

Essential Oils & Fitness

- Healthy habits and essential oils
- Which essential oils are most useful for fitness?
- Important elements of a workout
- Incorporating essential oils into your fitness routine



1 *CHAPTER*

Healthy habits and essential oils

There are countless products, methods and trends that promise to help you lose weight, build muscle or look and feel better with little to no work. The problem is, feeling good does take work—it requires healthy habits like regular exercise, a balanced diet, self-care, and much more. The powerful, natural qualities of essential oils make them useful for supporting a healthy lifestyle. Essential oils can be an extremely useful part of a weekly exercise routine, a healthy diet and proper self-care, because of their versatile nature. When you incorporate essential oils into your healthy lifestyle, your options for supporting a healthy body (inside and out) are limitless.

The importance of exercising and eating more healthily

While every individual has unique DNA, a different body type, and specific health concerns, it is important for everyone to have some sort of exercise routine, and to fuel their body with proper nutrition. Some people go to the gym every day to get their exercise, while others prefer to play sports or spend time outdoors. Regardless of the way in which you exercise, your body needs physical activity in order to maintain proper health, promote better sleep at night, deal with stress and much more.

There are countless benefits that come from regular exercise. Eating a nutritious diet will only add to these benefits. Healthy food not only acts as fuel for our bodies, but it can protect the body against health concerns, promote brain function and help build muscle.

Yes, we all have different bodies, issues and physical needs, but a healthy lifestyle can often help any person feel better—especially when consistent exercise and healthy eating is followed.



BENEFITS OF EXERCISE

- Helps maintain good health
- Promotes better sleep
- Helps maintain a healthy weight
- Provides an outlet for stress
- Can decrease cravings for unhealthy food
- Can elevate cognitive function



BENEFITS OF EATING WELL

- Helps maintain a healthy weight
- Promotes heart health
- Helps defend the body against health issues
- Provides necessary nutrients to build strong muscles, bones etc.
- Promotes brain function
- Can help improve mood
- Can support a longer life span

Proper body function

No two people will have exactly the same needs when it comes to exercise and diet; however these two elements have a major influence over how the body functions. Just as there are many benefits that come from eating well and exercising, there are many problems that can come from failing to do so. While there are many health concerns that cannot simply be solved by nutritious eating or hitting the gym a few times every week, these healthy habits can do a lot to promote overall wellness.

Whether you want to keep your body free of extra weight, stress, or you simply want to enjoy the endorphins and confidence that come from working out, developing healthy habits is an important part of making sure that your body functions as well as it possibly can.

Healthy habits and emotional health

Not only will your exercising and eating habits have significant bearing on how your body looks and feels, but they have a huge influence on emotional health. Practicing healthy habits can do wonders for promoting good emotional health. Exercising and eating healthily are important parts of self-care. A lack of healthy habits can often make it difficult to maintain proper emotional health functions as well as it possibly can often make it difficult to maintain proper emotional health.

Essential oils can be a part of any workout routine or lifestyle

As mentioned, essential oils can promote wellness when used as a part of a healthy lifestyle. On their own, essential oils have many benefits for the body. When combined with physical activity and proper eating, they can help the user feel better overall. The beauty of essential oils is that they can be tailored to any kind of workout by altering application methods and oil types to fit your needs and preferences. So whether your exercise routine includes heavy lifting, recreational sports, intense cardio, or a rural hiking trail, you'll be able to use essential oils to help to keep your body at peak performance.





2 CHAPTER *Which essential oils are most useful for fitness?*

Essential oils have a wide variety of uses and benefits that make them useful for fitness, but how do we know which oils are the most useful? As we learn more about the characteristics of each oil, it becomes easier to determine which ones are the best fit for your lifestyle.

Essential oils and chemical properties

The chemical properties found in an essential oil are what give it a certain smell and specific benefits. These properties also make an essential oil useful for particular tasks. Each oil has a unique set of chemical components, which is what makes essential oils so versatile. With dozens of oils to choose from, and each oil possessing different properties, you'll be able to tailor your essential oil experience to fit your personal preferences and needs when it comes to fitness.

Using essential oils for soothing purposes

Due to their chemical makeup, some essential oils can be used to provide your body with soothing comfort by creating a warming or cooling sensation when applied topically. While these oils do not change the actual temperature of the body, they are referred to as "warming" and "cooling" because their properties interact with nerve receptors to provide a warming or cooling sensation. Essential oils with warming or cooling properties can be useful for athletes before, during and after a workout because they can help soothe different areas of the body after topical application.

Both warming and cooling essential oils can be useful for recovery and rest between workouts because they can soothe and relax. Whether you use warming essential oils for a relaxing massage or cooling oils to put yourself at ease in the locker room, these oils can be an invaluable part of getting your body to rest and relax between workouts.

Warming properties

Essential oils that are warming in nature can be extremely useful for the body. For example, an essential oil with warming properties can be used during your warm up to give muscles and limbs a loose, flexible feeling. Using warming essential oils when preparing to exercise can help you feel more supple and ready for your workout.

See individual labels for ingredients, cautions and instructions for use.

Warming

- Useful during a warm up.
- Can help you feel more supple and ready to workout.
- Useful for resting and recovery periods between workouts.
- Useful for massage.

