

dōTERRA® eBOOK



100 USES FOR ESSENTIAL OILS

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Introduction

Essential oils: ancient methods with modern-day applications

When used in everyday life, essential oils can provide many natural solutions for those who are looking to promote a healthy lifestyle. While some think essential oils are merely a fad that will eventually pass, essential oils have actually been around for hundreds of years. Plant extracts and essential oils were used anciently for a number of tasks and they can be used today to cultivate a healthy lifestyle and promote well-being.

One of the many reasons that essential oils have stood the test of time is their versatility. Some think that essential oils are used merely to make things smell nice or just to make a massage more enjoyable. The truth is, essential oils actually have dozens of practical uses for our everyday lives.

Essential oils are extremely versatile. There is a wide variety of oils available and because each essential oil provides a unique set of benefits, the possibilities for use and application of these oils are practically limitless. With so many options, you can customize your essential oil experience to fit your personal preferences and daily needs.

What can essential oils be used for?

Once you understand that high-quality essential oils are useful in our modern day, you'll be ready to put the potency and power of oils to the test. As mentioned, the variety of essential oils available and the unique characteristics of each individual oil make essential oils a useful solution for many everyday problems.

While many know that essential oils are useful for such things as aromatherapy and purifying the air, some people are shocked to learn that essential oils can also be used for cooking, personal hygiene, household cleaning, promoting sleep, mood management, and more.

The more you learn about what essential oils are, how they work, and how they can be used safely, the more they can become a helpful part of your everyday life.

Incorporating essential oils into your lifestyle

When used properly, essential oils can become quite literally an “essential” part of your daily routine. Whether you care deeply about using natural solutions in the home, you want products that will support your efforts in living a healthy lifestyle, or you just want a powerful and effective way to support the well-being of your family, essential oils can help to fulfill your needs.

To help you get started, this book provides one hundred uses for essential oils that will provide practical and natural ways to transform your lifestyle.

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CHAPTER

Aromatic use



Benefits of aromatic use

Whether you are brand new to essential oils or consider yourself an expert, aromatic application is one of the simplest and most effective ways to use essential oils. Not only is aromatic use simple and convenient, but it is also useful for things such as purifying the air; promoting a calm, inviting, or energetic environment; and managing mood and emotions. Due to the potent, powerful nature of essential oils, you can start experiencing the benefits of aromatic use right away, as the oil disperses through the air quickly and effectively.

Benefits of aromatic use:

- A simple and convenient application method that requires very little experience with essential oils
- Can help to purify the air
- Allows you to create the custom environment of your choosing (calming, uplifting, grounding, renewing, energizing, etc.)
- Helpful for managing mood and emotions

Diffusing

Perhaps the easiest way to experience essential oils aromatically is by using an essential oil diffuser. There are several models of diffusers available and your choice in diffuser will depend on your needs and preferences when it comes to using essential oils. While each essential oil diffuser will provide different features, most can be categorized as either water diffusers or waterless diffusers. Water diffusers use water to disperse essential oils through the air in a fine mist, while waterless models diffuse the oil straight into the air.

No matter what type of diffuser you choose, you'll want to make sure that it preserves the potency of the essential oils. Any diffuser that uses heat or other elements that could change the chemical structure of the oil will be less effective.

Diffuser tips

- Avoid placing your diffuser in direct sunlight or near a fan
- The amount of oil used and duration of diffusion will depend on the size of the room, placement of diffuser, air turnover in the room, and the output of the diffuser—so a good rule of thumb is to start with a small amount
- Clean the diffuser regularly, according to the manufacturer's instructions (this includes a deep cleaning at least once a month)
- Try to use natural cleaning agents, like water and vinegar, when cleaning your diffuser
- Make sure to unplug the device before cleaning



How to use essential oils aromatically

1. Combine several of your favorite essential oils in a diffuser to create a custom diffuser blend. (Use one to three drops of each oil.)
2. To promote clean, fresh air in your car, place a few drops of an essential oil on a cotton ball and wedge it into the air vents.
3. When you want to breathe in the aroma of essential oils throughout the day, combine oils with a few ounces of water in a spray bottle and spritz on clothing to keep the scent with you for several hours.
4. To help create a peaceful, relaxing environment for your family before sleep, diffuse calming essential oils while your children are brushing their teeth, reading bedtime stories, and getting ready for bed. (Try Clary Sage, Lavender, Melissa, dōTERRA Balance®, or dōTERRA Serenity®.)
5. Diffuse invigorating and energizing essential oils at your desk at work to promote motivation and positivity during the sluggish afternoon hours. (Try Grapefruit, Lemon, Spearmint, Spikenard, Tangerine, or dōTERRA Motivate®.)
6. Keep the aroma of essential oils with you while on the go by creating your own aromatherapy jewelry. (Placing a few drops of oil on clay beads typically works best.)
7. Diffuse during your morning routine to give your day an uplifting, invigorating start. (Try Cypress, Eucalyptus, Peppermint, Citrus Bliss®, or Elevation.)
8. To help promote feelings of focus, place a diffuser nearby when you are working on homework, important projects, or studying for tests, or when you are working from home. (Try Basil, Douglas Fir, Peppermint, or InTune®.)
9. When you are expecting company, diffuse essential oils to produce a fresh and inviting aroma throughout the home. (Try Bergamot, Lavender, Lemon, or Purify.)
10. Improve the aroma and environment of any room by taking your diffuser with you to hotel rooms, conference rooms, your office, the car, the classroom, or anywhere else that could benefit from the power of essential oils.

CHAPTER

2 Topical use



Much like aromatic use, topical application of essential oils is a relatively simple method that allows individuals to experience the benefits of essential oils both quickly and effectively. Topical use provides a number of benefits—it can be good for the skin, useful in massage, soothing for the body, and more. One of the greatest benefits of using essential oils topically is it targets specific areas of the body to achieve a specific desired effect. Additionally, you will enjoy the aroma of the essential oil for several hours as it absorbs into the skin.

Safety guidelines

Before applying any type of product to your skin (essential oil or otherwise), it is important to understand how to use the product and be aware of how it may react with your skin or body. To safely enjoy using essential oils topically, follow these safety guidelines:

Benefits of topical use:

- Significant benefits for the skin
- Provides soothing, calming, warming, cooling, or energizing feelings for the body
- Specific areas of the body can be targeted to achieve a desired effect
- Provides aromatic benefits while oil absorbs into the skin

Dilution

One of the most important elements of applying essential oils topically is understanding dilution. While some people worry that diluting an oil before topical use takes away its potency or power, it actually extends the benefits of the essential oil by increasing absorption into the skin. The best way to dilute an essential oil before topical application is to combine it with a carrier oil like dōTERRA® Fractionated Coconut Oil.



