



EBOOK

ESSENTIAL OILS

Nature solutions dōTERRA





WHAT ARE ESSENTIAL OILS?



HISTORY



MODES OF APPLICATIONS



THE OILS



WHY DōTERRA





WHAT ARE ESSENTIAL OILS?

Essential oils are extracted directly from the bark, flower, fruit, leaf, seed or root of a plant or tree, and just one drop can have powerful **health benefits**. They are typically created through the process of distillation, which separates the oil and water-based compounds of a plant by steaming.

Essential oils are highly concentrated oils that have a strong aroma. These therapeutic oils in plants protect the plant from insects, shield the plant from a harsh environment and help them adapt to their surroundings. By taking essential oils, you are harnessing the protective and beneficial powers of a plant.

Essential oils are composed of very small molecules that can **penetrate your cells**, and some compounds in essential oils can even cross the blood-brain barrier. They differ from fatty oils (like those in vegetables or nuts) that come from large molecules because they cannot penetrate your cells, so they are not therapeutic in the same manner.

You can use Essential Oil for Health, Beauty, Home and food.

The essential oils can be use:

- **Body:** including oral, hair and skin care,
- **General health:** such as for allergies, digestion and sleep
- **Home:** DIY all-purpose cleaner, mold killer.
- **Recipes:** including with healthy foods, drinks and sweets!

Many traditional hospitals, like Vanderbilt University Hospital, are catching on to the benefits of essential oils and are using them in the treatment of anxiety, depression and infections in hospitalized patients.





11 BENEFITS OF ESSENTIAL OILS

1. Balance Hormones
2. Boost Immunity & Fight Infections
3. Support Digestion
4. Boost Energy Levels
5. Improve Brain Function
6. Reduce Emotional Stress & Anxiety
7. Alleviate Aches and Pains
8. Boost Skin and Hair Health
9. Reduce Toxicity
10. Relieve Headaches and Migraines
11. Promote Restful Sleep





HISTORY

Essential Oils are not a New Trend

While some view essential oils as a new trend, the use of plant extracts and plant-based products is deeply rooted in traditions of the past. Ancient civilizations used plants for things like aromatherapy, personal care, health care practices, religious ceremonies, beauty treatments, and food preparation.

How Were Essential Oils Used Anciently?

Essential oil use is not a fad, but rather a long-time tradition started centuries ago in civilizations all over the world.

Egypt: Egyptians used plant-based products in beauty treatments, food preparations, burial rituals, and religious ceremonies.

Greece: In ancient Greece, men like Homer and Hippocrates explored the aromatic uses of plants, building on discoveries made by early Egyptians.

Rome: Ancient Romans often used plant extracts for massage, perfume, and scented baths.

Iran: In medieval times, people in the region of Iran often used and traded spices or resins for perfumery and maintaining health.

India: Ayurvedic medicine, a holistic healing system native to India, has developed over the span of 5,000 years and includes the use of aromatic and plant compounds.

China: For centuries, traditional Chinese practices have included the use of plant materials to promote wellness.

France: Rene Gattefosse, a French chemist, is credited as the first to coin the phrase “aromatherapy” as he studied and researched essential oils thoroughly in the 19th century.

MODES OF APPLICATIONS



Ready to let essential oils guide you back to health?

Here are the four most common ways these healing oils are used today:



Topical

Topically – Essential oils have a very small size and of the chemical weight of less than 1000m (m = weight of molecule). According to scientific testing, any substance with a molecular weight below 1000m should be absorbed by the skin.

This means that essential oils are able to penetrate the skin and pass into the bloodstream and into different areas of the body for internal therapeutic benefits.

Learn about Massage

Click here: www.aromatouch.com



Aromatic

Aromatically – There is great evidence that essential oils are absorbed into the bloodstream when inhaled. The large amount of blood vessels in the lungs absorb the oils and then circulate them throughout the body. Using a diffuser can help you experience the benefits of essential oils. You can diffuse lavender to reduce stress, melaleuca to cleanse the air, wild orange to improve mood, frankincense for spiritual enlightenment and peppermint to improve focus and energy.