Examples of essential oils with warming properties:

- | | |
|----------------|----------------------|
| - Black Pepper | - Clove* |
| - Cassia* | - Frankincense |
| - Cinnamon* | - Tulsi (Holy Basil) |

**Dilute before using topically.*



Cooling properties

Essential oils with cooling properties can be useful during your cool down or at the end of a workout. By providing a cooling sensation, these types of essential oils will help soothe the body after strenuous physical activity.

Cooling

- Useful during a cool down or post-workout.
- Provides the body with a cooling sensation.
- Soothes the body after strenuous activity.
- Useful for massage.

Examples of essential oils with cooling properties:

- | | |
|------------|--------------|
| - Basil | - Peppermint |
| - Cardamom | - Deep Blue™ |

See individual labels for ingredients, cautions and instructions for use.



Using essential oils to uplift, energise, invigorate and motivate

Essential oils that are naturally uplifting because of their chemical makeup and aroma can be used to promote energy, vitality and motivation both before and during physical activity. Many oils are energising or invigorating by nature, and can help to get your mind and body ready for a workout. Some oils provide the body with an energising or stimulating sensation when applied topically that will get the body ready for exercise, or give you a little boost of energising aroma during a workout.

Whether you need a pick-me-up when you are feeling emotionally or physically sluggish, or want a way to keep the body and mind energised throughout your workout, using uplifting essential oils can provide an easy, safe way to invigorate the senses. Once you find an invigorating, motivating or energising oil (or even combination of oils) that you like, you can incorporate this into your fitness routine to give you a boost.



Other useful oils for fitness

In addition to essential oils with warming, cooling, soothing or uplifting properties, there are dozens of other properties that can be useful for fitness and maintaining your wellbeing. As discussed, every essential oil has its own set of unique chemical properties, a distinct aroma, and a special set of benefits—making the possibilities for use practically endless.

Maintaining feelings of clear breathing

The ability to take deep, clear breaths is an important component of any type of physical activity. Whether you are hiking in the mountains, taking a yoga class, running on a treadmill, or playing football in the park, feelings of clear breathing are vital to a good workout.

During exercise, it is important to follow a proper breathing pattern in order to provide your muscles with oxygen. While factors like how many breaths you take, whether you breathe out of your nose or mouth, or when to inhale and exhale will depend on what type of workout you are doing, you need to make sure that you are able to take deep breaths throughout your workout.

Essential Oils for Clear Feelings

- Cardamom
- Douglas Fir
- Eucalyptus
- Lavender
- Peppermint
- Tea Tree



See individual labels for ingredients, cautions and instructions for use.





Oils for massaging muscles

As mentioned, essential oils with soothing, warming or cooling properties (or any combination of these properties) are useful for massaging the muscles both before and after physical activity. These oils are good to use during a warm up to help the body prepare for movement, and equally useful after a workout for soothing the muscles in preparation for rest and recovery.

Essential Oils for Muscle Support

- Bergamot
- Cedarwood
- Cypress
- Eucalyptus
- Frankincense
- Melissa
- Siberian Fir
- Vetiver
- Ylang Ylang

See individual labels for ingredients, cautions and instructions for use.



As you can see, the wide variety of benefits provided by essential oils makes them useful for many practices associated with a healthy lifestyle. You can experiment to find which essential oils you like best, and to see how the natural properties of each oil can be used to help you reach your wellness goals.

3 CHAPTER

Important elements of a workout

With the importance of chemical properties in mind, let's discuss the ways in which essential oils can be used during a workout, no matter your health status or preferences. Some people like to exercise outdoors by hiking or biking, while others prefer to play team sports, and some simply like to go to the gym several times per week. Regardless of your preferences when it comes to physical fitness, most workout routines consist of the same basic elements.

You will soon find that essential oils can be used to improve any workout, whether it is indoors or outdoors, every day, or a few times a week. The basic elements of any workout include a pre-workout, the workout itself, recovery and rest.

Basic elements of a workout:



PRE-WORKOUT

- Hydration
- Warm up



WORKOUT

- Proper breathing
- Staying alert & motivated
- Avoiding injury



RECOVERY

- Cool down
- Hydration
- Soothing tight or sore muscles
- Massage



REST

- Relaxation
- Sleep
- Fighting fatigue



Pre-workout

Whether you are exercising for fun, to lose weight, or to reach other fitness goals, much of the success of your workout depends on your preparation before you even start. Your pre-workout routine will have much to do with the type of workout you plan to do, your own health status and your specific goals. There are several elements of your workout preparation where essential oils will be useful.

Hydration

Because your body will lose water as you sweat, and because dehydration weakens the body, it is important to be well hydrated before starting your workout. If you have trouble remembering to drink enough water, you can always add a few drops of your favourite essential oil to your water for extra flavour. Not only will essential oils* turn plain water into a delicious, tasty beverage, but you can use essential oils that will give you a little boost of invigoration.

Citrus essential oils like Grapefruit, Tangerine, Lemon, Lime or Green Mandarin make a great addition to your water, especially if you want an invigorating, zesty flavour. Consider adding a few drops of an essential oil to your water before a workout to help you get the hydration you need.