It is important to know that some essential oils should always be diluted before topical application due to their strong chemistry. Remember to always dilute the following oils with a carrier oil before putting them on your skin in order to avoid sensitivity:



Dosage and sensitivity

When you are first starting with topical application, you may wonder how much oil is appropriate to use. If you are using an essential oil topically for the first time, it is wise to start with the smallest possible dose: one to two drops. It is also best to start with a diluted oil to see how it will react with the skin. From here, you can see how your skin reacts and then increase the dose in the future (if necessary) in order to achieve your desired effect. Each person will experience every essential oil a little bit differently, so if the oil you

are currently using isn't delivering your desired outcome, you can always apply a different essential oil with a similar chemical profile.

Keep in mind that essential oils are extremely potent, so when it comes to topical application it is best to apply several small doses throughout the day as opposed to one large dose. Typically, essential oils can be applied topically every four to six hours as needed.

Topical dosage recommendations

- Start with 1 - 2 drops
- Repeat every 4 - 6 hours
- Dilute the oil for sensitive skin, especially when trying a new oil for the first time

Each one of us has different sensitivities, skin conditions, preferences, and health concerns, which is why it is possible for essential oils to cause a sensitivity response. Individuals with sensitive skin can be more likely to develop a sensitivity, and should always be cautious when using essential oils topically. It is also important to note that children have far more sensitive skin than adults, so essential oils should always be diluted before applying on children and extra safety precautions should be taken to avoid sensitivity. The best way to ensure safe topical use is to always follow instructions and guidelines for each particular oil, and to use dilution as a way of protecting the skin and helping absorption.

Sun sensitivity

It is important to note that some essential oils, particularly citrus oils, can cause sensitivity when exposed to sun or ultraviolet light after topical application. Because citrus oils have photosensitive compounds, exposure to sunlight, UV light, or sunlamps for up to 12 hours after application can cause sensitivity on the skin. Essential oils that pose a risk for sun sensitivity will typically include a warning or caution, so be sure to carefully read oil labels before application.

Every dōTERRA® essential oil approved for topical use includes a skin sensitivity descriptor to help anyone using the oil understand the best way to apply the oil for safe use. Each product approved for topical use will include one of the following labels:

- N Neat:** Essential oils in this category can be applied without any dilution. Oils in this group tend to have a mild chemistry, and thus a low risk for sensitivity.
- D Dilute:** This classification refers to oils that should be diluted with a carrier oil every time before topical application. These oils have a stronger, more potent chemistry, and can be safely enjoyed after dilution.
- S Sensitive:** These oils should always be diluted before using on young or sensitive skin. Be sure to pay attention to this label if you already know that you have sensitive skin, or if you plan to use the oil on your children.

Best practices for topical application

- Always read labels and instructions before applying essential oils topically
- Some essential oils (especially citrus oils) can cause sensitivity when exposed to sun or ultra violet light after topical application. Pay attention to labels and avoid sun exposure for twelve hours after application
- Sensitive areas to avoid topical application: eyes, inner ears, genitals, and injured, broken, or damaged skin
- Remember to always dilute essential oils before applying to children or if you have sensitive skin

How to use essential oils topically

11. Use essential oils topically to cleanse the skin or promote a healthy-looking complexion. (Try Bergamot, Clary Sage, Eucalyptus, Frankincense, Geranium, Melaleuca, or any of the HD Clear® products.)
12. Apply essential oils topically to the chest to promote feelings of clear breathing and create an invigorating vapor. (Try Cardamom, Eucalyptus, Melaleuca, Peppermint, or dōTERRA Breathe®.)
13. If you work at a desk all day, target areas of tension by applying soothing oils to the neck, temples, shoulders, and hands.
14. Apply essential oils to the abdomen to help alleviate occasional stomach discomfort.
15. Rub essential oils that are known for naturally repelling insects on the wrists and ankles before going on a hike. (Try Arborvitae, Cinnamon, Clove, Geranium, Lemongrass, or Thyme.)
16. Combine essential oils with Fractionated Coconut Oil to give yourself a soothing scalp massage. (Try Lime, Melaleuca, or Rosemary.)
17. Apply essential oils to the abdomen during your menstrual cycle when you want to create a comforting massage.
18. For occasional skin irritations, apply one to two drops of essential oil to the affected area. (Try Lavender, Melaleuca, or Correct-X®.)
19. Add your favorite essential oil (or oils) to non-scented lotion and apply to the skin to experience the topical benefits.
20. Use dōTERRA SPA Lip Balm to help hydrate and soothe the lips throughout the day.

CHAPTER

Internal use

Benefits of internal use

When applied safely and properly, internal use of essential oils can be just as beneficial as aromatic and topical use. In some cases, internal use can provide unique benefits that the other two application methods simply cannot offer. Although some are skeptical about the efficacy of internal use, there is research to support the potential benefits of consuming essential oils internally.

Among many benefits, essential oils can be used internally to support gastrointestinal health, maintain healthy immune function, promote healthy cell function, provide the body with internal cleansing benefits, and more.* In addition to these internal benefits, essential oils can also be used to add flavor to food and beverages, providing a creative way to consume essential oils for internal benefit.*



I Benefits of internal use:

- Gastrointestinal support*
- Immune support*
- Can promote healthy cell function*
- Internal cleansing benefits*
- Adds flavor to food and drinks

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

Safety guidelines

It is important to note that some essential oils are never safe to use internally because of their chemical profile. Each dōTERRA® essential oil includes application guidelines using the symbols **A** **T** and **I** which stands for “Aromatic,” “Topical,” and “Internal.” Any dōTERRA product marked with an “I” has been deemed safe for internal use. Remember, even if an essential oil is considered safe for internal use, the proper application methods and dosage must be applied in order to stay within the realm of safe usage.

Essential oils that should never be used internally in any amount:

Arborvitae	Douglas Fir	Spikenard
Cedarwood	Eucalyptus ⁺	Wintergreen
Cypress		

+dōTERRA Eucalyptus oil comes from *Eucalyptus radiata*, which is not intended for internal use. Other dōTERRA products, such as dōTERRA On Guard®, include *Eucalyptus globulus*, which is safe to use internally.

