

DōTerra Essentials

Lemon

- Improves Circulation
- Antiseptic
- Antibacterial and Anti-inflammatory
- Respiratory
- Boosts Energy

Try this! Apply Lemon to canker sores, cold sores, and warts until gone.

Peppermint

- A digestive aid that relieves stomach upset.
- Boosts stamina and helps restore mental alertness.
- Peppermint is also helpful for non-disease related pain.
- Increases oxygen uptake

Try this! Apply several drops of Peppermint to the temples, hair line, and back of neck for relief from headaches.

Lavender

- Most versatile of all known essential oils.
- Calming, relaxing, mood elevating, and balancing
- Apply to the bottom of the feet for colicky babies
- Promotes restful sleep (diffuse, put a few drops on bottom of feet, or pillowcase)
- Helpful for the skin and encourages a youthful appearance.
- Ideal for burns, cuts, bruises, etc.

Try this! Apply Lavender to sunburns or other types of burns, for quick relief.

Frankincense

- Researched and used therapeutically in European and American hospitals. (Cancer Research)
- Stimulating and elevating to the mind
- Overcoming stress and depression
- Anti-inflammatory
- Strengthens immune system

Try this! Apply directly to acne (or other skin conditions such as eczema) several times during the day.

Oregano

- Antibacterial
- Natural Antibiotic (contains Carvicrol)
- Immune enhancing antioxidant

Try this! Gargle 2 drops Oregano and 2 drops Lemon in about 4 oz. water at the very onset of a sore throat. You may only need to do this a few times, or you can do it several times during the day. Be sure you have coconut, vegetable, or olive oil close by to rub on the corners of your mouth, as it does sting the skin. You'll be surprised how quickly your sore throat is gone!

Melaleuca

- Highly Anti-fungal
- Supports immune system
- Calming

Try this! Put 1 drop of Melaleuca on a cotton ball, and put cotton ball inside ear to get rid of ear infections.

DigestZen

- Supports digestion
- Excellent for any digestive issues
- Constipation, diarrhea, heartburn, indigestion, nausea, upset stomach

Try this! Rub several drops on the stomach as often as needed until stomach upset goes away.

Deep Blue

- Relieves discomfort
- Topical application

Try this! Rub a few drops on aching joints and muscles.

On Guard

- Natural Immune Support
- Anti-microbial
- Use topically, internally, or diffuse

Try this! Rub a few drops of On Guard on the bottom of the feet during cold season, or at the onset of a cold. Repeat throughout the day to get rid of colds, and diffuse in the air to get rid of the germs.

Purify

- Topical Disinfectant
- Excellent for bug bites
- Diffuse to kill airborne pathogens

Try this! Put 5-10 drops of Purify and water in a squirt bottle and disinfect your countertops, add to water to clean floors, and toilets. You can add other oils as well- have fun with it and enjoy the safe and wonderful aroma as you clean!

Breathe

- Natural recovery from Colds and Flu
- Respiratory Support
- Cough, Asthma, Bronchitis, Congestion

Try this! Apply as often as needed to the chest to relieve congestion and respiratory discomfort.

Citrus Bliss

- Amazing Aroma
- Calming, Elevating, Eliminates odors
- Strengthens immune system

Try this! Diffuse for hyperactive children.

Serenity

- Peaceful and Calming
- Helps with Anxiety, Stress, Sleep
- Topical Application

Try this! Inhale to reduce anxiety.

Elevation

- Uplifting and mood elevating
- Aids in overcoming Depression
- Hopelessness, Lack of Energy, Stress

Try this! Inhale to help with depression.

Balance

- Balances electrical energies in the body
- Aids with Anxiety, Attention Deficit
- Hyperactivity, Nervousness

Try this! Inhale for relaxation

Whisper

All natural compelling women's fragrance/perfume

Try this! Apply a few drops to wrist and neck, and enjoy the amazing scent!

