

HOW TO USE

The top 13 Oils

A COMPLETE GUIDE TO YOUR INTRODUCTORY KIT



ROLLER BOTTLE BLENDS | DIFFUSER COMBOS | SPRAY BOTTLE BLENDS

SAFETY | DILUTION | USAGE GUIDE

Usage Methods

01

AROMATIC USAGE

palms and inhale deeply. You can also add oils to your favourite vapour and essential oils over a large space in your home. This is a great way to purify your air, help support healthy respiratory function, promote relaxation or restful sleep, and help to boost your mood and energy levels. Click the pic to the right for more info about aromatic usage. Check out this link for info on how to clean your diffuser.

doterra.com/US/en/blog/healthy-living-cleaning-and-caring-for-your-diffuser



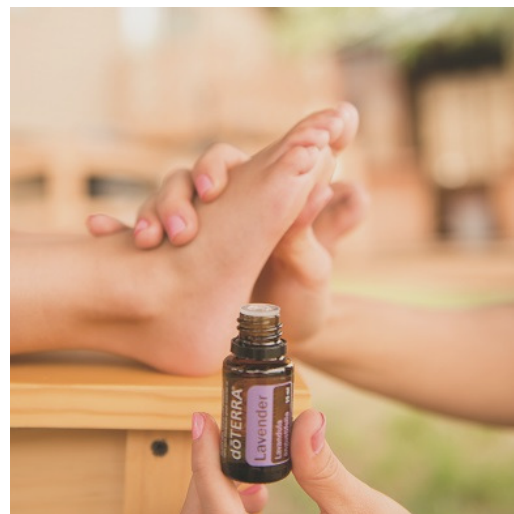
02

TOPICAL USAGE

Topical usage is when essential oils are applied to the skin.

Keep in mind it's always best to dilute essential oils when using topically, some will require more dilution than others.

More about those guidelines on the next page. Topical application can be one of 2 ways; Targeted - when you can point to an ailment like a headache, stomach ache, or rash, apply directly to the affected areas; Systematic - for a whole body issue like sleep or mood, apply to the bottom of the feet and spine. Additionally many citrus oils are photosensitive; meaning they can increase your skins reaction to sunlight. Do not apply citrus to the skin right before periods of prolonged direct sunlight or before tanning. Apply to covered areas, or wait until after sun exposure. Click the image to the right to learn more about dilution.



03

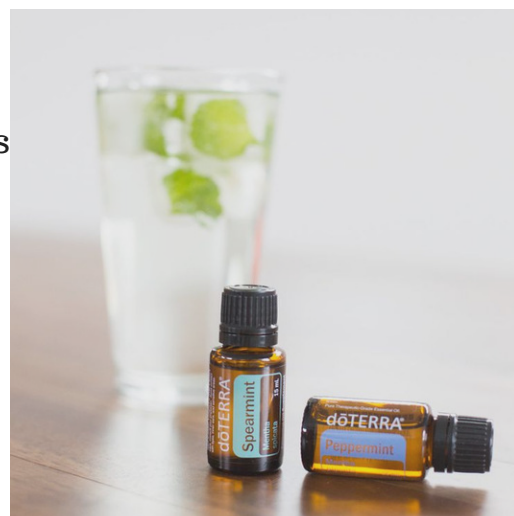
INTERNAL USAGE

Internal usage is a great way to detoxify your system, support immune function, or support a healthy digestive system. Bottles labeled with "supplement facts" are safe for internal use. Many oils taste great when added to your water, drinks, or food. You can also make your own oil capsules to take some of the less tasty oils internally for their health benefits. Always drink oils from a glass, stainless steel, or ceramic drinking container...

never plastic. Click the pic to the right for more info about internal usage. Check out the links below to learn how we can safely ingest dōTERRA oils, and how they benefit our health.

doterra.com/US/en/blog/science-safety-physiology-safe-to-ingest-essential-oils

doterra.com/US/en/blog/healthy-living-reasons-to-use-oils-internally



Safety with Dilution

APPLICATION METHODS

- A** Can be used aromatically
- T** Can be used topically
- I** Can be used internally

SKIN SENSITIVITY

- N** Can be used topically with no dilution (NEAT)
- S** Dilute for young or sensitive skin (SENSITIVE)
- D** Dilute before using topically (DILUTE)

dōTERRA APPLICATION & DILUTION GUIDE

When you look up any dōTERRA essential oil on the dōTERRA website, you will notice the product information page labeled with the symbols from the left hand image. Take note of these labeling guidelines as they are on most of the dōTERRA branded literature about our essential oils. They will help you quickly identify how to use your oil, and the best way to dilute if using topically. We will talk more about the top 13 oils and these labeling guidelines will be used.

