

doTERRA Essential Oil Uses

Are you a Mother, Father, Grandparent, Sibling, Neighbor, Massage Therapist, Chiropractor, Doctor, and a Good Friend to many? If so, you will be interested to read the information below and share it with everyone you know.

For more information contact:

Melissa and Joe - doTERRA Independent Consultants

www.doterrahealth.com - Our Blog (learn how to buy at wholesale on our blog)

doterrahealth@gmail.com - email address

801.877.1524 - Our phone number

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SINGLE OILS

Basil (*Ocimum basilicum*): *a very beneficial oil and can be helpful not only for headaches and migraines, but also has an uplifting effect on depression. It is effective in digestive disorders, ranging from nausea to hiccups, and for infections in the respiratory tract. It is useful for wasp and insect bites, particularly that of mosquitoes.*

1. Basil oil is a good tonic for the treatment of nervous disorders and stress related headaches, migraines and allergies.
2. It is used to clear the mind and relieve intellectual fatigue, while giving clarity and mental strength.
3. It has a beneficial action on the respiratory tract and is often used for asthma, bronchitis and sinus infections.
4. Is effective in cases of constipation, nausea, vomiting and cramps, and is also good when used for menstrual problems.
5. It helps to minimize uric acid in the blood, thus relieving gout.
6. It is useful in arthritis when applied topically.
7. When used on the skin, it helps to control acne.
8. In general it refreshes the skin and can also be used on insect bites.
9. When adding Basil oil to a warm bath, it can help relieve gout and arthritis, as well as muscular and menstrual pains.

Cassia: (Cinnamomum cassia) *this warm exotic oil is more than just a fragrant oil, as it can be used in fever, chills and for supporting the digestive system. It can be an irritant when used directly on the skin before diluting. Cassia oil has a warm pungent smell.*

1. Cassia can be used for digestive complaints such as colic, dyspepsia, diarrhea and nausea.
2. It can be used for colds, influenza, fevers, arthritis and rheumatism.
3. When Cassia is diffused it can assist with fevers, colds, flu, low vitality, chills and will also support the digestive system.
4. Although Cassia oil is a skin irritant, it can be of benefit for arthritis and rheumatism if included in a formula at a very low inclusion rate.

Cinnamon (Cinnamomum zeylanicum): *this most ancient of spices was included in just about every prescription issued in ancient China. It was regarded as a tranquilizer, tonic, and as being good for depression and a weak heart.*

1. Can be beneficial for circulation when applied topically to the feet or area of concern.
2. Assists in cold, coughs, and flu when diffused.
3. Is helpful with rheumatism when massaged in to sore area.
4. Has the ability to fight viral and infectious disease, and testing has yet to find a virus, bacteria, or fungus that can survive in its presence.
5. When taken internally dilute one drop in 2 tsp. honey or 8 oz. of beverage.
6. Dilute with DoTerra's Fractionated Coconut Oil when massaging so the skin is not irritated.

Clove (Eugenia caryophyllata): *history has it that the people of Penang (among the "Spice Islands") were free from epidemics until the sixteenth century, when Dutch conquerors destroyed the clove trees that flourished on those islands. Many of the islanders died from the epidemics that followed.*

1. Rub directly on the area of concern for wounds, toothache, and dental infection.
2. Place a drop of clove on finger and rub on tongue to remove desire to smoke.
3. Can be used in your favorite recipes calling for clove powder, have fun switching from powder to oil.

Eucalyptus (Eucalyptus radiata): *can be used directly on area of concern. This is a wonderful oil to diffuse and is very effective for the respiratory system.*

1. Rub one drop on the outside and back of the ear (never use essential oils on the inside) to relieve an earache.
2. Put a few drops of Eucalyptus in a diffuser to assist with bronchitis, flu, and hay fever.
3. Add a drop of Eucalyptus to your skin cream to assist with acne.