**See individual labels for ingredients, cautions and instructions for use.*



Warm up

Loosening the muscles and getting the body ready for physical activity is another important part of a pre-workout routine. This prepares the body for movement, muscle-building and exertion, and can help you avoid injury. Most people have their own preferences and routines when it comes to a warm up that largely depends on what kind of workout they plan to do and their personal health status. However, doing some kind of warm up is important because it prepares the body for movement by loosening the muscles and raising the body's core temperature.

Essential oils can be massaged topically during your warm up routine to help loosen and soothe the muscles—especially when they feel tight or stiff. Use essential oils with warming properties if you are stiff or need help warming up your limbs during your pre-workout routine.





Workout

Once you have hydrated and completed your warm up, you are ready for your workout. There are countless types of workouts, but there are several important elements that all workouts have in common. These include: breathing, focus and motivation, and avoiding injury. Using essential oils during your workout can help with all of these elements.

Proper breathing

While different breathing methods work for different workouts, being able to take clear, deep breaths during a workout is important. When your breathing is limited during a workout, you are not getting enough oxygen (and energy) to your cells and muscles, resulting in decreased performance.

Using essential oils that are known to promote clear airways can help you to smoothly and efficiently complete your workout. Consider applying essential oils with properties that promote clear breathing to the chest or neck before a workout (refer to page 8 for some suggestions). Essential oils can also be applied to the chest to help create an invigorating vapour and promote feelings of clear airways.

Staying alert and motivated

When you are trying to reach specific fitness goals, it is easy to feel sluggish, unmotivated or tired—especially if you are following a strict or rigorous workout schedule. Keeping your body and mind alert and motivated during a workout will help you complete each workout with accuracy, and get one step closer to reaching your goals.

Apply topically to help keep you focused. If you are going to the gym, the park, the countryside, or somewhere else for your workout, apply invigorating oils to your skin before leaving the house to give you a sense of motivation.



Avoiding injury

No matter what type of exercise you enjoy, avoiding injuries is key to a successful and enjoyable workout. As mentioned, massaging warming or soothing essential oils during your warm up can help keep muscles loose. Using essential oils to promote a sense of focus and invigoration will help you concentrate as you exercise. When your body and mind are prepared for a workout, it is easier to avoid problems. Using essential oils to keep the body loose and the mind alert will help anyone have a safe, enjoyable workout.

Recovery

While you might have your own routine for recovering from a workout, or a specific cool down routine that you like to follow, there are a few things that will help your body at the end of a workout so that you can prepare to rest and exercise again the next day. The important elements of recovery include proper cool down and stretching, re-hydrating the body, soothing tight or sore areas, and, if necessary, massage.

Cool down

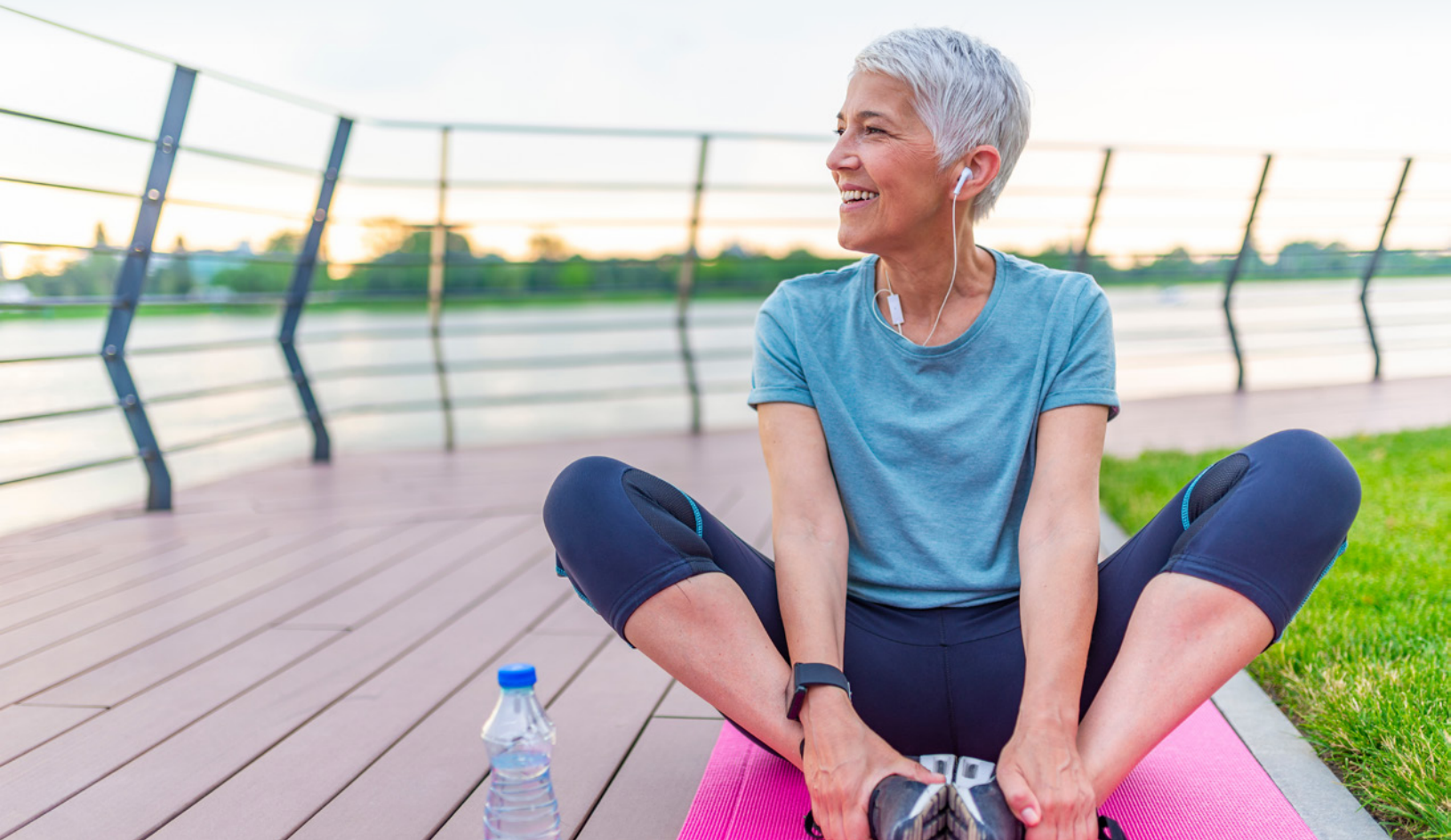
Just as a warm up is crucial, taking time for a cool down is a key element to a successful workout. Allowing your body to slow down gradually, while continuing movement of the muscles can help you avoid tightness or stiffness. What you decide to do for your cool down routine will depend on what kind of workout you've done, and your personal abilities or needs. Nevertheless, a cool down is important, as it will help you to gradually slow your breathing and heart rate as you prepare for rest.

