamine release, reducing inflammation, reducing spasms, in addition to supporting the immune system, and loosening mucus.

**Lemon:** Rich in the chemical component (d) Limonene (up to 96%), which is known anti-inflammatory, antispasmodic, cooling and immune support.

**Cardamom:** Another oil high in 1,8 cineole, to support the reduction of inflammation, alleviate respiratory congestion and aid expectorant function.

**Ravensara:** Research has shown this oil aid in reducing allergic reactions and may aid in building resistance against allergenic substances. It also has been shown to have antispasmodic and expectorant benefits.

**Laurel Leaf:** This oil has many chemical components such as alpha and beta pinene, sabinene, and 1,8 cineole which have been shown to reduce inflammation and spasms, support the respiratory system, reduce and loosen mucus and congestion.

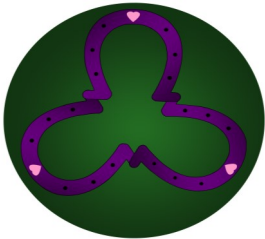
**Ravintsara:** Similar to eucalyptus, this oil has anti-inflammatory, antispasmodic, decongestant, expectorant, and immune supporting properties.

**Usage Ideas:** (For topical or aromatic use, with the exception of the drops which are for internal use)

1. Apply topically to the chest and inhale deeply to experience a cooling sensation and to maintain clear airways.
2. Apply 1-2 drops to the palms of your hands, rub together and inhale for quick relief to seasonal threats.
3. Use a Breathe drop when your throat feels dry, irritated or tight.
4. Keep Breathe Touch by your bed and rub it on your chest, back, or the bottoms of your feet before going to sleep.

5. Diffuse Breathe oil in a water based misting diffuser or in a humidifier to aid easy breathing and a peaceful night's sleep.
6. Combine 1 cup baking soda, 25 drops Breathe oil and 1/4-1/3 cup water. Mix well, pack into silicone molds and let sit overnight. Place 1 in the shower (away from direct water flow) to experience a cooling effect and clear airways.
7. Apply Breathe Vapor Stick to the chest for a cooling sensation and to promote feelings of easy breathing.
8. Apply 1 drop to the palm of your hand, make a fist and place on top of your other hand (palm open). Put your lips against the top of your closed fist and inhale. This acts as a makeshift inhaler to clear lungs and open airways.
9. Add 1-2 drops to a steaming mug of water, put a towel or cloth over your head and breathe in the steam.
10. Add a few drops to lotion and rub on your chest.
11. Use the vapor stick or touch products and apply over and under the bridge of your nose when congested.
12. Diffuse with Lavender or Serenity at bedtime for peaceful sleep.

If you'd like more information about Breathe, please contact me by email at [contact@trinityhealingconnection.com](mailto:contact@trinityhealingconnection.com). If you'd like to purchase the product, visit my Trinity Healing Connection store at <https://www.trinityhealingconnection.com/product-page/dōterra-breathe>.



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Alpaca inspired lip balm  
flavor of the month inspired by:

**Frisky Whiskey**  
**Mixed Berry**

(Infused with the flavors of blackberry,  
blue raspberry, blueberry, and strawberry,  
with a hint of sweetness)

**Services**

**offered:**

**Animal Communication**

**Energy Healing**

**Sacred Healing Crystal Jewelry**

**Essential Oils**