

# welcome guide

## how to use your essential oils





Lemon is one of my favorite essential oils: Lemon. I use 2-3 drops in water every day first thing in the morning to help cleanse and detoxify my body, naturally!

Apparently, it's a lot of people's favorite essential oil because it has such a fresh aroma and it's a great mood-booster! Feeling down in the dumps and a bit sad? Take out your lemon oil which I like to call "Sunshine in a Bottle" and get the cap off!

The cleansing, purifying, and invigorating properties of Lemon make it one of the most versatile oils, not to mention the top-selling essential oil that dōTERRA offers.

### [Lemon Essential Oil Video](#)

Here is some additional information on Lemon Essential Oil.

#### **Primary Benefits**

- Cleanses and purifies the air and surfaces
- Naturally cleanses the body and aids in digestion
- Supports healthy respiratory function\*
- Promotes a positive mood

#### **Directions for Use**

- **Diffusion:** Use three to four drops in the diffuser of your choice.
- **Internal use:** Dilute one drop in 4 fl. oz. of liquid.
- **Topical use:** Apply one to two drops to the desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.
  
- Diffuse to improve mood & purify the air.
- Add 1-2 drops in your eight-ounce glass of water to cleanse the body and aid in digestion.
- Use to clean and disinfect surfaces as well to protect your leather.
- Apply to cloth to clean silver and other metals.
- Add 1 drop to a teaspoon of honey when the throat is sore.
- HELPs with seasonal threats when mixed with Lavender and Peppermint.
- Use 1-2 drop to remove sticky residues from surfaces.
- Use on wood finishes. Add a few drops to olive oil to clean, protect and shine.
  
- ***Try this.....Add 5-8 drops to your store-bought classic humus!***



Lavender is a great essential oil and is often times called the "Swiss Army Knife" of oils.

 [Lavender Uses Video](#)

## Primary Benefits

- Soothes occasional skin irritations
- Taken internally, Lavender reduces anxious feeling and promotes peaceful sleep
- Helps ease feelings of tension.

## Directions for Use

**Diffusion:** Use three to four drops in the diffuser of your choice.

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

**Topical use:** Apply one to two drops to the desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

- Diffuse to promote feelings of relaxation.
- Helps skin recover quickly; apply if you spent too much time in the sun or grabbed a HOT pan.
- Eases feelings of tension. Apply to temples and back of the neck. Layer with Peppermint.
- Apply to bottoms of feet, neck, and wrists for a better night's sleep.
- Add one cup of Epsom Salt to bath water with a few drops of Lavender and soak away troubles.
- Mix with Peppermint and Lemon for the relief of seasonal discomforts.
- Add a few drops on the cardboard inside the toilet paper roll.
- Apply to bug bites or skin irritations.
- **Try this.....***Mix a few drops with your non-scented lotion and apply before bed to soothe skin and help with sleep.*



I think I go through a bottle of peppermint faster than any other essential oil in my home.



[Peppermint Uses Video](#)



[Sourcing dōTERRA Peppermint Video](#)

## Primary Benefits

Promotes healthy respiratory function and clear breathing  
Promotes digestive health  
Repels bugs naturally

## Directions for Use

**Diffusion:** Use three to four drops in the diffuser of your choice.

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

**Topical use:** Apply one to two drops to the desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

- Helps reduce bloating, gas & indigestion.
- Add 1-2 drops to eight ounces of water for fresh breath and help with stomach upset.
- Eases feeling of stress and tension: apply to the back of the neck to help relax.
- Apply to back of neck and temples for head tension.
- Promotes clear breathing. Apply to the chest before a workout or yoga.
- Pair with Wild Orange for energy and focus.
- Eases seasonal discomfort when paired with Lemon and Lavender.
- Cools the body. Apply to the back of the neck and along spine when your temperature is elevated.
- **Try this...** Add 1 drop to your chocolate protein shake or latte. OR.... 5-10 drops to your favorite brownie mix and bake!



