

An AtoZ Basic Guide to dōTERRA Essential Oils

Health Challenges

A

ABDOMINAL CRAMPS

Try: DigestZen, Basil, Clary Sage

Usage: take internally in a capsule or apply topically to abdomen

ACHES

Try: Marjoram, Deep Blue, Birch

Usage: apply topically to affected area

ACNE

Try: Melaleuca, Lemongrass, Lavender

Usage: apply topically to affected areas daily

ADDICTIONS

Try: Black Pepper

Usage: apply topically to bottom of feet daily

ALLERGIES

Try: Breathe, Lavender, Eucalyptus

Usage: apply topically to back of neck or under nose and on bridge of nose

AMNESIA

Try: Frankincense, Peppermint, Rosemary

Usage: apply topically to forehead, temples, base of skull and behind the ears or take internally in a capsule or diffuse into the air and inhale

ANEMIA

Try: Lemon, Lemongrass, Helichrysum

Usage: apply to bottom of feet or insides of wrists

ANXIETY

Try: Cheer, Serenity, Lavender, Elevation, Basil, Black Pepper, PastTense

Usage: diffuse into the air and inhale or massage onto back, feet and hands

APPETITE SUPPRESSANT

Try: Grapefruit, Slim & Sassy

Usage: add to water and drink or diffuse into the air and inhale

ARTHRITIC PAIN

Try: Deep Blue, Frankincense, Lavender

Usage: apply topically to affected area

ASTHMA

Try: Breathe, Eucalyptus, Peppermint

Usage: diffuse into the air or apply to bottom of feet, or take internally in a capsule

ATHEROSCLEROSIS

Try: Lemon, Lavender, Rosemary

Usage: apply topically to affected area

ATHLETE'S FOOT

Try: Oregano, Melaleuca, Lemon

Usage: apply to area between toes and around toenails

AUTISM

Try: Balance, Vetiver, Frankincense

Usage: diffuse into the air and inhale

B

BACK PAIN

Try: Deep Blue, Eucalyptus, Wintergreen

Usage: massage into back as needed

BEE STING

Try: Roman Chamomile, Lavender, Melaleuca

Usage: apply topically to sting or bite several times daily until symptoms cease

BELL'S PALSY

Try: Peppermint, Helichrysum, Rosemary

Usage: massage on front and behind ear and painful areas until symptoms subside

BLEEDING

Try: Helichrysum, Geranium

Usage: apply topically to affected area

BLEEDING GUMS

Try: Cinnamon, Peppermint, Wintergreen

Usage: gargle several times daily or apply topically to gums several times daily

BLISTERS ON FEET

Try: Lavender, Roman Chamomile, German Chamomile

Usage: apply topically to blistered area

BLOATING

Try: DigestZen, Peppermint, Clary Sage

Usage: apply topically to stomach area and to bottoms of feet or take internally in a capsule

BLOOD CLOT IN VEINS

Try: Cypress, Helichrysum, Clove

Usage: apply topically to affected area and to bottoms of feet or take internally in a capsule

BOILS

Try: Clove, Thyme, Oregano

Usage: apply topically to affected area

BONE PAIN

Try: Wintergreen, Helichrysum, Cypress

Usage: apply topically to affected area

BONE SPURS

Try: Wintergreen, Cypress, Marjoram

Usage: apply topically over affected area

BRONCHITIS

Try: Breathe, Eucalyptus, Thyme

Usage: apply topically to chest and neck area, gargle hourly or diffuse

BRUISES

Try: Cypress, Helichrysum, Deep Blue

Usage: apply topically to bruised area

BUNIONS

Try: Deep Blue, Basil, Cypress

Usage: apply to affected area or joint

BURNS

Try: Lavender, Melaleuca, Geranium

Usage: apply gently to affected area

C

CALLOUSES

Try: Oregano

Usage: apply topically to affected area

CANDIDA

Try: Melaleuca, OnGuard, Peppermint

Usage: apply topically to chest and on bottom of feet or take internally in a capsules several times daily

