



Tri - City
CHRISTIAN ACADEMY

Dear Parent/Guardian;

As you know, school can be hard and stressful for many of our students. This year we are offering doTERRA essential oils for 3 common issues affecting students.

“If you have ever enjoyed the scent of a rose, you’ve experienced the aromatic qualities of essential oils. These naturally occurring, aromatic compounds are found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant. Essential oils give plants their distinctive smells, essential oils protect plants and play a role in plant pollination. In addition to their intrinsic benefits to plants and their beautiful fragrance, essential oils have long been used for food preparation, beauty treatment, and health-care practices.” At TCCA we will be using the oils only topically for health-care reasons. A single drop of the oil will be dropped onto the student’s palm and they will rub it on their skin. They will also cup their hands and gently breathe the oil for a few seconds. Their hands will then be washed with soap and water or Germ-X.

This addition to the nurse’s office allows students in some instances to get through the day without having to go home. We are very excited about this non-chemical addition to our care. Below you will find the listing of what we are offering.

Digestzen : DigestZen is a blend of Ginger Rhizome/Root, Peppermint Plant, Caraway Seed, Coriander Seed, Anise Seed, Tarragon Plant, and Fennel Seed essential oils and has been known to soothe occasional upset stomachs.

Breathe : Breathe is a blend of Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf, Ravensara Leaf essential oils and is known to help maintain feelings of clear airways and easy breathing while minimizing the effects of cold symptoms.

Balance : This oil is a blend of Spruce Needle/Leaf, Ho Wood, Frankincense Resin, Blue Tansy Flower, and Blue Chamomile Flower essential oils in a base of Fractionated Coconut Oil and has been known to help with anxiety, mental clarity, & nervous tension.

- All information was taken from www.doterra.com.

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A Ministry of Tri - City Covenant Church