Frankincense (*Boswellia frereana*): *one of the gifts given to Christ at His birth. Frankincense is a holy oil in the Middle East. French medicinal uses of Frankincense include asthma, depression, and ulcers.*

1. This oil may help with aging; add one drop to your morning facial cream.
2. Frankincense when diffused is pleasant smelling, yet at the same time can be beneficial with bronchitis, headaches, and pneumonia.
3. Frankincense may also help one have a better attitude, which may help to strengthen the immune system.

Geranium (*Pelargonium graveolens*): *historically, geranium oil has been used for dysentery, hemorrhoids, inflammations, and heavy menstrual flow.*

1. May be used for bleeding, burns, and circulatory problems when applied directly to affected area.
2. Rub a few drops on the bottom of feet to assist with liver detoxification.
3. Add Geranium to DoTerra's Fractionated Coconut Oil and apply directly to shingles for relief.

Ginger (*Zingiber officinale*): *anciently esteemed as a spice and recognized for its affinity for the digestive system, it has been used in gingerbread (up to 4,000 years ago in Greece), in Egyptian cuisine to ward off epidemics, in Indian tea to soothe upset stomachs, and in Chinese tonics to strengthen the heart and relieve head congestion.*

1. Apply one or two drops to feet, back of neck, and wrists to assist with motion sickness.
2. Place one drop in palm of hand, rub hands together, and inhale for further motion sickness assistance.
3. Drop one or two drops on arthritic joints for relief of pain and swelling.

Grapefruit (*Citrus paradisi*): *this refreshing oil helps to boost digestion, benefits the immune system by helping to clear the lymphatic system, helps with skin problems, and can be used for muscle stiffness, water retention and for bolstering the nervous system. Grapefruit oil may prevent one from drowning in their own negativity. It is balancing and uplifting to the mind, and may help to relieve anxiety.*

1. Add one or two drops to an 8 oz glass of water for a refreshing drink that can be beneficial to digestion, kidneys, and the lymphatic system.
2. When diffused the vapor from Grapefruit oil can be used for headaches, mental exhaustion, and depression.
3. Grapefruit oil can be mixed in DoTerra's Fractionated Coconut Oil, or may be added to the bath to assist with cellulite, colds and flu, lack of energy, jet lag, muscle fatigue, overweight, headaches, moodiness and mental and physical tiredness.

Lavender (Lavandula angustifolia): *is often referred to as the Mother of Essential Oils because it is so versatile. Therapeutic-grade lavender has been highly regarded for the skin. Lavender has been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises, and skin irritations. The fragrance is calming, relaxing and balancing - physically and emotionally.*

1. Rubbing Lavender oil on the feet may cause a calming effect on the body.
2. Rubbing a drop of Lavender oil on your palms and smoothed on your pillow may help you sleep.
3. Putting a drop of Lavender oil on a bee sting or insect bite may soothe the itching, stinging and discomfort.
4. Putting 2-3 drops of Lavender oil on a minor burn may soothe it.
5. Dropping Lavender oil on a cut may soothe it.
6. Possible help in alleviating the symptoms of motion sickness is to place a drop of Lavender oil on the end of the tongue or around the naval or behind the ears.
7. Rubbing a drop of Lavender oil over the bridge of the nose may help to unblock tear ducts.
8. Rubbing Lavender oil on dry or chapped skin may bring relief.
9. Rubbing a drop of Lavender oil on chapped or sunburned lips may help discomfort.
10. Possible help in reducing and/or minimizing the appearance of scar tissue may be to try massaging Lavender oil on and around the area.
11. Rubbing 2 - 4 drops of Lavender oil over the armpit area may help act as a deodorant.
12. Rubbing a drop of Lavender oil between your palms and inhaling deeply may help in alleviating the discomfort of air borne pollen and/or dust.
13. Rubbing several drops of Lavender oil into the scalp may help with flaking.
14. Placing a few drops of Lavender oil on a cotton ball and placing in your linen closet to scent the linens and may help repel moths and insects.
15. Placing a drop of Lavender oil in your water fountain may help to scent the air, help sanitize and prolong the time between cleanings.
16. Placing a few drops of Lavender oil on a wet cloth and throwing into the dryer, may help to deodorize and freshen your laundry.
17. Diffusing Lavender oil may support the body's natural defenses against air borne sensitivities to the skin and immune system.
18. Spritzing several drops of Lavender oil mixed with distilled water on sunburn may help soothe it.
19. Dropping Lavender oil on a cut may help clean the wound, sanitize and soothe it.
20. Applying 2-3 drops of Lavender oil to a rash may help soothe the skin.

