



dōTERRA® | eBooks

**Essential Oils
and Fitness**



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What Does Fitness Mean to You?

What exactly does fitness mean? And how can essential oils help?

To some people, fitness means lifting, running, pushing, or competing—even if the competition is just against themselves to see if they can take things to the next level. For others, it means living life to the fullest, without the limits that stem from an unhealthy lifestyle. Some might say it's about making daily movement a priority: walking in the park with a friend or stretching in the morning and before bed—or just squeezing in a few pushups. Fitness can be a profession or a hobby. Someone might use it to cope. Others see it as something

they participate in—even if a bit begrudgingly—because they know it's good for both mind and body.

No matter your relationship—or lack thereof—with fitness, pure essential oils can support you in your health and exercise journey. Some can soothe sore muscles, while others help your airways feel open and clear. Some essential oils are perfect for enhancing recovery or supporting your space. Whether you're a professional or beginner, these gifts of the earth can help you get more out of your fitness routine.



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Combining Healthy Habits with Essential Oils

Numerous products and trends 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 more. The potent, natural qualities of essential oils make them effective for supporting the work that goes into a healthy lifestyle. Essential oils can be an extremely useful part of a weekly exercise routine, a healthy diet, and proper self-care because they're so powerful and versatile. When you incorporate essential oils into your healthy lifestyle, the options for supporting a healthy body—inside and out—are limitless.

The Basics: Exercise and Healthy Eating

While everyone has unique DNA, body types, and health concerns, it's universally important to have some sort of exercise routine and to fuel the body with proper nutrition. Some people go to the gym every day to exercise, while others prefer to play sports or spend time outdoors. Regardless of how you choose to do it, your body needs physical activity to maintain proper health, promote better sleep, and deal with stress.

Countless benefits come from regular exercise, and eating a nutritious diet will only add to them. Healthy food not only serves as fuel for your body, but it can also 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 help any person feel better, especially when both consistent exercise and healthy eating are employed.

Benefits of Exercise

- Helps maintain proper 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 Healthy

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

No two people will have the same needs when it comes to exercise and diet; however, these elements have a major influence over how the body functions. Just as a plethora of benefits come from eating healthily and exercising, many problems can arise from failing to do so. While certain health concerns can't simply be solved by nutritious eating or hitting the gym a few times a week, these healthy habits do a lot to promote overall wellness. Whether you want to get rid of extra weight and stress or simply want to enjoy the endorphins and confidence that come from working out, developing healthy habits is an important part of making sure your body functions as well as it possibly can.

Where Do Essential Oils Come From? (Cont.)

Healthy Habits and Emotional Health

Not only will exercise and eating habits have a huge bearing on how your body looks and feels, but they also have a significant 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.

Essential Oils Are Healthy Additions for Workout Routines or Diets

On their own, essential oils offer dozens of benefits for the body. When combined with physical activity and proper eating, they can contribute to a well-rounded, healthy lifestyle. The beauty of essential oils is they can be tailored to any kind of workout by altering application methods and essential oil types to fit your needs and preferences. Whether your exercise routine includes heavy lifting, recreational sports, intense cardio, or a dusty hiking trail, you can use essential oils to keep your body at peak performance.



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The Best Essential Oils for Fitness

Essential oils offer a wide variety of benefits that make them useful for fitness, but how do you know which ones are the most useful? As you learn more about the characteristics of each essential oil, it'll be easier to choose which ones are the best fit for your healthy lifestyle.

The Chemistry behind Essential Oils

Let's start with some of the science behind essential oils. The chemical properties found in an essential oil are what give it a particular scent and specific benefits. Each one has a unique set of chemical components, which is what makes essential oils so versatile. With dozens of natural products to choose from, and with each essential oil having a unique chemical profile, you can tailor your essential oil experience to your fitness preferences and needs.

