

FAMILY PHYSICIAN *With dōTERRA Essential Oils*

“I finally figured out how to use essential oils—TAKE OFF THE CAP”

You can use essential oils in 3 ways: topically, internally, and aromatically. If the bottle has a ‘supplement’ box on the label, you can feel completely safe using it internally. When diluting* the essential oils, use one drop of Fractionated Coconut Oil (FCO) for one or two drops of the essential oil. It is not necessary to dilute all essential oils, but depending on skin sensitivity or the type of oil, you will want to consider diluting. Some essential oils which are particularly cool (peppermint or wintergreen) may need to be diluted and hot oils (Oregano, Cinnamon, Clove, and Cassia) should always be diluted regardless of skin sensitivity. If you use an oil without diluting, and it is uncomfortable to the recipient, simply apply a small amount of FCO and it will quickly resolve the problem. Also, if you are using the oils on an open sore or wound, it is always a good idea to dilute. If the oils get in the eyes, it will sting but will not do damage. Simply rub a few drops of your diluter oil on the eye, and it will help to relieve the discomfort. You can combine and mix any of the oils as much as you like.

If you are not sure how to apply the oil, know that you can ALWAYS rub it on the bottoms of the feet, and you will get the full effect. This can be a great way when using them on children because they are less likely to rub it in their eyes. For a small problem, 2 or 3 applications** a day is probably enough. For more serious problems, apply every hour or half hour. For pain and digestive remedies, you would typically rub the oils right on the spot of discomfort and reapply as needed. For oral application, dilute and rub on gums or teeth or swish around in the mouth.

*For diluting, you can use Olive Oil, Almond Oil, Grapeseed Oil, or FCO, among others. **An application is usually 1-4 drops of an essential oil.

Acne	ClearSkin, Melaleuca, Juniper Berry, Purify, Frankincense, Cedarwood, Geranium, Lavender
ADD/ADHD	In Tune, Vetiver, Serenity, Lavender, Frankincense, Balance, Sandalwood
Allergies	Lavender, Lemon, and Peppermint, Breathe, Melaleuca, On Guard, Purify, Roman Chamomile, Melissa, Patchouli
Arthritis	Frankincense, Rosemary, Marjoram, Deep Blue, Eucalyptus, White Fir, Peppermint, Lavender, Cypress, Juniper Berry
Asthma	Breathe, Eucalyptus, Frankincense, Peppermint, Thyme, Lemon, Lavender, Marjoram
Bee Sting	Lavender, Roman Chamomile, Basil, Purify, Lemongrass, Melaleuca
Blood Pressure (High)	Ylang Ylang, Marjoram, Eucalyptus, Lavender, Clove, Balance, Lemon, Clary Sage, Helichrysum, Wintergreen AVOID: Rosemary, Thyme, and possibly Peppermint
Breastfeeding (Dry Nipples)	Myrrh, Lavender, Geranium, Sandalwood, Melaleuca
Bronchitis	Breathe, Eucalyptus, Thyme, White Fir, Basil, On Guard, Rosemary, Melaleuca, Purify, Myrrh, Cypress, Cedarwood
Bug Bites	Purify, Lavender, Cedarwood, Lemongrass, Melaleuca, TerraShield
Burns	Lavender, Helichrysum, Geranium, Melaleuca, Peppermint, Roman Chamomile
Canker Sores	On Guard, Clove, Lavender, Melaleuca, Oregano, Roman Chamomile, Myrrh
Carpal Tunnel	Frankincense, Basil, Marjoram, Deep Blue, Lemongrass, Oregano, Cypress, Wintergreen
Cartilage Injury	Sandalwood (regenerates), White Fir (inflammation), Wintergreen, Peppermint, Marjoram, Lemongrass, Frankincense, Helichrysum
Cellulite	Grapefruit, Slim & Sassy, Rosemary, Basil, Wild Orange, Lemon, Lime, Cypress
Cholesterol (High)	Lemongrass, Helichrysum, Clary Sage, Cassia, Clove, Rosemary, Lavender
Colds	Blend 3 drops each in capsule: On Guard, Thyme (can replace with Melaleuca), Lemon, Oregano, Peppermint, Purify, Breathe, Eucalyptus, Rosemary, Sandalwood, Lime, Ginger
Concentration	In Tune, Lavender, Vetiver, Frankincense, Lemon, Peppermint, Wild Orange, Cedarwood, Cypress, Juniper Berry, Eucalyptus
Constipation	Peppermint, DigestZen, Ginger, Wild Orange, Lemon, Rosemary, Marjoram
Cough	Breathe, Melaleuca, Eucalyptus, Frankincense, On Guard, Peppermint, White Fir, Juniper Berry, Cedarwood, Sandalwood, Myrrh
Cramps (Abdominal)	DigestZen, Ginger, Peppermint, Rosemary, Basil, Clary Sage,
Dandruff	Melaleuca, Lavender, Wintergreen, Rosemary, Peppermint, Cypress, Cedarwood, Thyme
Depression	Balance, Serenity, Wild Orange, Lemon, Frankincense, In Tune, Lavender, Bergamot, Elevation, Citrus Bliss, Melissa, Ylang Ylang
Diaper Rash	Lavender, Melaleuca, Balance, Helichrysum, Roman Chamomile, Cypress
Diarrhea	Peppermint, DigestZen, Ginger, Geranium, Wild Orange, Patchouli, Melaleuca, Sandalwood, Lavender, Cypress
Dizziness	Peppermint, Basil, Sandalwood, Frankincense
Ear Ache	Basil, Melaleuca, Helichrysum, Purify, Lavender, Deep Blue
Ear Infection (Without Pain)	Melaleuca, Purify, Lavender, On Guard, Thyme, Wintergreen
Eczema	ClearSkin, Helichrysum, Lavender, Melaleuca, Geranium, Myrrh, Purify, Juniper Berry,
Emotional Trauma	Serenity, Balance, Frankincense, Lavender, Lemon, Citrus Bliss, AromaTouch, Elevation, ClaryCalm, Whisper, Bergamot, Wild Orange, Sandalwood, Vetiver