Lemon (Citrus limon): *has antiseptic-like properties and contains compounds that have been studied for their effects on immune functions. It may serve as an insect repellent and may be beneficial for the skin. CAUTION: Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.*

1. Using 6 drops of lemon oil and 6 drops of Purify oil in a squirt bottle mixed with distilled water may help in the bathroom as an air freshener.
2. Use 1-2 drops of Lemon oil to remove gum, oil, grease spots or crayon.
3. Use 1 drop of Lemon oil to add flavor to baked goods or beverages.
4. For homemade lemonade, in a blender mix 2 drops of Lemon oil, 2 tablespoons of honey and two cups of pure water. Adjust the amount of each ingredient to suit your own taste.
5. Rub a drop of Lemon oil on a corn, callous or bunion mornings and evenings.
6. To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil. Drop your cleaned fruit into the water and stir. Be sure all surfaces of the fruit contact the lemon water.
7. Add 2-3 drops of Lemon oil to water and spray counter tops to sterilize them.
8. Soak your dishcloth overnight in a bowl of water and a drop of Lemon oil to disinfect and kill germs.
9. Add a drop of Lemon oil to your dishwasher before the wash cycle.
10. Rub a drop of Lemon oil on your hands after using a public bathroom.
11. Use a paper towel soaked with several drops of Lemon oil to sanitize bathroom fixtures.
12. Place a drop of Lemon oil on cold sores, herpes or other mouth ulcers to lessen pain and aid healing.
13. Put a drop of Lemon oil on bleeding gums caused by gingivitis or tooth extraction.
14. Put a drop of Lemon oil on oily skin or acne to balance sebaceous glands (oil glands).
15. Rub several drops of Lemon oil on cellulite to improve circulation and help eliminate waste from the cells.
16. Rub two drops of Lemon oil topically to clear athlete's foot.
17. Rub several drops of Lemon oil on varicose veins to improve circulation and relieve pressure on the veins.
18. Rub a drop of Lemon oil on a wart morning and night until it disappears.
19. Rub a drop of Lemon oil to clean a butcher's block or other cutting surfaces.
20. Put 10-15 drops of Lemon oil in each gallon of carpet cleaning solution to help pull out stains and brighten the rug. This also leaves a fresh smell in the room.

Lemongrass (Cymbopogon flexuosus): *historically, Lemongrass has been used for infectious illnesses and fever, an insecticide, and as a sedative to the central nervous system.*

1. Lemongrass oil revitalizes the body and relieves the symptoms of jetlag, clears headaches and helps to combat nervous exhaustion and stress-related conditions.
2. It is a great overall tonic for the body and it boosts the parasympathetic nervous system, which is a boon when recovering from illness, as it also stimulates glandular secretions.
3. It is useful with respiratory infections such as sore throats, laryngitis and fever and helps prevent spreading of infectious diseases.
4. Lemongrass oil may help tone the muscles and tissue, relieves muscle pains by making the muscle more supple.
5. It helps to keep pets clean of fleas, ticks and lice.
6. It also is used for clearing up oily skin and acne, as well as athlete's foot.
7. When diffused, Lemongrass oil can be used for nervousness and as an insect repellent. It is also great to revive the mind when feeling lethargic and to energize as well as relieving fatigue.
8. Lemongrass is a great oil to add to a bath to assist with cellulite, digestive problems, as a diuretic, for infections, nervousness, for over exerted ligaments and as a general tonic.
9. Mix Lemongrass with DoTerra's Fractionated Coconut Oil for clearing cellulite, as well as toning the skin, opening blocked pores and helping with acne. The antiseptic properties are useful in treating athlete's foot and other fungal infections.

