



dōTERRA® | eBooks

**100 Uses for
Essential Oils**

Introduction

Solve Your Problems with Essential Oils

We face dozens of problems every day. We want to feel our best and help our families do the same.

We worry about health issues, having a clean and safe home, meeting the demands of a busy schedule—the list of worries goes on and on. Many of the problems we face are simply a result of being human. However, we live in an age where we have the power to take control, the power to solve our problems.

Essential oils are more than just another product on the market. Essential oils are problem-solvers. They're natural gifts at our disposal that can help us solve many of the things we worry about on a daily basis.

We can use essential oils to feel our best. We can use them to keep our homes clean and safe from environmental threats.

We can even use them to solve seemingly simple problems like helping children with their bedtime routine. Though you might have a long list of worries, there's an equally long list of essential oils and ways to use them to solve your problems. We don't need to settle for generic solutions—we've been given all the tools we need from Mother Nature. We don't need to give up on our mission to protect our families and keep them strong—we already have the natural solutions we need to care for others.



What makes essential oils so powerful? First, essential oils are extremely versatile. Some people think that essential oils are used merely to make things smell nice or to make a massage more enjoyable. The truth is that essential oils have countless uses for everyday life—many of which you might have never thought of. While some people know essential oils are useful for such things as aromatherapy and purifying the air, others are shocked to learn that essential oils can also be used for cooking, personal hygiene, household cleaning, promoting a restful environment for sleep, and much more.

Not only are a wide variety of essential oils available, but each individual oil also provides a unique set of benefits, making the possibilities for use and application practically limitless. With so many options, you can customize your essential oil usage to fit your personal preferences and daily needs, giving you and your family the solutions you've been looking for.

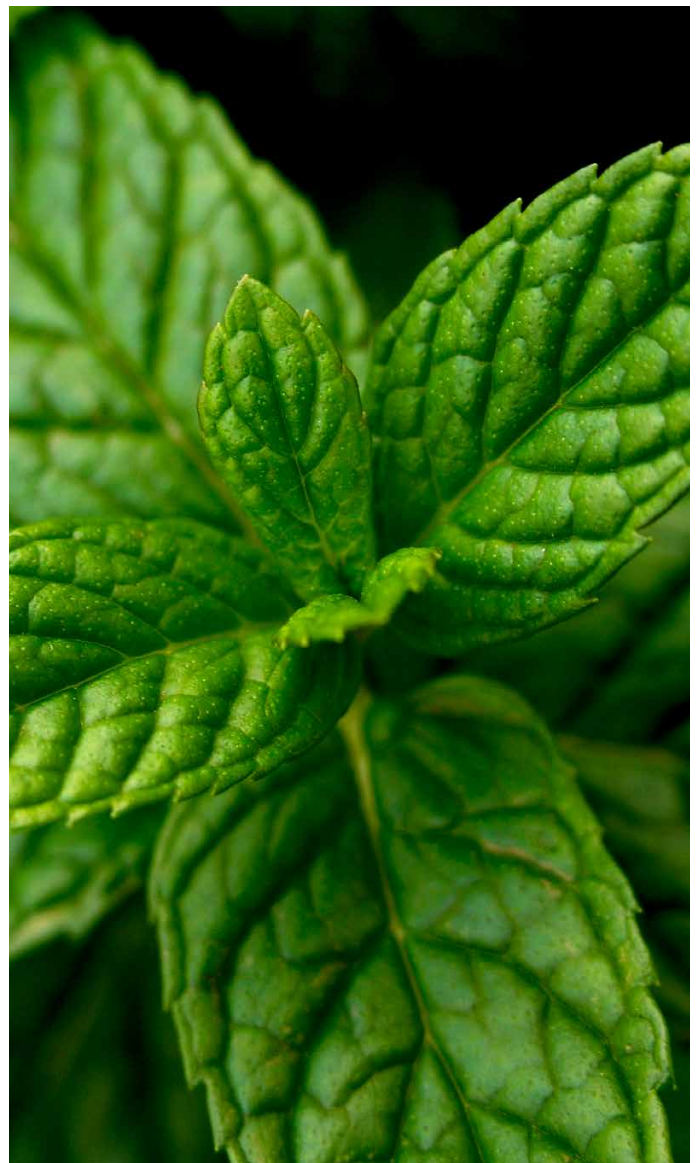
Have you ever used Peppermint essential oil?

Peppermint is a perfect example of how a single essential oil can be used for dozens of tasks. For instance, Peppermint promotes healthy respiratory function and feelings of clear breathing when taken internally.* In addition, ingesting Peppermint oil can also help promote digestive health. When applied to the skin, Peppermint can help naturally repel insects. Adding a drop of Peppermint to your toothbrush can help freshen your breath. Putting a drop of Peppermint in your water or tea will give it a minty flavor, plus provide an easy way to experience the internal benefits we just talked about. Want to add mint flavor to baked goods or other recipes? Peppermint can be used for that too. And when you need a little pick-me-up in the middle of the day, simply placing a drop of Peppermint oil in the hand, rubbing your palms together, and inhaling the energizing aroma will do the trick. We just named seven uses for Peppermint, and that's only the beginning. Peppermint is just one example of a powerful oil—there are hundreds of essential oils at your fingertips that have equally impressive uses and benefits.

Once you understand that high-quality essential oils are useful in our modern day, you're then ready to put their potency and power to the test. The more you learn about what essential oils are, how they work, and how they can be used safely, the more they can become a helpful part of your daily life.

When used properly, essential oils can become, quite literally, an "essential" part of your routine. Whether you care deeply about using natural solutions in the home, want products that will support your efforts in living a healthy lifestyle, or just want a powerful and effective way to support the well-being of your family, essential oils can help to fulfill your needs.

Are you ready to see all that essential oils have in store for you? Keep reading to learn about the wide world of essential oils and all they have to offer, plus 100 ways to use them. And remember, these 100 uses are just the beginning of your journey through the exciting world of essential oils!



Chapter one

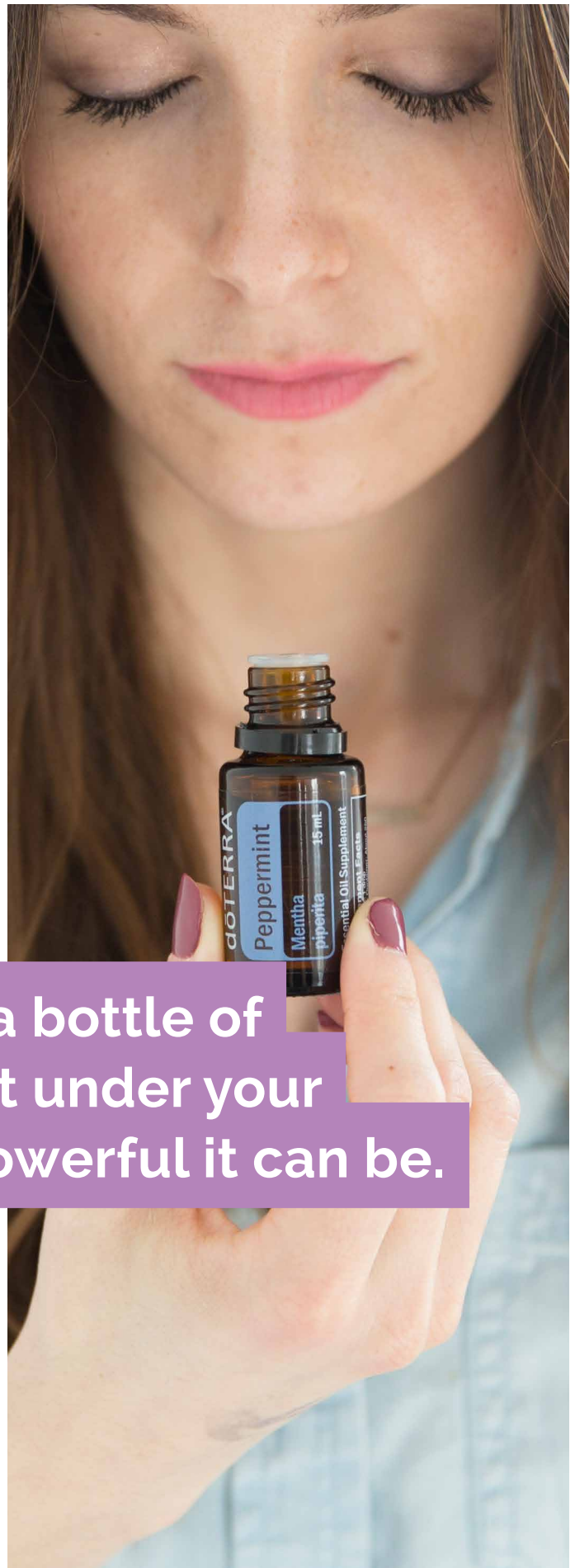
Aromatic Use

Whether you're brand new to essential oils or consider yourself an expert, aromatic application is one of the simplest and most effective application methods available. If you use an essential oil aromatically, that means you experience the aroma of the oil through the air.

Due to the potent, powerful nature of essential oils, you can experience the benefits of aromatic use right away, as the oil disperses through the air quickly and effectively.