Internal



D

Dilute

N

Neat

S

Sensitive

Ingestion – Essential oils can be used as a powerful form of medicine but it should be remembered that again, essential oils are powerful. Most essential oils are safe for internal use but a little bit goes a long way. Usually 1–3 drops is plenty mixed with water. Oils like peppermint, lemon and frankincense have great internal benefits and can be taken with water. Other essential oils like clove and oregano need to be diluted and shouldn't be taken internally for more than 1 week.

Personal Care – Today, the fastest way essential oils are being used is by making homemade DIY personal care products. This is an excellent way to take advantage of essential oils to improve your beauty, home and long-term health. Some of the best DIY recipes to use essential oils with include: shampoo, body butter, toothpaste, bug spray, lip balm and household cleaner.



APPLICATION METHODS



Topical

Topical:

Some essential oils are labeled for topical use, or by placing the oils directly onto the skin, enabling them to reach the blood stream very quickly. Essential Oils can be directed to specific parts of the body by applying them to the reflex points on the ears, hands and feet. Avoid topical use unless essential oils have been GC/MS* tested for purity and are labeled for topical use.



Aromatic

Aromatic:

Most essential oils are labeled for aromatic use, or by inhalation into the body. Essential oils travel through the nasal cavity where they connect directly with the emotional and limbic control centers of the brain, as well as traveling into the lungs. There are several methods for aromatic use, such as direct inhalation from the bottle or inhalation from oils placed on a piece of cloth or cotton. The most convenient method of aromatic use is dispersion into the air using an essential oil diffuser



Internal

Internal:

Some essential oils are labeled for internal use as a dietary supplement. These can be placed in drinks, placed under the tongue, or encapsulated. Some oils have a bitter unpleasant taste, while other oils, especially "hot" oils, can cause heartburn and/or burn the mouth and throat. Keep this in mind when selecting a method for internal use. Heartburn can often be avoided with hot oil if they are taken with food. Avoid internal use unless essential oils have been GC/MS* tested for purity and are labeled for internal use.



SKIN SENSITIVITY

When using essential oils, avoid contact with the eyes, the insides of the ears, and the mucous membranes of the nose. The guidelines listed in this app are intended to apply to the purest essential oils and are general to most individuals, but they are NOT universal. Each individual will respond differently to each essential oil. While it is uncommon to develop allergies to essential oils, it is not unheard of. Always follow the label directions on each individual bottle and use caution when using essential oils for the first time. Always use a "skin patch test" when applying oils topically for the first time. Consult a physician before using essential oils during pregnancy and while breastfeeding.

N

Neat

Neat:

Oils labeled "neat" can be used undiluted. Keep in mind that every individual is different and even the purest essential oils may cause skin sensitivity or other discomfort when used undiluted. Always follow label directions and always use caution when using oils new for the first time.

S

Sensitive

Sensitive:

Oils labeled "sensitive" may need to be diluted with a carrier oil such as fractionated coconut oil or extra virgin olive oil to prevent and/or reverse skin sensitivity. Skin sensitivity is irritation and/or burning of the skin due to contact with essential oils. Skin sensitivity generally occurs in children and in individuals with notoriously sensitive skin, but it can also occur unexpectedly and/or after repeat use of the same oil. Each reaction can be different depending on the individual and the oil and will require a different level of dilution to avoid and/or reverse.

D

Dilute

Dilute:

Oils labeled "dilute" are considered "hot" oils and should be heavily diluted with a carrier oil such as fractionated coconut oil or extra virgin olive oil. "Hot" oils used undiluted generally cause severe skin sensitivity when used topically and burn the mouth and throat with used internally. Some "hot" oils can burn the mucous membranes of the nose if inhaled undiluted. Different oils will require different levels of dilution depending on the individual.



Best Carrier Oils for Aromatherapy.

Essential oils are extremely small so they can pass through the skin and into the body quickly. But if you want to keep the oils on your skin and dilute them to create more gentleness on the skin you can combine them with carrier oils.

These larger oils that come from the fatty part of the plant can increase the length of time the essential oils stay on your skin and also prolong the aromatherapy effects.

Some people mistakenly think using carrier oils reduces the effectiveness of the oil but really it can be the opposite. Dilution increases the surface area of absorption and with certain oils can prevent sensitivities.

