

Optimized Pleasure



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"A supportive guide to to optimize your intimate life"



Please keep in mind, in order to receive optimum results and for safety precautions, we recommend to only use doTERRA's CPTG oils, especially during internal usage.

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Questions and Answers



Are some oils hot? Keep in mind, oils vary in their sensitivity to the skin. Be sure to combine with a carrier oil to ensure comfort.

Can oils be used internally during pleasure? When selecting which oils can be used internally, please be sure to only use doterra's essential oils due to purity and safety standards.

When an oil is recommended to be used topically throughout this E-Book, how should I apply?

Apply 1-2 drops to the reflex points on the feet(inner and outer ankle), lower back, thyroid, liver, kidneys, gland areas, the center of the body or both sides of the spine and clavicle area. Add

**Or combine 1-2 drops of essential oil with 1 tablespoon of fractionated coconut oil and use in
massage**

Cinnamon

Low libido, warming to the body, sexual stimulant



Increases circulation to genital area and promotes sexual harmony

Emotionally supports body shame, jealousy, sexual abuse, sexual repression, or overactive sexuality

This oil can be used aromatically or topically (be sure to combine with a carrier oil)



Clary Sage



Supports emotional stress, hormonal imbalance, supports impotence, fertility concerns, and mood swings

Releases inhibitions

This oil can be diffused, applied topically, or taken internally



Geranium



**Calms agitation,
supports hormonal
imbalance, increases
libido**

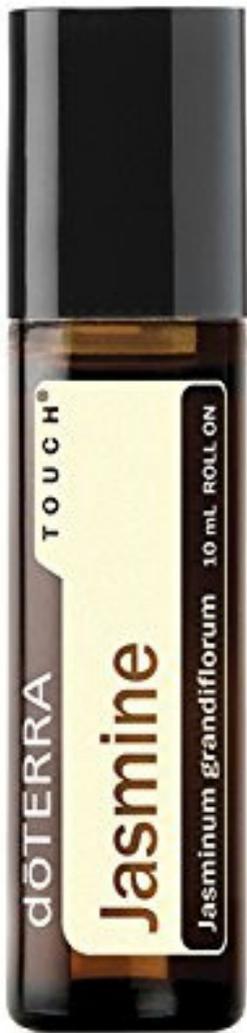
**Emotionally: supports
heavyhearted, feelings
of abandonment, and
trust.**

**This oil can be used
topically or
aromatically**



Jasmine

**Aphrodisiac,
frigidity/increases libido,
hormonal imbalance**



**Diffuse to help overcome and
heal from sexual
trauma/repression/fixation,
uplift emotions, and promote
powerful, inspirational
relationships.**

**Apply over sacral chakra/just
below the belly button to
bring more creativity,
sensuality, intimacy and to
release any guilt and shame**



Rose



Aphrodisiac, frigidity/low libido, impotence, supports hormone imbalances, and helps with erectile dysfunction

Emotionally: Opens heart

This oil can be diffused or applied topically



Sandalwood



**Aphrodisiac,
supports
emotional balance**

**Heightens sexual
response and
climax**

**This oil can be
diffused or
applied topically**



Whisper

**Aphrodisiac, Frigidity,
Hormonal Imbalance**



**Emotionally: balances female
energy, repressed sexuality**

**Can be used aromatically or
topically**

**Add 5-6 drops in 1tbs
fractionated coconut oil for
massage**

**Diffuse or wear as perfume
(Contains patchouli,
bergamot, hawaiian
sandalwood, rose, jasmine,
cinnamon bark, vetiver, ylang
ylang, labdanum, cocoa bean,
vanilla bean**



Ylang Ylang



Aphrodisiac, supports low libido and erectile dysfunction, improves hormonal imbalance, and assists in calming/relaxation.

Emotionally: Relieves sadness and stress and increases playfulness

This oil can be diffused or applied topically



Aphrodisiacs

- **Sandalwood (aromatic or topical)**
- **ylang ylang (aromatic or topical)**
- **Rose (aromatic or topical)**
- **Jasmine (aromatic or topical)**
- **Whisper (aromatic or topical)**
- **cinnamon (aromatic)**
- **Ginger (aromatic or topical)**
- **Clary Sage (aromatic or topical)**
- **Topical application: Apply to neck, temples, or wrists.**



"Get Things Going" Recipes

Combine and Apply to Inner Thigh

- 10 drops ylang ylang – healthy libido, endocrine function
- 10 drops cypress – increases circulation
- 5 drops lavender – aids with full expression of pleasure
- Combine with 1 tablespoon carrier oil

Combine and Apply to Inner Thigh

- 10 drops ylang ylang
- 6 drops patchouli
- 5 drops clove
- 6 drops wild orange
- 2 drops clary sage.

