

# Master List of dōTERRA Single Essential Oils



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## Contents of dōTERRA Master List.

The Master List of dōTERRA Single Oils .....	4
Arborvitae .....	4
Basil .....	4
Bergamot .....	4
Black Pepper .....	5
Blue Tansy .....	5
Buddha Wood .....	5
Cardamom .....	5
Cassia .....	6
Cedarwood .....	6
Cilantro .....	6
Cinnamon Bark .....	6
Clary Sage .....	7
Clove .....	7
Copaiba .....	7
Coriander .....	7
Cypress .....	8
Douglas Fir .....	8
Eucalyptus .....	8
Fennel (Sweet) .....	8
Frankincense .....	9
Geranium .....	9
Ginger .....	9
Grapefruit .....	9
Green Mandarin.....	10
Helichrysum .....	10
Jasmine Touch .....	10
Juniper Berry .....	10
Lavender .....	11
Lemon .....	11
Lemongrass .....	11
Lemon Myrtle .....	11
Lime .....	12
Litsea .....	12
Magnolia .....	12
Manuka .....	12
Marjoram .....	13
Melissa .....	13
Myrrh .....	13
Neroli .....	13

Oregano .....	14
Patchouli .....	14
Peppermint .....	14
Petitgrain .....	14
Pink Pepper .....	15
Red Mandarin.....	15
Roman Chamomile .....	15
Rose .....	15
Rosemary .....	16
Sandalwood (Indian or Hawaiian) .....	16
Siberian Fir .....	16
Spearmint .....	16
Spikenard .....	17
Tangerine .....	17
Tea Tree .....	17
Thyme .....	17
Turmeric.....	18
Vetiver .....	18
Wild Orange .....	18
Wintergreen .....	18
Yarrow POM .....	19
Yellow Mandarin.....	19
Ylang Ylang .....	19
Single Oil Wish List .....	22

# The Master List of Essential Oils

<https://www.doterra.com/US/en/blog/spotlight-master-list-of-essential-oils>

With so many essential oils out there it can be hard to remember them all, let alone remember what their uses are. To help you in your quest to learn more about a variety of oils, use this list of essential oils as a reference point. It contains all the single oils currently available at doTERRA (excluding promotional products), their general aromas, and some highlights of their benefits.

While this list is not a comprehensive view of all the benefits offered by each oil, we hope that it gives you a start. A note on aroma: we've chosen eight different scent categories to organize each oil by. These are Citrus, Floral, Herbaceous, Camphoraceous (similar to camphor), Spicy, Resinous, Woody, or Earthy.

## ***Arborvitae oil***

### ***Thuja plicata***

Aroma: Woody, earthy

Benefits/Uses: Diffuse to purify the air, repel insects, and protect yourself against seasonal and environmental threats.

## ***Basil oil***

### ***Ocimum basilicum***

Aroma: Herbaceous, slightly spicy

Benefits/Uses: Add to a diffuser during study time to help your child focus on homework. Take internally for occasional anxious feelings, reducing gas, or for soothing support during menstruation.

## ***Bergamot oil***

### ***Citrus bergamia***

Aroma: Citrus, sweet

Benefits/Uses: Use aromatically or topically if you're feeling stressed, or need some extra self-confidence. Taken as a supplement, it can soothe the nervous system, and support a healthy metabolism.

## ***Black Pepper oil***

### ***Piper nigrum***

Aroma: Spicy

Benefits/Uses: Black Pepper assists in digestion, supports healthy breast tissue in women, and promotes a healthy colon.\*

## ***Blue Tansy oil***

### ***Tanacetum annuum***

Aroma: Subtle floral, herbaceous, camphoraceous, sweet

Benefits/Uses: This blue-tinged oil is perfect for a restoring massage when your body is tired. It is also great for skin, particularly for the appearance of blemishes or to soothe an irritation.