ROLLER BOTTLE DILUTION GUIDE

Later in this guide we will talk about making your own roller bottle blends from home. Making your own rollers is a great way to pair oils that work better together to support your body. These blends work synergistically to support a healthy physical and emotional state. The guide to the right is my favourite for allowing you to choose the right amount of drops for your blend. Keep in mind there are ranges per age. For a more severe issue, like supporting the immune system when you are feeling under the weather, use a higher concentration of essential oil. For more minor issues like an itchy bug bite, you can go lighter on the dilution chart (within your age range.) Click the dilution chart to the right for more info about diluting.

Roller Bottle Dilution Chart

		%	5ml	10ml
12-Adult	6-11 Years	0.5%	1/2 drop	1 drop
		1%	1.5 drops	3 drops
		2%	3 drops	6 drops
	1-5 Years	3%	4.5 drops	9 drops
		4%	6 drops	12 drops
		5%	7.5 drops	15 drops
	0-12 Months	10%	15 drops	30 drops
		25%	1:3 Ratio	1:3 Ratio
		50%	1:1 Ratio	1:1 Ratio

Safety with Sun & Kids



PHOTOSENSITIVE OILS

There are some oils that need to be used sparingly or in alternate locations when being exposed to the sun for extended periods of time. These oils are called "photosensitive oils". Typically photosensitive oils are citrus oils, although blends that contain citrus oils can also be photosensitive. You can find a complete list of these oils and precautions by clicking the image to the left. These oils are safe to apply to areas of skin that will not be exposed to direct sunlight.

USING PEPPERMINT & EUCALYPTUS IN CHILDREN

There is much debate about the safety of certain essential oils being used on young children. It's best for each parent to do their own research and make an informed decision for themselves. Find more research about the two most controversial oils - peppermint and eucalyptus by clicking the picture to your right. If you are having a hard time making a decision partner with the person who introduced you to doTERRA so they can provide you some more guidance.

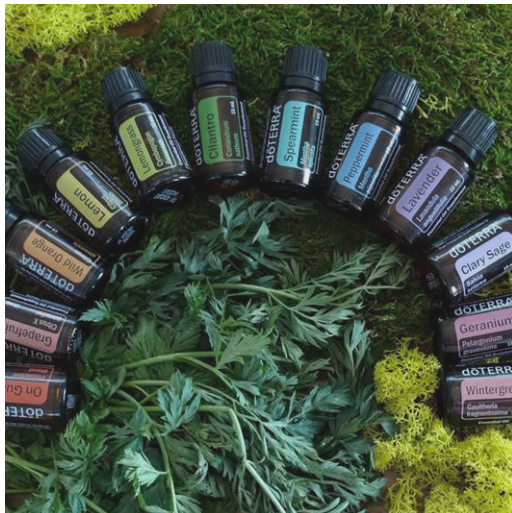


The top 13 Oils

THE FOLLOWING PAGES WILL WALK YOU THROUGH EACH OF THE TOP OILS CONTAINED IN YOUR INTRODUCTORY KIT. THIS INFORMATION WILL HELP YOU UNDERSTAND WHAT TO DO WITH THESE OILS AND HOW THEY ARE MOST COMMONLY USED.

REMEMBER THERE ARE HUNDREDS OF USES FOR EACH OIL!
THESE ARE JUST SOME OF THE MOST COMMON.

IF YOU NEED HELP, REMEMBER YOU CAN ALWAYS REACH OUT TO WHOEVER GOT YOU STARTED WITH YOUR DōTERRA MEMBERSHIP AND THEY WILL BE HAPPY TO HELP YOU OUT.



