

let's get
started

**ON YOUR JOURNEY WITH
DOTERRA ESSENTIAL OILS**

Disclaimer:

WE ARE NOT DOCTORS AND NONE OF THE
RECOMMENDATIONS IN THIS BOOK ARE MEANT TO REPLACE
ANY RECOMMENDATIONS FROM YOUR DOCTOR.

WE ARE JUST ESSENTIAL OIL ADDICTS SHARING OUR LOVE
WITH THE WORLD!

what are essential oils?

ESSENTIAL OILS ARE THE AROMATIC COMPOUNDS OF PLANTS, TREES AND FLOWERS. THEIR VERSATILITY AND EFFECTIVENESS IS WHAT MAKES THEM ONE OF THE MOST POPULAR ADDITIONS TO YOUR CURRENT REPERTOIRE.

THEY ARE FREQUENTLY USED IN OUR HOUSE FOR EVERYTHING FROM FLAVOURING FOODS + COFFEES TO TREATING OUR COMMON AILMENTS + SUPPORTING OUR BODIES IN DOING WHAT IT DOES BEST. THROUGH THE SIMPLE IMPLEMENTATION OF PURE ESSENTIAL OILS, WE HAVE BEEN ABLE TO REDUCE THE TOXIC LOAD IN OUR HOME AND BODIES.

DOTERRA OILS ARE CERTIFIED PURE THERAPEUTIC GRADE MEANING THEY ARE THE PUREST ESSENTIAL OILS ON THE MARKET AND ARE THE LEADING CHOICE FOR HEALTH CARE PROFESSIONALS WORLDWIDE.

THE TESTIMONIALS WE HAVE SEEN ARE MIRACULOUS AND WE CANNOT WAIT FOR YOU TO EXPERIENCE THEM!

who is doTERRA?

- + DT IS THE LEADING PRODUCER OF EO'S WORLDWIDE
- + OVER 150 YEARS OF COMBINED EXPERIENCE IN EO'S
- + THE WORLD'S ONLY CPTG GRADED EO
- + DOESN'T OWN THEIR OWN FARMS + INSTEAD WORKS WITH THE GROWERS ONE ON ONE PROVIDING FAIR WAGES



essential oil uses

AS YOU START USING YOUR OILS MORE, YOU WILL DISCOVER THAT THERE ARE HUNDREDS OF USES FOR EACH INDIVIDUAL BOTTLE.

WHAT WE WANTED TO DO IN THIS BOOK IS MAKE SURE YOU FELT SUPPORTED FROM THE VERY BEGINNING IN USING YOUR OILS.

THERE ARE THREE METHODS TO USE YOUR OILS:

1. INTERNALLY
2. AROMATICALLY
3. TOPICALLY

LET'S BREAK THEM DOWN A BIT MORE FOR YOU!

Topical use



OILS ARE GREAT TO RUB DIRECTLY ONTO THE SKIN. AN INCREDIBLE PLACE TO START IS ON THE BOTTOMS OF THE FEET. THE FEET HAVE THE LARGEST PORES AND ARE ABLE TO ABSORB OILS INTO THE BLOOD STREAM QUICKLY.

DEPENDING ON THE NEED, YOU CAN APPLY OILS NEAT (UNDILUTED) OR DILUTED IN A CARRIER OIL (SUCH AS COCONUT OIL). WHEN APPLYING TO KIDDOS, ALWAYS DILUTE WITH A 2:1 RATIO AND 4:1 FOR BABIES.

~~aromatic~~ use

TAKE A DROP OF LAVENDER INTO YOUR HANDS AND SMELL IT. THOSE TINY MOLECULES ENTERING YOUR NOSE AND BEING ABSORBED BY YOUR BLOOD STREAM! THIS METHOD OF INHALATION IS A GREAT ONE YOU CAN USE QUICKLY AND EASILY WITH ANY ESSENTIAL OIL.

