



your fool-proof guide to

Essential Oils



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WELCOME TO

Essential Oils

WHAT ARE ESSENTIAL OILS?

The world of essential oils is huge! There are SO many uses for essential oils, learning about them can be overwhelming. The good news is you don't need to know everything in order to benefit from them! Just start using them and you'll soon become an expert!



Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant. If you have ever walked by a field of lavender, or smelled fresh cut mint, you have experienced the aromatic qualities of essential oils. In addition to the aromatic benefits of essential oils, essential oils provide have many natural properties that can benefit the body in many different ways.

Essential oils are non water-based phytochemicals made up of aromatic compounds. Essential oils are very clean, almost crisp, to the touch and are immediately absorbed by the skin. Pure, unadulterated essential oils are translucent and range in color from crystal clear to deep blue. Essential oils are so small in molecular size that they can quickly penetrate the skin, cell walls, and can affect every cell of the body within 20 minutes.

Essential oils are antibacterial, anticancer, anti-fungal, anti-infectious, antimicrobial, antitumor, antiparasitic antiviral, and antiseptic. Essential oils have been shown to destroy all tested bacteria and viruses while simultaneously restoring balance to the body as well as detoxify the cells and blood. Essential oils contain sesquiterpenes that have the ability to pass the blood-brain barrier, making them extremely effective in the treatment of Alzheimer's disease, Lou Gehrig's disease, Parkinson's disease, and multiple sclerosis.

THE FIRST TRADITIONAL MEDICINE

Essential oils were mankind's first medicine. From Egyptian hieroglyphics & Chinese manuscripts, we know that priests and physicians have been using essential oils for thousands of years! In Egypt, essential oils were used in the embalming process, and well preserved oils were found in alabaster jars in King Tut's tomb. Egyptian temples were dedicated to the production and blending of the oils, and recipes were recorded on the walls in hieroglyphics. Also, there are 188 references to essential oils in the Bible!

WHY ARE PURE, THERAPUTIC GRADE ESSENTIAL OILS SO IMPORTANT?

Sure, you could go online and probably find dirt cheap essential oils, but the quality and effectiveness just isn't there. I've done this before. I once bought a cheap bottle of orange essential oil to make soap. I figured that it would be just as good as my doTERRA essential oils. **Boy, was I wrong.** It barely smelled like citrus and even

after dumping the whole entire bottle in my batch of 24 bars of soap it didn't even have the slightest citrus smell. I knew after that experience that I needed to stick with quality oils in the future.

I've even heard of people who have purchased cheap oils online and become sick from taking them internally, or that they've bought bottles that were already opened. You have to remember that essential oils are incredibly powerful, so it's important to stick with the best of the best.

doTERRA has scientists that perform SIX different tests on their essential oil batches to make sure the quality is at the highest. With these 6 tests, they are able to ensure that their products are pure. They're looking for 4 variables. They make sure they are Pure, Genuine, Authentic, & Potent. doTERRA established a totally different standard with their terminology which is Certified Pure Therapeutic Grade. It's beyond organic, certified pure, free of fillers, pesticides, & foreign contaminants.

ARE THERE ANY PRECAUTIONS WITH ESSENTIAL OILS?

doTERRA CPTG Certified Pure Therapeutic Grade® essential oils can be used safely by your family for a variety of wellness applications. However, there are several safety guidelines that you should follow when using essential oils and essential oil products.

- Be sure to use only pure, therapeutic-grade essential oils and follow all label warnings and instructions.
- If redness or irritation occurs when using essential oils topically, apply a vegetable oil - such as fractionated coconut oil or olive oil - to the affected area.
- Essential oils should not be used in the eyes, inside the ear canal, or in open wounds. In the event of accidental contact with the eye, dilute with vegetable oil NOT water.
- Do NOT consume an essential oil internally unless labeled with a Supplement Facts box with specific dietary supplement, use instructions, and warnings.
- Discontinue the use of an essential oil if you experience severe skin, stomach, or respiratory irritation or discomfort.
- When using on children, apply a very small amount of the oil to test skin or other sensitivity. Do not use oil on a child's hand as they may transfer to their eyes or mouth.
- Consult your physician before using essential oils if you are pregnant or under a doctor's care or have other safety questions regarding essential oils.

It is important to remember that therapeutic-grade essential oils are highly-concentrated plant extracts and should be used with reasonable care. Consulting with someone who has experience with essential oils will make your first experience with essential oils more enjoyable and rewarding. As you learn how to use essential oils through personal experience, share your knowledge with others in a safe and responsible way and encourage others to do the same.

HOW MUCH SHOULD I USE?

The neat thing about essential oils is that **you only need 1-3 drops** when using them! Whether you are applying them to your body, diffusing them into the air, or taking them internally, this small dose will have a POWERFUL effect on the body!

It takes a while to get used to the "less is more" concept with essential oils, but as you feel their effects you'll understand why this is so important.

When applying to children, be sure to use even less, about 1 drop, and dilute it in 1 tsp. of coconut oil. For pets, be aware that they have stronger senses than us, so the "less is more" principle applies to them as well!

The only time I'm using larger amounts (20-30 drops) is when I'm making homemade products like deodorant, toothpaste, sunscreen, Chap Stick, bug repellent, fly spray, etc.

How are essential oils applied to the body?



T TOPICAL

You can apply essential oils on the skin, hair, mouth, teeth, nails, or mucus membranes of the body. When you apply essential oils directly without any kind of dilution, it's commonly referred to as applying the essential oils "neat". Since essential oils are so potent, and because some may irritate the skin, essential oils are often diluted with a pure vegetable oil (it's also called a "carrier oil"). Examples of carrier oils are almond oil, olive oil, jojoba oil, & fractionated coconut oil. 'Fractionated' just means that the oil has been refined so it won't harden up in cold temperatures. You can use regular coconut oil as well.

HOW TO APPLY TOPICALLY:

You can apply essential oils **DIRECTLY** on the area of your skin where you are experiencing issues. What's amazing is that **you only need 1-3 drops!** That's it! Here are some good tips when applying essential oils topically:

- The feet are the second fastest area of the body to absorb oils because of the large pores. Other quick-absorbing areas include behind the ears and on the wrists.
- When massaging a large area of the body, always dilute the oils by 15% to 30% with a carrier oil.
- When applying oils to infants and small children, dilute with a carrier oil. Use 1-3 drops of an essential oils to 1 Tablespoon of fractionated coconut oil for infants and 1-3 drops of an essential oil to 1 teaspoon of fractionated coconut oil for children ages 2-5.
- Use caution when creating your own blends with single essential oils. doTERRA blends have been formulated by experts to have the proper balance of essential oils that are most effective. When applying multiple essential oils, simply layer them over each other by rubbing one oil in the skin, then applying the next, and the next. Since they absorb so rapidly, you don't need to wait more than a few seconds between applying layers!
- You can also apply essential oils topically through massage, compresses, foot soaks, baths, body sprays, body lotions, sunscreens, and many, many other body products!
- Essential oils can be used in Reflexology (applied to various areas of the feet that correspond with systems of the body) or in Auricular Therapy (applied to various areas of the ear that correspond with systems of the body).



A AROMATIC

Essential oils can be applied aromatically, which means you can inhale a fine mist or vapor that have evaporated from the essential oil. Because the amygdala in the brain is connected to smell, this can be a very powerful way to affect memory, hormones, and emotions. Inhaling the essential oils can be also be a quick and effective way to affect the sinuses, larynx, bronchial tubes, and lungs.

HOW TO APPLY AROMATICALLY:

- **DIFFUSION:** The easiest way to apply essential oils aromatically is to put a fine mist into the air with a device called a diffuser. A cool-air diffuser helps break the oils into a micro-fine mist that can cover hundreds of square feet in seconds. Not only can the essential oils freshen the air, they can also extend their antiviral, antibacterial, and antiseptic properties into the room and kill bacteria, mold, & fungus.
- **DIRECT INHALATION:** You can experience the benefits of essential oils simply by opening a essential oil bottle close to your face and inhaling. You can also apply 1-2 drops to your hands, rub them together, cup around your mouth and nose, and take nice slow deep breaths.
- **CLOTH or TISSUE:** Put 1-3 drops of an essential oil on a paper towel, tissue, cotton ball, handkerchief, towel, or pillowcase, hold it close to your face, and inhale.
- **HOT WATER VAPOR:** Put 1-3 drops of an essential oil into hot water, and inhale.
- **VAPORIZER OR HUMIDIFIER:** You can put 1-3 drops of essential oils into your vapor or humidifier, but cool mist types are best, since heat reduces some of the benefits.
- **FAN or VENT:** Put oil on a cotton ball and attach it to ceiling fans or air vents. This can also work in your car!
- **PERFUME or COLOGNE:** Some oils can provide you with emotional & physical benefits and also a wonderful fragrance! Just apply 1-2 drops to the wrists or neck!



I INTERNALLY

Essential oils can be taken even internally, but they must be pure, therapeutic grade only! The FDA has approved some essential oils for internal use, and doTERRA labels the essential oils that are safe with an "I" label on the bottle. There are many ways to take essential oils internally!

HOW TO APPLY INTERNALLY:

- **CAPSULES:** You can place 1-10 drops of an essential oil inside an empty capsule, close the capsule, and then swallow it with some water. You can also dilute the oil by filling the remainder of the capsule with a carrier oil like olive oil.
- **BEVERAGE:** An easy way to take essential oils internally is by adding them to a beverage! This is done by placing 1 drop of essential oil in 1-4 cups of milk or water before drinking.
- **COOKING:** Essential oils can be used in cooking as long as you remember that they are very concentrated! Usually 1 drop is all you need, and sometimes even less! Use a toothpick to add amounts smaller than a drop, then stir into your food. You can use essential oils in marinades, dressings, cakes, cookies, frostings, ice cream, stir fry's...virtually anything! The possibilities are endless!
- **VAGINAL INSERTION:** Essential oils can be diluted in 2-3 tsp of a carrier oil and inserted into the vagina via a syringe. You can also dilute the oils in 1-2 tsp. of a carrier oil, then soak with a tampon and insert and leave overnight.
- **RECTAL INSERTION:** You can place 1-3 drops in a capsule, fill the rest with a carrier oil, and insert into the rectum.

ENROLLMENT KITS

WHAT'S IN AN ENROLLMENT KIT?

Hopefully you were able to purchase an enrollment kit when you signed up! Enrollment kits offer an incredible discount and include the most popular oils. Enrollment kits can cost anywhere from \$150 to \$2500, and can provide you with a great startup collection of essential oils! I spend \$550 on my first kit, and I was nervous at first to spend so much on essential oils, but when I look back and see that we used to spend \$9,000 a year on deductibles & co-pays for our insurance, and now we spend less than \$1,000, it's **TOTALLY WORTH IT!** It even convinced my uber-frugal husband, and if that's not a miracle, I don't know what is!

The bigger the kit you purchase, the better the discount you will receive! My favorite is the Natural Solutions Kit. I started with that kit 2 years ago and I still even have some oils from the original kit! Essential oils last a LONG time! They start to gradually lose their effectiveness after 10-15 years, but are still completely usable and never really go "bad". This made me feel more comfortable when making my first big purchase. I knew I could use them for a long time! [CLICK HERE TO VIEW ALL THE KITS](#)



IF YOU STILL HAVEN'T DECIDED ON WHICH KIT TO PURCHASE, [CLICK HERE TO SEE MY VIDEO ON HOW TO CHOOSE A KIT THAT'S RIGHT FOR YOU!](#)



WHAT IS THE LOYALTY REWARDS PROGRAM?

The Loyalty Rewards Program (LRP) is an AWESOME way to earn free points you can use to buy products! Basically, doTERRA rewards you when you purchase monthly. Ordering your essential oils through the LRP program is completely optional, but I highly recommend it!

When I reorder my essential oils, I ONLY order through the Loyalty Rewards Program, because I can earn so much back in products! Because it's on autoship, it's a great hassle-free way to purchase oils. You can change your autoship order at any time and order different products each month. **BONUS:** When you order through the Loyalty Rewards Program, you also can qualify to get the FREE product of the month and FREE shipping points to use for future purchases.

HOW DOES IT WORK?

Each month you order, you earn product points! You start out earning 10% back in product points, and then it rises up as the year progresses. After a year of ordering monthly, you are now earning back 30% each time you order! That's a HUGE savings! On top of that, you get refunded back for shipping in the form of more loyalty rewards points!

Months 1 to 3	Months 4 to 6	Months 7 to 9	Months 10 to 12	Months 13+
10%	15%	20%	25%	30%

WHAT DOES IT COST?

Nothing. Zilch. Nada. Just a stellar way to get free stuff, and you can cancel at any time.

IS THERE A MONTHLY MINIMUM PURCHASE REQUIREMENT?

To continue to rise in percentage each month, you need to purchase at least \$50 (50 PV) per month. If there is a month that you don't need anything, then you can just "hold" your spot by purchasing *something*. Even if it's a \$4 tube of chap stick, it still counts and "holds" your spot in the LRP program.

WHY I LOVE THE LOYALTY REWARDS PROGRAM

It seems like there are always products I want to try, so I treat my LRP order like my own personal wish list. I add things I want to purchase, then when I get a reminder email 3 days before it's about to ship, I login and change my order depending on what I need that month. I love always having free points to purchase products!

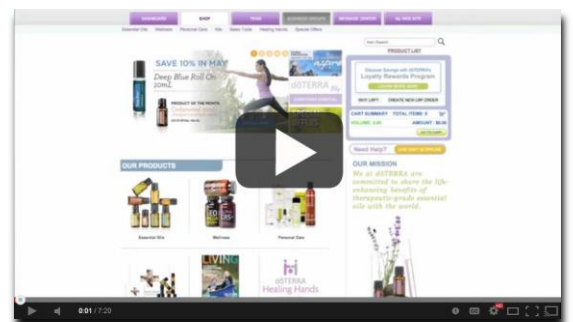
HOW DO I START?

It's easy! Just go to this video to learn how to set up your FIRST LRP Order! This video really makes setting up your first order fool-proof!

[CLICK HERE TO WATCH THE VIDEO!](#)

WELLNESS ADVOCATES – [CLICK HERE TO START YOUR FIRST LRP ORDER!](#)

PREFERRED MEMBERS – [CLICK HERE TO START YOUR FIRST LRP ORDER!](#)



DOTERRA TERMINOLOGY

What is PV?

PV stands for product volume or personal volume. It is a point system that is used for all doTERRA products. For all the essential oils, \$1 = 1 PV. However, some of the other items (such as skincare or toothpaste) have a slightly different ratio. If you are trying to qualify for a promotion, just be sure to check the PV total in your shopping cart before you check out, as it may be slightly different than dollar amount total.

What is OV?

OV stands for overall volume. This is the volume of orders of everybody on your team. If you plan on building a business with doTERRA, this term will become very familiar to you☺

What is LRP?

LRP stands for the Loyalty Rewards Program that I explained on the previous page! It's the best way to add products to your wish list as well as earn product points and free oils!

DOTERRA MONTHLY SALES & PRODUCTS OF THE MONTH

SAVE 10% THIS JULY

Black Pepper
Piper nigrum

PRODUCT OF THE MONTH
LAVENDER
Lavandula angustifolia
(5mL)

DETAILS HERE

SAVE 10% IN JANUARY

REVEAL FACIAL SYSTEM

PRODUCT OF THE MONTH
WILD ORANGE
Citrus sinensis
(\$ 14.00 RETAIL VALUE)

DETAILS HERE

Each month, doTERRA has a **product on sale** and a **product of the month**. To get the product of the month for free, you need to purchase 125PV or more on your LRP order before the 15th of the month. These monthly sales & products of the month are so anticipated that people stay up until midnight on the last day of the month to see the next month's promotion!

Sometimes I take advantage of these sales and sometimes I don't, but I recommend you keep an eye out for these each month so you can take advantage of these specials when a product comes up that you just HAVE to HAVE!

Getting to know your
Essential Oils



LAVENDER

T TOPICAL **A** AROMATIC **I** INTERNAL
🔴 DILUTE FOR CHILDREN/SENSITIVE SKIN

Lavender is the most versatile of all essential oils. Most commonly known for its relaxing effects on the body, therapeutic-grade lavender has been highly regarded for the skin. It may be used to cleanse cuts, bruises and skin irritations. The fragrance is calming, relaxing and balancing – physically and emotionally. Carrying a bottle of lavender around with you is like having your own personal first aid kit, perfume and pick-me-up.

Agitation or Anxiety | Apply topically by itself or in a carrier oil to the chest, soles of the feet or top of the head to calm agitation or anxiety. Or use aromatically by adding it to a bath.

Allergies | Use topically alone or in a carrier oil on allergic skin reactions or apply to the chest or soles of feet for seasonal allergy support. You can also diffuse or inhale for more systemic support.

Appetite (Increase) | Appetite loss due to stress, depression or illness may be increased by using it aromatically.

Arrhythmia | Uses for lavender essential oil include aromatically or topically to the chest support a steady heartbeat.