Similar to a pre-workout warm up, essential oils can be useful during the cool down that takes place post-workout. Try using essential oils with cooling properties to help calm the body and soothe the affected areas after exertion. By applying these types of oils topically, you can provide the limbs with a cooling sensation that offers soothing comfort to the muscles and extremities.

Hydration

Once you've finished your workout, you'll want to restore the water that your body lost through sweating. Adding essential oils* to your water will give it a little extra flavour, which can be helpful if you have trouble drinking water instead of sugary drinks and will also allow you to reap any internal benefits of that particular oil.

**See individual labels for ingredients, cautions and instructions for use.*



Soothing affected areas

Even after your cool down, you may still feel tired from your workout. By topically massaging essential oils with warming or cooling properties to areas like the legs, feet, arms, shoulders, back and neck, you can provide soothing comfort to muscles after physical activity. Not only will these types of oils provide a soothing sensation on the surface, but their benefits can continue for several hours after application.

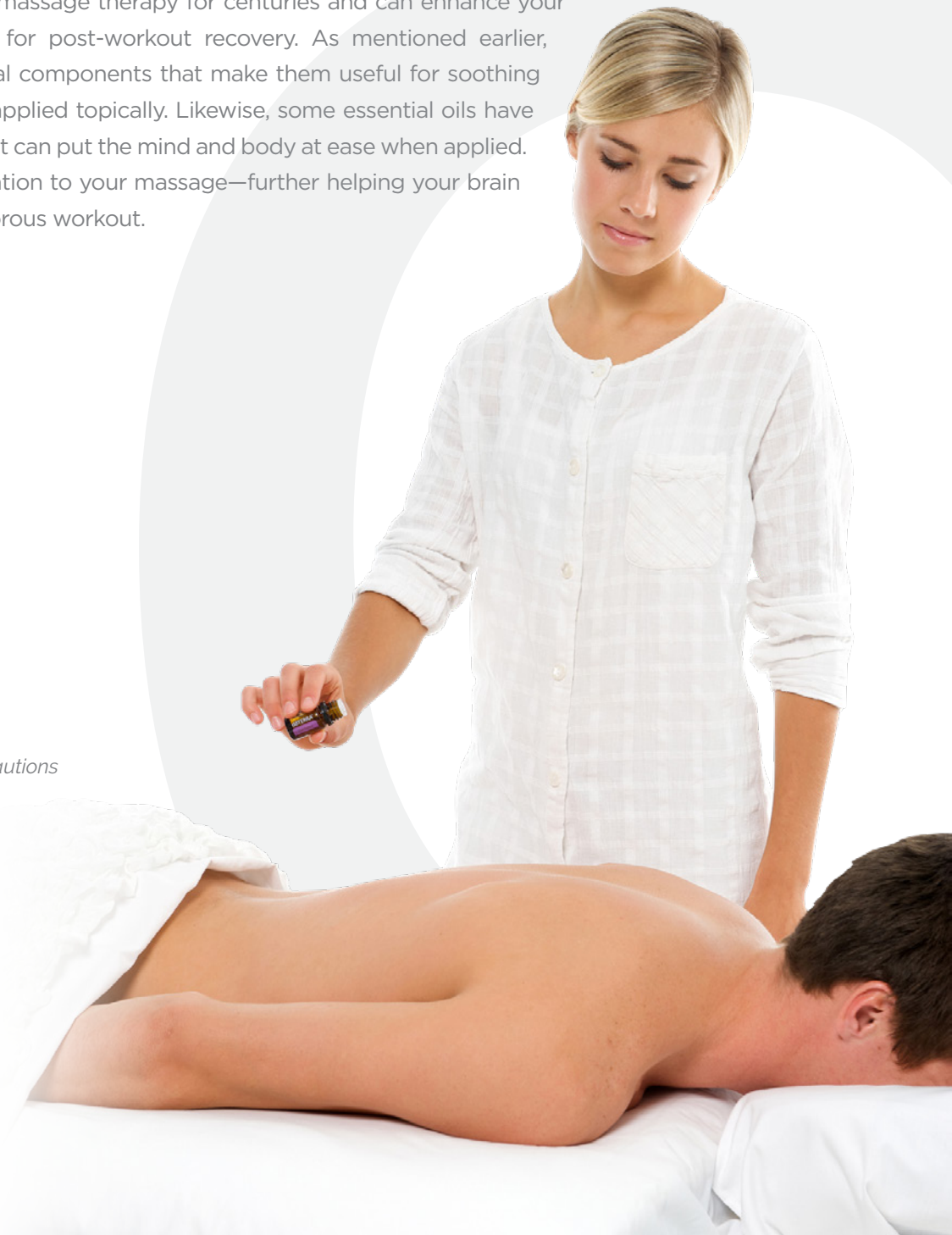
Massage

In addition to simple topical application of essential oils and stretching, using essential oils for massage can help the body feel calm and soothed during the recovery process. Sometimes after a particularly tough workout, you will need to massage certain areas of the body. For many athletes, massage is a regular and vital part of post-workout recovery.

Essential oils have been used in massage therapy for centuries and can enhance your massage experience, especially for post-workout recovery. As mentioned earlier, some essential oils have chemical components that make them useful for soothing and calming the muscles when applied topically. Likewise, some essential oils have soothing and calming aromas that can put the mind and body at ease when applied. This adds an extra layer of relaxation to your massage—further helping your brain and body calm down after a vigorous workout.



See individual labels for ingredients, cautions and instructions for use.





Rest

After you've done a proper cool down, it is important to rest before your next workout. Your body will be able to perform better after resting. Lack of rest can lead to injuries or overworking the body. Because it will allow you to continue to have safe, effective workouts, rest is an element just as crucial as stretching or hydration.

The importance of rest

When you exercise, you are breaking down your muscle tissue. The pain or soreness you feel after exercise comes from tiny microtears occurring throughout your tissue. As you rest (and restore your body with proper nutrition), the muscle fibres that were torn during exercise begin to repair. This repairing process, known as hypertrophy, allows the muscles to grow bigger and stronger.

