

# Beginner Guide

To

doTerra

Essential Oils



# *Welcome,*

I am so excited that you have your doTerra essential oils! I have put together this eBook for you to see how easy it is to turn to essentials oils to support your more natural lifestyle. This eBook will go through some of the basics on essentials oils and how to start incorporating oils into your daily life.

I also will talk about the top ten oils that everyone should include in their home to create a natural medicine cabinet in the next ebook. These oils include, Frankincense, Lavender, Lemon, Melaleuca, Oregano, Peppermint, Breathe, Digestzen, OnGuard, & Deep Blue.

*Lexi*



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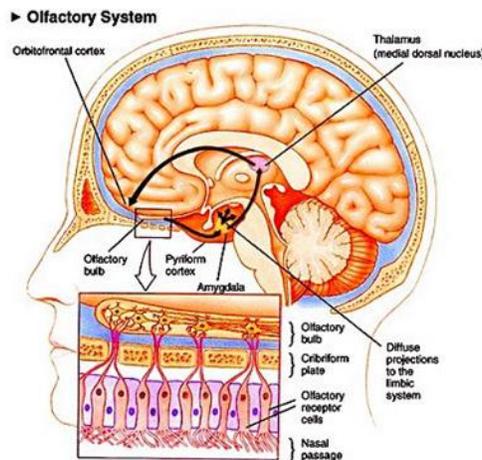
## *How to Know Which Oils to Use*

The more oils you have on hand, the more choices you can make and options you can create. Deciding which oil to use for certain circumstances can be overwhelming, especially with so many options. Good news! You can't go wrong! Here are a few Selection Tools:

1. **On-Hand:** Your go-to-choices are what you have on hand. Get the best use of the oils you have by looking them up and finding what they do best.
2. **Intuition:** Pay attention to your body & what you're attracted to. If you find that oil was helpful to you, use it again.
3. **Body System:** You can find oils that work for certain body systems. Just simply search body systems and oils associated with that system
4. **Online:** There are many resources that can help you identify which oil to use for your circumstance
5. **Smell:** Like intuition, smelling can help you determine what you love or are drawn to. It is called aromatherapy for this reason!

# Aromatically

Essential oils are volatile, meaning they evaporate quickly & are rapidly absorbed in the body.



The process of conveying aromas to the brain is called olfaction or smelling. Molecules attach to an epithelium patch. There the molecules attach to receptors on cilia hairs, which is converted to nerves on the other side of the mucous patch.

The nerves then send the information to the limbic system. The limbic system is associated with the amygdala which is responsible for emotions. Therefore, essential oils have the power to change emotion.

Inhalation of essential oils is received through the alveoli of the lungs, and from there, into the blood stream.

# *Types of Aromatically*



1. **Direct Inhalation:** open a bottle & simply breathe in the aroma

- To enhance this method, drop the oil into your palms, rub together, & then cup around the nose & mouth (does not have to be in contact with face & hands) & then breathe

2. **Diffusing:** beneficial for affecting mood, killing airborne pathogens, & changing the aroma of a space

- add 3-7 drops of any essential oil you would like & fill the diffuser with water



# Topically

Essential oils are fat-soluble. Because of their chemical compounds, they are readily absorbed & enter the bloodstream, when they are applied directly.



**Carrier Oil:** a different kind of oil used for dilution & prevention of evaporation such as fractionated coconut oil, grapeseed oil, almond oil, & olive oil

Fractionated meaning it stays in liquid form

Carrier Oils also protect the skin from irritation.

Children, elderly, & those with sensitive skin are advised to use a carrier oil.

**NEAT:** means applying the essential oil with no carrier oil

If after applying an essential oil neat, it begins to burn or skin irritation occurs, just add a carrier oil. Never add water to rinse the oil off, because it will only drive the oil further into the skin causing further discomfort.