Atherosclerosis | Use aromatically to support heart health.

Blisters and Boils | Apply topically (with or without a carrier oil, depending on skin sensitivity) directly to the site.

Breasts | Massage topically (with or without a carrier oil, depending on skin sensitivity) to soothe tenderness, swelling, engorgement, etc.

Bug Bites | Apply topically (with or without a carrier oil, depending on skin sensitivity) directly to the site.

Bug Repellent | Apply topically to the body help repel gnats, mosquitos and midges.

Burns | Pure lavender oil has long been used for healing burns. Apply directly to the site, or use in a very light, non-greasy carrier such as aloe, immediately and every few hours while healing.

Calming | Whether you're stressed, overwhelmed, angry or otherwise, lavender oil can be used aromatically or topically to calm nerves and emotions.

Cancer | Apply topically (with or without a carrier oil, depending on your skin sensitivity) directly over the site. Also use aromatically to promote well-being.

Chicken Pox | Used topically over the pox pure lavender oil can help soothe itchy skin and promote faster recovery from this viral infection.

Cold Sores | Dilute 1 drop of lavender to 10-15 drops of coconut oil and apply directly to the cold sore.

Concentration (Distraction) | Lavender can help you to feel more grounded and focused, helping you concentrate and think clearly when used aromatically throughout the room or home, or just on your body.

Convulsions | Use topically to help soothe the nervous system and support balance in the body.

Crying (Uncontrollable) | Uses of lavender essential oil for its calming and soothing effects can help balance overwhelming emotions in healthy ways.

Cuts | Apply lavender topically to aid in healing and prevent infection.

Dandruff | Apply topically for its antifungal properties (dandruff is often caused by a fungal/yeast infection) and to soothe dry, irritated skin and balance pH levels on the skin.

Depression (including Postpartum) | Apply topically, diffuse in the air (or inhale directly), or take internally as described above.

Detox | Use with a carrier oil and massage toward the heart to increase the lymphatic system.

LAVENDER (CONTINUED)

Diabetic Sores | Can assist in preventing gangrene and other infections with its anti-everything properties when used topically.

Diaper Rash | Dilute 10 drops of lavender oil to 1 TB carrier oil.

Diuretic | Apply topically to the reflex points for the urinary system, over the lower abdomen and on the soles of the feet.

Dry Lips | Dilute 1-2 drops in 1 tsp of coconut oil and apply to the lips as needed.

Dysmenorrhea (Menstrual Pain) | Apply directly to the lower abdomen, over the reflex points of the feet (heels and ankles) as needed.

Exhaustion | Uses of lavender essential oil topically will promote relaxation and restfulness, as well as grounding and balance.

Fever | Can be applied topically to assist the body in fighting infection and increase immune response.

Gangrene | Apply topically to the area of concern to help increase immune response and tissue health.

Gas/Flatulence | Can be taken internally as described above, or applied topically to the entire abdomen in a clockwise motion.

Giardia | Use pure lavender oil topically over the small intestines or take internally to fight parasites.

Grief | Apply topically or use aromatically to assist the grief process and provide a centering, grounding effect on the spirit.

Hair (Dry, Fragile, or Loss) | Use topically on your hair, either added in your shampoo, or add approx. 15-20 drops to 10 oz. purified water to soak follicles and scalp.

Hay Fever | Apply topically to the skin (chest or reflex points) to be absorbed into the body, calming the nervous system and increasing the immune response.

Herpes Simplex | Pure lavender oil and its antiviral properties may heal outbreaks when used topically.

Hyperactivity | Diffuse in the air or apply topically to the chest or reflex points of the hands or feet for a calming, grounding effect.

Impetigo | Uses of lavender essential oil include applying topically to impetigo sites to fight infection, soothe skin irritation and aid in healing.

Inflammation | Use topically to soothe inflamed cells, fight infection and promote a faster immune response to healing.

Insomnia | Whether mild or severe, lavender oil increases relaxation response of the nervous system when used topically or aromatically. You can also place 1-2 drops on your pillow.

Itching | Whether from an allergic reaction, a big bite or an unknown cause, using lavender topically can help soothe the nervous system.

Jet Lag | Used topically, it can assist in a grounding feeling and promote deep relaxation.

Mastitis | Dilute 4 drops of oil in 1 tsp of carrier oil and massage gently into breast tissue.

Menopause | Apply topically over the lower abdomen, chest and soles of feet or diffuse aromatically to assist in balancing hormones.

Mental Stress | Diffuse in the air or apply to the reflex points of the feet (toes and beneath), to the chest and the top of the head.

Mood Swings | Diffuse pure lavender oil in the air or inhale directly for at least 30 seconds as needed.

LAVENDER (CONTINUED)

Pain | Massage several drops into the areas of pain gently. Gentle massage also has the benefit of overriding pain signals to the brain.

Physical Stress | Whether physical exhaustion, overuse, strain or otherwise, gently massage several drops of lavender into the areas of concern.

Poison Ivy/Oak | Apply topically with or without a carrier oil as recommended for your skin type, and as needed while healing to decrease itching and prevent infection.

Rashes | Use topically as needed to prevent infection, decrease itching, increasing soothing and relaxation and assist the body's healing response.

Rheumatoid Arthritis | Massage into the areas of pain, as needed.

Ringworm | Apply pure lavender oil to the site several times a day until the ringworm clears.

Sedative | Can be used aromatically or topically as a natural sedative.

Seizures | Apply topically to the chest and reflex points on the bottom of feet to help calm the systems of the body.

Skin (Dry, Sensitive, Eczema, Psoriasis, etc) | For severe areas, apply 1 drop or pure lavender oil directly to the skin. Dilute as needed depending on severity and sensitivity.

Stress/Tension (General) | Diffuse in the air, inhale directly or apply topically to the chest or reflex points of the feet.

Stretch Marks | May help prevent stretch marks, as well as decrease appearance of existing stretch marks. Massage into the skin as desired.

Sunburn | Combine 1-3 drops pure lavender oil with each teaspoon of pure aloe vera and massage into the affected areas. (We usually see incredibly fast results from this combination!)

Tachycardia | Use aromatically and apply to the reflex points of the feet and across chest to promote heartbeat regularity.

Teeth Grinding | Uses of lavender essential oil include topically across jaw to relax the muscles and promote tension release.

Teething Pain | Apply 1-2 drops to a teaspoon of carrier oil and apply to the gums. You can also add a couple drops of lavender to a cup of water, wet a washcloth with the solution, freeze and allow the little one to gnaw on the frozen cloth.

Thrush | Pure lavender oil can help fight the fungus that causes thrush when applied topically.

Ticks | Apply directly to the site to fight infection, prevent Lyme disease and promote healing.

Ulcers (Legs or Varicose) | Apply topically to the site to prevent infection and promote healing.

Vertigo | Use lavender aromatically or topically to help ground and balance.

Worms | Apply pure lavender oil topically or take internally as indicated.

Wounds (General) | Apply topically as indicated to prevent infections and increase healing.

Wrinkles | Massage gently into skin as indicated, avoiding contact with eyes. (You can use around eyes, but be careful not to get it IN the eye.)

Other possible uses of lavender essential oil include: Healing from abuse, hernia, post-labor, other sleep issues, withdrawal, aphrodisiac, acne, cramps, indigestion, lowering blood pressure, abscess, nausea, PMS, scarring, water retention, bruises, balance/centering/grounding, bronchitis, earaches, fainting or dizziness, headaches, high blood pressure, hives, flu, laryngitis, mucus, respiratory function, sunstroke, tuberculosis, typhoid fever, whooping cough and cough in general (by gargling a few drops of pure lavender oil in purified water).



LEMON

T TOPICAL **A** AROMATIC **I** INTERNAL

Lemon has antiseptic-like properties and contains compounds that have been shown to boost immune system function. This essential oil has a fresh, zesty aroma that uplifts and energizes the body and mind. Because of its versatility, lemon is definitely one of the most useful essential oils to keep with you at home or on the go. Lemon oil works primarily with the digestive, immune, and respiratory systems, promoting healthy function in the body. Its sharp and sweet scent is undeniable, and one of the easier oils to discriminate quality by aroma.

Air Pollution | Diffuse after painting (or add some to your Low-VOC paint!), during bouts of illness or anytime air quality may be a concern.

Allergies | Mix 2 drops of lemon, 2 drops of lavender, and 2 drops of peppermint with several ounces of water. Swish in mouth and swallow. Repeat as needed.

Anxiety | Place a drop in your hands to inhale, rub a drop into long or short hair, or diffuse through the room during times of anxiety.

Atherosclerosis | Diffuse through the air, or massage with a carrier oil into the chest for faster absorption into the blood stream.

Bites/Stings | Lemon oil promotes healing and decreases likelihood of infection when using a small amount on the site of the bite or sting.

Blood Pressure Regulation | Add a drop to your water or herbal tea, or anytime you're cooking with lemon juice.

Brain Injury | Use a diffuser or add a drop to the shirt collar. Mix with a small amount of carrier oil and massage into neck, shoulders and scalp.

Cold Sores | Add a very small dab directly to the cold sore. Also try diluting it with coconut oil and using it as a lip balm to prevent cold sores during common times of flare up.

Colds | Add a drop to the pillow, diffuse through the room, add several drops to wet clothes before you line- or machine-dry them, or dilute with coconut oil and massage into the chest.

Concentration | Add a dab to your shirt collar while studying or working, rub through your hair or diffuse through a room (great for teachers!).

Constipation | Dilute 1 drop of lemon essential oil to 5-10 drops of coconut oil and massage in a gentle clockwise direction over the abdomen.

Depression | Rub through hair, diffuse in a room, or add a drop to the pillow for the aromatic benefits. Use in massage or add a drop to water or tea throughout your day for topical or internal benefits.

Digestion (Sluggish) | Massage into the abdomen or use lemon essential oil in cooking or in your water.

Disinfectant | Add to your homemade cleaning solutions, add a drop to dishwasher or 3 drops to bathwater, use in the washing machine or over handkerchiefs during cold season, and apply during massage.

Dry Throat | Add a drop to your water, or gargle with warm water, sea salt and a drop of lemon.

LEMON (CONTINUED)

Dysentery | Dilute in a small dollop of coconut oil and massage over the upper and lower intestines and over the lower back to absorb quickly into the blood stream.

Energizing | Massage over the reflex points of the feet and hands, across the neck and chest and add a drop to water throughout your day.

Exhaustion | Massage into the areas of the body you can identify is holding exhaustion (physical, mental or emotional)

Fever | Add a drop to cool fluids, or dilute one drop to 5-10 drops or more of a carrier oil and massage over shoulders, neck, forehead, and into ears.

Flu | Massage into the reflex points of the feet and hands or over the abdomen or aches. Diffuse in the room, add a drop to the pillow or on the clothes for aromatic properties and to help fight illness for the rest of the family.

Furniture Polish | Add several drops to a half cup of olive oil or beeswax.

Gout | Use topically with care, or soak the infected area in warm water with several drops of lemon essential oil. Take internally in water or a tsp of honey 2-5 times throughout the day.

Greasy/Oily Hair | You can take this oil internally to promote internal health which will affect the hair, add a drop to your shampoo, or massage several drops diluted in water into the scalp and hair follicles each time you shower.

Grief/Sorrow | Use this aromatically (adding it to the hair, shirt collar, or diffusing throughout the home), or apply to the reflex points of the feet, especially the toes.

Gum/Grease/Sticker Removal | Apply several drops to gum stuck in hair or to clothing, furniture, etc. Apply over grease stains before washing. Use a drop or more over sticker residue to remove from walls or windows.

Hangovers | Greasy food and more alcohol may help a hangover but they don't exactly make you feel well. Use lemon essential oil in a bath, inhaling directly, add a drop to water (drink lots of water - hangovers are actually said to be dehydration symptoms), or massage into the chest, abdomen or reflex points of feet and hands.

Heartburn | Massage lemon oil across the arches and pads of the feet and down the throat, sternum and stomach.

Intestinal Parasites | I suggest using lemon in your water or tea daily to treat and prevent parasites. You can also massage over the stomach and intestines and into the feet for faster absorption.

Kidney Stones | Eat, drink or take lemon oil in capsules to fight off kidney stones.

Lymphatic Cleansing | Massage into the body with a carrier oil, moving from your outer extremities toward the heart. Diffuse daily when detoxing is a priority.

MRSA | Lemon's antibacterial properties can be utilized by massaging it directly into the skin for fast absorption to the blood stream.

Overeating | Diffuse or create sachets to place throughout the home, place a dab on your shirt or rub a drop into your hands and then through your hair.

Pancreatitis | Massage into the feet and hands, diffuse or inhale directly, or add a drop to water through the day.

LEMON (CONTINUED)

Physical Energy | Lemon essential oil is very uplifting when used aromatically. Try running it through your hair, adding it to the clothes as you dry them or adding it to baking soda as a carpet deodorizer as you vacuum.

Postpartum Depression | Diffuse through the home during and after birth, dry clothes in several drops of lemon, or rub a drop into your hands and run through hair.

Purification | Great during cold and flu season to diffuse through the home. You can even add a drop to a small pan of hot water on the stove and let the aroma fill the house. (You can then use that lemon water in cooking!)

Relaxation | Although lemon essential oil is known to be uplifting, if energies are running too high it can also bring a person into balance. Diffuse through the air or add a drop or two to a small pan of hot water.

Skin (Tones) | Use carefully (in case of sensitivity) as a skin toner or astringent, even diluting it in purified water and spritzing on the face, avoiding the eyes.

Stress | Add 1-2 drops of lemon essential oil to a pan of hot water and breath in the steam, or add to your shirt collar.

Throat Infection | Diffuse through the room, use in massage, and gargle in warm sea salt with a drop of lemon.

Tonsillitis | Can be used in the same manner as a throat infection.

Uplifting | Diffuse lemon essential oil through the room or drop 1-2 drops into a pan of hot, steaming water to fill the house with the aroma.

Varicose Veins | Very gently massage lemon oil (with peppermint, lemongrass, & cypress) in an upward motion (always toward the heart).

Water Purification | Where clean water (or just good tasting water) is a concern, add a drop of lemon essential oil to each glass of water, stir, let sit for 5 minutes and then drink.

Other possible uses for Lemon essential oil: Fighting food poisoning, preventing scurvy, malaria, lowering blood pressure, liver function, joint problems (such as arthritis), muscle aches, anemia, use as a germicide, red and white blood cell formation, ureter infections, cellulite, clarity, gallstones, strengthening nails, nervous system function, complexion and more.



PEPPERMINT

T TOPICAL **A** AROMATIC **I** INTERNAL

🔥 DILUTE FOR CHILDREN/SENSITIVE SKIN

Peppermint is popular in countless forms—from toothpaste to chewing gum. As an essential oil, it is useful to ease breathing and as a digestive aid. Emotionally and spiritually, peppermint is uplifting and rejuvenating to the heart and mind. It helps a person rise above stress, pain, sadness, or fear, and regain the sense of zest and joy for life and their role in it.

Alertness | Use oil of peppermint to wake up your senses first thing in the morning, or during the mid-day slump by using it aromatically or topically.

Antioxidant | Great for immunity, you can use it aromatically, topically or probably best yet, find empty capsules, add one drop of peppermint and create your own peppermint oil capsules. Or add a drop to a large glass of water.

Asthma | May help open the airways when used aromatically or by rubbing a single drop onto the chest.

Autism | Some parents have found it helps autistic kids balance strong emotions and increase positive feelings when used topically. Dilute one drop in 1-2 TB of coconut oil and dab a little on the chest. Avoid getting anywhere near the eyes.

Bacterial Infections | May help fight off infections when applied over the infection. Be sure you know your own skin sensitivity before apply to already sensitive skin.

Bell's Palsy | Peppermint has been shown to be supportive and regenerative of the nervous system when used topically and aromatically.

Brain Injury | Because of the links oil of peppermint has shown to the nervous system, it's also thought to be helpful with brain injuries when diffused or used topically.

Chronic Fatigue | Peppermint is uplifting and invigorating and will aid in increasing energy levels and alertness. Diffuse through the room or apply to the skin.

Cold Sores | Because of the antiviral properties (described above), oil of peppermint can be dabbed directly onto a cold sore. Only a small amount is needed!

Common Polyps | Use topically (which will allow the oil to be absorbed into the blood stream faster) or take internally, such as in self-made peppermint oil capsules.

Congestion | It's incredible at clearing the sinuses and breaking up phlegm. Inhaling from the bottle, diffusing through the room, using topically or even gargling in warm salty water for sinus drainage causing congestion in the throat.

Constipation | Dilute 1 drop of peppermint in a small dollop of carrier oil and massage the abdomen in a slow, clockwise motion.

Cooling to the body | Rub a small drop or dilute it in oil, or even a small spritz bottle to cool the body down during hot weather. Avoid close proximity with the eyes though!

Cramps | Massage the oil into the muscle with or without a carrier oil, depending on your own skin sensitivity.