Soothing with Warming and Cooling Essential Oils

Some essential oils have chemical properties that provide the body with soothing comfort, creating a warming or cooling sensation when applied topically. They don't change the actual temperature of the body but are referred to as "warming" and "cooling" because their properties interact with nerve receptors, giving a warming or cooling sensation. Essential oils with warming or cooling properties can be useful before, during, and after a workout because they can help soothe different areas of the body when topically applied.

Warming Properties

Essential oils that are warming can be extremely effective for your fitness routine. For example, an essential oil with warming properties can be used in

a massage during your warm-up to create a feeling of loose, flexible muscles. Using warming essential oils when preparing to exercise can help your overall workout. Essential oils with warming properties include Black Pepper, Cassia, Cinnamon Bark, Clove, Frankincense, and Wintergreen.

Cooling Properties

Essential oils with cooling properties can be useful during your cool-down at the end of a workout. By providing you with a cooling sensation, these types of essential oils create a soothing effect after strenuous physical activity. Essential oils with cooling properties include Cardamom, Eucalyptus, Deep Blue® Soothing Blend, and Peppermint.

Whether you turn to warming ones for a relaxing massage or cooling ones to put yourself at ease in the locker room, essential oils can be an invaluable part of your routine between workouts.

Warming

- Useful during warm-ups, recovery periods between workouts, and massages.
- Give the muscles and limbs a loose, flexible feeling when massaged.
- Help you get ready to work out.

Examples of essential oils with warming properties:

- Black Pepper
- Cassia
- Cinnamon Bark
- Clove
- Frankincense
- Wintergreen

The Best Essential Oils for Fitness (Cont.)

Cooling

- Useful during post-workout cool-downs and massages.
- Provide the body with a cooling sensation.
- Soothe the skin after strenuous activity.

Examples of essential oils with cooling properties:

- Cardamom
- Eucalyptus
- Deep Blue[®] Soothing Blend
- Peppermint

Creating an Uplifting Environment for Your Workout

Essential oils with uplifting aromas can be beneficial during a workout because they help create an atmosphere of positivity. Diffusing essential oils with uplifting aromas is an easy, safe way to invigorate the senses and set the right tone for your workout. Once you find an essential oil with an invigorating or energizing aroma that you like, you can incorporate it into your routine to create the ideal setting.

Consider diffusing essential oils like Bergamot, Grapefruit, Lemon, Peppermint, Siberian Fir, or Wild Orange in your workout area to create a positive atmosphere.

Use these essential oils to create a positive atmosphere during a workout:

- Bergamot
- Grapefruit
- Lemon
- Peppermint
- Siberian Fir
- Wild Orange

Maintaining Feelings of Clear Breathing

Whether you're hiking in the mountains, taking a yoga class, or running on a treadmill, feelings of clear breathing are necessary to a good workout. When you follow a proper breathing pattern during exercise, it provides 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 depend on which workout you're doing, you need to make sure you're able to take deep, clear breaths throughout your exercise.

Some of the best essential oils for creating feelings of clear breathing are Eucalyptus, Peppermint, and dōTERRA Breathe[®] Respiratory Blend.

The Best Essential Oils for Fitness (Cont.)

Try these essential oils for feelings of clear airways:

- Eucalyptus
- Peppermint
- dōTERRA Breathe® Respiratory Blend

Massaging Muscles

When you perform activities your muscles and joints are unaccustomed to, it often results in discomfort, and you may wake up the next day feeling stiff. Your body will adapt to the new strain over time, but it can be an uncomfortable process.

As mentioned before, essential oils with soothing, warming, or cooling properties (or any combination thereof) are effective for massaging the muscles, both before and after physical activity. These natural products are equally useful before a workout to help you get ready for movement and after to soothe the muscles in preparation for rest and recovery. Combining essential oils with massage is a fantastic way to soothe affected areas.

Essential oils for massage:

- Lemongrass
- Wintergreen
- Deep Blue® Soothing Blend
- Deep Blue Rub

You can support your muscles with essential oils like Lemongrass or Wintergreen. Just make sure to dilute them with a carrier oil before massaging them into the skin. You can also use Deep Blue® Soothing Blend or Deep Blue Rub after a tough workout.