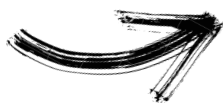


HOW TO USE *AromaTouch* MASSAGE BLEND



- Promotes ear drainage when applied around the outer area of the ear (never inside the ear)
- Use with any unscented lotion or unscented massage oil for a tension relieving soothing massage
- Apply to neck and shoulders to promote feelings of relaxation and lessen tension
- Add to Epsom Salts and enjoy soaking in a hot bath
- Diffuse to create a “spa like” aroma
- Massage into shoulders with FCO to release feelings of tension
- Apply to legs for occasional growing pains, or to help repair sore muscles after working out
- Apply to upper chest for respiratory support

READ MORE HERE





HOW TO USE

Balance

GROUNDING BLEND



- Promotes a whole-body sense of relaxation
- Evokes feelings of tranquility and balance
- Inhale deeply from the palms of your hands for a grounding experience
- Use on the soles of the feet with Lavender before bed to promote restful sleep
- Inhale and apply to the inner wrists, over the heart, and on the 3rd eye chakra for calming
- Add to Epsom Salt for a comforting bath
- Apply to inner wrists and the back of the neck to ease anxious feelings
- Diffuse in your car, office, or home to create a calm environment
- Try using over heart while meditating or practicing yoga

READ MORE HERE



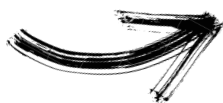


HOW TO USE *Breathe* AIR/RESPIRATORY BLEND



- Helps to alleviate symptoms associated with cold, congestion, and allergies
- One drop under the nose to open up a stuffy nose or to open up airways before a workout
- For respiratory support, dilute and massage on the tops of the feet under the toes, and then on the chest in an upwards motion
- Add one drop of Breathe/Air to the palm of your hands and deeply inhale through your nose or mouth to open airways
- One drop of Breathe/Air on the big toe or use 8 drops in a diffuser to minimize snoring
- Use in a steaming cup of hot water and inhale deeply to loosen stuck congestion

READ MORE HERE



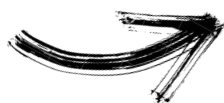


HOW TO USE *Deep Blue* SOOTHING BLEND



- Use to increase oxygen to muscles and extend periods of intense exercise, use after for soreness
- Add to unscented hand lotion or FCO as a carrier
- Provides a cooling and comforting repair for sore muscles
- Massage 1-2 drops with FCO on the area of discomfort on the body (back, knee, neck etc.)
- Massage 1 drop diluted with FCO on temples to help manage a migraine or headache
- Apply to feet and knees before and after exercise
- Apply to lower back or abdomen for occasional pain related to monthly menstrual cycles
- Topically apply with AromaTouch and Lavender for growing pains
- Use on tired or sore feet after standing all day or wearing heels

READ MORE HERE





HOW TO USE

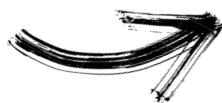
DigestZen

ZENGEST/DIGESTIVE BLEND



- Great for occasional tummy discomfort, gas, nausea, indigestion, heartburn etc.
- Soothes an overly full stomach
- Aids in managing food sensitivities
- Can be used to help manage nausea and morning sickness
- Dilute and massage around the sinus paths on the face to relieve pressure from congestion
- Dilute and massage on the chest and back to help break up old phlegm
- Massage into stomach for soothing comfort
- Take 1-2 drops in a capsule or in water
- Rub into bottoms of feet and stomach to ease feelings of nausea during the stomach bug

READ MORE HERE





HOW TO USE *Frankincense*

THE KING OF ALL OILS



- Key ingredient in "Immune Boost" & "Owie Spray"
- Calming, use over the heart for emotional support
- Supports healthy cell production
- “King of Oils” blends with any oil blend as a “booster” - when in doubt use Frank
- Has natural anti-inflammatory properties
- Grounding and calming
- Eases feelings of stress and anxiety
- A drop of Frank under the tongue to help dull a migraine
- Layer with Breathe/Air to help support the respiratory system
- A drop of frank in your moisturizer is great for rejuvenating skin - anti aging, rashes, burns, eczema etc