Essential oils that are considered to be safe for internal use:

Basil	Frankincense	Melissa
Bergamot	Geranium	Myrrh
Black Pepper	Ginger	Oregano
Cardamom	Grapefruit	Patchouli
Cassia	Helichrysum	Peppermint
Cilantro	Juniper Berry	Petitgrain
Cinnamon Bark	Lavender	Roman Chamomile
Clary Sage	Lemon	Rosemary
Clove	Lemongrass	Sandalwood
Copaiba	Lime	Hawaiian Sandalwood
Coriander	Marjoram	Siberian Fir
Fennel	Melaleuca (Tea Tree)	Ylang Ylang

Strong oils

While they may be approved for internal usage, there are some oils that are too strong to be taken directly due to their chemistry. When using these types of oils, it is important to alter the application method by adding the oil to a veggie capsule and swallowing, or by placing one drop of the oil in at least four ounces of liquid. It is also safe to place one to two drops of these oils into recipes in order to disperse the oil before consumption. The following oils have a strong chemistry, and while they are approved for internal use, they should not be placed on the tongue or in the mouth directly.



Dosage

Before consuming any amount of essential oils internally, it is important to consider your own health status or any personal health conditions, and it may be necessary to speak with your physician before trying internal usage methods. When you have considered your own health needs, keep in mind an appropriate dose of internal application will be different for each person, based on their health status, age, size, and the oil itself.



When you are ready to use essential oils internally, these general safety guidelines can help you to stay within the parameters of **safe usage**:

◆ **Getting started (1 - 2 drops):** Start with the smallest dose possible, one to two drops. From here the dose can be increased if necessary.

◆ **Recommended dose (1 - 5 drops):** The recommended dose for internal use ranges from one to five drops. Again, this depends on the specific oil being used and the desired benefit. Beyond five drops, increasing the dose no longer adds benefit and can be potentially harmful for the body. It is best to take smaller doses, repeating every four to six hours, as needed, rather than taking one large dose.

Strong Oils:

Cassia

Cinnamon

Clove

Cumin

Oregano

Thyme

💧 Daily dose (no more than 20 drops):

In most cases, no more than 20 drops of essential oils should be consumed internally within a 24-hour period. Keep in mind this maximum of 20 drops could be higher or lower depending on the oil being used. Lower daily doses are recommended, especially when the oil is being used internally over an extended period of time.



How to use essential oils internally

21. Add one or two drops of essential oil to a glass of water or veggie capsule to help aid digestion.* (Try Black Pepper, Cardamom, Cassia, Cilantro, Coriander, Fennel, Ginger, or DigestZen®.)
22. Add essential oils to tea or hot water and drink slowly to soothe the throat.* (Try Cinnamon or Lemon.)
23. Take essential oils internally to help promote cellular health.* (Try Cardamom, Frankincense, or Juniper Berry.)
24. Take essential oils internally to support a healthy cardiovascular system.* (Try Cardamom, Cassia, Coriander, Ginger, Frankincense, Marjoram, Petitgrain, or xEO Mega®.)
25. Provide the body with immune support by taking essential oils internally.* (Try Basil, Black Pepper, Cassia, Fennel, Lime, Melaleuca, or dōTERRA On Guard® Beadlets.)
26. Some essential oils may be taken internally to promote restful sleep.* (Try Dill, Lavender, or dōTERRA Serenity® Restful Complex Softgels.)
27. Use essential oils internally to help ease anxious feelings.* (Try Black Pepper or Lavender.)
28. Essential oils may be used internally to promote healthy organ function.* (Try Geranium, Rosemary, or the Zendocrine® Detoxification blend.)
29. Some essential oils may provide internal cleansing benefits.* (Try Juniper Berry, Helichrysum, or Lime.)
30. Use essential oils internally to provide soothing comfort to the body.* (Try Basil, Coriander, Lavender, or Bergamot.)

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CHAPTER

Cooking



Why use essential oils for cooking?

Whether you are tired of the same old recipes or you want to take advantage of the internal benefits essential oils have to offer, cooking with essential oils is a great way to make your meals more flavorful and interesting.

Because essential oils are so potent, it will only take a small amount of essential oil to add powerful flavor to any snack, meal, or beverage. When only one drop (or less) is required to create intense flavor, using essential oils for cooking becomes a smart, cost-effective solution over time. Your essential oil bottle will last much longer than other ingredients that may only survive for a week in the fridge. This also makes essential oils a convenient option for adding flavor to your food. When you realize you are out of lemons or don't have any fresh rosemary for your recipe, all you have to do is go to your essential oil collection for help.

Another benefit of using essential oils for cooking is when they are used properly, you can feel good about putting safe, natural ingredients into your food. Many essential oils hold benefits for the body when consumed internally, so adding essential oils to your recipes may help you reap these benefits in a fun, delicious way.



Safety guidelines for cooking with essential oils

Before you begin to cook with essential oils, it is important to know the safety and usage guidelines for each oil. Remember, not all essential oils are approved for internal use, so there are some essential oils you will want to avoid putting in your food. See Chapter 3 for a list of essential oils that should not be used internally.



How do I know how much essential oil to add to my food?

When it comes to measuring essential oils for cooking, there are many factors to consider. The amount of oil you add to your food will depend on which particular oil you plan to use; your own taste preferences; whether you plan to substitute the essential oil for a raw, fresh, or dried ingredient; the amount of food you are making; and more.



Toothpick Method

The best way to determine how much of an essential oil to add to your food is by starting small. You can start adding essential oils to your recipe using the toothpick method, which is done by placing the tip of a toothpick into the essential oil bottle and then mixing it into whatever you are cooking. This is a simple way to add a small amount of oil without risking ruining your dish with too much flavor.



One Drop

If you are using essential oils with a milder chemistry, or if you are cooking a large amount of food, it may be appropriate to use an entire drop of oil. It is a good idea to use an oil dropper, or you may place the oil drop on a spoon first, rather than adding it straight to the dish, to avoid adding too much.



Several Drops

More than one drop of essential oil can be added to food when you are cooking with heat or baking and want to preserve the flavor. Several drops may also be necessary if you are cooking a large batch of food. It is best to add a drop or two of oil, perform a taste test to see if you like the flavor, and then decide if you need more oil.

