WELCOME TO DŌTERRA

INSIGHT, TIPS, & USAGE INSTRUCTIONS FOR YOUR STARTER KIT OILS AND BEYOND

YOUR DOTERRA INTRODUCTORY GUIDE

USAGE METHODS

WHAT ARE THE THREE MAIN WAYS TO USE YOUR NEW OILS?

01
AROMATIC

One of the easiest ways to use essential oils aromatically is to simply rub a couple drops in your palms and inhale deeply. You can also add oils to your favorite diffuser. Using a diffuser disperses tiny molecules of water vapor and essential oils over a large space in your home. This is a great way to purify your air, help support healthy respiratory function, promote relaxation or restful sleep, and help to boost your mood and energy levels. Click the pic to the right for more info about aromatic usage.

02
TOPICAL

Topical usage is when essential oils are applied to the skin. Keep in mind it's always best to dilute essential oils when using topically, some will require more dilution than others. More about those guidelines on the next page. Topical application can be one of 2 ways; Targeted - when you can point to an ailment like a headache, stomach ache, or rash, apply directly to the affected areas; Systematic - for a whole body issue like sleep or mood, apply to the bottom of the feet and spine. Keep in mind many citrus oils are photosensitive; meaning they can increase your skins reaction to sunlight. Do not apply citrus to the skin right before periods of prolonged direct sunlight or before tanning. Apply to covered areas, or wait until after sun exposure. Click the image to the right to learn more about dilution.

03
INTERNAL

Internal usage is a great way to detoxify your system, support immune function, or support a healthy digestive system. Bottles labeled with "supplement facts" are safe for internal use. Many oils taste great when added to your water, drinks, or food. You can also make your own oil capsules to take some of the less tasty oils internally for their health benefits. Always drink oils from a glass, stainless steel, or ceramic drinking container... never plastic. Click the pic to the right for more info about internal usage. Check out the image on the right to learn how we can safely ingest dōTERRA oils, and how they benefit our health.

PROPER DILUTION

SAFELY DILUTING YOUR ESSENTIAL OILS FOR PROPER TOPICAL USAGE

DŌTERRA OIL CLASSIFICATIONS

When you look up any dōTERRA essential oil on the dōTERRA website, you will notice the product information page labeled with the symbols from the right hand image. Take note of these labeling guidelines as they are on most of the dōTERRA branded literature about our essential oils. They will help you quickly identify how to use your oil, and the best way to dilute if using topically.

APPLICATION METHODS

- A — Can be used aromatically
- T — Can be use topically
- I — Can be used internally

SKIN SENSITIVITY

- N — Can be used topically with no dilution (NEAT)
- S — Dilute for young or sensitive skin (SENSITIVE)
- D — Dilute before using topically (DILUTE)

DILUTION CHART

Later in this guide we will talk about making your own roller bottle blends from home. Making your own rollers is a great way to pair oils that work better together to support your body. These blends work synergistically to support a healthy physical and emotional state. The guide to the right is my favorite for allowing you to choose the right amount of drops for your blend. Keep in mind there are ranges per age. For a more severe issue, like supporting the immune system when you are feeling under the weather, use a higher concentration of essential oil. For more minor issues like an itchy bug bite, you can go lighter on the dilution chart (within the age range.)

	5ml BOTTLE	10ml BOTTLE	
0.5%	less than a drop	1 drop	0-12 months
1%	1.5 drops	3 drops	
2%	3 drops	6 drops	1-5 years
3%	4.5 drops	9 drops	
4%	6 drops	12 drops	
5%	7.5 drops	15 drops	6-11 years
10%	15 drops	30 drops	12-17 years
25%	1:3 ratio (drops of EO to carrier oil)	1:3 ratio (drops of EO to carrier oil)	
50%	1:1 ratio (drops of EO to carrier oil)	1:1 ratio (drops of EO to carrier oil)	

SAFETY GUIDELINES

COMMON SAFETY GUIDELINES TO BE AWARE OF

PHOTOSENSITIVE OILS

There are some oils that need to be used sparingly or in alternate locations when being exposed to the sun for extended periods of time. These oils are called "photosensitive oils". Typically photosensitive oils are citrus oils, although blends that contain citrus oils can also be photosensitive. You can find a complete list of these oils and precautions by clicking the image to the right. These oils are safe to apply to areas of skin that will not be exposed to direct sunlight.

