



Rest & Relax

Guidance • Yoga • Reiki

doTERRA ESSENTIAL OILS EVERYDAY USES FOR THE HOME ESSENTIALS KIT



How to use Essential Oils?

Topically

Essential oils are used topically directly onto the area of concern or onto pressure points, like the wrists. It's always best to start with 1-2 drops and dilute them with a teaspoon of fractionated coconut oil, or make up a 10ml rollerball (as a guide, 5 - 10 drops essential oil and the rest coconut oil for Adult. For kids use 2-3 drops and baby 1 drop essential oil to 10ml rollerball full of fractionated coconut oil or another carrier oil) Some oils need more dilution, so please ask or research if unsure.

One of the best ways to use essential oils topically is onto the soles of your feet because your skin is toughest there and your pores are large, which means the oils are absorbed into your system very quickly.

Aromatically

Using oils in a diffuser or inhaling them straight from a bottle is one of the most beneficial ways to enjoy the therapeutic benefits of the doTERRA oils. Our sense of smell is incredibly powerful; it is linked to the limbic system, which is connected to our mood and memory. Diffusing essential oils not only makes you feel better, but it cleans and purifies the air too. It also helps with inducing restful sleep, boosting your immune system, and opening up the airways when breathing.

Internally

Some doTERRA essential oils are food grade, meaning they can be taken internally. Follow the direction on each individual oil. But you can use 1 drop of certain oils into a glass of water for example. Essential oils can help stomach upsets, detoxify our organs, boost your immunity and cleanse our GI tract.

Things to Note

- Less is more! Always start with 1-2 drops and work your way up.
- Citrus oils, lavender and a few others are photosensitive and can make your skin more sensitive to sunlight.
- Essential oils do NOT need to be refrigerated.
- Always keep essential oils in a safe place away from children. They are perfectly safe to use on children but small amounts and always diluted.
- Only use glass, stainless steel, or aluminum containers when putting essential oils in your water.

Oregano

- **Flavour** – Use Oregano in your cooking. Beware though a little goes along way! You usually don't even need a full drop of Oregano, or only one, no more. TIP: Dip a toothpick into the bottle and then stir it around in the olive oil or dressing you use to cook with. You can always add more but not take away.
- **Immune System Boost** – When you start feeling crappy and just know sickness is coming on. Rub Oregano into the bottoms of your feet and take 3-4 drops internally in a veggie capsule. Not recommended to drink in water as it's a very spicy, hot effect. Best recommended is to make up a rollerball with fractionated coconut oil, even make up a blend with a couple drops oregano and a couple drops OnGuard.
- **Open Sinuses** – When your sinus cavities are clogged and EasyAir just isn't enough, boil some water, add 1-2 drops of Oregano oil, then breath in the steam and allow the Oregano to do its job of clearing your respiratory system.
- **Digestive + Urinary tract issues** – Cranberry juice can help, but when you need help with cleansing the urinary tract or digestive system, Oregano taken internally in a veggie capsule works really well. Add 3-4 drops to a veggie capsule and take 3x/day for no more than 10 days.
- **Topical Ointment** – For unsightly skin bumps on your hands, put a drop of Oregano on it a few times per day and watch it begin to fade away.
- **Less is more** – Oregano is a super potent oil and a little does go a long way. Always be sure to dilute this oil when using on the skin and wash your hands thoroughly immediately after touching it.
- **Clear toes** – Get ready for sandal season by rubbing a drop of Oregano into your toe nail beds to help clear away any unwanted fungus or impurities.



NOTE – It is recommended to not use Oregano consecutively for more than 10 days in a row.