## ***Buddha Wood***

### ***EREMOPHILA MITCHELLII***

Aroma: BALSAMIC, WOODY, LEATHERY

Benefits/Uses: Create a soothing massage by combining one to two drops with dōTERRA Fractionated Coconut Oil. Blend with citrus or floral oils in a roller bottle or your favorite dōTERRA diffuser to create an invigorating, yet earthy aromatic experience. Add a few drops of Buddha Wood to your daily dōTERRA moisturiser for an enhanced aromatic daily moisture

## ***Cardamom oil***

### ***Elettaria cardamomum***

Aroma: Spicy, cool, mint

Benefits/Uses: Cardamom has the ability to promote clear breathing and maintain respiratory health.\* It also may help when you experience occasional indigestion.\* Aromatically, Cardamom encourages calm and relaxed feelings.

### ***Cassia oil***

#### ***Cinnamomum cassia***

Aroma: Spicy, slightly woody

Benefits/Uses: Add to water to support hydration, and to support a healthy metabolism.\* Take one to two drops internally to promote the healthy function of your immune system, as well as healthy cardiovascular system function.\*

### ***Cedarwood oil***

#### ***Juniperus virginiana***

Aroma: Woody

Benefits/Uses: A skin care powerhouse, Cedarwood is great for improving the appearance of blemishes, and keeping your skin looking fresh and healthy. When you've had a hard day, it can help to diffuse Cedarwood to soothe your mind and unwind.

### ***Cilantro oil***

#### ***Coriandrum sativum***

Aroma: Herbaceous

Benefits/Uses: An excellent internal cleanser and detoxifier,\* Cilantro is also an efficient surface cleanser. When applied to your skin, it is a soothing and cooling oil. In addition, it supports a healthy immune system and digestive tract.\*

### ***Cinnamon Bark oil***

#### ***Cinnamomum zeylanicum***

Aroma: Spicy

Benefits/Uses: Cinnamon Bark oil sustains a healthy urinary tract and kidneys.\* Used as part of your dental routine, it can also cleanse the gums, mouth, and maintain clean teeth.

## ***Clary Sage oil***

***Salvia sclarea***

Aroma: Herbaceous

Benefits/Uses: Diffuse Clary Sage to reduce feelings of anxiousness or stress and promote calm and relaxation. It also helps promote healthy-looking hair and scalp when added to shampoo or conditioner. Or, apply Clary Sage to the abdomen during your menstrual cycle for a soothing massage.

## ***Clove oil***

***Eugenia caryophyllata***

Aroma: Spicy

Benefits/Uses: Taken internally, Clove enhances your body's ability to absorb other nutrients, supports healthy bones, and may calm tense muscles.\* Clove is also an energizing oil that can help you wake up or stay alert.

## ***Copaiba oil***

***Copaifera reticulata, officinalis, coriacea, and langsdorffii***

Aroma: Woody, sweet, balsamic

Benefits/Uses: Copaiba is a powerful antioxidant that protects your cells from damage, and can help calm and soothe your nervous system.\* It can also be applied topically to promote feelings of clear breathing.

## ***Coriander oil***

***Coriandrum sativum***

Aroma: Spicy, herbaceous

Benefits/Uses: Use it to clean hard surfaces throughout the home. If you have oily skin, add apply it in your moisturizer to keep your complexion clear and reduce the appearance of blemishes. It helps support healthy lung and respiratory function.\*

## ***Cypress oil***

### ***Cupressus sempervirens***

Aroma: Woody

Benefits/Uses: During times of change, diffuse to balance your emotions and to reduce any anxious feelings you may experience. Apply it to skin before any physical activity for a boost in energy.

## ***Douglas Fir oil***

### ***Pseudotsuga menziesii***

Aroma: Woody

Benefits/Uses: A wood oil that helps to purify the skin, and also promotes feelings of clear airways and easy breathing. Diffuse in your home to freshen and purify the air at the same time.