READ MORE HERE



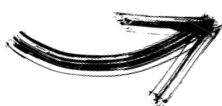


HOW TO USE *Lavender* ALL THINGS CALMING



- Calming & Relaxing helps ease feelings of tension, stress, and anxiousness
- Great in the diffuser to promote relaxation & sleep
- Soothing when applied topically (to skin) helps to calm mosquito bites, rashes, burns, and other skin irritations
- Supports the body during allergy season - natural antihistamine take 1 drop under tongue every 15 min during an allergy attack
- Invokes feelings of self-awareness and positivity
- Add to Balance and/or AromaTouch with Epsom salt for a relaxing bath soak

READ MORE HERE





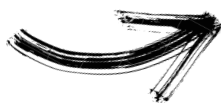
HOW TO USE *Lemon*

ALL THINGS CLEANSING



- Naturally boosts the immune system
- Uplifting if diffused or inhaled
- Great for cleaning or removing sticky stuff - stickers, gum, pen or crayon on walls (use like goo gone)
- Use to tackle stinky household odors
- Use on leather furniture to preserve and maintain
- Use on silver tarnish
- Make your own household cleaner - naturally cleansing
- Supports respiratory and digestive systems
- One drop in a tsp of raw honey for help with a sore throat
- 1-2 drops in a container of hummus
- Cleansing to body systems, try 1-2 drops in your water glass for a refreshing taste and a light detox

READ MORE HERE



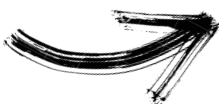


HOW TO USE *Melaleuca* TEA-TREE/ALL THINGS FIRST AID



- Promotes a healthy scalp when added to shampoo
- Helps to reduce the appearance of blemishes when applied topically to the skin
- Supports feelings of open airways and easy breathing
- Key oil for all things skin related
- Great for immune system
- Can be used for cleaning and cleansing surfaces
- Promotes ear drainage and drying out of liquid in the ear
- Spot treat acne and cold sores by applying one drop directly to the affected area with a q-tip
- Place one drop on funky toenails or foot fungus
- Diffuse to purify the air
- Add 1-2 drops of Melaleuca to your facial cleanser or moisturizer for cleansing properties

READ MORE HERE



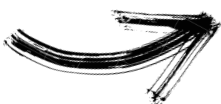


HOW TO USE *On Guard* PROTECTIVE BLEND

A T I S

- Key oil for boosting immune function & response
- Antibacterial, anti fungal, antiviral
- Protects against environmental threats
- Supports the body's natural antioxidant defenses
- Supports healthy respiratory function
- Makes a great hand cleanser
- HOT oil—always dilute
- Dilute and apply on neck to help with a sore throat
- Dilute and apply daily on the bottoms of the feet to help support the immune system
- Diffuse when someone in the home is sick
- Add 1 drop of OnGuard to 2oz of warm water with a pinch of sea salt and gargle to soothe a sore throat
- Add 2-3 drops to an empty veggie capsule for a quick immunity boost

READ MORE HERE





HOW TO USE *Oregano*

ALL THINGS IMMUNITY



- Powerful oil for immune response
- Combats warts
- Great for cooking and flavoring your favourite Italian dishes (use sparingly - pin prick of a cocktail stick to start with)
- Excellent source of antioxidants
- Supports digestion and respiratory function when taken internally
- Works synergistically with peppermint - use together for respiratory or digestive issues
- Can be used in household cleaners for its cleansing properties
- HOT oil – always dilute

READ MORE HERE



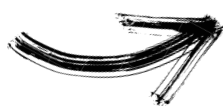


HOW TO USE *Peppermint* ALL THINGS COOLING



- Promotes feelings of clear airways & healthy respiratory function
- Can be used to cool the body, dilute on the on the bottoms of the feet every 15-30 min until body temp stabilizes
- Add 5 drops of peppermint to your brownie mix for amazing brownies
- For adults: 1 drop of peppermint and wild orange in the palm of your hand to wake up and elevate mood
- Massage into temples and neck to help ease occasional head tension & headaches
- Massage 1 drop diluted with FCO to the belly to help promote digestive health and stomach upset
- Diffuse with Wild Orange in the afternoon for an energy boost and to promote focus while studying
- Add a drop to your lip gloss for cooling fresh breath & natural lip plumper

