

LEARNING & USING dōTERRA ESSENTIAL OILS THE SIMPLE WAY



TOP 10 ESSENTIAL OILS

dōTERRA®

DIRECTIONS FOR USE

AROMATIC

Inhale or diffuse essential oils to maintain feelings of clear airways and purify the air. Essential oils can also assist with mood support by uplifting or calming.

- 💧 Add 4-5 drops in diffuser.
- 💧 Rub 1-2 drops in hands & cup over nose, inhale.

**You can see a variety of diffusers on the back side of this booklet.*

TOPICAL

Essential oils are easily absorbed by the skin for targeted local support. For topical use, some essential oils may need to be diluted with a carrier oil.

- 💧 Apply 1-2 drops to desired area.
- 💧 Dilute to minimize any skin sensitivity.

**See additional precautions in the dilution section. Keep oils out of eyes and ears for safety.*

INTERNAL

Certain essential oils can be taken in water, dropped under the tongue or taken in an empty veggie capsule. **NOTE:** Only use dōTERRA CPTG oils internally with **supplement facts**.

- 💧 Dilute 1 drop in 4-8 oz. of liquid.
- 💧 Use any glass, metal or ceramic cup.

DILUTE

Though some essential oils may be used *neat* (undiluted), best practice is to dilute all essential oils with a carrier oil to avoid skin irritation and **increase absorption**.

dōTERRA Fractionated Coconut Oil (FCO) is an all-natural carrier oil that is completely soluble with all essential oils and is colorless, odorless, and will not stain.

FUN TIPS!

- Essential Oils are 50-70 times more potent than their herbal counterparts. Very powerful!
- Use essential oils individually or mix & match oils to make fun unique combinations.



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CPTG I



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DILUTION RATIO

Pre-dilute essential oils with fractionated coconut oil in a glass roller bottle for easy and ready-to-use applications.

10ML BOTTLE RATIOS BASED ON AGE:

- 💧 1-3 drops for Babies & Toddlers
- 💧 4-7 drops for Older Children & Teens
- 💧 8-10 drops for Adults

WHY dōTERRA?

Learn more at www.source4you.com



- 1 CPTG: Certified Pure Therapeutic Grade. Guarantees (1) Purity (no contaminants, pesticides or fillers) (2) Potency (active constituents are consistent)
- 2 Learn all about the essential oils process, from source to you! (Including GC/MS reports)
- 3 dōTERRA's Non-Profit. 100 percent of all donations go directly to those receiving aid.
- 4 Fairly Traded (farmers are paid a fair and living wage) & sourced from all around the world.

CPTG

source
to you

Healing Hands

cō-impact
sourcing

TOP 10 ESSENTIAL OILS

PEPPERMINT

A T I



NORTHWEST USA

INVIGORATING · UPLIFTING · REFRESHING

FEELING OCCASIONAL

TRY PEPPERMINT

Fatigue, Low energy, Apathy*

① rub 1-2 drops on neck, wrists, temples. | ② diffuse 5-7 drops.

Upset stomach, Bloating, Gas*

① add 1-2 drops in water or capsule

Congestion, Stuffiness, Nasal upset*

① rub 1-2 drops on chest to support open airways

DIY: REPEL BUGS NATURALLY! • Add 5-10 drops of Peppermint in 1 oz glass bottle & fill with water to the top. Doubles as a great refreshing cooling spray!

LAVENDER

A T I



BULGARIA

SOOTHING · CALMING · RELAXING

FEELING OCCASIONAL

TRY LAVENDER

Fatigue, Difficulty sleeping, Unrest*

① rub 2-3 drops on feet, temples. | ② add a few drops on your pillow.

Anxious feelings or worry*

① add a few drops on wrists and palms to ease feelings of tension.

Skin irritations or blemishes*

① add a few drops on affected areas to soothe occasional skin irritations.

DIY: SPATIME BATH SALT! • Add 3-4 drops of Lavender in 1 cup of epsom salt along with dried petals and herbs. Add recipe to bath water and soak away anxious feelings.