## ***Eucalyptus oil***

### ***Eucalyptus radiata***

Aroma: Camphoraceous

Benefits/Uses: Diffuse Eucalyptus or apply it to your chest to encourage feelings of clear breathing and open airways. Inhale the aroma of Eucalyptus to diminish feelings of tension and promote feelings of relaxation.

## ***Fennel oil***

### ***Foeniculum vulgare***

Aroma: Herbaceous, licorice

Benefits/Uses: Put a drop of Fennel in water or tea to combat any sweet tooth cravings you experience and to support the overall health of your digestive tract.\* Traditionally, Fennel was used to relieve monthly discomfort during menstruation. Today, emerging scientific evidence supports this.



## ***Frankincense oil***

***Boswellia carterii, sacra, papyrifera, and frereana***

Aroma: Resinous

Benefits/Uses: Frankincense possesses a variety of internal benefits, some of which are supporting cellular health, digestive health, healthy lung and respiratory function, and healthy joint function.\* Used topically it has the power to rejuvenate the skin, reduce the appearance of blemishes, and soothe. The aroma gives you feelings of peace, satisfaction, and overall wellness.

## ***Geranium oil***

***Pelargonium graveolens***

Aroma: Floral

Benefits/Uses: A major skin-and-haircare hero, Geranium helps beautify, smooth, and keep your skin and hair looking healthy. Beyond this, you can diffuse or wear it to naturally repel insects. It also supports healthy blood pressure already in the normal range.\*

## ***Ginger oil***

***Zingiber officinale***

Aroma: Spicy

Benefits/Uses: It can help reduce gas, bloating, or occasional indigestion.\* Or, take with you on a road-trip to put in your water or a Veggie Cap to deal with any motion sickness.\*

## ***Grapefruit oil***

***Citrus X paradisi***

Aroma: Citrus

Benefits/Uses: The uplifting scent can help motivate you to stay on track with your fitness goals. Beyond this, drink a drop or two in water to support a healthy metabolism.

## ***Green Mandarin***

### ***Citrus nobilis***

Aroma: : Citrus, fruity, slightly sweet and flora

Benefits/Uses: Supports healthy nervous, digestive, and respiratory systems when consumed. Known for its uplifting aroma. Internal use helps maintain healthy immune function

## ***Helichrysum oil***

### ***Helichrysum italicum***

Aroma: Herbaceous, floral, sweet

Benefits/Uses: Apply it to skin to help reduce the appearance of wrinkles and blemishes. Used in a diffuser, it helps soothe feelings of mental fatigue. It may also support your nervous, immune, and cardiovascular systems.\*

## ***Jasmine (absolute)***

### ***Jasminum grandiflorum***

Aroma: Floral

Benefits/Uses: Apply directly to skin to balance mood throughout the month, and help inspire feelings of joy, peace, and self-confidence. It's highly useful in skin care as it protects the skin and promotes a glowing complexion.

## ***Juniper Berry oil***

### ***Juniperus communis***

Aroma: Woody

Benefits/Uses: Juniper Berry will support your kidney and urinary tract function, and also use it as an excellent internal cleanser and detoxifier.\* Used in skin care, it is a natural toner.

## ***Lavender oil***

### ***Lavandula angustifolia***

Aroma: Floral, powdery

Benefits/Uses: Restful is the defining characteristic of Lavender—it provides qualities that relax you and promote a peaceful sleep.\* Diffuse it to ease feelings of tension or anxious feelings. Use it on occasional skin irritations or in your shampoo to keep hair looking healthy.

## ***Lemon oil***

### ***Citrus limon***

Aroma: Citrus

Benefits/Uses: Highly useful to improve mood, Lemon is also a great oil to use internally for seasonal respiratory discomfort.\* It also is a great surface cleanser when added to homemade cleansing sprays.