SAFETY WITH CHILDREN

You will often hear lots of misguided information in regards to the use of essential oils and children or babies. Rest assured that dōTERRA is safe for all members of your family when used correctly. Click the image to your right to learn more about dilution, and proper application for children.

AROMATOUCH

THE MASSAGE BLEND

- **MUSCLE ACHES & ARTHRITIS** - Apply to area of concern
- **HEADACHE, NECK & BACK PAIN** - Apply to neck, shoulders, and along spine
- **NEUROPATHY & RESTLESS LEG SYNDROME** - Apply to area of concern to stimulate nerves, and circulation
- **CONNECTIVE TISSUE & LIGAMENT SUPPORT** - Apply to area of concern
- **LYMPHATIC SUPPORT** - Apply to bottoms of feet
- **HIGH BLOOD PRESSURE** - Apply to bottoms of feet
- **POOR CIRCULATION & COLD EXTREMITIES** - Apply to area(s) of concern
- **MUSCLE TENSION, SORENESS & CRAMPS** - Apply to area of concern

BALANCE

GROUNDING BLEND

- **STRESS & ANXIETY** - Apply to bottoms of feet and diffuse or inhale from cupped hands
- **JET LAG & TRAVEL ANXIETY** - Inhale from cupped hands, and or apply under nose
- **MOOD SWINGS & STRESS** - Diffuse or apply under nose & back of neck
- **NEUROLOGICAL CONDITIONS** - Apply to back of neck, pulse points, or bottoms of feet
- **CONVULSIONS, EPILEPSY, & PARKINSON'S** - Apply to back of neck, along spine, or bottoms of feet
- **TRANQUILITY & MEDITATION** - Apply under nose, across forehead or inhale from cupped hands
- **ANGER & RAGE** - Diffuse, apply under nose & back of neck
- **FEAR, GRIEF, & TRAUMA** - Diffuse, apply under nose or back of neck

BREATHE

RESPIRATORY BLEND

- **PNEUMONIA & ASTHMA** - Diffuse or apply under nose and on chest
- **ALLERGIES** - Inhale from cupped hands or apply under nose
- **COUGH & CONGESTION** - Diffuse or apply under nose and or over the bridge as well at the chest
- **BRONCHITIS & INFLUENZA** - Diffuse and apply topically to chest
- **SINUSITIS & NASAL POLYPS** - Apply across or under nose
- **SLEEP ISSUES** - Diffuse with Lavender and or apply to bottoms of feet in the evening before bed
- **CONSTRICTED BREATHING** - DIffuse & apply to chest
- **EXERCISE** - Apply to chest prior ot during workouts to increase oxygen intake and prevent exercise induced asthma

DEEP BLUE

SOOTHING BLEND

- **MUSCLE, BACK, & JOINT PAIN** - Apply to area of discomfort
- **ARTHRITIS & ACHES** - Apply to area of discomfort
- **NEUROPATHY & CARPAL TUNNEL** - Apply to area of discomfort
- **FIBROMYALGIA & LUPUS** - Apply to area of discomfort
- **WHIPLASH & MUSCLE TENSION** - Apply to area of discomfort
- **PRE & POST WORKOUT** - Apply to targeted muscle groups to soothe aches. soreness, and promote increased circulation
- **GROWING PAINS** - Apply to affected area
- **HEADACHE & NECK PAIN** - Apply to back of neck, shoulders, and temples
- **BRUISES & INJURIES** - Apply to affected area to reduce inflammation & scar tissue

DIGESTZEN

DIGESTIVE BLEND

- **BLOATING, GAS, HEARTBURN, NAUSEA & INDIGESTION** - Apply over abdomen and take in a capsule
- **REFLUX & COLIC** - Take in water or in a capsule with lemon
- **DRY OR SORE THROAT** - Drop directly onto back of throat
- **MORNING SICKNESS & HEARTBURN** - Apply to chest, pulse points, abdomen, and or take in a glass of water
- **MOTION & TRAVEL SICKNESS** - Inhale, apply under nose or drink in water
- **COLITIS & IRRITABLE BOWEL** - Take in a capsule, or in water until symptoms subside
- **CROHN'S DISEASE & CHRONIC FATIGUE** - Take in a capsule or rub on abdomen
- **FOOD POISONING** - Take in a capsule or in water frequently
- **COUGH & SINUS CONGESTION**- Apply diluted to navel and over the bridge of nose or drink in hot tea