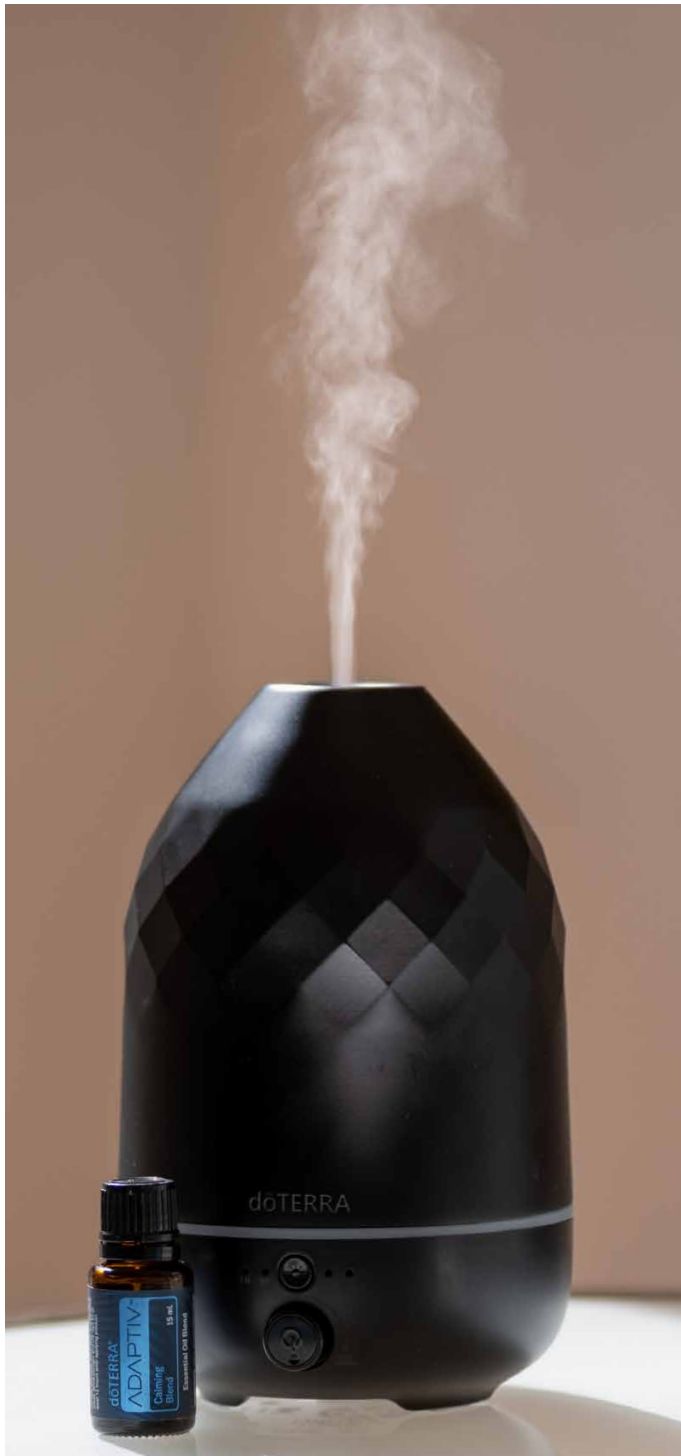
If you've ever opened a bottle of essential oil and held it under your nose, you know how powerful it can be.

Opening a bottle of Douglas Fir essential oil might instantly remind you of camping trips you took in the mountains as a kid. Unscrewing the cap on a bottle of Cinnamon Bark oil might make you think of Christmastime or other favorite holidays. Inhaling the aroma from a bottle of Wild Orange oil might make you think of eating oranges in the summer. When you breathe in the aroma of essential oils, your memories and past experiences come together to create a unique experience that's a little different for everyone.



Diffusing

Not only is aromatic use simple and convenient, but it's also useful for purifying the air and promoting a calm, inviting, or uplifting environment. So, what is the best way to take advantage of the aromatic benefits of essential oils?



Diffusing oils using an essential oil diffuser is perhaps the easiest way to experience essential oils aromatically. Essential oil diffusers can be found in millions of homes around the world. This is because the simple act of adding essential oils to a diffuser and turning it on can transform an entire space. It can make the house feel clean when you're expecting company, help the family wind down at bedtime, promote an energizing atmosphere to enjoy while studying for a test or during your kids' homework time—you get the idea. It seems simple, but this is how essential oils can transform your space, your day—and by extension—your life.

Several models of diffusers are available, and your choice in diffuser will depend on your needs and preferences when it comes to using essential oils. For example, are you hoping to diffuse essential oils over a large area? Do you plan to use your diffuser to purify the air in your home? Do you want a diffuser that's easy to move from room to room? While each essential oil diffuser will provide different features, most can be categorized as either water diffusers or waterless diffusers. Water diffusers use water to disperse essential oils through the air in a fine mist, while waterless models diffuse the oil straight into the air.

No matter what type of diffuser you choose, you'll want to make sure that it preserves the potency of the essential oils. Any diffuser that uses heat or other elements that can change the chemical structure an oil will be less effective.

If you've never used a diffuser before, don't worry, it's easy. Here are a few best practices to keep in mind when diffusing essential oils.

Diffuser Tips



Avoid placing your diffuser in direct sunlight or near a fan. The heat from the sun could alter the chemical structure of your oils, and air blowing from a fan could make your diffusion less effective.



The amount of oil used and duration of diffusion will depend on the size of the room, placement and output of the diffuser, and air turnover in the room. If you're wondering how much oil to use and how long to diffuse for, a good rule of thumb is to start with a small amount and work your way up from there as necessary.



Be sure to clean your diffuser regularly, according to the manufacturer's instructions (this includes a deep cleaning at least once a month) to avoid any oil buildup that could damage the diffuser or make diffusing less effective.



When cleaning your diffuser, try to use natural cleaning agents, like water and vinegar. It's also a good idea to unplug the device before cleaning.

Whether you're using a diffuser to enjoy your favorite essential oils, or finding other creative ways to breathe in the pure aroma of oils, plenty of options exist when it comes to aromatic use. Let's go over the first 10 of our 100 uses for essential oils with 10 ideas for aromatic use.

How to use essential oils aromatically



1



Combine several of your favorite essential oils in a diffuser to create a custom diffuser blend. Use one to three drops of each oil.

2



To promote clean, fresh air in your car, place a few drops of essential oil on a cotton ball and wedge it into the air vents.

3



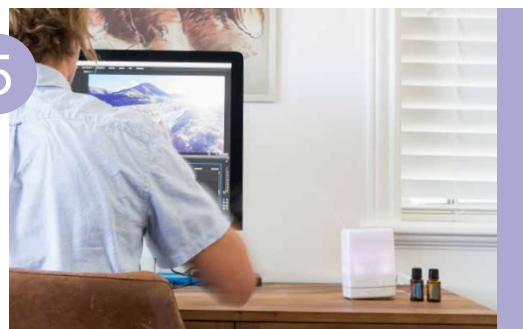
When you want to enjoy the aroma of essential oils throughout the day, combine a few drops of your favorite oil with water in a spray bottle and spritz the mixture on your clothing to keep the scent with you for several hours.

4



To help create a peaceful, relaxing environment for your family before sleep, diffuse essential oils with calming aromas while your children brush their teeth, read bedtime stories, and get ready for bed. Try Clary Sage, Lavender, Melissa, doterra Balance®, or doterra Serenity®.

5



Diffuse essential oils with invigorating and energizing aromas at your work desk during the sluggish afternoon hours. Try Grapefruit, Lemon, Spearmint, Spikenard, Tangerine, or doterra Motivate®.



6

Keep the aroma of essential oils with you while on the go by creating your own aromatherapy jewelry. Placing a few drops of oil on clay beads typically works best.



7

Diffuse during your morning routine to give your day an uplifting, invigorating start. Try Eucalyptus, Wild Orange, Peppermint, Citrus Bliss[®], or Elevation.



8

Place a diffuser nearby for a delightful aroma when you're doing homework or important projects, studying for tests, or working from home. Try Basil, Douglas Fir, Peppermint, or InTune[®].



9

When you're expecting company, diffuse essential oils to produce a fresh and inviting aroma throughout the home. Try Bergamot, Lavender, Lemon, or Purify.



10

Improve the aroma and environment of any space by taking your diffuser with you to hotel rooms, conference rooms, your office, the car, the classroom, or anywhere else that could benefit from the power of essential oils.

Chapter two

Topical Use

While you might think that people only use essential oils topically to help improve the skin, there are actually dozens of other reasons for topical use—including ones you might not have thought of like promoting feelings of clear breathing, targeting areas of tension through massage, and even repelling insects.

Yes, essential oils have incredible benefits for the skin, but topical use stretches beyond a glowing complexion. Once you learn how to topically apply essential oils safely and correctly, you'll be surprised by the far-reaching benefits you'll experience.



Much like aromatic use, topical application of essential oils is a relatively simple method that allows you to experience their benefits both quickly and effectively. One of the greatest benefits of using essential oils topically is that you can target specific areas of the body to achieve a specific desired effect. Additionally, you'll enjoy the aroma of the essential oil for several hours as it absorbs into the skin.

Before we get too deep into how to use essential oils topically, let's discuss a few safety guidelines that will help you to get the most out of your essential oils, while ensuring the protection of your skin.

Safety guidelines for topical use

When applying any type of product to your skin (essential oil or otherwise), it's important to understand how to use the product and be aware of how it may react with your skin or body.

For example, before you use a new moisturizer, facial cleanser, or other topical product, you probably look at the back of the bottle to read the instructions and make sure you're using it correctly. You might even glance at the ingredients to make sure the product doesn't contain anything you know would irritate your skin. You would also probably pay attention to any warnings (such as "Keep product out of eyes") to make sure you don't cause any harm to your body. The same goes for essential oils. Before applying an essential oil topically, consider a few things.

Dilution

One way to ensure the safe use of essential oils—and even prolong the effects of topical use—is through dilution. While some people worry that diluting an oil takes away its potency or power, it actually extends the benefits of the essential oil by increasing absorption into the skin. The best way to dilute an essential oil before topical application is to combine it with a carrier oil like Fractionated Coconut Oil. For dilution, the best ratio is typically 10 drops of a carrier oil to one drop of essential oil.

Know that some essential oils should *always* be diluted before topical application due to their strong chemistry. Remember to always dilute the following oils with a carrier oil before putting them on your skin in order to avoid sensitivity:



Keep in mind, this isn't an exhaustive list, and many oils may need to be diluted based on your personal skin sensitivity. Make sure to read the label cautions prior to using any essential oil product.

Dosage and sensitivity

When you're first starting with topical application, one of the first questions you'll probably have is, **"How much essential oil should I be using?"**



If you're using an essential oil topically for the first time, it's wise to start with the smallest possible dose: one to two drops. It's also best to start with a diluted oil to see how it will react with the skin. From there, you can see how your skin reacts and increase the dose in the future (if necessary). Each person will experience every essential oil a little differently, so if the oil you're currently using isn't delivering the results you were hoping for, you can always apply a different essential oil with a similar chemistry.

Keep in mind that essential oils are extremely potent, so when it comes to topical application, it's best to apply several small doses throughout the day as opposed to a single large dose. Typically, essential oils can be applied topically every four to six hours as needed.

Each person has different sensitivities, skin conditions, preferences, and health concerns, which is why it's possible for essential oils to cause a sensitivity response. Those with sensitive skin may be more likely to develop a sensitivity and should always be cautious when using essential oils topically. It's also important to note that children have far more sensitive skin than adults, so essential oils should always be diluted before applying on children and extra safety precautions should be taken to avoid sensitivity. The best way to ensure safe topical use is to always follow instructions and guidelines for a particular oil and use dilution as a way of protecting the skin and helping absorption.