CANKER SORES

Try: Melaleuca, OnGuard, Oregano

Usage: apply directly to canker sore or gargle

CATARACTS

Try: Clover, Lavender

Usage: take internally in a capsule or apply topically to temples

CAVITIES

Try: OnGuard, Melaleuca, Peppermint

Usage: apply topically to bottoms of feet or take internally in a capsule

CELLULITE

Try: Rosemary, Grapefruit, Lemon

Usage: massage vigorously on cellulite locations daily especially before exercising or add to water and drink throughout the day

CHAPPED SKIN

Try: Roman Chamomile, Sandalwood, Lavender

Usage: apply topically to affected area as often as needed

CHICKEN POX

Try: Lavender, Melaleuca, Sandalwood

Usage: dilute with a carrier oil and dab lightly on spots

CHRONIC FATIGUE

Try: OnGuard, Peppermint, Basil

Usage: take internally in a capsule or apply topically to muscles and joints

CHRONIC PAIN

Try: Peppermint, Deep Blue, Wintergreen

Usage: massage into affected area as needed or take internally in a capsule

CIRCULATION

Try: Black Pepper, Peppermint

Usage: massage into affected area as needed or take internally in a capsule

CLOGGED PORES

Try: Lemon, Wild Orange, Melaleuca

Usage: apply topically to affected area

COLD

Try: OnGuard, Thyme, Melaleuca

Usage: diffuse into the air and inhale or gargle or take internally in a capsule

COLD SORES

Try: OnGuard, Lemon, Melaleuca, Black Pepper, Melissa

Usage: apply to cold sores as soon as it starts and repeat several times daily

COLIC

Try: Marjoram, Ylang Ylang, Bergamot

Usage: dilute with a carrier oil and apply topically to stomach and back

COLITIS

Try: Peppermint, DigestZen, Helichrysum

Usage: massage over lower abdomen area or take internally in a capsule

CONCUSSION

Try: Frankincense, Cypress

Usage: take internally in a capsule

CONGESTION

Try: Eucalyptus, Frankincense, Peppermint

Usage: diffuse or gargle, massage onto forehead, nose, cheeks, lower throat, chest and upper back

CONJUNCTIVITIS

Try: Melaleuca, Lavender

Usage: apply around (but NOT in) the eyes or apply to bottom of feet several times daily

CONSTIPATION

Try: DigestZen, Marjoram, Lemon

Usage: take internally in a capsule or apply topically to stomach or feet

CONVULSIONS

Try: Lavender, Clary Sage, Balance

Usage: apply topically to corn several times daily

CORNS

Try: Lemon, Grapefruit, Oregano

Usage: massage into neck and chest or gargle or diffuse into the air and inhale

COUGH

Try: Lemon, Breathe, Melaleuca

Usage: massage into neck and chest or gargle or diffuse into the air and inhale

CRAMPS

Try: Rosemary, Cypress, Marjoram, ClaryCalm

Usage: massage on cramped muscles several times daily or take internally in a capsule

CROUP

Try: Marjoram, Thyme, Sandalwood

Usage: diffuse into the air and inhale or apply topically to chest and neck

CUTS

Try: Lavender, Melaleuca, Bergamot

Usage: dilute with a carrier oil and apply to affected area

CYST

Try: Oregano, Thyme

Usage: apply topically to affected area as needed

CYSTITIS

Try: Thyme, Lemongrass, Clove

Usage: take internally in a capsule or apply a warm compress over bladder

D**DANDRUFF**

Try: Cypress, Lavender, Rosemary

Usage: dilute and massage into scalp. Rinse after 60-90 minutes

DEHYDRATED SKIN

Try: Geranium, Lavender

Usage: apply topically to affected area

DENTAL INFECTION

Try: Wintergreen, Birch, Helichrysum

Usage: apply on gums and around teeth

DEPRESSION

Try: Cheer, Elevation, Citrus Bliss, Lavender, Cardamom, Cassia

Usage: add to a warm bath or diffuse into the air and inhale

DIABETES

Try: Coriander, Basil, Balance

Usage: take a couple drops of coriander internally in a capsule morning and evening and apply a couple drops of Balance topically to feet in the evening

DIABETIC SORES

Try: Lavender, Balance

Usage: apply topically to back, feet and over pancreas or diffuse into the air and inhale