Providing Immune Support

Whether you're trying to lose weight, build muscle, or maintain a healthy body, having a strong immune system is integral to a healthy lifestyle and your fitness goals. Protecting and supporting your immune system should be a priority so you have the strength and energy to work out, as well as the ability to recover afterward. You can use essential oils with immune-supporting properties to help you stay on track with your wellness goals.*

dōTERRA On Guard® Protective Blend can be used internally to support a healthy immune system.* The oil blend contains Wild Orange, Clove, Cinnamon Bark, Eucalyptus, and Rosemary for potent immune support.* Cassia is also known to aid the immune system when ingested.*

Use these essential oils for healthy immune support*:

- dōTERRA On Guard® Protective Blend
- Cassia

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The Best Essential Oils for Fitness (Cont.)

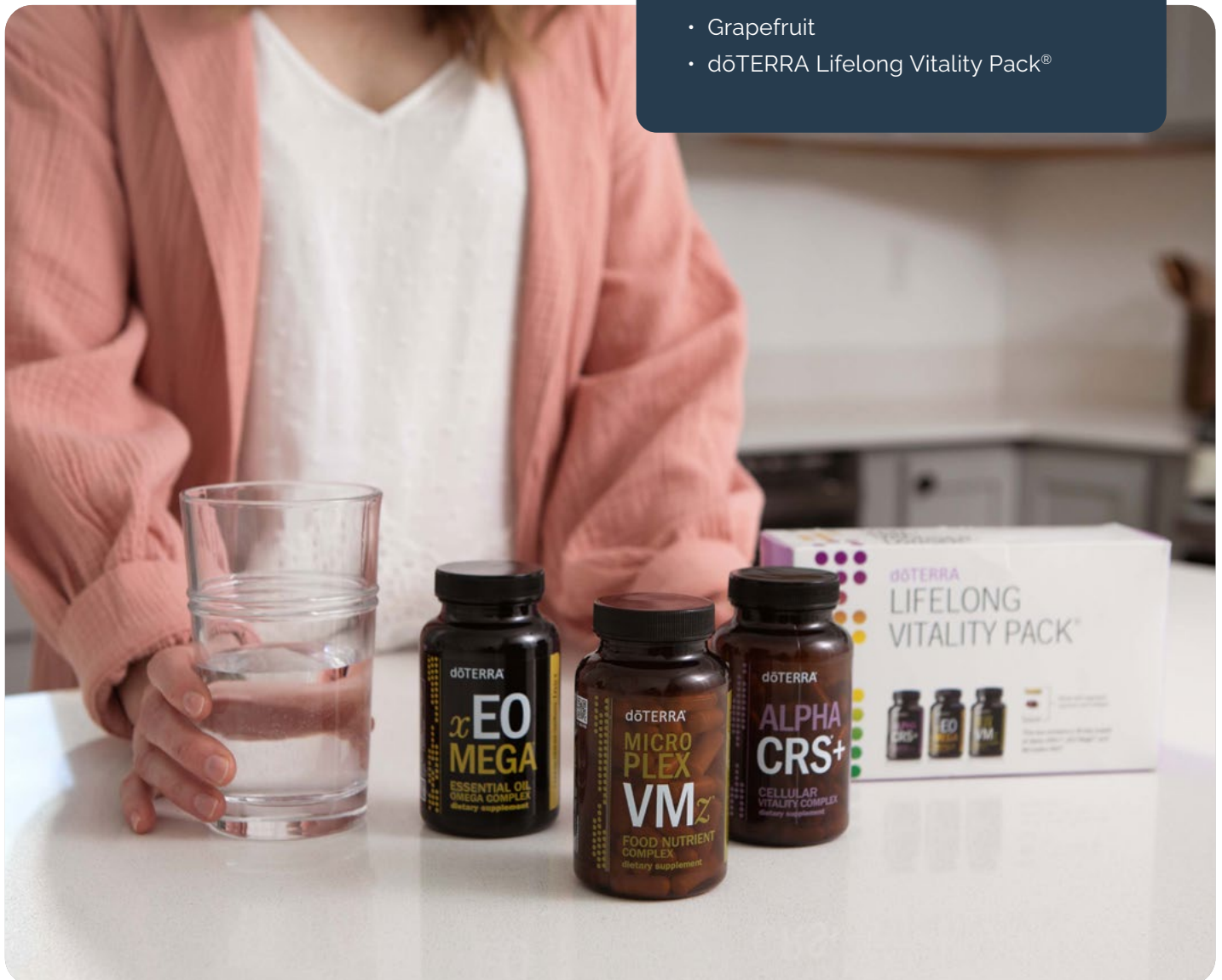
Promoting a Healthy Metabolism

Along with a healthy immune system, supporting a healthy metabolism is essential to reaching any physical fitness goals. A healthy metabolism that can properly process your food (and use it to provide the body with energy and nutrients) is key to any healthy lifestyle. While a healthy metabolism is determined by many factors, essential oils can help your metabolism, especially when you're working toward specific wellness goals.*

Grapefruit essential oil is effective for supporting a healthy metabolism when taken internally.* And the dōTERRA Lifelong Vitality Pack® is full of essential nutrients, metabolism benefits, and powerful antioxidants, all meant to promote energy, health, and lifelong vitality.*

Reach for these essential oil products when in need of metabolic support*:

- Grapefruit
- dōTERRA Lifelong Vitality Pack®



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Important Elements of a Workout



With the immense importance of chemical properties in mind, let's discuss ways in which essential oils can be used during a workout, regardless of health status or preferences. Some people like to exercise outdoors by hiking or biking, while others prefer playing team sports or simply going to the gym several times a week. Regardless of your workout preferences, most physical fitness routines consist of the same basic elements.