Marjoram (*Origanum majorana*): *known as the 'herb of happiness' to the Romans and 'joy of the mountains' to the Greeks. Marjoram may be relaxing and calming to the muscles that constrict and sometimes contribute to headaches.*

1. Diffuse three or four drops to promote feelings of peace and sleep. Can also prove to be beneficial when diffused for asthma, bronchitis, poor circulation, coughs, physical exhaustion, headaches, tension, insomnia, sinusitis, anxiety, nervous tension and stress.
2. Marjoram oil has a warming action and calms emotions, relieves anxiety as well as stress and helps to calm hyperactive people. It has good muscle relaxant properties and the pain killing properties are useful for rheumatic pains as well as sprains, strains and spasms, as well as swollen joints and painful muscles.
3. It soothes the digestive system and helps with cramps, indigestion, and constipation and has a beneficial action on colds, sinusitis, bronchitis and asthma.
4. Marjoram oil can be beneficial in cases of nervous tension, respiratory congestion, painful muscles and joints, digestive problems and menstrual disorders.

Melaleuca (*Melaleuca alternifolia*) *commonly known as tea tree oil, is an ingredient of many soaps, creams, lotions, deodorants, disinfectants and air fresheners. The leaves of the Melaleuca tree have been used for centuries by the aborigines to heal cuts, wounds, and skin infections. Tea tree oil is one of the most powerful immune stimulant oils and helps fight infections of all kinds and helps clear the skin.*

1. Melaleuca oil is very important in the health of the immune system, as it acts as an immuno-stimulant and increases the body's ability to fight off any infections, while it also is used to revive the mind and body after shock.

2. The world over, this oil is used with great effectiveness to ward off infections of any kind, and it is active in all three varieties of infectious organisms: bacteria, fungi, and viruses.
3. It can help with influenza, cold sores, and gingivitis.
4. Apart from the superb anti-infectious properties of tea tree oil, it is also most effective to help clear bronchial congestion, asthma, coughs, sinusitis, whooping cough and tuberculosis.
5. On the genito-urinary system, it can be used to help clear vaginal thrush, cystitis and genital infections in general and on the skin, it clears abscesses, acne, burns, herpes, oily skin, athlete's foot, cold sores, blemishes, diaper rash, warts, sunburn and infected wounds, while fighting dandruff on the scalp.
6. When diffusing Melaleuca oil it may assist with colds, sinusitis, bronchitis and any other respiratory ailment.
7. When added to water for washing or bathing it has great value to treat abscesses, bed sores, acne, boils, lice, dandruff, wounds, and can also be applied neat on problem areas with a cotton swab. These same remedies can be safely used on pets.
8. For lice - apply neat onto the scalp - leave for 40 minutes and wash the hair. This must be repeated every second day for twelve days.
9. Melaleuca oil can be used as a mouthwash for gum infections, mouth ulcers, throat infections and tonsillitis.

Myrrh: (*Commiphora myrrha*) *has been prized since ancient times. It is said that no soldier of ancient Greece went into battle without a paste of Myrrh in his pouch.*

1. Myrrh has traditionally been used for aging skin due to its toning and tightening properties, simply add a few drops to your favorite facial cream.
2. Apply topically to skin lesions, slow healing wounds and ringworm.
3. Add a drop or two of Myrrh to four ounces of water to create a mouthwash for gingivitis, mouth ulcers, and to strengthen soft gums.
4. Mix a few drops of Myrrh with DoTerra's Fractionated Coconut Oil and rub on the throat, chest or back to assist in relieving sore throats, coughs and colds.
5. Add two or three drops to diffuser to assist with relief of cold symptoms.

Orange, Wild (*Citrus sinensis*): *extensively used as a fragrance component in soaps, detergents, cosmetics, perfumes, and in the food and drinks industry. This unpretentious essential oil is used in aromatherapy to create the feeling of happiness and warmth, while calming nervous digestive problems. It deals very well with colds and flu, eliminates toxins and stimulates the lymphatic system, while supporting collagen formation in the skin.*

1. Add a few drops to the diffuser to assist with colds and flu. This can also be beneficial for nervous tension, stress and relaxing for children at bedtime.
2. Put 1 or 2 drops in drinking water; it is a good diuretic and is most useful in balancing water retention and obesity. Its lymphatic stimulant action further helps to balance water processes, detoxification, aiding the immune system and general well-being.
3. As a blended massage oil or added to a bath, it assists with colds and flu, eliminates toxins, boost the lymphatic and immune system and helps ease nervous tension and stress.