DIARRHOEA

Try: Peppermint, Ginger, DigestZen

Usage: dilute and apply topically to affected area several times daily

DIZZINESS

Try: Cypress, Peppermint, Basil

Usage: diffuse into the air and inhale as needed or apply topically to temples, back of neck and shoulders

DRY SKIN

Try: Geranium, Chamomile, Lemon

Usage: apply topically to affected area

E

EAR INFECTION

Try: Melaleuca, Purify, Lavender

Usage: apply to cotton ball and place over ear

ECZEMA

Try: Helichrysum, Thyme, Geranium

Usage: apply topically to affected area as needed

EPILEPSY

Try: Frankincense, Clary sage, Sandalwood

Usage: diffuse into the air and inhale or take internally in a capsule or massage

EXHAUSTION

Try: Lavender, Ylang Ylang, Lemon

Usage: diffuse into the air and inhale or apply topically to back and feet

F

FAINTING

Try: Peppermint, Sandalwood, Rosemary

Usage: inhale directly

FATIGUE

Try: Lemongrass, Basil, Lemon

Usage: inhale directly or diffuse into the air and inhale or apply topically on temples and behind ears as needed

FEVER

Try: Peppermint, Lavender, Eucalyptus

Usage: apply to forehead, temples and back of neck or take internally in a capsule or diffuse into the air and inhale

FLATULENCE

Try: Peppermint, Lavender, Ginger

Usage: take internally in a capsule or apply topically to abdomen

FLU

Try: Breathe, OnGuard, Oregano

Usage: take internally in a capsule or diffuse into the air and inhale or apply topically to chest

FOOD POISONING

Try: Rosemary, DigestZen, OnGuard

Usage: take internally in a capsule several times daily and apply topically to stomach area

G

GASTRITIS

Try: Peppermint, DigestZen, Lemongrass

Usage: take internally in a capsule or apply topically over stomach area as needed

GINGIVITIS

Try: Clove, Melaleuca, Peppermint

Usage: Gargle many times daily or as needed

GUM DISEASE

Try: Melaleuca, OnGuard

Usage: apply topically to bottoms of feet

H

HAIR LOSS

Try: Thyme, Rosemary, Lavender

Usage: dilute 5 drop in 20 drops of a carrier oil and massage into scalp each night

HANGOVER

Try: Lavender, Peppermint, Rosemary

Usage: add to warm bath or apply of neck and over liver

HEAD LICE

Try: Geranium, Lavender, Lemon

Usage: dilute and apply to entire scalp, then shampoo and rinse 30 minutes later. Repeat daily for several days

HEAD CHATTER

Try: Vetiver

Usage: apply to bottom of feet at bedtime. Repeat daily for several days

HEADACHE

Try: Peppermint, Lavender, Wintergreen

Usage: diffuse into the air and apply topically to forehead, temples, back of neck and behind ears

HEARTBURN

Try: Peppermint, Ginger, Lemon

Usage: take internally in a capsule or apply topically to chest

HEATSTROKE

Try: Peppermint, Lavender

Usage: apply topically to forehead and back of neck, chest and back

HICCUPS

Try: Chamomile, Lemon, Cypress

Usage: diffuse into the air and inhale or massage into chest and stomach area

HIGH BLOOD PRESSURE

Try: Lavender, Marjoram, Eucalyptus

Usage: do a full body massage daily or diffuse into the air and inhale or take internally in a capsule

HOT FLASHES

Try: Balance, Peppermint, Clary Sage, ClaryCalm

Usage: diffuse into the air and inhale or apply topically to back of neck

HYPERACTIVITY

Try: Lavender, Vetiver, Serenity

Usage: diffuse into the air and inhale or inhale directly

I

IMPOTENCE

Try: Ylang Ylang, Clary Sage, Sandalwood

Usage: diffuse into the air and inhale or apply topically to temples, wrists and back of neck