## ***Lemongrass oil***

### ***Cymbopogon flexuosus***

Aroma: Citrus, Herbaceous

Benefits/Uses: When diffused or worn on the skin, Lemongrass can repel insects, or heighten your awareness and help you feel positive. It can also be used with Fractionated Coconut Oil for a soothing massage on joints and muscles.

## ***Lemon Myrtle***

### ***Backhousia citriodora***

Aroma: Sweet, lemon, slightly herbal

Benefits/Uses: Try diffusing for a calming and relaxing aroma. Add a drop of Lemon Myrtle essential oil to your water for a refreshing taste.

## ***Lime oil***

### ***Citrus aurantifolia***

Aroma: Citrus

Benefits/Uses: Used internally, Lime may support cholesterol levels and blood sugar levels already in the normal range.\* It also can support healthy metabolism and weight management.

## ***Litsea***

### ***Litsea cubeba***

Aroma: Citrus, sweet, fruity

Benefits/Uses: Use it in a diffuser to enliven the atmosphere. Add to an uplifting and reviving massage. Combine Litsea with complementary oils such as Lavender, Sandalwood, or Frankincense for a balancing, tranquil aroma.

## ***Magnolia***

### ***Michelia alba***

Aroma: Fruity, floral, balsamic

Benefits/Uses: Use Magnolia Touch daily as your new signature personal fragrance. When your skin is in need of comfort, roll on Magnolia to provide a soothing touch. Combine topically with Bergamot or Ylang Ylang to promote healthy-looking skin and to customize your daily fragrance. Roll onto the bottoms of your feet to create feelings of calm and relaxation.

## ***Manuka***

### ***Leptospermum scoparium***

Aroma: Rich, spicy, sweet, and herbaceous

Benefits/Uses: Diffuse during meditation to centre oneself. Combine with water in a spray bottle for a refreshing aroma in rooms and closets or on surfaces. Dispense two to three drops on a terracotta plate and breathe in deeply before bedtime. Add one to two drops to your favourite cleanser or toner to help maintain the appearance of a smooth, clear complexion.

## ***Marjoram oil***

### ***Origanum marjorana***

Aroma: Herbaceous

Benefits/Uses: Marjoram supports a healthy immune system, and may have a positive effect on the nervous system.\* Can be applied topically to lessen feelings of stress.

## ***Melissa oil***

### ***Melissa officinalis***

Aroma: Herbaceous

Benefits/Uses: Melissa supports healthy cellular function—particularly in the breast, ovaries, blood, epithelial tissues, brain tissue, and colon tissue.\* It is an oil well-known for its ability to calm nervousness and promote emotional well-being.

## ***Myrrh oil***

### ***Commiphora myrrha***

Aroma: Resinous

Benefits/Uses: A great massage oil, Myrrh promotes emotional balance and awareness. It also offers great cleansing benefits for the body, especially when it comes to the mouth and throat.

## ***Neroli oil***

### ***Citrus x aurantium***

Aroma: Floral, slightly herbaceous

Benefits/Uses: From the flowers of the bitter orange tree, Neroli is emotionally uplifting and may help to reduce feelings of anxiousness. It also has the ability to soothe skin and support a youthful-looking complexion.

### ***Oregano oil***

#### ***Origanum vulgare***

Aroma: Herbaceous

Benefits: Oregano possesses significant immune-boosting properties and may be relaxing to the musculoskeletal system.\* It can also be used as a powerful cleansing or purifying agent.

### ***Patchouli oil***

#### ***Pogostemon cablin***

Aroma: Earthy, musky-sweet

Benefits/Uses: The unique aroma of Patchouli helps to balance your emotions. When it comes to skincare, Patchouli is a triple-threat: it reduces skin imperfections, blemishes, and the appearance of wrinkles.

### ***Peppermint oil***

#### ***Menta piperita***

Aroma: Both herbaceous and camphoraceous

Benefits/Uses: The minty aroma of Peppermint very clearly helps with two issues: the occasional upset stomach and healthy respiratory function.\* Apply it topically to relieve feelings of tension.