Crohn's Disease | Oil of peppermint is incredible for all things digestive, including serious diseases. Take this oil internally, such as adding a drop to your water throughout the day, or massage into the abdomen for faster absorption to your blood stream.

PEPPERMINT (CONTINUED)

Diarrhea | More peppermint oil uses for the digestive system include taking it internally or applying it topically to the abdomen in a counterclockwise direction to soothe the digestive system and help fight any infection with its anti-everything properties.

Dysmenorrhea (Pain during menstruation) | Gently massage oil of peppermint over areas of pain.

Endurance | Because peppermint oil uses for invigoration, using it aromatically may also increase endurance, alertness and increased body (and thus body) function.

Fainting | Peppermint may help revive anyone who has fainted with its strong (even eye-watering) aroma. Just hold the bottle under your nose and you'll see why.

Fever | Because of its antiviral, antibacterial and more properties, using this oil aromatically and internally is beneficial. The cooling affect it has may also help keep the fever from climbing too high.

Flu | Antiviral and antibacterial, it's good for the immune system and can be used any way you'd like.

Gamma Radiation Exposure | No joke. Research published in 2004 by the Journal of Radiation Research found that it was possible to reverse the declines of critical antioxidants and enzymes in the liver and reduced oxidation in the tissues with peppermint oil. Uses include topically and internally. (And I have the strong urge to reference Hulk here but I'll refrain.)

Gastritis | Peppermint oil uses are best known for their soothing the digestive tracts and can be used topically and internally for gastritis.

Halitosis | The best way to use peppermint here is by adding a drop to your toothbrush or digesting a drop in a glass of water.

Headaches | Peppermint oil seems to increase blood flow by dilating blood vessels. Use just a tiny dab over the source of the pain, being careful to avoid the eyes, or use aromatically through the room with a diffuser.

Heartburn | Although oil of peppermint can be taken internally, it's generally suggested to use it topically for heartburn by rubbing it into the chest.

Heatstroke | Rub topically on the back of the neck as soon as heatstroke may be a concern.

Hernia (Hiatal) | You can also use this oil topically over the site of any hernia.

Herpes Simplex | Apply topically (diluting according to your own sensitivity) to any outbreaks for the antiviral effects.

Hives | Can decrease itching when applied topically to the site. I recommend diluting 1 drop of oil in 1-2 tsp of coconut oil to soothe the skin.

Hot Flashes | Peppermint oil uses include a wonderful cooling affect. Use topically or adding to a spritz bottle, avoiding contact with eyes.

Huntington's Disease | Peppermint oil is supportive and may be regenerative to the nervous system. Diffuse aromatically or use topically and frequently.

Hypothyroidism | You can use peppermint topically or aromatically to support a healthy thyroid function.

Indigestion | Soothe the digestive system by taking oil of peppermint internally, massaging into reflex points and over abdomen in a clockwise direction or diffusing in the air.

Irritable Bowel Syndrome | It's suggested to add 1 drop of oil to each glass of water you drink throughout the day. You may also massage it into reflex points or over the stomach.

PEPPERMINT (CONTINUED)

Itching | Peppermint oil uses include soothing itching skin. I'd recommend diluting it in a small amount of coconut oil and gently massaging it into the affected areas.

Jet Lag | Rub into the soles of your feet for invigoration and grounding.

Lactation (Decreasing Milk Supply) | Massage a small diluted amount into the breast 1-2 times a day.

Memory | Oil of peppermint is mental stimulating. Use while you're studying or working on stressful projects to increase mental processes.

Migraines | Massaging a small amount over the areas of pain can increase blood flow and relieve pain with its analgesic properties. You can also diffuse it through the room if the aroma is too strong otherwise.

Motion Sickness | Add a drop to car seats or on a small cloth to rest on the dashboard for driving. Add a drop to shirt collars or hankies for boats, planes, etc.

MRSA | This staph infection is known to not respond to antibiotics, but applied topically peppermint oil's antibacterial properties can help fight infection.

Multiple Sclerosis | This central nervous system disease can benefit from the regenerative properties of peppermint when applied topically and inhaled aromatically.

Muscle Aches | Massage oil of peppermint into aching muscles for a cooling, anti-inflammatory, pain-relieving affect.

Myelin Sheath | Peppermint oil uses include aromatic benefits, but massaging the oil into the area of concern can promote proper function, and maybe even healing.

Nausea | Use in the same manner described above for motion sickness.

Osteoporosis | Massage into the areas of concern for relief of pain and inflammation.

Paralysis | Gently massage topically and or use aromatically to support and heal the nervous system.

Rhinitis | Decrease inflammation, clear the sinuses, open airways and soothe irritation by inhaling oil of peppermint or massaging a very small amount around the sinuses, careful to avoid the eyes.

Scabies | Relieve itching and promote healing by gently massaging diluted peppermint oil into the affected area.

Sciatica | Massage the oil over the hips, starting from the center of the sacrum and moving outward.

Sense of Smell (Loss) | Peppermint is incredibly invigorating to the senses. Inhale directly from the bottle, or diffuse through the room.

Shock | Wakes up the senses and invigorates the mind. Diffuse or inhale directly or massage into the chest, shoulders and neck.

Sinusitis | Inhale directly, or massage a very small amount over the sinuses.

Surgical Wounds | Dilute with water and spritz over wounds as they heal to prevent infection and soothe any itching.

Swollen Eyes | Dilute and apply very carefully to the tissues around the eye, but avoid direct contact within the eye.

Tennis Elbow | Massage oil of peppermint into the tendons around the elbow to decrease inflammation and relieve pain.

PEPPERMINT (CONTINUED)

Throat Infection | You can diffuse, but the most potent peppermint oil uses include massaging a drop into the throat and chest, gargling with warm salt water and adding a drop to each glass of water throughout the day.

Ticks | Drop 1 drop on the tick and wait a few minutes. The tick will either back out or fall off easily. Use lavender essential oil on the tick bite to fight infection.

Typhoid | Diffuse aromatically, use in homemade cleaning solutions, massage it into feet and consume in water or peppermint oil capsules to fight infection.

Ulcer (Gastric) | This has been my husband's favorite of peppermint oil uses. He religiously adds a drop to all his water and has found great relief. It can also be massaged into the stomach to be quickly absorbed into the blood stream.

Varicose Veins | Very gently massage peppermint oil with lemon, lemongrass, & cypress starting from the lower legs up (always toward the heart) 1-2 times a day.

Vomiting | Take oil of peppermint internally with water or honey, or diffuse or inhale until it can be taken internally.

Other possible peppermint oil uses include: soothing colic, freshening breath, easing gas, and all manner of digestive problems, bronchitis, hemorrhoids, menstrual irregularity, depression, anger, physical or mental fatigue, food poisoning, hysteria, liver problems, nervous system conditions, elevating senses, toothaches, tuberculosis, poison ivy/oak and cooking.



MELALEUCA

T TOPICAL **A** AROMATIC **I** INTERNAL

Recognized by its more common name, 'tea tree', melaleuca has been revered for its cleansing and regenerative properties*, especially for the skin. Composed of more than ninety different compounds, melaleuca has limitless therapeutic applications.

Acne | One of the more common tea tree oil uses, add a drop to your normal cleansing route, or dab a very small amount on acne breakouts.

Allergies | Use topically by massaging into the chest, abdomen or the reflex points of the feet.

Aneurysm | You can use this oil aromatically or topically to support your health.

Athlete's Foot | Add a drop to your shoes, massage into the feet, or soak in a foot bath of sea salt and 2-3 drops of melaleuca.

Bacterial Infections | Use topically, either massaging into the reflex points of the feet, adding several drops to a bath or cautiously applying over an infected site.

Boils | Apply a small amount of melaleuca oil directly over the site.

Bronchitis | Add 1-2 drops to a pan of hot water and breath in the steam, or massage the oil over the chest and into the feet.

Candida | Apply to the area of concern, diluting if necessary. (I would not use this for a vaginal yeast infection, although taking the oil internally (such as in capsules) may be beneficial.

Canker Sores | Dab a small amount directly over the sore, diluting with coconut oil if needed.

Cavities | Melaleuca oil is great to add to homemade toothpaste, or you can add a drop to your toothbrush before brushing (and after to disinfect). A simple homemade mouthwash with purified water, melaleuca and peppermint is also recommended.

Chicken Pox | Diffuse in the air (with a diffuser or a pan of hot water) or massage a mixture of melaleuca and coconut oil gently over the pox (dilute more for younger children).

Cleansing | Can be used aromatically or added to homemade cleaners to kill germs and prevent the spread of colds, flus, etc.

Cold Sores | Dab a small amount (diluted or not depending on your sensitivity) over the sore, or mix with coconut oil and use preventatively.

Colds | Treat the common cold by inhaling steam infused with the oil, or massage into the feet and over the chest or other areas of concern, or mix 2-3 drops in a capsule with lemon, oregano, and OnGuard.

Coughs | Tea tree oil uses for coughs are the same as Colds, above.

Cuts | Use a very small amount, possibly diluted, over the area of concern.

Dermatitis | Any sort of skin inflammation can benefit from this oil being gently massaged into the area.

Dry/Itchy Eyes | Although no essential oil should ever be put IN the eye, you can still benefit from the oil by diffusing it or placing your head over a steaming pot of water with a drop of melaleuca in it.

MELALEUCA (CONTINUED)

Ear Infection/Ache | Dilute 1 drop of oil in 1-2 TB of water and use a dropper to drop the mixture into the ear for 30-60 seconds each. (This can also be done with hydrogen peroxide, although tea tree oil will do the same naturally.)

Eczema | Dilute in coconut oil and apply a small coating over the area.

Flu | Diffuse through the air, add a drop to the pillow, or gently massage into the feet to absorb the properties into the blood stream quickly.

Fungal Infections | Tea tree oil uses include topical application according to the type of infection.

Gum Disease | Create a mouthwash with purified water, 1 drop of peppermint and 1 drop of tea tree oil.

Hepatitis | Diffuse through the home daily, or massage into the soles of the feet.

Herpes Simplex | Apply a small amount to the outbreak, or massage into the feet daily to prevent future outbreaks.

Hives | Mix with coconut oil (which is naturally healing and soothing itself) and gently apply to the infected areas.

Immune System (Stimulates) | Diffuse through the air on a regular basis, massage into the soles of the feet to increase your immune response.

Infected Wounds | Adding the oil to steaming water, you may be able to hold the infected area over the steam. Or dilute 1 drop of melaleuca with 1 cup of water and rinse the infected area 1-2 times a day, as needed.

Infections (General) | Topical tea tree oil uses are indicated for infections. Use your best judgment and the uses described throughout this article to choose which method is best for you.

Inflammation | Massage over the inflamed areas, gently and always toward the heart, or diffuse and inhale the melaleuca oil directly or indirectly.

Jock Itch | Apply topical to the affected area, diluted based on your needs or NEAT (undiluted).

Lice | Add several drops to purified water and soak hair and scalp in the solution. Use on combs, brushes and massage into the hair and scalp. Treat the home with it as well.

MRSA | Melaleuca's antibacterial properties can be utilized by massaging it directly into the skin for fast absorption to the blood stream.

Mumps | Massage over the body and into the feet, and diffuse through the home.

Nail Infection | Mix 1 TB coconut oil and 1-2 drops of melaleuca oil into the nails and cuticles as indicated.

Piercings | Apply after piercings to avoid infection. Use undiluted, diluted with coconut oil or as a spray with purified water.

Pink Eye | Although essential oils shouldn't have direct contact with the eye, I would recommend adding several drop to hot, steaming water and hold your head over the steam.

Rashes | Mix with coconut oil and massage over the affected areas.

Ringworm | Apply one drop directly to the area, or mix 1 drop of tea tree oil with 1 drop of lavender oil for added benefit.

Rubella | Dilute as needed and massage into the affected areas, as well as onto the soles of the feet.

MELALEUCA (CONTINUED)

Scabies | Melaleuca oil can both fight off the mites that cause scabies, as well as treat the rash and prevent the infection. Massage over the area in a small amount of coconut oil.

Shingles | Add to a small amount of coconut oil and massage over the body. Massage into the soles of the feet for immune stimulation to prevent future outbreaks.

Shock | Massage melaleuca oil into the soles of the feet as needed.

Sore Throat | Rub over the throat, inhale diffused oil or gargle with warm salt water and 1 drop of melaleuca.

Staph Infection | It's best used topically, rubbed into the soles of the feet to increase the immune response and fight infection.

Sunburn | Mix 1 TB coconut oil with 1 drop of melaleuca and 1 drop of lavender and gently apply to sunburned areas.

Tattoos | Apply after tattoos to avoid infection. Use undiluted, diluted with coconut oil or as a spray with purified water.

Thrush | Gargle with sea salt, warm water and 1 drop of melaleuca.

Tonsillitis | Inhale from steaming water with tea tree, gargle, and massage into neck and soles of feet.

Vaginal Infection | It's recommended to use topically. I would add several drops to a sitz bath and massage into the soles of feet.

Varicose Ulcer | Apply to soles of feet and massage over the area of the ulcer.

Viral Infections | Diffuse melaleuca oil throughout the home or inhale from steaming water. Apply topically over the areas of concerns and to the soles of the feet.

Warts | Apply melaleuca essential oil directly to the wart, diluting if necessary for sensitive skin.

Wounds | Soak wounded area in water with melaleuca oil, or spritz from a bottle of water with several drops of oil. Depending on the wound and your own sensitivity you may be able to apply directly.

Other possible tea tree oil uses include treating mites and ticks, hysteria, digestion, skeletal and muscular systems, skin, immunity and the respiratory system.



OREGANO

T TOPICAL **A** AROMATIC **I** INTERNAL

🔥 DILUTE ALWAYS

Hippocrates, the father of medicine, used oregano as a cleansing agent as well as for digestive and respiratory support. High in antioxidant activity, oregano contains phenolic acids and flavonoids.

Athlete's Foot | Massage into the feet, add a drop to shoes, soak socks in warm water and 2 drops of oregano or add 1-2 drops in a foot bath.

Calluses | Massage with coconut oil into the area once a day.

Candida | Take this internally in a capsule, add to food, or massage over the area of concern.

Canker Sores | Dab the diluted mixture onto the sore 1-3x a day.

Carpal Tunnel Syndrome | Massage the oil into the hands, wrists and up the forearms, upper arms and shoulders. Also use movement that go UP the arm (toward the heart).

Ebola Virus | For the most oregano oil health benefits, apply a 1:3 ratio of oregano to coconut oil to the soles and reflex points of the feet for fast absorption into the blood stream.

Fungal Infections | Can be used topically, taken internally and/or inhaled aromatically according to the type and location of infection to increase the oregano oil health benefits.

Immune System (Stimulant) | Use daily on the soles of the feet, add a drop to meals or your bathwater, and add 1 drop to a pan of steaming water to inhale for several minutes a day (maybe even pasta water to flavor the pasta as well!).

Inflammation | Gently massage into the inflamed area, always massaging toward the heart.

Intestinal Parasites | You can access oregano oil health benefits by massage into the soles of the feet and in a clockwise motion over the abdomen. Also be sure to take the oil internally, such as by adding to capsules or meals.

MRSA | Massage into the soles of the feet and over the chest to increase immune response and fight the infection. ([Read more about oregano and MRSA here.](#))

Muscle Aches | Dilute within coconut oil and massage into the muscles, moving toward the heart.

Nasal Polyp | Drop 2 drops of oregano oil in a pan of steaming water. Place a towel over your head and inhale the steam for as long as possible. Also beneficial to apply over the reflex points of the feet. You can reheat this water on the stove generally once more before it's suggested to start fresh.

Parasites | Take internally (in capsules or food), massage into the soles of the feet, or apply over the area of concern.

Plague | Diffuse throughout the home to fight infection and apply daily to the soles of the feet.

Pneumonia | Oregano oil health benefits include this difficult to treat illness. Diffuse through the room, inhale from a bowl of steaming water and work into the soles of the feet.

Ringworm | Massage a 1:3 ratio of oregano oil to coconut oil directly over the site. I also recommend adding lavender & melaleuca. Do this 3x a day and continue several days after it disappears.

OREGANO (CONTINUED)

Staph Infection | Work into the soles of the feet for fast absorption into the blood stream. Also, take internally in capsules or within food as directed in the uses above.

Vaginal Candida | Take internally with food or in capsules, massage into the feet. Or using a vaginal syringe, use internally.

Viral Infections | Use a hot compress, add oregano to your bath water, or massage into the reflex points of the feet.

Warming to the Body | Warming is one of the little known uses of oil of oregano. Massage into the hands and feet and around the neck.

Warts | Apply a 1:3 ratio (oregano : coconut oil) directly to the wart. Consider adding melaleuca, as well.

Whooping Cough | Massage over chest and into the pads of the feet. Also consider diffusing through the air.

Other reported uses of oil of oregano include: Asthma, bronchitis and other respiratory problems; mental disease; tuberculosis; rheumatism; digestive issues; colds and flus; metabolism; and increasing a sense of safety and security.



