

Let's Get Started

how to use the TOP 10 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.

Usage Tips!

- Diffuse to create an uplifting environment.
- Add one drop of Lemon essential oil to a glass of water for a refreshing drink that aids digestion and naturally cleanses the body.*
- Add Lemon Essential Oil to a spray bottle of water to clean tables, countertops, and other surfaces.
- For a gentle furniture polish, simply add a few drops of Lemon to olive oil on a cloth to clean, protect, and shine wood finishes.
- Wipe down stainless steel appliances with a soft cloth soaked in Lemon oil for a streak-free clean.

Try this..... Add 5-8 drops to your store-bought classic humus!

>> To learn more about Lemon Essential Oil, click here!



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

Sourced in its native Europe, Lavender essential oil is calming and balancing. Popularly used to ease tension and stress during the workday, Lavender can also promote a restful night's sleep and soothe fussy babies.

Usage Tips!

- For restful sleep, diffuse Lavender oil at bedtime to calm your mind and create a peaceful environment.
- Take internally to reduce anxious feelings.*
- Use in cooking to soften citrus flavors and to add a flavorful twist to marinades, baked goods, and desserts.
- You can add Lavender to an evening bath to soak away the cares of the day, or put a drop on your pillow at night.
- Freshen your linen closet, mattress, car, or the air by combining Lavender with water in a spray bottle.
- Keep a bottle of Lavender on hand to soothe occasional skin irritations.

Try this... Mix a few drops with your non-scented lotion and apply before bed to soothe skin and help with sleep.

>> To learn more about Lavender Essential Oil, [click here!](#)



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

The sharp, sweet scent of Peppermint essential oil is energizing and exhilarating. Peppermint relieves head and neck tension, promotes clear airways, supports oral health, and soothes the stomach.

Usage Tips!

- Use a drop of Peppermint with Lemon in water for a healthy, refreshing mouth rinse.
- Take one to two drops in a Veggie Capsule to alleviate occasional stomach upset.*
- Add a drop to your favorite smoothie recipe for a refreshing twist.
- Place one drop in palm of hand with one drop Wild Orange and one drop Frankincense and inhale for a mid-day pick-me-up.

Try this... Add 1 drop to your chocolate protein shake or latte. OR... 5-10 drops to your favorite brownie mix and bake!

>> To learn more about Peppermint Essential Oil, [click here!](#)



Native to Australia, the Tea Tree yields a powerfully cleansing essential oil with a fresh, slightly herbaceous aroma. Melaleuca is used in skin care, hair care, cleaning products, and in chest rubs.

Tea Tree or Melaleuca is known as the Oil of Energetic Boundaries

Usage Tips

- For occasional skin irritations, apply one to two drops of Tea Tree essential oil onto affected area.
- Combine one to two drops with your facial cleanser for added cleansing properties, or apply to skin after shaving.
- Apply to fingernails and toenails after showering to purify and keeps nails looking healthy.
- Add a few drops to a spray bottle with water and use on surfaces to protect against environmental threats.

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.

>> To learn more about Tea Tree Essential Oil, click here!



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

Frankincense is often referred to as the King of Essential Oils because of its powerful health benefits. Frankincense supports healthy cellular function, promotes relaxation and balanced moods, boosts the immune and respiratory systems, and supports smooth, healthy skin.

Usage Tips

- Rub Frankincense on your hands after a long day of gardening for a warming and soothing effect.
- Dilute and apply topically to reduce the appearance of skin imperfections.
- Apply to the bottoms of feet to promote feelings of relaxation and to balance mood.
- Take one to two drops internally in a veggie capsule to support healthy cellular function.*

>> To learn more about Frankincense Oil, [click here!](#)

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 has powerfully cleansing properties and supports the immune, respiratory, and digestive systems.* Known as “the oil of humility,” Oregano was revered by the ancient Greeks for its taste and its countless health benefits.



Usage Tips:

- Take one drop in a veggie cap or four fluid ounces of liquid daily to maintain healthy immune function.*
- Add one to two drops to a veggie capsule to support healthy respiratory function.*
- Put one drop in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast.
- Put 10 drops in a 16-ounce spray bottle with water for a surface cleaner.
- **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.

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.