### ***Petitgrain oil***

#### ***Citrus aurantium***

Aroma: Woody, green

Benefits/Uses: The “manly Lavender”, Petitgrain is primarily a calming and relaxing oil that can ease feelings of tension, calm the nervous system, and promote restful sleep.\* It may also support the cardiovascular, digestive, and immune systems.

## ***Pink Pepper***

### ***Schinus molle***

Aroma: Spicy, fruity, slightly woody

Benefits/Uses: Create a soothing massage by combining one to two drops with dōTERRA Fractionated Coconut Oil. May help calm and soothe the nervous system when taken internally. Blend with citrus or floral oils to create an invigorating aroma. May help promote healthy cellular immune function and response when consumed.

## ***Red Mandarin***

### ***Citrus Reticulata***

Aroma: Sweet, citrusy, slightly floral

Benefits/Uses: Add 2—3 drops to your favorite cleanser or toner for additional clarifying properties. Diffuse first thing in the morning to energize and uplift

mood. Add 2—3 drops to juice, tea, or healthy drink for digestive benefits.

## ***Roman Chamomile oil***

### ***Anthemis nobilis***

Aroma: Herbaceous

Benefits/Uses: Primarily Roman Chamomile promotes youthful-looking skin, and additionally healthy-looking hair. It can also be taken internally to soothe both your body and mind.\* Its aroma is soothing, helping to ease away anger and irritability.

## ***Rose oil***

### ***Rosa damascena***

Aroma: Floral

Benefits/Uses: Adding Rose to your skincare routine will help balance moisture levels and contribute to producing an even skin tone. It is also a romantic personal fragrance that can turn around a gloomy day.

## ***Rosemary oil***

### ***Rosmarinus officinalis***

Aroma: Herbaceous, Camphoraceous

Uses/Benefits: The energizing nature of Rosemary can help reduce occasional fatigue and nervous tension.\* Diffusing it can help you maintain concentration on any task or naturally repel insects. Finally, it supports the healthy functioning of a variety of internal organs.\*

## ***Sandalwood (Indian or Hawaiian)***

### ***Santalum album and Santalum paniculatum***

Aroma: Woody

Benefits/Uses: Both species of Sandalwood oil help to restore moisture to hair and give it a silky shine. They also help to promote relaxation, reduce stress, and prepare you for a restful night's sleep.

## ***Siberian Fir***

### ***Abies sibirica***

Aroma: Woody, Christmas trees

Benefits/Uses: Stimulates the senses and helps to reduce feelings of stress while going through difficult situations. Used topically, Siberian Fir brings soothing comfort to the body after vigorous exercise or during a massage.

## ***Spearmint oil***

### ***Mentha Spicata***

Aroma: Herbaceous, sweet

Benefits/Uses: Similar to Peppermint, Spearmint can help reduce the occasional upset stomach and promote healthy digestion.



### ***Spikenard oil***

***Nardostachys jatamansi***

Aroma: Earthy

Benefits/Uses: The earthy aroma of Spikenard is calming and uplifting to the mood. When used on the skin, it purifies and leaves behind a clean, healthy glow.

### ***Tangerine oil***

***Rosmarinus officinalis***

Aroma: Citrus

Benefits/Uses: Diffusing Tangerine helps to purify and cleanse the air, or using it in a homemade cleaner also cleanses and purifies surfaces. The delicious flavor of Tangerine is made all-the-sweeter with some amazing internal benefits: supporting a healthy digestive system and metabolism.\*

### ***Tea Tree oil***

***Melaleuca alternifolia***

Aroma: Camphoraceous

Benefits/Uses: Tea Tree protects the body against seasonal or environmental threats and supports a healthy immune system.\* It also possesses reinforcing and rejuvenating properties for the hair, skin, and nails.