LEMON

A T I



ITALY

CLEANSING · PURIFYING · BRIGHT

FEELING OCCASIONAL

TRY LEMON

Apathy, Need for positivity

② ① ① diffuse, inhale, drink 1-3 drop in water or use topically on wrists.

Impurities in the air & in home*

② diffuse 5-7 drops to cleanse and purify the air

Internal clog & need to cleanse*

① take 2-3 drops internally regularly to cleanse body.

DIY: NATURAL HOME CLEANER! • Add 15-20 drops of Lemon in 8oz glass bottle & fill with water to top for an all purpose cleaner. Doubles as a great fruit & veggie spray!





MELALEUCA     AUSTRALIA
CLEANSING · DISINFECTING · PURIFYING

FEELING OCCASIONAL TRY MELALEUCA

Skin irritations, Smelly feet*	① apply 1-2 drops to affected area for soothing & cleansing support.
Mouth germs & uncleanness*	① swish 1-2 drops with a swig of water for a cleansing mouth rinse.
Ear irritations, Nail discomfort*	① apply 1-2 drops on the outer ear or nail surface to naturally cleanse.

DIY: CLEAN FRESH SPRAY! • Add 5-7 drops of Melaleuca in 1 oz glass bottle & fill with water to the top. Doubles as a great fresh shoe spray!



FRANKINCENSE     SOMALIA
SOOTHING · REJUVENATING · POWERFUL

FEELING OCCASIONAL TRY FRANKINCENSE

Need for cellular support*	① take 1-2 drops to support healthy cellular function* and stable mood.
Skin irritation or blemishes*	① apply 1-2 drops to affected area to reduce appearance of blemishes.
Mental exhaustion & sadness*	① diffuse or inhale 3-5 drops to help ground & uplift.

DIY: NATURAL 5 HR BOOST! • Mix & Inhale 2 drops each of Frankincense, Wild Orange & Peppermint
TIP: When in doubt, use Frankincense! Mild to the touch, but packs a powerful punch!






OREGANO     TURKEY
WARM · CLEANSING · IMMUNE BOOSTING

FEELING OCCASIONAL TRY OREGANO

Need for immune system support*	① rub 2-3 drops on feet. ② take 3-6 drops in a veggie capsule.
Unwanted mole or blemish*	① dab 1-2 drops using a q-tip on affected area. Re-apply regularly.
Need to cleanse mildew & scum*	① add a few drops on affected areas. ② diffuse 5-7 drops near area.

DIY: HEAVY CLEANING PASTE! • Add in order, (1) Combine ¾ cup baking soda & ¼ cup liquid castile soap, (2) stir in 1 tbsp of water, (3) 1 tbsp of vinegar & 5-10 drops of Oregano.
TIP: Try ½-1 drop of Oregano, in place of 1 tbsp of ground oregano in your favorite Italian dishes. (use toothpick)



DEEP BLUE   CORSICA, NEPAL, NORTHWEST USA
SOOTHING · RESTORATIVE · RELAXING | SOOTHING BLEND CONTAINS: Wintergreen, Peppermint, Yang Yang, Helichrysum & more.

FEELING OCCASIONAL TRY DEEP BLUE

Muscle tension*	① massage 3-4 drops to muscles for 5+ minutes.
Joint soreness*	① rub 2-3 drops regularly to joints for joint support.*
Fitness Fatigue & Strain*	① apply 1-3 drops on affected area before and after workout.

DIY: SOOTHING RUB! • Add a few drops to any carrier (lotion, coconut oil, almond oil, etc).
TIP: doTERRA offers a line of Deep Blue products, check them out (rub, supplements & more)!



DIGESTZEN



MADAGASCAR, NORTHWEST USA

DIGESTIVE AID • ALLEVIATING

DIGESTIVE BLEND CONTAINS: Ginger, Peppermint, Fennel & more.

FEELING OCCASIONAL

TRY DIGESTZEN

Stomach upset from heavy food*

① drink with water 1-2 drops before and/or after meal.*

Feelings of queasiness*

④ inhale from bottle. | ① place 1 drop under the tongue.