FRANKINCENSE

-ROYAL- -RESIN- -WOODY-

- **CANCER & TUMORS** - Take in a capsule with oil(s) that target area of interest or massage over affected area
- **SEIZURES & TRAUMA** - Put a drop under the tongue and apply along hairline
- **ALZHEIMER'S DISEASE, DEMENTIA & BRAIN INJURY**- Use or apply under nose and back of neck or diffuse
- **DEPRESSION** - Diffuse or put under the tongue to ease the effects
- **WOUND HEALING & WRINKLES** - Apply to wounds or wrinkles to support skin regeneration
- **SCARS & STRETCH MARKS** - Combine with Myrrh and apply to reduce the appearance of scars and stretch marks
- **SCIATICA, BACK PAIN, & HEADACHES** - Apply over affected area or take in a capsule to reduce inflammation
- **IMMUNE SYSTEM & CELLULAR HEALTH** - Take in a capsule or apply to bottoms of feet

LAVENDER

-CALMING- -REGENERATING- -HEALING-

- **SLEEP ISSUES** - Apply under nose, to bottoms of feet or diffuse to promote better sleep
- **STRESS, ANXIETY, TEETH GRINDING** - Apply over heart, on back of neck or inhale from cupped hands
- **SUNBURNS, BURNS, SCARS** - Apply to area of concern to soothe, heal, and reduce scarring
- **ALLERGIES & HAY FEVER** - Take in a capsule or under tongue with lemon and peppermint ot rub in palms and inhale from cupped hands
- **COLIC & UPSET BABY/KIDS** - Massage diluted along spine, abdomen, or bottoms of feet to calm
- **CUTS, WOUNDS, BLISTERS** - Apply on site to cleanse, heal, and limit or avoid scaring
- **BUG BITES & HIVES** - Apply on site to soothe as a natural antihistamine
- **NOSEBLEEDS & PINK EYE** - Apply across bridge of nose and around eye
- **HIGH BLOOD PRESSURE** - Use on pulse points and over heart, take in a capsule

LEMON

-UPLIFTING- -INVIGORATING- -REFRESHING-

- **KIDNEY & GALLSTONES** - Apply diluted over area of discomfort; add heat pack to intensify action. Ingest a few drops in water or in a capsule to breakup stones
- **PH ISSUES & LYMPHATIC CLEANSING** - Take in a glass of water or apply to ears and ankles to cleanse and balance pH
- **EDEMA & WATER RETENTION** - Take in a capsule, glass of water, or massage into legs and bottoms of feet
- **HEARTBURN & REFLUX** - Take with ginger in a capsule or in a glass of water
- **CONGESTION & MUCUS** - Rub over chest or diffuse
- **RUNNY NOSE & ALLERGIES** - Inhale or apply over bridge of nose to relieve runny nose. Take 2-4 drops with lavender and peppermint in a glass of water or in a capsule for allergy relief
- **GOUT, RHEUMATISM, & ARTHRITIS** - Take in a glass of water
- **CLEANING** - Use to cleanse & purify surfaces & remove sticky buildup

MELALEUCA

- POWERFUL- -CLEANSING- -RESOLVING-

- **CUTS & WOUNDS** - Use to clean and disinfect wounds
- **BACTERIA, VIRUSES, DIARRHEA** - Take in a capsule or apply to abdomen
- **CANKER & COLD SORES** - Use on site to prevent and treat
- **ATHLETE'S FOOT & CANDIDA** - Take in a capsule or dilute and apply to affected area
- **SORE THROAT & TONSILLITIS** - Take in a capsule or gargle with warm water
- **DANDRUFF, SCABIES, & LICE** - Apply to affected area or add to your shampoo, lather and soak
- **EAR INFECTIONS** - Apply behind and around ear, massage into area
- **SHOCK** - Apply under nose and along spine
- **ACNE, PINKEYE, STAPH INFECTION, MRSA** - Take in a capsule or apply on and around affected area
- **BRONCHITIS, COLD, FLU** - Use in a capsule, rub on throat or diffuse