FRANKINCENSE

T TOPICAL **A** AROMATIC **I** INTERNAL

Perhaps the most precious of the ancient oils, frankincense is highly sought after by modern consumers for its many uses—including relaxation, immune support, and mood enhancement.

Alzheimer's Disease | Diffuse through the room, add to a shirt collar or pillow. Massage into the feet and toes or use in a full body massage.

Aneurysm | Inhale directly or through steam (such as a bowl of hot water). Massage into the reflex points of the feet.

Arthritis | Massage frankincense essential oil into the joints and diffuse or inhale through steam daily.

Asthma | Inhale directly or through steam or diffusion. Massage into the chest and throat and over the balls and arches of the feet.

Balance | Inhale frankincense essential oil whenever you're feeling overwhelmed. Diffuse in the room. Massage into the feet.

Brain (Aging) | Use daily both aromatically and topically: massaged into the feet or body, inhaled or diffused, added to bathwater, etc.

Brain Injury | Follow the same instructions above: Brain (Aging)

Breathing | Diffuse through the home, add to the shirt collar and massage into the chest. Or add a drop to the hands and inhale directly.

Cancer | You can use this topically on the reflex points of the feet or body, and aromatically in any manner. But also consider adding 1 drop to unsweetened beverage and consuming throughout the day.

Coma | Massage into the hands, and feet, as well as over the entire body to keep the muscles from atrophy.

Concussion | Add a drop to steaming water, place a towel over your head and inhale until the steam stops. Massage it into the feet and toes as well.

Confusion | Diffuse throughout the home, add a dab to the shirt collar or behind the ears.

Coughs | Add a drop to steaming water, place a towel over your head and inhale until the steam stops. Also massage into the chest and balls of the feet.

Depression | Add a drop to steaming water, place a towel over your head and inhale until the steam stops. Massage into the pads of feet and the toes.

Fibroids | Massage into the reflex points of the feet, or try a hot compress or adding several drops to a bath.

Genital Warts | Add a dab to the wart once a day until it disappears.

Hepatitis | Inhale via steam and massage 2 drops into each of the feet and hands daily.

Immune System Support | Great during cold and flu season. Diffuse throughout the home and massage 1-2 drops into the feet daily, as needed.

Improve Vision | Massage into the reflex points of the feet (toes) and hands (tips of fingers).

FRANKINCENSE (CONTINUED)

Infected Wounds | Inhale from steam, add a drop to warm water and soak the infected area, create a spray using distilled water and several drops of frankincense essential oil and diffuse through the home for overall wellness.

Inflammation | Massage frankincense essential oil into the inflicted area, being careful to move toward the heart. For general inflammation, add 1 drop to a steaming pot of water and inhale until the water is cooled.

Liver Cirrhosis | Massage oil of frankincense over the liver, as well as into the outside of the right foot. Aromatic uses are also beneficial.

Lou Gehrig's Disease | Inhale 1-2 drops via steam daily. Massage into the entire body, always moving toward the heart. Massage over the soles of the feet daily.

Meditation and Prayer | Diffuse through the room, rub on hands, feet and overhead.

Memory | Inhale 1-2 drops via steam as needed. Diffuse while study or working. Massage into the toes and base of the toes.

Mental Fatigue | Add to your bath water at the end of a long day, massage into your scalp or across your chest.

Miscarriage (After) | Add to a warm bath, massage the abdomen and around the ankles and over the feet. Diffuse through the room. And allow yourself stillness, care and vulnerability.

Moles | Apply a dab directly to the mole several times a day. Consider also using sandalwood.

MRSA | Massage into the pads of the feet and across the chest. Steam inhalation or diffusing may also be beneficial if it doesn't aggravate the condition.

Multiple Sclerosis | Use over the entire body during gentle massage. Apply to the soles of the feet daily. Diffuse or inhale via steam daily.

Nasal Polyp | Inhale directly via steam (adding 1 drop to a pot of hot water) and massage into the base of the toes daily.

Parkinson's Disease | Inhale directly via steam daily or twice a day. Also use during full body massage and add to the soles of the feet daily.

Plague | Diffuse through the room, inhale directly (especially via steam for longer periods of time) and apply topically to the reflex points of the feet.

Postpartum Depression | Add several drops to bathwater or a foot bath, rub into hair or receive during a foot massage as frequently as possible. Also use aromatically in any way you prefer.

Scarring (Prevention) | Add a drop to wounds or use during your daily facial cleansing to prevent acne scarring. It may also be beneficial in reducing the appearance of scars when used daily.

Tumor (Lipoma) | Add 2 drops of frankincense essential oil to a pot of steaming water, place a towel over your head and inhale until the water stops steaming. Do this at least daily. Massage into the reflex points of the feet and also use during body massage, always working toward the heart.

Ulcers | Take internally in capsules or food, as described above. Gently massage over the area and into the reflex points of the feet.

Virus of Nerves | Massage over entire body, always moving toward the heart. Massage into the reflex points of the feet. Add to a warm bath.

FRANKINCENSE (CONTINUED)

Warts | Apply frankincense essential oil directly to the wart daily.

Wrinkles | Gently massage into the skin in upward circular motions daily.

Because it contains sesquiterpenes, allowing it to go beyond the blood-brain barrier, many other uses for frankincense essential oil have been reported: aging, insect bites, any respiratory illness or disease, carbuncles, diarrhea, diphtheria, gonorrhea, headaches, healing of any kind, hemorrhaging, herpes, high blood pressure, jaundice, laryngitis, meningitis, nervous conditions, prostate, pneumonia, sciatic pain, snake bites, sores, spiritual awareness, stress, syphilis, tension, tonsillitis, wounds, pineal and pituitary gland function, increases leukocyte activity, defending against infection. Also said to increase good moods, which in turn strengthens the immune system.



DIGESTZEN

T TOPICAL **A** AROMATIC **I** INTERNAL

Many essential oils have been recognized through research as powerful agents to help restore normal balance in the digestive system. Digestzen takes advantage of these well-established therapeutic compounds in a proprietary blend of pure essential oils. When used internally, dōTERRA's Digestzen brings soothing digestive relief.

ESSENTIAL OILS IN THE DIGESTZEN BLEND:

GINGER: This oil is warming, and supports emotional well-being, as well as calms the digestive system. Also known to be antiseptic, laxative, stimulant and a tonic, it's commonly used for diarrhea, gas, indigestion, morning sickness, nausea, motion sickness, vomiting and more.

PEPPERMINT: It is found to be antibacterial, anticarcinogenic, anti-inflammatory, antiseptic, antiviral, antispasmodic and invigorating. It soothes, cools and dilates the system and can be beneficial for food poisoning, vomiting, diarrhea, constipation, gas, bad breath, nausea, motion sickness, infections, gastritis, heartburn, flu and cold, indigestion, and more.

TARRAGON: Tarragon is said to reduce anorexia, dyspepsia, gas, intestinal spasms, nervous or sluggish digestion, and even urinary tract infections.

FENNEL: It's said to be antiparasitic, antiseptic, antispasmodic, antitoxic, diuretic, and an expectorant and is commonly used for benign prostate hyperplasia, gastritis, kidney stones, pancreas support, parasites, toxin cleansing and all manner of digestive support, as well as support the liver function and hormones.

CARAWAY: Caraway is an antiparasitic and antispasmodic oil known to help with indigestion, gas and colic.

CORIANDER: This oil is said to be analgesic, antibacterial, antifungal, antispasmodic and anti-inflammatory, among other properties. It helps with indigestion, gas, diarrhea, and digestive tract spasms.

ANISE: Anise is added to the DigestZen essential oil blend to help calm and strengthen the digestive system.

USES FOR DIGESTZEN:

Abdominal Cramps | Massage 1-2 drops over the area of concern or into the reflex points of the feet.

Appetite (loss of) | Inhale from the bottle as desired, or add a drop to a glass of water daily.

Bloating | Massage 1-2 drops in a clockwise rotation over the stomach.

Candida | Massage 1-2 drops of DigestZen essential oil over the lower abdomen daily.

Celiac Disease | Consider adding 1-2 drops to every glass of water for ongoing support and prevention, or treat symptoms acutely.

Colitis | Massage 1-2 drops over the abdomen daily or use as needed.

Constipation | Massage 1-2 drops in a clockwise rotation over the abdomen every 1-2 hours or until symptoms subside.

Crohn's Disease | Massage several drops over the abdomen daily or use as desired for symptom abatement.

Diarrhea | Massage 1-2 drops in a counter-clockwise rotation over the abdomen every 1-2 hours or until symptoms subside.

DIGESTZEN (CONTINUED)

Fear/Nervousness | For when you have "knots in your stomach", massage 1-2 drops over the area or inhale from the bottle.

Food Poisoning | Massage 1-2 drops into the abdomen, take 1-2 drops internally if you can keep it down, or massage into the reflex points of the feet. Seek medical treatment for severe cases.

Gastritis | Massage 1-2 drops over the abdomen daily or as desired.

Gluten Intolerance/Contamination | Apply 1-2 drops over the stomach and lower abdomen every 3-4 hours for contamination, or take several internally with water as desired.

Heartburn | Massage 1-2 drops over the abdomen or chest as desired, or daily for preventative support. Take 1-2 drops in a glass of water.

Hiatal Hernia | Massage 1-2 drops over the stomach or into the reflex points of the feet. Add 1 drop to your water daily.

Indigestion | Massage 1-2 drops over the abdomen as desired, or daily for preventative support.

Irritable Bowel Syndrome | Massage 1-2 drops over the upper or lower abdomen as needed, or daily for preventative support. Consider taking several drops in a few ounces of water.

Morning Sickness | Inhale from the bottle or add a drop over the upper abdomen.

Nausea | Inhale from the bottle, consider adding a drop to water if you can keep it down, or massage 1 drop over the stomach.

Parasites | Add 1-2 drops to every glass of water, daily and ongoing.

Solar Plexus | Massage 1-2 drops over the solar plexus for emotional support and ease in "digesting" life.

Vomiting | Massage 1-2 drops into the abdomen or the reflex points of the feet as needed.



BREATHE

T TOPICAL **A** AROMATIC

🔴 DILUTE FOR CHILDREN/SENSITIVE SKIN

Respiratory issues are prevalent in modern society. doTERRA essential oils are a perfect way to ease breathing consistently for a sustained benefit. Breathe is a remarkable blend of CPTG® essential oils which combine to do just that—help you breathe easier. A proprietary blend including laurel leaf, peppermint, eucalyptus, melaleuca, lemon, and ravensara cleanses and soothes the airways, and can easily be applied topically to the chest, back, or bottom of feet. Its pleasant aroma is calming to the senses and perfect for nighttime diffusion allowing for restful sleep.

ESSENTIAL OILS IN THE BREATHE BLEND:

BAY LAUREL LEAF: This oil is an antiseptic and has antifungal properties. It's known to be helpful for numerous respiratory issues, such as asthma, bronchitis and viral infections.

PEPPERMINT: It is antiseptic, antispasmodic, and anti-inflammatory and said to cool, soothe and dilate the system making it easier to breathe.

EUCALYPTUS RADIATA: Thought to have a powerful anti-viral effect and helps to reduce inflammation of the nasal mucous membrane.

MELALEUCA: Also known as "tea tree oil", melaleuca is antibacterial, antifungal, antiviral and has expectorant properties that together help with bronchitis, coughs and inflammation.

LEMON: Lemon is emotionally and mentally uplifting, an important property when our airways feel threatened. It's also said to promote healing, energy, purification of the air and warmth in our body. It is an antiseptic, great for respiration.

RAVENSARA: This little known oil is antiviral, antibacterial, antifungal and anti-infectious and said to dilate, open and strengthen the lungs and airways. (It is a cross between clove and nutmeg, which may make it beneficial to the adrenal glands as well.)

USES FOR BREATHE:

Abandonment | Massage 1-2 drops over the heart center as desired and breathe the aroma slowly.

Allergies | Rub 1-2 drops over the chest or into the reflex points of the feet daily or as desired.

Antioxidant | Massage 1-2 drops into the reflex points of the feet daily or as desired.

Anxiety | Massage 1-2 drops over the heart center as desired and breathe the aroma slowly.

Asthma | Between attacks massage 1-2 drops over the chest every day. Use in conjunction with conventional methods during asthma attacks.

Bronchitis | Massage 1-2 drops over the chest and throat several times a day or as desired.

Colds/chest congestion | Massage 1-2 drops over the chest and throat several times a day or as desired.

Coughs | Massage 1-2 drops over the chest several times a day. Diffuse throughout the year continuously.

Croup (dilute for children) | Dilute 1 drop of Breathe essential oil in up to 1 tsp of carrier oil for children under 6, massage 1-2 drops of the mixture into the feet, and cover with socks for little ones to avoid contact with eyes.

BREATHE (CONTINUED)

Deodorant | Place in a roller bottle with fractionated coconut oil (won't solidify) with a 1:4 ratio and apply as desired.

Despair | Massage 1-2 drops over the heart center as desired and breathe the aroma slowly.

Emphysema | Massage 1-2 drops over the chest and throat twice a day.

Grief | Massage 1-2 drops over the heart center as desired and breathe the aroma slowly.

Influenza | Massage 1-3 drops into the feet several times a day. Diffuse throughout the room or inhale from the bottle as desired.

Nasal congestion | Place a single drop under the nose or over the sinuses (dilute first and avoid eyes).

Nasal polyps | Massage a drop of your diluted oils over the area daily or as desired.

Pneumonia | Massage 1-3 drops over the chest and throat as desired.

Lung repair | Massage 1-2 drops over the chest and throat twice a day.

Respiratory illness | Massage 1-2 drops over the chest and throat twice a day, or massage into the reflex points of the feet.

Sinusitis | Massage 1-2 drops of a diluted mixture over the sinuses several times a day.

Trust (or lack of) | Massage 1-2 drops over the heart center as desired and breathe the aroma slowly.

Tuberculosis | Massage several drops over the area or into the reflex points of the feet.

Viral infections (respiratory) | Massage 1-2 drops over the chest and throat twice a day, or massage into the reflex points of the feet.

Whooping cough | Massage 1-2 drops over the chest and throat, or massage into the reflex points of the feet twice a day.



ONGUARD

T TOPICAL **A** AROMATIC **I** INTERNAL

🔴 DILUTE FOR CHILDREN/SENSITIVE SKIN

OnGuard is an effective alternative to synthetic options for immune support. On Guard, with its unique aroma, is one of our most versatile blends. It is also safe to use on counter tops, as a non-toxic way to cleanse surfaces, or to clear the atmosphere by diffusing. On Guard is superb for eliminating and controlling pathogens due to the potency of its constituents.

ESSENTIAL OILS IN THE ONGUARD BLEND:

WILD ORANGE: It has been shown to be antibacterial, antifungal, antidepressant, antiseptic, disinfectant, digestive, anticancer, antispasmodic and sedative. Wild Orange is often used for fear, nervousness or anxiety; heart palpitations; sluggish digestion; insomnia; menopause; withdrawal; and is uplifting emotionally and mentally.

CLOVE BUD: It is known to be antibacterial, antifungal, anti-infectious, antiparasitic, antiseptic, antiviral and stimulates the immune system. It may help in healing and to create a sense of security and courage. It's commonly used for addictions, blood clots, candida, cataracts, fever, fungal infection, herpes simplex, liver cleansing, lupus, mold, balancing the metabolism, aches and pains of many kinds, viral infection, wounds, termites and more.

CINNAMON BARK: Cinnamon is antibacterial, antifungal, anti-infectious, antimicrobial, antiparasitic, antiseptic, antiviral, purifying, warming and is said to enhance the use of other oils. It's commonly used for airborne bacteria, bacterial infections, bites/stings, fungal infections, stimulating the immune system, general infections, mold, pancreatic issues, viral infections and much more.

EUCALYPTUS RADIATA: It's been found to be analgesic, antibacterial, anti-infectious, anti-inflammatory, antiviral, and insecticidal and is commonly used for asthma, bronchitis, congestion, coughs, inflammation of many kinds, emphysema, fever, flu, life, measles, pain, shingles, tuberculosis and more.

ROSEMARY: Rosemary is analgesic, antibacterial, anticancer, antifungal, anti-infectious, anti-inflammatory and more. It's commonly used for heart function, fatigue, addictions, chemical stress, cholera, worms, viral infections, vaginal infections, diabetes, flu, headaches, inflammation, kidney infection, lice, and much more.

USES FOR ONGUARD:

Abscess (Oral) | Add 2 drops to 1 TB of raw coconut oil and swish for 10-15 minutes every day.

Air Pollution | Diffuse throughout the room as desired or use as a room spray.

Bladder Infections | Massage 1-2 drops over the kidney and bladder area, or add 2 drops to a glass of water.

Candida | Massage 2-3 drops into the soles of the feet or abdomen daily.

Children | Consider diluting in greater amounts for children (1 drop per TB of coconut oil for kids under 6), and use 1 drop of mixture over the soles of the feet (under socks for toddlers or infants).