Best practices for cooking with essential oils

- Only cook with essential oils that have been approved for internal use
- Use stainless steel, ceramic, or glass cookware, as some essential oils can damage certain types of plastic
- Essential oils are affected by heat, so add extra oil to the recipe before baking or boiling. If possible, add the oil at the end of cooking to preserve the flavor
- Start small—only a small amount of oil will be needed for powerful flavor. You can always add more later but you cannot take the flavor out once it has been added
- Always use the toothpick method when adding essential oils with a strong chemistry such as Cassia, Cinnamon, Clove, Cumin, Thyme, or Oregano (Note: these oils should also be properly diluted when added to beverages)

How to use essential oils for cooking

31. Add flavor to tea, hot chocolate, smoothies, cider, lemonade, and other beverages by mixing a few drops of an essential oil in with the liquid. (Citrus, mint, and spice essential oils work best.)

32. Consider changing up your normal meat and vegetable recipes by adding essential oils to your marinade. (Spice and herb essential oils work best.)

33. Infuse a twist of flavor into your baked goods—such as cookies, cake, bread, scones, pies, and muffins—by adding a few drops of essential oils into the dough or batter before baking. (Note: much of the flavor will evaporate in the oven because of the heat, so add a little extra oil if you want the flavor to come through.)

34. Make your favorite dip or salsa more interesting by adding essential oils. (Use the toothpick method to add oil until you reach the desired flavor.)

35. Create your own essential oil seasonings by combining essential oils with salt, pepper, and other dry seasonings. You can even make a sweet topping for oatmeal or toast by adding citrus or spice essential oils to sugar.

36. Essential oils can be combined with other ingredients (like olive oil and apple cider vinegar) to make salad dressing for a green salad, or you can add a drop of essential oil to vegetable salad, pasta salad, or chicken salad for added flavor.

37. Add essential oils to sauces to give your pasta and meat dishes an extra boost of flavor. (Herbal essential oils work best.)

38. Place a few drops of essential oils into a glass of water along with slices of fruit (like lemons and limes) or fresh herbs (like basil or rosemary) for a refreshing drink.

39. Give your soup recipe a makeover by adding herbal or spicy essential oils to the soup—but do so near the end of the cooking process so the flavor doesn't cook out.

40. Essential oils can be added to everyday snacks like yogurt, oatmeal, peanut butter, applesauce, and more. This is especially useful for getting your kids to try essential oils.

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CHAPTER

Cleaning



Why clean with essential oils?

Cleaning is an inevitable and unavoidable part of life, and whether you enjoy cleaning or not, a large portion of our daily, weekly, and monthly routines are dedicated to it. Thankfully, cleaning can be made easier when you use powerful and effective cleaning agents.

Because they are so potent and contain cleansing properties, essential oils can be useful for cleaning around the home. Not only are they effective, but essential oils also provide a natural alternative to cleaning with products that contain potentially dangerous chemicals. Oftentimes, cleaning agents will claim to be “natural”; however, they may still include



synthetic ingredients. Many people enjoy using essential oils for cleaning because it gives them peace of mind knowing they are using safe, natural cleansing agents around their family.

In addition to providing an option for natural cleaning, essential oils are also extremely versatile—a single essential oil can be used to clean several areas of the home. Lastly, one of the greatest benefits of cleaning with essential oils is the lovely aroma of the oil left behind, rather than a pungent chemical smell. Not only will your home look and feel clean, but you will get to enjoy the fresh, inviting scents of essential oils for hours after cleaning.



How does it work?

Some may wonder: “How do we know essential oils are useful cleaning agents?” The answer lies in the science behind essential oils. Each essential oil has its own unique set of chemical components that gives the oil specific benefits. For example, some chemical components can make an essential oil useful for promoting restful sleep, while another chemical component may help to repel insects or promote healthy-looking skin.

By using essential oils with chemical constituents that are known to be cleansing, you can harness the power of essential oils for cleaning. When it comes to cleaning the house, finding essential oils with surface-cleansing benefits can help you to keep your home looking, feeling, and smelling clean.



Best practices for cleaning with essential oils

Before you get started on your chore list, take a look at a few guidelines for safely and effectively cleaning with essential oils:

- A little oil goes a long way so it is best to start with a single drop
- The amount of oil you need will depend on the type of cleaning job (use less for simple jobs like cleansing surfaces, use more oil for stains, scrubbing, and sticky or greasy messes)
- Test a small area before cleaning with essential oils to see how the oil reacts with the surface, wood, fabric, granite, carpet, etc.
- As you would with regular cleaning products, practice responsible storage and keep out of reach of children
- When using homemade essential oil cleaning agents, always shake well before each use to mix the oil with other ingredients



How to use essential oils for cleaning

41. Diffuse essential oils with cleansing properties to help dispel unwanted odors and cleanse the air in the home.
42. Create an all-purpose cleansing spray by combining 1 cup of warm water, 1 cup of white vinegar, and 20-25 drops of essential oil in a spray bottle. (Shake well and spray on countertops, wood, glass, stainless steel, and porcelain.)
43. Add a few drops of essential oils to the rinse cycle, or place several drops of oil on dryer sheets to add a clean, fresh scent to your next load of laundry.
44. Make your own wood polish by combining ¼ cup of olive oil, ¼ cup of vinegar, and 10 drops of essential oils to a glass spray bottle. Apply the mixture to a microfiber cloth and wipe wood surfaces clean.
45. Clean your toilets more efficiently by combining ½ cup of baking soda, ¼ cup of white vinegar, and 10 drops of essential oil directly into the toilet bowl and scrubbing the bowl clean. (Tip: try using Melaleuca oil for this.)
46. For an effective glass cleaner, combine 1 ½ cups of white vinegar, ½ cup of distilled water, and 8 drops of a citrus essential oil in a spray bottle.
47. Use essential oils, warm water, and a rag to get rid of sticky or greasy residue on surfaces or on the hands. (Tip: citrus essential oils, such as Lemon, work best for this.)
48. Refresh your furniture and linens by combining 2 cups of distilled water, 2 tablespoons of rubbing alcohol, and 15 drops of essential oil in a spray bottle. Spritz combination over furniture, bedding, the linen closet, in your children's rooms, or in the car.
49. To keep your garbage can from smelling up the entire kitchen, place a few drops of an essential oil on a dryer sheet or newspaper and place at the bottom of the can to provide a refreshing scent.
50. When you are in a hurry, add a small dab of a cleansing essential oil to a damp cloth and wipe down surfaces in the kitchen or bathroom.

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CHAPTER

Wellness



Can essential oils really be used to promote health and wellness?

Because essential oils are taken from natural sources, when used properly, they provide a safe, natural way to care for the body. Essential oils have many aromatic, topical, and internal benefits that can be useful for promoting a healthy lifestyle—especially when combined with other healthy habits, like eating right and exercising often.