Common carrier oils include:

- **Olive Oil:**

Heavy and oily, with a strong odour, is high in vitamin and minerals, good for hair and dry skin.

- **Coconut Oil:**

A light oil, doesn't leave a residue or go rancid, coconut is good for all skin types.

- **Almond Oil:**

Slightly oily, soothes dry or irritated skin, good for beauty, the best for child.

- **Grape Oil:**

Relatively odourless, grape seed is good for delicate skin.

- **Jojoba Oil:**

Odourless and non-greasy, slightly waxy, closely resembles natural skin oils.



The Oils

Each doTERRA essential oil is also carefully and thoroughly tested using the strict **CPTG Certified Pure Therapeutic Grade®** quality protocol. Experienced essential oil users will immediately recognize the superior quality standard for naturally safe, purely effective therapeutic-grade doTERRA essential oils.

Each and every essential oil contains compounds with unique healing and therapeutic benefits.

Essential oils can also have antibacterial or antifungal benefits used in medical settings. Many oils, when massaged on the skin, can help treat skin conditions, such as burns, cuts and scrapes. Others may help boost the immune system, help with insomnia and aid with digestion.

Essential oils are even being used to help fight cancer, as there is a plentiful amount of research on the correlation between frankincense essential oil and reduced brain tumor risk.

15 Essential Oils + Health Benefits

Here are some of the most popular essential oils and how to use them.



Arborvitae



Neat



Topical



Aromatic



Internal

Uses

Arborvitae is a rare, gentle wood oil used to protect against environmental and season threats and to naturally repel insects and bugs. It is grounding and is used to balance and soothe the body, to soothe and purify the skin, and to cleanse the body and the air. Arborvitae can be used to support respiratory health, and foster feelings of trust, peace, and calm. It is also used as a cleaner & natural wood polish/preservative.

Research has shown that Arborvitae can assist with reducing inflammation, combating fleas and ear problems in cats and dogs, and against certain yeasts and bacteria.

- Acne
- Fungus
- Insects
- Viruses
- Infection
- Disinfection
- Cleaning
- Bugs
- Bacteria
- Congestion
- Mood
- Respiratory
- Calming
- Disinfection
- Cleaning
- Antioxidant
- Digestion
- Nervous system
- Candida



Cypress



Neat



Topical



Internal



Aromatic

Uses

Cypress is an energizing and refreshing tree oil used to cleanse and calm the skin and improve the appearance of oily skin. It is grounding, uplifting, and invigorating to the senses and is used to ease feelings of stress and loss. It is also used in massage and diffusion blends for its refreshing aroma. Cypress can be useful whenever there is an unwanted loss of fluids.

Research has shown that Cypress can assist with increasing hair growth, promoting positive body image, and combating certain fungi.

- Energy
- Skin
- Acne
- Respiratory
- Muscle
- Mood
- Massage
- Bacteria
- Infection
- Inflammation
- Joint Pain
- Circulatory System
- Vascular System
- Bladder
- Pain
- Cellulite
- Coughing
- Menstrual cycle
- Endometriosis
- Hormone Balance
- Calming



Eucalyptus



Neat



Topical



Sensitive

Uses

Eucalyptus is a cooling tree oil primarily used aromatically to promote clear breathing and open airways, and to clear the mind and improve mood. It is invigorating and energizing, yet promotes feelings of relaxation and lessens tension. It is also used to cleanse and revitalize the skin, freshen breath, and promote oral health. Eucalyptus is a great option to cleanse and freshen surfaces and air, and for a soothing massage.

Research has shown that Eucalyptus can assist with relieving congestion, relaxing muscles, promoting good oral health, and deterring head lice.

- Respiratory
- Breathing
- Focus
- Cleaning
- Odor
- Acne
- Skin
- Energy
- Nerve Pain
- Relaxation
- Tension
- Congestion
- Runny Nose
- Coughing
- Asthma
- Sinus
- Viruses
- Bacteria
- Disinfecting
- Ear Discomfort
- Immune System
- Fever
- Insects
- Blood Pressure
- Massage



Frankincense



Neat



Topical



Internal



Aromatic

Frankincense is a popular and versatile resin oil with a wide range of uses. It supports healthy cellular function when used internally and promotes feelings of peace and wellness when used aromatically. It is used topically to rejuvenate the skin and reduce the appearance of skin imperfections. Frankincense is able to cross the blood-brain barrier and supports healthy brain function. It also tends to enhance the properties of other oils when layered on top or added to blends. It is commonly said, "When in doubt, use Frankincense!"