INDIGESTION

Try: Ginger, Orange, Peppermint, Cardamom, Cassia

Usage: take internally in a capsule or apply topically over stomach area

INFECTION

Try: Clove, Thyme, Oregano

Usage: dilute with a carrier oil and apply to infected area or diffuse

INFLAMMATION

Try: Wintergreen, Peppermint, Eucalyptus

Usage: apply topically to affected area or take internally in a capsule

INSECT ALLERGIES

Try: Lavender, Eucalyptus, Melaleuca, Arborvitae

Usage: apply topically to affected area

INSECT REPELLENT

Try: TerraShield, Eucalyptus, Lemon, Arborvitae

Usage: dilute with carrier oil and apply to exposed skin as needed

INSOMNIA

Try: Serenity, Lavender, Chamomile

Usage: add to a warm bath, rub on feet and behind ears and diffuse into the air

ITCHING

Try: Peppermint, Oregano, Lavender

Usage: apply topically to affected area as needed

J

JET LAG

Try: Peppermint, Bergamot, Rosemary

Usage: apply calming oils like Lavender and Geranium to bottoms of feet at night and invigorating oils like Peppermint and Eucalyptus in the morning

JOINT PAIN

Try: Wintergreen, Birch, Deep Blue, Basil

Usage: massage into affected area as needed

L

LACTOSE INTOLERANCE

Try: Lemongrass

Usage: take internally in a capsule

LEG CRAMPS

Try: Aromatouch, Clary Sage, Cypress, Lavender

Usage: massage into legs

LICE

Try: Eucalyptus, TerraShield, Rosemary

Usage: massage into the scalp and apply topically to bottoms of feet several times daily

LOSS OF APPETITE

Try: Ginger, Wild orange, Lavender

Usage: diffuse into the air and inhale or take internally in a capsule

M

MEASLES

Try: Lavender, Roman Chamomile, Melaleuca

Usage: apply on spots several times daily or add to bath and soak for at least 30 minutes daily

MENOPAUSE

Try: Clary Sage, Frankincense, Roman Chamomile

Usage: apply topically to abdomen, bottoms or feet and back of neck

MENSTRUAL PAIN

Try: Clary Sage, Rosemary, Peppermint

Usage: massage into abdomen, lower back and shoulders or apply a warm compress over uterus area or take internally in a capsule

MIGRAINE

Try: Helichrysum, PastTense, Sandalwood

Usage: apply topically to forehead, temples, base of skull and behind the ears or inhale directly as needed

MOULD

Try: Cinnamon, Oregano, Thyme

Usage: diffuse into the air where mould is present

MORNING SICKNESS

Try: Ginger, Lavender, Peppermint

Usage: apply topically behind ears and over navel hourly or diffuse into the air and inhale

MOTION SICKNESS

Try: Ginger, Lavender, Peppermint

Usage: apply topically behind the ears and over navel or diffuse into the air and inhale

MUSCLE PAIN

Try: Peppermint, Deep Blue, Clove, Basil

Usage: apply topically to affected muscles

N

NAUSEA

Try: Ginger, Lavender, DigestZen, Cardamom, ClaryCalm

Usage: apply topically behind ears and over navel hourly or diffuse into the air and inhale or under tongue as needed

NECK PAIN

Try: Basil, Marjoram, Helichrysum

Usage: massage onto neck several times daily

NERVOUS FATIGUE

Try: Helichrysum, Thyme, Peppermint

Usage: diffuse into the air and inhale or apply topically to temples, behind ears and on back of neck

NOSE BLEEDS

Try: Helichrysum, Geranium, Lavender

Usage: apply topically to the bridge and sides of nose and back of neck as needed

O

OILY HAIR

Try: Basil, Cypress, Thyme

Usage: add to shampoo when washing hair

P

PAIN

Try: Peppermint, Wintergreen, Birch

Usage: massage into affected area

PALPITATIONS

Try: Ylang Ylang, Wild Orange, Lavender

Usage: apply topically on chest area

PARASITES

Try: Oregano, Peppermint, Ginger

Usage: take internally in a capsule or apply warm compress over intestinal area

R

RASHES

Try: Lavender, Roman Chamomile, Sandalwood

Usage: dilute with a carrier oil and apply topically to affected area

S

SCARRING

Try: Helichrysum, Lavender, Frankincense

Usage: apply topically over wound daily until healed

SHINGLES

Try: Melaleuca, Oregano, Sandalwood

Usage: apply topically to affected area, on back of neck and along the spine

SHOCK

Try: Helichrysum, Peppermint, Melaleuca

Usage: diffuse into the air and inhale or apply topically on temples, under nose and on back of neck