As you can see, important processes take place during rest. You need to allow your muscles time to rest in order to repair the microtears that occurred during your workout. Without proper rest, you could end up overworking your body or even damaging muscles or connective tissue by not giving the muscle tissue ample time to restore itself.

Microtears:

Tiny, microscopic tears in the muscles that occur during exercise.

Hypertrophy:

The tissue repair process that torn muscle fibres go through during resting periods. During this process, muscle tissue repairs itself and grows bigger, stronger and more resilient.

Sleep

Getting adequate sleep gives your body time to recuperate and restore itself in between workouts. If you have trouble relaxing or cannot get deep sleep, it can be difficult to feel prepared for your next workout. Adding essential oils to a warm bath* can create a calm atmosphere. You can also apply calming essential oils to the bottoms of your feet before bed, or combine relaxing oils with a little water in a spray bottle and spritz the combination over your pillows and bedding.

By creating an environment that promotes a relaxing night of sleep, you'll be able to get enough rest before and after a hard workout.

Relaxation

There are countless ways to use calming or soothing essential oils to promote relaxation as a part of your rest routine after a workout. A few drops of a calming essential oil in a warm bath* will cover the body in essential oils and provide an aroma that can soothe and relax the mind. No matter what your rest routine includes, having calming, soothing or relaxing essential oils nearby can help cultivate a relaxing environment that will put your body and mind at ease. Creating a relaxing environment will help you get the proper rest your body needs before the next workout.



**To help prevent any sensitivity when bathing, always dilute essential oils before adding them to your bath water.*

Energise

When you are following a strict or regular workout routine, or trying to reach specific fitness goals, it is common to struggle. This is especially true when you are first starting a specific workout regimen.

Try using invigorating or uplifting essential oils. Apply these oils topically to help soothe and calm your skin. The aroma of these oils may also help you find motivation and be energised for successful workouts.

The following uplifting essential oils are fantastic to use before or during your workout:

- | | | |
|--------------|---------------|----------------|
| • Bergamot | • Grapefruit | • Sandalwood |
| • Cassia* | • Helichrysum | • Siberian Fir |
| • Clove* | • Lemon | • Spearmint |
| • Cypress | • Lime | • Spikenard |
| • Eucalyptus | • Myrrh | • Tangerine |
| • Ginger | • Peppermint | • Wild Orange |

**Dilute before using topically.*

See individual labels for ingredients, cautions and instructions for use.



Maintaining a healthy diet

In addition to focusing on your warm-up, workout, recovery, and rest periods, it is important to fuel and replenish the body with proper nutrients in order to progress and reach your fitness goals. While what you eat might depend on whether you are trying to build muscle, lose weight or maintain your current weight, you will need to provide your body with adequate nutrition before and after exercising.