Tea Tree



- **Zit Zapper** – Dab a drop of Tea Tree on any skin blemishes to help kill bacteria and clear your complexion. Create a diluted 10ml rollerball with 3-4+ drops Tea Tree and roll on any skin blemishes daily. Works great on problematic teenage skin without stripping the skin of necessary natural oils.
- **Toilet Cleaner** – Use with ½ Cup distilled white vinegar and ½ cup baking soda to clean your toilet bowl. Flush the toilet, sprinkle the baking soda around the inside rim of the bowl so it sticks. Pour the vinegar over the backing soda and watch it foam up. Add 5-7 drops Tea Tree and scrub the inside of your bowl. Flush and voila! Clean, chemical free toilet!
- **Dandruff be gone** – Put 2-3 drops of Tea Tree and fractionated coconut oil in your shampoo or massage into your scalp to help prevent scalp itch.
- **Fungus killer** – Massage 2 drops of Tea Tree and coconut oil into your toenail beds to help with toe fungus.
- **Yoga Mat Cleaner** – Add 5-10 drops of Tea Tree and 5-10 drops of Lavender to a spray bottle with water and use to clean your yoga mat after practice.
- **Bye Bye Razor Burn** – Apply after shaving to prevent skin irritation. Consider adding Lavender and Frankincense for added benefit. You can also add a few drops of these oils to your natural, chemical free moisturizer.
- **Smelly clothes refresher** – Add Tea Tree to your laundry detergent or soak smelly clothes in water with 3-5 drops of Tea Tree to get rid of unwanted smells in clothes.
- **Diaper rash remedy** – Make up a 10ml rollerball with fractionated coconut oil and 2 drops of Tea Tree, Frankincense and Lavender to help with baby bottom rash.
- **First Aid Oil** – Take Tea Tree with you on any hiking or adventure trips to apply to any cuts or scrapes. Tea Tree Oil acts as a “first aid oil” to help prevent infection.
- **Boost your immunity** – Apply Tea Tree to the bottoms of your feet as a morning routine to boost your immune system. Or add to a 10ml rollerball for ease of applying and roll onto the bottoms of your feet.
- **Bye Bye Stinky Feet + Shoes** – Massage a few drops of Tea Tree or make up a spray bottle with water.
- **Yeast Infection Help** – Ladies can soak a tampon in fractionated coconut oil with 3-4 drops of Tea Tree and insert to help kill off yeast overgrowth.

Lemon

- **Soothe Sore Throats** – gargle with hot salt water, 2 drops of Lemon, and 2-3 drops of OnGuard to help relieve sore throats.
- **Body Detox** – Lemon is a powerful detoxifier when taken internally. You can start your day with a large glass of warm water and 1-2 drops Lemon oil. It helps cleanse and flush toxins from the organs, which gives you more natural energy throughout the day.
- **Water Flavour** – Add 1-2 drops to your water (in glass, aluminum, or stainless steel containers ONLY, no plastic) for a healthy, detoxifying boost. It also tastes sweeter than lemon juice and is pH neutral (unlike lemon juice) because it's cold pressed from the rind of the fruit, so it won't affect tooth enamel.
- **Uplift mood** – brighten and energize your mood by diffusing Lemon essential oil in your favourite diffuser.
- **Degreaser** – use a few drops of Lemon on a cloth to get rid of tough spots on your stove or bathtub, or any sticky residue anywhere. It also erases permanent marker on whiteboards.
- **Seasonal Support** – Take 1-2 drops of Lemon internally and/or diffused to help detox the body of seasonal threats and help you breathe easier. You can diffuse with other oils to create different, lovely aromas each day.
- **Wood Polisher** – Lemon combined with Olive Oil makes a great wood and furniture polisher.
- **Dust with Lemon** – Add a little bit of Olive Oil and Lemon essential oil to a spray bottle and voila! You have an all natural dust mist that also cleans and deodorizes without the harsh chemicals.
- **Leather Preserver** – Preserve and prevent leather from splitting with a lemon soaked cloth.
- **Polish silver + metals** – Lemon is great to use for the early stages of tarnish on silver and other metals.
- **Eradicate gross smells** – Diffuse Lemon in your home to help get rid of any unwanted smells. You can also put a drop in the rubbish bin before you replace the rubbish bag, or have a spray bottle made up.
- **Decongest** – add a drop of Lemon with fractionated coconut oil to your chest if you or your little one is congested. Just be sure NOT to go out in the sun after applying to the skin. Citrus oils (as well as Lavender and a few others) are photosensitive, which means they make your skin sensitive to sunlight.
- **Fruit + Veggie Cleaner** – use a few drops of lemon in a spray bottle with water and spray your fruits and veggies from the supermarket to wash away any germs and pesticides.



