



**IRONCHIRO**  
MOVING IN THE RIGHT DIRECTION

dōTERRA®

**DEEP BLUE AROMATHERAPY MASSAGE**

**Additional \$10**

***Soothing and Comforting Effects***

The Deep Blue blend contains oils like Wintergreen, Camphor, Peppermint, and Blue Tansy that can provide a warming, cooling sensation to help relieve muscle and joint discomfort.

***Reduction in Muscle Tension and Soreness***

The Deep Blue blend is specifically formulated to help lessen tension and provide a soothing sensation during massage.

***Support for Muscle and Joint Comfort***

The Deep Blue Polyphenol Complex contains a proprietary blend of extracts and polyphenols that can help soothe occasional aches and discomfort.

***Improved Relaxation and Stress Relief***

The calming, aromatic properties of the oils in the Deep Blue blend, like Lavender and Marjoram, can promote feelings of relaxation during the massage.

*Overall, aromatherapy massages using the dōTERRA® Deep Blue blend can provide a soothing, comforting experience that helps relieve muscle tension, soreness, and discomfort, while also promoting relaxation and stress relief.*

dōTERRA®

**BREATHE AROMATHERAPY MASSAGE**

**Additional \$10**

***Soothing and Comforting Effects***

The Breathe blend contains oils like Peppermint, Eucalyptus, and Laurel Leaf that can provide a cooling, soothing sensation to help relieve muscle and joint discomfort during the massage.

***Improved Respiratory Support***

The Breathe blend is formulated to help promote clear breathing and respiratory function, which can be beneficial during a massage.

***Relaxation and Stress Relief***

The calming, aromatic properties of the oils in the Breathe blend, like Laurel Leaf and Peppermint, can promote feelings of relaxation and ease stress during the massage.

*Overall, using the dōTERRA Breathe essential oil blend in an aromatherapy massage can provide a soothing, comforting experience that helps relieve muscle tension and discomfort, while also supporting respiratory function and promoting relaxation and stress relief.*

Additional \$10

**Calming and Relaxing Effects**

The Serenity blend contains oils like Ylang Ylang that can help calm the mind and prepare the body for restful sleep. The soothing, floral aroma can have a positive impact on mood and emotions during the massage.

**Stress Relief**

The calming, aromatic properties of the oils in the Serenity blend, such as Lavender and Marjoram, can promote feelings of relaxation and ease stress during the massage.

**Improved Sleep**

The Serenity blend is specifically formulated to help calm the mind and prepare the body for restful sleep, which can be beneficial as part of an aromatherapy massage experience.

*Overall, incorporating doTERRA's Serenity essential oil blend into an aromatherapy massage can provide a calming, relaxing experience that helps reduce stress and promote better sleep.*



## CBD MASSAGE

Additional \$20

**Reduction in Tension and Muscle Relaxation**

The cannabinoids in CBD massage oil help ease and relax the muscles, reducing overall tension in the body.

**Relief from Chronic Pain and Inflammation**

CBD is an effective way to manage chronic pain, arthritis, back pain, and other conditions by reducing inflammation and soothing muscles.

**Alleviation of Anxiety and Stress**

The calming, soothing effects of CBD can help reduce symptoms of anxiety and promote relaxation during the massage.

**Skin Benefits**

CBD is a natural moisturizer that can help improve skin conditions like eczema, acne, and dry skin.

**Mood Boost**

The combination of massage and CBD can provide an elevated sense of relaxation and well-being, boosting overall mood.

**Improved Sleep**

The calming properties of CBD can help prepare the body for more restful sleep.

*Overall, incorporating CBD into a massage can enhance the benefits of massage therapy, providing greater relief from pain, tension, anxiety, and improved skin and mood outcomes.*