### ***Thyme oil***

***Thymus vulgaris***

Aroma: Herbaceous

Benefits/Uses: Thyme is an excellent internal cleanser for the gastrointestinal tract and the digestive system.\* It can be massaged into the abdomen to ease normal symptoms of menstruation in women.

## ***Turmeric***

### ***Curcuma longa***

Aroma: Warm, spicy, earthy, woody

Benefits/Uses: When needed, use Turmeric as a spot treatment or an all-over face mask to help reduce the appearance of blemishes or for a healthy-looking overall glow. Diffuse Turmeric or put a drop or two into your hand and inhale to promote feelings of positivity and to improve mood. After strenuous activity, incorporate Turmeric into your recovery routine for a soothing experience.

## ***Vetiver oil***

### ***Vetiveria zizaniodes***

Aroma: Earthy

Benefits/Uses: The sesquiterpenes in Vetiver give it a grounding effect on your emotions and mood. It can also help support the immune system when taken internally.\*

## ***Wild Orange oil***

### ***Citrus sinensis***

Aroma: Citrus

Uses/Benefits: When the weather gets cold outside, Wild Orange is a great go-to to keep your healthy immune system supported.\* Wild Orange contains powerful antioxidants to maintain overall health and protect from oxidation.\*

## ***Wintergreen oil***

### ***Gaultheria procumbens***

Aroma: Herbaceous

Benefits/Uses: Wintergreen is a useful massage oil when you need to unwind, relieve tension, or reduce occasional stress. You can add a drop or two to your facewash to reduce the appearance of blemishes.

## ***Yarrow POM***

### ***Active Botanical Nutritive Duo***

Aroma: Herbaceous, fruity, spicy

Benefits/Uses: Consume one to two drops morning and night to promote a healthy metabolism. To promote a healthy immune response, take one to two drops of Yarrow|Pom daily. As part of your skin care routine, apply Yarrow|Pom to help promote the look of young and healthy skin, or to help reduce the appearance of blemishes. Create a soothing massage experience with a few drops of Yarrow|Pom to help soothe tension.

## ***Yellow Mandarin***

### ***Citrus nobilis***

Aroma: : Citrus, zesty, fresh, fruity, floral

Benefits/Uses: Cosmetic: Add a few drops to Fractionated Coconut Oil for an uplifting and soothing massage. Combine one drop with your favorite dōTERRA facial cleanser at nighttime to enhance the appearance of healthy-looking skin and rinse thoroughly. Food: Add one drop to a glass of water for a refreshing taste. Household: Diffuse for an elevating, relaxing aroma.

## ***Ylang Ylang oil***

### ***Cananga odorata***

Aroma: Floral

Uses/Benefits: Use Ylang Ylang on your scalp to help with the appearance of healthy and shiny hair. The aroma alone is helpful for promoting a positive outlook and, at the same time, a night of restful sleep.