Frankincense

- **Calm Nervous System** – Frankincense is a favourite oil for calming the nervous system. In our fast paced world, we are often constantly in a state of “fight or flight” and very rarely “rest + digest”, which is what we are working towards practicing Yoga. Frankincense helps to calm the nerves and reduce the stress on our system.
- **Skin Beautifier** – Frankincense has been used for centuries to help combat the aging process. Add a few drops to your moisturizer, preferably a natural fatty oil like argan oil, or a natural moisturizer from the health shop, and rub it on your skin each night.
- **Meditation Favourite** – Frankincense is a favourite for us Yogis to diffuse during meditation or when you would like to develop a deeper spiritual connection.
- **Calming Mood Lifter** – Although Frankincense comes from a tree and has wonderful grounding effects on the mood, it is also a calming uplifter for the spirit. Diffuse or make up a diluted rollerball with a few drops, roll on wrists and inhale. Or inhale direct from the bottle.
- **Nail Strengtheners** – Apply 2-3 drops of Frankincense to your nail beds to help strengthen and moisturize your nails, especially during the winter months.
- **Overall Health** – When you’re unsure about which oil to use, try Frankincense! It is a gentle oil that has been used for many centuries to help boost overall health and wellbeing. Add a drop to herbal tea with honey to help calm stress and boost health before bed.
- **Healthy Cells** – Frankincense is an important component of the Cellular Complex for a reason! It helps promote cellular proliferation and turnover. Take a few drops in a veggie capsule for healthy, happy cells. Or use in a rollerball and absorb through the skin, soles of feet or wrists.
- **Muscle + Joint Discomfort** – Rub Frankincense and fractionated coconut oil into sore muscles and joints for soothing comfort. Add Lemongrass, Ice Blue, or Lavender for added benefits.
- **Bath Soak** – Add a few drops of Frankincense to your bath for a powerful calming effect on the body and mood.
- **Focus** – Create a rollerball with fractionated coconut oil and Frankincense, roll into your temples and at the base of your head when you’re working on a deadline or need focus.
- **Head Tension** – Put 2-3 drops of Frankincense on the crown of your head, a drop of OnGuard on the roof of your mouth, drink a full glass of water with one drop of Peppermint, and rub Peppermint on your temples (away from eyes), to relieve head tension.



OnGuard

- **Immune System Boost** – Create a rollerball with fractionated coconut oil and a few drops of OnGuard, roll into the soles of your feet, along the spine, or take 5 drops internally in a veggie capsule, or 2-3 drops in a large glass of water everyday for immune system support.
- **Scratchy Throat** – Feel a sore throat coming on? Gargle with warm water, sea salt, and 3-4 drops of OnGuard. Add 1-3 drops of Lemon for added benefit.
- **Protective Mouth Rinse** – Add 1-2 drops of OnGuard to a shot glass of water and use as an all natural mouth rinse without the harsh ingredients that can leave a chemical burn on your gums.
- **Clean the Air** – Diffuse OnGuard in your home or work environment to clean and purify the air.
- **Oral Care** – Clove is a key component of this blend and has been used for centuries as a natural numbing agent and in oral health. The OnGuard toothpaste and/or swishing OnGuard with a shot glass of water makes for healthier gums and teeth. OnGuard can also help aid in tooth pain.
- **Natural Home Cleaning** – OnGuard is your go-to oil for all things cleaning! Simply add 10-20 drops in a spray bottle with one part vinegar to 3 parts water and you have a natural, safe all-purpose cleaning spray for every surface of your house. The oils in OnGuard also help fight off environmental threats while keeping your home clean.
- **Head Tension Relief** – Put a drop of OnGuard on the roof of your mouth when you feel head tension coming on. For added relief, drink a full glass of water with 1 drop of Peppermint, massage Peppermint into your temples, and massage a few drops of Frankincense into the crown of your head. Rub Lavender into your ear lobes.
- **Bath Tub Cleaner** – Add 5-10 drops of OnGuard and Lemon to a Cup of baking soda and water until it makes a paste. Use a bathtub brush to dip into the mixture and use to scrub your bathtub. This is a wonderful alternative to chemical tub cleaners because who wants to take a bath in chemicals?
- **Clean Gym Equipment** – Instead of using harmful cleaning wipes to wipe down gym equipment, use an OnGuard spray or soak a roll of paper towels in water with 10-20 drops of OnGuard. Store the soaked paper towels in an empty wet wipe container.
- **Travel Must** – OnGuard is a travel MUST. Rub OnGuard into the soles of your feet and take 3- 5 drops internally in a veggie capsule (or try the OnGuard Beadlets) when flying or traveling, or 2-3 drops OnGuard in glass of water and digest.