YOU CAN ALSO PLACE DROPS OF OILS INTO YOUR FAVORITE DIFFUSER AND ALLOW THE COOL MIST TO SPRAY THEM INTO THE AIR. THIS IS AN INCREDIBLE WAY TO BOOST MOOD + IMPROVE AIR QUALITY THROUGHOUT YOUR HOME.



internal use

BY INGESTING OILS YOU ARE GETTING THE VERY MOST BENEFIT OUT OF EVERY DROP. YOU DO NOT NEED TO TAKE OILS INTERNALLY TO NOTICE INCREDIBLE BENEFITS BUT MANY NOTICE A SUBSTANTIAL DIFFERENCE. YOU CAN PLACE DROPS UNDER YOUR TONGUE, ONTO YOUR TONGUE, INTO YOUR WATER OR BY PLACING INTO AN EMPTY VEGGIE CAPSULE.

UNDER THE TONGUE IS A GO TO FOR MOST ADULTS BECAUSE OF HOW QUICKLY THE OIL IS ABSORBED INTO THE BODY. NOT SURE WHAT OILS ARE FOR INTERNAL USE? LOOK FOR THE SUPPLEMENTS FACTS ON THE BACK OF THE BOTTLE. IF ITS THERE, ENJOY INTERNALLY. IF NOT, AVOID INTERNAL USE.

Single oils at a glance

Arborvitae Cleansing; immune & cellular health support; seasonal relief

Basil Mental alertness; inner ear health

Bergamot Calming & energizing; uplifts mood; promotes self acceptance & self-worth

Black Pepper Broad spectrum immune support; support tobacco cessation; digestive support

Cardamom Digestive & respiratory support; soothe stomach & motion discomfort

Cedarwood Hair & scalp support; nervous & respiratory system support

Cilantro Heavy metal detox; cooking; lessen occasional head tension

Cinnamon Maintain already healthy blood sugar levels; immune & cholesterol support

Clary Sage Calming; healthy hormone balance circulation support

Clove Numbing; soothe teeth & gums, support oral health; antioxidant properties

Coriander Digestive support

Cypress Energizing; circulation and breathing support

Eucalyptus Sinus, respiratory, and oxygen support

Fennel Digestive support; circulation; skin support

Frankincense Healthy inflammatory response; mood support; cellular health; immune support

Geranium Mood support; soothe muscles; hormone balance; occasional digestive upset; liver support

Ginger Digestive health; relieve occasional motion sickness/nausea

Grapefruit Manage appetite & cravings; stabilize weight; detox

Helichrysum Renewing & revitalizing; tissue support; improve skin; support liver

Juniper Berry Digestive support; respiratory health; emotional support; immune support

Lavender Soothing & calming; soothe occasional skin sensitivities; promote sleep

Lemon Uplifting; Detoxification; support liver & kidneys; antioxidant

Lemongrass Support thyroid & connective tissue; ease sore muscles; detoxification

Lime Calming; respiratory support; soothe occasional throat irritation; improve focus

Marjoram Relieve occasional sore, tight, or tense muscles; digestive & bowel upset

Melaleuca Cleansing; skin support; healthy complexion

Melissa Strengthening; emotional & cognitive health; calm nerves; support confidence; support immune

Myrrh Immune support; soothe occasional throat irritation; gum & skin health; thyroid support

Oregano Cleansing; antioxidant; hormone support

Patchouli Calming; support nerves, skin, & mood; detoxification; boost confidence

Peppermint Cooling; soothe head tension; support alertness, respiration, exercise, & digestion

R. Chamomile Promote calm & restful sleep; skin health; mood support; liver support

Rosemary Immune support; reduce mental fatigue

Sandalwood Support brain, skin, & mood

Thyme Cellular health; antioxidant; brain & prostate

Vetiver Grounding & calming; promote focus and concentration; support sleep

Wild Orange Calming; cellular health; digestive support; uplift mood

Wintergreen Soothe occasional soreness; healthy inflammatory response

Ylang Ylang Support heart, adrenals, hormones, mood, & blood pressure

oil blends at a glance

AromaTouch® Relieve sore muscles from exercise or tension; increase circulation/oxygen

dōTERRA Balance® Grounding; reduce anxiousness/nervousness; improve attention

dōTERRA Breathe® Respiratory support; invigorating vapor

Citrus Bliss® Invigorating; uplift mood; reduce stress

ClaryCalm® The best oil for your worst week period.