READ MORE HERE





HOW TO USE *Wild Orange* ALL THINGS INVIGORATING



- Contains powerful antioxidants
- Add a drop to your water for a burst of flavour and to promote overall health
- Use with OnGuard as a daily immunity boost
- Mix with OnGuard and water to clean countertops
- Add to diffuser & air vents for a cleansing and uplifting aroma
- Add to the diffuser with other relaxing oils to help promote healthy sleep, Wild Orange is a mood stabilizer
- Use to flavor your favorite baked goods and fruit
- Use with peppermint for a boost of energy and focus

READ MORE HERE



USING THE TOP 13 FOR Roller Blends

All blends are adult blends, in 10ml roller bottles unless otherwise noted. Fill roller with oils first, then with fractionated coconut oil. Substitute or omit oils if needed

IMMUNE BOOST

10 On Guard
10 Melaleuca
10 Frankincense
10 Oregano
10 Lemon

IMMUNE BOOST

3 On Guard
3 Melaleuca *2+yrs*
3 Lemon
3 Frankincense

IMMUNE BOOST

3 Frankincense
3 Wild Orange *0-2yrs*

ALLERGY BLEND

10 Lavender
10 Melaleuca
10 Lemon
10 Breathe or
Peppermint

ALLERGY BLEND

3 Lavender
3 Melaleuca *2+yrs*
3 Lemon
2 Peppermint

SKIN SOOTHE

10 Lavender
10 Melaleuca
10 Frankincense
5 Peppermint
(optional for itch)

FOCUS/ ENERGY BLEND

10 Peppermint
10 Wild Orange
or Lemon
10 Frankincense

EAR PAIN BLEND

7 Lavender
7 Melaleuca *2+yrs*
5 Basil (optional)

EAR PAIN BLEND

4 Lavender *0-2yrs*
4 Melaleuca
3 Basil (optional)

RESPIRATORY SUPPORT

12 Breathe or
Peppermint
12 Lemon
12 Frankincense

RESPIRATORY SUPPORT

3 Breathe or
Peppermint *2+yrs*
3 Lemon
3 Frankincense

PERFECT BABY BLEND

1 Frankincense
1 Wild Orange *0-6mo*
1 Cardamom
1 Lavender

SLEEPY/ CALM BLEND

10 Balance
10 Lavender
10 Frankincense
5 Wild Orange

SORE MUSCLES

10 Lavender
10 AromaTouch
10 Frankincense
10 Deep Blue

GROWING PAINS

5 Lavender *2+yrs*
5 AromaTouch
5 Deep Blue

DIGESTIVE SUPPORT

20 DigestZen or
Peppermint
20 Wild Orange

DIGESTIVE SUPPORT

5 DigestZen or
Peppermint *2+yrs*
5 Wild Orange

HAPPY MUM BLEND

15 Wild Orange
15 Balance or
Lavender
15 Frankincense
or AromaTouch

USING THE TOP 13 FOR Spray Bottle Blends

All recipes are for 2 oz spray bottles, substitute or omit oils if needed. Cut recipe in half for 1 oz spray bottle and double for 4 oz spray bottle. Add oils first then fill with water. Add a squirt or two of coconut oil when you see the