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## Single Oil Wish List

Single Oil	WSale	Retail	Pts	Size
Arborvitae	\$34.00	\$45.33	24	5 mL
Basil	\$31.50	\$42.01	22	15 mL
Bergamot	\$41.00	\$54.66	29	15 mL
Black Pepper	\$26.50	\$35.33	24	5 mL
Blue Tansy	\$140.00	\$186.00	106	5 mL
Buddha Wood	\$35.00	\$50.00	30	5 mL
Cardamom	\$40.50	\$54.00	28.5	5 mL
Cassia	\$29.00	\$38.67	20.5	15 mL
Cedarwood	\$22.50	\$30.00	14.5	15 mL
Cilantro	\$31.25	\$41.67	28.5	15 mL
Cinnamon Bark	\$31.00	\$41.33	28	5 mL
Clary Sage	\$59.00	\$78.65	41	15 mL
Clove	\$18.25	\$24.33	16.5	15 mL
Copaiba	\$52.00	\$69.00	39.5	15 mL
Coriander	\$38.50	\$51.34	27	15 mL
Cypress	\$20.00	\$26.67	18	15 mL
Douglas Fir	\$39.00	\$52.00	25.5	5 mL
Eucalyptus	\$18.00	\$24.00	16.5	15 mL
Fennel (Sweet)	\$21.50	\$28.68	15	15 mL
Frankincense	\$90.00	\$119.97	77.5	15 mL
Frankincense Touch	\$68.00	\$90.67	44	10 mL
Geranium	\$37.50	\$50.00	34	15 mL
Ginger	\$67.00	\$89.33	43.5	15 mL
Grapefruit	\$20.25	\$27.00	18.5	15 mL
Green Mandarin	\$41.00	\$54.67	31	15 mL
Helichrysum	\$125.00	\$166.63	95	5 mL
Helichrysum Touch	\$100.00	\$135.00	60	10ml
Jasmine Touch	\$62.00	\$82.00	47	10 mL
Juniper Berry	\$30.00	\$40.00	21.5	5 mL
Lavender	\$28.00	\$37.33	25.5	15 mL
Lavender Touch	\$20.25	\$27.00	13	10 mL
Lemon	\$13.50	\$18.00	12.5	15 mL
Lemongrass	\$13.00	\$17.33	12	15 mL
Lemon Myrtle	\$35.00	\$50.00	25	5 mL
Lime	\$17.00	\$22.67	15.5	15 mL
Litsea	\$35.00	\$47.00	24	15 mL
Magnolia	\$41.00	\$54.67	31	10ml
Manuka	\$73.00	\$97.00	51	5 mL
Manuka Touch	\$95.00	\$126.00	72	10 mL
Marjoram	\$40.50	\$54.00	26.5	15 mL
Melissa	\$233.00	\$310.00	168	5 mL
Myrrh	\$92.50	\$123.33	60	15mL
Neroli Touch	\$69.00	\$92.00	52	10 mL
Oregano	\$31.75	\$42.33	29	15 mL
Oregano Touch	\$23.50	\$31.33	15	10 mL
Patchouli	\$46.00	\$61.34	33	15 mL
Peppermint	\$26.50	\$35.32	23	15 mL
Peppermint Touch	\$20.25	\$27.01	13	10 mL
Peppermint Beadlets	\$16.50	\$22.00	11.5	125 Bits
Petitgrain	\$41.50	\$55.00	29	15mL
Pink Pepper	\$33.00	\$45.00	25	5mL

Single Oil	WSale	Retail	Pts	Size
Red Mandarin	\$28.50	\$38.00	25	5 mL
Roman Chamomile	\$70.00	\$93.00	49	5 mL
Rose Touch	\$110.00	\$146.00	83	10 mL
Rosemary	\$21.50	\$28.68	15	15 mL
Sandalwood	\$110.00	\$146.66	78.5	5 mL
Sandalwood (Hawaiian)	\$110.00	\$146.66	57	5 mL
Siberian Fir	\$27.00	\$36.00	20.5	15 mL
Spearmint	\$47.00	\$62.65	32.5	15mL
Spikenard	\$79.50	\$106.00	55.5	5mL
Tangerine	\$22.00	\$29.00	17	15mL
Tea Tree	\$24.50	\$32.67	22.5	15 mL
Tea Tree Touch	\$18.50	\$24.67	12	9 mL
Thyme	\$47.50	\$63.33	31	15 mL
Turmeric	\$41.00	\$54.67	31	15 mL
Vetiver	\$56.00	\$74.65	43	15 mL
Wild Orange	\$14.00	\$18.67	12.5	15 mL
Wintergreen	\$36.00	\$48.00	23.5	15 mL
Yarrow/POM	\$140.00	\$186.67	106	30ml
Yellow Mandarin	\$30.00	\$40.00	21	5 mL
Ylang Ylang	\$57.00	\$75.98	39.5	15 mL

**Medical Disclaimer:**

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