Muscle tissue is broken down during exercise and repaired during rest. Resting is crucial to strengthening the body after a workout; however you also need to help the body recover by fuelling it with useful nutrients. While there are countless benefits to eating a healthy diet, providing your body with adequate nutrients in between workouts can help with the following:



Providing the nutrients that muscles need.



Replenishing glycogen storage in order to give you energy for your next workout.



Reducing soreness after an intense workout.



Restoring normal function to the central nervous system.



Internal use of essential oils

Much like a healthy diet, the internal use of essential oils can help the body in between workouts. In Chapter 2, we discussed how the chemical components of each essential oil give it specific benefits. Many essential oils contain internal benefits that can be useful for promoting a healthy body.

Fuelling the body

When you want to experience the internal benefits of essential oils in addition to a healthy diet, simply find oils that hold the kind of benefits you are looking for, and add that oil to your diet.

While essential oils provide a safe and natural way to provide the body with internal benefits, it is important to educate yourself about internal usage of essential oils

before incorporating them into your diet. Safe internal usage requires proper dosage and awareness about any sensitivities you might have to specific essential oils. There are many essential oils that can provide the body with internal benefits; however, due to their chemistry, some essential oils should never be used internally—in any amount. Once you have learned how to internally use essential oils safely, it is easy to incorporate them into your healthy lifestyle as you strive to reach specific fitness goals.

You can use essential oils* internally by placing a few drops in a veggie capsule and swallowing, adding some drops of oil to a glass of water or other beverage, or adding small amounts to add flavour to your food.

**See individual labels for ingredients, cautions and instructions for use.*



Essential oil supplements

While the use and success of dietary supplements is still widely debated, there is no denying that most diets are deficient of many important nutrients. When used in conjunction with a healthy, balanced diet, supplements (including essential oil supplements) can help those with nutrient deficiencies, promote cellular health and improve other areas of general wellbeing.

Because essential oils provide many potential benefits when taken internally, it can be beneficial to take specially-formulated supplements that use essential oils, especially when you are working toward specific goals regarding your personal wellness.



See individual labels for ingredients, cautions and instructions for use.

Essential oils and meal planning

For many people, exercise and healthy eating goals are centered on maintaining a healthy weight. Essential oils can be a great addition when combined with healthy eating and consistent exercise.

Here are a few examples of how essential oils can be helpful:

- Combine one to two drops of Cinnamon oil and Lemon oil in a glass of water and drink before meals.
- Take a drop of Fennel oil in water or tea to help fight sweet cravings.



Now that we've learned about the important elements of a workout and how essential oils can play a vital role at each stage, let's talk about more specific ways to use essential oils for different workout routines, fitness goals and healthy lifestyles.

See individual labels for ingredients, cautions and instructions for use.



4 CHAPTER

Incorporating essential oils into your fitness routine

Because each essential oil has a unique aroma, specific benefits and a distinct chemical makeup, there are plenty of ways to incorporate essential oils into your fitness routine. With so many diverse benefits and uses, essential oils can be just as useful during yoga practice as they are before a big football game or at the end of your favourite hiking trail. Just as there are countless ways to exercise and keep your body in shape, there is no end to the different essential oils and essential oil combinations that can be used to enhance any form of physical activity.



If you are trying to determine which essential oils* will be the most useful for your personal workout routine and fitness goals, take a look at some of the main benefits for fitness that each oil holds:



Bergamot

May promote a sense of calm and relaxation



Cardamom

Promotes feelings of clear airways



Cedarwood

Before exercising, try rubbing one to two drops on your chest to focus the mind throughout your workout



Cinnamon

Add one to two drops to water to drink before meals



Clove

Stimulating and energising for a warming massage



Cypress

Prior to a long run, apply to the feet and legs for an energising boost



Douglas Fir

Promotes a positive mood and environment when applied topically



Eucalyptus

Creates a soothing, relaxing massage



Fennel

Take a drop in water or tea to help fight off sweet cravings



Frankincense

After a day of outdoor activity, massage into the hands and feet for a warming and soothing effect



Geranium

Add a drop to your moisturiser after a shower



Grapefruit

Add one drop of Grapefruit oil to your post-workout smoothie for a positivity boost!



Helichrysum

Use in conjunction with full body massage to promote vitality and energy



Lemongrass

Gives an invigorating flavour to healthy homemade soups



Marjoram

Add to a massage blend for targeting tired, stressed muscles, or apply before and after exercising



Melissa

Can help calm and soothe after a rigorous workout



Myrrh

Add one or two drops to your daily lotion for a soothing sensation to the skin



Siberian Fir

Can help promote feelings of easy breathing when applied to the skin



Tea Tree

Helps to soothe body soreness after exercise



Vetiver

Apply to feet after a workout as part of a soothing massage



Wild Orange

Create an invigorating after-workout shower by adding to your body wash and lather

**See individual labels for ingredients, cautions and instructions for use.*

How to use essential oils for specific sports and workouts

With so many different body types, fitness goals, weight loss methods and types of workouts, it is unlikely that any two people will have exactly the same workout routine. How, where and why you work out will have much to do with your own personal wellness goals, your current health status, where you live, your preferences, interests, talents and more. Thankfully, essential oils are extremely versatile. In addition to the general uses for each oil listed above, the benefits of essential oils are far-reaching and diverse. From the gym, to the sports field, to your own home, keep reading to learn how to use essential oils for specific sports and types of workouts.