BUGS BE GONE

50 TerraShield
20 Patchouli
10 Peppermint
10 Lavender
10 Lemongrass

HAND/SURFACE SANITIZER

15 On Guard
5 Oregano
10 Frankincense
10 Wild Orange
or Lemon
10 Melaleuca

AFTER SUN

15 Lavender
10 Peppermint
5 Wild Orange
+ a squirt of
natural Aloe

SLEEPY PILLOW

10 Frankincense
10 Wild Orange
20 Balance or
Lavender

SORE THROAT SPRAY

15 On Guard
15 Lemon or
Wild Orange
5 Melaleuca

CLEAN PRODUCE

15 On Guard
15 Lemon or
Wild Orange

OWIE SPRAY

10 Frankincense
10 Lavender
10 Melaleuca
10 Helichrysum or
Myrrh
(optional)

SCALP, HAIR, DANDRUFF

10 Lavender
10 Melaleuca
10 Rosemary
(optional)

Spray into scalp and rub in
before shower

FUNKY FEET

10 On Guard
10 Melaleuca
5 Oregano
Use for foot fungus or
stinky shoes

STINKY POTTY

15 On Guard
15 Lemon or
Wild Orange
8 Peppermint
Fill 1/2 w/coconut oil,
spray into toilet before #2

HOUSEHOLD CLEANING

20 On Guard
15 Lemon or
Wild Orange
15 Melaleuca
Fill with rubbing alcohol or vodka,
or a 1/2 water vinegar mixture

LICE SPRAY

20 Melaleuca
10 Lavender
10 Rosemary
10 Terrashield

Shake before use, be sure to add coconut oil to sprays that call for it, make any of your favorite roller bottle blends into a spray blend.

USING THE TOP 13 FOR Diffuser Blends

Diffusers come in all shapes and sizes, depending on your tank size and your scent preference start with 5-15 drops. Increase as needed. When starting out try equal parts of the oils listed below together. Add slight adjustments depending on your personal scent preference

IMMUNE BOOST

OnGuard
Melaleuca
Frankincense
Oregano
Lemon or
Wild Orange

FOCUS/ ENERGY

Peppermint
Wild Orange
Frankincense

SLEEPY/ CALM

Balance
Lavender
Frankincense
Wild Orange

ALLERGIES

Lemon
Lavender
Melaleuca
Peppermint
or Breathe

RESPIRATORY

Breathe or
Peppermint
Lemon
Frankincense
Melaleuca

UPLIFTING/ ENERGIZING

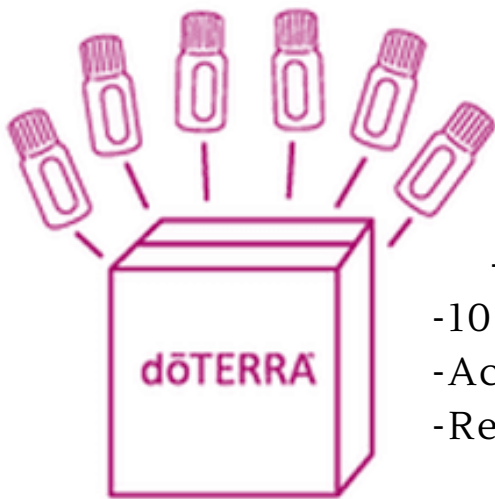
Lemon
Wild Orange
Peppermint
Breathe

DIFFUSER CARE

- Wipe down the inside of your diffuser weekly
- Run a cleaning cycle of 1/2 water 1/2 vinegar once a month to keep it goop free
- Any roller blend you like can be made into a diffuser blend
simply cut the drop # in 1/2 or 1/4
- Feel free to adjust drops per diffuser blend to your personal scent liking

GET FREE OILS WITH *Loyalty Rewards!*






The dōTERRA Loyalty Rewards Program (LRP) provides free product credits (points) for monthly purchases ordered on the program. As a participant in the Loyalty Rewards Program, you will immediately begin to earn points that can be used as cash to purchase dōTERRA products. The longer you participate, the more points you can earn—up to 30% of your total monthly Loyalty Rewards purchases! Check out a video about loyalty here:



THE PERKS: 

- FREE to join
- Earn a FREE oil every month!*
- Earn up to 30% back on all your purchases!**
- 100% of shipping cost refunded in points
- Accumulate points on your purchased items! ***
- Redeem your points for FREE products of your choice

CLICK  TO
LEARN MORE!

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

The longer you stay in loyalty the more points you get back for your purchases. This % back is on top of your wholesale discount of 25% off! We also offer a super cheap way to start earning back in the loyalty program called the "Oil of the Month Club". Ask your the person who shared dōTERRA with you about it!