SINUS CONGESTION

Try: Sandalwood, Thyme, Eucalyptus

Usage: diffuse into the air and inhale several times daily

SINUS HEADACHE

Try: Rosemary, Melaleuca, Eucalyptus

Usage: diffuse into the air and inhale several times daily

SORE THROAT

Try: OnGuard, Lemon, Melaleuca

Usage: gargle or diffuse into the air and inhale or apply topically to throat, chest, and back of neck several times daily

SPRAINS

Try: Wintergreen, Lemongrass, Basil

Usage: apply topically to affected area

STOMACHACHE

Try: DigestZen

Usage: apply topically to stomach area

STREP THROAT

Try: OnGuard, Oregano, Thyme

Usage: diffuse into the air and inhale or gargle or take internally in a capsule several times daily

STRESS

Try: Grapefruit, Elevation Bergamot, PastTense

Usage: diffuse into the air and massage shoulders, back and feet

STRETCH MARKS

Try: Cypress, Geranium, Lavender

Usage: apply topically to affected areas a couple times daily

STROKE

Try: Helichrysum, Cypress, Peppermint

Usage: apply topically on temples, forehead, behind ears and on back of neck or take internally in a capsule

SUNBURN

Try: Lavender, Melaleuca, Helichrysum

Usage: apply gently to affected area

T

TEETHING PAIN

Try: Clove, Wintergreen, Roman Chamomile

Usage: apply topically to affected tooth and gum or gargle several times daily

TENNIS ELBOW

Try: Deep Blue, Eucalyptus, Peppermint

Usage: apply topically to affected area as needed

TENSION HEADACHE

Try: Peppermint, Lavender, Marjoram

Usage: apply topically to forehead, temples, back of neck and behind ears

TOOTHACHE

Try: Clove, Melaleuca, Purify

Usage: apply to gums or add to water to gargle and swallow

V

VARICOSE VEINS

Try: Cypress, Helichrysum, Lemongrass

Usage: massage into affected area several times daily

VERTIGO

Try: Ginger, Helichrysum, Geranium

Usage: massage on tops of ears and behind ears

VOMITING

Try: Ginger, Peppermint

Usage: diffuse into the air and inhale or apply topically to stomach area

W

WARTS

Try: Oregano, Melaleuca, OnGuard

Usage: apply topically to wart several times daily

WASP STING

Try: Lavender, Purify

Usage: apply topically to sting

WHIPLASH

Try: Deep Blue, Lemongrass, Marjoram

Usage: apply topically to neck, shoulders and back

WORMS

Try: DigestZen, Lavender, Rosemary

Usage: apply topically to stomach area and on the bottoms of feet

WOUNDS

Try: Lavender, Melaleuca, Rosemary

Usage: dilute and apply to affected area several times daily

WRINKLES

Try: Frankincense, Helichrysum, Geranium

Usage: dilute with a carrier oil and apply topically to affected areas

Essential Oils (Single Oils)

Arborvitae 5 mL

Purifying, insect repellent,

Aromatic Description: Woody, warm, earthy

Basil 15 mL

Anxiety, breathing, sore muscles and joints

Aromatic Description: Warm, spicy, herbal

Bergamot 15 mL

Colic, cuts, jet lag, stress

Aromatic Description: Citrus, spice with a high floral note

Black Pepper 5 mL

Anxiety, digestion, circulation, cold sores, addictions

Aromatic Description: Hot, sharp, fruity, spicy

Cardamom 5 mL

Indigestion, nausea, respiration, uplifts mood

Aromatic Description: Spicy, fruity, warm, balsamic

Cassia 15 mL

Digestion, immune function, uplifting

Aromatic Description: Warm, spicy, cinnamon

Cedarwood 15 mL

Respiration, skin, massage

Aromatic Description: Warm, woody, slightly sweet, balsamic

Cilantro 15 mL

Digestion, cleanser and detoxifier, soothing to skin

Aromatic Description: Fresh, herbal, sweet, pungent

Cinnamon 5 mL

Bleeding gums, mould, sore muscles, immune system

Aromatic Description: Spicy, woody, with a sweet, biting note

Clary Sage 15 mL

Abdominal cramps, bloating, convulsions, epilepsy, hot flushes, impotence, leg cramps, menopause, menstrual pain, balance hormones

