

dōTERRA®

Toxic Load:

What Are You Putting
on Your Skin?



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The Toxic Load Problem

To some degree, toxins have always been a part of life.

A toxin is any substance that places undue stress on the body. But they haven't always been as prevalent and pervasive as they are today. Toxins are hidden in the everyday world around us. They sneak into cleaning products, food, the air, and more.

A toxin here and there might not seem like such a big deal—after all, the human body is designed to filter and remove toxins. It starts with the mucous membranes that line your nose, mouth, and throat, which are meant to trap foreign particles. Inside your digestive tract, trillions of microorganisms called probiotics—good bacteria—maintain digestive efficiency and support your immune system's ability to respond. Finally, the liver and kidneys identify and eliminate toxins from your blood.

The problem today is that we're almost constantly being exposed to toxins. Toxic load is a term used to describe the sum of toxins, accumulated within your body, and the burden they place on organs at any given time. The more toxins you're exposed to, the heavier your toxic load becomes, as they accumulate. If your toxic load becomes too heavy for your body, it can affect daily and long-term health. Toxins can cause imbalances, have negative effects on wellness, and influence overall health.

Unfortunately, as your toxic load increases, your body becomes less efficient at managing toxins it encounters. Just when you need your body to be functioning at its best, it's hindered and slows down, which can lead to negative side effects. But when your toxic load is light, your body is more efficient and effective at tackling toxins. When functioning properly, your body is a toxic load-minimizing machine.

Some exposure to toxins is inevitable. It's impossible to avoid them entirely. Rather, the goal should be to keep your toxic load as light as possible so your body can handle the



toxins it encounters. If you can keep your toxic load light by minimizing exposure to unnecessary toxins, your body will be faster and more effective at doing what it's designed to do with toxins that do come your way. The good news is you control what you bring into your home. You can't control every toxin you come in contact with, but you do get to choose what comes into your space.

What are you putting on your skin?

The skin is your body's largest organ and one of its best filters, but the skin can have a hard time doing its job if you lather it in questionable products day after day. In the process of trying to help your skin look, smell, and feel beautiful, you might be inadvertently increasing your body's toxic load. From perfumes and makeup to lotions and shampoos, many personal care products contain potentially harmful chemicals.

Reducing the toxic load in your home is a process that happens one step at a time. Below are three easy steps to walk you through the process of lightening your toxic load by examining the products you use on your body.

1. Identify toxins.
2. Ditch and switch.
3. Feel your best with the power of nature.



How to Remove Toxins from Your Personal Care Routine



1. Identify toxins

Have you ever read the ingredients labels on your personal care products? According to the EWG, American women use an average of 12 personal care products that contain more than 160 chemicals. Men, on average, use six personal care products that have more than 85 chemicals.

The first step toward lightening your toxic load is identifying where toxins are hiding, like in the products you put on your skin. Take a close look at the products you're regularly using. It'll be easier to plan on how to reduce and remove toxins from your personal care routine if you first know what products they're in.



2. Ditch and switch.

Once you've taken a closer look at the products you've got, you need to decide what you're comfortable keeping and what needs to go. You might be wondering, "What happens if I throw this all away? I still need to wash my hair, clean my face, and moisturize dry skin. And I don't want to smell like BO all the time."

The good news is natural deodorant, skin care products, and hair care can be used the same way as what you have now. In fact, ditching fragrance-ridden, synthetic personal care products for natural alternatives is probably one of the simplest and smoothest transitions you can make to reduce your toxic load. Even perfume can be replaced with pure essential oils. Create your signature aroma using the best, purest scents nature has to offer.

With pure essential oils and essential oil-infused products, it's easy to say goodbye to toxins and hello to nature. Below are a few favorites for doing so.

dōTERRA® Hair Care Line

The dōTERRA Hair Care Line is free of sulfates, silicones, phenoxyethanol, phthalates, and parabens. Instead, it's full of natural ingredients, chosen to help nourish, nurture, and care for your hair. Of course, it also includes amazing CTPG® essential oils.



dōTERRA Protecting Shampoo

dōTERRA Protecting Shampoo is sufficiently gentle for daily use and safe for color-treated hair. It softly removes hard water minerals, pollutants, and styling product residue from your hair, leaving it looking shiny, full of life, and restored. Revitalizing and nourishing, this shampoo includes quinoa protein to strengthen and protect your hair. It also has Peppermint, Eucalyptus, Tea Tree, and Spearmint essential oils, which combine to provide a refreshing, energizing aroma on top of topical benefits.



