

Introductory Trio—Lavender, Lemon, Peppermint



Lavender: Analgesic, anticoagulant, anticonvulsant, antidepressant, antifungal, antihistamine, anti-infectious, anti-inflammatory, antimicrobial, antimutagenic, antiseptic, antispasmodic, antitoxic, antitumor, cardiotoxic, regenerative, and sedative.

Uses: Burns (apply topically to area); Cuts & scrapes (put drop on Band-Aid gauze); Rest & relaxation / Soothing & calming (inhale, apply to bottoms of feet, add to bath); Allergies (2 drops lavender + 2 drops lemon + 2 drops peppermint—take internally).



Lemon: Anticancer, antidepressant, antiseptic, anti-fungal, antioxidant, antiviral, astringent, invigorating, refreshing, tonic.

Uses: Uplifting (diffuse / inhale); Sore throat (add to water & gargle, add drop to honey & take internally); Detoxify liver & kidneys (drop in water & drink);



Peppermint: Analgesic, antibacterial, anticarcinogenic, anti-inflammatory, antiseptic, antispasmodic, antiviral, invigorating.

Uses: Headache—use w/ Lavender (apply to back of neck, forehead, temples); Upset stomach (1 drop with 8 oz water, drink); Cooling /reduce fever (apply to feet dilute & apply down spine, add to bath; Increase energy, endurance, alertness, concentration (diffuse, inhale, apply to back of neck).

See also: <http://www.doterraeveryday.com/101-uses/#sthash.oMvIJTMA.dpuf>

Single Oils

Basil	Antibiotic, Earache, Ear Infection, Anti-inflammatory
Bergamot	Anti-infectious, Depression, infection, stress, vaginal candida
Birch	Analgesic, anti-inflammatory, joint/muscle pain, arthritis, gums
Cassia	Colds, colic, diarrhea, nausea, reproductive issues, good for skin
Cinnamon	Flu, colds, coughs, digestion, infections, warts, antiviral/antifungal
Clary Sage	Helps balance hormones, circulatory problems, kidney disorders, ulcers
Clove	Analgesic, Antibiotic, Toothache, Emergency Salve, Cuts, Nausea
Coriander	Abdominal pain/digestive spasms, flu, infections, nausea, toothache
Cypress	Astringent, Antiseptic, Hemorrhoids, Menopause, Menstrual problems
Eucalyptus	Sinus infection, Hay Fever, Bronchitis, Respiratory congestion, Asthma
Frankincense	Sciatic Pain, Nervousness, Anxiety, Depression, Skin conditions, Infections
Geranium	Hormone Support, Depression, Dermatitis, Diuretic, Sedative

Ginger	Colic, Constipation, Diarrhea, Indigestion, Nausea, Motion sickness
Grapefruit	Gallbladder, depression, drug withdrawal, obesity/eating disorders
Helichrysum	Tissue regeneration, Coagulant, Scaring, Earache
Lavender	Sleep aid, Insect bits, Burns, Bruises, Cuts, Scraps
Lemon	Disinfectant, Sore throat relief, Neutralize orders and bacteria
Lemongrass	Joint support, Insect repellent, Reduce high cholesterol
Lime	Anxiety, blood pressure, respiratory, gallstones, strengthen nails
Marjoram	Muscle relaxant, Chronic fatigue syndrome, shingles, tension headache
Melaleuca	Candida, Antifungal, Antimicrobial, Athlete's foot, MRSA
Melissa	Anxiety & nervous disorders, depression, promotes fertility
Myrrh	Immune support, Analgesic, Antispasmodic, Expectorant
Oregano	Candida, Athlete's foot, Cold, Flu, Pain killer, infections
Patchouli	Toxicity, depression, skin conditions, colds, abdominal pain
Peppermint	Headache, Fever, Stomach discomforts, Joint pain, Sinus congestion
R. Chamomile	Helps cleanse blood, helps liver, depression, insomnia, skin conditions
Rosemary	Asthma, Antimicrobial, Bronchitis, Diuretic, Mental Clarity
Sandalwood	Antibacterial, Skin disorders, Acne, Stress, Candida
Thyme	Antifungal, Mold, Anti-microbial, Antiseptic
Vetiver	ADHD, anxiety, depression, insomnia, sprains, stress—very grounding
White Fir	Respiratory congestion, reduce aches/pains, arthritis, coughs
Wild Orange	Antidepressant, Fatigue, Extremely aromatic
Wintergreen	Analgesic, Anti-Inflammatory, Joint Pain, Muscle Pain, Arthritis
Ylang Ylang	Depression, Stress, Hypertension, Insomnia, Sedative

Signature Blends

AromaTouch	Increases oxidation & circulation, anti-inflammatory, calm & soothing
Balance	Anxiety, Hyperactivity, Nervousness, ADD
Breathe	Asthma, Bronchitis, Congestion, Cold, Flu, Cough, All things Respiratory
Citrus Bliss	Elevating, Disinfectant, Kills airborne pathogens, Immune Support
Clear Skin	Acne, ringworm, athlete's foot, cuts/abrasions, eczema, psoriasis, warts
Deep Blue	Pain, Bruises, Carpel Tunnel, Inflammation, Migraine
DigestZen	Constipation, Diarrhea, Heartburn, Indigestion, Food Poisoning
Elevation	ADD, Depression, Lack of Energy
On Guard	Antibiotic, Immune System, Mold, Anti-viral
PastTense	Headaches, migraines, relaxation, pain, tension
Purify	Insect bites, Cuts, Anti-microbial, Surface disinfectant
Serenity	Anxiety, Sleep aid, Stress, Tension Headaches
Slim & Sassy	Metabolic blend, digestion, liver/kidney toxicity, cellulite, appetite supp.
Terra Shield	Natural Insect Repellent with NO Deet (10 Times stronger than Deet)
Whisper	Women's perfume, helps balance hormones, increase confidence