Aromatic Description: Woody, herbal, coniferous

Clove 15 mL

Blood clot in veins, boils, cataracts, cystitis, gingivitis, infection, muscle pain, teething pain, toothache,

Aromatic Description: Very spicy, warm, woody with subnote of leather

Coriander 15 mL

Diabetes, joint and muscle pain, skin toning

Aromatic Description: Green, sharp, herbaceous

Cypress 15 mL

Blood clot in veins, bone pain, bone spurs, bruises, bunions, concussion, cramps, dandruff, dizziness, hiccups, leg cramps, oily hair, stretch marks, stroke, varicose veins,

Aromatic Description: Clean, fresh, woody, herbaceous

Douglas Fir 5 mL

Promotes positive mood and a sense of focus, clears airways

Aromatic Description: Clean, fresh, woody, airy

Eucalyptus Radiata 15 mL

Allergies, asthma, back pain, bronchitis, congestion, fever, pressure, inflammation, insect allergies, insect repellent, sinus congestion, sinus headache, tennis elbow,

Aromatic Description: Camphoraceous, airy

Fennel (Sweet) 15 mL

Digestion, supports lymphatic system, eases menstrual cycles

Aromatic Description: Liquorice, sweet, honey

Frankincense 15 mL

Amnesia, arthritic pain, autism, concussion, congestion, epilepsy, menopause, scarring, wrinkles

Aromatic Description: Warm, spicy, clean

Geranium 15 mL

Bleeding, burns, dehydrated skin, dry skin, eczema, head lice, nose bleeds, stretch marks, vertigo, wrinkles

Aromatic Description: Herbaceous, green, floral, sweet, dry

Ginger 15 mL

Diarrhoea, flatulence, heartburn, indigestion, loss of appetite, morning sickness, motion sickness, nausea, parasites, vertigo, vomiting,

Aromatic Description: Hot, spicy, earthy, sweet

Grapefruit 15 mL

Cellulite, corns, stress,

Aromatic Description: Citrus, floral, fruity

Helichrysum 5 mL

Anaemia, bell's palsy, bleeding, blood clot in veins, bone pain, bruises, colitis, dental infection, eczema, migraine, neck pain, nervous fatigue, nose bleeds, scarring, shock, stroke, sunburn, vertigo, wrinkles

Aromatic Description: Herbaceous, honey, hay

Juniper Berry 5 mL

Healthy kidney and urinary function, cleansing and detoxifying, stress

Aromatic Description: Balsamic, clean, woody, spicy

Lavender 15 mL

Acne, allergies, anxiety, arthritic pain, atherosclerosis, bee sting, foot blister, burns, cataracts, chapped skin, chicken pox, conjunctivitis, convulsions, cuts, dandruff, dehydrated skin, depression, diabetic sores, exhaustion, fever, flatulence, hair loss, hangover, head lice, headache, heatstroke, pressure, hyperactivity, insect allergies, insomnia, itching, jet lag, leg cramps, loss of appetite, measles, morning sickness, motion sickness, nausea, nose bleeds, palpitations, rashes, scarring, stretch marks, sunburn, tension headache, wasp stings, worms, wounds,

Aromatic Description: Powdery, floral, light

Lemon 15 mL

Anemia, atherosclerosis, athlete's foot, cellulite, clogged pores, cold sores, constipation, corns, cough, dry skin, exhaustion, fatigue, head lice, heartburn, hiccups, insect repellent, sore throat,

Aromatic Description: Clean, fresh, citrus, bright

Lemongrass 15 mL

Acne, anaemia, cystitis, fatigue, gastritis, intolerance, varicose veins, whiplash,