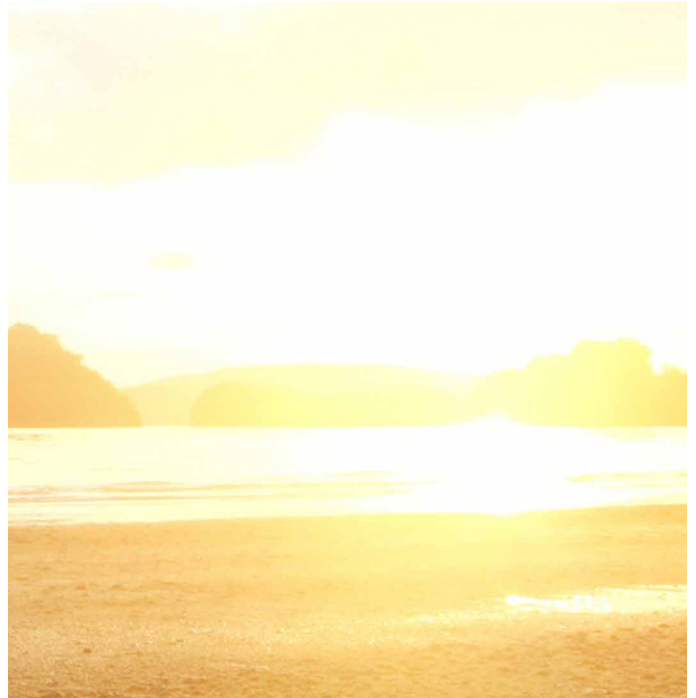
Remember, your skin is delicate. When applying essential oils topically, use the same judgment that you would before putting any other product on your skin.

Start small, adjust the amount of product if necessary, and always be gentle.

Sun sensitivity

It's important to note that some essential oils, particularly citrus oils, can cause sensitivity when exposed to sun or ultraviolet light after topical application. Because citrus oils have photosensitive compounds, exposure to sunlight, UV light, or sunlamps at least 12 hours after application can cause sensitivity for the skin. Essential oils that pose a risk for sun sensitivity will typically include a warning or caution, so be sure to carefully read oil labels before application.

If you plan to spend a day at the beach, play with your kids at the park, or participate in any other outdoor activities where you'll be exposed to the sun, make sure to plan accordingly. Keep in mind that most citrus essential oils cause photosensitivity, but other oils and essential oil blends have been known to pose a risk as well. Reading labels before application will help you avoid issues with photosensitivity.



Essential oils known to cause photosensitivity include:



Keep in mind, this isn't an exhaustive list. Other blends and products can also pose a risk for photosensitivity, so be sure to read the label cautions prior to using any essential oil product on the skin.

So how do you know if you need to make adjustments before applying an essential oil topically?

Every dōTERRA® essential oil approved for topical use includes a skin sensitivity descriptor to help anyone using the oil to understand the best way of applying the oil for safe use. Each product approved for topical use will include one of the following labels:

N

Neat: If something is labeled **Neat**, it means that the essential oil can be applied without any dilution. Oils in this group tend to have a mild chemistry and thus a low risk for sensitivity.

D

Dilute: If something falls under the classification **Dilute**, it should be diluted with a carrier oil every time before topical application. These oils have a stronger, more potent chemistry and can be safely enjoyed after dilution.

S

Sensitive: Oils labeled **Sensitive** should always be diluted before using on young or sensitive skin. Be sure to pay attention to this label if you already know that you have sensitive skin or if you plan to use the oil on a child.

Thankfully, the more you use essential oils, the more you'll understand dilution, what kinds of oils your skin responds best to, and more. Once you're ready to safely apply essential oils topically, here are 10 ideas to get you started:

How to use essential oils topically



11



Use essential oils topically to cleanse the skin or promote a healthy-looking complexion. Try Bergamot, Frankincense, Tea Tree, or any of the HD Clear® skincare products.

12



Apply essential oils like Eucalyptus, Peppermint, or dōTERRA Breathe® topically to the chest to promote feelings of clear breathing and create an invigorating vapor.

13



If you work at a desk all day, target areas of tension by applying soothing oils to the neck, temples, shoulders, or hands.

14



Apply essential oils to the abdomen for a soothing abdominal massage.

15



Rub essential oils that are known for naturally repelling insects on the wrists and ankles before going on a hike. Try Geranium, Lemongrass, or Thyme.

16



Combine essential oils with Fractionated Coconut Oil to give yourself a soothing scalp massage. Oils like Lime, Tea Tree, or Rosemary work well for this.

17



Apply essential oils to the abdomen during your menstrual cycle when you want to create a comforting massage.

18



For occasional skin irritations, apply one to two drops of essential oil to the affected area. Consider using Lavender, Tea Tree, or Correct-X® for this.

19



Add your favorite essential oil (or oils) to unscented lotion and apply to your skin to experience topical benefits.

20



Use doTERRA Spa Lip Balm to help hydrate and soothe your lips throughout the day.

Chapter three

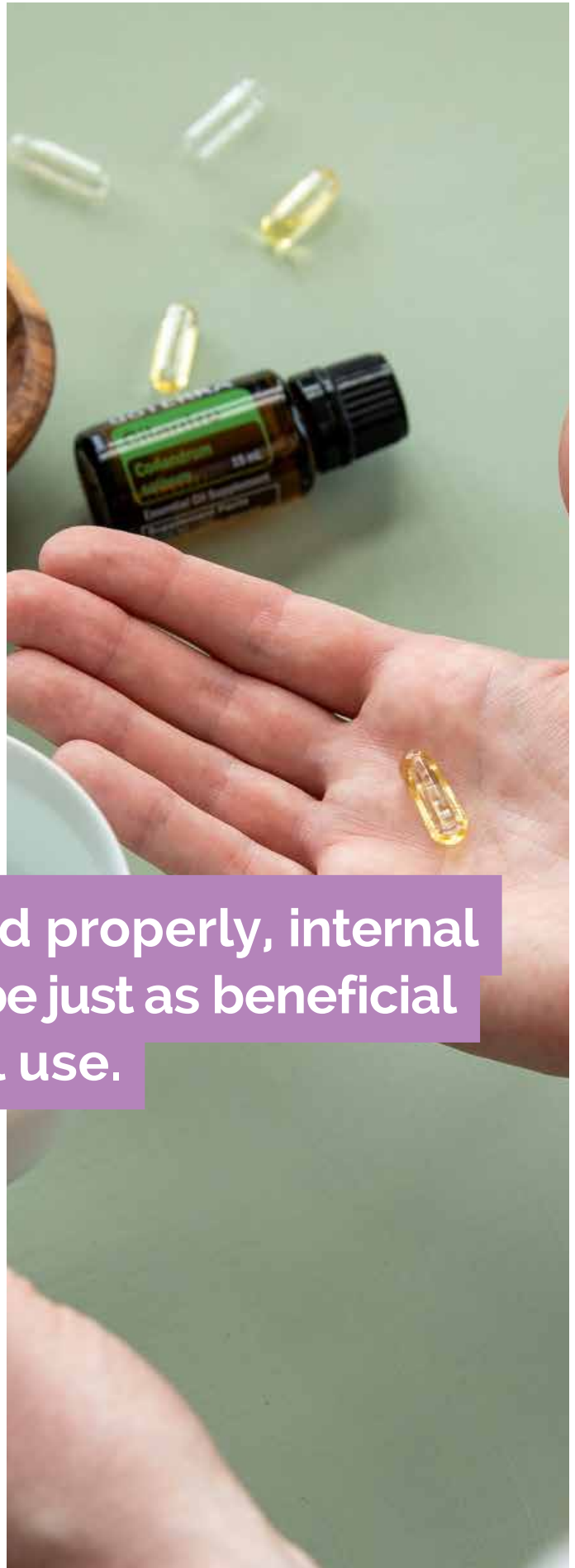
Internal Use

Over the years, there's been much debate over the internal use of essential oils. Just like any other essential oil application method, internal usage can absolutely serve as a safe way to enjoy essential oils when used correctly.

After all, you've probably used vitamins or supplements for their internal benefits. Plus, did you know that small amounts of essential oils can be found in some of the foods we eat? Our bodies are ready to metabolize essential oils—the key is using the correct oils in safe amounts.

When applied safely and properly, internal use of essential oils can be just as beneficial as aromatic and topical use.

In some cases, internal use can provide unique benefits that the other two application methods simply cannot offer. Though some are skeptical about the efficacy of internal use, research supports the potential benefits of consuming essential oils internally. Among many benefits, essential oils can be used internally to support gastrointestinal health, maintain healthy immune function, promote healthy cell function, provide the body with internal cleansing benefits, and more.* In addition to these internal benefits, essential oils can also be used to add flavor to food and beverages, providing a creative way to consume oils for internal benefit.* We'll talk about some of the ways to use essential oils for cooking in the next chapter.



Safety guidelines for internal use

It's important to note that some essential oils are never safe for internal use because of their chemistry. Each dōTERRA® essential oil includes application guidelines, using the symbols A, T, and I, which stand for "Aromatic," "Topical," and "Internal." Any dōTERRA product marked with the

letter I has been deemed safe for internal use. Remember, even if an essential oil is considered safe for internal use, the proper application methods and dosage must be adhered to in order to stay within the realm of safe usage.



Single essential oils that should never be used internally in any amount include:



By always reading the label before using an essential oil product and checking for the "I" symbol, you can be sure you aren't using essential oils that have been deemed inappropriate for internal consumption.

Strong oils

If you're using an essential oil with a strong chemistry, you can simply adjust your application method. Typically, essential oils like Cassia, Cinnamon Bark, Clove, Cumin, Oregano, and Thyme are considered strong oils that should not be placed on the tongue or in the mouth directly.

Remember in the last chapter when we talked about always diluting certain essential oils before applying them to the skin? Well, the same goes for using some of these strong oils internally. To alter the application method, try adding the oil to a veggie capsule and swallowing, or placing one drop of the oil in at least four ounces of liquid. It's also safe to place one to two drops of these oils into recipes in order to disperse the oil before consumption.

Dosage

Before consuming *any* amount of essential oils internally, be sure to consider your health status or any personal health conditions. It may be necessary to speak with your physician first. When you have considered your health needs, keep in mind that an appropriate dose of internal application will be different for each person based on their health status, age, size, and the oil itself.

