

dōTERRA® Essential Oils For A Healthy Home

“Be Empowered to Solve Your Family’s Health Concerns”

ACNE:	Purify, Melaleuca, Geranium, Vetiver, Lavender, Eucalyptus, Clove
ALLERGIES:	Lavender and Wintergreen
ARTHRITIS:	Wintergreen, Deep Blue, Peppermint, Clove, Helichrysum, Frankincense
ASTHMA:	Wintergreen, Breathe, Eucalyptus, Lemon, Lavender, Frankincense, Marjoram
ADD/ADHD:	Vetiver, Lavender, Serenity, Sandalwood, Peppermint
BAD BREATH:	Blend: Peppermint, Lemon, Clove, & Melaleuca; can also use Cinnamon
BEE STING:	Lavender, Peppermint, Wintergreen, Purify, Deep Blue
BLISTERS:	Melaleuca, Lavender, Purify
BLOOD PRESSURE:	(High) Clove, Helichrysum, Cypress
BOILS:	Melaleuca, Clove, Thyme, Oregano, Purify, On Guard
BROKEN BONES:	Thyme, Deep Blue, Helichrysum, Wintergreen Peppermint, Lemongrass, Frankincense
BREASTFEEDING:	(Dry cracked nipples) Myrrh, Lavender, Geranium, Sandalwood
BREASTFEEDING:	(Mastitis) Melaleuca, Thyme, Clove, Rosemary, Lavender, Deep Blue, Frankincense
BRONCHITIS:	Breathe, On Guard, Eucalyptus, Rosemary, Thyme, Wintergreen, Oregano, Melaleuca, Myrrh, Purify, Deep Blue, Clove
BUG BITES:	Purify, Lavender, Eucalyptus, Melaleuca, Peppermint, Rosemary, Deep Blue
BURNS 1ST & 2ND DEGREE:	Lavender, Helichrysum, Rose
BURNS 3RD DEGREE:	Wintergreen, Deep Blue, Peppermint, Basil, Lavender, Oregano
CANDIDA:	Lemon (3 drops), Melaleuca (3 drops) & Oregano (2 drops) swallow in a Gel Cap 2-3 times per day
CANKER SORES:	On Guard, Clove, Lavender, Sandalwood, Thyme, Peppermint, Purify
CARPAL TUNNEL:	Wintergreen, Marjoram, Peppermint, Basil, Cypress, Lemongrass, Deep Blue
CARTILAGE INJURY:	Wintergreen, Peppermint, White Fir, Marjoram, Lemongrass, Frankincense, Helichrysum
CELLULITE:	Grapefruit, Rosemary, Lemon, Cypress, Lemongrass
CHOLESTEROL:	(High) Lemongrass, Rosemary, Clove, Helichrysum
CLEANING: ANTISEPTIC	Melaleuca, On Guard, Thyme, Clove, Oregano, All Citrus Oils, Rosemary, Cinnamon, Cassia
COLDS: (REGULAR)	On Guard, Peppermint, Thyme, Oregano, Eucalyptus, Melaleuca, Rosemary, Purify
COLDS: (HEAD)	Breathe, On Guard, Eucalyptus, Frankincense, Peppermint, Rosemary, Wintergreen, Lemon
CONSTIPATION:	Peppermint, DigestZen, Ginger
CONCENTRATION:	Basil, Lemon, Rosemary, Vetiver, Peppermint, Lemongrass, Frankincense
COUGH:	On Guard, Breathe, Eucalyptus, Peppermint, Marjoram, Serenity
CRAMPS: ABDOMINAL	Ginger, Peppermint, DigestZen, Rosemary
DANDRUFF:	Melaleuca, Rosemary, Peppermint, Lemon, Lavender
DEPRESSION:	Combine: Balance, Serenity, Elevation, OR; Frankincense, Peppermint, Ylang Ylang, Rosemary, Lemon
DIARRHEA:	DigestZen, Ginger, Oregano, Clove, Lemon
DIZZINESS:	Peppermint, Basil, Sandalwood, Frankincense
EAR ACHE:	Melaleuca, Wintergreen, Purify, Thyme, Lavender, Rosemary, Helichrysum, Peppermint, Eucalyptus, Deep Blue, On Guard
EAR INFECT:	(W/OUT PAIN) On Guard, Thyme, Wintergreen
EMOTIONAL TRAUMA	Serenity, Balance, Frankincense, Lavender, Lemon, Frankincense, Lavender, Sandalwood
FLU:	Oregano, Eucalyptus, Peppermint, Clove, Melaleuca, DigestZen, On Guard, Purify
FUNGUS: ATHLETE’S FOOT	Peppermint, Melaleuca, Cinnamon, Lemongrass, Lavender, Thyme, On Guard, Purify
FUNGUS: (INTESTINAL)	Combine: Oregano, Lemon & Melaleuca, Also; Lemongrass, Geranium, Thyme, Peppermint, Lavender, Rosemary