ONGUARD

PROTECTIVE BLEND

- **KILLING GERMS & AIRBORNE PATHOGENS** - Take in a capsule or apply to bottoms of feet, diffuse
- **SEASONAL IMMUNE BOOST** - Diffuse and take in water or in a capsule
- **COLDS & FLU** - Take in a capsule or apply to bottoms of feet
- **STAPH, STREP THROAT, & COUGH** - Gargle a drop in water and swallow. Apply to chest and throat or take in a capsule or with water
- **COLD SORES, WARTS, & INFECTED WOUNDS** - Apply diluted to affected area
- **ORAL HEALTH** - Gargle a drop in water
- **FUNGAL & PARASITE ISSUES** - Apply to affected area of take in a capsule
- **URINARY TRACT INFECTION** - Take in a capsule or apply to lower abdomen
- **ANTISEPTIC & LAUNDRY CLEANER** - Diffuse, add to water and apply to surfaces, add to laundry cycle
- **CHRONIC FATIGUE & AUTOIMMUNE** - Take in a capsule or apply to bottoms of feet

OREGANO

-STRONG- -RESOLVING- -POWERFUL-

- **VIRUSES & BACTERIAL INFECTIONS** - Take in a capsule
- **STREP THROAT & TONSILLITIS** - Gargle a drop as needed
- **STAPH INFECTION & MRSA**- Apply diluted to affected area or take in a capsule
- **INTESTINAL WORMS & PARASITES** - Take in a capsule
- **WARTS, CALLUSES, CANKER SORES** - Apply diluted with Frankincense directly to affected area(s)
- **PNEUMONIA & TUBERCULOSIS** - Apply diluted or neat to bottoms of feet
- **BOOST PROGESTERONE** - Take in a capsule
- **URINARY TRACT INFECTION** - Take with Lemongrass in a capsule
- **ATHLETE'S FOOT, RINGWORM, CANDIDA** - Apply diluted to area of concern and or take in a capsule

PEPPERMINT

-ADAPTIVE- -INVIGORATING- -COOLING-

- **HEADACHES & MIGRAINES** - Apply to temples, above ears, and back of neck
- **BAD BREATH & HANGOVER** - Gargle a drop with water, swallow
- **ASTHMA & SINUSITIS** - Apply to chest and back or bottoms of feet
- **DECREASE BREAST MILK SUPPLY** - Apply diluted to breasts, take in a capsule or in water
- **LOSS OF SENSE OF SMELL** - Inhale or apply diluted over bridge of nose
- **GASTRITIS & DIGESTIVE DISCOMFORT** - Take in a capsule, in water and or apply over abdomen
- **ALERTNESS & ENERGY** - Inhale or apply under nose or back of neck
- **FEVERS & HOT FLASHES** - Apply on back of neck, spine, or bottoms of feet for cooling effect
- **BURNS & SUNBURN** - Apply neat or diluted to burned skin do not apply to open wounds

WILD ORANGE

-UPLIFTING- INVIGORATING- -REPAIRING-

- **INSOMNIA & STRESS** - Diffuse or inhale from cupped hands or take a few drops under tongue at bedtime
- **HEARTBURN & SLUGGISH BOWELS** - Take in a capsule with Ginger
- **COLDS** - Diffuse or apply on bottoms of feet
- **MENOPAUSE** - Apply to abdomen, pulse points, & diffuse
- **DEPRESSION, FEAR, ANXIETY, & IRRITABILITY** - Apply under nose, across forehead, or pulse points. Diffuser or inhale from cupped hands
- **LACK OF ENERGY, CREATIVITY & PRODUCTIVITY** - Take in a capsule, apply under nose or diffuse
- **CONCENTRATION** -Combine with Peppermint and diffuse or inhale from cupped hands
- **DETOX & REGENERATION** - Take in a glass of water or capsule

ROLLER BOTTLE BLENDS

IMMUNE BOOST

Combine these oils in a 5ml or 10ml roller bottle. If you dont have all of the oils omit the ones you don't have.

- OnGuard
- Melaleuca
- Frankincense
- Oregano
- Lemon

For children under 2 omit the Oregano. For Children under 6mo Wild Orange & Frank is the perfect combo. Use drop count per the age of individual you are making the roller for reference p.3 about dilution. Apply to the bottoms of feet and spine hourly for first 24 hours then 3-5x per day

FOCUS & ENERGY

Combine these oils in a 5ml or 10ml roller bottle. If you dont have all of the oils omit the ones you don't have.