You'll soon discover that essential oils can be used to improve any workout—whether indoors or outdoors. The basic elements of any exercise include a pre-workout, the workout itself, recovery, and rest.

Pre-workout

Whether you're exercising for fun, to lose weight, or to reach a fitness goal, much of the success of your workout depends on what you do before you even start. Your pre-workout routine will depend on the type of workout you plan to do, health status, and specific goals, but there are several elements of workout preparation where essential oils can come in handy.

Hydrating

Because your body loses water as you sweat and dehydration weakens the body, you need to be well hydrated before starting your workout. If you have trouble remembering to drink enough water, add a few drops of your favorite essential oil for extra flavor.

Important Elements of a Workout (Cont.)

Citrus oils like Grapefruit, Wild Orange, Lemon, Lime, and Bergamot work well when added to water, especially if you want an invigorating, zesty flavor. Consider placing a few drops of essential oil in your drink before a workout to help you achieve and maintain the hydration you require.

Warming Up

Loosening the muscles and getting the body ready for physical exertion is another important part of a pre-workout routine. Doing so prepares the body for movement, muscle-building, and effort. It can also help you avoid injury.

Most people have preferences and routines when it comes to a warm-up that depend on what kind of workout they plan to do and personal health status. However, doing some sort of warm-up is needed because it prepares the body for movement, loosening the muscles and raising your core temperature.

Essential oils can be used topically in a massage during your warm-up routine to help loosen and soothe the muscles—especially when they feel tight or stiff. Try essential oils with warming properties if you're stiff or if you want help prepping your limbs during your pre-workout routine.

Along with applying essential oils to help you prepare for movement, you can also use them aromatically during your warm-up to set the tone for your activity. Diffusing essential oils with bright, invigorating aromas can create an ideal atmosphere. Consider blending several of these kinds of essential oils together and diffusing them beforehand in your workout space to help get you ready.