Lavendar

- **Sleep Support** – Create a rollerball with fractionated coconut oil and lavender. Roll on the soles of your feet and diffuse in a diffuser by your bed for a restful night's sleep.
- **Chill Pill** – Lavender helps calm the nervous system and ease stress. Put a few drops on your wrists to help ease feelings of nervousness.
- **Muscle Aches** - 3-5 drops of Lavender can be taken internally in a veggie capsule to ease muscle + joint aches and pains naturally. Rub Lavender into your ear lobes when you feel head tension coming on.
- **Calm Burns** – Lavender is great to keep by the stove in case of accidental burns. Put a few drops on any type of burn to prevent blistering.
- **Ease Seasonal Threats** – Lavender is a natural antihistamine and helps calm your respiratory system during season changes.
- **Sun Burn** – Add a few drops of lavender + peppermint to a spray bottle with water and spray your skin after a day in the sun without SPF.
- **Bath Time** – add a few drops of Lavender to your Epsom salt bath for added relaxation.
- **Lavender sea salt chocolate** – Add 2-3 drops of lavender to dark chocolate fondue along with a little sea salt and dip strawberries, bananas, marshmallows, wafers, or any favorite treat.
- **Calm Skin** – Soothe skin irritations with a couple drops of lavender oil + fractionated coconut oil.
- **Body Scrub** – Mix up your own lavender sea salt scrub with fractionated coconut oil (or grapeseed oil) to exfoliate your skin in the shower with.
- **Aftershave** – use on your skin after shaving to soothe skin irritations.
- **Therapeutic Dish + Laundry Soap** – add a few drops of lavender to your natural dish or laundry soap for added aromatherapy benefit and to make doing the chores a little more relaxing.
- **Linen Spray** – add 5-10 drops of lavender to a 4 oz. glass spray bottle of water and spray on natural linen for your sheets, mattress, and comforters.



Peppermint

- **Bug Repellent** – Put 1-2 drops of Peppermint in your shampoo, laundry detergent, or on a dry rag carried in your pocket to help repel bugs. You can also put a drop on cotton balls and place around windows or other places in your home where bugs could get in. Try diffusing it in the diffuser too.
- **Mouth Wash** – Use a drop of Peppermint with a drop of Lemon or OnGuard for a healthy, refreshing mouth rinse.
- **Sun Burn Spray** – Put 2-3 drops Peppermint with 3-5 drops Lavender in a 2 oz. glass spray bottle and spray down after a day of too much sun.
- **Mid-Day Pick-Me-Up** – Drop 1 drop of Peppermint with 1 drop of Frankincense, Lemon, or Wild Orange in your palms, rub together, and take a few deep breaths. Also diffusing this combination creates a great uplifting blend.
- **Relieve Stomach Upset** – take 1-2 drops in a veggie capsule to alleviate occasional stomach upset. Or create a rollerball and roll on tummy.
- **Smoothie refresher** – add 1-2 drops to your favorite smoothie recipe for a refreshing twist. Try adding to other foods and drinks for flavour too.
- **Head Tension** – when you feel head tension coming on, drink a full glass of water with a drop of Peppermint and massage Peppermint into your temples (away from the eyes). Put a drop of OnGuard on the roof of your mouth, 1-2 drops of Frankincense on the crown of your head, and massage 1-2 drops of Lavender into your ear lobes for added benefit.
- **Open up Airways** – having trouble breathing? Diffuse 2-4 drops of Peppermint or rub 1-2 drops between your palms and take a few deep belly breaths. Add Lemon and Lavender with Peppermint in your diffuser during seasonal changes for respiratory support.



Note: Peppermint is very potent, so less is more! A little goes a long way with this oil. Always start with just one drop and move on from there as needed. Also, be sure to wash your hands thoroughly after using Peppermint before touching your face or eyes. If you ever happen to get Peppermint (or any other essential oil) in your eyes, wash them out with fractionated coconut oil, olive oil, or any other carrier oil. Water will only make it worse!