Bloating, Gas, Uneasy stomach*

⑦ rub 1-2 drops on stomach. | ① take 3-6 drops in a veggie capsule.

DIY: TUMMYTAMER ON-THE-GO! • Add 25 drops of DigestZen in 10ml glass roller bottle & fill with Fractionated Coconut Oil to alleviate occasional unwanted digestive discomfort on the go!

TIP: doTERRA offers a line of DigestZen products, check them out (supplements, chewable tablets & more)!



ON GUARD



AUSTRALIA, INDONESIA

CLEANSING • IMMUNE BOOSTING • STRONG

PROTECTIVE BLEND CONTAINS: Wild Orange, Clove Bud, Cinnamon, Eucalyptus & more.

FEELING OCCASIONAL

TRY ON GUARD

Itchy or scratchy throat*

① gargle 1 drop with water & swallow to tackle that itch.

Need for immune support*

④ take 3-6 drops in veggie capsule. | ④ diffuse 5-7 drops to purify the air.

Grime, scum & filth in home*

⑦ add 15-20 drops in 8 oz spray bottle of water for all-purpose cleaner.

DIY: NATURAL SANITIZER! • Add 5 drops of On Guard in 1 oz glass bottle (for hands & surfaces).

TIP: doTERRA offers a line of On Guard products, check them out (throat drops, supplements & more)!



BREATHE



AUSTRALIA, NORTHWEST USA

FRESH • OPENING • REFRESHING

RESPIRATORY BLEND CONTAINS: Eucalyptus, Peppermint, Melaleuca, Lemon, Cardamom & more.

FEELING OCCASIONAL

TRY BREATHE

Congestion and Nasal upset*

④ inhale 1-2 drops deep in nose & mouth as hand inhaler; inhale in & out.

Seasonal threats*

④ diffuse 5-7 drops in home when seasonal threats are high.*

Need for respiratory support*

④ ⑦ diffuse & rub on chest for feelings of clear airways & easy breathing.*

DIY: FRESH AIR SPRAY! • Add 12 drops of Breathe in 4oz glass bottle to freshen the home!

TIP: doTERRA offers a line of Breathe products, check them out (throat drops, vapor stick & more)!

OTHER TOP/FAVORITE ESSENTIAL OILS

There are many other essential oils! What are some other oils you love? (such as: Cedarwood, Bergamot, Serenity, InTune, PastTense & more)

ESSENTIAL OIL

FEELING OCCASIONAL

TRY IT

WANT TO GET YOUR HANDS ON SOME ESSENTIAL OILS?



FAVORITE BONUS OIL

WILD ORANGE



DOMINICAN REPUBLIC

FRESH • INVIGORATING • UPLIFTING

FEELING OCCASIONAL

TRY WILD ORANGE

Need for cleansing & rejuvenation*

1 add 1-2 drops to water and drink for a gentle cleanse and pick-me-up.

Laziness, Lethargy, Stress*

A T diffuse in home, rub on back of neck & wrists for a boost of energy.

Impurities in the air & in home*

1 use 2-3 drops to cleanse & purify countertops, tables & other surfaces.

DIY: INVIGORATING HAND/BODY SCRUB! • In a glass jar mix ½ cup white sugar, ½ cup brown sugar, 1-2 Tablespoons Fractionated Coconut Oil, 5 drops Wild Orange.

dōTERRA DIFFUSERS

Experience the aromatic and therapeutic benefits of dōTERRA essential oils with a diffuser. Diffusion is the process of dispersing essential oils so that their aroma fills an area with the natural fragrance. dōTERRA offers a variety of incredible diffusers to help you naturally experience the aromatherapy benefits.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant, nursing, or under doctor's care, consult physician. Avoid contact with eyes, inner ears & sensitive areas.



Want more info?!

Contact the oil lover that shared this booklet with you and check out SharingMadeSimple.com for more easy ways to use essential oils :)



USE A ½ HOLE PUNCH HERE ▲
IF YOU WISH TO ADD A SAMPLE