The Workout

Once you've hydrated and completed your warm-up, you're ready to work out. Countless workouts exist, but they all have several important things in common, including breathing, maintaining focus and motivation, and avoiding problems and injuries. Integrating essential oils into your workout can complement your efforts.



Proper Breathing

While breathing methods vary with the exercise, taking clear, deep breaths during a workout is incredibly important. If your breathing is limited when working out, you aren't getting enough oxygen (and energy) to your cells and muscles, resulting in decreased performance.

Important Elements of a Workout (Cont.)

Using essential oils that are known to promote clear airways can help you smoothly and efficiently complete your workout. Consider applying essential oils with properties that encourage feelings of clear breathing to your chest or neck before a workout.

Creating an Invigorating Environment

When you're trying to reach specific fitness goals, it's easy to feel sluggish, unmotivated, or tired—especially when following a strict or rigorous workout schedule. Constructing an invigorating space for exercise will help as you complete each session and get one step closer to achieving your goals.

Essential oils with invigorating, energizing, or uplifting aromas can be diffused during a workout or applied topically to create the perfect environment. If you're working out at home, place a diffuser in your space and diffuse motivating essential oil aromas. If you're going to the gym, park, mountains, or somewhere else for your exercise, apply essential oils with invigorating scents to your skin or clothing before leaving the house to take a motivating aroma with you.

Avoiding Injury

No matter what type of exercise you do, avoiding injuries is key to a successful and enjoyable workout. As was mentioned, massaging in warming or soothing essential oils during your warm-up can help keep muscles loose. When you're prepared for a workout, it's easier to avoid problems. Incorporating essential oils into a massage routine can assist you with creating a safe, effective workout.

Recovery

While you might already have a routine for recovering from a workout or a specific cool-down routine you like to follow, you can do a few things that will help your body at the end of a session so you can prepare to rest and exercise again later. The important elements of recovery include proper cooling down and stretching, rehydrating, soothing tight or sore areas, and—if necessary—massaging.

Cooling Down

Just as warming up is crucial, taking the time to cool down is imperative to a successful workout. Allowing your body and breathing to slow down gradually but continuing muscle movement can help you avoid tightness or stiffness as you prepare for rest. 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.

Like a pre-workout warm-up, essential oils can be helpful during the post-workout cool-down. Use essential oils with cooling properties to try soothing any affected areas after major exertion.

By applying these types of natural products topically, you can provide your limbs with a cooling sensation and soothing comfort to the muscles. You can also diffuse essential oils during your cool-down or stretching session to create a calm atmosphere.

Important Elements of a Workout (Cont.)

Hydrating Again

Once you've finished a workout, you'll need to restore the water your body lost by sweating. Again, adding essential oils will give your water a little extra flavor, which can be helpful if you have trouble ingesting water instead of sugary drinks. Including essential oils will also allow you to reap any potential internal benefits.

Soothing Affected Areas

Even after your cool-down, you may still feel tired after a workout. Along with stretching, massaging essential oils with warming or cooling properties into areas like the legs, feet, arms, shoulders, back, and neck, you can provide soothing comfort to your muscles after physical activity to aid in recovery.

For many athletes, massages are regular and vital for post-workout recovery. Essential oils have been used in massage therapy for centuries and can enhance your experience, especially when you use it for post-workout recovery.

Rest

After you've done a proper cool-down, you need to rest before your next workout. Your body will perform better after resting. Lack of rest can lead to injuries or an overworked body. Because rest will allow you to continue enjoying safe, effective workouts, it's just as crucial as stretching or hydrating.

When you exercise, you break down muscle tissues. The soreness you feel after exercise comes from tiny microtears occurring throughout the tissues. As you rest (and restore your body with proper nutrition), the

muscle fibers that were torn during exercise begin repairing. This process, known as hypertrophy, allows the muscles to grow bigger and stronger.

Important processes take place during rest. You need to allow your muscles time to rest and repair the microtears that occurred. Without proper rest, you could end up overworking your body or even damaging muscles or connective tissues by not giving them ample time to recover.