4. When added to furniture polish, helps to protect against damage from insects.

Oregano (*Origanum vulgare*): *used as a fragrance component in soaps, colognes and perfumes, especially men's fragrances. Because Oregano essential oil is concentrated, a little bit goes a long way. At first, it may be wise to start out cautiously by using only 1 drop of Oregano essential oil to 3 parts DoTerra's Fractionated Coconut Oil when applied topically.*

1. To treat bacterial and fungal infections, 1 drop of oil may be placed in an 8-ounce glass of water or juice and taken internally once or twice a day.
2. Place one drop under the tongue twice a day to fight infections, but it should be mixed with 1 teaspoon of honey or maple syrup.
3. For use in the bath, mix 1 to 3 drops of diluted Oregano oil with body gel or shampoo and add it to the bath water.
4. As an antiseptic, the diluted oil can be used in cloths to wipe down kitchen and bathroom countertops.
5. Dilute 1 teaspoon Oregano oil in 2 teaspoons of DoTerra's Fractionated Coconut Oil and apply with a cotton swab to the affected area up to three times a day.

Peppermint (*Mentha piperita*): *is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., studied Peppermint's effect on the liver and respiratory systems. Other scientists have also researched Peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied Peppermint's ability to improve concentration and mental accuracy. Alan Hirsch, M.D., studied Peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals.*

1. Rub 4-6 drops in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea.
2. Add a drop of Peppermint oil to herbal tea to aid in digestion and relieve heartburn.
3. Massage several drops of Peppermint oil on the area of injury to reduce inflammation.
4. Apply Peppermint oil immediately to an injured area (bruised shin, hit on the foot or hand) to relieve pain. If there is a cut, apply the Peppermint oil around (not on) the open wound.
5. Rub several drops of Peppermint oil on the bottoms of the feet to reduce fever.
6. Apply a drop of Peppermint oil topically on unbroken skin to stop itching.
7. For poison ivy or poison oak, apply Peppermint oil on location neat or dilute with DoTerra's Fractionated Coconut Oil.
8. Inhale Peppermint oil before and during a workout to boost your mood and reduce fatigue.
9. Massage several drops of Peppermint oil on the abdomen to relieve nausea.
10. To relieve a headache, rub a drop of Peppermint oil on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.

11. To stop hiccups, apply a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches from the large vertebra at the base of the neck).
12. Place two drops of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.
13. Diffuse Peppermint oil in the room while studying to improve concentration and accuracy. Inhale Peppermint oil while taking a test to improve recall.
14. Rub 4 drops of Peppermint oil on chest and stomach to relieve travel sickness.
15. Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.
16. Add Peppermint oil to food as a flavoring and a preservative.
17. To deter rats, mice, ants or cockroaches, place two drops of Peppermint oil on a cotton ball and place along the path or point of entry for these pests.
18. Mix one 15 ml. bottle of Peppermint oil into a 5 gallon can of paint to dispel the fumes.
19. Place a couple of drops of Peppermint oil in a cup of hot water and enjoy in place of coffee.
20. To kill aphids, add 4-5 drops of Peppermint oil to 4 ounces of water and spray the plants.
21. Drink a drop of Peppermint oil mixed in a glass of cold water to cool off on a hot day.
22. Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.
23. Place a drop of Peppermint oil on the tongue to stop bad breath.
24. Inhale the fragrance of Peppermint oil to curb the appetite and lessen the impulse to overeat.
25. Remove ticks by applying a drop of Peppermint oil on a cotton swab and swabbing the tick. Wait for it to unhedge its head and remove from your pet.
26. Mix Peppermint oil in a footbath to relieve sore feet. Keep water agitated while soaking feet.