Combine with 1 tablespoon carrier oil

Combine and mist room and linens

- 2 drops ylang ylang
- 2 drops clary sage
- 1 drop lemongrass
- 2 drops sandalwood

Combine with 2 teaspoons witch hazel and mist on bed linens and air.

Hormone Support For Her

- **Clarycalm on wrists and lower abdomen**
- **Grapefruit Internally**
- **Phytoestrogen & Mito2Max capsules twice a day**

Frigidity (lack of sexual drive or inability to enjoy sexual activities): clary sage (A,T), ylang ylang (A,T), Whisper (A,T), Rose (A,T)

Hormonal Imbalance: Clary sage (A,T), Clove (A), Ylang Ylang (A,T), Clary Calm (A,T), Whisper (A, T)



Hormone Support For Him

**Impotence (erectile dysfunction):
Clary sage (T, I), Clove (T,I), Rose (T,I),
Ginger (T,I), Sandalwood (T,I)**

**Low Libido: Ylang Ylang (A, T),
Elevation (A,T)**



Increase Your "Go"

- Balance (rooted in being) –bottom of feet
- Cassia (drive) - lower abs
- Bergamot (worthiness) – upper abs
- Geranium (trust) - center of chest
- Spearmint (confident speech) – on throat

Ecstasy Extender

2 tsp aloe vera gel

1 tsp grape seed oil

1/8 tsp lecithin

1/2 tsp vitamin E

5 drops clary sage

3 drops ppermint

3 drops cypress

2 drops lime

Add all ingredients to a glass

container and shake well before use

Relaxation Bath Recipe

In the bath

- 5 drops lavender**
- 5 drops balance**
- 5 drops ylang ylang**

Mineral Bath Recipe

3 cups mineral rich sea salt

1 cup pink himalayan sea salt

1 cup dried rose petals

5 drops rose oil

5 drops jasmine oil

**In a large metal or glass bowl
combine the salts. Add oils and mix.
Add rose petals and stir gently and
store in a metallic/glass container**



Massage Oil Recipes

Seductive Spice Edible Massage Oil:

**1/2 Fractionated Coconut Oil
5 drops cinnamon oil
15 drops wild orange
5 drops cardamom essential oil**

Tropical Island Edible Massage Oil:

**1/2 Cup Fractionated Coconut Oil
20 drops ginger essential oil
20 drops lime essential oil**

Sensual Floral Edible Massage Oil:

**1/2 Cup Fractionated Coconut Oil
10 drops lavender oil
20 drops lemon oil
2 drops ylang ylang essential oils**

Whipped Body Butter

**1 cup coconut oil
1/3 cup olive oil
3 drops cinnamon oil
3 drops citrus bliss
3 drops ylang ylang
3 drops console**

Combine coconut oil (can heat to liquid for measuring accuracy and harden) Add olive oil and mix until fluffy. Add essential oils and store in a mason jar for up to 6 months.



Additional Recipes

Sensual Lubrication

3 tbsp solid coconut oil mixed with:

- 10 drops melaleuca – cleansing
- 10 drops ylang ylang – libido
- 10 drops lavender - soothing
- 5 drops clary sage - libido
- 3 drops black pepper - circulation

"On the Banana" Blend

3 tbsp solid coconut oil mixed with:

- 5 drops clary sage: endocrine system support, enhances libido
- 3 drops peppermint - invigorating
- 3 drops cypress - circulation
- 2 drops lime - enlivening



Sexual Healing Support

Apply on Lower Abdomen:

- **Citrus bliss** – to naturally balance the sacral chakra (center of creativity, relaxation, and sexuality)
- **Ylang Ylang** – for vulnerability and openness
- **Cinnamon** – for sexual harmony
- **Console** – to help with trauma

(also great to diffuse these!)

For scar tissue: use frankincense and sandalwood internally



50 Shades Options

DOMINANCE

**Cassia on solar plexus- stepping into
self-assured power**

Submission

**Wintergreen on top of head—
surrender, letting go**

Sensation play:

Cinnamon = HOT HOT HOT

Peppermint = cool... brrr...

(have FCO handy)



What's Next?



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