Research has shown that Frankincense can assist with alleviating fatigue, soothing muscles, and enhancing immune functions.

Uses

- Inflammation
- Antioxidant
- Cancer
- Skin
- Nails
- Focus
- Acne
- Relaxation
- Infectious Disease
- Infection
- Depression
- Seizures
- Concussion
- Emotional Balance
- Brain
- Memory
- Headache
- Wounds
- Wrinkles
- Scar Tissue
- Nerve Pain
- Warts
- Congestion
- Coughing
- Allergies
- Warming
- Soothing
- Mood



Blue Tansy



Neat



Topical



Aromatic

Uses

Blue Tansy is a gentle floral oil with a complex scent profile used primarily for its soothing and calming properties. It is used aromatically to uplift mood and balance emotions. It is also used topically to calm skin irritations, reduce the appearance of blemishes, and soothe tissues and muscles, making it a great addition to a massage.

Research has shown that Blue Tansy can assist with reducing inflammation, as well as combating certain fungi.

- Skin
- Acne
- Soothing
- Calming
- Mood
- Emotional Balance
- Tissues
- Muscles Pain
- Massage
- Antioxidant
- Relaxation
- Itching
- Rash
- Bites
- Stings



Ginger



Sensitive



Topical



Internal



Aromatic

Uses

Ginger is a warming herbal oil used to support healthy digestion and joint function and to provide antioxidant protection. It can assist with reducing bloating, gas, occasional indigestion, and occasional nausea. It is soothing, yet energizing and is used aromatically to promote a sense of equilibrium, especially on long car rides. Ginger is a popular spice in cooking, particularly in desserts and entrees.

Research has shown that Ginger can assist with soothing muscle spasms, easing occasional nausea, and calming stomach discomfort.

- Digestion
- Nausea
- Motion Sickness
- Cramps
- Joint Pain
- Dizziness
- Gas
- Constipation
- Morning Sickness
- Cooking
- Antioxidant
- Warming
- Inflammation
- Arthritis
- Sprain
- Throat
- Immune System
- Congestion
- Sinus
- Energy
- Appetite
- Memory
- Addiction
- Bones



Grapefruit



Topical Internal Aromatic Neat

Uses

Grapefruit is an invigorating citrus oil used to support a healthy metabolism and to purify the skin. It improves the appearance of blemishes and promotes the appearance of clear, healthy-looking skin. It is also energizing, uplifting, cleansing, and purifying, and is clarifying to the mind. Grapefruit is used to cleanse surfaces and air and as a flavor enhancer in water and beverages.

Research has shown that Grapefruit can assist with easing postpartum discomfort, supporting younger looking skin, and promoting positive body image.

- Mood
- Cleaning
- Disinfecting
- Skin
- Cellulite
- Acne
- Stress
- Metabolism
- Hunger Pangs
- Energy
- Weight Loss
- Toxins
- Hormone Balance
- Addiction
- Antioxidant
- Eating Disorder
- Water Retention
- kidneys
- Liver
- Fatigue
- Beauty
- Depression

Lavender

Uses



Topical



Internal



Aromatic



Neat

Lavender is a popular and versatile floral oil used primarily for its calming and relaxing properties. It is used internally and aromatically to reduce anxious feelings and promote peaceful sleep. It is also used topically to ease feelings of tension, reduce the appearance of skin imperfections, and soothe occasional skin irritations. Lavender may help to support a healthy immune system and is used to freshen air, create a relaxing bathing experience, and to enhance flavors in cooking and baking.

Research has shown that Lavender can assist with reducing occasional wrist discomfort, decreasing stress in pregnancy, as well as improving immune health in pregnancy, overall mental health, blood pressure, and sleep habits.