Disclaimer

This information is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition. Please see a qualified health care provider for medical treatment. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

dōTERRA Essential Oils 101

Acne:	Melaleuca, Geranium, Clear Skin
Allergies:	Lavender, Lemon, Peppermint
Arthritis:	Deep Blue, Helichrysum, Frankincense
Asthma:	Breathe, Eucalyptus, Lime
ADD/ADHD:	Vetiver, Lavender, Balance, Peppermint
Blood Pressure:	Ylang Ylang, Clove, Helichrysum
Bronchitis:	Breathe, On Guard, Eucalyptus
Bug Bites:	Melaleuca, Purify, Lavender
Burns 1 st & 2 nd	Lavender, Helichrysum
Canker Sores:	On Guard, Clove, Lemon
Carpal Tunnel:	Deep Blue, Wintergreen, Frankincense
Cellulite:	Grapefruit, Rosemary, Lemon
Cholesterol:	(High) Lemongrass, Rosemary, Clove
Cleaning:	Purify, all citrus oils, On Guard, Melaleuca
Colds: (regular)	On Guard, Peppermint, Thyme, Oregano
Colds: (Head)	Breathe, On Guard, Eucalyptus, Frankincense
Constipation:	Peppermint, DigestZen, Ginger
Concentration:	Basil, Lemon, Peppermint, Frankincense
Cough:	On Guard, Breathe, Eucalyptus, Peppermint
Cramps: Abdominal	Ginger, Peppermint, DigestZen, Rosemary
Depression:	Melissa, Patchouli, Elevation, Balance, Frankincense
Diarrhea:	DigestZen, Ginger, Oregano, Clove, Lemon
Ear Ache/:	Melaleuca, Purify, Thyme, Lavender, Helichrysum
Emotional Trauma	Serenity, Balance, Frankincense, Lavender
Flu:	Oregano, On Guard, DigestZen, Peppermint
Fungus: skin	Clear Skin, Melaleuca, Cinnamon
Fungus: GI tract	Oregano, Melaleuca, Lemon, Thyme (GX)
Gas/Flatulence:	DigestZen, Peppermint
Headache/Migraine	Past Tense, Deep Blue, Frankincense
Head Lice:	Melaleuca, Thyme, Lavender, Geranium
Hemorrhoids:	Basil, Wintergreen, Cypress, Helichrysum, Myrrh
Pink Eye:	Lavender
PMS	Clary Sage, Ylang Ylang
Sinus Infect.	Breathe, Peppermint, On Guard, Eucalyptus
Skin: Chapped or Dry	Myrrh, Sandalwood, Geranium, Lavender
Skin: Diaper Rash	Lavender, Helichrysum, Cypress
Sprain:	Frankincense, Helichrysum, Lemongrass, Deep Blue
Strep Throat:	Gargle with Oregano and Lemon often
Toothache:	Clove, Melaleuca, Wintergreen, On Guard
Varicose Veins:	Helichrysum, Geranium, Lavender
Warts:	Cinnamon, Clove, Oregano, Cassia
Wounds/Cuts:	Lavender, Melaleuca, Frankincense
Wrinkles:	Frankincense, Helichrysum, Lavender, Geranium

What is an essential oil?

- The aromatic compounds of plants extracted from seeds, flowers, bark, leaves, and/or roots. They are carefully steam distilled or cold-pressed in order to keep the plants' powerful healing components alive. Essential oils are 50-70x more powerful than herbs!

What makes dōTERRA oils different from other oils?

- There are many grades of essential oils on the market. Due to lack of regulation, it is hard to know exactly what you are getting. To ensure and guarantee oils that are 100% natural and free of pesticides, chemicals, fillers and cutting agents, dōTERRA tests every single bottle of every batch of oil in an independent laboratory with a series of tests inherent to Gas Chromatograph *and* Mass Spectrometry testing procedures. This is the power of CPTG—Certified Pure Therapeutic Grade Essential Oils. Just try them, and you'll notice the difference in the results.



There are three main ways to use essential oils:

- **Topically:** Apply 1-2 drops on the area of concern and gently rub in to increase circulation and absorption. Or, you can apply 1-2 drops on the bottoms of the feet—the pores of the feet are bigger than any other pores, so absorption is very fast
- **Aromatically:** Use 4 drops in a diffuser, or make your own personal diffuser. Put a drop of oil in your hands, rub hands together, cup nose and inhale.
- **Internally:** To use, put 1-2 drops in water and drink, mix with honey or milk, or put a few drops in an empty veggie capsule (get from any health food store or pharmacy) and take like a pill.

Just remember 2 safety rules:

- Do not apply (or get) essential oils inside your ear canals, eyes, or nose. These are the most sensitive areas of the body, and essential oils contain very condensed healing components.
- If your skin feels sensitive to an essential oil when used topically, dilute with oil, NOT water. Water will drive an oil in faster (which is great when that's what you want to do!)

If you aren't getting the results you were hoping for:

- Increase the frequency of use!
- Give me a call if you have any questions.