

# Essential Oils for BEGINNERS

New to essential oils? Here is a simple guide to help you get started in your essential oil journey.

## START WITH THE BASICS

### Lemon

**PROPERTIES:** Cleansing, revitalizing, uplifting



- ◆ Add to a spray bottle of water to clean tables, countertops, and other surfaces.
- ◆ Use to remove gum, glue, or any other sticky residues.
- ◆ Add to your favorite desserts or beverages for zesty flavor.
- ◆ Take internally to support healthy digestion.\*
- ◆ Diffuse to purify air and create an uplifting, refreshing aromatic experience.

### Lavender

**PROPERTIES:** Soothing, calming



- ◆ Diffuse or add a few drops to your pillow or feet to prepare for a restful night's sleep.
- ◆ Apply topically to help reduce the appearance of blemishes.
- ◆ Add a few drops to a warm bath to help soak away stress.
- ◆ Consume 1-2 drops to help calm the nervous system.\*

### Peppermint

**PROPERTIES:** Cooling, energizing, natural bug repellent



- ◆ Take internally to help alleviate occasional stomach upset.\*
- ◆ Apply a few drops to the back of your neck to cool off.
- ◆ For a clearing, refreshing aroma, diffuse at night by your bedside.
- ◆ Rub on head and neck for a soothing sensation when feeling tense.
- ◆ Add to shampoo or conditioner for a stimulating scalp massage.

### Frankincense

**PROPERTIES:** Renewing, beautifying, rejuvenating, grounding



- ◆ Take internally to support healthy cellular and immune function.\*
- ◆ Apply topically to help reduce the appearance of skin imperfections.
- ◆ Diffuse during meditation for a sense of relaxation and balance.

### Melaleuca (Tea Tree)

**PROPERTIES:** Soothing, cleansing



- ◆ Combine 1-2 drops with your facial cleanser or moisturizer for added cleansing properties, or apply to skin after shaving.
- ◆ Apply to fingernails and toenails to keep nails looking clean and healthy.
- ◆ Use as an effective surface cleaner.
- ◆ Add a few drops to shampoo or massage into the scalp.
- ◆ Add to toothpaste or swish with water for a quick and easy mouth rinse.

### doTERRA Breathe<sup>®</sup> Respiratory Blend



- ◆ Apply topically to the chest to breathe deeply.
- ◆ For a clearing aroma, diffuse at night by your bedside.
- ◆ Apply diluted to your upper lip and inhale to invigorate and clear your senses.
- ◆ Apply topically for an invigorating lift.

### Deep Blue<sup>®</sup> Soothing Blend



- ◆ Apply on feet and knees before and after exercise.
- ◆ Make your muscles happy after your workout by applying to targeted areas.
- ◆ Massage on your lower back after a day of sitting at the desk or doing manual labor.

### ZenGest<sup>®</sup> Digestive Blend



- ◆ Take a couple of drops internally to promote healthy digestion.\*
- ◆ Add to water or tea and consume to help maintain a healthy gastrointestinal tract.\*
- ◆ Rub a couple of drops on stomach to reduce bloating, gas, and indigestion.\*

### doTERRA On Guard<sup>®</sup> Protective Blend



- ◆ Add two to three drops in a Veggie Cap or take directly for an immune boost before traveling or during seasonal changes.\*
- ◆ Diffuse in your home or office during fall and winter months.
- ◆ Add to water and use as a natural surface cleaner.