



The Intuitive Connection

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Essential Oil Spotlight: Adaptiv



With the holidays just around the corner, its not only a wonderful time of year but a stressful time of year too. That's where the Adaptiv collection comes into play. The collection is designed to help you navigate life's most stressful moments and demanding days. The oils can be used both aromatically and topically, while the capsules are for internal use. dōTERRA Adaptiv essential oil is a blend of Lavender, Copaiba, Rosemary, Magnolia, Neroli, and Sweetgum which come together to create a soothing, relaxing atmosphere, while the additions of Wild Orange and Spearmint contribute uplifting aromas. The capsules are a combination of the essential oils (Lavender, Coriander, Wild Orange and Fennel) and botanicals (Sceletium, GABA and Ahiflower®).

Lavender: Rich in the chemical components Linalyl Acetate and Linalool, both have strong natural sedative properties.

Copaiba: Helps soothe and ease anxious feelings from the component beta-Caryophyllene.

Rosemary: Combines the CNS sedative properties of Camphor, the sedative properties of alpha-Pinene, and dopaminergic (dopamine pathways of the brain) properties of 1,8-Cineole.

Magnolia: This oil's main component is Linalool (up to 80%), but it also contains beta-Caryophyllene (adding an extra boost to the properties of Lavender and Copaiba).

Neroli: It adds the calming, yet uplifting property of d-Limonene and sedative properties of Linalool.

Sweetgum: Research has shown extracts derived from the sap helps to suppress hypertension.

Wild Orange: Contains up to 98% of the chemical component d-Limonene which provides an uplifting aroma.

Spearmint: Brings the sedative component Carvone, along with the uplifting component of d-Limonene.

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

1. Mix 3-4 drops of the essential oil with Epsom salts to bathwater for a relaxing soak.
2. Combine a few drops of the essential oil with a carrier oil as part of a soothing massage.
3. Diffuse the essential oil while relaxing or during meditation to foster a calm, centered mindset. Restore peace by diffusing in your entryway or living room prompting those that enter to slow down and relax.
4. Diffuse a few drops of the essential oil in your bedroom or massage a few drops of Adaptiv touch into the soles of your feet to wind down and take full advantage of sleep.
5. Rub 1-2 drops of the essential oil between your hands and inhale deeply, allowing the aroma to ground you for the task ahead.
6. Apply Adaptiv touch to the pulse points to help achieve feelings of balance.
7. Use Adaptiv touch for a quick massage to shoulders and neck to ease tension and relieve fatigue.
8. Apply Adaptiv touch to wrists and temples whenever you feel the need to compose yourself quickly.

- 9. For an energizing pick-me-up apply Adaptiv touch onto your wrists or behind your ears during the middle of the workday.
- 10. Apply Adaptiv touch to your hands and pet your dog or cat on the head, back, belly or rump to help calm anxious behavior. Can be applied 2-4 times per day as needed. Or diffuse a few drops in a water based misting diffuser for 20-30 minutes or intermittently in 15 minute periods throughout the day.
- 11. Take 1 capsule daily to combat stress, tension and occasional anxiousness.

If you'd like more information about Adaptiv, please contact me by email at contact@trinityhealingconnection.com. If you'd like to purchase the product, visit my Trinity Healing Connection store at <https://www.trinityhealingconnection.com/product-page/Doterra-adaptiv>.



Alpaca inspired lip balm
 flavor of the month inspired by:

Ayla
Strawberry Mint

(Infused with the flavors of strawberry and peppermint, with a hint of sweetness)



Trinity Healing

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