>> To learn more about Oregano Essential Oil, click here!

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.



Clean, airy, and refreshing, doTERRA Breathe is a popular essential oil blend to diffuse in bedrooms, offices, and children's play areas to support clear breathing. This best-selling respiratory blend is also available in throat drops and as a vapor stick.

Usage Tips:

- Diffuse, inhale directly from palms, or rub on chest or feet when seasonal and environmental threats are high.
- Use when outdoors to minimize the effects of seasonal threats.
- Diffuse at bedtime to promote a restful night's sleep.
- Apply to the chest or breathe in deeply from palms to clear airways and maintain easy breathing.

>> To learn more about Breathe Essential Oil, [click here!](#)

[Check out the Breathe line of products offers great respiratory support!](#)

DigestZen Digestive Blend is specially formulated to support healthy digestion.* This essential oil blend can be taken internally or massaged topically to soothe occasional stomach issues.



Usage Tips

- Rub on the stomach before flying or taking a road trip for a calming aroma.
- Take DigestZen internally when trying new foods to soothe occasional stomach upset.*
- Add to water or tea to maintain a healthy gastrointestinal tract.*

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.

>> To learn more about DigestZen Essential Oil, [click here!](#)

[Check out 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).

doTERRA On Guard essential oil blend boosts immune and respiratory system function,* especially during cold, winter months. It purifies the air and is a favorite for diffusing, thanks to its welcoming citrus-spice aroma and many beneficial properties. This blend helps keep you healthy so you can pursue your passions and care for your family.

Usage Tips:

- Add two to three drops in a veggie capsule for a quick immune boost.*
- Add to water for an effective all-purpose surface cleaner.
- Soak sliced apples in water and a few drops for a healthy, immune-boosting snack.*
- Combine a few drops of doTERRA On Guard with Fractionated Coconut Oil for a hand cleanser.

Try this... Apply (diluted) to the gums for tooth discomfort.

>> To learn more about On Guard Essential Oil, click here!

Check out 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 is a soothing blend of eight essential oils that comfort and cool joints and muscles. Deep Blue is helpful after a long day of work in the yard or a strenuous workout. Massage into your back, legs, and feet.

Usage Tips

- Apply on feet and knees before and after exercise.
- Perfect for a soothing massage after a long day of house work or a workout.
- Apply to hands and feet after gardening.
- Connect with Grandma by giving her a hand massage with Deep Blue.
- Rub Deep Blue on lower back after a day of heavy lifting at work or during a move.
- Massage Deep Blue with a few drops of FCO (or Deep Blue Touch) onto growing kids' legs before bedtime.
- After long hours on the computer, try rubbing Deep Blue essential oil blend on your fingers, wrists, shoulders, and neck.

Try this... Combine with Lavender and add a few drops to your Epsom Salt bath after a long day or strenuous workout.

To learn more about Deep Blue Essential Oil, [click here!](#)

- ▶ [Deep Blue Rub article](#)
- ▶ [Deep Blue Research Study article](#)
- ▶ [Deep Blue Polyphenol Complex Supplement article](#)



The fresh, woody aroma of doTERRA Balance makes it a perfect go-to-oil during times of stress. This blend evokes feelings of tranquility, relaxation, and well-being.

I start and end my day with this beautiful blend!

doTERRA Balance Grounding Blend combats anxious feelings and promotes a sense of calm and tranquility. During times of stress or adversity, this blend can help promote feelings of peace and instill a quiet confidence. Many of the oils in this blend have been used for thousands of years to balance emotions, ease anxious feelings, and harmonize the mind and body. This blend includes Frankincense, Spruce, Ho Wood, Blue Tansy, Blue Chamomile, and Osmanthus.

Usage Tips

- Begin your day by putting doTERRA Balance on the bottom of your feet to promote feelings of calmness and tranquility throughout the day.
- Apply to your wrists or neck to help ease anxious feelings.
- Diffuse in your car during road trips to create a calming, soothing environment.

Try this... Combine 20 drops with 20 drops of Serenity in a 10 mL roller and top with Fractionated Coconut Oil. Apply nightly to wrists, back of neck and bottoms of feet to have a restful night sleep.

>> To learn more about Balance Essential Oil, [click here!](#)