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

Hypertrophy: The tissue repair process that torn muscle fibers go through during rest periods. During this process, muscle tissues repair themselves and grow bigger, stronger, and more resilient.

Sleeping

Getting sufficient sleep gives your body time to recuperate and restore itself between workouts. If you have trouble relaxing or can't get a deep sleep, you'll find it difficult to prepare for your next workout (among other health problems). Adding essential oils to a warm bath or diffusing ones with calming aromas in your bedroom can create an ideal atmosphere for sleep.

You can also apply Lavender to the bottoms of your feet before bed or combine the essential oil with a little water in a spray bottle and spritz the combination over your pillows and bedding. By creating a soothing, comfortable environment, you'll enjoy enough rest before and after an intense workout.

Important Elements of a Workout (Cont.)

Maintaining a Healthy Diet

What you eat might depend on whether you're trying to build muscle, lose weight, or maintain your current weight, but you'll always need to provide your body with adequate nutrition before and after exercising. Muscle tissues are broken down during workouts and repaired during rest. Resting is crucial to strengthening the body after a workout; however, you also need to help the body recover by fueling it with useful nutrients. Countless benefits come from eating a healthy diet, but providing your body with adequate nutrients between workouts can specifically help with:

- Providing the nutrients that muscles need,
- Replenishing glycogen storage to give you energy for your next workout,
- Reducing soreness after an intense workout, and
- Restoring normal function to the central nervous system.

Essential Oil Supplements

While the usage and success of dietary supplements is still debated and somewhat controversial, there's no denying most diets are deficient of many important nutrients. When used alongside a healthy, balanced diet, supplements (including essential oil supplements) can help those with nutrient deficiencies, promote cellular health, and improve other areas of general well-being.* Because certain essential oils provide benefits when taken internally, it can be helpful to take specially formulated supplements that contain essential oils, especially when you're working toward specific health goals.

Here are a few dōTERRA products that can supplement a healthy diet and exercise routine.

dōTERRA Greens



You may not be getting the recommended amount of fruits and vegetables in your diet for a myriad of reasons. Doing so can be expensive, preparation can be time-consuming, and you may feel unsure of how much you really need to eat. According to the US

Center for Disease Control and Prevention, fewer than one in three adults eats the recommended amount of fruit per day, and over 70% of adults don't meet guidelines for vegetable consumption.

dōTERRA Greens can supplement fruit and vegetable intake with wholesome ingredients. dōTERRA Greens serve as a convenient—and tasty—way to provide your body with essential nutrients and dietary fiber to enhance overall wellness.*

dōTERRA Protein



Even if you're intentional with your diet, you may not be getting sufficient nutrients like protein. dōTERRA Protein was specifically formulated to supplement areas of the modern diet that fall short in providing fuel to the body.

Protein is an important macronutrient that's crucial for building muscle, managing appetite, and helping the body recover.* Protein is also needed to provide the body with the energy and stamina to perform functions like building cells and supporting a healthy immune system response.*

Reducing sugar intake is also an important part of

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Important Elements of a Workout (Cont.)

improving diet and overall health. dōTERRA Protein is sugar-free and a great tool to use in a keto or other high protein and low carbohydrate diets.

dōTERRA Fiber



Fad diets are a popular trend, and most focus on consuming high amounts of protein and low amounts of carbohydrates. This imbalance can wreak havoc on fiber intake! According to the American Journal of Lifestyle Medicine, even with a healthy diet, most people only get half the amount of fiber they need. The FDA recommends 25 to 38 grams of dietary fiber every day, depending on age, weight, and sex.* That's a lot of raw vegetables and bowls of oatmeal!

dōTERRA Fiber was created as a convenient and delicious way to supplement your fiber consumption. One serving of dōTERRA Fiber provides six grams of soluble and insoluble fiber, CPTG® Lemon essential oil, natural vitamin C, and a unique prebiotic blend.

