

# Essential Oil Guide

HOW TO USE YOUR DOTERRA ESSENTIAL OILS SAFELY AND EFFECTIVELY





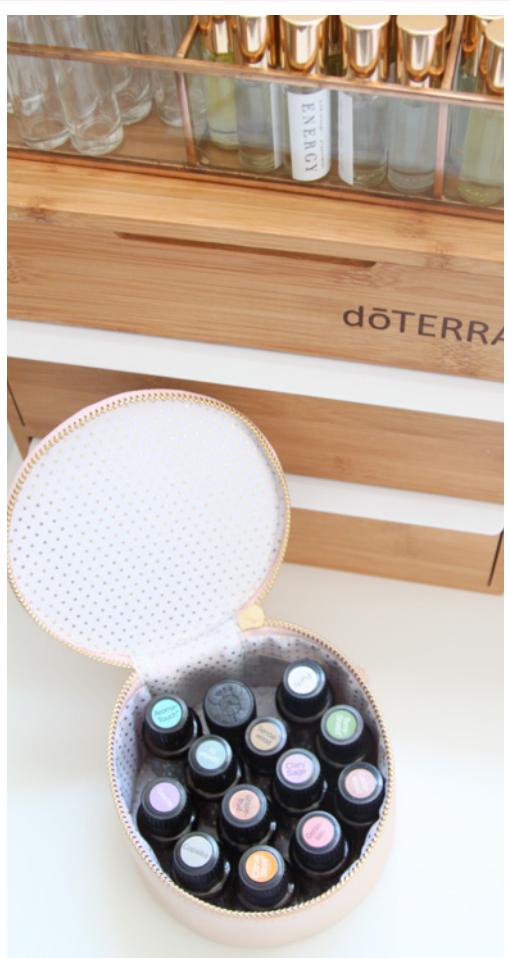
Essential oils and oil infused products are easy to use to support a natural lifestyle. It can feel overwhelming at first, but it does not need to be complicated. In this guide you will learn the basics of what essential oils are and how to use them safely and effectively.

This guide is not intended to diagnose, treat or cure any disease but rather to be a support in your journey to give your body the absolute best resources to heal itself naturally.

# *Essential Oil Guide*

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# *What are essential oils?*

ONE

Essential oils are volatile aromatic plant compounds (meaning they evaporate quickly) that come from different parts of the plant such as the root, leaves, bark or petals. These aromatic compounds benefit the plant and can benefit our bodies as well.

TWO

Most plants are steam distilled in order to extract the oil, however citrus oils are expressed (using mechanical pressure) from the rinds of the fruit and therefore are less expensive since it only takes 45-50 lemon rinds to make a bottle of lemon essential oil while it takes 30,000 roses to make the same size bottle of rose oil. Prices of oils are determined in large part by the amount of plant material required to obtain the oil.

THREE

Essential oils are often more potent than dried herbs. For example, 1 drop of peppermint oil is equivalent to 25 cups of peppermint tea. And when you have a pure source, essential oils are very safe and effective for a wide range of emotional and physical wellness applications. Essential oils do not have side effects and your body cannot build a tolerance to them, however it is more supportive to use a variety of oils.

FOUR

Essential oils are really having a come back right now and they are being studied more than ever! There is an ever growing body of research to show their benefits. They are even being used in many hospitals.

FIVE

Essential oils have been used for 1000's of years, Egyptian grave robbers used to steal essential oils and leave the gold, Hippocrates who is considered the Father of modern medicine, used Oregano oil within his practice.



René-Maurice Gattefossé, a French chemist considered the father of modern aromatherapy, learned of the power of essential oils after he was burned in a laboratory experiment in 1910 and healed his gangrene with lavender oil.



## WHY DOTERRA?

# What Sets Doterra Apart?

PURITY & POTENCY

There are so many companies out there, but you have come to the right one for your wellness needs. Essential oils are not regulated by any governing body (ie FDA) or outside organization so there is a wide variety of quality on the market. Many essential oils, even those from well known companies, are contaminated with synthetics or other additives. You need to look at the company you are purchasing your oils from to be confident in the use of their products. Doterra is the largest essential oil company in the world, has the purest most highest quality oils and seeks to care for all those who touched by their company and products.