Epillipsy	Frankincense, Lavender, Clary Sage, Sandalwood
Fever	Peppermint, Lemon, Lime, Eucalyptus, Clove, Patchouli, Melaleuca, Ginger
Flu	On Guard, Frankincense, Breathe, Oregano, Melaleuca, Thyme, Lemon, Eucalyptus, Peppermint, Purify, DigestZen
Fungus (Athlete's Foot)	Melaleuca, Oregano, Cypress, Thyme, Geranium, Lavender, Peppermint, Lemongrass, Purify, On Guard
Fungus (Intestinal)	Combine: Oregano, Melaleuca, and Lemon (Also: Lemongrass, Geranium, Thyme, peppermint, Lavender, Rosemary)
Fungus (Thrush)	Melaleuca, Lavender, Eucalyptus, Marjoram, Thyme, Peppermint, Clove, Wild Orange
Gas/Flatulence	DigestZen, Peppermint, Lavender, Ginger, Eucalyptus, Bergamot, Myrrh, Juniper Berry, Rosemary
Head Lice	Melaleuca, Eucalyptus, TerraShield, Rosemary, Geranium, Lemon, Lavender
Headache	Peppermint, PastTense, Wintergreen, Deep Blue, Lavender, Frankincense, Rosemary, Eucalyptus
Headache (Sinus)	Breathe, Eucalyptus, Peppermint, Deep Blue, DigestZen, Melaleuca, Rosemary, Lavender, Geranium
Heartburn	Lemon, Peppermint, DigestZen, Ginger, Basil, Sandalwood
Hemorrhoids	Cypress, Geranium, Clary Sage, Lemon, Basil, Sandalwood, Helichrysum, Pachouli, Frankincense, Myrrh, Juniper Berry
Hives	Melaleuca, Peppermint, Lavender, Basil, Roman Chamomile, Wintergreen, Myrrh, Eucalyptus
Hot Flashes	ClaryCalm, Peppermint, Whisper, Balance
Indigestion	Peppermint, Ginger, DigestZen, Lavender, Wild Orange, Lime, Thyme, Myrrh, Grapefruit
Infection (Bacterial & Viral)	On Guard, Oregano, Melaleuca, Thyme, Rosemary, Cinnamon, Clary Sage, Bergamot, Myrrh, Basil, Cypress, Lemongrass, Lime, Lavender, Purify
Inflammation	Frankincense, Wintergreen, DeepBlue, Melaleuca, Myrrh, Helichrysum, Lavender, Eucalyptus, Oregano, Roman Chamomile, Patchouli
Insomnia	Lavender, Serenity, Cedarwood, Vetiver, Wild Orange, Roman Chamomile, Balance, Cypress, Ylang Ylang, Clary Sage,
Menopause	Whisper, Clary Calm, Cypress, Lavender, Roman Chamomile, Wild Orange, Clary Sage, Basil, Geranium
Menstrual Cramps	ClaryCalm, Clary Sage, Geranium, Deep Blue, Marjoram, White Fir, Lavender, Wintergreen
Migraine	Combine: Peppermint, Wintergreen, and Frankincense; Also: PastTense, Basil, Deep Blue, Lavender, Helichrysum
Mono	Breathe, On Guard, Frankincense, Lemon, Oregano, Deep Blue