When you're ready to use essential oils internally, it's best to start with the smallest dose possible—one to two drops. From here, you can increase the number of drops if necessary. Beyond a certain point, increasing the dose will no longer add benefit, and taking too much can be potentially harmful for the body. It is better to take smaller doses and repeat the dose every 4–6 hours as needed.

Lower daily doses are recommended when using an essential oil internally over an extended period of time, rather than isolated accounts.



Here are 10 ideas to help you get started with internal use of essential oils.

How to use essential oils internally



21



Add one or two drops of essential oil to a glass of water or veggie capsule to aid digestion.* Try Black Pepper, Cardamom, Cassia, Cilantro, Coriander, Fennel, Ginger, or DigestZen®.

22



Add essential oils like Cinnamon Bark or Lemon to tea or hot water and drink slowly to soothe the throat.*

23



Take essential oils like DDR Prime® or Pink Pepper internally to help promote cellular health.*

24



Did you know that the internal use of certain essential oils can help support cardiovascular health? Take essential oils and essential oil products like Cardamom, Cassia, Coriander, Ginger, Marjoram, Petitgrain, or xEO Mega® internally to support a healthy cardiovascular system.*

25



When you need immune support, try taking essential oils like Basil, Black Pepper, Cassia, Fennel, Lime, or dōTERRA On Guard® Beadlets internally.*



26

Some essential oils may be taken internally to promote restful sleep.* Try Lavender or dōTERRA Serenity® Restful Complex Softgels.



27

Use essential oils like Lavender or Black Pepper internally to help ease anxious feelings.*



28

Essential oils may be used internally to promote healthy organ function.* Try Juniper Berry or the Zendocrine® Detoxification Blend for this.



29

Some essential oils may provide internal cleansing benefits.* Consider using Celery Seed, Juniper Berry, Tangerine, or Lime.



30

Use essential oils like Basil, Coriander, Lavender, or Bergamot internally to provide soothing comfort to the body.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

Chapter four

Cooking

Whether you're tired of the same old recipes or want to take advantage of the internal benefits essential oils have to offer, cooking with essential oils is a great way to make your meals more flavorful and interesting.

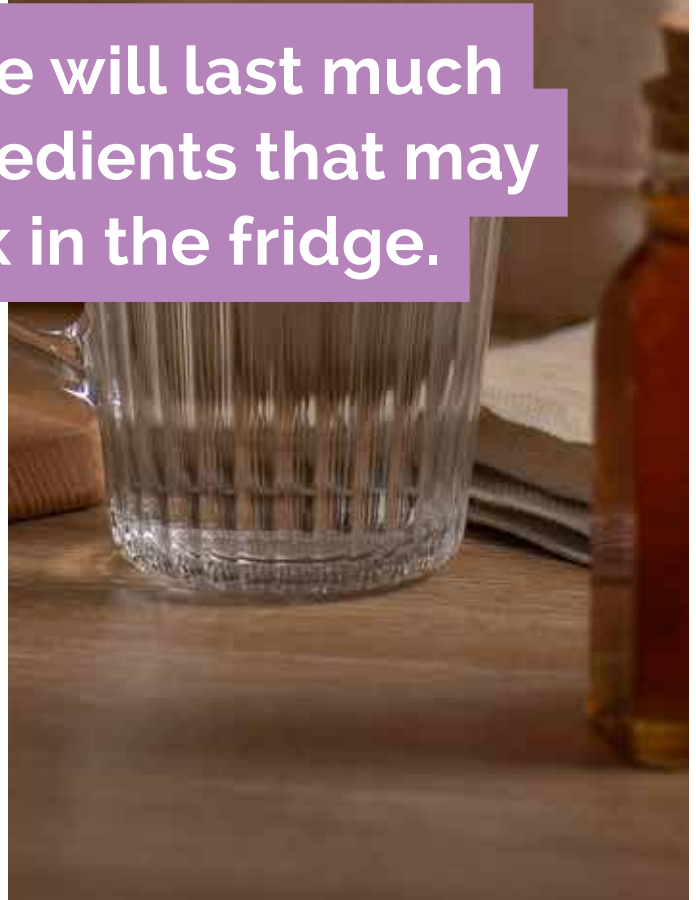
Because essential oils are so potent, it only takes a small amount of essential oil to add powerful flavor to any food or drink. When only one drop (or less) is required to create intense flavor, using essential oils for cooking becomes a smart, cost-effective solution.



Your essential oil bottle will last much longer than other ingredients that may only survive for a week in the fridge.

This also makes essential oils a convenient option for adding flavor to your food. When you realize you're out of lemons or don't have any fresh rosemary for your recipe, all you have to do is go to your essential oil collection for help.

Another benefit of using essential oils for cooking is that when used properly, you can have peace of mind about putting safe, natural ingredients into your food. You already know that many essential oils offer benefits to the body when consumed internally, so adding essential oils to your recipes may help you reap these benefits in a fun, delicious way.



Safety guidelines for cooking with essential oils

Before you begin cooking with essential oils, it's important to know the safety and usage guidelines for each oil. Remember, not all essential oils are approved for internal use, so there are some essential oils you want to avoid putting in your food. See Chapter 3 for a list of single essential oils that shouldn't be used internally—and always remember to read labels carefully before consuming any essential oil.

How do I know how much essential oil to add to my food?

When it comes to measuring essential oils for cooking, you'll want to consider several factors. The amount of oil you add to your food will depend on the particular oil you plan to use; your own taste preferences; whether you plan to substitute the essential oil for raw, fresh, or dried ingredients; the amount of food you're making; and more.

For example, if you're making a large pot of soup, there are some cases where it would be appropriate to add an entire drop of oil. However, if you're using an oil with a particularly strong flavor, one drop could be too much. When making smaller batches of food—like homemade salad dressing, sauces, or dips—using an entire drop of oil could ruin the dish with overpowering flavor. So how do you know how much oil to add when cooking? Here are a few guidelines that can help.



The toothpick method

The best way to determine how much essential oil to add to your food is by starting small. You can start adding essential oils to a recipe using the toothpick method, which is done by placing the tip of a toothpick into the essential oil bottle and then mixing it into the batter, marinade, soup, sauce, or mixture of whatever you're cooking. This is a simple way to add a small amount of oil without the risk of ruining your dish with too much flavor.



Adding one drop

If you're using essential oils with a milder chemistry or cooking a large amount of food, it may be appropriate to use an entire drop of oil. It's a good idea to use an oil dropper or place the oil drop on a spoon first rather than straight in the dish in order to avoid adding too much.



Adding several drops

It's important to know that, when cooking with heat, much of the essential oil can evaporate or bake out. More than one drop of essential oil can be added to food when you're cooking with heat or baking and want to preserve the flavor. Several drops may also be necessary if you're cooking a large batch of food. It might be a good idea to add a drop of oil, do a taste test, and then decide if you need more oil.

Best practices for cooking with essential oils

Cooking with essential oils is easier than you think. When you're ready to start using essential oils in the kitchen, here are a few best practices to keep in mind as you get the hang of it.

- Remember to only cook with essential oils that have been approved for internal use.
- Use stainless steel, ceramic, or glass cookware, as some essential oils can damage certain types of plastic.
- Because essential oils are affected by heat, you can add extra oil to a recipe before baking or boiling. However, in some cases, the flavor can still evaporate or cook out. If possible, add the oil at the end of your cooking to preserve the flavor.
- Remember to start small—only a small amount of oil will be needed for powerful flavor. You can always add more later, but you can't take the flavor out once it has been added.
- Always use the toothpick method when adding essential oils with a strong chemistry such as Cassia, Cinnamon Bark, Clove, Cumin, Thyme, or Oregano. These oils should also be properly diluted when added to beverages.

Now that you understand the basics, let's go over 10 easy ways to use essential oils for cooking.



How to use essential oils for cooking



31



Add flavor to tea, hot chocolate, smoothies, cider, lemonade, and other beverages by mixing in a few drops of essential oil. Citrus, mint, and spice essential oils work best for this.

32



Consider changing up your meat and vegetable recipes by adding essential oils to your marinade. Spice and herb essential oils will work well for this.

33



Infuse a twist of flavor into your baked goods like cookies, cake, bread, scones, pies, and muffins by adding a few drops of essential oils to the dough or batter before baking. Try Cinnamon Bark, Basil, or Lavender.

34



Make your favorite dip or salsa more interesting with essential oils like Cilantro, Basil, or Lemon.

35



Create your own essential oil seasonings by combining essential oils with salt, pepper, and other dry seasonings. You can even make a sweet topping for oatmeal or toast by adding citrus or spice essential oils to sugar.



36

Essential oils can be combined with other ingredients (like olive oil and apple cider vinegar) to make salad dressing for a green salad. You can also add essential oils to vegetable, pasta, or chicken salad for added flavor.



37

Add essential oils to sauces to give your pasta and meat dishes an extra boost of flavor. Herbal essential oils like Rosemary and Basil work best.



38

Place a few drops of essential oil into a glass of water along with slices of fresh fruit (like lemon or lime) or fresh herbs (like basil or rosemary) for a refreshing drink.



39

Give your soup recipe a makeover by adding herbal or spicy essential oils to the soup—but do so near the end of the cooking process so that the flavor doesn't cook out.