## DOTERRA CPTG STANDARD - CERTIFIED PURE THERAPEUTIC GRADE

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- + Plants are grown in their ideal environments in over 40 countries, more than half of them are developing countries.
- + Doterra set out to create a new standard for essential oils in the industry.
- + Each batch is tested over 50 times in the process of production to ensure purity and that the chemistry provides the health benefits intact.
- + All the oils are tested both in house and by a third party to ensure purity.
- + Doterra is committed to only sell oils that are 100% pure.
- + Enter the "lot #" on the bottom of your bottle at [Sourcetoyou.com](http://Sourcetoyou.com) to see the test results for each of your oil bottles.
- + Doterra's oils are beyond organic. What is better than organic? Oils that have been tested to ensure purity and potency.

## DOTERRA'S CO-IMPACT SOURCING

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- + Plant growers receive fair wages and are elevated out of poverty, rather than being taken advantage of.
- + Communities are considered, Doterra works with the culture and the people there for positive impact.
- + Sustainability is key, Doterra cares for the land and works to ensure long term stability.
- + 90% of Doterra's oils are proprietary, meaning no one else can get that exact oil.

## DOTERRA'S HEALING HANDS FOUNDATION

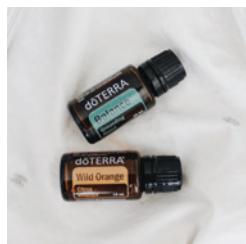
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- + Clinics and schools are built in many of the areas where oils are sourced.
- + Lives are freed of disease and poverty, and communities are empowered with the tools needed to become self-reliant.
- + Funds support organizations such as Operation Underground Railroad which fights human trafficking, Mentors International which provides micro loans, and Days for Girls who distribute sustainable feminine hygiene kits to impoverished women.
- + Matches donations received for hundreds of wellness advocate projects around the world.

### 3 WAYS TO USE ESSENTIAL OILS

# Aromatically

## INHAING



### AROMATICALLY

Essential oils are readily volatile and are quickly absorbed by the olfactory receptors, which have a direct link to the limbic system by way of the olfactory nerve. The limbic system is part of the brain that supports a variety of functions including smell, emotions, behavior, and memory. For this reason, essential oils have an especially powerful effect via aromatic application. Some essential oils induce uplifting or invigorating effects, while others are more calming.



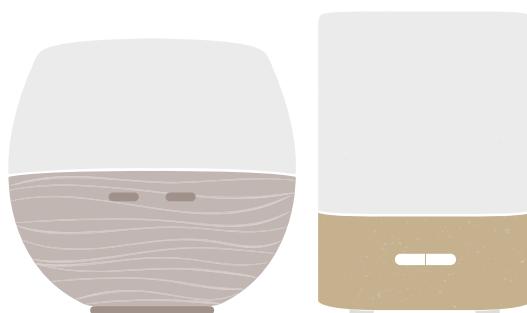
### DIFFUSING

Add tap water to the fill line and add 4-6 drops essential oil of choice. If using more than 1 oil divide the drops. Check specific diffuser for directions.

**Self-diffusing:** add a drop to your palm, rub hands together and cup over mouth and nose, breathe in and out slowly and deeply 5-10 times.

### BEST FOR

- + emotional support
- + mood and energy
- + promoting rest
- + open airways
- + purify the air
- + scent the room



### 3 WAYS TO USE ESSENTIAL OILS

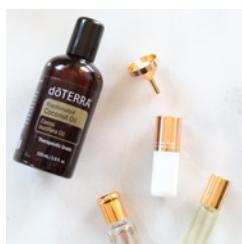
# Topically

APPLYING TO SKIN



## TOPICALLY

The skin is permeable to fat soluble substances so when essential oils are applied to the skin, they pass through the epidermis and the dermis and into the capillaries and they enter the bloodstream and are able to have an effect on the whole body. The oils circulate through the bloodstream and are metabolized through the liver. When the essential oil moves into the liver, specialized enzymes work to break down individual compounds into metabolites. These metabolites continue to circulate within the body, are biologically active and can aid the body in various processes.



## DOSAGE

Start with the lowest possible dose (1-2 drops) and then increase the dose as necessary to achieve the desired benefit. A topical dose can be repeated every few hours as needed. Because every individual is unique, the effective dose will vary for each individual based on size, age, and overall health status. In general, adults should limit topical use to 36 drops and children 12 drops in a 24 hour period.

### USE LESS, MORE OFTEN

You may need to apply several times before you see a result.

### CARRIER OIL OPTIONS

Fractionated coconut oil (stays liquid), jojoba, sweet almond, grapeseed.