- Wild Orange or Lemon
- Frankincense
- Peppermint

Good for all ages dilute to an age appropriate ratio. Apply to the back of the neck and over the chest.

EAR PAIN

Combine these oils in a 5ml or 10ml roller bottle. If you dont have all of the oils omit the ones you don't have.

- Melaleuca
- Lavender
- Basil

Good for all ages dilute to an age appropriate ratio. Apply around the ears and massage into the skin. Do not apply inside the ear canal.

SLEEPY & OR CALM

Combine these oils in a 5ml or 10ml roller bottle. If you dont have all of the oils omit the ones you don't have.

- Balance
- Lavender
- Frankincense
- Wild Orange

Good for all ages dilute to an age appropriate ratio. Apply to the bottoms of feet and over the heart to calm and relax.

SORE MUSCLES & PAIN

Combine these oils in a 5ml or 10ml roller bottle. If you dont have all of the oils omit the ones you don't have.

- Deep Blue
- AromaTouch
- Lavender
- Frankincense

Good for children 2+ so long as they can tolerate the "tingle" from the Deep Blue. Omit and or substitute with AromaTouch for a more mild blend. Apply to muscles, ligaments, or areas or soreness. Apply heat for an intensified effect.

RESPIRATORY SUPPORT

Combine these oils in a 5ml or 10ml roller bottle. If you dont have all of the oils omit the ones you don't have.

- Breathe or Peppermint
- Lemon
- Frankincense

Good for ages 6mo+ apply to the chest, back and bottoms of big toes. Add Breathe to bath water for children or bottom of shower. Add oils to hot mug of water and inhale deeply. For sinus infections add 1 drop of Melaleuca to a NetiPot and rinse sinuses.

ALLERGIES

Combine these oils in a 5ml or 10ml roller bottle. If you dont have all of the oils omit the ones you don't have.

- Lavender
- Lemon
- Peppermint
- Melaleuca

Good for all ages. Apply to the bottoms of the feet and the chest. Take 2 drops each in a capsule for adults. For severe allergic reaction 2 drops lavender under the tongue every 5-10 min until symptoms subside. Adding Breathe to hot bath water helps to decongest children.

DIGESTIVE SUPPORT

Combine these oils in a 5ml or 10ml roller bottle. If you dont have all of the oils omit the ones you don't have.

- DigestZen or Peppermint
- Wild Orange

Good for ages 6mo+ apply to the belly button and stomach area, massage in. If experiencing nausea apply to chest or inhale from bottle. Take DigestZen or Peppermint internally for vomiting, diarrhea, nausea, indigestion, etc

SKIN SOOTHE

Combine these oils in a 5ml or 10ml roller bottle. If you dont have all of the oils omit the ones you don't have.

- Lavender
- Melaleuca
- Frankincense
- Peppermint (optional)

Good for all ages, Apply to rashes, eczema, burns, and skin irritations, Add Peppermint for itch (if needed)

DIFFUSER BLENDS & CARE

Taking care of your essential oil diffuser is important. To extend its life, and ensure that you are making the most of your essential oils be sure to clean it regularly. Regardless of the brand or type of diffuser you have cleaning is relatively the same. Click the image to the right for some cleaning tips from dōTERRA.

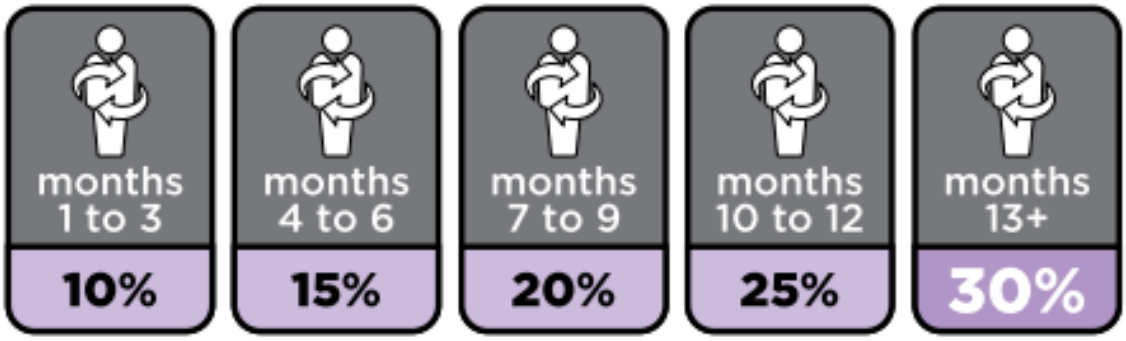
Any of your favorite roller blends can be made into a diffuser blend. For example if you want to diffuse oils for immune support and air purification you can use the combination of oils from the immune support roller on the previous page. Diffusers usually take 6-20 drops of oil depending on the size of the water reservoir. Experiment with drop count to make your diffuser blend the strength that you prefer. When diffusing around babies and pets be sure to leave the door cracked in small bedrooms for air ventilation and to allow pets to leave the area if they choose. For more information about essential oil safety with pets be sure to visit our Facebook Group and check out the pinned welcome post.