Circle all that apply and see the person presenting the essential oils for any information

You can use all of the oils 3 ways;

- Topically put a couple of drops on the area of concern or on the bottom of your feet,
- Internally take in water or drip into an empty gel cap.
- Aromatically with a diffuser or place a couple of drops in your hand, cup and smell.

It is not necessary to dilute the essential oils (use Fractionated Coconut Oil) except:

- for the “cool” oils (peppermint, wintergreen)
- or “hot” oils (oregano, cinnamon, clove, cassia)
- If you use an oil without dilution and it is uncomfortable to the recipient, simply apply a small amount of Fractionated Coconut Oil or milk and it will quickly resolve the problem.
- Also, if you are using the oil on an open sore or wound, it is always a good idea to dilute.
- **Do not use water as this spreads the oil.**

You can mix any of the oils as much as you like and the oils are safe with any medication.

If you are not sure how to apply an oil, know that you can always rub it on the bottom of your feet and you will get the full effect. This can be a great way when using them on children because they are less likely to rub it in their eyes.

For a small problem, 2 or 3 applications** a day is probably enough. For more serious problems like RSV, apply every hour or half hour.

This information applies to dōTERRA Essential Oils. Do not use with any other oil.

FUNGUS: RINGWORM & SKIN	Melaleuca, Geranium, On Guard, Lavender, Rosemary, Lemongrass, Oregano
FUNGUS: (THRUSH)	(Mouth) Clove, Cinnamon, Peppermint, Rosemary, Geranium, Orange, Lavender
FUNGUS :(VAG.YEAST INF.)	Melaleuca (on a tampon), Lemongrass, Lavender, Rosemary, Geranium, Peppermint, Thyme (Combine some of these in a douche)
GAS/FLATULENCE:	Tarragon, DigestZen, Peppermint, Nutmeg
HEADACHE:	Peppermint, Wintergreen, Deep Blue, Lavender, Frankincense, Clove, Eucalyptus
HEADACHE: (SINUS)	Breathe, Eucalyptus, Peppermint, Deep Blue, Melaleuca, Rosemary, Lavender, Geranium
HEAD LICE:	Melaleuca or blend: Thyme, Lavender, Geranium, Also; Peppermint, Thyme, Rosemary
HEARTBURN:	Ginger, Lemon, Basil, Sandalwood
HEMORRHOIDS:	Basil, Wintergreen, Cypress, Helichrysum, Myrrh, Lemon, Peppermint
HIVES:	Wintergreen, Peppermint, Myrrh, Eucalyptus, Melaleuca
INDIGESTION:	DigestZen, Peppermint, Ginger, Grapefruit
INFECTION: (BACTERIAL & VIRAL)	On Guard, Oregano, Thyme, Rosemary, Lemongrass, Clove, Melaleuca, Geranium, Purify
INFLAMMATION:	Frankincense, Wintergreen, Myrrh, Clove, Lavender, Thyme, Peppermint, Melaleuca, Lemongrass, Eucalyptus, Helichrysum
INSOMNIA:	Lavender, Serenity
LIGAMENT SPRAIN	(or tear) Deep Blue, Peppermint, Helichrysum, Lavender, Basil, Frankincense, Lemongrass
MENSTRUAL CRAMPS:	Lavender, Clary Sage, Basil, Rosemary, Cypress, Vetver
MIGRAINE:	Combine: Peppermint, Wintergreen & Frankincense, Also; Deep Blue, Lavender, Helichrysum
MONO:	Cypress, On Guard, Thyme, Frankincense, Oregano