When used for their intended purposes, essential oils have the potential to help with promoting healthy digestion, protecting against seasonal or environmental threats, supporting healthy immune function, providing antioxidant support, and more.* As mentioned earlier, the particular benefits an essential oil has to offer will depend heavily on its unique chemical makeup. Each essential oil has its own set of benefits; however, a wide variety of oils can be used to promote health and wellness.



How do I know how much essential oil to use?

Safe essential oil usage requires following proper dosages and suggested application methods. It is important to remain in the “safe range” of oil usage, as using too much oil can lead to unwanted effects and sensitivities. Follow the guidelines in the chart below to ensure safe dosage when using essential oils for promoting wellness:

APPLICATION	ADULT		CHILD	
	Ideal Amount	24 hr Max	Ideal Amount	24 hr Max
Aromatic	-	-	-	-
Internal (capsule)	2-4 drops	14-24 drops	1-2 drops	3-12 drops
Oral (drink/swallow)	1-3 drops	4-18 drops	-	-
Topical	3-6 drops	12-36 drops	1-2 drops	3-12 drops

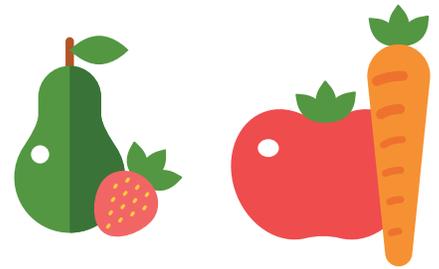
Safety guidelines

Before you start using essential oils as part of a healthy lifestyle, it is important to be aware of important application and safety guidelines. When used improperly, essential oils will not be as effective or safe. Here are a few safety guidelines to know about before adding the use of essential oils to your daily wellness routine:

- Before using essential oils internally, always make sure the oil has been approved for internal use
- Any time you apply essential oils topically or internally, make sure you follow suggested dosage guidelines to avoid irritation or adverse effects
- Always dilute strong oils before ingestion or topical application
- For some oils, especially citrus oils, avoid sun exposure or UV rays for up to twelve hours after topical application
- Consult with your physician before using essential oils (or essential oil supplements), especially if you have specific health concerns or special circumstances, like pregnancy



- Always assist young children in applying essential oils to ensure proper application, and store essential oils in a safe place to avoid accidental ingestion by children
- When promoting a healthy lifestyle, essential oils should be used in conjunction with other practices like nutritious eating and regular exercise



How to use essential oils for wellness

51. Essential oils with cooling or soothing properties can be used topically to promote clear airways and easy breathing. (Try Eucalyptus, Melaleuca, Peppermint and any of the dōTERRA Breathe® products.)

52. Certain essential oils can be used to help maintain a healthy immune system and provide immune support.* (Try Cinnamon, Clove, Lime, Melissa, Myrrh, Petitgrain, Wild Orange, or dōTERRA On Guard® products approved for internal use.)

53. Some essential oils can be taken internally to help promote healthy digestion.* (Try using Black Pepper, Cardamom, Coriander, Fennel, Ginger, Oregano, DigestTab®, or DigestZen®.)

54. Some essential oils can be used to protect against environmental and seasonal threats.* (Try using Clove, Melaleuca, dōTERRA TriEase® Softgels, or dōTERRA On Guard® products.)

55. Many essential oils provide antioxidant benefits and offer antioxidant protection.* (Try Black Pepper, Cassia, Cilantro, Clove, Ginger, Wild Orange, Microplex VMz®, or dōTERRA a2z Chewables.)

56. A variety of essential oils can be used to calm and support the nervous system.* (Try Basil, Clary Sage, Clove, Coriander, Frankincense, Helichrysum, Juniper Berry, Petitgrain, or xEO Mega®.)

57. The dōTERRA Lifelong Vitality Pack® contains essential oils and provides the body with nutrients, metabolism benefits, and antioxidants, while helping to promote energy and health.*

58. Some essential oils may help to support a healthy cardiovascular system.* (Try Bergamot, Cardamom, Coriander, Frankincense, Helichrysum, Marjoram, Oregano, Petitgrain, Thyme, or xEO Mega®.)

59. When used properly, some essential oils can help to reduce gas, bloating, and occasional indigestion.* (Try Ginger, Peppermint, DigestTab®, or DigestZen®.)

60. Many essential oils may help to support healthy lungs and respiratory system function.* (Try Black Pepper, Clove, Coriander, Fennel, Frankincense, Helichrysum, Lemon, Lime, Melaleuca, Myrrh, Rosemary, Thyme, and dōTERRA On Guard® products.)

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7

CHAPTER

Sleep



Why use essential oils for sleep?

We know a lack of quality sleep can have a major impact on how we feel and function from day to day. Without sleep, we deprive our brain and body from the rest required to recuperate and restore for the next day. Over time, consistently missing out on sleep can influence the body's organ systems and overall health, impede our ability to learn, keep us from losing weight, and negatively impact our emotions or behaviors.

There are dozens of products on the market that claim to help promote sleep, however; each individual has different needs and preferences, which means that while a sleep-promoting method may work well for one person, it may not work at all for another. With such a wide

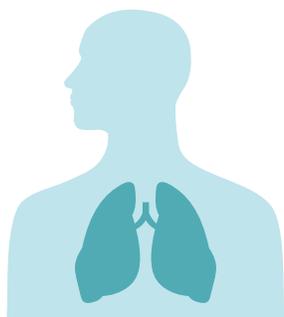
variety of essential oils at your disposal, and many oils that help to promote a restful environment, you can tailor your essential oil usage to fit your needs when it comes to getting a better night of sleep. Essential oils also provide a safe, natural solution for promoting an environment that is conducive to a restful night of sleep.



How does it work?

You may be wondering, “How can essential oils help me to get a better night’s sleep?” Just as essential oils contain chemical properties useful for cleansing, aiding in digestion,* improving the skin, and providing other benefits, there are many essential oils that contain chemical constituents that are known to be calming and soothing. By using essential oils with calming, soothing, or relaxing properties, it is possible to create a restful environment that can help to promote a good night of sleep.

Not only will calming essential oils help you to create a relaxing environment that is favorable for sleep, but also once you find essential oils that work well for you, it is easier to use them as part of your regular routine to promote good sleep when you need it.