Rosemary (*Rosmarinus officinalis*): *the Rosemary plant was regarded as sacred by many civilizations; it has a fresh, sweet, and slightly medicinal smell. It was used to protect against plague and infections illness. It has the reputation of being versatile and has many uses.*

1. As a rub for muscular pain, gout, and rheumatism add a few drops to the palm of your hand and gently massage in.
2. It is excellent for scalp problems like dandruff and itchiness, simply add a few drops when shampooing.
3. Create a hot-oil treatment for damaged hair: Warm the oil slightly, and gently rub a small amount into the scalp and/or hair, wrap a towel around your head, and leave on for one hour. Shampoo out, and feel the difference!

Sandalwood (Santalum album): *many cultures still consider Sandalwood to be sacred; it is very similar to Frankincense in action.*

1. May be beneficial to rub on the bottom of feet and on direct contact for sciatic nerve problems.
2. Diffuse a few drops to relieve nervous tension.
3. Add two drops to morning and evening facial cream for skin regeneration.
4. Rub a few drops on belly to assist with deterring stretch marks.

Thyme (Thymus vulgaris): *the ancient Greeks used Thyme for infectious illnesses. It has also been used for respiratory problems, digestive complaints, and the prevention and treatment of bronchitis and asthma.*

1. Mix two drops with 4 oz. of water or juice to create a general tonic for the nerves and stomach. It may also help with bacterial infections, colds, circulations, flu, urinary infections and headache.
2. Rub a drop or two on insect bites to relieve pain, itching, and infection.
3. Diffuse two or three drops to create an antibacterial and anti-infectious agent in your home to fight off germs.

White Fir (Abies alba): *a rich, balsamic, and refreshing aroma that creates feelings of invigoration.*

1. Rub a few drops on areas affected with arthritis or rheumatism.
2. Diffuse three or four drops to relieve symptoms of bronchitis, colds, coughs, flu, and sinusitis.

Wintergreen (Gaultheria procumbens): *highly concentrated, use sparingly. It has been traditionally used for supporting cases of arthritis and other joint/muscular aches and pains.*

1. Apply topically for use in a warming massage for arthritis, backache, gout, muscular, joint, or rheumatic pain.
2. Has been used to staunch bloody wounds, applied to dog bites, snakebites, and insect bites.
3. Make a poultice and use for boils, swellings, ulcers, and old sores.

Ylang Ylang (Cananga odorata): *used for skin treatments, to soothe insect bites, and in hair preparations to promote thick, shiny, lustrous hair.*

1. Diffuse to create a calming and relaxing atmosphere.
2. Rub over thymus to help stimulate the immune system.
3. Put a drop or two in the palm of your hands, rub together and apply to wet or dry hair.

BLENDED OILS

Balance: *a grounding blend of spruce, rosewood, frankincense, blue tansy in a base of coconut oil. This blend offers an enticing fragrance which promotes tranquility and a sense of balance affecting multiple body system.*

1. This unique blend is perfect for aromatic diffusion at home or work.
2. Apply a few drops to the bottom of feet or back of the neck and recognize the harmonizing effects on your body.
3. Rub a few drops on a sore muscle, lay back, relax, and enjoy.

Breathe: *a respiratory blend of laurel leaf, peppermint, eucalyptus radiate, ravensara, melaleuca alternifolia, and lemon. Respiratory issues are a prevalent and unwanted circumstance for many individuals. Both young and old are bothered by this troublesome and sometimes chronic condition.*

1. The properties in Breathe make it extremely effective to ward off and comfort individuals dealing with allergies, colds, sore throat, mucus, flu, congestion, pneumonia, and sinusitis. Simply apply a drop or two on the breast bone, neck, or shoulders. (You may want to dilute Breathe with DoTerra's Fractionated Coconut Oil.)
2. Diffuse a few drops for any of the above conditions for relief.
3. Add a few drops to a hot bath to decrease symptoms addressed above.

