WHAT ARE ESSENTIAL OILS AND HOW DO YOU USE THEM?

WHAT ARE ESSENTIAL OILS

POWERFUL VIDEO

You don't need a degree in chemistry or extensive training to know how to use essential oils effectively. With a basic understanding of safety and application methods, it is easy to start using essential oils. 4 Steps To Get Started With Essential Oils



As you get started with essential oils, keep

these simple steps in mind:

1. Look up your health concern in the A-Z book guides, <u>physical ailment App</u> or <u>emotional ailment App</u>

suggested to receive a natural solution protocol.

- 2. Determine the different uses and benefits plus precautions of the oil you intend to apply.
- 3. Follow the guidelines below and packaging instructions to ensure you apply the oils safely.
- How to Apply Essential Oils

4. Be CONSISTENT if you want RESULTS!

There are three ways to use essential oils:

1. Through smell (5-7+ drops in a diffuser depends

on the size of the room). We call this "aromatic" use of essential oils. This includes any application method that helps you experience the aroma of the oil. You can use essential oils aromatically by: Adding drops to an essential oil diffuser

- Wearing as a personal fragrance (*see topical)

• Applying 1-2 *drops* to your hands and inhaling





Some ways to use essential oils on your skin are: Alone as a fragrance, added to lotions, or massage • Targeted areas of the body for health ailments

2. On your skin (1-3+ drops). "Topical" application of

essential oils allows the oil to absorb into the skin.

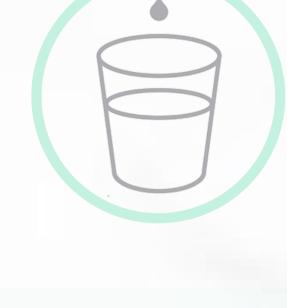
- Bottom of feet; pores are the largest, so oils enter the bloodstream within 30 seconds for fast results!
- Dilute with a carrier oil, like doTERRA Fractionated
- Coconut Oil, for children, pets, & sensitive skin. "Fractionated" = fat taken out, won't clog pores.
- 3. Ingesting (1-3+ drops). "Internal" use of essential oils allows the oil to be transported
- these methods: • It is ONLY safe for adults to ingest oils that say "Supplement Facts" on the bottle. Add to a glass of water

• Add oils to empty <u>doTERRA Veggie Capsule</u>

throughout your body. Make sure the essential

oil is safe for internal use first and then try one of

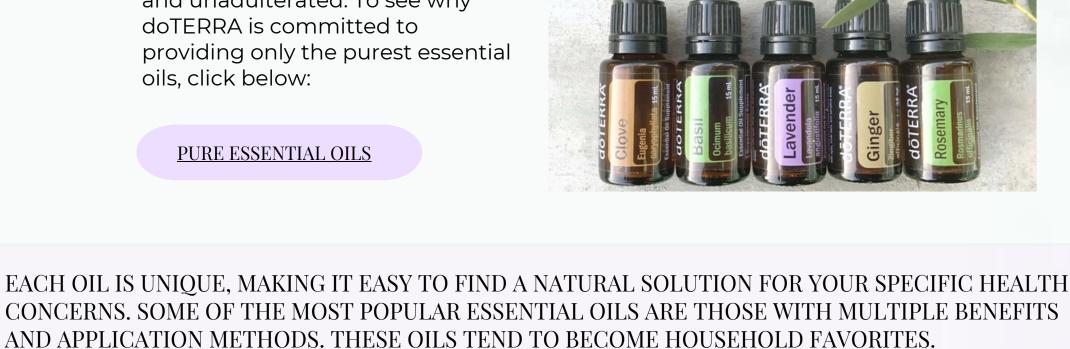
- Put a drop under your tongue
 - What are the Best Essential Oils?



The best essential oils are pure and unadulterated. To see why

providing only the purest essential oils, click below: **PURE ESSENTIAL OILS**

doTERRA is committed to



Here are the 10 most popular essential oils that come in many doTERRA Enrollment Kits: As you try different oils, you will learn which essential oils work best for you and 1. Frankincense oil: when in doubt use this oil!

experience, it is important to use oils that are pure, potent, and safe. Learn why doTERRA essential oils are some of the best on the market below.

your needs. For the best essential oil

WHY DOTERRA?

3. Wild Orange oil

- 4. Lemon oil 5. Tea Tree oil (Melaleuca)
- 6. Oregano oil

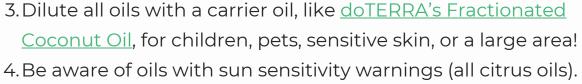
2. On Guard oil

- 7. Peppermint oil 8. <u>DigestZEN oil</u> 9. Deep Blue oil

10. Lavender oil

Here are a few things you'll want to keep in mind when you are learning how to use essential oils:

essential oil for the first time. See Kids Safety Here. 2. Children CANNOT ingest essential oils! Adults can ONLY ingest



Essential Oil Safety Guidelines

oils that say "Supplement Facts" on the bottle.