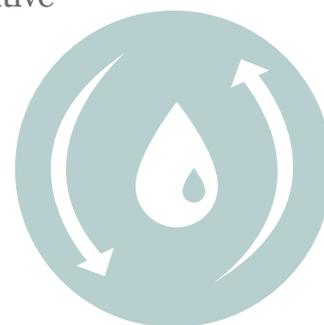
Here’s how it works:

Inhale. Breathing in the aroma of an essential oil with calming properties can induce a response for relaxation.

Sleep. This response can help to encourage a restful night of sleep.

Positive Association. Once you’ve experienced a successful night of sleep, the aroma of that particular essential oil has created a positive association within the brain.

Repeat. The next time you use this essential oil to promote sleep, the brain will make the same positive association, allowing you to use the oil as part of a healthy sleeping routine.



Which essential oils support restful sleep?

When you are ready to use essential oils to help promote a good night's sleep, the following oils with soothing and calming properties will be a useful part of your nighttime routine:

Bergamot	Lavender	Sandalwood
Cedarwood	Marjoram	Thyme
Clary Sage	Melissa	Vetiver
Dill	Petitgrain	Ylang Ylang
Frankincense	Roman Chamomile	

How to use essential oils for sleep

61. Create a custom essential oil diffuser blend to help you sleep by combining your favorite calming essential oils in your diffuser and placing in the bedroom at bedtime.
62. Rub a relaxing essential oil on the bottoms of the feet before bed to promote a good night of rest. (Tip: this is a great way to help children sleep—just be sure to dilute the oil before applying to a child's feet.)
63. Add essential oils to a warm bath before going to bed to help soothe the body and mind and prepare you for rest.
64. Combine calming essential oils with a few ounces of water in a spray bottle and mist over your pillows and bedding before going to bed, allowing you to inhale the aroma of the oils.
65. Place a few drops of essential oil on the outside fabric of a heating pad or neck wrap to experience the aroma of calming oils while simultaneously relaxing the body before bed.
66. If you shower at night, try adding a calming essential oil to your conditioner or body wash—when you get out of the shower and go to bed, you'll still be able to smell the oil as you go to sleep. (Try using Clary Sage, Lavender, Ylang Ylang, or the dōTERRA Serenity® Bath Bar.)
67. Add a few drops of essential oils to a non-caffeinated cup of tea to help soothe the body before going to bed.* (Try Bergamot, Dill, or Roman Chamomile.)
68. Place a few drops of a calming essential oil in the hand, rub the palms together, and massage the neck and temples to help you calm down before going to bed.
69. Some essential oils can be used internally to help promote a peaceful sleep.* (Try using Lavender or dōTERRA Serenity® Restful Complex Softgels.)
70. Combine the use of essential oils with other practices like exercise, healthy eating, avoiding stimulants, using proper bedding, and avoiding screens at bedtime to help improve your chances of getting quality sleep.

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CHAPTER

Hygiene & Personal Care



Why use essential oils for personal care?

When used properly, essential oils provide a safe, non-toxic way to care for the body. Not only are essential oils natural and potent, but they also possess cleansing properties that are useful for personal hygiene. While there are countless products available to help with your personal care routine, essential oils provide many benefits that are not available in other products. Because they come from natural sources, essential oils do not contain harmful chemicals, as do many other products on the market, making them safe for you and your family to use, when applied properly.

In addition to being natural and free from potentially dangerous chemicals, essential oils are also more cost-effective over time because they last longer than other products. Due to their powerful and potent nature, only a small amount of essential oil will be needed when using oils for personal care. Because it is possible to get so much use out of a single drop, your essential oils will last much longer than many other hygiene products.

Lastly, we know essential oils are versatile and easy to use for a variety of tasks. This makes them more desirable than other personal care products, because a single essential oil may have several applications for your hygiene routine. Not only will you have a lot of options when it comes to using essential oils in your personal care routine, but you can also tailor your essential oil experience to fit your personal preferences or needs.

ESSENTIAL OILS VS. OTHER COSMETIC AND HYGIENIC PRODUCTS

ESSENTIAL OIL	OTHER HYGIENE PRODUCTS
Consist of natural ingredients taken from pure sources	Often contain synthetic or mysterious ingredients
Potent and powerful, so you use less	More product is required to achieve desired effect
You only need a small amount of oil, so it lasts longer and is more cost-effective over time	Need to re-stock product more often
Provides a natural way to care for the body, offering peace of mind	You may not know exactly what you are putting on your body

Safety guidelines and best practices

Essential oils are safe to use on the skin, hair, teeth, gums, and mouth during your daily hygiene regimen; however, the key to safe, effective use is ensuring the proper guidelines are followed. Be sure to educate yourself about the appropriate way to apply essential oils before incorporating them into your personal care routine. Here are a few important guidelines to follow when using essential oils for personal care:

- When using essential oils on the skin, only use oils that have been approved for topical use
- Before using oils on the skin, consider diluting the oil to avoid sensitivity or irritation (especially if you have sensitive skin to begin with)
- Some essential oils, particularly citrus oils, can cause sun sensitivity; if you apply citrus oils topically, avoid sun exposure or UV rays for up to twelve hours after application
- Before placing essential oils on the tongue or in the mouth, make sure the oil has been approved for internal usage
- When using essential oils for teeth and gums, follow all dosage guidelines for oral and internal usage (see Chapter 6)
- To avoid applying too much essential oil to the hair, combine the oil with a little water in a spray bottle and spritz over hair strands



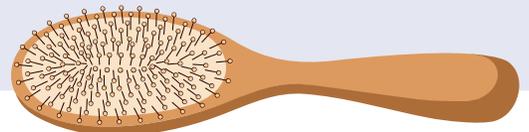
Essential oils with benefits for skin

Arborvitae	Douglas Fir	Juniper Berry	Roman Chamomile
Basil	Eucalyptus	Lavender	Rose
Bergamot	Frankincense	Lime	Sandalwood
Cedarwood	Geranium	Melaleuca	Spikenard
Clary Sage	Grapefruit	Melissa	Thyme
Coriander	Helichrysum	Myrrh	Wintergreen
Cypress	Jasmine	Patchouli	



Essential oils with benefits for hair

Clary Sage	Melaleuca	Sandalwood
Geranium	Peppermint	Thyme
Lavender	Roman Chamomile	Ylang Ylang
Lime	Rosemary	

