



# INTRO TO Essential Oils NATURAL SOLUTIONS

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WELLNESS + BEAUTY CONSULT!

## 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](#), [physical ailment App](#) or [emotional ailment App](#) 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.
4. Be CONSISTENT if you want RESULTS!

## How to Apply Essential Oils

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
- Applying 1-2 drops to your hands and inhaling
- Wearing as a personal fragrance (\*see topical)



2. On your skin (1-3+ drops). "Topical" application of essential oils allows the oil to absorb into the skin. 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
- 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 throughout your body. Make sure the essential oil is safe for internal use first and then try one of 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 [doTERRA Veggie Capsule](#)
- Put a drop under your tongue



## What are the Best Essential Oils?

The best essential oils are pure and unadulterated. To see why doTERRA is committed to providing only the purest essential oils, click below:

[PURE ESSENTIAL OILS](#)



EACH OIL IS UNIQUE, MAKING IT EASY TO FIND A NATURAL SOLUTION FOR YOUR SPECIFIC HEALTH CONCERNS. SOME OF THE MOST POPULAR ESSENTIAL OILS ARE THOSE WITH MULTIPLE BENEFITS AND APPLICATION METHODS. THESE OILS TEND TO BECOME HOUSEHOLD FAVORITES.

As you try different oils, you will learn which essential oils work best for you and your needs. For the best essential 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.

[WHY DOTERRA?](#)

Here are the 10 most popular essential oils that come in many [doTERRA Enrollment Kits](#):

1. [Frankincense oil: when in doubt use this oil!](#)
2. [On Guard oil](#)
3. [Wild Orange oil](#)
4. [Lemon oil](#)
5. [Tea Tree oil \(Melaleuca\)](#)
6. [Oregano oil](#)
7. [Peppermint oil](#)
8. [DigestZEN oil](#)
9. [Deep Blue oil](#)
10. [Lavender oil](#)

## ESSENTIAL OIL SAFETY

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

### Essential Oil Safety Guidelines

1. Always read labels and package instructions before using an essential oil for the first time. See [Kids Safety Here](#).
2. Children CANNOT ingest essential oils! Adults can ONLY ingest oils that say "Supplement Facts" on the bottle.
3. Dilute all oils with a carrier oil, like [doTERRA's Fractionated Coconut Oil](#), for children, pets, sensitive skin, or a large area!
4. Be aware of oils with sun sensitivity warnings (all citrus oils).
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.
7. \*\*Consult a healthcare professional for new health plans.

\*Hot oils or "strong oils" include: Oregano oil, Thyme oil, Cinnamon Bark oil, Clove oil, Cassia oil, and others.

Learn more about best practices for essential oils here:

[ESSENTIAL OIL SAFETY GUIDE](#)



[KIDS SAFETY GUIDE](#)

## HOW TO USE ESSENTIAL OILS AROMATICALLY

### Other Ways to Use Essential Oils Aromatically:

- Use a diffuser (easy + most popular)
- Apply oil to a cotton ball and place in the air vents of your vehicle
- Mix oils in a spray bottle with water and mist over furniture, carpet, or linens
- Add oil to washing machine / dryer sheets
- Use in household cleaners

Aromatic use of essential oils is especially powerful.

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 a direct link to the limbic system, which is the part of your brain that stores memories and emotions. Some essential oils induce uplifting or invigorating effects, while others are more calming.

Diffusing is one of the simplest ways to use essential oils aromatically. You can use an essential oil diffuser if you'd 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 oil in the palm of your hand, cupping it around your nose, and breathing deeply.

## HOW TO USE ESSENTIAL OILS TOPICALLY (ON THE SKIN)

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

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.

### Beneficial Areas You Can Apply Essential Oils

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

### Other Ways to Use Essential Oils Topically

- For children, dilute essential oils with [fractionated coconut oil](#) in a [dark glass rollerball](#) (not clear, oils lose potency when exposed to sunlight) using the [dilution guide](#) or for ease purchase the pre-mixed [Kids Oil Collection](#).
- Add oil to a lotion and then apply to skin
- Add a few drops of oil to a warm bath

### Sensitive Areas to be Avoided

- Eyes
- Inner Ears
- Broken, damaged, or otherwise injured skin



## 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.

### Effective Methods of Internal Application

- Add essential oils to water, smoothies, milk, tea, or other drinks
- Put a drop under the tongue
- 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 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.)

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