# Ways to Apply Topically



## 1. Roller Bottle

- Add 20 drops essential oil and fill the rest with carrier oil
- quickly apply oils & are ready to go

## 2. Add to Baths

- Add 3-10 drops of essential oil to bath
- Always add an emulsifier to the water to ensure dispersion of the oil evenly in the water
- Emulsifiers include shampoos, bath gel, milk, honey, epsom salt, or bath salts

## 3. Place in palm

- Pour carrier oil in palm and add 3-5 drops and rub over area
- Simple way to spread oils over large surfaces



# *Areas to Apply Oils*

Oils can be applied to pretty much every point on the body. Avoid dropping oils directly into ear canal & eyes. Other than that, you really cannot go wrong in applying oils. There are a few places that increase effectiveness.

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1. Feet: largest pores in the body
    - Oils reach all cells in the body in less than 20 minutes applying this way
    - Also, great if you do not like the smell of a certain oil
  2. Neck: numerous lymph nodes
    - lymph nodes connect to endocrine system, which affect hormones, mood, & stress levels
  3. Wrists: multiple pressure points
    - connect throughout the whole body

# Internally

When Essential oils are taken internally, they are readily delivered to all organs in the body, including the brain. Oils can be metabolized by the liver and other organs.



Only consume oils internally with a supplement fact label. DoTerra has made knowing which oils are safe for internal use by placing supplement facts.

## 1. Under Tongue

-placing one drop of oil here absorbs into the sublingual veins

## 2. Veggie Capsules

-add 3-5 drops into veggie capsule and swallow  
-convenient way of swallowing an oil without tasting it

## 3. Food/ Water

-Add 3-5 drops to water, with an emulsifier to prevent oil from floating on top  
-Add only to stainless steel or glass containers, essential oils in low grade plastic can degrade the plastic



# *How Often Do I use My Oils?*

It's a simple answer!

As much as you want

Do what works for your body. Remember that a little goes a long way and more does not necessarily mean it works better. Oils are extremely potent.

## **Frequency Guidelines:**

Acute conditions: use every 15 to 20 minutes until symptoms subside, then apply every 2-6 hours as needed

Chronic or ongoing conditions: repeat 1-2 times per day



## *Safety Tips*

1. Avoid eyes, ears, & nose
  2. Avoid exposing area of application to sunlight for 12 hours after using citrus oils topically
  3. Dilute Oils for children & sensitive skin with fractionated coconut oil
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# *Maintenance of Diffusers*

Overtime, essential oils can begin to collect in the diffuser. Giving it a quick clean every once in a while, is a great idea.

Here is a very simple recipe to help you with that:

## *Recipe:*

1 30ml Mist Bottle

10 drops Lemon Essential Oil

1 Tbsp White Vinegar

Top with water

*Combine into spray bottle, mist diffuser, and wipe with a soft cloth, and you are good to go!*



# *Resources*

I want you to use your oils. And if you do not have proper tools, you simply cannot do that. That is why I have listed all the best tools for navigating the oil world.

1. Essential Oil Guides
2. Finding Supplies



# Essential Oil Guides

Guides offer info for:

- Look up an oil to learn how you can use it
- Look up an ailment & learn what oils to try
- How to apply or use an oil
- Oils for emotions
- Learn-in depth information, science, history, etc.

Top Guides:

1. doterra.com
2. Product Information Pages
3. Product Guides
4. The doTERRA Essentials
5. doTERRA Daily Drop App
6. Modern Essentials Book
7. The Essential Life Book
8. Emotions and Essential Oils
9. Essential Emotions Reference App



Our personal favorite is The Essential Life Book



# *Finding Supplies*

1. Roller Bottles
2. Drams
3. Stickers/ Labels
4. Spray Bottles
5. Books
6. Veggie Capsules
7. Cases
8. Pamphlets
9. Essential Oil Bags
10. Key chains
11. Apparel
12. Accessories

These items can be found on the multiple websites:



[www.doterra.com](http://www.doterra.com)

[www.oillife.com](http://www.oillife.com)

[www.amazon.com](http://www.amazon.com)

[www.aromatools.com](http://www.aromatools.com)



We did find that roller bottles, veggie capsules, drams, stickers/labels, & spray bottles worked the best from doTERRA. We recommend buying these from doTERRA, but the choice is yours!

Thank you for trusting me to guide you on your essential oil journey. Please make sure you are following well-oiled, if not already. This way you will continue to receive education & support.

Also, please make sure you choose an essential oil guide as it will be your ultimate resource to using your oils!

*Lexi*