### SENSITIVE/ AVOID THESE

Eyes, inner ears, inside nose, genitals.  
Be extra cautious with broken skin.

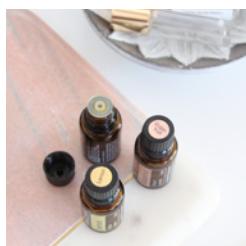
### AFTER APPLYING THE OILS

Wash hands thoroughly with soapy water & avoid touching your eyes.

### 3 WAYS TO USE ESSENTIAL OILS

# Topically

CONT'D



## DILUTING

Diluting essential oils is imperative to avoid sensitivity, cover enough surface area and avoid evaporation before the oil is absorbed. There are varying opinions on how much to dilute essential oils, this is where applying oils can be more of an art than a science. Some will say 1 drop essential oil in 3 drops carrier oil and others will say 1 drop per 2 teaspoons. Pay attention to your own body and how it responds, start with less and add more if needed. As a general guideline, start with 1 drop of essential oil per 1/8 teaspoon of carrier oil. Double the quantity of carrier for children and quadruple for babies or pregnant women. *If you are pregnant or nursing, please consult with a doctor.*

## BEST FOR

- tired muscles & joints
- skin irritation
- specific body area support

	CARRIER OIL	ESSENTIAL OIL
HEALTHY ADULTS	1/8 tsp.	1-3 drops
CHILDREN 2+	1/4 tsp.	1-2 drops
PREGNANCY & BABIES	1 tsp.	1 drop



## ROLLER BOTTLES

You can mix these in a roller bottle to use later or mix in hands. For roller bottles you will often find that lower dilution works better since you won't be applying nearly as much at a time. For more information on roller bottle dilutions refer to our roller bottle guide.



## *So where can I use the oils topically?*

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### **FOR OVERALL BODY SUPPORT**

Bottoms of feet and/or along the spine

### **FOR SPECIFIC SKIN OR ORGAN SUPPORT**

Apply to the area of concern

### **FOR EMOTIONAL & COGNITIVE SUPPORT**

Behind the ears, base of skull, over heart  
and the wrists (inhale as needed)

dōTERRA®

### 3 WAYS TO USE ESSENTIAL OILS

# *Internally*

DIGESTING



## WHAT YOU NEED TO KNOW ABOUT INGESTING

The French Model of aromatherapy, which promotes taking essential oils internally, was originally advocated by three prominent aromatherapists: Jean Valnet, Paul Belaiche and Henri Viaud. When taking oils internally, they are absorbed into systemic circulation via the digestive tract. Generally considered the most potent method of application, internal use of essential oils offers powerful effects to the body.

This is also the most controversial, leading to much debate due to lack of awareness. However, years of research have found that internal use is a safe and very effective method of application. Essential oils are already a normal part of your diet and the human body is well equipped to safely metabolize them. When you sprinkle cinnamon on your oatmeal or add fresh basil to a pasta dish you are consuming small amounts of the volatile compounds found (in the essential oil of) the plant. Essential oils can be used as internal supplements for more potent and targeted support.

Today, many essential oils are found on the FDA's Generally Recognized as Safe (GRAS) list. Please be aware that not all oils are safe to be taken internally. Those that are will list "Supplement Facts" on the bottle.

## Tip

Veggie caps need to be made right before you plan to ingest them since they will begin to dissolve within minutes. Alternatively you could make them ahead of time and store in the freezer.

### 3 WAYS TO USE ESSENTIAL OILS

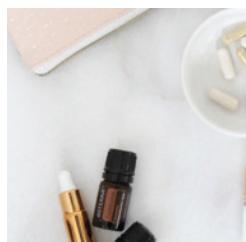
# *Internally*

CONT'D



## HOW TO

- + Ingest 1 drop of oil in water, in a capsule or add to food
- + Citrus oils are best added to water and add a delicious flavor, you only need one drop at a time
- + Do not add hot oils like oregano and onguard to water, those are best taken in a capsule
- + Oils like Frankincense and Copaiba can be taken sublingually (one drop under the tongue)



## DOSAGE

When using essential oils internally, it is important to regard them with as much precaution as any other supplement. It is best to start with the lowest possible dose (1-2 drops) and then increase the dose as needed. The recommended internal dose of essential oils is 1-5 drops, depending on the oil or blend. After a certain point, taking a higher dose no longer adds benefit. If you take too much, it can even become harmful. It is better to take a smaller dose, which can be repeated every 4-6 hours as needed. In total, typically no more than 24 drops, divided into doses, should be consumed in a 24-hour period.