Aromatic Description: Citrus, herbaceous, smoky

Lime 15 mL

Internal cleansing, supports immune system, emotional balance

Aromatic Description: Citrus, tart, sweet

Marjoram 15 mL

Aches, bone spur, colic, constipation, cramps, croup, pressure, neck pain, tension headache, whiplash,

Aromatic Description: Warm, herbaceous, woody

Melaleuca 15 mL

Acne, athlete's foot, bee sting, candida, canker sores, cavities, chicken pox, clogged pores, cold, cold sores, conjunctivitis, cough, cuts, gingivitis, gum disease, insect allergies, measles, shingles, shock, sinus headache, sore throat, sunburn, toothache, warts, wounds,

Aromatic Description: Herbaceous, green, leathery

Melissa 5 mL

Positive mood effect, indigestion, nausea, boost immunity, cold sores

Aromatic Description: Citrus, herbaceous

Myrrh 15 mL

Powerful mouth cleanser, skin soothing, emotional balance, wrinkles

Aromatic Description: Hot, smoky, herbaceous, woody, dry

Oregano 15 mL

Athlete's foot, boils, calluses, canker sores, corns, cyst, flu, infection, itching, mould, parasites, shingles, strep throat, warts

Aromatic Description: Herbaceous, sharp, green, camphoraceous

Patchouli 15 mL

Emotional grounding, skin recovery, reduce appearance of wrinkles, scars and stretch marks

Aromatic Description: Herbaceous, camphoraceous

Peppermint 15 mL

Amnesia, asthma, bell's palsy, bleeding gums, bloating, Candida, cavities, chronic fatigue, chronic pain, circulation, colitis, congestion, diarrhoea, dizziness, fainting, fever, flatulence, gastritis, gingivitis, hangover, headache, heartburn, heatstroke, hot flushes, indigestion, inflammation, itching, jet lag, menstrual pain, morning sickness, motion sickness, muscle pain, nervous fatigue, pain, parasites, shock, stroke, tennis elbow, tension headache, vomiting

Aromatic Description: Minty, hot, herbaceous

Roman Chamomile 5 mL

Bee sting, blisters on feet, chapped skin, measles, menopause, rashes, teething pain,

Aromatic Description: Floral, sweet, herbaceous

Rosemary 15 mL

Amnesia, atherosclerosis, bell's palsy, cellulite, cramps, dandruff, fainting, food poisoning, hair loss, hangover, jet lag, lice, menstrual pain, sinus headache, worms, wounds

Aromatic Description: Camphoraceous, herbaceous

Sandalwood 5 mL

Chapped skin, chicken pox, croup, epilepsy, fainting, impotence, migraine, rashes, shingles, sinus congestion

Aromatic Description: Woody, dry, sweet

Sandalwood (Hawaiian) 5 mL

Grounding and uplifting, healthy skin, scars and blemishes

Aromatic Description: Rich, honey, sweet, woody

Spearmint 15 mL

Cleansing and uplifting, digestion, focus, fresh breath, milder than peppermint

Aromatic Description: Sweet, minty, fresh

Thyme 15 mL

Boils, bronchitis, cold, croup, cyst, cystitis, eczema, hair loss, infection, mould, nervous fatigue, oily hair, sinus congestion, strep throat,

Aromatic Description: Warm, herbaceous, floral, powdery

Vetiver 15 mL

Autism, hyperactivity, head chatter, grounding, immune enhancing

Aromatic Description: Sweet, woody, caramel, smoky

White Fir 15 mL

Muscle and joint pain, energises the mind

Aromatic Description: Clean, crisp, woody, powdery

Wild Orange 15 mL

Clogged pores, loss of appetite, palpitations, calming

Aromatic Description: Sweet, fresh, citrus

Wintergreen 15 mL

Back pain, bleeding gums, bone pain, bone spurs, chronic pain, dental infection, headache, inflammation, joint pain, pain, sprains, teething pain

Aromatic Description: Sweet, minty, refreshing

Wintergreen (Nepal) 15 mL

Back pain, bleeding gums, bone pain, bone spurs, chronic pain, dental infection, headache, inflammation, joint pain, pain, sprains, teething pain, great for warming soothing massage after exercise