- Relaxation
- Calming
- Anxiousness
- Sleep
- Tension
- Muscles
- Headache
- Skin-Hair-Lips
- Antioxidant
- Stretch Marks
- Allergies
- Blood Pressure
- Cardiovascular System
- Nervous System
- Hives
- Inflammation
- Itching
- Burns
- Cuts
- Wounds
- Blisters
- Bruising
- Rash
- Bites
- Stings
- Sprain
- Pain
- Bacteria
- Disinfecting
- Scar Tissue
- Dandruff
- Odor
- Soothing
- Depression
- Migraine



Lemon



Neat



Topical



Internal



Aromatic

Uses

Lemon is a popular and versatile citrus oil used primarily for its powerful cleansing and purifying properties. It is used internally to naturally cleanse the body, aid in digestion, support healthy respiratory function, and assist with seasonal respiratory discomfort. It is invigorating, uplifting, and energizing and is used aromatically to promote a positive mood. It is also used as a non-toxic cleaner to cleanse and purify the air and surfaces, help remove grease and sticky residue from hands, hair and surfaces, polish wood and metals, and preserve and protect leather. Lemon is a popular flavoring in cooking, particularly in beverages, desserts, dips, and sauces.

Research has shown that Lemon can assist with maintaining a healthy cholesterol, combating bacteria, relieving occasional constipation (especially in elderly), reducing occasional nausea and vomiting in pregnancy, and uplifting mood.

- Disinfecting
- Cleaning
- Respiratory
- Allergies
- Toxins
- Digestion
- Energy
- Mood
- Odor
- Antioxidant
- Kidneys
- Runny Nose
- Bacteria
- Stress
- Anxiousness
- Depression
- Hair
- Heartburn
- Joint Pain
- Varicose Veins
- Focus
- Cooking

Cinnamon Bark



Topical



Internal



Aromatic



Dilute

Uses

Cinnamon Bark is a warming spice oil used to maintain a healthy immune system, especially when seasonal threats are high. It is also used to promote healthy metabolic and circulatory function. Cinnamon Bark has powerful cleansing properties, especially to the mouth, and is used to soothe cold, achy joints and an irritated throat. This oil is also used as a popular spice in cooking and baking to add extra flavor.

Research has shown that Cinnamon can assist with combating mild acne, preserving things naturally, and preventing hypertension as it relates to diabetes.

- Bacteria
- Fungus
- Viruses
- Immune System
- Warming
- Circulatory System
- Cooking
- Mouth
- Antioxidant
- Cleaning
- Disinfecting
- Insects
- Heart
- Joint Pain
- Throat
- Toxins
- Muscle Pain
- Soothing
- Infectious Disease



Clary Sage



Neat



Topical



Internal



Aromatic

Uses

Clary Sage is a soothing floral oil used to reduce feelings of stress and tension, calm and rejuvenate the skin, and to ease common complaints during menstruation. It is used to support hormone balance, promote healthy-looking hair and scalp, and provide support after pregnancy. It is also relaxing, calming, and balancing and is commonly used to promote a restful night's sleep.

Research has shown that Clary Sage can assist in managing pain during labor, decreasing pain in the transition through Menopause, and reducing pain caused by Menstrual cramps.

- Hormone Balance
- Menstrual Cycle
- Sleep
- Stress
- Tension
- Relaxation
- Emotional Balance
- Mood
- Soothing
- Calming
- Skin
- Hair
- Eyes
- Lactation
- Reproductive System
- Hot Flashes
- Menopause
- Cramps
- Endometriosis
- PMS
- Labor
- Depression
- Anxiousness
- Muscles
- Seizures

Clove



Topical



Internal



Aromatic

Uses

Clove is a stimulating and energizing spice oil used to cleanse and soothe the mouth, teeth, and gums and to promote fresh breath. It can be diffused aromatically to protect against seasonal threats and naturally repel insects. It is also used internally for its powerful antioxidant properties and to support cardiovascular health. Clove is a popular spice in cooking to add extra flavor.

Research has shown that Clove can assist with alleviating exercise fatigue, decreasing mild mouth sores, and reducing stress related digestive issues.

