

dōTERRA for Athletes

In the world of sports, essential oils have many benefits for athletes. A university with an NCAA Division I athletic program now works with dōTERRA to receive instruction on essential oils and the AromaTouch® Technique. All of their campus training facilities have implemented dōTERRA products into their training and physical therapy approaches with impressive results.

The Training

To help the trainers understand the benefits of dōTERRA products, the university welcomed more information and training on essential oils. The trainings focused on oils such as Deep Blue®, dōTERRA Breathe™, Lemongrass, White Fir, Lavender, and dōTERRA On Guard®. dōTERRA shared tips with the full staff of athletic trainers about how to dilute for sensitivity with Fractionated Coconut Oil, and the uplifting benefits of diffusing essential oils. The trainers, in particular the Coordinator of Football Performance, were impressed with the idea of first working oils such as White Fir and Lemongrass deep into the tissue with manipulation, and afterward applying the Deep Blue Rub.

Another significant challenge many athletes face is how to manage stress effectively. Balancing the emotional and physical demands of a taxing schedule can be tricky for students. The trainers had a particular interest in learning about the AromaTouch® Hand Technique to help relieve some of that

tension. Samples of Lavender and other oils were also given to the trainers. One trainer shared, “Athletes often ask us for something to help them relax and sleep better. It’s not something you might always think about when dealing with sports. And I’m happy to be able to offer an athlete a natural solution first.” As they began to use the products, many trainers came back with questions about how they could better benefit from the products, not only to help those who already had problems, but also how they could use them to keep their athletes healthy.

The Impact

Not surprisingly, Deep Blue® is now a favorite of most of the athletes, from the gymnasts on the balance beam to the football players on the field. The runners especially love Deep Blue rub to quickly get the relief and support they need. They quickly feel the powerful effects of Deep Blue and it helps them to keep going during training and therapy. The head trainer for the track team says, “When they put on the rub, they feel the warmth for a long time. This helps our athletes feel better physically and mentally.” One football player added, “Deep Blue works so well! I use it before and after my workouts and it helps me finish my workout strong.”

During the initial product training session athletic trainers asked about the benefits of diffusing essential oils aromatically. Once trainers started setting up their Aroma Lite diffusers with a blend of doTERRA On Guard® and doTERRA Breathe™ in the training rooms, athletes and trainers alike noticed a big difference in the smell and positive atmosphere. One trainer in particular came back after a recruiting trip and immediately noticed a change. He says, “The football training room has never smelled so good—I had to know what had changed.” Once he found out that the diffusers made the difference, he asked if there was any way he

could get three diffusers for his home. Other trainers also implemented what they were learning at home—the head football trainer even uses the hand technique and Lavender to help his daughter relax and get a better night's sleep.

The Benefits

From the outset trainers were anxious to learn about the safety and benefits of essential oils, knowing that when they can pass along the benefits of a powerful, natural product to their athletes it makes a real difference. Over time, the trainers' confidence in essential oils has grown as they have used the products themselves and seen the performance of their athletes improve. The Director of Sports Medicine says, "I love the changes I am seeing with all our teams as they continue to use the products and learn more. We've seen a difference in the general atmosphere of our training rooms and our athletes are experiencing the benefits of essential oils thanks to doTERRA. The effect isn't something I had expected but I'm very pleased with the result."

Tips To Improve Athletic Performance Pre-and Post-Workout

- Whatever sport you participate in, trainers recommend using different oils in both pre- and post-workouts.
- Before any workout or therapy use Deep Blue rub, and then reapply post workout.
- An AromaTouch® Hand Technique treatment before or after an event can help relieve tension.
- Pre-workout some runners like to use Peppermint or doTERRA Breathe essential oil for a feeling of clear airways. Apply four to five drops to the chest five minutes before exercise or an event.
- For improved confidence, use doTERRA Balance™ essential oil.

- Post workout, place four drops of Lemon into 16 ounces of water and drink, then apply Lemongrass to calves.
- Also try White Fir, Wintergreen, and Frankincense essential oils during post workout for muscle tension.

PRODUCTS USED: White Fir, Lemongrass, doTERRA Breathe™, Lavender, Deep Blue®, Deep Blue rub, Fractionated Coconut Oil, Aroma Lite diffuser, AromaTouch® Kit, doTERRA On Guard®, and doTERRA Breathe Throat Drops.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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