

Creating Your Own Essential Oil Blend

Introduction

Essential oils have amazing properties and benefits that can be used throughout the day. For example, you can diffuse [Wild Orange oil](#) to uplift mood and freshen the air. You can use [Lemon oil](#) in a spray bottle of water to clean tables and other surfaces. And you can apply [Lavender oil](#) with [Fractionated Coconut Oil](#) to your feet at night to help you unwind before bed.

Essential oils penetrate cells and disperse throughout the body very quickly. Within 22 minutes, the compounds can be found in the bloodstream, cells and brain.

Since everyone responds differently to the type and amount of essential oils, it is important to start with a small amount and gauge the body's response. This will help you establish the amount needed to achieve the desired effect. A little can go a long way, and doTERRA essential oils are potent and clear

While each of these oils is powerful and potent on its own, when combined with other essential oils the characteristics and benefits of these essential oils are increased as they work together to promote wellness. For instance, Lavender essential oil by itself is soothing, but in [doTERRA Serenity](#) when combined with other calming essential oils, such as [Cedarwood](#) and [Roman Chamomile](#), its soothing properties are increased and enhanced. This is called "synergy".

Essential oil blends are created to build upon the qualities of individual essential oils and make them even better, kind of like a team working together to accomplish a goal. Scientists do a lot of research when creating essential oil blends. Some factors that they consider include the desired effect of the essential oil blend, how the essential oil blend will be used, the chemistry of different essential oils, and the aroma profile of each oil. By keeping all of this in mind, scientists are able to make essential oil blends that benefit your entire family

Determining the Purpose

The first question you need to ask yourself when creating an essential oil blend is what do I want this oil blend to do? If you don't know the purpose of the oil blend, you won't know which essential oils to include. You may want an essential oil blend that helps you focus or maybe you want a blend that helps you relax after a busy day. You may even just want an oil blend that smells good and is uplifting. Once you've decided what you want your oil blend to do, you can start selecting the oils you want to use.

How It'll Be Used

As you start selecting your oils, keep in mind how you want the oil blend to be used. If you want a blend to use topically, you may want to avoid citrus oils because they can cause photosensitivity. If you want a blend to use aromatically, you probably don't want to include Fractionated Coconut Oil because it isn't designed to be diffused. You will also want to ask yourself who you want using your oil blend. If you're making an oil blend for kids, you'll want to use gentler oils because children's skin can be more sensitive. If you're making an oil blend as a scent for men, you may want to use more wood oils as most men don't like smelling like flowers.

Chemistry

Once you've determined how you want to use your oil blend, you next need to consider the chemistry of the oils you want to use. The chemistry of an essential oil tells us which molecules an essential oil contains. Molecules are tiny particles or pieces found in essential oils that give the oil its characteristics. Molecules have been researched and tested by scientists to determine what they do and how they act in the body. Knowing what molecules an oil contains and the effects those molecules have helps you develop a blend that accomplishes what you want it to. For example, Lavender contains esters, a type of molecule that is known to be calming, making Lavender the perfect addition to a relaxing blend.

For ideas of what molecules an essential oil contains and the characteristics these molecules give, check out the [doTERRA® Oil Properties Wheel](#).

Aroma Profile

Now that you know which essential oils will help you accomplish the purpose of your blend, you can start blending essential oils. As you combine different essential oils, keep in mind the aroma or scent of the blend you're creating. First, you want to make sure that the blend smells good. Most people don't want to use something that smells funny. Next, make sure that the smell is balanced. When you make a blend, you want to make sure that you can't smell too much of one oil. Instead, you want the oils to work together, creating a new scent.