Aromatic Description: Sweet, minty, refreshing

Ylang Ylang 15 mL

Colic, exhaustion, impotence, palpitations,

Aromatic Description: Sweet, rich, spicy

Essential Oil Blends

AromaTouch® 15 mL

Leg cramps, relax muscles and joints, massage blend

Aromatic Description: Clean, fresh, minty, powdery

dōTERRA Balance® 15 mL

Autism, convulsions, diabetes, diabetic sores, hot flushes, whole body relaxation, tranquility

Aromatic Description: Airy, fresh, sweet, woody

dōTERRA Breathe® 15 mL

Allergies, asthma, bronchitis, cough, flu

Aromatic Description: Minty, hot, fresh, airy

dōTERRA Cheer™ 5 mL

Anxiety, depression

Aromatic Description: Fresh, spicy, warm

Citrus Bliss® 15 mL

Depression, Cleanses and purifies air

Aromatic Description: Citrus, sweet

ClaryCalm® Roll On 10 mL

Balance hormones, cramps, nausea, hot flushes, and emotional swings

Aromatic Description: Floral, herbal, coniferous

dōTERRA Console™ 5 mL

Sadness, worry

Aromatic Description: Sweet, musky, floral

DDR Prime 30 mL

Oxidative stress, healthy cell proliferation and renewal

Aromatic Description: Herbaceous, citrus, sweet

Deep Blue® 5 mL

Aches, arthritic pain, back pain, bruises, bunions, chronic pain, joint pain, muscle pain, tennis elbow, whiplash,

Aromatic Description: Minty, camphoraceous

DigestZen® 15 mL

Abdominal cramps, bloating, colitis, constipation, diarrhoea, food poisoning, gastritis, indigestion, nausea, stomach ache, worms

Aromatic Description: Spicy, sweet, minty, liquorice

Elevation 15 mL

Anxiety, depression, stress

Aromatic Description: Floral, sweet, citrus

dōTERRA Forgive™ 5 mL

Forgive, forget, and move on

Aromatic Description: Herbaceous, fresh, woody

HD Clear® Roll On 10 mL

Promotes clear smooth complexion

Aromatic Description: Woody, sweet, herbaceous

Immortelle 10 mL

Reduces fine lines and wrinkles, inflammation

Aromatic Description: Woody, spicy, rich, fresh

InTune® 10 mL

Enhances and sustains focus

Aromatic Description: Musky, spicy, earthy

dōTERRA Motivate™ 5 mL

Confidence, courage, belief

Aromatic Description: Fresh, clean, minty

dōTERRA On Guard® 15 mL

Immune function, cleanser, purifying, energising

Aromatic Description: Warm, spicy, camphoraceous, woody

dōTERRA Passion™ 5 mL

Excitement, passion, joy

Aromatic Description: Spicy, warm, rich

PastTense® Roll On 10 mL

Migraine, muscle tension, stress, anxiety

Aromatic Description: Fresh, mint, herbal

dōTERRA Peace™ 5 mL

Anxiety, fearful, promotes feelings of peace, reassurance and contentment

Aromatic Description: Sweet, rich, minty

Purify 15 mL

Ear infection, toothache, wasp sting, eliminate foul odours

Aromatic Description: Fresh, airy, herbal

dōTERRA Serenity® 15 mL

Anxiety, hyperactivity, insomnia, tension

Aromatic Description: Sweet, warm, powdery

Slim & Sassy® 15 mL

Appetite suppressant, metabolism, hunger cravings, calms stomach, lifts mood, diuretic, calorie free

Aromatic Description: Warm, spicy, herbal

TerraShield® 15 mL

Insect repellent, lice

Aromatic Description: Herbaceous, woody, pungent

TriEase® Blend Softgels 60 Sgls

Seasonal or environmental hazards

Aromatic Description: Citrus, minty, floral

Whisper™ 5 mL

Personal fragrance, calming, hormonal

Aromatic Description: Musky, warm, spicy, soft, sweet

Zendocrine® 15 mL

Detox, purifying

Aromatic Description: Herbaceous, pungent, floral