* Purchase 125PV monthly to get the free oil of the month

** Earn 30% back once you have been participating in loyalty for 13 consecutive months

*** To accumulate points your product purchase must be a 50PV minimum order, (shipping costs are always refunded)

--Please view the doterra terms and conditions for full programs rules by clicking the purple box above.--

GET SUPPORT WITH *your new community!*

There is a TON of support here at dōTERRA. Feel free to reach out to the person who got you started with your dōTERRA account, or the person or people above them should you ever feel like you need help, have any questions or concerns, or if you experience a customer service issue.

FACEBOOK GROUP:

Find our Facebook team page below:

Facebook groups are a great place for testimonials, questions, promos, DIY's, and to stay up to date with everything going on with dōTERRA.



Find us on
Facebook

CUSTOMER SERVICE:

02033180064

europeanorders@doterra.com



Contact us,
dōTERRA Corporate

DOTERRA UNIVERSITY:

Check out dōTERRA university to find informational videos to help you with many common account and product questions.

Access the full site here:

doterra.com/US/en/doterra-university

Need help specifically navigating your new account?

Check out videos here:

doterra.com/US/en/university/living-new-shopping-experience

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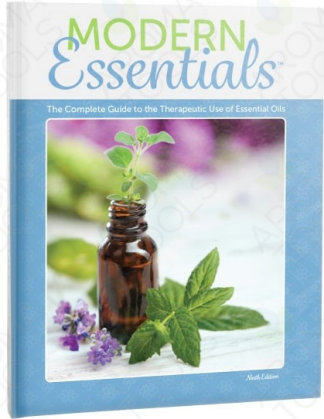
pinterest.com/doTERRA



youtube.com/doTERRA

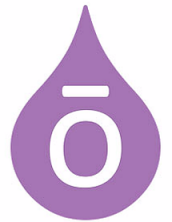
GET EDUCATED!

With doTerra Tools!



BOOKS & APPS

Both of the books to the left are GREAT resources to look up oils, ailments, recipes and combos for thousands of different issues. Modern Essentials is more straight to the point alphabetical order and text based. Essential Life has lots of pictures and is organized



DAILY DROP

by body system, still in alphabetical order but can be a bit harder to navigate if you aren't a visual person. In addition to these books there are some apps that can make on the go oiling a breeze. Or if you just aren't a book person apps can be just as helpful. The number one app I recommend is EoEBooks. It gives you exact protocols on how to use your oils and which oils to use. If you like the Modern Essentials book they also offer an app. Also the dōTERRA daily drop app is FREE and a great resource.

WEBSITES

doTerra.com - Explore some of the header links at the top of the page

doTerra.com/US/en/blog-science - Science related info about essential oils and how they are made, as well as the standards we look for in our dōTERRA essential oils.

sourcetoyou.com - Check out where in the world your oil bottle came from, meet the people who harvest the oils, and find out more about dōTERRA sourcing standards