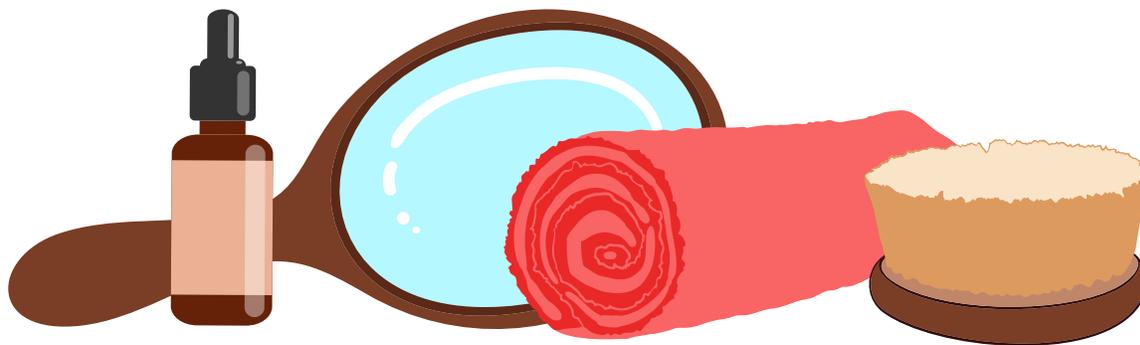


Essential oils with benefits for the gums, teeth, or mouth

Cilantro	Frankincense	Myrrh
Clove+	Helichrysum	Peppermint
Coriander	Juniper Berry	Spearmint
Fennel	Lime	Thyme+



+Dilute with water or toothpaste before using these strong oils, and only use a small amount



How to use essential oils for personal care

71. For a clean, healthy-looking complexion, apply essential oils to the face after diluting the oil with lotion, toner, moisturizer, facial cleanser, or a carrier oil.

72. Add a few drops of essential oil to your shampoo and conditioner to promote a clean scalp and healthy-looking hair. (You can also try using any of the products in the dōTERRA Salon Essentials® line.)

73. For a clean mouth and fresh breath, add a drop of essential oil to your toothbrush before brushing. (Try using Cinnamon, Clove, Lime, Peppermint or dōTERRA On Guard® Whitening Toothpaste.)

74. For a relaxing and rejuvenating experience, place a few drops of cleansing or refreshing essential oils on the floor of the shower before getting in, or mix the oil into Epsom salts before taking a bath.

75. Soothe the skin by applying essential oils diluted with Fractionated Coconut oil directly after shaving to avoid sensitivity and irritation. (Try using Lavender, Myrrh, or Sandalwood oil.)

76. Apply essential oils to the fingernails and toenails after showering (around the cuticles) to keep them looking clean and healthy. (Try using Cilantro, Frankincense, or Melaleuca.)

77. Make your own essential oil perfume by combining your favorite scents and applying to the neck, wrists, or clothing before going out for the day. (You can also use dōTERRA Natural Deodorant to keep yourself smelling fresh.)

78. Create your own essential oil mouthwash by combining a few drops of essential oils with two ounces of water and gargling for fifteen to thirty seconds. (Try using Cinnamon, Melaleuca, or Spearmint.)

79. Use facial products infused with essential oils to help reduce the appearance of blemishes and promote a healthy complexion. (Try using Correct-X®, dōTERRA Essential Skin Care products, HD Clear® products, or Verage® products.)

80. Enjoy a spa experience at home by using essential oils to make your own soap, body scrub, or facial masks, using essential oils. You can also use any of the dōTERRA SPA products for a luxurious DIY spa night.

CHAPTER

Fitness



Why use essential oils for fitness?

Essential oils provide many potential benefits to the body and, as discussed in Chapter 6, they can be a useful part of promoting health and wellness. Additionally, essential oils can help to effectively promote wellness when combined with healthy eating habits and physical activity, and they can even be used to make your fitness routine easier or more enjoyable.

The versatile nature of essential oils will allow you to tailor your essential oil use to fit with your own personal fitness routine. So whether you enjoy lifting weights, running long distances, or taking bike rides with your kids, there is an essential oil that can help make your workout more pleasant and effective.

How does it work?

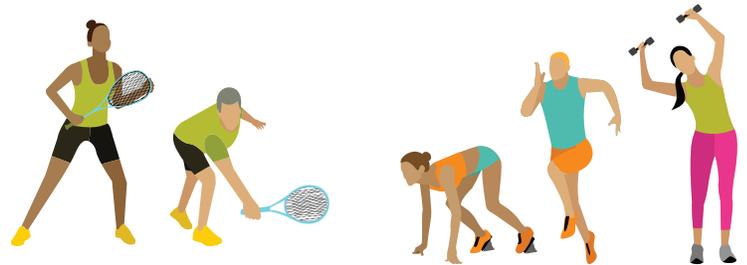
So, how do essential oils improve a workout? Essential oils have a wide variety of applications when it comes to physical fitness and can be used during the warm-up, workout, and cool-down stages of your routine. While there are many aromatic, topical, and internal uses for essential oils when it comes to fitness, one of the main ways essential oils help with physical activity is by providing the body with soothing comfort.



Many essential oils contain soothing properties that can be useful for the body because they produce a warming or cooling sensation when applied topically to the skin. These oils do not actually change the temperature of the body, but the warming or cooling sensation they provide can help to soothe certain areas of the body before, during, or after a workout.

In addition to utilizing the warming and cooling benefits of essential oils for the body during a workout, essential oils with other chemical properties can be a useful part of any fitness routine. For example, many essential oils have uplifting and energizing properties that may help you to get ready for a tough workout or keep you motivated throughout your exercise routine. There are also several essential oils that can help to promote clear breathing during a workout, while other oils can be useful for massaging muscles once your workout is over.

No matter what type of workout you prefer, there is a wide range of essential oils available to help improve your personal exercise routine.

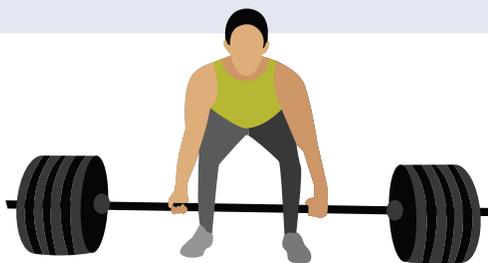


Essential oils to uplift, energize, and invigorate during your workout

Bergamot	Ginger	Myrrh	Spearmint
Cassia	Grapefruit	Peppermint	Spikenard
Clove	Helichrysum	Sandalwood	Tangerine
Cypress	Lemon	Siberian Fir	Wild Orange
Eucalyptus	Lime		

Use these essential oils to help promote clear, deep breathing during your workout

Cardamom	Lavender
Douglas Fir	Melaleuca
Eucalyptus	Peppermint



Essential oils for massaging muscles

Use these oils during your warm-up to massage the muscles and prepare the body for movement. These oils can also be used post-workout to massage certain areas in preparation for the rest and recovery period.