## BEST FOR

- + systemic issues
- + digestive upset
- + immune support
- + flavoring food/water
- + detoxification





## WHAT DO I NEED TO KNOW ABOUT ESSENTIAL OIL SAFETY AND CARE?

Our bodies are intelligent and they know what they need. Start slow as you introduce your body to oils, use one at a time observing how your body responds to each one. You can start with the lowest dose and one type of application and work up from there.





## *A few safety & care tips:*

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### **STORAGE**

Always store oils in a cool dry place, below 80 degrees (no direct sunlight & they can be refrigerated)

Recap tightly so oils don't evaporate

Keep out of reach of children

When making roller bottles, don't pre-mix and store

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### **USAGE**

Maximum limits on use internally: 24 drops per day for adults, 12 drops per day for kids

Maximum limits on use topically: 36 drops per day for adults, 12 drops per day for kids

Always dilute when using oils topically

Never put oils in your eyes, ears or nose

If you have an unpleasant response, discontinue use

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### **CAUTION**

If you get oils in your eyes or have irritation on the skin, add coconut oil to dilute until irritation goes away

Add oils to glass or stainless steel containers only, as oils may breakdown plastics (#2 HDPE is ok)

For citrus oils and blends with citrus (ie. Breathe) avoid the sun on areas of topical application for 12 hours

# *Photosensitive Oils*

AVOID SUN FOR 12 HOURS WHERE  
YOU TOPICALLY APPLY THESE OILS

AromaTouch®

Bergamot

Brave®

doTERRA Breathe®

doTERRA Cheer®

Citrus Bliss®

Cumin

Elevation

doTERRA Forgive®

Grapefruit

InTune®

Kumquat

Lemon

Lime

doTERRA Motivate®

doTERRA On Guard®

Purify

Slim & Sassy®

Steady®

Sunny Citrus

Tangerine

Thinker®

Wild Orange

Zendocrine®



## WHAT ARE THE MOST POPULAR OILS?

# Top 14 Oils

THE STARTER KITS HAVE MOST OF THE OILS BELOW  
IF YOU DON'T HAVE ALL THE OILS YOU CAN USE YOUR WHOLESALE  
ACCOUNT TO PURCHASE THE OTHER OILS AT 25% OFF

### LEMON // CLEANSING



- ❖ Put a drop in your water (use glass, ceramic or stainless steel) for flavor and daily cleansing
- ❖ Add a drop to recipes that call for lemon zest
- ❖ Mix a drop in a tsp of honey to soothe a tired throat
- ❖ Put a few drops on a cotton ball and use to take off sticky residue, gum, marker, etc.
- ❖ Diffuse to cleanse the air and create an uplifting environment, pair with peppermint for energy/focus
- ❖ Make a glass cleaning spray: fill a 12oz spray bottle with 1/2 water and 1/2 vinegar, add 20 drops lemon oil
- ❖ Put a couple drops on the inside of your toilet paper roll or on a tissue for a clean bathroom scent
- ❖ Take several times a day internally to promote a healthy metabolism
- ❖ For whiter teeth, mix a 1 tsp baking soda and 1 tsp coconut oil with 1 drop lemon oil and rub on your teeth for 2 minutes and then rinse. You can also add activated charcoal
- ❖ Use a cloth soaked in Lemon oil to preserve and protect your leather furniture and other garments
- ❖ Lemon oil is a great remedy for the early stages of tarnish on silver and other metal surfaces
- ❖ For laundry, if you leave it in the washer too long, just add a few drop of lemon EO and run again

### FRANKINCENSE // REJUVINATING

- ❖ Diffuse or self diffuse to promote feelings of peace and comfort
- ❖ Take 1-2 drops under the tongue or in a veggie cap daily for healthy cells
- ❖ Add 1-2 drops to your moisturizer or apply diluted with jojoba oil to your face, neck and hands before bed to reduce signs of aging
- ❖ Take 1 drop under the tongue as needed for head tension
- ❖ Self diffuse one drop to encourage memory and concentration
- ❖ Use on bottoms of feet diluted or in a veggie cap for immune support
- ❖ Add 1-2 drops to unscented lotion and massage on chest and back for respiratory support



