

# Using Essential Oils for Softball

## A Quick Start Guide



Back in 2015 our family started incorporating essential oils into our active lifestyle, and I am *SO* glad we did! It took us a little while to take that step (*I like to do my research first lol*), but it's been a worthwhile journey ever since.

Essential oils provides me with such a great tool for taking excellent care of my family and myself (*what sports mom doesn't need a little extra TLC right?*). Plus, we've been sharing essential oils with friends, family, and others in the sports community and so many are now enjoying the benefits right along with us.

One of my concerns before we got started was that I didn't know anything about essential oils. I had absolutely *NO* idea how to use them and I was worried that we'd spend a bunch of money on oils and never actually utilize them!

Thankfully, I had great tools, resources, and leadership around me which helped shorten my learning curve and allowed our family to experience a number of awesome benefits in a very short period of time.

I'm excited to share some of that with you in this e-book!

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Here are 3 popular essential oils and how you can use them...

### LAVENDER

- Wonderful after a tough practice or a long day on your feet at the field. Rub Lavender along with Lemongrass on your legs and feet. It will help soothe sore muscles and fully rest.
- One drop of Lavender helps relieve the discomfort and sensitivity from occasional scrapes and abrasions you get on the field, or after too much sun.
- When you need to clear your mind so you can go into a game more calm, confident, and focused, apply Lavender to your temples and the back of your neck to lessen the effects of stress and anxiety and promote mental clarity.
- Feeling anxious before a big game but also know you need a good night of sleep? Rub some lavender on the bottoms of your feet for a more restful sleep.
- Plus it smells nice!



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I LOVE applying Lavender to my wrists or right over my heart. It's relaxing AND it's also known as the *Oil of Communication*. So any time I'm going into a situation where I really need my communication skills to be at their best, I make sure I have some Lavender on me :)

### PEPPERMINT

- Add Peppermint to a cold compress and cool down your overworked feet.
- Keep a spray bottle of water with a few drops of Peppermint essential oil handy for those super hot, long, tournament days to help cool your body down.
- Peppermint is a great way to cool joints without taking an ice bath. It helps to soothe occasional soreness in muscles and joints.
- Peppermint also works wonders on head tension. Rub a tiny bit onto the back of your neck and on your temples for some quick relief.
- Concession stand food making your tummy mad? Run 1 drop of peppermint on your stomach for occasional digestive discomfort.



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My favorite ways to use peppermint are...

- In my diffuser (*smells awesome when blended with a citrus oil*)
- In my water (*just one drop along with a drop or two of lemon*)! Sure adds a little kick to it!
- Adding a few drops to a hot shower. Ahhhh, so soothing.



### LEMON

- Relief for those long travel ball trips. A little Lemon on cotton balls (*other absorbent material*) spread over your air vents goes a long, long way to creating a more pleasurable trip.
- When you lack motivation or energy, try rubbing a drop of Lemon on your hands, the back of your neck or even through your hair. You'll be amazed at the power of the Lemony aroma!
- After a long day of school and practice, diffuse with Peppermint during homework time to stay awake and focused.



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### My favorite way to use Lemon is

I enjoy a few drops of Lemon in my water. It provides a gentle cleanse to your system along with a variety of other health benefits. Since the majority of health benefits from citrus fruits come from the rind, a high quality citrus Essential Oil can give you those benefits without you having to eat the rind of a fruit! Pretty cool huh?

### More quick tips for getting started with essential oils...

- Lavender and Lemon are relatively mild and can be used “neat” or without dilution though it’s still wise to err on the side of caution for sensitive skin (*and definitely with use on children*).
- Peppermint is a bit “hotter” and may need to be diluted. Dilute for kids or people with sensitive skin.
- Carrier oils such as fractionated coconut oil (*my favorite*), olive oil, almond oil, etc can be used to dilute oils.
- Carrier oils also help “carry” your essential oils deeper into your body and aids in absorption because *LESS* oil evaporates from your skin which means you get more benefit while using less oil.
- The cool thing about doTERRA oils is they are Certified Pure Tested Grade which means they are of the highest quality making them much easier for your body to utilize and process as needed and do so effectively.



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### Quick Tips (con't.)

- In case an oil IS a little too "hot" for you, simply add carrier oil to the area and rub it in to help reduce the discomfort.
- I know of someone who accidentally got a drop of oil in her eye and she was able to drop the fractionated coconut oil right into her eye to stop the burning. (*I have no idea if other carrier oils can be put in your eye or not. As of this post, I, personally, only know that fractionated coconut oil can be used in that instance.*)
- When in doubt of where to apply, the bottom of your feet is a good place to start. Your skin there is less sensitive there with bigger pores for faster system wide absorption. An oil applied to the bottom of your feet provides benefits to every cell in your body in 20 minutes!

### How/Where to Buy High Quality Essential Oils

#### Option 1: Buy at Wholesale Prices

This is, by far, the most cost effective way to buy these essential oils. Save 25% on all orders. Start with an "enrollment kit" which is priced at *BELOW* wholesale and waives your wholesale membership fee. Plus, you can take advantage of monthly promotions. Earn Rewards Points on your purchases so you can "buy" more products with points instead of with cash. Get a free product every month you make a qualifying purchase and more.



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Your wholesale membership also includes access to our private facebook group for **continued support and group coaching** from our team at no additional cost :)

Choose a starter kit here → [StacieMahoe.com/kits](http://StacieMahoe.com/kits)

### Option 2: No thanks, I'll just pay retail

Easy enough. Just go to [StacieMahoe.com/oils](http://StacieMahoe.com/oils) to shop online and have your order delivered directly to your door ❤️

### Not sure what you want yet, need to learn more?

Totally understandable! **I can do a free mini class** with you to go over essential oil basics including: 3 cool things about essential oils, 3 ways to use essential oils, and 3 ways to buy them. Plus, I will help you identify your family's best options for getting oils you need while working within the budget you want :)

Shoot me an email at **[oils@staciemahoe.com](mailto:oils@staciemahoe.com)** to request a mini class! Please remember to include your best contact number so I can schedule an appointment with you.

*Let's do this!*

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## ***Additional Information***

### **Sports Mom favorites for daily use...**

- *Grounding Blend*: helps ground my emotions so I can stay even keeled
- *Calming Blend*: exactly as it sounds, helps keep me and the kids calmer through the challenges of active sports life
- *Women's Monthly Blend*: the one I never thought I'd need. Great for easing discomfort associated with monthly hormones: from mood swings, to back pain, to energy drain, to cramping, to bloating, and everything else that goes with funky hormone fluctuations
- *Women's Blend*: lovely oil that promotes healthy endocrine function while making sure you smell nice :)
- *Lavender*: calming and everything mention in the report above
- *Protective Blend*: supports my immune system since I'm always out and about with a whole bunch of active "hands on" kids who get exposed to who knows what on our daily adventures
- *Metabolic Blend*: promotes healthy metabolism and eases appetite cravings
- *Citrus Oils*: gentle cleansing for my system, invigorating and soothing for emotions all at once <3