40

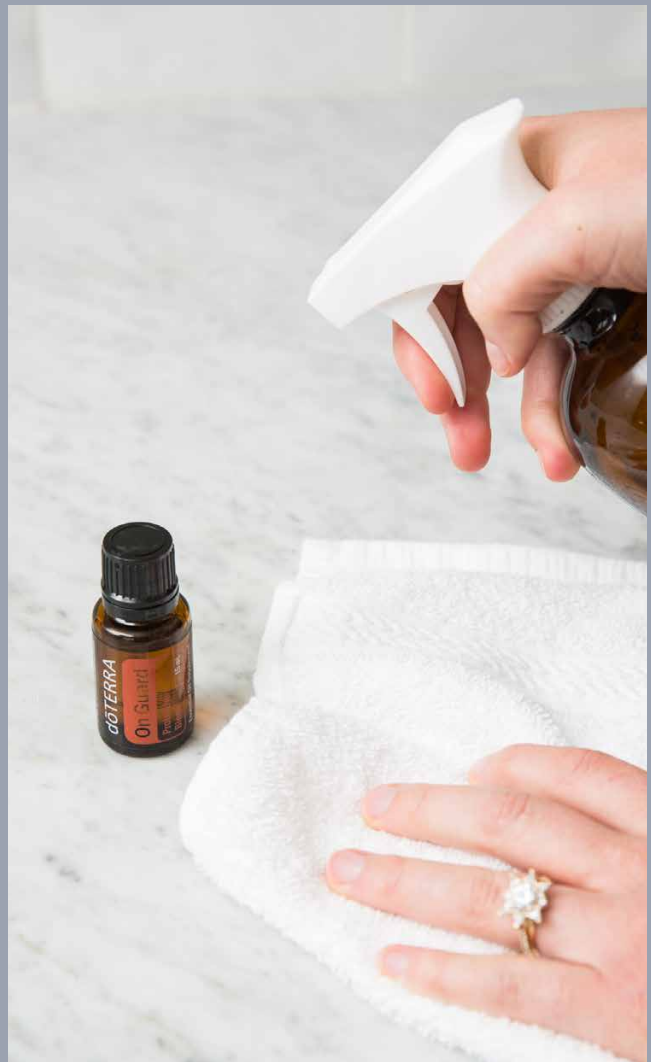
Essential oils can be added to everyday snacks like yogurt, oatmeal, peanut butter, apple sauce, and more. This is especially useful for getting your kids to try essential oils.

Chapter five

Cleaning

Cleaning is an inevitable, unavoidable part of life. Whether you enjoy it or not, a large portion of your routine is dedicated to it. Thankfully, household cleaning can be made easier when you use powerful and effective cleaning agents.

Because they're so potent and contain cleansing properties, essential oils can be useful for cleaning around the home. Not only are they effective, but essential oils also provide a natural alternative to cleaning with products that contain potentially dangerous chemicals. Oftentimes, cleaning agents will claim to be "natural"; however, they may still include synthetic ingredients.



Many people enjoy using essential oils for cleaning because it gives them peace of mind, knowing they're using safe, natural products around their family. In addition to providing an option for natural cleaning, essential oils are also extremely versatile—a single essential oil can be used to clean several areas of the home.

Lastly, one of the greatest benefits of cleaning with essential oils is their lovely aromas that are left behind after cleaning, instead of the pungent chemical smell that tends to hang around after using commercial cleansers. Not only will your home look and feel clean, but you'll get to enjoy the fresh, inviting scents of essential oils for hours after cleaning.

How does it work?

Some may wonder, "How do I know essential oils are useful cleaning agents?" The answer lies in the science behind essential oils. Each essential oil has its own unique set of chemical components that give the oil specific benefits. For example, Lemon oil contains the chemical component limonene, which is a cleansing property that makes it useful for household cleaning.

By using essential oils with chemical constituents that are known to be cleansing, you can harness the power of essential oils to help keep any space clean. When it comes to cleaning the house, finding essential oils with surface-cleansing benefits can keep your space looking, feeling, and smelling clean.

Best practices for cleaning with essential oils

Before you get started on the chore list, let's go over a few guidelines for safely and effectively cleaning with essential oils:

- A little oil goes a long way, so it's best to start with a single drop of oil.
- The amount of oil you need will depend on the type of cleaning you plan to do. Use less oil for simple jobs like cleansing surfaces and more oil for stains, scrubbing, or sticky and greasy messes.
- Test a small area before cleaning with essential oils to see how the oil reacts with the surface type: wood, fabric, granite, and so on.
- As you would with store-bought cleaning products, practice responsible storage and keep oils or homemade essential oil cleaning agents out of reach of children.
- When using homemade essential oil cleaning agents, always shake well before using to mix the oil with other ingredients, as the oil will probably separate after sitting in the cabinet for a while.

Ready to add a little sparkle to your space? Here are 10 ideas for using essential oils for cleaning.



How to use essential oils for cleaning



41



Diffuse essential oils with cleansing properties to help dispel unwanted odors and cleanse the air in your home. Lemon, Lime, or Purify are great choices for this.

42



Create an all-purpose cleansing spray by combining a cup of warm water, a cup of white vinegar, and 20–25 drops of essential oil in a spray bottle. Shake the mixture well and spray on countertops, wood, glass, stainless steel, or porcelain.

43



When you're getting ready to do laundry, add a few drops of essential oils to the rinse cycle, or place several drops on a dryer sheet to add a clean, fresh scent to your next load.

44



Make your own wood polish by combining $\frac{1}{4}$ cup of olive oil, $\frac{1}{4}$ cup of vinegar, and 10 drops of essential oil like Wild Orange, Arborvitae, or Lemon to a glass spray bottle. Apply the mixture to a microfiber cloth and wipe wood surfaces clean.

45



Clean your toilets more efficiently by combining $\frac{1}{2}$ cup of baking soda, $\frac{1}{4}$ cup of white vinegar, and 10 drops of essential oil directly into the toilet bowl and scrubbing it clean. Try using Tea Tree for this.



46

For an effective glass cleaner, combine 1½ cups of white vinegar, ½ cup of distilled water, and 8 drops of a citrus essential oil in a spray bottle.



47

Use essential oils, warm water, and a rag to get rid of sticky or greasy residue on surfaces or your hands. Citrus essential oils such as Lemon work best for this.



48

Refresh your furniture and linens by combining two cups of distilled water, two tablespoons of rubbing alcohol, and 15 drops of essential oil in a spray bottle. Spritz the combination over furniture, on your bedding, in the linen closet, in your children's rooms, or in the car.



49

To keep your garbage can from smelling up the entire kitchen, place a few drops of an essential oil on a dryer sheet or paper towel and place it at the bottom of the can to provide a refreshing scent



50

When you're in a hurry, add a small dab of a cleansing essential oil to a damp cloth and wipe down surfaces in the kitchen or bathroom.

Chapter six

Wellness

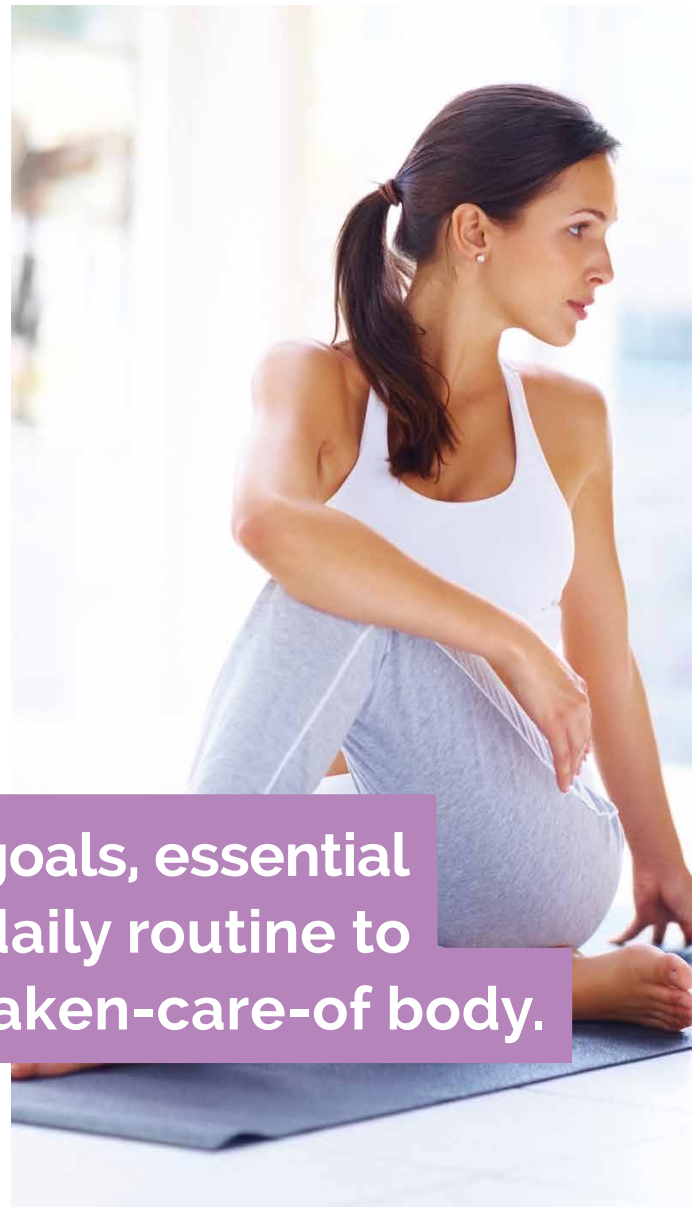
Whether you consider yourself to be a health and wellness guru, or you just do your best to eat a little better or exercise a bit more, essential oils can be useful for promoting a vibrant life.

As a natural product, essential oils can be a great way to care for the body when used properly. You'll probably find that—when combined with other healthy habits like eating right, exercising often, and getting enough rest—essential oils provide an effective way of promoting wellness.

We touched briefly on some of the benefits that essential oils offer the body when we discussed internal usage in Chapter 3, but this is really only the beginning of the possibilities. When used for their intended purposes, essential oils have the potential to promote healthy digestion, protect against seasonal or environmental threats, support healthy immune function, provide antioxidant support, and more.* As mentioned earlier, the particular benefits an essential oil offers will depend heavily on its unique chemical makeup. Each essential oil has its own set of benefits; however, as you start to use essential oils more frequently, you'll come to realize that a wide variety of oils can promote health and wellness.

That's the beauty of essential oils—they're versatile enough to offer benefits to those working toward weight loss goals, people looking for digestive benefits, those hoping to boost their immune system, and others looking for a variety of benefits that contribute to a healthy lifestyle.* Essential oils aren't designed to be a quick fix or a cure-all; rather, they're meant to be combined with healthy choices and activities that contribute to a healthy body overall. As you use essential oils to promote wellness, think about other healthy habits you can adopt that will help to enhance your entire life—this will make your use of essential oils even more powerful!

Let's talk about 10 ways to incorporate essential oils into a healthy lifestyle.



No matter your wellness goals, essential oils can be used in your daily routine to promote a happy, well-taken-care-of body.

How to use essential oils for wellness



51



Essential oils with cooling or soothing properties can be used topically to promote clear airways and easy breathing. Try Eucalyptus, Tea Tree, Peppermint, or any of the dōTERRA Breathe® products.

52



You'll remember from Chapter 3 (about internal use) that certain essential oils can be used to help maintain a healthy immune system and provide immune support.* When you aren't feeling your best or could use a little boost, try using Cinnamon Bark, Clove, Lime, Myrrh, Petitgrain, Wild Orange, or dōTERRA On Guard® products approved for internal use.