DDR Prime®  Protect cellular health & DNA; support thyroid

Deep Blue® Relieve occasional soreness

DigestZen®  Support occasional digestive upset & nausea

Elevation Reduce frustration; elevate mood; promote energy & joy

Immortelle Promote skin health & rejuvenation; mood support

InTune® Support focus, concentration, attention, mental clarity, & mood

dōTERRA On Guard®   Boost immune system; soothe occasional throat irritation

PastTense® Relieve occasional head tension & discomfort; promote relaxation

dōTERRA Serenity®  Reduce stress, anxiousness, stress/tension, & mental chatter; sleep support

Slim & Sassy®  Target metabolism, appetite, blood sugar & cravings

TerraShield® Outdoor protection; support healthy boundaries

TriEase®  Seasonal & environmental relief; respiratory support; immune support

Zendocrine®  Support urinary system; detoxification; antioxidant

on guard

ON GUARD IS A BLEND OF CLOVE, ROSEMARY, TEA TREE, CINNAMON AND WILD ORANGE. IT IS MOST WELL KNOWN FOR ITS IMMUNE BOOSTING + PROTECTANT PROPERTIES

+ INGEST ONE DROP WHEN YOU NOTICE YOUR IMMUNE SYSTEM WORKING HARD TO FIGHT SOMETHING

+ APPLY ONE DROP OVER YOUR CHEST WHEN YOU WILL BE AROUND MANY PEOPLE

+ DIFFUSE FOUR DROPS IN YOUR DIFFUSER TO CLEANSE THE AIR AND BOOST THE IMMUNITY IN YOUR HOME

peppermint

- + INGEST ONE DROP POST DINNER TO AID IN DIGESTION + IMPROVE STINKY BREATH
- + APPLY ONE DROP TO TEMPLES AND NECK WHEN DEALING WITH HEAD OR NECK TENSION
- + INHALE ONE DROP WITH WILD ORANGE TO IMPROVE MENTAL CLARITY + BOOST ENERGY
- + DIFFUSE FOR THE MOST DELICIOUS SCENT
- + RUB ONE DROP OVER ANY AREA OF TENSION OR WHEN EXPERIENCING AN UPSET STOMACH

lavender

- + ADD TWO DROPS WITH EPSOM SALTS TO A HOT BATH
- + APPLY ONE DROP TO THE SOLES OF YOUR FEET FOR SWEET DREAMS
- + ADD THREE DROPS WITH BALANCE TO YOUR DIFFUSER BEFORE BEDTIME TO CREATE A RELAXING AMBIANCE
- + APPLY TO CUTS, SCRAPES, BRUISES, BUG BITES OR BURNS TO REDUCE DISCOMFORT
- + ADD ONE DROP TO WATER OR IN YOUR FAVOURITE LATTE TO SWEETEN



DigestZen

DIGESTZEN IS A BLEND OF GINGER, PEPPERMINT, FENNEL, ANISE + LICORICE THAT AIDS IN DIGESTIVE DISCOMFORT. IT IS ALSO COMMONLY KNOWN AS ZENGEST.

+ ADD TWO DROPS TO WATER WHEN EXPERIENCING DIGESTIVE DISCOMFORT

+ APPLY TWO DROPS TO YOUR STOMACH WHEN EXPERIENCING GASSINESS

+ ONE DROP UNDER THE TONGUE FOLLOWING A LARGE MEAL

+ DIFFUSED TO HELP SUPPORT MORNING SICKNESS SYMPTOMS

Lemon

+ ADD TWO DROPS TO YOUR GLASS OR STAINLESS WATER BOTTLE TO IMPROVE DETOXIFICATION

+ ADD TO A CUP OF WARM WATER IN THE MORNINGS TO START THE DIGESTIVE PROCESS

+ USE AS A DEGREASER, TO REMOVE STICKY RESIDUE AND TO WIPE OFF ANY PESKY MARKER OR PAINT

+ ADD TO BLONDE HAIR TO LIGHTEN ROOTS

+ DIFFUSE TO BALANCE OUT SMELLS IN THE HOME

+ ADD TO VINEGAR AND WATER FOR A SIMPLE ALL PURPOSE CLEANER

Tea Tree

+ APPLY TO PESKY
PIMPLES

+ ADD FIVE DROPS TO A
BOTTLE WITH WATER +
SPRAY YOUR CHILDRENS
HEADS BEFORE SCHOOL
TO WARD OFF LICE

+ DIFFUSE ON CLEANING
DAYS TO PURIFY THE AIR



breathe

BREATHE IS A BLEND OF CARDAMOM, TEA TREE, PEPPERMINT AND EUCALYPTUS. IT WORKS TO OPEN UP YOUR AIRWAYS + PROMOTE CLEAR BREATHING. BREATHE IS ALSO COMMONLY KNOWN AS EASY AIR.