dōTERRA diffuser are great quality and all have a warranty period when purchased directly from dōTERRA, However, one of my absolute favorite diffusers is about $25 on Amazon and has so far been an amazing quality diffuser for me. This diffuser covers large living spaces or larger bedrooms and will run for 10-20 hours. The run time and multiple lighting options make it the ideal diffuser for bedrooms at night to diffuse sleepy blends, or to bring oils into larger rooms like kitchens or living rooms. Click the image to the right to be taken to this diffuser on Amazon.

GET REWARDED

DŌTERRA REWARDS PROGRAM

Opt into the **free** dōTERRA **rewards program** to start earning **points back** for your orders. Points can be redeemed for free products of your choosing. One point generally equals one dollar. Once you opt into the rewards program you also get 100% of your shipping costs reimbursed to you in points... so... **FREE** shipping! The longer you stay in the program the higher % back you will earn on your orders. Check out more info below...



Each month you simply log into your dōTERRA account and customize your box with what items you want to receive for the current month. You can save your order once you have it finalized and it will ship to you on your automatic ship date or if you are anxious you can ship it early and the system will automatically skip your "auto ship" date. So easy, and you get MAJOR rewards for using healthy toxin free products in your home and to support your health! Learn more about the different spending options and how to get the most out of the program below. Remember there is no monthly minimum of spending you just have to purchase something (at least one item) to stay in the program.

- **1-49 PV** - Get your shipping reimbursed, stay in the program, and keep and points that you have accrued
- **50+ PV** - Get your shipping reimbursed, stay in the program, keep your points and move up the % scale
- **100+ PV** - If you are sharing dōTERRA this order amount gives you all the same benefits as 50+ PV but also qualifies you to earn commissions
- **125+ PV** - Take advantage of a FREE item every month by ordering 125PV by the 15th of the month. Keep all the same benefits from the lower tiers as well.
- 200+ PV - Some months we have special promos where you can qualify for extra amazing free stuff by ordering 200PV

TAKE ADVANTAGE OF TOOLS & RESOURCES

APPS, BOOKS, & FACEBOOK GROUP

As a member of our amazing team and one of our VIP customers you have access to a HUGE amount of knowledge and info in our VIP Customer Facebook page. If you aren't already added to the group reach out to me so we can get you into our community. Once you are in the group please review the pinned "Welcome Post" at the top of the group as it has a TON of info. If you have a question it's probably answered in that post, so be sure to review it and let us know if you still have questions

Now that you are on your essential oil journey you will want to educate yourself more about the amazing oils you have at your fingertips. It's a good idea to invest in a good resource app or book to help you along your way. Some of my favorite apps are **EoE Books, Modern Essentials, and Essential Life**. I also love the Essential Life books which can be found here: **oillife.com/collections/essential-life-book** I love the notebook sized black spiral bound book. It's the perfect size and has the right amount of content for most oil users.

Be sure to also follow dōTERRA on Facebook, Instagram, Twitter, Pinterest, or whatever other social media outlets you like to use. They post great content and even do giveaways too! You can find tons of additional product info on the doterra website at doterra.com you can also check out more about our plant sourcing protocols and view purity reports for the essential oils you own at sourcetoyou.com

Be sure to get added into our Facebook group for even more welcome info, support, and commonly asked questions. As always feel free to reach out to the person who got you introduced to dōTERRA for help or guidance with any issues you might have.