53



Toxins, processed foods, changes in environment, and even stress can lead to digestive issues. Some essential oils can be taken internally to help promote healthy digestion.* For these digestive benefits, try using Black Pepper, Cardamom, Coriander, Fennel, Ginger, Oregano, DigestTab®, or DigestZen®.*

54



Some essential oils can be used to protect against environmental and seasonal threats.* Try using dōTERRA TriEase® Softgels or dōTERRA On Guard® products.

55



Many essential oils provide antioxidant benefits and offer antioxidant protection.* Consider using Black Pepper, Cassia, Clove, Ginger, Wild Orange, Microplex VMz®, or dōTERRA azz Chewables™.



56

Essential oils or related products like Basil, Clary Sage, Clove, Coriander, Frankincense, Helichrysum, Juniper Berry, Petitgrain, or xEO Mega® can be used internally to calm and support the nervous system.*



57

The dōTERRA Lifelong Vitality Pack® contains essential oils and provides the body with nutrients, metabolism benefits, and antioxidants, while also helping to promote energy and health.* Add LLV to your daily routine to promote vitality and feel your best.



58

You'll also remember from Chapter 3 that some essential oils may help to support a healthy cardiovascular system.* For these benefits, consider using Bergamot, Cardamom, Coriander, Helichrysum, Marjoram, Oregano, Petitgrain, Thyme, or xEO Mega® internally.



59

When used properly, some essential oils can help reduce gas and occasional indigestion.* Try Ginger, Peppermint, DigestTab®, or DigestZen® for this.



60

Some essential oils may help to support healthy lungs and respiratory system function.* Try Black Pepper, Coriander, Lime, and dōTERRA On Guard® products for these benefits.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

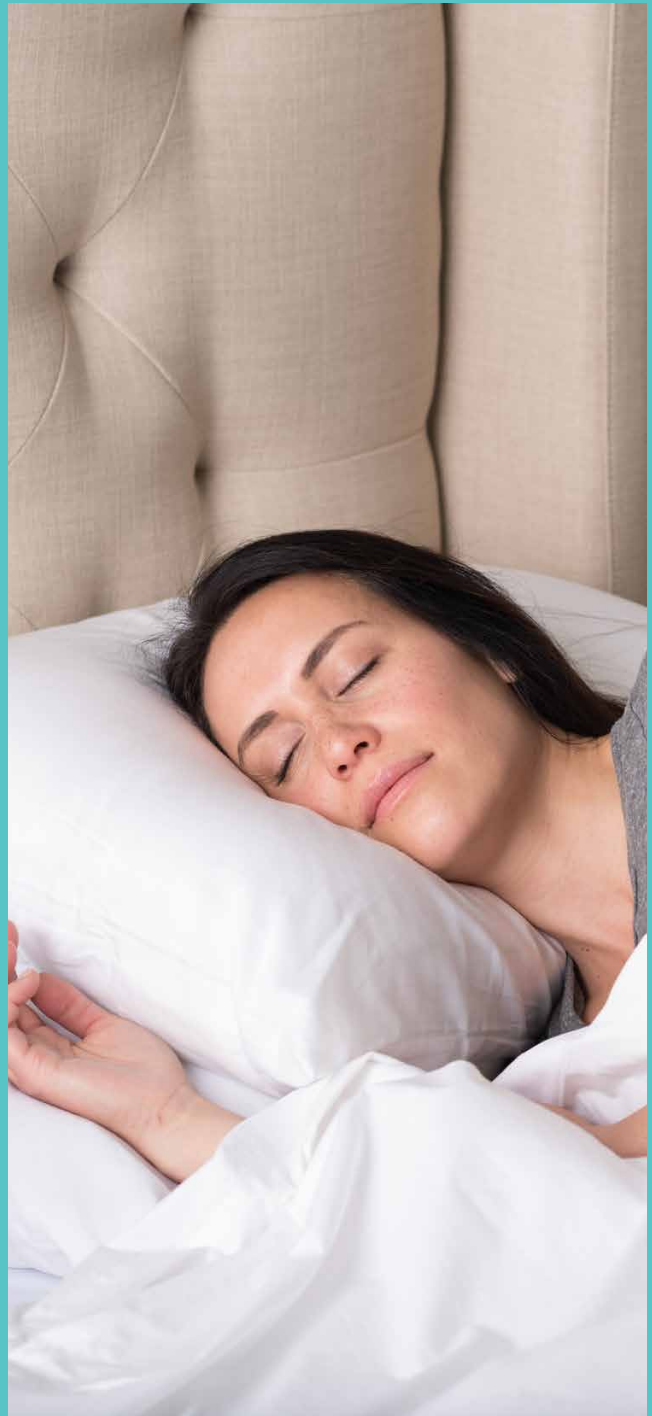
Chapter seven

Sleep

One of the most underrated aspects of good health is good sleep. Whether you struggle to fall asleep at night, find yourself staying up too late, or just feel too distracted to doze off, a lack of quality sleep can have a major impact on how you feel and function from day to day.

Without sleep, we deprive our brain and body from the rest needed to recuperate and restore for the next day. Over time, consistently missing out on sleep can influence the body's organ systems and overall health, impede learning, prevent weight loss, and negatively impact emotions or behaviors.

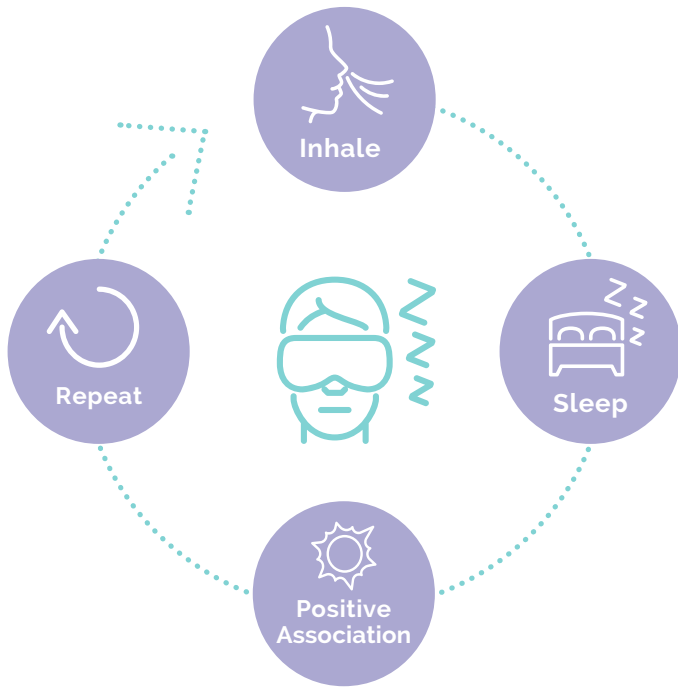
Dozens of products on the market claim to help promote sleep; however, while a sleep-promoting method may work well for one person, it may not work at all for another. With such a wide variety of essential oils at your disposal—and many oils that help to promote a restful environment—you can tailor your essential oil usage to fit your needs when it comes to getting a better night of sleep. The good news is, among the products people use to promote better sleep, essential oils provide a safe, natural solution for promoting a restful environment.



How does it work?

You may be wondering, "How can essential oils help me at nighttime?" Just as essential oils contain chemical properties useful for cleansing, aiding in digestion,* improving the skin, and so on, there are many essential oils that contain chemical constituents known to be calming and soothing. By using essential oils with calming, soothing, or relaxing aromas, you can create a restful bedtime environment.

Not only will calming essential oils help you to create a relaxing environment that is favorable for sleep, but once you find essential oils that work well for you, it's easier to use them as part of your regular routine to promote good sleep when you need it.



Here's how it works:

Step 1: Inhale. Breathing in an essential oil with a calming aroma can create a soothing experience.

Step 2: Sleep. This essential oil can be used as part of a nightly routine before you go to bed.

Step 3: Positive Association. Once you've experienced a successful night of sleep, the aroma of that particular essential oil creates a positive association within the brain.

Step 4: Repeat. The next time you use this essential oil at night, the brain will make the same positive association, allowing you to use the oil as part of your bedtime routine.

Which essential oils have relaxing aromas?

When you're ready to use essential oils to help promote a restful environment, the following oils—with their soothing and calming aromas—will be a useful part of your nighttime routine:



Ready to see the power of essential oils in action? Consider some of these usage suggestions when you're trying to create an environment that promotes a restful night of sleep.

How to use essential oils for sleep



61



Create a custom essential oil diffuser blend to create an environment that's conducive for sleep by combining your favorite calming essential oils in your diffuser and placing in the bedroom at bedtime.

62



Rub a relaxing essential oil on the bottoms of the feet before bed. This is a great way to help prepare children for bedtime—just be sure to dilute the oil before applying it to a child's feet.

63



Add essential oils to a warm bath before going to bed to create a relaxing, renewing experience and prepare you for rest.

64



Combine calming essential oils with a few ounces of water in a spray bottle and mist over your pillows and bedding, allowing you to inhale their aroma before going to bed.

65



Place a few drops of essential oil on the outside fabric of a heating pad or neck wrap to experience the aroma of calming oils, while also simultaneously relaxing the body before bed.

66



If you shower at night, try adding an essential oil with a calming aroma to your conditioner or body wash. When you get out of the shower and go to bed, you'll still smell the oil as you go to sleep. Try using Clary Sage, Lavender, Ylang Ylang, or the dōTERRA Serenity® Bath Bar for this.

67



Add a few drops of essential oils to a noncaffeinated cup of tea to help soothe the body before going to bed.* Try Bergamot or Roman Chamomile.

68



Place a few drops of a calming essential oil in your hand, rub the palms together, and massage your neck and temples to help create a relaxing atmosphere before going to bed.

69



Some essential oils can be used internally to help promote peaceful sleep.* Try using Lavender or dōTERRA Serenity® Restful Complex Softgels for this.