- Teeth
- Gums
- Mouth
- Throat
- Pain
- Antioxidant
- Warming
- Viruses
- Bacteria
- Fungus
- Cooking
- Odor
- Energy
- Cardiovascular System
- Circulatory System
- Blood Pressure
- Infection
- Addiction
- Insects
- Bugs
- Brain
- Thyroid



Copaiba



Aromatic



Topical



Internal



Sensitive

Uses

Copaiba is an earthy resin oil primarily used internally to support the body's systems, including the nervous, immune, cardiovascular, respiratory and digestive systems. It is also a powerful antioxidant that is used to support cellular health. Copaiba can be used topically to reduce the appearance of blemishes and to promote a smooth, clear complexion. It is also used aromatically to uplift mood and soothe anxious feelings.

Research has shown that Copaiba can assist with supporting normal cell function, moisturizing, and reducing scars.

- Skin
- Acne
- Soothing
- Cardiovascular System
- Digestion
- Nervous System
- Respiratory
- Antioxidant
- Liver
- Cellular
- Stress
- Anxiousness
- Calming
- Cuts
- Bites
- Stings
- Mood
- Personal Care
- Odor
- Emotional Balance
- Relaxation
- DIY



Peppermint

Uses



Topical



Internal



Sensitive



Aromatic

Peppermint is a very popular and versatile herbal oil used internally and aromatically to promote healthy respiratory function and clear breathing. It is also used internally and topically to promote digestive health and to help alleviate bloating, gas, and occasional stomach upset and indigestion. Peppermint is an energizing and invigorating oil that is very cooling to the skin and is used topically to relieve feelings of tension, as well as for oral hygiene and as a healthy, refreshing mouth rinse. It is commonly layered on top of other oils to drive them deeper into the tissues. Peppermint is used aromatically to improve study time and to naturally repel bugs and is popular as a flavor enhancer in cooking, especially in beverages and desserts.

Research has shown that Peppermint can assist with maintaining a healthy blood sugar level, increasing appetite, reducing sad and anxious feelings, promoting good throat health, and decreasing number of houseflies.

- Respiratory
- Breathing
- Digestion
- Cooling
- Headache
- Focus
- Energy
- Odor
- Nausea
- Gas
- Costipation
- Diarrhea
- Congestion
- Asthma
- Runny Nose
- Allergies
- Hives
- Inflammation
- Pain
- Cramps
- Muscle
- Cold Sores
- Fever
- Fatigue
- Hot Flashes
- Heatstroke
- Bugs
- Migraine
- Infectious Disease
- Bacteria
- Cleaning
- Autism
- Nose
- Massage
- Memory
- Cooking



Rosemary



Neat



Topical



Internal



Aromatic

Uses

Rosemary is an energizing herbal oil used to support internal organ function and healthy digestion and respiratory function. It is used internally to help reduce fatigue and nervous tension, and aromatically to help maintain concentration while studying. Rosemary naturally repels insects and is a popular spice in cooking, especially entree dishes.

Research has shown that Rosemary can assist with alleviating occasional constipation, increasing alertness, decreasing pain levels, and reducing feelings of sadness.

- Stress
- Hair
- Fatigue
- Focus
- Memory
- Respiratory
- Mucus
- Digestion
- Energy
- Depression
- Pain
- Liver
- Muscles
- Cellulite
- Nervous System
- Cancer
- Insects
- Cooking
- Braing



WHY DōTERRA?

The purity of an essential oil is its most important characteristic. An essential oil that isn't pure means you run the risk of putting germs, heavy metals, or adulterants onto or into your body, which can provoke irritation, adverse effects, or even sickness. Without an accepted standard for essential oil quality, **doTERRA** created its own testing process, calling it **CPTG Certified Pure Therapeutic Grade®**.

The **CPTG** process certifies that there are no added fillers, synthetic ingredients, or harmful contaminants in their essential oils that would reduce their efficacy. **doTERRA** even goes a step further, putting all their products and the packaging through a battery of tests to ensure a long and effective shelf-life.

This protocol ensures potency, purity, and consistency batch to batch.

When you choose **doTERRA**, you are **choosing essential oils gently and carefully distilled** from plants that have been patiently harvested at the perfect moment by experienced growers from around the world for ideal extract composition and efficacy.

While there is a science to the distillation of essential oils, it is also an art. **Distillers not only rely on years of experience, they also employ modern technologies and techniques.**

See more on Youtube:

Click here



doTERRA Essential Oils