Melaleuca or Tea Tree is know as the Oil of Energenic Boundaries

 [Melaleuca Uses Video](#)

### Primary Benefits

Renowned for its cleansing and rejuvenating effect on the skin

Promotes healthy immune function when used internally\*

Ingest to protect against environmental and seasonal threats\*

### Directions for Use

**Diffusion:** Use three to four drops in the diffuser of your choice.

**Internal use:** Place 1 to 2 drops in Veggie Cap

**Topical use:** Apply one to two drops to the desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

- Apply 1-2 drops on areas of the skin that are irritated (breakouts, cuts, bites, etc.)
- Are your ears bothering you? Apply a few drops to a cotton ball and place cotton ball inside your ear.
- Feeling under the weather? Gargle with Melaleuca and water, add 1 drop to a veggie cap or combine with On Guard, Oregano, and Frankincense for the "Immunity Bomb!"
- Helps with nail and skin health.
- Know a teacher, student or parent? Studies have shown that lice do NOT like Melaleuca.
- Use for seasonal threats and discomfort.
- Apply to chest or diffuse for respiratory relief.
- ***Try this..... Add to your shampoo or conditioner for a cooling effect that will wake you up in the morning and protect against flaky scalp and lice.***



Known as the King of Essential Oils, Frankincense has a variety of notable uses and benefits.

 [Frankincense Uses Video](#)

 [Sourcing Frankincense Video](#)

## Primary Benefits

Ingest to support healthy cellular function\*

Aroma promotes feelings of relaxation

Helps reduce the appearance of skin imperfections when applied topically

Supports healthy immune, nervous, and digestive function when taken internally\*

## Directions for Use

**Diffusion:** Use three to four drops in the diffuser of your choice.

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

**Topical use:** Apply one to two drops to the desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

Take 1-2 drops under the tongue or in a veggie cap to support cellular function, reduce inflammation, help strengthen immunity and ease anxious feelings/improve mood.

Diffuse with Wild Orange to promote feelings of confidence

Helps skin recover quickly. Combine with Lavender and Melaleuca for "owies" and skin irritations and blemishes.

Ease feelings of head tension. Apply to temples and the back of the neck, layer with Peppermint and Lavender.

Diffuse with Lavender for a better night's sleep.

Massage into hands and feet after a long day for a warming and soothing effect.

Oregano is one of the most potent and powerful essential oils and has been used for centuries in traditional practices. The primary chemical components of Oregano is carvacrol, a phenol that possesses antioxidant properties when ingested.



[Oregano Essential Oil Video](#)



[Here is a great video recipe for Oregano Bruschetta](#)

## Primary Benefits

Used as a powerful cleansing and purifying agent  
Supports a healthy immune system  
Supports healthy digestion and respiratory function  
Offers powerful antioxidants

## Directions for Use

- **Diffusion:** Use three to four drops in the diffuser of your choice.
- **Internal use:** Dilute one drop in 4 fl. oz. of liquid. DO NOT place directly on the tongue and ALWAYS DILUTE!
- **Topical use:** THIS IS A HOT OIL. ALWAYS DILUTE one drop to three drops oil to 5-10 drops dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

Natural immune support.

Excellent source of antioxidants.

Supports healthy respiratory function and digestion.

Uses as a powerful cleansing & purifying agent.

Use internally as a part of a monthly cleansing regiment for GI health.

Feeling under the weather? Combine with On Guard, Lemon, Melaleuca and Frankincense to create an "Immunity Bomb."

Combine with Frankincense to aid in the removal of warts, skin tags, and cysts.

Dealing with any type of toenail fungus? Apply Oregano oil, dilute for safety!

**Try this....** Add to your favorite marinara sauce. A little goes a long way, dip your toothpick into the bottle and gradually add to the sauce.

With our poor air quality and pollution, more and more people are finding themselves with respiratory issues. Breathe Respiratory Blend is a perfect mix of essential oils that both cleanse and soothe, helping open the airways and allow more oxygen in.