70



Combine essential oil use with other practices like exercise, healthy eating, avoiding stimulants, proper bedding, and no digital screens at bedtime to help improve your chances of getting quality sleep.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

Chapter eight

Hygiene and Personal Care

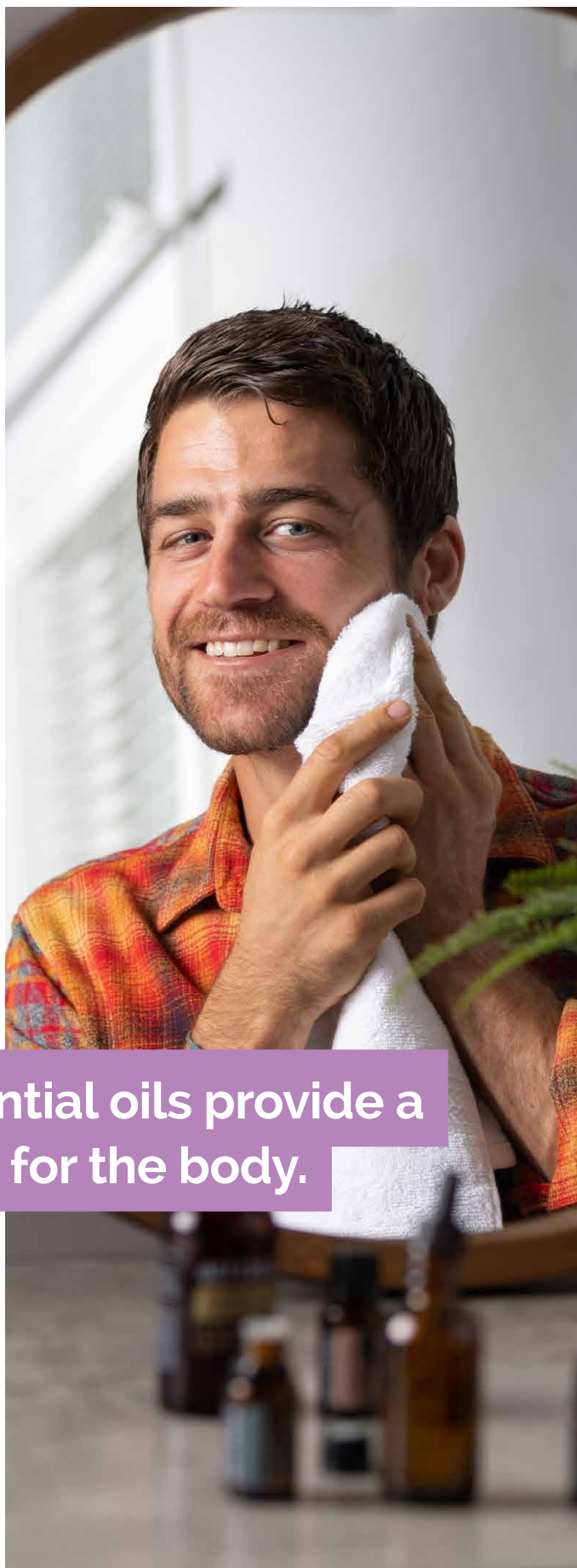
If you open your bathroom cabinet, glance around your bedroom, or look in your personal hygiene bag, you'll probably notice quite a few products designed for topical application.

Many of us rely on the daily use of moisturizers, cleansers, lotions, ointments, toothpastes, and more. Why? Because as we age and as we go about daily routines, everything—from our hair to our skin, and even down to our fingernails and teeth and gums—must be properly cared for if we want to stay healthy. It can take a lot of products to keep skin, hair, teeth, and the rest of the body well-maintained.

As you might have guessed, this is another area where essential oils can come in handy. In fact, did you know that plenty of essential oils are commonly used in cosmetic products like perfumes, toothpastes and mouthwashes, lotions, skincare products, and more? Not only do essential oils lend their lovely scents to cosmetics, but they also have powerful benefits that make them useful for personal care.

When used properly, essential oils provide a safe, nontoxic way to care for the body.

Essential oils are natural and potent—plus, they can also offer cleansing properties that are useful for personal hygiene. While countless products are available to help with personal care routines, essential oils provide many benefits that aren't available in other products. Because they come from natural sources, essential oils don't contain harmful chemicals like many other products on the market, making them safe for you and your family when applied properly.



In addition to being natural and free from potentially dangerous chemicals, essential oils are also more cost-effective over time because they last longer than other products. Due to their powerful and potent nature, only a small amount is needed when used for personal care. Because it's possible to get so much use out of a single drop, essential oils will last much longer than many other hygiene products.

Lastly, we know essential oils are versatile and easy to use for a variety of tasks. This makes them more desirable than other personal care products, because a single oil may have several applications for your hygiene routine. For example, Lavender essential oil can be combined with your daily moisturizer to help soothe the skin and occasional skin irritations. You can also apply Lavender after shaving to help soothe the skin and avoid sensitivity. Lavender can even be added to your conditioner to soothe your strands and provide a lovely aroma.

Not only will you have a lot of options when it comes to using essential oils in your personal care routine, but you can also tailor your essential oil experience to fit your preferences or needs.

Essential oils with benefits for personal care

So, if you want to incorporate essential oils into your daily hygiene routine, where is the best place to start? In Chapter 2, we discussed the benefits of essential oils for the skin. Lavender, Tea Tree, Jasmine, Melissa, Helichrysum, and Sandalwood are just a few oils that can be used to soothe your skin and promote a healthy complexion. Outside of skincare, several essential oils have impressive benefits for hair. You can incorporate essential oils like Ylang Ylang, Rosemary, Geranium, or Tea Tree into your haircare routine to help bring a little extra life to your locks. Lastly, some essential oils offer powerful benefits for the gums, teeth, and mouth. Clove, Peppermint, and Spearmint oils are useful for oral hygiene. Just remember to dilute stronger oils like Clove with water or toothpaste before putting them on the tongue or mouth.

As we continue with our 100 uses for essential oils, let's discuss 10 ways you can use essential oils in your personal hygiene routine.



How to use essential oils for personal care



71



For a clean, healthy-looking complexion, apply essential oils to the face by diluting the oils in lotion, toner, moisturizer, facial cleanser, or a carrier oil.

72



Add a few drops of essential oil to your shampoo and conditioner to promote a clean scalp and healthy-looking hair. You can also try using any of the products in the dōTERRA Salon Essentials® line.

73



For a clean mouth and fresh breath, add a drop of essential oil to your toothbrush before brushing. Try using Cinnamon Bark, Clove, Lime, Peppermint, or even dōTERRA On Guard® Whitening Toothpaste.

74



For a relaxing and rejuvenating experience, place a few drops of cleansing or refreshing essential oil on the floor of the shower before getting in, or you can mix the oil into Epsom salts before taking a bath.

75



Soothe the skin by applying essential oils, diluted with Fractionated Coconut oil, directly after shaving to avoid sensitivity and irritation. Try using Lavender, Myrrh, or Sandalwood.



76

Apply essential oils like Frankincense or Tea Tree to the fingernails and toenails around the cuticles after showering to keep them looking clean and healthy.



77

Make your own essential oil perfume by combining your favorite scents and applying the blend to the neck, wrists, or clothing before going out for the day. You can also use dōTERRA Natural Deodorant to keep yourself smelling fresh.



78

Create your own essential oil mouthwash by combining a few drops of essential oil with two ounces of water and gargling for 15 to 30 seconds. Cinnamon Bark, Tea Tree, or Spearmint work well for this, or you can try the dōTERRA On Guard Mouthwash.



79

Use facial products infused with essential oils to help reduce the appearance of blemishes and promote a healthy complexion. Consider Correct-X®, dōTERRA Essential Skin Care products, HD Clear® products, or Verage® products.



80

Enjoy a spa experience at home by using essential oils to make your own soap, body scrub, or facial masks. You can also use any of the dōTERRA SPA products for a luxurious DIY spa night.

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Chapter nine

Fitness

Do you love the feeling of completing the last few blocks of a long run? Or maybe your favorite part of the day is a morning yoga session?

Maybe you get your cardio in by chasing little ones around the house all day. No matter what kind of physical activity you prefer, exercise is essential for a healthy lifestyle.

At this point in our journey through this book, we've demonstrated how versatile essential oils are and how many tasks they can be used for. This is no different when it comes to exercise.

Whether you enjoy lifting weights, running long distances, or taking bike rides with your kids, plenty of essential oils can help make your workout more pleasant and effective.

How does it work?

How do essential oils improve a workout? Essential oils have a wide variety of applications when it comes to physical fitness and can be used during the warmup, workout, and cooldown stages of your routine.

While you'll find many aromatic, topical, and internal applications for essential oils during physical activity, one of the main ways essential oils help with fitness is by providing the body with soothing comfort.

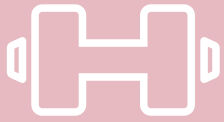
Many essential oils contain soothing properties that help the body by producing a warming or cooling sensation when applied to the skin. These oils don't actually change the body's temperature, but the warming or cooling sensation they provide can help soothe the area before, during, or after a workout.

In addition to utilizing the warming and cooling benefits of essential oils during a workout, essential oils with other chemical properties can be a useful part of any fitness routine. For example, essential oils like Bergamot, Spearmint, and Wild Orange have uplifting and energizing properties that may help you get ready for a tough workout or create an energizing or encouraging atmosphere throughout your exercise routine. You can also use essential oils like Eucalyptus, Peppermint, or Tea Tree to help promote clear, deep breathing during your workout. Once your workout is over, you can use essential oils like Blue Tansy or Wintergreen to massage the muscles as you prepare for rest and recovery.

No matter what type of workout you prefer, a wide range of essential oils are available to help improve your personal exercise routine.



How to use essential oils for fitness



81



Apply essential oils with properties that promote clear breathing to the neck and chest before a workout to create an invigorating vapor, as well as promote feelings of open airways. dōTERRA Breathe® essential oil products work well for this.

82



Diffuse essential oils with energizing and invigorating aromas during your workout to create a motivating atmosphere as you push through your workout.

83



If you struggle to stay hydrated before or after working out, try adding essential oils to your water for more flavor.

84



Rub essential oils with warming or cooling properties to areas like the legs, feet, back, neck, arms and shoulders after a workout. Deep Blue® Soothing Blend and Deep Blue Rub are perfect for this.

85



Consider using specially formulated essential oil supplements to improve your overall wellness when working toward specific fitness goals.* Try the dōTERRA Lifelong Vitality Pack® and other dōTERRA specialized supplements.



86

Some essential oils contain properties that can be useful for weight management, because they may help curb cravings, promote a healthy metabolism, and aid in digestion.* Try using Cinnamon Bark, Fennel, Grapefruit, Lime, or any of the Slim & Sassy® products.