dōTERRA Daily Conditioner

With a pure formula that's designed for everyday use and to preserve color vibrancy, dōTERRA Daily Conditioner rinses clean and leaves your hair hydrated. It smooths hair so it's soft, silky, and frizz-free without buildup. The conditioner also contains Peppermint, Eucalyptus, Tea Tree, and Spearmint essential oils—minty, clean, and fresh!



dōTERRA Leave-In Conditioner

Showing your hair more love and care begins with your shampoo and conditioner, but it doesn't end there! Keeping your hair looking healthy means protecting it from heat hairstyling and the demands of daily life. You need to keep your hair hydrated and nourished, which is easily done with dōTERRA Leave-In Conditioner. Simply spray this on your hair, and that's it! It's a clean, no-rinse formula that detangles, softens, and locks in moisture. Wild Orange, Lime, Blue Tansy, and Magnolia essential oils, as well as osmanthus extract, leave your hair smelling divine.

Veràge® Skin Care Line

Veràge is a natural skin care line, made with only the best natural ingredients: dōTERRA essential oils, emollients, and plant extracts, which leave your skin feeling nourished and hydrated. Using the same stringent standards found in our CPTG® essential oils, the ingredients in Veràge are of the highest quality and purity. Each product in the collection contains plant extracts that have been extensively researched and shown to promote youthful-looking skin.



Veràge Cleanser

As the first step in a Veràge skin care regimen, Veràge Cleanser leaves gently lifts dirt and makeup away, while also reaching deep into your pores to purify the skin. Infused with CPTG® essential oils Wild Orange, Tea Tree, and Basil, this natural gel formula cleanses and invigorates the skin, while emollients nourish and hydrate, leaving you with a glowing, youthful-looking complexion. Vital amino acids, lipids, and fructose provide nutrients that help keep the skin looking hydrated and healthy.



Veràge Toner

The hydrating Veràge Toner fortifies and refreshes the skin and invigorates the senses for an energizing boost and a glowing complexion. With witch hazel, aloe, and other beneficial skin care ingredients (including Ylang Ylang, Cypress, and Coriander essential oils), this toner refines and tightens the pores and improves texture and clarity when used daily. The second step in the Veràge Skin Care Collection prepares your skin for the rich emollients and nutrients found in the last two steps.



Veràge Immortelle Hydrating Serum

Infused with the Immortelle Anti-Aging Blend, Veràge Immortelle Hydrating Serum includes Frankincense, Sandalwood (Hawaiian), Lavender, Myrrh, Helichrysum, and Rose essential oils. It also includes a special lipid complex. Harnessing a natural yet scientific approach to skin hydration, this lipid complex goes above and beyond a typical moisturizing serum by using lipids like those found in the skin when at its peak of optimum health and youth. Veràge Immortelle Hydrating Serum is an innovative, highly effective formula that produces results you can see and feel.



Veràge Moisturizer

As the final step in the Veràge Skin Care line, Veràge Moisturizer combines CPTG® essential oils Jasmine, Geranium, and Juniper Berry with plant extracts for deep hydration and skin nourishment. Using advanced plant technology, this light, non-greasy moisturizer absorbs quickly, but it hydrates deeply with rich shea butter and emollients.

Yarrow|Pom

Yarrow|Pom is a blend of yarrow essential oil and cold-pressed pomegranate seed oil. Yarrow|Pom offers powerful internal antioxidant support and can be used both topically and internally.*