## [Breathe | Respiratory Blend Video](#)

### Primary Benefits

- Apply topically to the chest and breathe deeply to enjoy a cooling, invigorating vapor
- Promotes a restful night's sleep
- Helps minimize the effects of seasonal threats

### Directions for Use

**Diffusion:** Use three to four drops in the diffuser of your choice.

**Topical use:** Apply one to two drops to the desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

- Opens airways: apply to chest and bottoms of the feet for respiratory support.
- Apply to chest and diffuse when feeling anxious.
- Helps with snoring. Apply to chest, bridge of the nose and under toes.
- Diffuse with Lavender for better sleep.
- Helps with seasonal discomfort.
- Apply to the chest before a workout or yoga.
- Add 4-8 drops along the perimeter of your shower, inhale the steam.

▶ [Check out the complete line of Breathe products.](#)



DigestZen is a wonderful companion to aid in the digestion of food, soothe occasional upset stomachs, and reduce uncomfortable gas and bloating.

 [DigestZen | Digestive Blend Video](#)

## Primary Benefits

- Aids in the digestion of foods
- Soothes occasional stomach upset
- Helps reduce bloating gas, and occasional indigestion

## Directions for Use

**Diffusion:** Use three to four drops in the diffuser of your choice.

**Internal Use:** Dilute one drop in 4 fl. oz. of liquid.

**Topical use:** Apply one to two drops to the desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

Add to water, tea or take 1-2 drops in a veggie cap daily to maintain a healthy GI tract.

Apply to the chest for heartburn.

Use for motion sickness.

Have it on-hand during the holidays or when you overdo it with a heavy meal.

Apply to the bottoms of the feet (diluted) on children to help ease digestive issues.

Apply to your stomach to ease digestive discomfort or nausea.

***Try this....*** When seasonal threats are bothering you, apply a drop on your forehead, in between your eyes. Seems crazy, but it works for a lot of people.

► **The DigestZen line of health products provides targeted solutions for optimal digestive function and comfort.**



This blend is amazing for keeping you well!  
It's great to boost your immune system to keep you from getting sick.

I love to use it when I'm going to be in closed tight areas (especially airplanes).

 [On Guard | Protective Blend Video](#)

## Primary Benefits

- Supports healthy immune and respiratory function
- Protects against environmental threats
- Supports the body's natural antioxidant defenses
- Promotes healthy circulation
- Energizing and uplifting aroma

## Directions for Use

**Diffusion:** Use three to four drops in the diffuser of your choice.

**Internal Use:** Dilute one drop in 4 fl. oz. of liquid.

**Topical use:** Apply one to two drops to the desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

- Supports a healthy immune system.
- Cleans surfaces, use to disinfect and purify.
- Feel a cold sore coming on? Apply a drop (diluted) to the area of concern every 3-4 hours.
- Diffuse to purify the air (and, it helps keeps ants away!)
- Take 1-2 drops internally daily to support a healthy immune system.
- Gargle with water as a healthy mouth rinse or for an irritated throat.
- Bladder trouble? Apply topically or combine 2 drops with Frankincense & Oregano in a veggie cap twice daily.
- **Try this...** Apply (diluted) to the gums for tooth discomfort.

► **The On Guard line of health products provides targeted solutions for optimal immune support, environmental protection and cleaning.**



I love this product! It was my first impression of essential oils and dōTERRA. It changed my life ☺  
I like to call it my "magical blue elixir!"

Yes, it's my BFF!

 [Deep Blue | Soothing Blend Video](#)

## Primary Benefits

Soothing and cooling oil blend  
Comforting part of massage

- Soothes sore muscles and achy joints.
- Supports healthy circulation.
- Reduces inflammation.
- Apply to the back of the neck and brain stem for head tension.
- Use on knees, wrists, back, neck or any areas of discomfort.
- Rub on growing kids legs to help with growth spurts.
- Apply on feet before or after a workout or long day.
- **Try this...** *Combine with Lavender and add a few drops to your Epsom Salt bath after a long day or strenuous workout.*

▶ [Deep Blue Rub article](#)

▶ [Deep Blue Research Study article](#)

▶ [Deep Blue Polyphenol Complex Supplement article](#)