+ APPLY ONE DROP TO YOUR CHEST PRIOR TO A WORKOUT

+ APPLY ONE DROP OVER YOUR TEMPLES + SINUSES WHILE FLYING

+ DIFFUSE FOUR DROPS IN A DIFFUSER WHEN DEALING WITH SINUS CONGESTION

+ ADD ONE DROP TO THE CORNER OF YOUR SHOWER FOR A SPA-LIKE EXPERIENCE

frankincense

- + ADD TWO DROPS TO A VEGGIE CAPSULE WITH TWO DROPS COPAIBA + SIBERIAN FIR FOR ITS IMMUNE BOOSTING, ANTI-INFLAMMATORY PROPERTIES
- + APPLY TWO DROPS TO AREA WHEN EXPERIENCING PAIN
- + ONE DROP UNDER YOUR TONGUE WHEN COMING DOWN WITH ILLNESS OR INFLAMMATION
- + ONE DROP APPLIED TO THE ROOF OF YOUR MOUTH WHEN EXPERIENCING HEAD TENSION
- + DIFFUSED WITH CITRUS OR CINNAMON FOR ITS UPLIFTING YET GROUNDING PROPERTIES

Deep blue

A GORGEOUS BLEND OF BLUE TANSY, WINTERGREEN, PEPPERMINT + HELICHRYSUM. DEEP BLUE ALSO COMES IN A RUB FORM OR ROLLER BOTTLE.



+ APPLY PRE OR POST WORKOUT FOR SORE, TIGHT MUSCLES

+ USE IN DEEP TISSUE MASSAGE

+ APPLY TO AREAS THAT MAY BE AGGRAVATED FROM OVERUSE

+ APPLY TO SHOULDERS AFTER A LONG DAY AT A DESK

+ APPLY TO FEET PRIOR TO A LONG DAY IN HIGH HEELS

oregano

+ ADD TWO DROPS TO A CAPSULE MORNING AND NIGHT WHEN YOUR IMMUNE SYSTEM NEEDS A BOOST

+ ADD TWO DROPS TO A MUG OF BOILING WATER WITH BREATHE + ON GUARD WHEN SICK AND DO A NASAL STEAM INHALING DEEPLY

+ APPLY TO THE SOLES OF YOUR FEET FOR ITS IMMUNE BOOSTING PROPERTIES

+ ADD TO SOUPS, STEWS OR SALAD DRESSINGS. YOU ONLY NEED A DROP!



~~frequently asked questions~~

1

CAN I DRINK OILS IN MY WATER?

YEP! IF YOU SEE A SUPPLEMENTS FACT SPOT ON THE BACK OF YOUR BOTTLE IT IS SAFE TO INGEST! JUST MAKE SURE TO ALWAYS USE A GLASS OR STAINLESS BOTTLE + STRAW

2

HOW MANY DROPS ARE IN A BOTTLE

THERE ARE APPROXIMATELY 85 DROPS IN A 5ML BOTTLE AND 250 DROPS IN A 15ML BOTTLE.

3

HOW DO I STORE MY OILS?

KEEP THEM OUT OF SUN AND IN A COOL, DRY PLACE. REMEMBER TO LEAVE THEM OUT WHERE YOU CAN SEE THEM THOUGH TO ENSURE YOU'RE USING THEM!

4

WHAT DOES NEAT MEAN?

APPLYING YOUR OIL NEAT MEANS DIRECTLY TO THE SKIN WITHOUT A CARRIER OIL. THE BOTTOM OF YOUR FEET IS A GREAT PLACE TO TRY APPLYING YOUR OILS NEAT!

5

CAN I TRAVEL WITH OILS?

ABSOLUTELY! CHECK WITH YOUR CURRENT AIRLINE REGULATIONS BUT WE RECOMMEND CARRYING YOUR OILS IN A PLASTIC BAG WHEN BRINGING IN YOUR CARRY ON. YOU CAN BRING AS MANY AS YOU WISH IN YOUR CHECKED LUGGAGE!

my favorite RECIPES