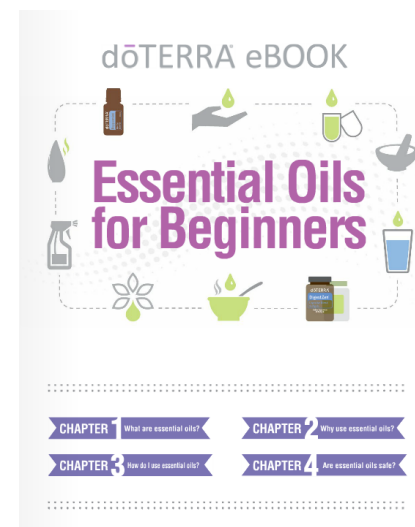
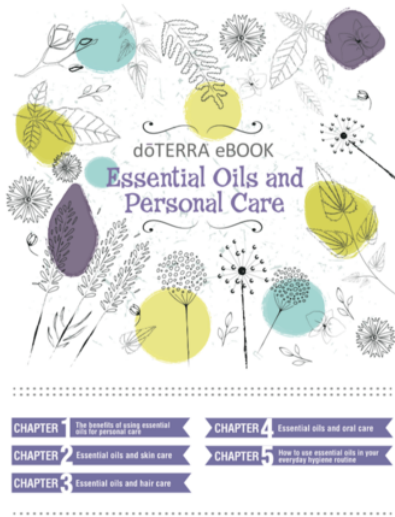
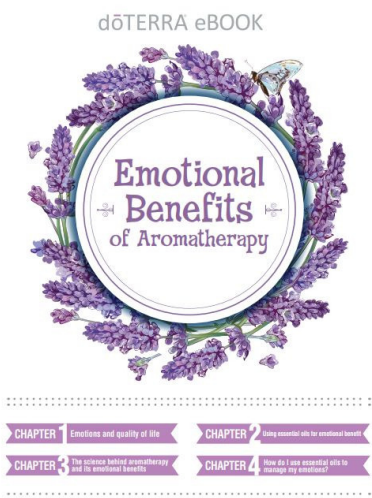
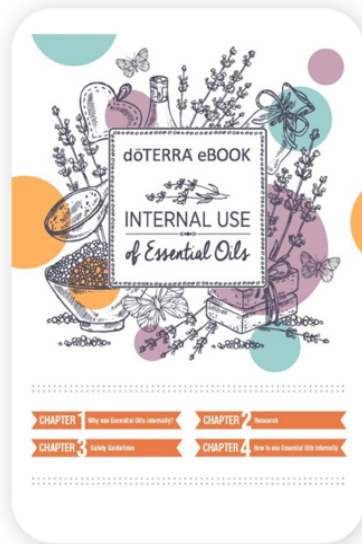
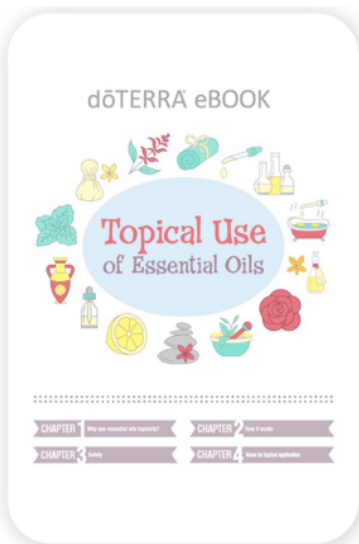
pubmed.com & aromaticscience.com - Medical journals and reports written on the effectiveness of essential oils. Prefect for those wanting the "proof"



GET EDUCATED! With doTerra Tools!

DOTERRA E-BOOKS

dōTERRA has some pre made E Books that you can check out for some additional education. New topics and resources are always being added and you can find those e books by clicking here:
<https://www.doTerra.com/US/en/ebooks>



GET OIL SUPPLIES!

DIY's & My Favorite Shops

WHERE TO BUY ESSENTIAL OIL SUPPLIES

One of the best parts about having essential oils is making amazing DIY's with natural products! From bath bombs and personal care products to household cleaners and hand sanitisers. Not to mention my favourite and most popular DIY is making my own roller bottle blends. There are a ton of recipes in this guide but you can use pinterest, Instagram, or google search to find even

more blends, combos, and ideas! Check out the dōTERRA blog site for a ton of great DIY ideas as well at doterra.com/US/en/blog/diy. Once you do some researching and decide you're ready to make some stuff from home you might need to buy some supplies. If you need help getting started reach out to whoever introduced you to dōTERRA and they would LOVE to schedule a DIY day with you! Some of my favorite supply shops are listed below!

- WWW.ESSENTIALOILSUPPLIES.CO.UK
- WWW.ESSENTOILS.CO.UK
- WWW.BALDWINS.CO.UK



GET HEALTHY WITH *the doTerra Live Guide*

Ok we get it... after all of this it can be pretty overwhelming deciding how to start implementing these oils into your life right? You probably have a million and one things you could use them for and just need a little more help on where to get started? Thats what we are here for! The dōTERRA "Live Naturally" guide helps you to understand more about the products that dōTERRA offers and how you can use them in your daily life.

Additionally, ask the person who introduced you to dōTERRA for help if you still are feeling stuck. There is an amazing regimen page they can help you fill out that can give you some easy activities to start using your oils every day. This will help you address your main health concerns. You can



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HAPPY OILING
from our doTerra family
TO YOURS!