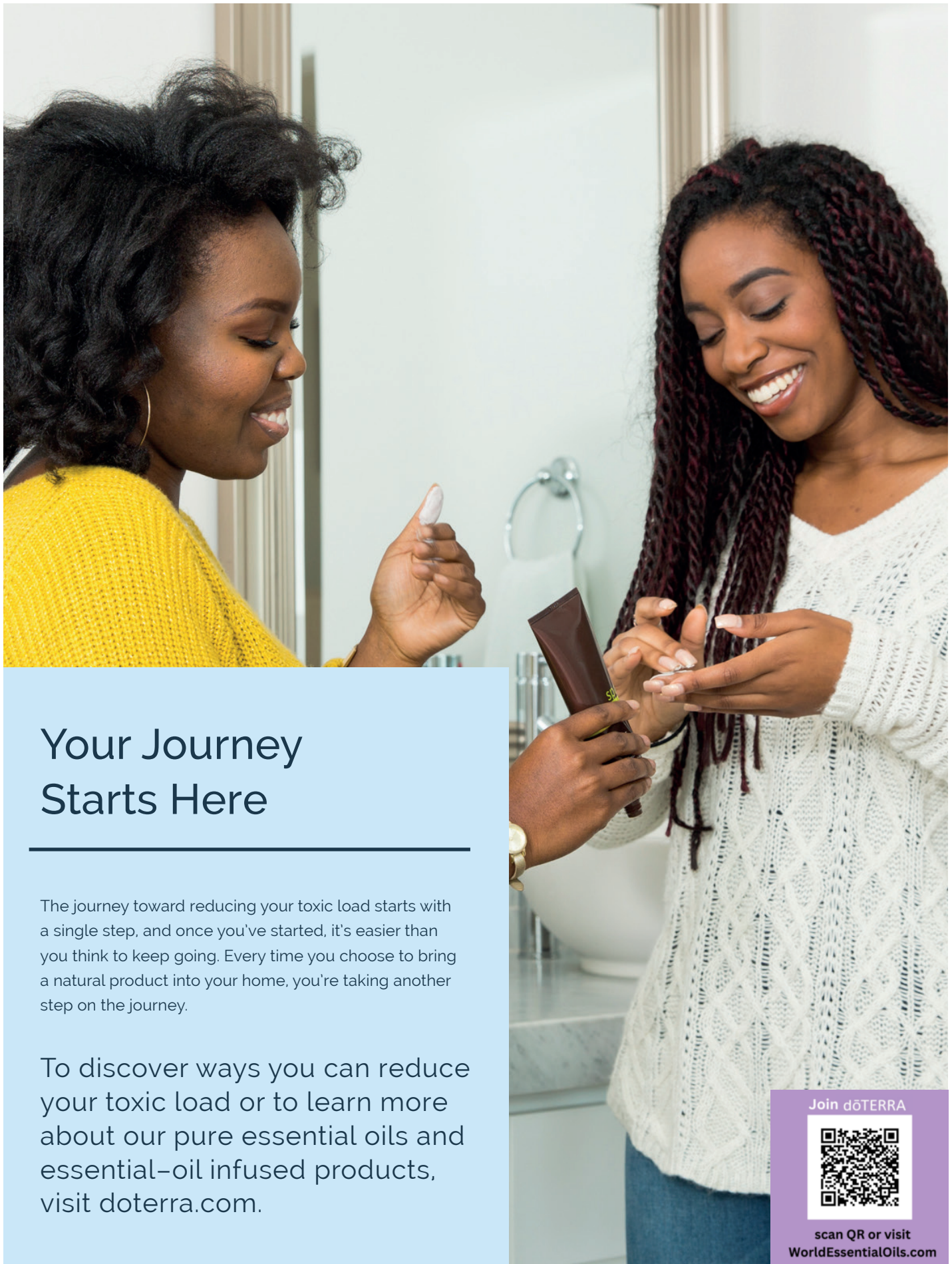
When taken internally, it can help activate skin-protecting proteins that inhibit elasticity breakdown and promote collagen production.* Topically, Yarrow|Pom is nourishing to the skin with a smoothing, rejuvenating, and revitalizing effect. With Yarrow|Pom, you'll be glowing from the inside out.



3. Feel your best with the power of nature.

dōTERRA offers all-natural lotions, skin care lines, hair care products, natural deodorants, and more. As previously mentioned, you don't have to learn anything new to use these products. The difference is you won't worry every time you put on deodorant in the morning or wash your face or lather lotion into your skin after a shower. Having confidence and trust that the personal care products you use are clean and natural—this peace of mind alone will help as you work to feel your best.

By being intentional about the products you put on your body, thus lightening your toxic load, you can reduce the toxins in your life and help your body function at its best.



Your Journey Starts Here

The journey toward reducing your toxic load starts with a single step, and once you've started, it's easier than you think to keep going. Every time you choose to bring a natural product into your home, you're taking another step on the journey.

To discover ways you can reduce your toxic load or to learn more about our pure essential oils and essential-oil infused products, visit [doterra.com](https://www.doterra.com).

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