The dōTERRA Lifelong Vitality Pack®



Daily supplementation with the dōTERRA Lifelong Vitality Pack has clinically demonstrated improvement in several biochemical indicators of cellular health and subjective measures of overall health.* The dōTERRA

Lifelong Vitality Pack is packed with essential nutrients, metabolic benefits, and powerful antioxidants designed to promote energy, health, and vitality.* With these products, you can be confident you're providing your body with the essential nutrients, fatty acids, and antioxidants it requires for optimal wellness.*

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

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Using Essential Oils in Your Workout Routine

Each essential oil has a unique aroma and chemical makeup—and therefore distinct benefits—so you have plenty of ways to incorporate these gifts of the earth into your fitness routine. With so many diverse benefits and applications, essential oils can be just as useful during yoga practice as they are before a game of pick-up basketball or on your favorite hiking trail.

There's no end to the different essential oils and combinations that can enhance any kind of physical activity. From the mountains and oceans to the gym and your own home, keep reading to learn how to use essential oils for specific sports and types of workouts.

Yoga

You can improve your yoga practice with distinct-smelling essential oils that create an atmosphere of your choosing. Along with helping you tailor your environment, certain essential oils are also effective at promoting feelings of clear airways and easy breathing.

Dozens of helpful essential oils can be used before, during, and after yoga practice, but avoid employing too many at once, since that can overload or confuse the senses. You might consider mixing a few of your favorites to create a unique diffuser blend and enjoy the aroma throughout your practice.



Here are a few simple yet effective ways to use essential oils for yoga:

- Apply Eucalyptus, Peppermint, or dōTERRA Breathe® to the chest to promote feelings of clear breathing.
- Rub Frankincense, Lavender, or Sandalwood into the temples before starting your practice.
- Diffuse Cedarwood, Bergamot, or dōTERRA Balance® to set a grounded tone for your session.
- Diffuse Lime, Peppermint, Wild Orange, or Adaptiv® to create an uplifting, invigorating atmosphere.

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Using Essential Oils in Your Workout Routine Cont.)

dōTERRA Yoga Mat Spray

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

Ingredients:

- ¾ cup distilled water
- ¼ cup alcohol-free witch hazel or white vinegar
- 5 drops Lavender essential oil
- 3 drops Tea Tree essential oil
- Glass spray bottle

Instructions:

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

Note: Not all yoga mats are treated the same. Test a small part of your mat first to make sure it isn't adversely affected by this DIY spray.

Whether you play basketball at the park, tennis after school, or golf on the weekends, essential oils can become your key to smooth pre-game preparation and post-game recovery.

Here are a few ways any athlete can apply essential oils during practices, workouts, and games.

- Diffuse essential oils in the locker room before a game to create an uplifting, energizing atmosphere.
- Apply cooling essential oils to the chest before a game to promote feelings of clear airways and easy breathing.
- Rub soothing essential oils into the legs and feet after a long practice or tournament.
- Use warming essential oils during a massage after a game or practice to help affected areas.
- Add a few drops of comforting essential oil to bathwater if you like to soak after a game.
- Place a few drops of strong Wintergreen essential oil on a cotton ball and place it in your gym bag to mask odors.

Organized Sports

Regardless of if you're a professional athlete or an amateur who likes playing games with friends, you can use essential oils to enhance your experience. Once you've identified which essential oils have soothing, warming, or cooling topical properties or invigorating and uplifting aromas, it's easy to enjoy them during the preparation and recuperation stages of sports.

Endurance Athletes

For endurance athletes accustomed to long hours of training, essential oils can be incredibly useful for preparation and recovery. These athletes push their bodies to the limit and often need help keeping their muscles loose, joints strong, feet and legs in optimal shape, and minds sharp.

Using Essential Oils in Your Workout Routine Cont.)

