



## BASIC TERMINOLOGY

### ESSENTIAL OILS

Natural aromatic compounds extracted from seeds, bark, stems, roots, flowers, and other parts of plants. Essential oils contain natural and unique properties that can have powerful benefits on your health and overall wellness.

### CPTG® (CPTG CERTIFIED PURE THERAPEUTIC GRADE®)

dōTERRA® quality protocol in which each batch of oil undergoes a multi-phase chemical composition inspection.

### CARRIER OIL

A lipid-based substance used to dilute essential oils. dōTERRA Fractionated Coconut Oil is an excellent carrier oil option because of its long shelf-life and light, non-greasy texture.

### DISTILLATION

The process of extracting essential oil from plant material.

### COLD PRESS DISTILLATION/EXPRESSION

Most commonly used method for obtaining citrus oils. This process uses a mechanical press to squeeze essential oils from plant parts.

### STEAM DISTILLATION

The most common distillation method. This process uses low-heat pressurized steam to circulate through plant parts and extract oils.

\*This product is not intended to diagnose, treat, cure, or prevent any disease.

## METHODS OF USE

- A AROMATIC**— Essential oils that can be used aromatically. Diffusion is one of the most popular ways to enjoy the aromatic benefits of essential oils.
- T TOPICAL**— Essential oils that can be used topically, which means you can apply them directly on the skin or mix them with carrier oils or other personal care products.
- I INTERNAL**— Essential oils that can be used internally. You can add oils to beverages, take them in dōTERRA Veggie Caps, take dōTERRA essential oil supplements, or use them in your favorite recipes.

## SKIN SENSITIVITY

- D DILUTE**— A category of essential oils that should be mixed with a carrier oil. The carrier oil will help “carry” the essential oils onto the skin.
- N NEAT**— A category of essential oils that can be applied topically without dilution because of their extremely mild chemistry.
- S SENSITIVE**— A category of essential oils that should be diluted for young or sensitive skin.