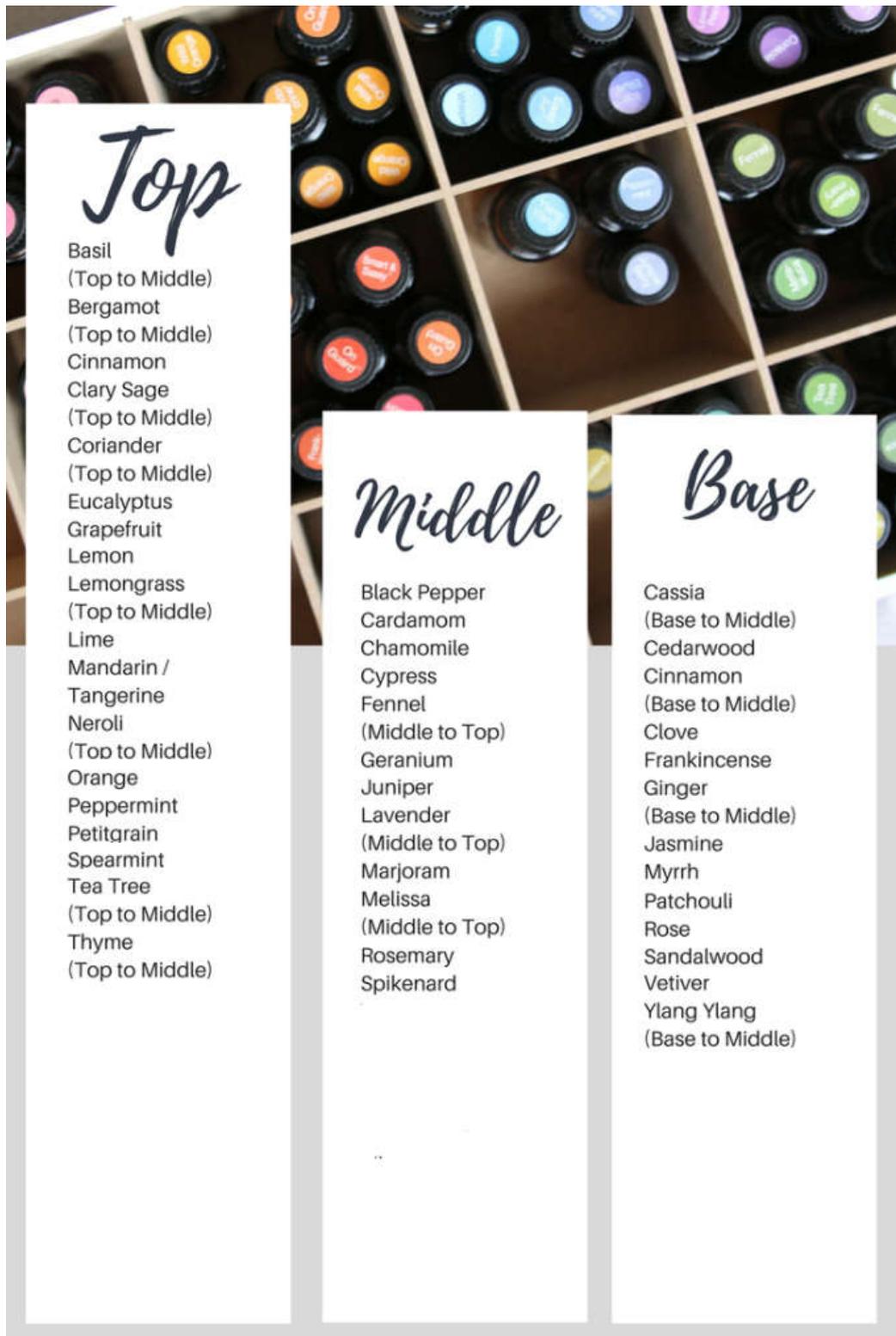
Essential oils are classified by their "notes" or scent characteristics.

This chart shows the typical classification and can be used in combining scents.

Top Notes: Essential oils that are classified as top notes normally evaporate very fast and typically have anti-viral properties. They tend to be light, fresh and uplifting in nature and are usually inexpensive. Top notes are highly volatile, fast acting, and give the first impression of the blend. However, they are not very long lasting.

Middle Notes: The bulk of essential oils are considered middle notes and normally give body to the blend and have a balancing effect. The aroma of middle notes are not always immediately evident and may take a couple of minutes to establish their scent. They are normally warm and soft fragrances.

Base Notes: Essential oils that are classified as base notes are normally very heavy and their fragrance is very solid. It will be present for a long time and slows down the evaporation of the other oils. These fragrances are normally intense and heady. They are normally rich and relaxing in nature and are typically the most expensive of all oils.



Top

Basil
 (Top to Middle)
 Bergamot
 (Top to Middle)
 Cinnamon
 Clary Sage
 (Top to Middle)
 Coriander
 (Top to Middle)
 Eucalyptus
 Grapefruit
 Lemon
 Lemongrass
 (Top to Middle)
 Lime
 Mandarin /
 Tangerine
 Neroli
 (Top to Middle)
 Orange
 Peppermint
 Petitgrain
 Spearmint
 Tea Tree
 (Top to Middle)
 Thyme
 (Top to Middle)

Middle

Black Pepper
 Cardamom
 Chamomile
 Cypress
 Fennel
 (Middle to Top)
 Geranium
 Juniper
 Lavender
 (Middle to Top)
 Marjoram
 Melissa
 (Middle to Top)
 Rosemary
 Spikenard

Base

Cassia
 (Base to Middle)
 Cedarwood
 Cinnamon
 (Base to Middle)
 Clove
 Frankincense
 Ginger
 (Base to Middle)
 Jasmine
 Myrrh
 Patchouli
 Rose
 Sandalwood
 Vetiver
 Ylang Ylang
 (Base to Middle)

Conclusion

Creating an essential oil blend involves multiple factors. By considering the oil blend purpose, use, chemistry, and scent, essential oil blends can be created that both smell good and support personal wellness.