DigestZen



- **Soothe Upset Stomach** – DigestZen is made of a blend of oils that help to naturally calm any type of stomach upsets, including Peppermint, Fennel and Ginger.
- **Comfort after a large meal** – You can take 10 drops of DigestZen in a veggie capsule after a heavy meal to help aid digestion. Or place 1-2 drops in a glass of water and digest. You can also use a rollerball to roll across stomach and absorb through the skin, our bodies largest organ.
- **Lactose Intolerance** – Eating too much dairy? Lactose, the sugar found in dairy, can be hard on many people’s digestive systems. Take 1-2 drops in a glass of water after a meal to aid your system.
- **Holiday Help** – The holidays are hectic and can cause us to eat outside our normal eating habits. If you’re having lots of treats and getting an upset stomach, try rubbing your hand clockwise on your stomach to aid digestion and then take 1-2+ drops DigestZen into a glass of water will help internally.
- **Calm Butterflies** – Take 1-2+ drops in glass of water to relax stomach from nerves and butterflies.
- **Food Poisoning** – Any upset stomachs can be eased by the assistance of DigestZen, take 5-6 drops into a large glass water, even add a couple drops of peppermint to flush out your system.
- **Motion Sickness** – If you know you have upcoming travel by boat, bus, or train, and don’t want to risk motion or sea sickness, just take your bottle of DigestZen. Rub a few drops directly onto your belly, or have a diluted rollerball made up that you can rub on. Or take 5-6 drops in a large glass of water.

Easy Air

- **Easy Air** – This blend helps open your airways any time of the year.
- **Start your Yoga Practice** – Easy Air is a great blend to use when practicing yoga especially to enhance breath work.
- **Sleep Better** – This blend combined with Lavender in your diffuser makes for a great nights sleep.
- **Running** – You can use Easy Air to breath in just before you go for a run or doing other cardio to really open up the airways.
- **Travelling** – Anytime you know you'll be confined to an airplane or any other tight spaces where the air is stagnant, take a few inhales of Easy Air to calm nerves and get fresh oxygen into your lungs.
- **Air Freshener** – Diffuse this oil in any stagnate rooms to lift the energy, make it fresh and smelling great without using harmful chemicals.
- **Animal Issues** – If you are staying somewhere where there have been many pets and you have sensitivities to pets, make sure you take Easy Air with you. Just swipe it under your nostrils and inhale, or diffuse it by your bed at night.
- **A Mum/Dad Necessity** – Put one drop of Easy Air on the pillow of any child who is having trouble breathing or feels congested. You can use a diluted rollerball on the soles of your child's feet or chest to help open airways.
- **Boost your Brain** – Easy Air contains Eucalyptus, which is known to help boost brainpower. Create a diluted rollerball and rub on your chest or just simply breath in throughout your day at work or while working longer hours on the computer to stay more focused and alert.
- **Stop Snoring** – Swipe a drop of Easy Air under the nostrils and diffuse 3-6 drops in your diffuser by your bed to help deter snoring.
- **Travel Tool** – You never know what may come up when you're travelling, so be sure to take Easy Air along with you in case you get a case of the sniffles while on the road!



Ice Blue

- **The Athlete's Oil** – This blend is a MUST for all active people. Massage Ice Blue into sore muscles and joints to help ease the pain away and recover faster. Make up a rollerball and keep it beside your bed.
- **The Massage Therapist's Oil** – Also a MUST for massage therapists. Use topically on your clients during massage and put a drop in the headrest so they can inhale the Peppermint from the Ice Blue to keep their airways open while they have their head down.
- **Sore/Stiff Muscles + Joints** – If you suffer from any type of muscle or joint pain related to an injury, surgery, or illness, Ice Blue will help ease some of the pain for you. Massage the oil into any painful areas to help melt tension.
- **Head Tension** – Massage a few drops of Ice Blue into your temples, scalp, and the back of your neck when you've had a long day or feel tension building in your head, neck, or shoulders.
- **Soothing Bath Time** – Put 5 drops of Ice Blue in your bath to help calm the senses and ease muscle tension. Add 5 - 10 drops of Lavender and Epsom salts to your bath for added benefit.
- **Tennis Elbow** – Rub 3-5 drops of Ice Blue into your sore elbows after playing tennis to help with tennis elbow pain.



Diffuser Blend Ideas

Refreshing Blend

- 3 drops Lavender
- 3 drops Lemon
- 3 drops Peppermint

Relaxing Blend

- 4 drops Lavender
- 2 drops Easy Air

Boost Immunity Blend

- 6 drops OnGuard
- 3 drops Lemon

Yoga & Meditation Blend

- 5 drops Frankincense
- 4 drops Lavender
- 1 drop Lemon

Soothing Blend

- 4 drops Lavender
- 4 drops Ice Blue

Cleansing Blend

- 4 drops OnGuard
- 1 drops Tea Tree
- 3 drops Lemon

Uplifting Blend

- 2 drops Peppermint
- 6 drops Lemon

Inspiring Blend

- 6 drops EasyAir
- 3 drops Peppermint
- 1 drops Lemon