Chronic Fatigue | Massage 1-2 drops of OnGuard essential oil into the feet daily, or add to your water.

Cleaning | Use in any homemade cleaning recipes.

Cold Sores | Apply a small dab directly to the cold sore at first sign, and then 2-3 times a day.

ONGUARD (CONTINUED)

Colds | Consider a "cold and flu bomb": 3 drops of OnGuard, 3 drops of oregano, 3 drops of melaleuca, and 3 drops of lemon in a veggie cap at the onset of symptoms.

Congestion | Massage 1-2 drops over the chest, throat, and under the nose.

Coughs | Massage 1-2 drops over the chest, throat, and under the nose, or massage into the soles of the feet.

Flu | Consider a "cold and flu bomb": 3 drops of OnGuard, 3 drops of oregano, 3 drops of melaleuca, and 3 drops of lemon in a veggie cap at the onset of symptoms.

Gum Disease | Add 2 drops to 1 TB of raw coconut oil and swish for 10-15 minutes every day.

Halitosis | Add to water, toothpaste, or mouthwash (below).

Hand Sanitizer | Make your own sanitizer following these directions.

Hypoglycemia | Use consistently, adding several drops to water or massaging into soles of feet 1-2 times a day.

Immune Support | Add 1-2 drops to smoothies, massage into soles of feet, or over chest or stomach daily for ongoing immune support.

Infections, Bacterial | Use topically or internally, depending on the type of infections, in any of the ways described here.

Infections, Fungal | Apply 1-2 drops topically over the area up to 3 times a day.

Infections, Viral | Add 4-5 drops to an empty veggie cap and take 1-3 times a day.

Laundry | Add several drops to your wash cycle, or several drops to a wet rag and toss in the dryer with your clothes.

Lupus | Massage 1-2 drops of OnGuard into the feet daily.

Mold | Create a spray with vinegar and OnGuard essential oil, spray over mold, and clean off.

Mono | Massage 1-3 drops into the feet 1-2 times a day.

Mouthwash | Mix 1-2 drops of oil per ounce of water, shake well, and use daily.

MRSA | Massage 2-3 drops into the soles of the feet. Couple with oregano, which has been shown very effective against MRSA.

Plague | Massage several drops into the soles of the feet, or try the "cold and flu" bomb mentioned above.

Pneumonia | Massage 1-2 drops over the chest and into the soles of the feet.

Scabies | Massage 1-2 drops (or more depending on the size of the area) over and around the area of concern.

Sore Throat | Gargle with 1-2 drops every two hours (this blend is safe to swallow).

Staph Infection | Massage 1-2 drops into the soles of the feet, or in or around the area of concern.

Toothache | Add 2 drops to 1 TB of raw coconut oil and swish for 10-15 minutes every day or use the mouthwash mentioned above.

Warts | Apply one drop of OnGuard essential oil over the wart once a day.



SLIM N' SASSY

T TOPICAL **A** AROMATIC **I** INTERNAL

🔴 DILUTE FOR CHILDREN/SENSITIVE SKIN

Slim n' Sassy can help manage hunger, calm your stomach, and lift your mood. Slim & Sassy is 100% pure essential oils, and does not contain diuretics or stimulants. It's known to balance your appetite, increase your energy, balance your metabolism, uplift your mood and more.

ESSENTIAL OILS IN THE SLIM N' SASSY BLEND:

GRAPEFRUIT: As one of the top essential oils for weight loss, grapefruit has been shown to help with cellulite, overeating, weight loss, and toning, as well as stress, and uplifting the mind and thoughts. On emotional and spiritual levels, grapefruit is said to address a person's self-acceptance, self-abuse, eating disorders, and body image.

LEMON: This oil has a gentle detoxifying effect on the body, increases physical energy levels, and may address intestinal parasites and a multitude of digestive ailments. On an emotional and spiritual level it can affect a person's self-judgments and self-approval.

PEPPERMINT: Peppermint is great for a huge array of digestive issues, stimulates the mind, and helps with candida (which often influences weight). Emotionally and spiritually it uplifts heavy emotions, such as depression, and increases optimism and motivation.

GINGER: Ginger is well-known for digestion or digestive issues. It also increases energy, warms the body, and acts as a tonic and a stimulant to the system. Emotionally and spiritually, ginger creates empowerment. Its warming and stimulating properties stimulates our inner strength, our willingness to change, and our refusal to being powerless or defeated in our life.

CINNAMON: Cinnamon is said to enhance the work of all the other essential oils for weight loss. With that it's also been found to impact healthy insulin levels, improve digestion and circulation, gently detox the body, stimulates the immune system, and even increases libido. Emotionally and spiritually, cinnamon is said to increase our self-love, improve our body image and acceptance, and allows us to feel free to be ourselves.

HOW TO USE SLIM N' SASSY:

Appetite Balance | Add 2-3 drops of the blend to every glass of water throughout the day, or inhale from the bottle as desired.

Blood Sugar | Massage several drops into the soles of the feet 1-2 times a day, or add to water as above.

Calming | Inhale from the bottle as needed

Cellulite | Massage 1-2 drops over the area of concern daily.

Circulation | Massage several drops over the heart or any area where circulation is a concern (such as lower legs), daily.

Cravings | Add 1 drop to an ounce of water and shoot, or inhale from the bottle as needed.

Detoxification | Add several drops to every glass of water or massage into the reflex points of the feet.

Digestion/Digestive Issues | Add several drops to your water, daily or as needed, or rub 1-2 drops over the abdomen.

SLIM N' SASSY (CONTINUED)

Energy | Use aromatically (diffusing or otherwise), add 1-2 drops to water, or massage into feet daily.

Mentally Stimulating | Diffuse during times of fatigue or stress.

Metabolism | Add 1-2 drops to every glass of water throughout the day, or massage into the reflex points of the feet.

Obesity | Add 1-2 drops to every glass of water throughout the day.

Overeating | Add 1-2 drops to a glass of water before meals.

Self-Acceptance | Use aromatically throughout the day, either inhaling from the bottle, diffusing, or massage 1-2 drops over the solar plexus.

Self-Confidence | Use aromatically throughout the day, either inhaling from the bottle, diffusing, or massage 1-2 drops over the solar plexus.

Sugar Cravings | Add 1 drop to an ounce of water several times a day, or inhale from the bottle as needed.

Uplifting | Use aromatically throughout the day, either inhaling from the bottle, diffusing, or massage 1-2 drops over the solar plexus.

Weight Loss | Add 1-2 drops to a glass of water before meals, or throughout the day.

Worthiness | Use aromatically throughout the day, either inhaling from the bottle, diffusing, or massage 1-2 drops over the solar plexus.



DEEP BLUE

T TOPICAL

🔴 DILUTE FOR CHILDREN/SENSITIVE SKIN

This blend of oils was specifically created to relieve joint and muscle pain with oils that have been studied for the pain-relieving anti-inflammatory affect. Once gently rubbed into the area of discomfort, Deep Blue's cool therapeutic benefit will be felt almost immediately.

ESSENTIAL OILS IN THE DEEP BLUE BLEND:

WINTERGREEN: This oil has cortisone-like properties, making it naturally analgesic, anti-inflammatory, anti-rheumatic, antiseptic, antispasmodic and warming, among other qualities. It is said to be beneficial for arthritis, rheumatism, tendinitis, bone spurs, frozen shoulder, torn rotator cuff, cartilage injury and general pain or inflammation of the muscular and skeletal system.

CAMPHOR: Camphor is naturally pain-relieving and an anti-inflammatory. It has been found to be useful for arthritis, rheumatism, muscles aches and pains, sprains and even bruises.

PEPPERMINT: Peppermint is anti-inflammatory to damaged tissues and has a soothing and cooling affect that often helps arthritis and rheumatism. It's also said to be pain-relieving and antispasmodic, and beneficial for fatigue, cramps or Charley Horses, headaches and migraines, myelin sheath, osteoporosis, paralysis, sciatica, tennis elbow and other forms of tendinitis.

BLUE TANSY: This oil is naturally pain-relieving and an anti-inflammatory. It may also help with low blood pressure, arthritis and rheumatism.

GERMAN CHAMOMILE: It's been found to be pain-relieving, anti-inflammatory and an antioxidant. It helps with congestion traditionally, and is found to support joint health and arthritis.

HELICHRYSUM: This oil is beneficial to the circulatory system, an imperative part of healing of the joints and muscles, and found to be antitarrhal in nature and a powerful anti-inflammatory. It's often used for sciatica, bruises of all kind (including to the bone), tendinitis, tissue pain and repair, detoxification and more. Spiritually and emotionally it is said to help one release anger and move into growth and healing.

OSMANTHUS: In Chinese medicine, osmanthus is used to reduce phlegm and remove blood stasis.

HOW TO USE DEEP BLUE:

Arthritis | Massage 1-2 drops of Deep Blue essential oil into the area of concern daily or as desired.

Back Pain | Massage several drops into the area and apply a hot or cold compress.

Bone Pain | Massage 1-2 drops into the area several times a day or as desired.

Bone Spurs | Massage 1-2 drops over the area of concern 2-3 times a day. Use consistently in conjunction with physical therapy to ensure proper physical alignment.

Bruises | Lightly apply 1 drop over the bruise, careful not to put any significant pressure on it.

Bunions | Massage 1-2 drops into the feet twice a day.

Bursitis | Massage 1-2 drops over the area as desired or several times a day.

Fever | Apply 1 drop over the forehead or back of the neck up to every hour or as desired.

DEEP BLUE (CONTINUED)

Fibromyalgia | Massage 1-2 drops into the area of concern or the soles of the feet daily or as desired.

Herniated Discs | Apply 1-2 drops over the area of pain several times a day.

Inflammation | Massage 1-2 drops over the area, moving with the lymphatic system (toward the heart).

Joint Pain | Massage 1-2 drops into the area of concern followed with a hot or cold compress, heating pad or ice pack.

Joint Stiffness | Massage 1-2 drops into the area of concern using either heat or cold afterward.

Meniscus (torn or injured) | Massage 1-2 drops into the area daily or as it's bothering you.

Neuralgia | Massage 1-2 drops over the area of concern or into the reflex points of the feet.

Muscle Aches/Pains | Massage 1-2 drops over the area of concern as needed or several times a day.

Muscle Tension/Relaxation | Massage 1-2 drops over the area of concern as needed or several times a day.

Pain (Acute) | Massage 1-2 drops over the area of concern and follow with ice for 24 hours. Seek medical treatment.

Pain (Chronic) | Apply several drops over the area and apply a hot compress or heating pad for 30 minutes. Do this as desired, up to several times a day.

Scoliosis | Massage several drops daily along the spine and any secondary sources of discomfort associated with scoliosis.

Sciatica | Massage 1-2 drops of Deep Blue essential oil over the hips and low back twice a day or as needed.

Sprains | After seeking medical treatment, gently massage several drops into the area up to every 2-3 hours.

Tendonitis/Tennis Elbow | Massage 1-2 drops into the area daily and as needed.

Tension Headaches | Massage several drops over the area of concern and surrounding or related areas as needed.

Whiplash | Gently massage several drops over any area of pain, as well as surrounding areas several times a day.



ELEVATION

T TOPICAL **A** AROMATIC

Elevation is the perfect blend for those moments when you need to be revitalized. This exciting blend provides an invigorating combination of CPTG essential oils that can elevate your mood and increase your vitality. Elevation essential oil is a phenomenal home remedy for stress, depression, fear, overwhelm, anxiety, low self-esteem, low motivation and more.

ESSENTIAL OILS IN THE ELEVATION BLEND:

LAVANDIN: Derived from lavender, it helps with depression, stress and anxiety.

TANGERINE: This oil is actually very calming and sedative to stress, but paradoxically also increases energy.

ELEMI: A little known oil, elemi is an antidepressant and stress reliever and is said to be calming to the nervous system.

LEMON MYRTLE: Most citruses, including this one, are very elevating and uplifting, as well as refreshing.

MELISSA (LEMON BALM): It is thought to help with depression and anxiety. All citrusy, it is uplifting and energizing.

YLANG YLANG: Ylang ylang is well-known as an oil to induce feelings of self-love, confidence, joy and peace. Great for calming fears, promoting relaxation, and even increasing libido.

OSMANTHUS: Also a lesser known oil in this Elevation essential oil blend, it is common in Chinese medicine and is sweet, uplifting and smile inducing.

SANDALWOOD: Known as an antidepressant, aphrodisiac, and sedative, it calms and balances emotions and the nervous system.

HOW TO USE ELEVATION:

Abuse | Use daily by inhaling from the bottle or applying over the solar plexus.

Anxiety | Place a drop in your palms and inhale slowly for several minutes as needed.

Cushing's Syndrome | Massage 1-2 drops into the soles of the feet daily.

Depression | Place 1-2 drops in the palm of your hands and inhale slowly, diffuse throughout the day, and apply over the solar plexus or heart.

Dullness/Low Vitality | Apply 1-2 drops over the heart and solar plexus.

Energy | Inhale from the bottle, or diffuse throughout your day.

Fear | Place a drop in your palms and inhale slowly for several minutes as needed.

Focus | Diffuse during times of needed focus (studying, working, etc).

Grief/Sorrow | Apply 1-2 drops over the heart and throat.

Lupus | Massage 1-2 drops into the reflex points of the feet daily.

Motivation | Apply 1-2 drops over the solar plexus as needed, or daily.

Pessimism | Diffuse throughout the day, and apply several drops to the back of the neck or heart.

ELEVATION (CONTINUED)

Playfulness | Apply several drops over the solar plexus and heart.

Poison Ivy/Oak | Massage 1-2 drops into the area of concern as desired.

Postpartum Depression | Place 1-2 drops in the palm of your hands and inhale slowly, diffuse throughout the day, and apply over the solar plexus or heart.

Overly Serious | Diffuse throughout the day or massage 1-2 drops over the solar plexus and heart daily.

Overwhelm | Place a drop in the palm of your hand, rub together, and inhale slowly for several minutes.

Shock | Massage 1-2 drops over the back of the neck and upper abdomen.

Stimulating | Diffuse throughout the day or massage several drops into the soles of the feet.

Stress | Diffuse throughout periods of stress and consider using over the solar plexus for strengthening.

Tension | Massage 1-2 drops of Elevation essential oil into the areas holding tension or into the soles of the feet as desired.

Uplifting | Diffuse throughout the day or massage several drops into the soles of the feet.

Weight Loss | Massage 1-2 drops into the solar plexus and heart, or use aromatically as desired.

Worry | Place 1-2 drops of Elevation essential oil in the palm of your hands, cup over the nose and mouth and breathe slowly for several minutes.



BALANCE

T TOPICAL **A** AROMATIC

The oil is a blend of four high-quality, therapeutic grade essential oils (listed below) that have shown to promote calmness, clear thinking, peace, and relaxation. It helps cut through the haze or scattered thinking and leaves me rooted and stable again. Balance is powerfully effective to use when you're feeling stressed, scattered, overwhelmed, anger, off-kilter, fearful, or anxious.

ESSENTIAL OILS IN THE BALANCE BLEND:

SPRUCE: It is found to ground the body and balance our ability to give and receive. May help to dilate the bronchial tract to deepen your breathing and release emotional blocks.

ROSEWOOD: This oil is soothing physically, as well as emotionally and mentally. It gently brings about a sense of peace and tranquility.

BLUE TANSY: This is a detoxifying oil, thought to help detoxify the liver and lymphatic system, which is closely related to the emotions of anger and depression. The mind-body connection allows this oil to aid in promoting self-control and well-being.

FRANKINCENSE: This oil has been used for centuries in physical and non-physical healing. It contains sesquiterpenes, which oxygenate the pineal and pituitary gland and passes the blood brain barrier to promote mental health. It also strengthens a person's spiritual connection with the source of their own understanding and uplifts moods.

HOW TO USE BALANCE:

ADHD | Massage 1-2 drops into the feet every morning and night.

Anxiety | Inhale from the bottle of massage over the solar plexus.

Back Pain | Massage 1-2 drops into the area every 30 minutes or several times a day. Consider laying with a Deep Blue and/or Frankincense.

Balance | Place 1-2 drops in your palms, cup over your nose and mouth and breathe slowly for several minutes.

Brain Integration | Apply 1-2 drops to the left side of the body using your right hand, and vice versa, 1-2 times a day.

Bursitis | Massage 1-2 drops of Balance essential oil into the area.

Chaos (handling) | Inhale slowly directly from the bottle as needed, or massage into the soles of the feet twice a day.

Coma | Massage several drops into the soles of the feet 2-3 times a day, or diffuse continuously throughout the day.

Confusion | Especially when the confusion is because of overwhelm, use Balance essential oil as needed (inhaling from the bottle) or daily on the feet.

Convulsions | After seeking medical attention, massage into the reflex points of the feet 2-3 times a day.

Depression | Massage several drops into the soles of the feet morning an evening. Also consider coupling with Elevation.