## LAVENDER // CALMING



- ❖ Add a few drops of Lavender to pillows, bedding or bottoms of feet diluted at bedtime to promote relaxation
- ❖ Diffuse with Frankincense or Balance for a restful night's sleep
- ❖ Apply diluted to skin irritations such as bites, scrapes, burns and rashes as needed for relief
- ❖ Self diffuse or take a drop in a veggie cap to reduce anxious feelings
- ❖ Add 1-3 drops to baked goods, veggies or chicken for a fragrant flavor
- ❖ Apply diluted with frankincense to jawline or gums for discomfort or grinding
- ❖ Add a few drops to wool dryer balls 5 minutes before the dryer is done for naturally scented laundry
- ❖ Use 4-5 drops in 2 cups of epsom salt and add to a bath for calming mood, mind and body
- ❖ Add a couple drops to coconut oil or unscented lotion and massage into skin for dryness or itching
- ❖ Add to facial moisturizer or dab on blemishes for skin benefits
- ❖ Pair with peppermint and lemon for seasonal relief, either diffused or internal

## MELALEUCA // PURIFYING



- ❖ For occasional skin irritations, apply 1-2 drops of Melaleuca diluted onto affected area, combines well with Lavender and Frankincense
- ❖ Make a post shave spray with witch hazel: 10 drops in a 2oz bottle, fill with witch hazel, shake before use
- ❖ Apply to fingernails and toenails after showering to purify and keeps nails looking healthy
- ❖ Apply diluted to bottoms of feet with wild orange or lemon for immune support for little ones
- ❖ Add a few drops to shampoo for healthy scalp and to prevent unwanted critters
- ❖ Apply diluted with oregano to unwanted skin growths
- ❖ Diffuse when you or a family member isn't feeling well, add Frankincense, Onguard, Lemon
- ❖ Use to treat mold in shower, on windows, or elsewhere
- ❖ Dab directly on pimples 1-3 times a day or add a drop to face wash to keep clear.

## OREGANO // DISINFECTING



- ❖ Keep feet and nail impurities at bay by applying diluted after showering
- ❖ Take 1-2 drops in a veggie capsule as needed to support the immune system
- ❖ Apply diluted with melaleuca to unwanted skin growths
- ❖ Dip a toothpick into your oregano bottle and add to homemade pasta sauce
- ❖ To support respiratory function, take 2 drops in a veggie capsule
- ❖ *Caution: always dilute oregano for topical application and it's generally not diffused*

## PEPPERMINT // REFRESHING



- ❖ Take one to two drops in a veggie capsule to alleviate occasional stomach upset
- ❖ Self diffuse for a boost of energy, add lemon or wild orange for a uplifting twist
- ❖ Apply diluted to warm skin to cool down
- ❖ Diffuse for respiratory support
- ❖ Add a drop to an ounce of water for a refreshing mouthwash
- ❖ Drop on the tongue for a natural breathe freshener or to suppress cravings
- ❖ Take 1 drop each peppermint, lemon and lavender in a veggie cap for seasonal support
- ❖ Repels bugs naturally, mix 20 drops with water in a 12oz spray bottle and spray on corners and surfaces to repel ants and other pests
- ❖ Put a few drops on the side of your morning shower to awaken yourself naturally.

## WILD ORANGE // UPLIFTING



- ❖ Diffuse to uplift mood and energy levels and to freshen the air
- ❖ Add a drop to diffuser jewelry for a good mood all day
- ❖ If Lavender is energizing for you, you may find wild orange calming
- ❖ Add a drop to your water every day for a burst of flavor and to promote detoxification
- ❖ Make a surface cleaning spray: fill a spray bottle with 1/2 water and 1/2 vinegar, add 20 drops wild orange
- ❖ Diffuse with Peppermint for focus and energy
- ❖ Put a couple drops in the toilet or sink to freshen the bathroom
- ❖ Put a drop on a cotton ball and place in the vent of your car for a fresh and uplifting scent

## BALANCE // GROUNDING



- ❖ Begin your day by putting Balance on the bottom of your feet to promote feelings of calmness and tranquility throughout the day
- ❖ Apply to your wrists or neck to help ease anxious feelings
- ❖ Diffuse in your car during road trips to create a calming, soothing environment
- ❖ Diffuse at bedtime for a restful night sleep

*Tip*

Looking for more oils to support your mood? Doterra has an Emotional Aromatherapy collection that includes 6 oils for mood support. Some of my other favorites are Elevation, Citrus Bliss, Copaiba, Marjoram and Clary Calm.