MUSCLES: (BRUISED)	Geranium, Helichrysum, Lavender, Wintergreen, Peppermint, Deep Blue, Serenity
MUSCLES: (SORE)	Rosemary, Deep Blue, Marjoram, Peppermint, Wintergreen, Ginger, Lavender
MUSCLE SPASMS:	Wintergreen, Rosemary, Marjoram, Basil, Nutmeg, Deep Blue
NARCOLEPSY:	Peppermint, Lemon, Rosemary
NAUSEA:	Peppermint, Ginger, Nutmeg, Wintergreen
NOSEBLEEDS:	Helichrysum, Geranium, Lavender, Cypress
PAIN:	Deep Blue, Wintergreen, Peppermint (for pain), Frankincense (for inflammation), Helichrysum
PARASITES:	Lemongrass, On Guard, Basil, Peppermint, Ginger, Cumin, Melaleuca, Rosemary
PINK EYE:	Melaleuca, Purify, Lavender
PMS	Clary Sage, Fennel, Ylang Ylang
PNEUMONIA:	Breathe, On Guard, Oregano, Melaleuca, Thyme, Eucalyptus, Peppermint
RESTLESS LEG SYND:	Wintergreen, Serenity, Basil, Marjoram, Lavender, Cypress
RSV: (BABIES)	Eucalyptus, Breathe, On Guard, Purify, Rosemary, Basil, Frankincense, Wintergreen, Oregano, Clove, Cypress, Lavender, Lemon, Marjoram, Peppermint and Thyme
RUNNY NOSE:	Breathe
SCARS :(& SCAR TISSUE.)	Helichrysum, Lavender, Cypress, Myrrh, Sandalwood
SHINGLES:	On Guard, Cypress, Melaleuca, Oregano, Sandalwood, Thyme, Peppermint
SHOCK:	Peppermint, Frankincense, Basil, Rosemary, Sandalwood
SINUS INFECT.	Breathe, Peppermint, On Guard, Eucalyptus, Thyme, Melaleuca, Rosemary
SKIN: CHAPPED OR DRY	Myrrh, Sandalwood, Geranium, Lavender
SKIN: DIAPER RASH	Lavender, Helichrysum, Cypress
SKIN: ECZEMA	Lavender, Myrrh, Cypress, Geranium, Rosewood, Purify
SKIN: FUNGAL	Melaleuca, Lemongrass, Oregano, Lavender
SKIN: PSORIASIS	Melaleuca, Helichrysum, Lavender
SPRAIN:	Frankincense, Helichrysum, Lemongrass, Wintergreen, Basil, Cypress,
STREP THROAT:	Combine: 1 drop Oregano, 2 drops Lemon in small glass and gargle every hour (very strong)
STRESS:	Lavender, Balance, Serenity, Marjoram, Rose, Sandalwood, Frankincense
SUPERBUG:	Lemon (2 drops), Melaleuca (2 drops), On Guard (2 drops) swallow in a Gel Cap one time per day
TEAR DUCTS BLOCKED	Lavender
TENDONITIS:	Marjoram, Lavender, Vetiver, Wintergreen, Deep Blue, Frankincense, Eucalyptus, Rosemary
TOOTHACHE: (or infect. of gums or mouth)	Clove, Melaleuca, Wintergreen, Helichrysum, Eucalyptus, Thyme, Oregano, On Guard, Deep Blue
ULCER: (STOMACH)	Lemongrass, DigestZen, Lemon, Oregano, Thyme
VARICOSE VEINS:	Helichrysum, Wintergreen, Cypress, Geranium, Clove, Peppermint, Lemon, Lavender
WARTS:	Cinnamon
WOUNDS/SCRAPES /CUTS:	Lavender, Melaleuca, On Guard, Rosemary, Eucalyptus, Cypress, Wintergreen, Thyme, Oregano, Peppermint
WRINKLES:	Frankincense, Helichrysum, Cypress, Lavender, Geranium, Sandalwood

Disclaimer: This information is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition. Please see a qualified health care provider for medical treatment. These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

For more information contact:

- Want more information
- Want to purchase
- Would like an in-home demonstration