BALANCE (CONTINUED)

Diabetic Sores | After seeking medical attention, massage 1-2 drops around the area 1-2 times a day.

Dizziness | Place 1-2 drops in your palms, cup over the nose and mouth and breathe slowly for several minutes.

Energy | Massage into the soles of the feet morning and night. Also consider coupling with Elevation..

Fear | Place 1-2 drops in your palms, cup over the nose and mouth and breathe slowly for several minutes.

Forgetfulness | Massage into the back of the neck and soles of the feet daily or as desired.

Grand Mal Seizure | After seeking medical attention, massage several drops of Balance essential oil into the feet several times a day, or diffuse throughout the room constantly.

Grief/Sorrow | Place 1-2 drops in your palms, cup over the nose and mouth and breathe slowly for several minutes several times a day or as needed.

Grounding | Place 1-2 drops in your palms, cup over the nose and mouth and breathe slowly for several minutes, or massage into the soles of the feet or base of the spine.

Herniated Discs | Massage 1-2 drops into the area as desired or daily. Consider laying with Deep Blue and/or Frankincense.

Hot Flashes | Massage two drops of Balance and two drops of peppermint into the back of the neck daily or as needed.

Hyperactivity | Massage 1-2 drops into the feet every morning and night, or use as needed.

Instability | Massage several drops into the soles of the feet, over the solar plexus and along the spine as desired.

Jet Lag | Massage several drops into the soles of the feet before and after flying and inhale from the bottle.

Lou Gehrig's Disease | Massage several drops into the reflex points of the feet 1-3 times a day.

Lupus | Massage several drops into the reflex points of the feet 1-3 times a day.

Metabolism (balances) | Massage several drops into the reflex points of the feet 1-3 times a day.

Mood Swings | Place 1-2 drops in your palms, cup over the nose and mouth and breathe slowly for several minutes, or diffuse throughout the day.

Overwhelm | Place 1-2 drops in your palms, cup over the nose and mouth and breathe slowly for several minutes, or diffuse during stressful times.

Parkinson's Disease | Massage several drops into the reflex points of the feet 1-3 times a day.

Patience | Place 1-2 drops of Balance essential oil in your palms, cup over the nose and mouth and breathe slowly for several minutes.

Scattered | Inhale directly from the bottle, diffuse throughout the day, or massage into the soles of the feet several times a day or as needed.

Seizure | After seeking medical attention, massage several drops into the feet and on the back of the neck every morning and night.

Strengthening | Massage several drops into the base of the spine, the solar plexus, or inhale from the bottle as desired.

BALANCE (CONTINUED)

Stress | Inhale directly from the bottle, diffuse throughout the day, or massage into the soles of the feet several times a day or as needed.

Vertigo | Massage into the soles of the feet twice a day and keep in your pocket to use aromatically as needed.



SERENITY

T TOPICAL **A** AROMATIC

Stress, anxiety, overwhelm...all subside when you use Serenity essential oil, specially formulated to ease tension, calm the nervous system, and promote a sense of peace and well-being. The best time to use Serenity is when tensions are high, stress is piled on, anxiety occurs, or depression escalates. Think of this oil like a sweet embrace of compassion to allow you to release and allow yourself to settle into peace.

ESSENTIAL OILS IN THE SERENITY BLEND:

LAVENDER: Well-known for its sedative, calming effects, it's powerful when used for anxiety, insomnia, depression and more.

SWEET MARJORAM: This oil is said to calm and still the body and mind, creating a sense of harmony.

ROMAN CHAMOMILE: Relaxing, and tension-reducing, especially to the muscular system, nervous system and emotions.

YLANG YLANG: This oil is known for love, joy, and harmony, making it a perfect addition to Serenity essential oil blend.

SANDALWOOD: Calming, sedative, balancing...sandalwood has been used for centuries in spiritual practices and has been found to harmonize body and mind.

VANILLA BEAN EXTRACT: Vanilla bean is soothing and helps to release stress, anxiety, and tension.

HOW TO USE SERENITY:

ADD/ADHD | Massage 1-2 drops of Serenity essential oil into soles of feet 1-2 times a day.

Addictions | Place 1 drop in your palms, cup over nose and mouth and breathe slowly for several minutes.

Anger | Diffuse throughout the room, inhale from the bottle, or massage several drops over the heart.

Anxiety | Place 1 drop in your palms, cup over nose and mouth and breathe slowly for several minutes.

Calming | Diffuse throughout the room, inhale from the bottle, or massage several drops over the heart or into the soles of the feet

Hyperactivity | Massage 1-2 drops into the soles of the feet, apply a small amount under the nose, or diffuse throughout the room.

Insomnia | Massage 1-2 drops into the feet, or over the brow before bed.

Itching | Apply 1-2 drops over the area of concern every couple hours.

Mental Fatigue | Diffuse throughout the room, or place 1 drop in your palms, cup over nose and mouth and breathe slowly for several minutes.

Mood Swings | Massage several drops into the feet daily, or diffuse throughout the room as needed.

Restless Leg Syndrome | Massage 1-2 drops into the feet and legs nightly or as needed. (Works so well!)

Sedative | Massage 1-2 drops into the soles of the feet, or across the back of the neck.

Sleep | Massage 1-2 drops into the feet, over the heart or brow, or use several drops in a bath.

SERENITY (CONTINUED)

Stress | Diffuse throughout the room, inhale from the bottle as needed, or massage 1-2 drops over the heart.

Teeth Grinding | Massage 1-2 drops over the area and over the heart, or into the soles of the feet.

Tension | Massage 1-2 drops into the area of concern as needed or daily.



PURIFY

T TOPICAL **A** AROMATIC

Purify essential oil is a great replacement for many unhealthy, potentially dangerous products. It's designed to eliminate odors and other contaminants naturally—without toxic additives.

With Purify, you can replace:

- Aerosol room deodorizers, linked to asthma and other respiratory issues
- Chemical cleaners, that have been linked to auto-immune disorders and cancer
- Hand sanitizers, which can cause contact dermatitis and antibacterial-resistant germs
- Antibacterial creams, used for cuts, scrapes, or wounds
- Even chemical insect repellants and pesticides!

ESSENTIAL OILS IN THE PURIFY BLEND:

LEMON: This oil is an antiseptic and antiviral and can be used for anything from the air, to water, to cleaning, to your body. It's also very energizing in its aroma.

LIME: This little used oil has many disinfecting and purifying properties, killing bacteria and viruses. (It's also great for removing gunk from surfaces!)

PINE: Pine oil is naturally antimicrobial and antiseptic, and is good for anything from polishing wood to healing urinary problems.

CITRONELLA: The properties of citronella are antiseptic, antibacterial, antispasmodic, anti-inflammatory, deodorizing, insecticidal, and sanitizing.

MELALEUCA: Also known as tea tree oil, melaleuca is well-known for its antibacterial, antifungal, anti-infectious, antiseptic, and antiviral properties. Many don't know it also supports the immune system and heart function.

CILANTRO: Not only is cilantro antibacterial, it's also a mood elevator and helps with minor skin problems, like bites and stings.

HOW TO USE PURIFY:

Addictions | Inhale from the bottle or apply 1-2 drops across the back of the neck as desired.

Airborne Bacteria | Diffuse throughout the day or create a room spray to use as desired.

Air Pollution | Diffuse throughout the day or create a room spray to use as desired.

Allergies | Apply several drops to the bottom of feet or over the sinuses.

Antibacterial | Use 1-2 drops topically on or near the area of concern.

Boils | Apply 1-2 drops on or around the area of concern.

Bug Bites | Apply a small amount over insect bites as desired.

Cleaning | Use in any homemade cleaning recipes.

Deodorant | Apply 1-2 drops daily or more frequently.

PURIFY (CONTINUED)

Deodorizing | Apply a drop to a cotton ball and add to trash cans, shoes, etc.

Digestive Issues | Apply 1-2 drops over the upper or lower abdomen.

Disinfectant | Apply 1-2 drops over any area of concern, or in homemade cleaning recipes.

Ear Infection | Do not drop essential oils into the ear. Apply 1-2 drops around and behind the ear, or to a cotton ball placed over the ear.

Infected Burns | Apply 1-2 drops on or around the area 1-2 times a day, or massage into the reflex points of the feet.

Laundry | Add 5-6 drops to the wash cycle, or place on a wet rag and place in the dryer.

Mice (Repelling) | Add 2-3 drops to a cotton ball and place strategically throughout the home.

Mildew | Use in any homemade cleaning recipes.

Skin Ulcer | Apply 1-2 drops over the area of concern or massage into the reflex points of the feet.

Stings | Apply 1 drop over the area as desired.

Urinary Infection | Apply 1-2 drops over the kidneys and bladder.



AROMATOUCH

T TOPICAL

Whether you're a professional massage therapist or not, AromaTouch essential oil blend can be a great addition to support healthy muscles and joints, and alleviate stress and tension. The oil is a wonderful anti-inflammatory and antispasmodic oil, and is often used as part of the "AromaTouch Technique", an application technique that uses a series of oils to support the overall health and healing of the body. It contains six potent and powerful essential oils that are well-known for their therapeutic qualities in a variety of concerns. Together they complement one another in such a way as to make them an ideal blend of essential oils for massage and its indications.

ESSENTIAL OILS IN THE AROMATOUCH BLEND:

BASIL: Anti-inflammatory, powerfully antispasmodic, diuretic, stimulant, energizing, restorative. Basil is relaxing to the muscular system and nervous system and helpful with tension headaches.

GRAPEFRUIT: Antidepressant, and helpful for stress, anxiety, and calming the nervous system, making it helpful for fatigue, stress, and tension.

CYPRESS: Lymphatic decongestant, known for its impact on the muscular system, joints, and circulation. It's also vasoconstricting, antibacterial, and a diuretic, and revitalizes the skin, and may help with cramps and improve circulation.

MARJORAM: Antiseptic, antispasmodic, arterial vasodilator, expectorant, and sedative. Most well-known for its support of muscle aches and pains, sprains, and joint concerns.

LAVENDER: Analgesic, anti-convulsant, anti-inflammatory, antispasmodic, cardiogenic, regenerative, and sedative. Most well-known for its impact on stress, pain, and its soothing properties to muscles and joints, as well as headaches and tension.

PEPPERMINT: Analgesic, anti-inflammatory, antispasmodic, and invigorating. Known to be helpful for cramps, muscle aches and pains, and the nervous system and is cooling and dilating to the body systems.

HOW TO USE AROMATOUCH:

With all of these uses for AromaTouch essential oil, consider applying 1-2 drops over the area of concern or using several drops diluted in a carrier oil during a therapeutic massage.

- Anxiety
- Bruises
- Calming
- Circulation
- Cramps
- Emotional Support
- Headaches
- Inflammation
- Massage
- Migraines
- Muscle Aches/Pain
- Muscle Fatigue
- Muscle Spasms
- Muscular Dystrophy
- Pain Relieving
- Relaxation
- Respiration
- Rigidity
- Sedative
- Soothing
- Stiffness
- Stress
- Tension



TERRASHIELD

T TOPICAL **A** AROMATIC

TerraShield is dōTERRA's all-natural, super-concentrated insect repellent formulated with a proprietary blend of 15 CPTG Certified Pure Therapeutic Grade® essential oils that have been scientifically shown to repel insects more effectively than other synthetic insect repellents. Just a small amount of super-concentrated TerraShield will provide powerful coverage and will last up to 6 hours per application. TerraShield smells great and can be used safely by everyone in the family without worry.

ESSENTIAL OILS IN THE TERRASHIELD BLEND:

- Fractionated Coconut Oil
- Skimmia Laureola Oil
- Catnip Oil
- Amyris Oil
- African Sandalwood Oil
- Cabruvea Balsam Oil
- Wild Orange Oil
- Fir Needle Oil
- Eucalyptus Oil
- Hawaiian Sandalwood Oil
- Genet Absolute Oil
- Rose Oil
- Citronella Oil
- Cedarwood Oil

HOW TO USE TERRASHIELD:

Around Doors, Vents, Other Entrances | Anywhere insects might be getting in, drop 1-3 drops of essential oil on a cotton ball and place those cotton balls anywhere insects are likely to enter.

Around the Garden | I love using TerraShield in my homemade garden pest control.

Dog Flea Collar | I wouldn't recommend this for cats, as their body's don't function like humans or dogs and can't process essential oils, but to repel fleas and maybe even ticks from your dog, try dropping 2-3 drops on their collar, no more than once a week. The oil is potent and lingers for quite some time to replication will only be necessary as the aroma fades. You can also use the natural mosquito repellent spray for the body to spritz your pet before going for walks.

Natural Bug Spray (for the body) | We like to turn this into a natural mosquito repellent by adding about 35 drops of essential oil with 3 oz. of water. It's best to use a metal or glass bottle for this, since plastic may erode when it comes in contact with some essential oils. Shake this mixture up well before use and spray over the exposed area of the body. This generally lasts several hours for us.

Natural Bug Spray (for the home) | Following the same guidelines above, I would recommend more drops (starting with 50) and experimenting from there to find what works best to repel your insects.

Whole Home Repellent | If you're ever having a party, and the insects keep inviting themselves, try getting a quality diffuser, and diffusing the oils throughout the area. The aroma is citrusy and very fresh, not overwhelming at all.

TERRASHIELD (CONTINUED)

Window Screen Repellent | No, not to repel window screens. But to repel bugs from getting in through your windows, this works really well. Hang a ribbon on your screen (inside or out) and drop several drops on the ribbon to repel insects and keep them from getting inside.



PAST TENSE

T TOPICAL

Using essential oils for headaches or migraines can be a very effective way of managing the symptoms and sometimes even the underlying source of the pain. Essential oils are known to have many soothing, pain-reliever properties found in a variety of plants. However, it's important to note that every person is different, the source of your headache will vary, and what will work for one person, might not work for you (or might now work every time). Essential oils are very subjective, meaning trial and error (with high quality oils) is necessary to find the right solution for you.

ESSENTIAL OILS IN THE PAST TENSE BLEND:

BASIL: May help sinus headaches; has anti-inflammatory and antispasmodic properties, is uplifting and may increase circulation.

CILANTRO: Anti-inflammatory and pain-relieving properties, increases circulation, and calms the nervous system.

FRANKINCENSE: Very calming, and helps with inflammation, blood pressure, and may amplify the effects of other oils.

LAVENDER: Calming, anti-inflammatory, pain relieving and antispasmodic properties.

MARJORAM: Has sedative properties, can help to increase blood flow, and is often used for its support of nerve pain.

PEPPERMINT: Cooling to tense muscles, antispasmodic, anti-inflammatory, and relieves pain.

ROMAN CHAMOMILE: Has calming, anti-spasmodic, and anti-inflammatory properties and is soothing to nervous system.

ROSEMARY: Can help to relieve sinus tension; known to be pain-relieving and anti-inflammatory and may help to increase blood flow.

WINTERGREEN: Natural form of aspirin, acts as a topical pain reliever, anti-inflammatory, and can help with spasms. Known to support things like arthritis, joint pain, tension, and more.

HOW TO USE PAST TENSE:

Traditionally, these blend of oils are most used topically for headaches, migraines, tension, and stress that is causing pain in the muscles. It comes in a roll-on bottle to apply easily (usually without diluting, although sensitive skin should always be careful) and can be placed on the shoulders, back of the neck, temples, or forehead (although be careful to avoid the eyes), as well as the reflex points of the hands or feet. It can also be used aromatically, smelling this blend of essential oils for headaches straight from the bottle.

Consider using a hot compress or heating pad over the area after application to dilute the pores and increase the absorption of the oil. You may also want to layer it with other oils, or with a carrier oil, such as coconut oil, to "lock in" the essential oils for headaches and prevent evaporation of the aromatic compounds.



CLARY CALM

T TOPICAL **A** AROMATIC

dōTERRA Clary Calm is a proprietary blend of Certified Pure Therapeutic Grade essential oils that have been traditionally used to balance hormones and manage symptoms of PMS and the transitional phases of menopause. Clary Calm provides a temporary respite from cramps, nausea, hot flashes, and the emotional swings which are sometimes associated with regular hormone cycles in women.

ESSENTIAL OILS IN THE CLARY CALM BLEND:

CLARY SAGE: Anticonvulsant, antispasmodic, astringent, nerve tonic, sedative, soothing. Well-known for its record of balancing estrogen and progesterone in the body; helpful with PMS and menopause symptoms.

LAVENDER: Analgesic, anticoagulant, antidepressant, anti-inflammatory, regenerative. Has soothing and balancing properties, calms emotions, and may help with menstrual cramps.

BERGAMOT: Analgesic, neuro-protective, antispasmodic, sedative, uplifting. Calming, relieves stress and tension, soothes agitation, and balances emotions.

ROMAN CHAMOMILE: Anti-inflammatory, antispasmodic, relaxing properties; supportive of emotions and menopausal symptoms.

CEDARWOOD: Astringent, antiseptic, and diuretic. Calming and soothing to the nervous system; may also support low back pain.