Chapter 2 featured a list of some of the most effective essential oils for soothing muscles—good ones to keep on hand if you're a runner, cyclist, or other endurance athlete. Massaging essential oils into your legs and feet before and after training can help keep your body operating at its peak. You might combine a few of the best essential oils for soothing muscles with a carrier oil like Fractionated Coconut Oil to help their effects last longer. One amazing combination to try is Cypress, Bergamot, and Fractionated Coconut Oil.

Here are a few golden combinations to apply before and after a long training session:

- Copaiba, Black Pepper, and Fractionated Coconut Oil
- Cypress, Bergamot, and Fractionated Coconut Oil
- Lemongrass, Basil, and Fractionated Coconut Oil

Along with keeping muscles loose, endurance athletes are often concerned about their joints—particularly runners because of all the impact their bodies take during a run. You can use essential oils with soothing properties to help you before or after an extended run.

- Dilute Cinnamon Bark with Fractionated Coconut Oil and enjoy a warming massage.
- Knead Deep Blue® Soothing Blend into troubled areas for cooling comfort.

Here's a tip for endurance athletes: 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 dryer sheet and slip the sheet into your shoe overnight to help dispel unpleasant odors.



Using Essential Oils in Your Workout Routine Cont.)

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.

Materials Needed:

- Hot water
- Epsom salts
- Baking soda

Essential Oils:

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

Instructions:

1. Combine the hot water, a handful of Epsom salts, and a few scoops of baking soda in a tub big enough for your feet.
2. Add a few drops of your essential oil of choice (or a combination of several essential oils).
3. Soak your feet for soothing relief.

Gym Workouts

For many people, a trip to the gym for a workout or a group class is a normal part of the day or week. Others are fortunate to have exercise equipment in their homes, making working out more convenient. Either way, essential oils can enhance your exercise experience.

- Add a few drops of Lemon, Lime, or Wild Orange to your water bottle to enjoy an invigorating blast of flavor before hitting the weights or treadmill.
- Massage warming essential oils into the limbs during your warm-up to loosen problem areas.
- Dilute Peppermint with Fractionated Coconut Oil and rub on the chest before your workout to promote feelings of clear breathing.
- If working out at home, diffuse Grapefruit, Bergamot, or Wild Orange to create a positive atmosphere.
- After working out, massage Wintergreen and Lemongrass into the legs and feet to soothe muscles.

Outdoor Recreation

If you live near any beautiful terrain or simply love being outside, you have plenty of ways to reach your fitness goals by having fun outdoors. Whether hiking, mountain biking, skiing, kayaking, or rock climbing, you have creative ways to exercise available, while also enjoying fresh air and beautiful scenery.

Using Essential Oils in Your Workout Routine Cont.)

Taking your workout outside can present a few challenges, but (as you might have guessed) a few essential oils can make your outdoor exercising excursions infinitely more enjoyable.

Keeping the Bugs at Bay

Did you know some essential oils naturally repel insects? Experimental research has shown Cedarwood, Cinnamon Bark, Citronella, Clove, Geranium, Lemongrass, Peppermint, Rosemary, and Thyme may be effective at repelling insects in a natural way. Before you head outside for your workout, topically apply any of these essential oils (diluted with a carrier oil) to keep bugs away.

Soothing Tired Legs and Feet

Whether you've hiked for miles to reach your campground, spent all afternoon on a mountain bike, or skied through fresh powder all day, your muscles and extremities will likely feel tired and worn out after a long day outdoors. To 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 products will help you recover after the extended exertion.



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Ready, Set, Sweat!

We've discussed the benefits of essential oils for fitness, which ones to use, and how to use them. Now what comes next?

A major benefit of using essential oils to build a healthy lifestyle and reach your fitness goals is 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 products and countless ways to use them, you can instantly enhance your fitness routine

by harnessing the power, potency, and efficiency of essential oils for the body.

Equipped with this knowledge about how essential oils can enhance your exercise experience, it's time for you to give them a try. Infuse essential oils into your daily or weekly fitness routine and see for yourself just how powerful they can be.

Want to learn more about essential oils? Visit [doterra.com](https://www.doterra.com).



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