7.**Consult a healthcare professional for new health plans. *Hot oils or "strong oils" include: Oregano oil, Thyme oil,

5. Tea Tree, or Melaleuca, essential oil can be toxic to cats. Keep

the oil away from your feline friends and minimize diffusing.

6.*Use "Hot Oils" with caution + avoid putting on the face.

Cinnamon Bark oil, Clove oil, Cassia oil, and others.

1. Always read labels and package instructions before using an

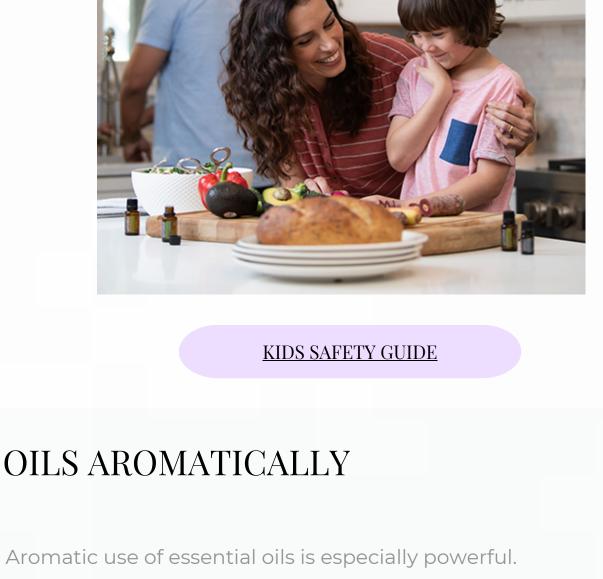
Learn more about best practices for essential oils here:

ESSENTIAL OIL SAFETY GUIDE

HOW TO USE ESSENTIAL OILS AROMATICALLY

Other Ways to Use Essential Oils Aromatically:

Use a diffuser (easy + most popular)



a direct link to the limbic system, which is the part of Apply oil to a cotton ball and place in the your brain that stores memories and emotions. Some essential oils induce uplifting or invigorating effects, air vents of your vehicle while others are more calming.

Use in household surface cleaners

Mix oils in a spray bottle with water and

mist over furniture, carpet, or linens

Beneficial Areas You Can Apply Essential Oils

Other Ways to Use Essential Oils Topically

• When in doubt, bottom of the feet for fast results!

sunlight) using the dilution guide or for ease purchase the pre-mixed Kids Oil Collection.

to promote healthy-looking skin, yet gentle enough to use on a daily basis!

aromatically. You can use an essential oil diffuser if you'd Add oil to washing machine / dryer sheets

Essential oils easily penetrate the skin for localized benefits, making topical (on the skin) application a great way to

experience the benefits of essential oils. This is why doTERRA works to create potent essential oils that are powerful enough

When used consistently, essential oils can improve complexion and skin tone. They can also be used as part of a soothing

"non-toxic" massage. Before topical application, be sure to follow all label recommendations and dilution instructions.

like, but using essential oils aromatically does not require any special diffusing devices. You can achieve the same health benefits by simply placing a few drops of essential

The sense of smell is a tool that can elicit powerful

physiological, mental, and emotional responses. Essential oils are quickly absorbed by smell receptors, which have

Diffusing is one of the simplest ways to use essential oils

oil in the palm of your hand, cupping it around your nose, and breathing deeply. HOW TO USE ESSENTIAL OILS TOPICALLY (ON THE SKIN)

Wrists + Neck + Temples (this prevents getting on hands; focus on hairline to avoid teary eyes) Forehead (unless the oil is classified as a "hot oil") • Targeted body parts, based on health ailment

• For children, dilute essential oils with fractionated coconut oil in a dark glass rollerball (not clear, oils lose potency when exposed to

Sensitive Areas to be Avoided Eyes • Inner Ears

• Broken, damaged, or otherwise injured skin

Add oil to a lotion and then apply to skin

Add a few drops of oil to a warm bath

HOW TO USE ESSENTIAL OILS INTERNALLY When ingested, essential oils directly enter the blood stream via the gastrointestinal tract, where they are transported throughout the rest of the body. Essential oils are readily transported to all organs of the body, including the brain. Follow label recommendations and other professional guidelines for dosage when using essential oils internally.

• Add essential oils to water, smoothies, milk, tea, or

 Take in a doTERRA veggie capsule or add to a small amount of yogurt or applesauce. Use oils in recipes for cooking or baking to replace

• Put a drop under the tongue

Effective Methods of Internal Application

other drinks

fresh or dried herbs and spices (Important Reminder: essential oils are much more potent than dried or

fresh herbs and spices, so start with a very small amount. Use a toothpick for particularly potent oils.)

HAPPIEST VERSION OF YOURSELF?

I WANT TO SCHEDULE A FREE

25% OFF DOTERRA **NATURAL SOLUTIONS!**

READY TO BECOME THE HEALTHIEST,

Schedule a FREE Wellness + Beauty Consult to receive a natural solutions remedy for your top 3 wellness|beauty ailments or purchase at 25% off below!