Citrus Bliss: *an invigorating blend of wild orange, lemon, grapefruit, mandarin, bergamot, tangerine, clementine, and vanilla bean extract. Some of the most relaxing and beneficial among all of nature's fragrances is the sweet soothing aroma of citrus essential oils. The topic of many scientific studies, citrus oils, have been proven to quiet and calm the nervous system, soothe emotions and entice whole body relaxation.*

1. Do you have glue from a label or piece of tape you can't get off? No problem, just a drop or two of Citrus Bliss will allow the glue to come right off.
2. Mix a few drops with water and you have the perfect solution for disinfecting counter tops and other surfaces; with a fresh sweet scent left behind.
3. Add three or four drops to your diffuser and a potent compound is created suitable to clean the air eliminating odors and airborne pathogens.
4. Just a few drops of Citrus Fresh added to your drinking water is a great way to improve taste and access additional health benefits.

Deep Blue: *a soothing blend of wintergreen, camphor, peppermint, blue tansy, blue chamomile, helichrysum, and osmanthus. More than half of us, according to modern medicine, are sufferers of inflammation. Whether chronic or acute the end result is the same, pain and discomfort. Nature holds within it some of the most functional analgesic compounds known to mankind; Deep Blue's effects are deep and penetrating with sustained results.*

1. Apply Deep Blue topically on an injured area to reduce inflammation and bruising.
2. Apply Deep Blue topically to sore muscles after exercising.
3. Rub a drop of Deep Blue on the temples, forehead and back of the neck to relieve a headache.
4. Mix Deep Blue with DoTerra's Fractionated Coconut Oil and massage on location to stop growing pains.
5. Rub 1-2 drops of Deep Blue on arthritic hands to lessen pain.
6. Rub 2-3 drops of Deep Blue at the base of the spine to relieve sciatic pain.
7. For arthritic pets, massage Deep Blue diluted with DoTerra's Fractionated Coconut Oil on location or a drop in the food.

DigestZen: *a digestive blend of ginger, peppermint, tarragon, fennel, caraway, coriander, and anise. Digestion issues are a difficult part of everyday life for many individuals. Heartburn, indigestion and sustained inflammation from unwanted microbes are only a few. When used internally DigestZen brings soothing relief from digestive symptoms.*

1. Massage a few drops into the bottom of your feet for relief from digestive symptoms.
2. Mix a few drops in with DoTerra's Fractionated Coconut Oil and rub a baby's tummy and feet for constipation relief.
3. Rub behind the ears of a 'mommy to be' to assist with eliminating morning sickness.
4. Add a few drops in a 2 oz glass of water or juice, drink, and enjoy relief.

Elevation: *a joyful blend of lavandin, tangerine, elemi, lemon myrtle, melissa, ylang ylang complete, osmanthus, sandalwood. When applied topically Elevation is the perfect solution with its refreshing aroma and stimulating benefits. When diffused the aroma is subtle and well balanced perfect for any environment. The potent aromatic compounds of essentials oils may stimulate specific chemical responses in your body helping you feel revitalized.*

1. Rub a drop of Elevation over the heart and on the bottom of each foot to relieve feelings of frustration or depression.
2. Put a drop of Elevation on the tip of the nose to uplift your mood.
3. Wear a drop of Elevation oil behind each ear as a perfume.
4. Rub a drop of Elevation between your palms and then spread over the face and neck after shaving.

5. Rub two drops of Elevation oil on areas of the body with poor circulation to improve blood flow.
6. Rub two drops of Elevation on the armpit area to use for a deodorant.
7. Sprinkle a few drops of Elevation into potpourri to improve the fragrance.

On Guard: *a protective blend of wild orange, clove bud, cinnamon bark, eucalyptus radiata, rosemary. The formula asserts a unique proprietary blending of oils, which incorporates some of nature's most valuable constituents. Studies have demonstrated citrus oils to produce some of the most prevailing benefits for eliminating unwanted bacteria, viruses and molds. This blend can be applied topically, diffused, and taken internally.*

1. Add a few drops to a bottle of spray water and use to kill bacteria in the air.
2. Toxic molds have been identified as a major source for chronic respiratory infections and other health issues. On Guard is superb for eliminating and controlling infectious molds, simply add this powerful blend to your cleaning mixture.
3. If you feel a sore throat, ear ache, congestion, or flu coming on, add three or four drops to 2 oz. of water, gargle, and swallow.
4. Three or four drops put under the tongue or added to a small amount of water and consume can stop diarrhea.
5. Individuals suffering from gallbladder attacks consume three or four drops and enjoy the relief from pain and suffering.

