

# dōTERRA Essential Oils for Winter Wellness

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Preparing and boosting one's health in preparation of the severe winter cold months is a natural survival instinct from the earliest origins of humanity. **Healthy practices such as taking vitamin and herbal supplements**, indoor exercise like Yoga, and wearing warm clothing like gloves and hats, can protect health during the onslaught of the chillier temperatures.

Essential Oils, like those found from [dōTERRA](#), are the darlings of alternative medicine. Essential Oils often outperform antibiotics and medications in clinical tests as a curative for well-known types of bacterial and fungal – related illnesses. Quality **essential oils are the perfect companion to keep by your side during the winter season when it feels as though our health is being challenged to its fullest**, and the products offered by [Essential Oil Print](#) can help you maximize your efforts in passing those health benefits along.

## Essential Oils: Selecting Your Winter Resources

**Winter Skin Treatment:** Many people are afraid to put oil on their skin because they associate its moisturizing and lubricious texture to breakouts and acne. On the contrary, **essential oils are used very successfully in the treatment of skin blemishes**. Despite the sensation of dryness and tightness that sometimes affects the facial skin on cold winter days, a combination of bacteria, excess sebum, and dead cells accumulates within the hair follicles of the skin.

Essential Oils like [Tea Tree](#) and Lavender reduce inflammation and heal acne with their anti-fungal and anti-bacterial properties. Combine these Essential Oils with a clinically proven antibacterial property like [Jojoba Oil](#), a very effective and widely used carrier oil that creates the perfect curative for your skin.

**Staving Off Illness:** [Oregano Oil](#) and Peppermint Essential Oils were utilized by the ancient Egyptians and are highly recommended by the physicians of alternative medicine. Oregano is a powerful immunity booster, as well as

an anti-bacterial, anti-fungal, anti-inflammatory, and antiviral treatment. ***Many experts advise the use of Oregano Essential Oil first and foremost during the winter months because of its many powerful benefits for protecting health.***

**Peppermint Oil** is a very popular curative known even to those who do not normally subscribe to natural treatments, often just drinking it as a tea. Use Peppermint oil as a mood booster during cold, gloomy weather, reduce appetite, and prevent overeating. ***Peppermint also helps to alleviate anxiety, depression, and fatigue.*** If somehow you should fall ill, use Peppermint Oil around the sinus area to drain the cavities and relieve sinus pressure, while stimulating recovery within the immune system.

Using the dōTERRA brand ensures that you're receiving the highest quality product, since they take the greatest care in the preparation of their products. Some of the more beneficial winter essential oils include:

- **Lavender Essential Oil** – Lavender Oil is wonderfully utilized for relaxation, and is calming to the nervous system.
- **Bergamot** – Reduces stress and is soothing to the skin
- **Frankincense Oil** – Promotes feelings of peace, contains beautifying properties and repairs cellular function.
- **Ylang Ylang** – Provides antioxidant support, is nourishing and protective for hair, and promotes a positive outlook.

## **Essential Oil Print for Wellness This Winter**

There is a great deal to know and learn about the numerous benefits of each certified grade and therapeutic oil, and ***no one knows it better than dōTERRA Wellness Advocates.*** If you are ready to take your essential oil business to the next level, Essential Oil Print can help. [Check out our numerous business card styles and designs](#), which have all been designed by fellow Wellness Advocates. When you're ready, [contact us here](#), and take the next step in providing wellness this winter.