## SERENITY // RESTFUL



- ❖ Diffuse at night to calm a restless baby or child
- ❖ Apply to bottoms of feet at bedtime to help unwind before going to sleep – use in conjunction with doTERRA Serenity Restful Complex Softgels for an enhanced effect
- ❖ Inhale directly from hands or diffuse throughout the day to help lessen tension
- ❖ Add 2-3 drops into a warm bath with Epsom salts to create a relaxing, renewing experience
- ❖ Apply 2-3 drops to the back of the neck or on the heart for feelings of calmness and peace

### Tip

Need additional support for a restful night's sleep? Doterra's Serenity softgels contain a unique combination of Lavender essential oil and natural plant extracts that help the body from the inside out. Other oils for rest include Cedarwood, Vetiver, Bergamot, Sandalwood and Roman Chamomile.

## ON GUARD // PROTECTING

- ❖ Diffuse for uplifting aroma and immune support for the whole family
- ❖ Add two to three drops in a veggie capsule for an immune boost
- ❖ Add to water for an effective all-purpose surface cleaner
- ❖ Soak sliced apples in water and a few drops for a healthy, immune-boosting snack
- ❖ Add a drop to applesauce or honey for kids
- ❖ Apply a drop to gums as needed for sores in the mouth
- ❖ Combine a few drops of doTERRA On Guard with Fractionated Coconut Oil for a natural hand cleanser
- ❖ Make your own foaming hand soap with 2 tbsp castile soap, 1 tsp fractionated coconut oil, 10 drops Onguard and the rest water
- ❖ Bring with you when you go for a massage and ask the massage therapist to add a few drops to the lotion they use



## BREATHE // RESPIRATORY



- ❖ Diffuse, self diffuse or rub on chest or feet when seasonal and environmental threats are high
- ❖ Put 1-2 drops in a mug of boiling water, lean over the mug with a towel covering you to open up your airways, be sure to cover your eyes to avoid irritation
- ❖ Use when outdoors to minimize the effects of seasonal threats.
- ❖ Diffuse at bedtime for a restful environment
- ❖ Diffuse or self diffuse as needed for grief support

### Tip

For additional respiratory support, try Doterra's Breathe Vapor Stick, Respiratory Drops and oils such as Lime, Copaiba, Eucalyptus and Cardamom.

## AROMATOUCH // MASSAGE



- ↳ Apply to neck and shoulders diluted for tension relief
- ↳ Combine with deep blue and apply diluted to sore areas
- ↳ Minimize appearance of veins by applying diluted several times a day
- ↳ Diffuse for a relaxing environment
- ↳ Reduce water retention in feet and ankles by applying diluted
- ↳ Add to 3-4 drops to 2 cups epsom salt and enjoy a relaxing soak in a hot bath

## DEEP BLUE // MUSCLES



- ↳ Apply to sore areas diluted before and after exercise
- ↳ Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime
- ↳ Rub Deep Blue on lower back muscles after a day of heavy lifting at work or during a move
- ↳ Apply to lower back and abdomen diluted for occasional pain associated with menstrual cycles
- ↳ Add a few drops to coconut oil or unscented lotion and massage into neck and shoulders for tension relief

## DIGESTZEN // DIGESTIVE



- ↳ Take 1-3 drops in a veggie cap to soothe occasional stomach upset.
- ↳ Rub on the stomach before flying or taking a road trip and inhale from hands for a calming aroma
- ↳ Add a drop to water or tea to maintain a healthy gastrointestinal tract
- ↳ Take orally to help reduce bloating, gas, and occasional indigestion
- ↳ Apply diluted to the bridge of your nose to maintain clear airways

*Tip*

If you have ongoing digestive issues you will want to try Doterra's Terrazyme digestive enzymes and PB Assist probiotics to support the digestive system as a whole. You can also add Digestzen Softgels and Ginger Digestive Drops for additional support.

# *Thank you!*

I HOPE YOU ENJOYED LEARNING MORE ABOUT YOUR NEW ESSENTIAL OILS. THE NUMBER ONE WAY TO SEE THE BENEFITS IS TO USE THEM, EVERYDAY! AND OF COURSE, IF YOU HAVE ANY QUESTIONS, DON'T HESITATE TO REACH OUT TO ME.