YLANG YLANG: Calming and sedative properties, as well as balances hormones and mood.

GERANIUM: Anticonvulsant, antidepressant, anti-inflammatory, astringent, etc. Balancing to hormones and may be helpful for bone loss issues, calming, and helpful for PMS symptoms.

FENNEL: Helping for alleviating hormonal symptoms, including mood swings, skin issues, and more.

CARROT SEED: Regulates menstruation and soothes symptoms of PMS.

PALMAROSA: Reduces stress and tension, uplifts mood and emotions. Also helpful for skin issues.

VITEX: Known for its use in regulating estrogen levels and alleviating PMS and menopause symptoms.

HOW TO USE CLARY CALM:

Calming | Apply 1-2 drops of Clary Calm essential oil to the palm of your hands and cup over the nose and mouth to breathe in. Massage remainder over heart or solar plexus.

Cramps, Menstrual | Massage a small amount into the lower abdomen or reflex points of the feet as desired.

Dysmenorrhea (Painful Periods) | Consider using over the area of pain as needed, or daily throughout the month to help regulate the hormonal system.

Emotional Balance | Apply 1-2 drops of Clary Calm essential oil to the palm of your hands and cup over the nose and mouth to breathe in. Massage remainder over heart or solar plexus.

Empathy | Apply 1-2 drops over heart or solar plexus.

CLARY CALM (CONTINUED)

Guarded, Emotionally | Apply 1-2 drops of Clary Calm essential oil to the palm of your hands and cup over the nose and mouth to breathe in. Massage remainder over heart or solar plexus.

Hot Flashes | Massage 1 drop into the reflex points of the feet 1-2 times a day, or apply as desired for symptoms.

Hormones (Balancing) | Use 1-2 drops daily, massaged into the reflex points of the feet.

Irregular Periods | Consider applying 1-2 drops daily to the lower abdomen or the soles of the feet for hormone balancing.

Menopause | Consider applying 1-2 drops daily to the reflex points of the feet.

Menstruation | Apply 1-2 drops to the lower abdomen or lower back as desired.

Mood Swings | Apply 1-2 drops to the palm of the hand and inhale for 30 seconds or more, then massage over solar plexus or heart.

PMS | Apply 1-2 drops to the lower abdomen or lower back as desired. Consider daily use to regulate cycles and symptoms.

Releasing | Apply 1-2 drops over heart or solar plexus or diffuse as desired.

Stress | Apply 1-2 drops to the palm of your hands and cup over the nose and mouth to breathe in. Massage remainder over heart or solar plexus.

Tension | Massage Clary Calm essential oil into the area of concern or inhale from the bottle for calming.

Trust | Apply 1-2 drops of Clary Calm essential oil to the palm of your hands and cup over the nose and mouth to breathe in. Massage remainder over heart or solar plexus.

Vulnerability | Apply 1-2 drops over heart or solar plexus.

PRODUCTS TO PUT ON YOUR

Wishlist



AROMALITE DIFFUSER

The Aroma Lite Diffuser features a large reservoir and multiple settings, allowing you to customize the diffusion of dōTERRA single oils, oil blends, or your own customized blends for up to eight hours (depending on the setting). Small and compact, the Aroma Lite Diffuser silently purifies and humidifies the air and has an optional night light, making it perfect for night time use and for traveling. The Aroma Lite Diffuser creates an ultra-fine mist output of 1–3 microns for maximum diffusion of dōTERRA essential oils that quickly fills a room.



FOAMING FACEWASH

Designed to thoroughly cleanse the skin of impurities without stripping natural moisture, dōTERRA's Clear Skin Foaming Face Wash is scientifically formulated to create a harmonious balance for beautifully clear skin. This gentle cleanser gives skin a spa-like treatment with light foaming action and a fresh scent. A powerful yet gentle combination of Certified Pure Therapeutic Grade® Essential oils, blended with other key ingredients, are a perfect solution for problem skin of all ages.



CLEAR SKIN ROLLON

With a unique blend of essential oils including rosewood, melaleuca, eucalyptus globulus, geranium and lemongrass, along with black cumin seed oil, dōTERRA Clear Skin topical blend creates an environment unfriendly to bacteria and microbes that cause unsightly and persistent reactions in the skin. Beneficial properties include controlling overactive sebaceous glands, soothing irritated skin and assisting in cell rejuvenation. It's the answer to troubled skin.



ONGUARD PROTECTING THROAT DROPS

Don't let flu season catch you off guard! dōTERRA's On Guard Protecting Throat Drops provide a convenient way to benefit from On Guard's immune-supporting properties. With all-natural organic cane juice and organic brown rice syrup, these drops help support fixed and mobile immune function, and help calm and soothe dry, scratchy throats.



TRI EASE SEASONAL BLEND SOFTGELS

TriEase Softgels were developed to protect against seasonal and environmental elements and to promote a healthy respiratory system when needed most. Each softgel contains equal parts of Lemon, Lavender, and Peppermint essential oils, known for their ability to maintain clear breathing and a healthy inflammatory response when combined together. Used by both veteran and novice essential oil users, this well-known blend is frequently diffused or mixed together for its respiratory health benefits. Now, with TriEase Softgels, this combination can be consumed quickly and easily when traveling, attending outdoor events, or when seasonal or environmental elements are particularly high. TriEase Softgels can be consumed safely on a daily basis during times of seasonal discomfort to promote clear breathing and overall respiratory health.



DEEP BLUE RUB

dōTERRA's Deep Blue Rub is a rich, topical cream infused with Deep Blue Soothing Blend of Certified Pure Therapeutic Grade essential oils that provides targeted comfort to tired and sore joints and muscles. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Deep Blue Rub provides a comforting sensation of cooling and warmth to problem areas. With close to 5 ml of dōTERRA's top-selling Deep Blue essential oil blend of wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum, and osmanthus, Deep Blue Rub is an essential addition to your bathroom cabinet, gym bag, or first aid kit. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy and is the choice of massage therapists and sports practitioners for applying dōTERRA's Deep Blue essential oil blend.



IN TUNE ROLLON – THE FOCUSING BLEND

A proprietary blend of carefully selected essential oils combined to enhance focus and support healthy thought processes. Supporting efforts of those with difficulty paying attention and staying on task, these essential oils help sustain focus.



LIFELONG VITALITY PACK

dōTERRA's Lifelong Vitality supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity. **BONUS:** If you purchase the Lifelong Vitality Pack through the LRP program, you save even more on this trio of supplements!

READ THE DESCRIPTION & INGREDIENT INFO BELOW FOR THIS TRIO OF SUPPLEMENTS:

ALPHA CRS+® CELLULAR VITALITY COMPLEX

dōTERRA's Alpha CRS+ is a proprietary formula combining a cellular longevity blend of botanical extracts including boswellic acids, silymarin, curcumin, ginkgo, bromelain enzyme, carotenoids and powerful polyphenols including resveratrol, ellagic acid, baicalin and proanthocyanidins from grape seeds with a cellular energy blend of quercetin, coenzyme Q10, alpha-lipoic acid, and acetyl-l-carnitine. The ingredients in Alpha CRS+ have been shown to support healthy cell proliferation and lifespan, mitochondrial energy production and to support healthy cellular inflammatory response.* Alpha CRS+ is formulated to be used daily with xEO Mega and Microplex VMz as a comprehensive dietary supplement program for a lifetime of vitality and wellness.*

xEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

dōTERRA's xEO Mega is a revolutionary formula blending CPTG Certified Pure Therapeutic Grade® essential oils of clove, frankincense, thyme, cumin, orange, peppermint, ginger, caraway, and German chamomile, with natural plant-sourced essential fatty acids from flax, borage, cranberry, and pomegranate seed oils and marine lipids delivering 340 mg EPA and 240 mg DHA per daily serving. Essential fatty acids support healthy cardiovascular, immune, joint, and brain health among other health benefits. xEO Mega also includes a unique form of the carotenoid astaxanthin cultivated in microalgae using pure water and sunlight, and natural vitamin E providing additional antioxidant protection, and natural vitamin D. The lipids and essential oils in xEO Mega are presented in a nanosomal lipid assimilation system that supports nutrient absorption in the intestinal tract.

MICROPLEX VMz® FOOD NUTRIENT COMPLEX

dōTERRA's Microplex vMz is an all-natural, whole-food formula of bioavailable vitamins and minerals that are often deficient in our modern diets. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E, and an energy complex of B vitamins presented in a patented glycoprotein matrix. It also contains food-derived minerals calcium, magnesium, and zinc and 72 organic trace minerals for optimal bone and metabolic health. Microplex vMz also includes a whole-food blend of cayenne, kelp, and horstail powder and a patented- enzyme delivery system to optimize nutrient absorption. dōTERRA's Tummy Tamer blend of peppermint, ginger, and caraway seed helps to calm the stomach for those who may have experienced stomach upset with other vitamin and mineral products. Microplex vMz is encapsulated using vegetable capsules, does not contain wheat or dairy products, and does not include any animal products or synthetic ingredients.

My Favorite Essential Oil

Recipes



WARDEE'S NATURAL, HOMEMADE DEODORANT

[Original Recipe HERE.](#)

Ingredients

(Makes 3 tubes of deodorant)

- [Empty deodorant containers](#) or a glass jar
- 1-1/3 cups [coconut oil](#)
- 1-1/2 tablespoons [beeswax shavings or beads](#)
(increase if you live in a warmer climate)
- 1/4 cup [baking soda](#)
- 3/4 cup [arrowroot powder](#)
- 2 tablespoons [bentonite clay](#)
- 25 drops melaleuca essential oil
- 5 drops lemongrass essential oil

Directions

Melt coconut oil and beeswax together over low heat until just barely melted. Remove from heat. Add remaining ingredients except essential oils. Let cool, stirring every 5 minutes or so, until it hardens to a pudding consistency. Put in the fridge to speed this up, checking and stirring frequently. Add essential oils and mix well. Spoon into empty deodorant containers. Let harden overnight in a cool location. You can speed this up by putting in the fridge to harden.

Don't have an empty deodorant container? Use a pint or half pint jar; use about 1/8 teaspoon for each arm. (Omit beeswax to make it easier to scoop.) Or, use muffin tins to create a "cake" of deodorant. Keep wrapped in tissue paper when not in use; rub the cake under arms to apply.



HOMEMADE REMINERALIZING, WHITENING, & CAVITY PREVENTING TOOTHPASTE

[Original Recipe HERE.](#)

Ingredients:

- [Silicone squeeze tubes](#) or a glass jar
- 1/2 c. filtered water
- 1/4 c. [bentonite clay](#)
- 2 TBS. [calcium/magnesium powder](#)
- 3 TBS. [coconut oil](#)
- 1/4 tsp. [real salt](#)
- 1/4 tsp. [baking soda](#)
- 10 drops [trace minerals](#)
- 20 drops OnGuard essential oil blend
- 10 drops Peppermint essential oil
- Stevia (to taste - go slow, a tiny bit can go a long way!)

Directions:

1. Mix all ingredients in a food processor until smooth and no more bumps.
2. Store in a glass mason jar or a silicone squeeze tube for up to 3 months.



HOMEMADE SUNSCREEN

(makes 1 cup homemade sunscreen)

Ingredients:

- 2 ounces beeswax
- 2 ounces cocoa butter
- 4 ounces coconut oil
- 2 ounces non-nano zinc
- Kitchen scale
- Double boiler (I use a metal bowl over a small pot of simmering water)
- Silicone squeeze tubes or a glass jar.
- 15 drops Helichrysum, 10 drops lavender

Directions:

1. Finely grate the beeswax and weight the grated bits to 2 ounces.
2. In a double boiler, melt the beeswax, cocoa butter, and coconut oil until liquid. Remove from heat.
3. Slowing whisk in the zinc, stirring until all lumps are gone. When this mixture is slightly cooled, stir in the essential oils.
4. Use a butter knife to scoop the sunscreen into the squeeze bottles. Or store in a glass jar with a lid.



HOMEMADE UDDER SALVE (FOR COWS & GOATS – OR EVEN HANDS!)

[Original Recipe HERE.](#)

Ingredients:

- 1/2 ounce beeswax
- 1 ounce shea butter
- 1 ounce coconut oil
- 3 ounces Calendula infused oil ([Click here to see how to make calendula infused oil](#) – or - in a pinch, use plain olive oil)
- 2 drops Lavender essential oil
- 2 drops Melaleuca essential oil
- Glass or plastic container large enough to reach fingers inside to scoop out salve

Directions:

1. In a double boiler, melt the beeswax over medium-high heat (I fill a small saucepan 1/2 way full with water and place a Pyrex measuring cup inside, melting the beeswax inside the Pyrex cup)
2. Once the beeswax is melted, add shea butter and coconut oil
3. Gently stir, incorporating as it melts
4. Add Calendula oil, mix and then remove from heat
5. Add essential oils
6. Store in small glass or plastic container (if using plastic, allow mixture to cool first)
7. Apply frequently (I use every morning after milking)



HOMEMADE HAND SANITIZER

[Original Recipe HERE.](#)

Ingredients

- 4 oz [glass spray bottle](#)
- Water
- 2 teaspoons [aloe vera gel](#)
- 30 drops total of one of the following essential oil combinations: Lemon, lime, melaleuca, and lavender OR doTERRA's On Guard blend
- Optional: 8-10 drops of [vitamin E oil](#)

Instructions

1. Fill your glass bottle half-full with water
2. Add aloe vera gel, vitamin E oil, and essential oils
3. Fill any remaining space in bottle with water and shake well
4. To use: spray liberally on hands and rub together. Repeat as needed



THE BEST CHAPSTICK RECIPE

[Original Recipe HERE.](#)

Ingredients

- 2 tablespoons [coconut oil](#)
- 2 tablespoons [shea butter](#)
- 2 tablespoons [beeswax](#)
- 3-5 drops of essential oils, your choice (good options are Peppermint, Lavender, or Wild Orange)
- A dozen [empty chapstick containers](#)

Instructions

1. Melt the beeswax, then add in the shea butter and coconut oil until melted.
2. Once melted, use a medicine dropper (I used a turkey baster!) to put the melted oil into the containers.
3. The mixture will solidify as it cools. We topped these off after they started to cool, as the liquid shrinks down a wee bit.



HOMEMADE BODY BUTTER

Ingredients:

- 1/2 c. [Shea Butter](#)
- 1/4 c. [Coconut Oil](#)
- 1/4 c. [Jojoba Oil](#)
- 5-10 drops Essential Oil (I recommend lavender for a relaxing body butter, peppermint for an invigorating sensation)

Directions:

1. Place shea butter, coconut oil and jojoba oil in a glass bowl or measuring cup inside a saucepan. The saucepan should have enough water in it that the water touches the bottom of your glass double boiler, but doesn't spill out.
2. Over medium heat, whisk the oils together until they are melted and combined. Mixture will go from white to semi-clear when ready. Refrigerate melted oils for an hour or until white and solid.
3. With a stand mixer or hand mixer, beat the oils until they are fluffy like whipped cream. Add essential oils and beat to incorporate.
4. Fill your desired container with the whipped body butter and refrigerate another hour.

Notes:

This body butter will keep about 6 months at room temperature. It may soften in warm weather because of the coconut oil. If this happens it can be stored in the refrigerator.



HOMEMADE BODY SCRUB

Ingredients:

- 1/2 Cup [Epsom salts](#)
- 1/3 Cup carrier oil
- 4 drops essential oil (I used lavender, but chamomile would be wonderful too)

Directions:

1. Stir ingredients together in a non-reactive bowl. Spoon into glass jar.



ALL-NATURAL DISINFECTANT

Ingredients:

- 1/2 cup of white vinegar (vinegar alone has natural germ-killing properties)
- 2 cups of warm water (hot water to dissolve the ingredients properly)
- 1 teaspoon Arm + Hammer Washing soda (not necessary, but I like the extra cleaning kick that it provides to the solution)
- 10 drops Melaleuca essential oil
- 10 drops Lemon essential oil

Directions:

1. Mix all ingredients in a spray bottle, spray surfaces, let sit for 10 minutes and wipe clean with a cleaning cloth or paper towel.



DISINFECTING WIPES

Ingredients:

- 1 cup water
- 2 Tbsp white vinegar
- 1/2 Tbsp Natural Dish Soap
- 8-10 drops lemon essential oil
- Dry cotton wipes

Directions:

1. Mix your solution together in a small bowl or measuring cup and pour over your wipes.



HOMEMADE CARPET DEODORIZER

[Original Recipe HERE](#)

Ingredients:

- [Baking Soda](#)
- doTERRA's Purify Essential Oil Blend

Directions:

1. Add 5 drops of Purify Essential Oil to 1 cup of Baking Soda. Mix well with a fork.
2. Sprinkle over your carpet. You can put a lot in a particularly smelly area, or just sprinkle over your entire carpet for a great spring cleaning carpet freshener!
3. Use your hand to rub all of the baking soda in so it can really get deep into the carpet.
4. Leave it there for 1 day-1 week, then vacuum it up when you're ready! Your house & carpet will smell amazing!