Yoga

Essential oils are useful before, during and after yoga practice because of their many benefits for the emotions and body. You can improve your own yoga practice by using essential oils with distinct aromas that create an atmosphere of your choosing.

Here are a few simple ways to use essential oils* to enhance your yoga practice:

- Use to promote focus:

Basil, Douglas Fir, Frankincense, Spearmint

- Apply to promote feelings of clear breathing:

Cardamom, Eucalyptus, Peppermint, Tea Tree

- Apply to help relax:

Frankincense, Lavender, Sandalwood, Spikenard

- Use for a calming, soothing practice:

Bergamot, Cedarwood, Frankincense, Lavender, Petitgrain, Ylang Ylang

- Use for an invigorating practice:

Cypress, Lime, Peppermint, Wild Orange

While there are dozens of helpful essential oils to use in your yoga practice, avoid using too many different oils at once, as this can overload or confuse the senses. A great way to begin is to mix a few of your favourite oils to create your own unique blend and enjoy throughout your practice.

**See individual labels for ingredients, cautions and instructions for use.*



DIY dōTERRA Yoga Mat Spray

It is important to clean your yoga mat after each use. Follow the directions below to create your own cleansing yoga mat spray.

Ingredients:

- 175 ml distilled water
- 60 ml alcohol-free witch hazel or white vinegar
- 5 drops Lavender oil
- 3 drops Tea Tree oil
- Glass spray bottle

Instructions:

1. Combine all ingredients in glass spray bottle
2. Shake until combined
3. To use, spray on mat and wipe dry with towel

Note: Spray a test patch on a small part of your mat first to make sure it isn't adversely affected.





Organised sports

Many individuals choose to get their exercise by playing organised sports. Whether you are a professional athlete, or like to get together for games with your friends, you can use essential oils to help to enhance your experience. Once you have identified which essential oils have soothing, warming, cooling, invigorating or uplifting properties, it is easy to use them during the preparation and recuperation stages, both before and after a game or practice.

While the needs of athletes vary based on the sport, most athletes will need something to help motivate and energise them before a game or practice, and something to help them to relax and recuperate after. This is where essential oils come in handy. So whether you play basketball at the park, tennis after school or golf at the weekends, essential oils can become your key to smooth pre-game preparation and post-game recovery.

Here are a few ways that any athlete can use essential oils during practices, workouts and games:

- Apply cooling essential oils to the chest before a game to help promote feelings of clear airways.
- Apply soothing essential oils to the feet after a long practice or tournament to soothe the legs and feet.
- Use calming, soothing or warming essential oils for massage after a game or practice to help promote recovery.
- If you like to soak in a hot or cold bath* after a game, consider adding a few drops of an essential oil to the water. Use essential oils that are soothing to enhance your post-game bath experience.
- Place a few drops of Eucalyptus on a cotton ball and place in your gym bag. Eucalyptus's strong scent will work to mask any odour.

**To help prevent any sensitivity when bathing, always dilute essential oils before adding them to your bath water.*

Endurance athletes

For endurance athletes who are used to long hours of training, essential oils can be a useful part of preparation and recovery. Endurance athletes push their bodies to the limit and often need help keeping their muscles loose, their joints strong, their feet and legs in optimal shape, and their minds sharp.

Chapter 2 features a list of some of the best essential oils for soothing muscles—these are important oils to keep on hand whether you are a runner, cyclist or endurance athlete. Applying essential oils to your legs and feet before and after a training session can help keep your body loose and at peak performance.

You might consider combining a few of the best essential oils for soothing muscles along with a carrier oil like Fractionated Coconut Oil to help the effects last longer. Here are a few good combinations that are useful to apply before and after a long training session:

Rosemary + Black Pepper + dōTERRA Fractionated Coconut Oil

Cypress + Bergamot + dōTERRA Fractionated Coconut Oil

Lemongrass + Basil + dōTERRA Fractionated Coconut Oil

In addition to keeping muscles loose, runners and endurance athletes are often concerned about their joints—particularly runners, because of the impact their body takes during a run. You can use essential oils with soothing properties to help you before or after a long run.

- Dilute Cinnamon with dōTERRA Fractionated Coconut Oil and create a warming massage.
- Ginger is soothing and supports healthy, flexible, resilient joints.
- Frankincense promotes healthy joint mobility and function.



dōTERRA Essential Oil Foot Soak

After a long run or ride, your feet will need some rest and recuperation. If you like to soak your feet after a race, marathon or training session, consider adding essential oils to the mix for ultimate relaxation.

You will need: Warm water, Epsom salts and baking soda

Try any of these essential oils (or a combination):

• Roman Chamomile • Peppermint • Lavender • Rosemary • Ginger • Clove • Lemon • Black Pepper

Instructions: Combine the warm water, a handful of Epsom salts and a few scoops of baking soda into a container big enough for your feet. Then, add a few drops of your essential oil of choice (or several oils), and soak your feet for relaxation and relief.