87

After a particularly difficult workout, consider adding soothing essential oils to a warm bath to help your body recuperate. If you don't have time for a bath, simply soak your feet with water and soothing essential oils.



88

Before or after high-impact exercise like running, consider massaging essential oils like Cinnamon Bark, Ginger, or Frankincense into the skin.



89

If you use massage therapy as part of your cooldown or post-workout recovery, apply relaxing or soothing essential oils to help soothe the muscles and prepare the body for rest.



90

Apply essential oils with warming properties to the skin during your warmup to help any areas that need attention.

Chapter ten

Mood Management

Emotions are an inescapable part of being human—we have no choice but to deal with the dozens of emotions that bombard us every day. Because we all experience emotions a little differently, there are many methods for managing emotions.

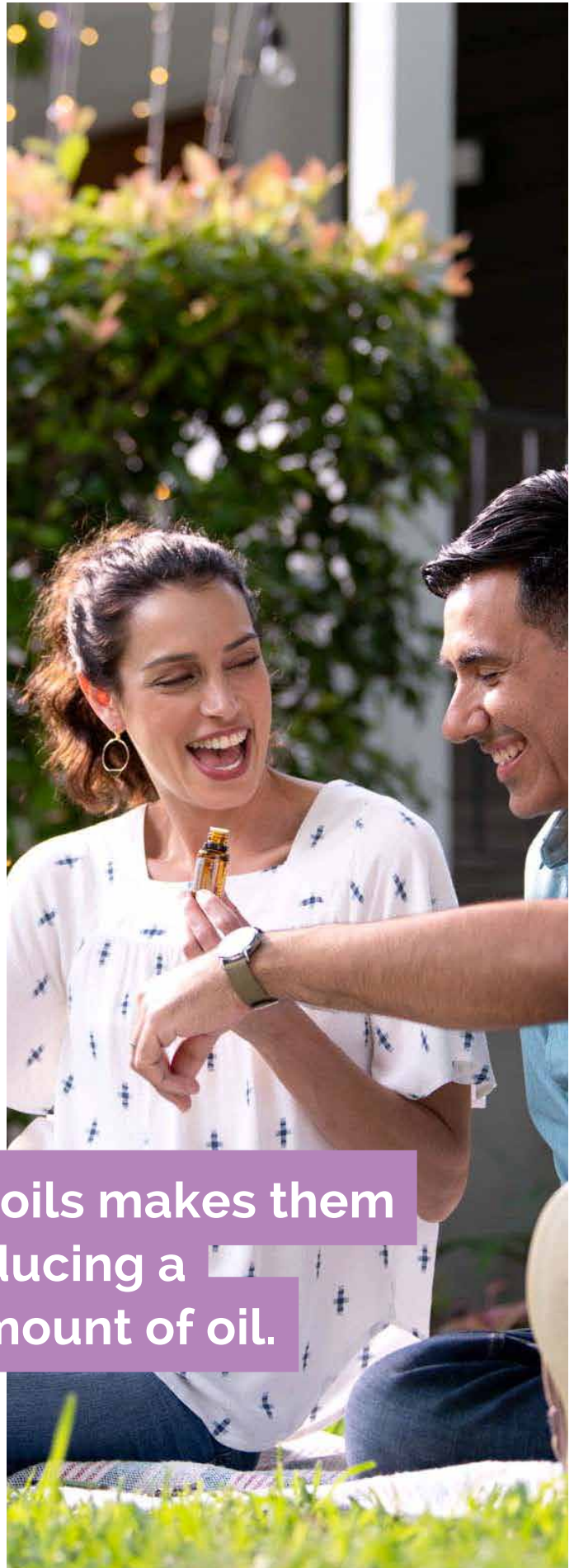
The uplifting, calming, grounding, soothing, and harmonizing aromas of essential oils make them a viable tool for creating a tranquil space when we need it.

One of the most appealing parts of using essential oils for transforming your environment that is they provide a safe, natural solution for coping with daily life. Many of the mood-altering methods available today may be questionable and even unsafe; however, essential oils come from natural sources, thus providing a natural way to change the atmosphere around you.

In addition to being safe and natural, essential oils also typically generate quick responses.

The potency of essential oils makes them extremely useful for producing a response from a small amount of oil.

With such power and versatility, essential oils can easily be combined with other practices for emotional benefit. For example, combining aromatherapy with activities such as massage, meditation, or even exercise can help you customize your essential oil experience and deal with emotions in a healthy way.



How does it work?

Another major benefit of aromatic usage is that essential oils can purify the air. By using oils with purifying properties, you can dispel unwanted odors and replace them with pure, pleasant aromas. Many of the air-purifying products on the market—like candles or air fresheners—contain toxins and synthetic chemicals, which makes using essential oils even more desirable. If you use high-quality oils that are free from contaminants and fillers, they provide a safe, natural way to purify the air in any room, avoiding having to inhale harmful toxins. Essential oils like Tea Tree, Lemon, and Eucalyptus are particularly known for their cleansing and purifying properties.

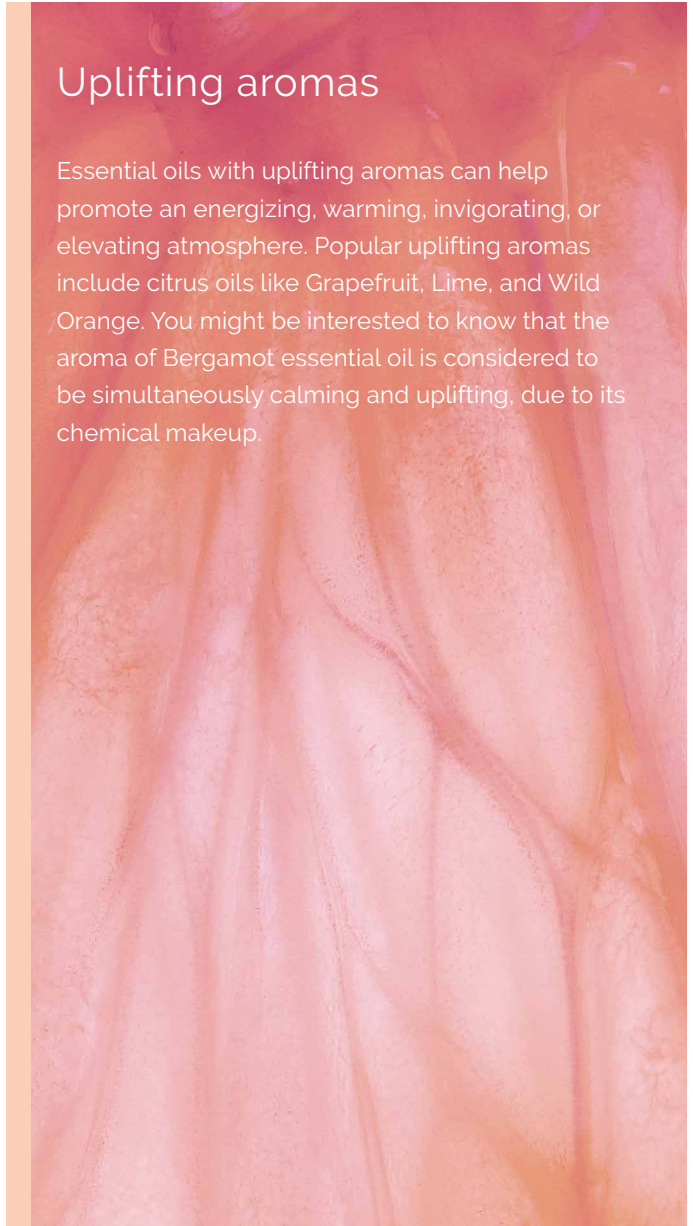
Calming aromas

Essential oils with calming aromas can be used to produce a soothing, grounding, or rejuvenating environment. Some of the most popular essential oils with calming aromas are Lavender, Frankincense, Ylang Ylang, Bergamot, Jasmine, and Roman Chamomile.



Uplifting aromas

Essential oils with uplifting aromas can help promote an energizing, warming, invigorating, or elevating atmosphere. Popular uplifting aromas include citrus oils like Grapefruit, Lime, and Wild Orange. You might be interested to know that the aroma of Bergamot essential oil is considered to be simultaneously calming and uplifting, due to its chemical makeup.



When you're ready to change your environment with the powerful aroma of essential oils, try a few of the following suggestions.

How to use essential oils for mood management



91



When stress levels or tensions are high, or when you want to promote an uplifting, positive atmosphere, place calming or uplifting essential oils in a nearby diffuser.

92



Diffuse essential oils during your daily meditation or yoga practice to help center and set your purpose for the day.

93



When you don't have an essential oil diffuser nearby, place a few drops of an essential oil with a calming or uplifting aroma in your hands, rub the palms together, cup the hands over the nose, and inhale deeply to turn your day around.

94



Use doTERRA Motivate® to help create an atmosphere of confidence, courage, and belief.

95



Use doTERRA Passion® to create an exciting, joyful environment.



96

If you're struggling with feelings of anger and guilt, use dōTERRA Forgive® to promote an atmosphere of contentment, relief, and patience.



97

Use dōTERRA Peace® as a positive reminder to slow down and reconnect.



98

dōTERRA Console® is a great companion for promoting an atmosphere of comfort and hope.



99

Use dōTERRA Cheer® to create an environment of optimism and happiness.



100

Massage oils with uplifting aromas into the temples in the morning to invigorate and prepare you for the day. You can also try massaging oils with calming aromas into the feet after a long day.

Conclusion

Put the Power of Essential Oils to the Test

Now that we've explored 100 different ways to use essential oils, we can see that these natural gifts of the earth truly have the power to change how we live life. Remember, this isn't an exhaustive list—it's only the beginning!

Equipped with an understanding of the best practices for using essential oils for things like cooking, cleaning, sleep, and exercise, you're ready to put their power to the test. Use the suggestions in this book to help you take a more natural approach to everyday life, to free you and your family from the toxic load that weighs on so many of us.

As you continue learning about essential oils and the best ways to use them, you'll gain confidence in yourself—before you know it, essential oils will become a normal part of your everyday life. You'll have the knowledge and resources you need to safely care for your family, keep your home running smoothly, take control of your health, and so much more.

With the power, potency, and versatility that essential oils have to offer, it won't take long for you to realize how some of earth's most powerful resources can transform your daily life. So don't wait another day to feel like you're in control—start using essential oils now to see how a single drop can change everything.

Want even more ideas for using essential oils? Visit doterra.com to continue your journey.