Purify: *a cleaning blend of lemon, lime, pine, citronella, and melaleuca alternifolia. Citrus and Pine oil are active ingredients in many household aerosols and deodorizers but are generally mixed with unnatural, harmful synthetic chemicals. Purify is an extraordinary blend of pure essential oils designed to rid your home or work place of impurities. Its refreshing clean aroma will quickly eradicate unpleasant odors and cleans the air and environment.*

1. Diffuse Purify to clean the air and neutralize foul or stale odors.
2. Put several drops of Purify on a cotton ball and place in the air vents in the home, office, hotel room or other enclosed area.
3. While traveling, inhale Purify during flights to protect yourself from pathogens found in the re-circulated air.
4. Put a drop of Purify on insect bites to cleanse and stop the itching.
5. Apply a drop of Purify on blemishes to clear the skin.
6. Rub a drop of Purify on the outside of a sore throat when it is first beginning.
7. Rub a drop of Purify on a blister to cleanse and disinfect.
8. Put 2 drops of Purify on two cotton balls and place in the toes of smelly sneakers to combat odors.

9. Place a drop of Purify on each end of a cotton swab and place on top of your cold water humidifier to clean the air.
10. Dilute Purify with DoTerra's Fractionated Coconut Oil and swab the nasal cavity to ward off the flu.
11. Spritz several drops of Purify mixed with water to repel insects.
12. Apply Purify and Peppermint oil diluted with DoTerra's Fractionated Coconut Oil to a cotton swab and rub just inside the ear to eliminate ear mites in cats and dogs.

Serenity: *a calming blend of lavender, sweet marjoram, roman chamomile, ylang ylang complete, sandalwood, and vanilla bean extract. Stress is a major contributor to illness and disease. It is estimated that more than 90% of all visits to health care professionals are in fact stress related. Reducing stress and controlling its damaging effects is of keen interest in medical research and modern science has discovered the calming and healing attributes of pure essential oils.*

1. Rub 1-2 drops of Serenity on the bottom of the feet and on the shoulders before bedtime to get good quality sleep.
2. Diffuse Serenity in the room to calm overactive or hard to manage children.
3. Mix Serenity with DoTerra's Fractionated Coconut Oil for a relaxing massage.
4. Put Serenity mixed with a bath gel base in warm water for a relaxing bath.
5. To help stop nocturnal teeth grinding, diffuse Serenity while sleeping.

Whisper: *a blend for women of patchouli, bergamot, sandalwood, rose absolute, jasmine absolute, cinnamon bark, cistus absolute, vetiver, ylang ylang complete, cocoa bean extract, and vanilla bean extract. This perfectly balanced scent is the answer to a wonderful perfume with the absence of unwanted toxicity and synthetic chemicals. Enjoy wearing this unique and compelling natural fragrance knowing there are no long term less than desirable side effects.*

1. Rub one or two drops on wrists and neck.
2. Add a few drops to your bath water for a relaxing luxurious bath.
3. Share a drop or two with a favorite friend.

OTHER PRODUCTS

Fractionated Coconut Oil: *Use as a light carrier oil for topical applications of DoTerra's therapeutic grade essential oils depending on skin sensitivity to the oils. It can also be used to calm sensitive skin reactions to essential oils by applying directly to affected area. This product is for topical use only.*

Essential Oil Diffuser: *Enjoy this wonderful product by simply adding purified water and a few drops of essential oils to carry not only a beautiful fragrance throughout every room in your home or office but receive the therapeutic benefits of health and well being by breathing in the essential oils.*

The statements in this document have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

DISCLAIMER: As a Independent Product Consultant for doTERRA if you decide to buy products from doTERRA through the links on this page or by calling doTERRA and using my IPC number (1056) we will earn a commission. We will probably use some of that commission to buy more doTERRA essential oils! :)