Fresh feet: To keep your running shoes smelling fresh, place a few drops of a refreshing essential oil like Peppermint, Lemon, Wild Orange, Grapefruit or Lime on a tumble dryer sheet and slip into your shoe overnight to help dispel any unpleasant odours.



See individual labels for ingredients, cautions and instructions for use.





Gym workouts

For many people a trip to the gym for a workout or group class is a normal part of every day or every week. There are many who use the gym as a regular part of their workout routine in order to reach their fitness and wellness goals. Others choose to have exercise equipment in their homes to make working out even more convenient. In either situation there are plenty of ways to use essential oils* to enhance your experience.

- Add a few drops of Lemon, Lime or Wild Orange essential oil to your water bottle to help hydrate and invigorate you before going to the gym.
- Apply warming essential oils to the limbs during your warm up to help loosen problem areas.
- Dilute essential oils like Peppermint with dōTERRA Fractionated Coconut Oil and rub on the chest before your workout to promote feelings of clear breathing.
- After your workout, massage essential oils like Lavender and Siberian Fir to the legs and feet to help soothe and relax the muscles.

Because essential oils have such pleasant natural aromas, they can be used to keep odours at bay during your exercise. To keep your body smelling fresh during your trip to the gym, consider making your own essential oil deodorant.

**See individual labels for ingredients, cautions and instructions for use.*



DIY Essential Oil Deodorant

Ingredients:

- 32 g aluminium-free baking soda
- 32 g arrowroot or cornflour
- 3-5 tablespoons coconut oil
- 15 drops essential oil



Recommended essential oils:

Lemon, Tea Tree, Lavender, Lime, Geranium, Lemongrass and Thyme.

Note:

If you live in a warm climate, add 28 g of melted shea or cocoa butter to recipe.



Instructions:

1. Combine baking soda, arrowroot (shea/cocoa butter if you are using it) and essential oil in bowl.
2. Combine coconut oil with other ingredients one tablespoon at a time, until mixture is at desired consistency.
3. Press firmly into empty deodorant container and let sit until coconut oil solidifies.



In addition to refreshing, uplifting aromas, essential oils also possess cleansing properties that can be useful for keeping your exercise equipment clean. Whether you are using your own equipment at home, or want to cleanse the machines at the gym before using them, you'll want to have this essential oil equipment cleansing spray on hand.

Essential Oil Equipment Cleansing Spray

Recommended essential oils: try using oils like Eucalyptus, Grapefruit, Lavender, Lemon, Peppermint or Wild Orange. Combine all ingredients together in the glass bottle. Mix well, spray and wipe.

- 60-120 ml spray bottle
- 5 drops of essential oil (s)
- Witch hazel (¼ of spray bottle)
- Filtered water

Outdoor recreation

If you live near any beautiful countryside, or if you simply love being outside, there are plenty of ways to reach your fitness goals by having fun in the outdoors. Whether you are hiking, mountain biking, skiing, kayaking or rock climbing, you can always find creative ways to exercise while enjoying some fresh air and beautiful scenery.

Taking your workout outside can sometimes present a few challenges, but as you might have guessed, there are a few essential oils that can help make your outdoor exercising excursions infinitely more enjoyable.

Keeping the bugs at bay

Did you know that some essential oils are historically known to protect against environmental annoyances? Research has shown that Ylang Ylang, Cedarwood, Lemon Eucalyptus and Arbovitae essential oils may help provide outdoor protection. Before you head outside for your workout, topically apply any of these essential oils to keep bugs away.

Soothing tired legs and feet

Whether you've hiked for miles to reach your campground, spent all afternoon on your mountain bike, or have been skiing through fresh powder snow all day, your muscles and extremities will likely feel tired and worn out after a long day outdoors. To help soothe your muscles, topically apply essential oils with warming or cooling properties and massage them into your legs and feet. The soothing nature of these oils will help you relax after a long day of exertion.



Promoting motivation and vitality

Even if you love being outside, it can often be difficult to maintain motivation throughout the course of a long walk, bike ride or trip down the river. To help keep yourself motivated, try applying essential oils with uplifting tones either to your skin or clothing before starting your journey. Try using essential oils like Cedarwood, Cypress and Eucalyptus to keep you invigorated and motivated throughout your adventure.

Combating environmental threats

With all of the different elements found in nature, environmental threats can arise and ruin your outdoor workout before it even begins. To handle environmental elements and keep threats at a distance, consider using essential oils with properties that can help to protect. Essential oils like Arbovitae, Clove*, Coriander, Frankincense and Tea Tree have cleansing properties that make them useful for combating environmental threats, and can be applied topically before going outdoors for exercise.

You can also use essential oils like Cardamom, Douglas Fir, Eucalyptus, Lavender, Tea Tree and Peppermint to promote feelings of clear airways when experiencing discomfort during an outdoor excursion.

**Dilute before using topically.*



Infuse your fitness routine with essential oils

Once you learn about the specific properties and benefits of essential oils, it is easy to work them into your exercise routine. The benefit of using essential oils to build a healthy lifestyle and reach your wellness goals is that you don't have to alter your routines or preferences—you can simply use essential oils to help with workouts you already participate in and enjoy. With such a wide variety of oils and countless ways to use them, you can instantly enhance your wellbeing routine by harnessing the power, potency and efficiency of essential oils for the body.

All information is correct at the time of production.

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