Basil	Cinnamon Bark	Ginger	Siberian Fir
Bergamot	Coriander	Lemongrass	Vetiver
Black Pepper	Cypress	Marjoram	Wintergreen
Cassia	Eucalyptus	Peppermint	Ylang Ylang
Cedarwood	Frankincense	Rosemary	

How to use essential oils for fitness

81. Apply essential oils with properties that promote clear breathing to the neck and chest before a workout to create an invigorating vapor and promote feelings of open airways.
82. Use essential oils with energizing and invigorating properties aromatically or topically during your workout to help keep you motivated, focused, and alert in order to help you push through your workout and avoid mistakes that can cause injury.
83. If you struggle to stay hydrated before or after your workout, try adding essential oils to your water for more flavor and an extra boost of energy.
84. Rub essential oils with warming or cooling properties to areas like the legs, feet, back, neck, arms and shoulders to soothe the muscles after exertion. (Try using any of the oils on the “essential oils for massaging muscles” list above or Deep Blue® Rub.)
85. Consider using specially-formulated essential oil supplements to improve your overall wellness when working toward specific fitness goals.* (Try the dōTERRA Lifelong Vitality Pack® and other dōTERRA specialized supplements.)
86. Some essential oils contain properties that can be useful for weight management because they may help curb cravings, promote a healthy metabolism, aid in digestion.* (Try using Cinnamon, Fennel, Grapefruit, Lemon, Lime, Thyme, or any of the Slim & Sassy® products)
87. After a particularly difficult workout, consider adding soothing essential oils to a warm bath to help your body recuperate. If you don't have time for a bath, simply soak your feet.
88. Before or after high impact exercise, such as running, consider massaging essential oils (like Cinnamon, Ginger, or Frankincense) into the skin.
89. If you use massage therapy as part of your cool-down or post-workout recovery, incorporate the topical use of relaxing or soothing essential oils to help soothe the muscles and prepare the body for rest.
90. Apply essential oils with warming properties to the skin during your warm-up to help any areas that may feel stiff and to loosen up your limbs.

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CHAPTER Mood Management



Why use essential oils for emotional benefit?

Emotions are an inescapable part of being human—we have no choice but to deal with the dozens of emotions that bombard us every single day. Because each individual experiences emotions a little differently, there are many methods for managing emotions. The uplifting, calming, grounding, soothing, and harmonizing characteristics of essential oils make them a viable tool for combating negative emotions on a daily basis.

One of the most appealing things about using essential oils for managing mood is they provide a safe, natural solution for coping with daily emotions. Many of the mood-altering methods available today may be questionable and even unsafe; however, essential oils come from natural sources, and therefore provide a natural way to enhance mood.

In addition to being safe and natural, essential oils also typically generate quick responses. The potency of essential oils makes them extremely useful for producing a response while using only a small amount of oil.

With such power and versatility, essential oils can also easily be combined with other practices for emotional benefit. For example, combining aromatherapy with such activities as massage, meditation, or even exercise can help you to customize your essential oil experience and deal with your emotions in a healthy way.

How does it work?

Although aromatherapy was used anciently to influence emotions, research now shows us it is more than just a tradition, and there is a scientific explanation for how aromas affect mood. Whenever we inhale an aroma like the scent of an essential oil, the aroma is processed in the brain. More specifically, after inhalation, the aroma is processed in what is known as the olfactory system, or the part of the brain that controls our sense of smell. The olfactory system is connected to the limbic system, the portion of the brain that stores our emotions and memories. When the aroma reaches the limbic system, the brain generates a response based on our memories associated with that particular smell. This response often causes a rush of feelings—which can also be described as an emotional response.

Although everyone has different experiences and memories, it is possible to use essential oils to generate a desired emotional response. Many essential oils contain chemical properties that make them generally uplifting or calming. This allows us to choose an essential oil with a specific chemical profile for the purpose of eliciting a specific response.

Calming oils

Essential oils with calming properties can be used to produce soothing, grounding, or rejuvenating emotions.

Arborvitae
Bergamot
Cedarwood
Clary Sage
Eucalyptus

Frankincense
Geranium
Jasmine
Juniper Berry

Lavender
Roman Chamomile
Vetiver
Ylang Ylang



Uplifting oils

Essential oils with uplifting properties can help to promote energizing, warming, invigorating, or elevating emotions.

Black Pepper
Cinnamon
Cypress
Douglas Fir

Grapefruit
Lemon
Lime
Peppermint

Siberian Fir
Wild Orange



How to use essential oils to manage mood

91. When stress levels or tensions are high, or when you want to promote an uplifting, positive atmosphere, place calming or uplifting essential oils in a diffuser nearby.
92. Diffuse essential oils during your daily meditation or yoga practice to help center your mind and set your purpose for the day.
93. When you don't have an essential oil diffuser nearby, place drops of calming or uplifting essential oils in the hands, rub the palms together, cup the hands over the nose and inhale deeply to generate an emotional response. (Make sure to dilute stronger oils before application.)
94. When you are frustrated or doubting yourself, use dōTERRA Motivate® to help promote feelings of confidence, courage, and belief.
95. Counteract feelings of disinterest or boredom by using dōTERRA Passion® to generate feelings of excitement and joy.
96. If you are struggling with feelings of anger and guilt, use dōTERRA Forgive® to help foster feelings of contentment, relief, and patience.
97. When experiencing anxious and fearful emotions, use dōTERRA Peace® to promote feelings of reassurance and contentment.
98. Counteract feelings of grief and sadness by using dōTERRA Console® to engender feelings of comfort and hope.
99. Use dōTERRA Cheer® to promote feelings of optimism and happiness when you are feeling down.
100. Massage uplifting oils to the temples in the morning to invigorate and prepare you for the day, or try massaging calming oils to the feet after a long day to promote peace and relaxation.

As you can see, there are dozens of applications for essential oils in daily life. This list is not exhaustive, but only an initial glimpse of how essential oils can be used to improve your daily tasks and enhance your lifestyle. As you learn about essential oils and how to use them safely and effectively, you'll find it easy to incorporate them into nearly every aspect of your day. Now that you understand a little more about how essential oils work, use some of these suggestions to see how essential oil usage can transform your life—one drop at a time.