Muscle Spasms	Basil, Marjoram, Deep Blue, Wintergreen, AromaTouch, Roman Chamomile, Cypress, Lavender
Muscles (Bruised)	Helichrysum, Geranium, Lavender, Fennel, Deep Blue
Muscles (Sore)	Deep Blue, Rosemary, Marjoram, White Fir, Peppermint, Wintergreen, Ginger, Lavender
Nausea	Peppermint, Lemon, Rosemary, Balance, Elevation, Citrus Bliss, Wild Orange, Serenity,
Pain	Deep Blue, Wintergreen, Peppermint, Frankincense, Helichrysum, White Fir, Marjoram
Pink Eye	Melaleuca, Purify, Lavender
PMS	ClaryCalm, Clary Sage, Geranium, Whisper, Ylang Ylang, Balance, Serenity
Pneumonia	Breathe, On Guard, Thyme, Eucalyptus, Oregano, Melaleuca, Peppermint
Psoriasis	Helichrysum, Thyme, Lavender, Melaleuca, Roman Chamomile, Cedarwood, Bergamot
Restless Leg Syndrome	AromaTouch, Serenity, Wintergreen, Basil, Marjoram, Lavender, Cypress, Roman Chamomile, Deep Blue
Runny Nose	Lemon, Breathe, DigestZen (applied to sinuses), Purify
Scars (And Scar Tissue)	Helichrysum (reduces), Immortelle, Myrrh, Sandalwood, Lavender, (burns), Frankincense (prevention), Geranium
Shingles	Melaleuca, Eucalyptus, Lavender, Lemon, Geranium, Bergamot, On Guard
Shock	Peppermint, Frankincense, Roma Chamomile, Elevation, Basil, Rosemary, Sandalwood, Maleleuca
Sinus Infection	Breathe, Peppermint, On Guard, Eucalyptus, Thyme, Melaleuca, Rosemary, Frankincense
Skin (Chapped/Dry)	Myrrh, Clear Skin, Immortelle, Lavender, Cedarwood, Sandalwood, Geranium, Roman Chamomile
Sprain	Marjoram, Lemongrass, White Fir, Helichrysum, Frankincense, Wintergreen
Strep Throat	On Guard, Melaleuca, Ginger, Clove, Oregano, Melaleuca
Stress	Lavender, Balance, Serenity, In Tune, All Citrus Oils, Ylang Ylang, Bergamot, Elevation, Geranium, Roman Chamomile, Frankincense
Tendonitis	Marjoram, Lavender, Vetiver, Wintergreen ,Deep Blue, Frankincense, Eucalyptus, Rosemary
Toothache	Clove, On Guard, Melaleuca, Wintergreen, Helichrysum, Purify, Deep Blue
Varicose Veins	Cypress, Lemongrass, AromaTouch, Helichrysum, Wintergreen, Geranium, Peppermint
Warts	Frankincense, On Guard, Melaleuca, Oregano, Clove, Cypress, Cinnamon, Lemon
Weight Loss	Slim & Sassy, Grapefruit, Lemon, Wild Orange, Elevation, Rosemary, Juniper Berry
Wounds/Scrapes/Cuts	Lavender, Melaleuca, Roman Chamomile, On Guard
Wrinkles	Immortelle, Frankincense, Sandalwood, Myrrh, Helichrysum, Lavender, Geranium