



YOUR TOP 10 ESSENTIAL OILS

• AND HOW TO USE THEM •

INTRO

You are now well on your way to taking control of your health and wellbeing, empowering yourself to choose natural solutions to help with a whole host of daily stresses. What we love to see is that you are now acting proactively - rather than just reacting when it comes to your health.

This mini guide covers the Top Ten Essentials Oils in the set and their basics like when and how to use them.

This guide is great to download and save onto your phone to take everywhere with you along with your top ten Essential Oil keychain – that way you'll never be without!



HOW TO?

- **AROMATIC** • Essential oils that can be used aromatically. Diffusion is one of the most popular ways to enjoy the aromatic benefits of essential oils.
- **TOPICAL** • Essential oils that can be used topically, which means you can apply them directly on the skin or mix them with carrier oils or other personal care products.
- **INTERNAL** • Essential oils that can be used internally. You can add oils to water, take them in doTERRA Veggie capsule or use them in your favorite recipes.





LAVENDER

AROMATIC • INTERNAL • TOPICAL

- Apply to bottom of feet before bedtime for a peaceful sleep.
- Calming to skin that has been exposed to the sun or heat.
 - Soothes occasional skin irritations.
 - Add to your bath to promote relaxation or apply to the temples and back of neck.
 - Reduces the appearance of skin imperfections.



LEMON

AROMATIC • INTERNAL • TOPICAL

- Lemon has an uplifting, energising aroma and promotes feelings of lightness, cheer and joy.
- Add to water to provide a refreshing and healthy boost throughout the day.
 - Add one to two drops of Lemon oil in a spray bottle of cleaning solution for an invigorating scent while you clean tables, counter tops, and other surfaces.



PEPPERMINT

AROMATIC • INTERNAL • TOPICAL

- Use a drop of Peppermint oil in water for a refreshing mouth rinse.
- Alleviates occasional stomach discomfort.
- Add a drop to your favorite smoothie recipe for a refreshing twist.
- Have a bottle on hand when traveling to ease occasional stomach upset, nausea, and motion sickness.



MELALEUCA

AROMATIC • INTERNAL • TOPICAL

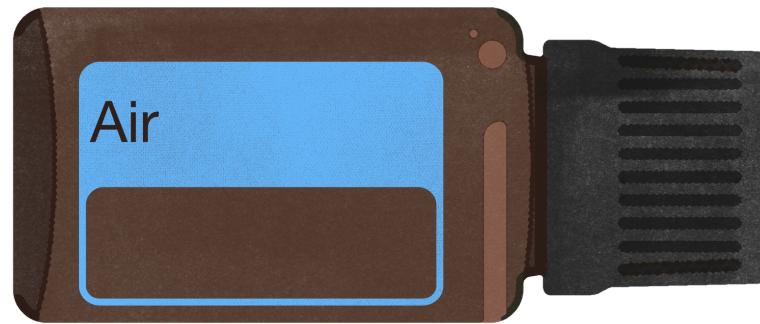
- Apply to skin imperfections for a cleansing, rejuvenating effect.
- Combine 1-2 drops with your facial cleanser for added cleansing properties, or apply to skin after shaving.
- Diffuse Melaleuca to help purify and freshen the air.
- Melaleuca can be used on surfaces throughout the home to protect against environmental threats.



OREGANO

AROMATIC • INTERNAL • TOPICAL

- Oregano is one of the most potent Essential Oils - one drop is usually all you need.
- Take one drop in an empty gelatin capsule for periodic immune support.
- Dilute and apply to bottom of feet of kids and adults as a natural defense during cold season!
- Use internally as part of a monthly cleansing regimen for GI health.



AIR

AROMATIC • TOPICAL

- Known as the respiratory blend.
- Apply a drop to the big toe before bed to banish snoring.
- Apply Air Essential Oil before exercising to invigorate and enhance breathing during your workout.
- Use when outdoors to minimize the effects of seasonal threats.
- Diffuse at bedtime for a restful environment.



ON GUARD

AROMATIC • INTERNAL • TOPICAL

- Add two to three drops in a veggie capsule for an immune boost.
- Add to water for an effective all-purpose surface cleaner.
- Combine with Fractionated Coconut Oil for a natural hand cleanser.
- On Guard is great for dental health, add a drop to some water and use as a mouthwash or add a drop to your toothpaste to soothe irritated gums.



DEEP BLUE

• TOPICAL •

- To recover and ease muscle tension after long hours on the computer or heavy lifting, try rubbing Deep Blue on the shoulders and neck
- Apply on feet and knees before and after exercise.
 - Massage with a few drops of carrier oil onto growing kids' legs before bedtime.
 - Use several drops with a carrier oil for a therapeutic deep-tissue massage.



DIGESTZEN

AROMATIC • INTERNAL • TOPICAL

- Take internally when traveling or trying new foods to soothe occasional stomach upsets.
- Add to water or tea to maintain a healthy gastrointestinal tract.
 - Dilute and rub on your child's tummy when they have an occasional tummy ache.
 - Rub on the stomach before flying or taking a road trip to ease travel sickness.



FRANKINCENSE

AROMATIC • INTERNAL • TOPICAL

- Frankincense is known to support healthy cellular function when used internally.
- When inhaled or diffused, Frankincense promotes feelings of peace, relaxation, satisfaction, and overall wellness.
- Apply topically to help reduce the appearance of skin imperfections.
- Take one to two drops in a veggie capsule to support healthy cellular function