FAUXBREEZE

[Original Recipe HERE](#)

Instructions:

- Empty [Glass Spray Bottle](#)
- [White Vinegar](#)
- Essential Oils Ex. Lemon, Tea Tree, Lavender, Orange, etc.

Directions:

1. Fill the spray bottle almost to the top with white vinegar. Then add about 10 drops of lemon essential oil and a few drops of lavender (or whatever combination of oils you choose). Shake up the bottle (after attaching the sprayer 😊) and you are ready to go.
2. Once I had the spray mixed up, I went to work spraying the couch, loveseat and chair, and it is really working.
3. Vinegar is naturally a disinfectant and odor destroyer, and the essential oils give it a nice fresh scent. You can play around with the scents you add to the vinegar to get a combination you like. This will also work with just plain vinegar.

ESSENTIAL OILS FOR

pets & on the homestead



ESSENTIAL OILS FOR DOGS

Dogs respond very well to essential oils, and you can really save a lot of money using natural alternatives when it comes to your pets! Essential oils are effective against viruses and bacteria. Bacteria reside on the outside of a cell and viruses reside on the inside of the cell. Most pharmaceuticals are unable to penetrate the cell membrane. Essential oils can penetrate the cell membrane to attack a virus before it spreads.

Prescriptions can be toxic and costly. An example would be the cost of a veterinarian visit for kennel cough: veterinarian visit (\$30-\$50) and prescription (\$10-\$70) could run between \$70-\$120.

Oils used for kennel cough are:

Breathe Respiratory Blend (28 drops) – \$2.24

On Guard Protective Blend (28 drops) – \$3.58

TOTAL – \$5.84

Aromatically

For dogs, essential oils can be used aromatically by diffusion or rubbing on dog bandana or dog bed. Another option is to make a spray by adding essential oil drops to water and spraying on the dog's bed or his fur.

Topically

Essential oils can be used topically on dog's pads, between toes, and on the flaps of ears. Essential oils can be applied directly to affected area (e.g., wound or tummy). Keep oils away from eyes, ears, nose, and genitals. Remember a dog's nose is 1,000 times more sensitive than a human's nose so be very conservative.

Internally

Essential oils can be used internally for certain conditions but only with doTERRA essential oils since they are Certified Pure Therapeutic Grade. The oils could be given in an empty gel capsule or in dog's food if they will tolerate the taste. Start small with only one drop at a time.

PRECAUTIONS

- Start out small in case of sensitivities.
- Dilute with FCO.
- Signs of a reaction: Sneezing, drooling, panting, whimpering, and rubbing off oil.
- Use caution with puppies under 10 weeks of age, very ill animals, pregnant animals and seniors.
- Avoid eyes, nose, anal area, and anal and genital areas.
- Worst oils for dogs: Wintergreen, thyme, clove, cassia, camphor, and oregano (only use in extreme cases of illness).

ESSENTIAL OILS FOR DOGS (CONTINUED)

Cuts, Abrasions, and Dog Bites

- Purify or lavender to clean wounds. Use a cotton ball.
- Lavender: antiseptic, heals
- Helichrysum: For deep wounds, stops heavy bleeding. Apply neat (undiluted).
- Frankincense: Protects from infection and minimizes scarring. Helps stop bleeding.
- Hot Spots: Shave and apply fractionated coconut oil (FCO) and lavender. Hair gets in it and keeps it moist, making it susceptible to bacteria growth, so it is necessary to keep it shaved. FCO is healing to skin. Could also add melaleuca, dogs don't like the taste of melaleuca and won't lick it. Frankincense is also good for hot spots. Hot spots have many different causes, including licking, warmer weather, cuts, and allergies.

Digestive Issues

Sometimes digestive issues are caused from eating too much grass or eating bugs. Oils can resolve the issue instantly. Essential oils can help with diarrhea, vomiting, nausea, car sickness (if continual, dog needs to go to vet).

- DigestZen: Apply 1-2 drops directly to stomach.

Kennel Cough

- Breathe Respiratory Blend (25 drops) and On Guard Protective Blend (15 drops) diluted with FCO and applied on bottom of paws or to scruff of the neck 2-3 times per day. If not working, apply same amount but more often.
- Also try lime and thyme.

Insect Repellent

- Make a spray of TerraShield or purify, peppermint and rosemary mixed with water.
- Reapply every 5-6 hours or daily.
- Don't spray in eyes, mouth, or on genitals.
- Fleas, ticks, mosquitos, and spiders – use one time daily.
- Tick: Drop oil directly on tick.
- After tick removal, put lavender or melaleuca on wound 2 times per day.

Ear Infections

- Clean out ear with natural ear cleanser.
- Apply 1-2 drops basil, geranium, or frankincense with moist cotton ball or Q-tip to the inside the flap of ear.
- DO NOT PUT IN EAR CANAL.
- Also apply lavender or melaleuca the same way to soothe the ear.
- Can also be used as preventative measure on pets susceptible to ear issues.

Skunk Off

- Purify: Neutralizes odors.
- Put 2-4 drops of Purify in handful of shampoo and apple cider vinegar (also kills fleas) and bathe your dog.
- Repeat 2-3 times until smell is gone.
- Purify is also great for snake bites, insect bites, and bee stings.

ESSENTIAL OILS FOR DOGS (CONTINUED)

Allergies

- One drop each of lavender, lemon, and peppermint in vegetarian capsule or food (instead of steroid shots).
- IQ Mega oil: Great results for dogs with allergies.
- Diet needs to be grain free-95% of allergies are caused by diet. Raw food diet is best. Dogs can be allergic to cooked meat.

Arthritis

- Deep Blue: Reduces pain and inflammation.
- Dilute in coconut oil.
- Apply 2-3 times per day.
- Other anti-inflammatories: Vetiver, ginger, rosemary, and peppermint.
- Works over time so it's important to be consistent and use daily.

Vaccines

- After vaccines: cilantro in capsule to detox.
- If vaccines cause illness, ginger or DigestZen.

Anxiety/Fear

- Lavender: Calming.
- Serenity: Very calming.
- Balance: Grounding, balances emotions.
- Vetiver: Self-confidence.
- Rub on paws, diffuse in room, rub on bandana, or spray on bedding.
- Also try geranium, sandalwood, ylang ylang, Elevation, or Citrus Bliss.
- Apply to yourself at dog's nose level.

Tumors

- Frankincense.
- Apply 1-2 drops directly on tumor, 2 times per day.

Seizures

- Frankincense: 1-2 drops on paws.
- Lavender: On back. Use every day.

ESSENTIAL OILS FOR CATS



Cats are very sensitive to essential oils and you have to be careful which oils you use, but there are definitely some that are safe! Cats metabolize and excrete things very differently than the rest of the animal family. The reason behind this is the cats liver. It does not have the liver enzymes to break down certain chemical as effectively as the rest of us, and sometimes it can't do it at all!

What Essential Oils for cats can we use?

First, let's start with the essential oils for cats that we should use with caution. Meaning make sure these oils are diluted; and if you have a cat with liver issues, choose an oil that has similar properties that does not challenge the liver to such an extent.

Essential Oils to use on cats with caution:

When I say, "use with caution", I mean to highly dilute them and use sparingly. Dilute them 50:1 (fifty drops of dilution oil to one drop of essential oil)

Wintergreen, Anise, Birch, Clove, Basil, Tarragon, Fennel, Oregano, Thyme, Mountain Savory, Peppermint, Tea Tree, Calamus, Cinnamon Bark, Citronella, Marjoram, Nutmeg, Eucalyptus citriodora, Parsley, Ylang Ylang. Western Red Cedar, Idaho Tansy, Marigold, Spearmint, Thuja, Hyssop, Davana, Sage, Dill, Yarrow, Peppermint.]Grapefruit, Bitter Orange, Orange, Tangerine, Mandarin, Lemon, Celery Seed, Lime, Bergamot, Angelica, Dill, Neroli, Blue Tansy, Citronella and Nutmeg. Cypress, Cistus, Pine, Douglas fir, Juniper, Myrtle, Rosemary Verbenon, Silver Fir, Angelica, Nutmeg, Eucalyptus, Dill, Spruce.

Essential Oils to avoid completely on cats:

Black Pepper, Cardamon, Carrot Seed, Celery Seed, Cinnamon Bark, Citronella, Clove, Galbanum, Ginger, Juniper, Melaleuca species (use with extreme caution and monitor cat), Palmarosa, Petitgrain and Western Red Cedar.

Essential oils that are very safe for cats:

Clary Sage, Elemi, Frankincense, Geranium, Helichrysum, Idaho Balsam Fir, Lavender, Roman Chamomile, Rosemary, Valerian

Canker of the Ear

Use warm olive oil with lavender and clean the ear. Use it inside and outside of the ear. Dilute as described above.

Mange

Bathe in Lavender and roman chamomile. Remember the dilution requirements!

Fleas

Make a dilution of Cedarwood and Lavender oil and brush it into the cat. If not to bad, make a spray mist with water and gently spray the cat to deter fleas. Go to the natural flea remedies section for more information.

Anxiety at Vet or the Groomer

Use a drop of Serenity on the collar for anxiety and fear



ESSENTIAL OILS FOR HORSES

The use of aromatherapy is more common in horses than in any other animal. Give your horse the choice. If your horse turns away from the scent of an oil, she may be telling you it's the wrong oil. Never apply an oil directly to your horse's nose...as it may be too strong and they will have no relief from it. Always dilute the oils with a carrier oil or cream.

Physical problems require topical use: 1-2 drops of EO diluted in 1 tsp of fractioned coconut oil or other carrier oil is usually plenty. You can reapply the oils as needed. The oils will follow the hair follicle up into the bloodstream.

Emotional problems are better tackled aromatically. Place a few drops in your hands and rub them together slowly. Cup your hands and hold them under your horse's nose. If you have chosen the correct oil, you should see a difference almost immediately.

Essential oils can be used on horses for:

- Nervousness/anxiety relief
- Training support
- Insect repellent
- Parasites
- Wound care, muscle care, fractures, hoof rot and infection care
- Strengthen the human-animal bond

Anxiety/Nervousness

Serenity blend, Lavender, Frankincense, Roman Chamomile, Juniper, Bergamot

Focus

Basil, Lemon, Cypress, Wild Orange

Hoof Rot

Blend 1 drop Roman Chamomile, 1 drop Thyme, and 1 drop Melissa in 1 tsp. fractioned coconut oil and apply on location.

Infection

On Guard blend

Leg Fractures

Ginger (dilute and apply with a hot compress wrapped around leg).

Muscle Tissue

Apply equal parts Lemongrass and Lavender on location and wrap to help regenerate torn muscle tissue.

Insect repellent

TerraShield blend



ESSENTIAL OILS FOR GOATS & SHEEP

Using essential oils on goats & sheep has shown to have the potential to:

- Improve animal health by killing intestinal parasites & worms.
- Increase milk fat & milk protein yield.
- Improve udder health and decrease somatic cell count.
- Reduce body fat mobilization and prevent ketosis.
- Improve efficiency of nitrogen utilization.

Teat Oil & Spray (for after milking to prevent mastitis)

In an 8 oz. spray bottle fill with organic olive oil, water, add a couple of drops of biodegradable liquid soap and Vitamin E, then add 5-12 drops each of the following essential oils: Eucalyptus Globulus, Lavender, Rosemary, Peppermint and Tea Tree or you can just use the OnGuard blend. Apply after each milking.

Fly Spray for Barn & on the animal

In an 8 oz. spray bottle, fill almost to the top with water, add a few drops of biodegradable liquid soap, a couple of drops of organic olive oil and 5-12 drops each of Cedarwood, Citronella, Rosemary, Eucalyptus, Lemongrass, Geranium and Lavender or just use the TerraShield blend.

Flaky Skin Oil

In a container fill with Olive oil, a few drops of Vitamin E oil, add 5-12 drops each of Lavender, Tea Tree and Eucalyptus. Use as needed.

Bladder infection

Combine 1 oz. olive oil, 5 drops of sage, 5 drops of oregano, and 20 drops of eucalyptus, and apply twice a day to the inner legs and stomach.

Lice

Dust them with DE (diatomaceous earth), Wash with ACV (apple cider vinegar), shave the goats if the weather permits, make a spray with water containing a few drops of the essential oils of cedar leaf, tea tree, lavender, and lemon or use Terrashield

Worming

Oregano

Diarrhea

Eucalyptus

Tummy problems

Ginger, Peppermint, Cinnamon

Mastitis infection

Garlic, Peppermint

Increase milk

Fennel oil



ESSENTIAL OILS FOR BIRDS (INCLUDING CHICKENS)

It is extremely important to only use the highest quality therapeutic grade essential oils. However, many essential oils claim to be therapeutic grade and in fact contain chemicals which can prove fatal to birds. Be sure to only use pure, therapeutic grade essential oils.

Ravensara

Antiviral, may help support the immune system, may help maintain healthy lung function

Thyme

Broad spectrum antiviral, antibacterial, antifungal, a very strong essential oil that should be used conservatively; according to Kurt Schnaubelt, PhD *Thymus vulg.* thujanol may be effective against chlamydia

Lavender

Gently calming and antimicrobial

German Chamomile

A calming and anti-inflammatory essential oil that may also be beneficial for the liver; calming effects may help with behavioral issues; anti-inflammatory properties may be helpful for skin irritation and feather plucking issues

Helichrysum

An anti-inflammatory and extremely effective wound healing essential oil, which may help regenerate tissue; useful for controlling pain and decreasing bruising; also may be used for feather plucking issues

Frankincense

May help stimulate and elevate the mind; it's comforting properties may help overcome stress and despair; this oil is also known for its ability to reduce or eliminate tumors and to aid in lung conditions (use caution in birds with congestive lung issues as frankincense can be mucolytic)

Ylang Ylang

May be effective in calming and bringing about a sense of relaxation; may help release feelings of anger, tension, and nervous irritability; high in antioxidants

Lemongrass

This oil may be used as an antimicrobial, an anti-inflammatory, an insect repellent, for kidney disorders, to regenerate connective tissue, and as an aid in cancer treatment. I have found that high dilutions of lemongrass can be overly stimulating to birds; therefore I recommend doses of 3 to 5% to be used in a diffuser. Birds seem to tolerate these lower dilutions well. Lemongrass is a strong oil that can cause extreme skin irritation. Use with respect and care.

OnGuard

A blend of powerful antibacterial, antifungal and antiviral essential oils that may help support the immune system; acts as a gently energetic stimulant in birds and effectively stimulates appetite.

Purify

A blend of antibacterial, antiviral and antifungal essential oils that may help purify and cleanse the air and may be effective at controlling mold spores; can be used to disinfect bird rooms.

**Turning essential oils
into a**

Thriving business

INTEGRATING OUR PASSIONS WITH OUR CAREER SHOULD COME EASY. WE SHOULD HAVE A RIGHT TO DO WHAT WE LOVE!

When I bought my first kit 2 years ago, I NEVER thought I would ever want to sell. As I used the essential oils in my life, I found they could help with so many various health issues, that I wanted to share with others! I had experienced success in monetizing my blog, but actually building a team with a company was something I'd never tried before!

I started my doTERRA team building in March of 2014, and within 4 months, I had already hit the rank of Silver, which averages \$26,000 per year! I was shocked at how fast my team had grown!

I was not familiar with this! I didn't start making money with my blog until I had been blogging for 5 years! It's so wonderful to LOVE what I am doing each and every day! I wake up early each morning feeling excited about all that I get to do each day!

Watch this video to find out details of how the compensation plan works:

<https://www.youtube.com/watch?v=RkjNh83QRp8>

YOU GET TO BE THE AUTHOR OF YOUR DREAMS.

Whether you want to work from home or in addition to your current job, your doTERRA business runs on YOUR schedule. You can work as little or as many hours as you want, and you can grow as fast or as slow as you want!

This program is for people who want to:

- Be in business for themselves
- Have control over their finances and work schedule
- Build a thriving online business that can be managed from anywhere in the world
- Create a thriving income
- Utterly love what they do every day
- Make a positive difference in people's lives
- Be coachable, teachable and want to learn
- Stay self-motivated and focused
- Work hard and build a solid, sustainable recurring income that will pay them for years to come
- Be part of a committed group of like-minded entrepreneurs working to further each other's businesses.

YOU WILL BE GIVEN THE TOOLS AND RESOURCES TO BEGIN YOUR WELLNESS COACHING AND COUNSELING CAREER AND LIVE YOUR BEST LIFE NOW.

If you have already signed up as a Wellness Advocate, then you are already set up to start your business, all you need is training from your team leader! Contact your team leader or email me at jbelnap2@gmail.com to set up a phone call! If you are signed up as a Preferred Member, then you can easily upgrade to a Wellness Advocate so you can sell! Contact whoever you signed up under and tell them you are ready to learn how to start your very own doTERRA business!

This is your life. Go get 'em tiger.