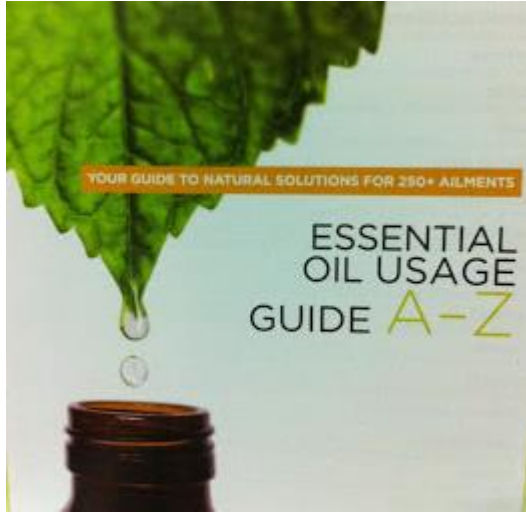


doTERRA Essential Oil Usage Guide A-Z



A		
ABDOMINAL CRAMPS	Try:	DigestZen, Basil, Clary Sage
	Usage:	take internally in a capsule or apply topically to abdomen
ACHES	Try:	Marjoram, Deep Blue, Birch
	Usage:	apply topically to affected area
ACNE	Try:	Melaleuca, Lemongrass, Lavender
	Usage:	apply topically to affected areas daily
ALLERGIES	Try:	Breathe, Lavender, Eucalyptus
	Usage:	apply topically to back of neck or under nose and on bridge of nose
AMNESIA	Try:	Frankincense, Peppermint, Rosemary
	Usage:	apply topically to forehead, temples, base of skull and behind the ears or take internally in a capsule or diffuse into the air and inhale
ANEMIA	Try:	Lemon, Lemongrass, Helichrysm
	Usage:	apply to bottom of feet or insides of wrists
ANXIETY	Try:	Serenity, Lavender, Elevation
	Usage:	diffuse into the air and inhale or massage onto back, feet and hands
APPETITE SUPPRESSANT	Try:	Grapefruit, Slim & Sassy
	Usage:	add to water and drink or diffuse into the air and inhale
ARTHRITIC PAIN	Try:	Deep Blue, Frankincense, Lavender
	Usage:	apply topically to affected area
ASTHMA	Try:	Breathe, Eucalyptus, Peppermint
	Usage:	diffuse into the air or apply to bottom of feet, or take internally in a capsule
ATHEROSCLEROSIS	Try:	Lemon, Lavender, Rosemary
	Usage:	apply topically to affected area
ATHLETE'S FOOT	Try:	Oregano, Melaleuca, Lemon
	Usage:	apply to area between toes and around toenails
AUTISM	Try:	Balance, Vetiver, Frankincense

	Usage:	diffuse into the air and inhale
B		
BACK PAIN	Try:	Deep Blue, Eucalyptus, Wintergreen
	Usage:	massage into back as needed
BEE STING	Try:	Roman Chamomile, Lavender, Melaleuca
	Usage:	apply topically to sting or bite several times daily until symptoms cease
BELL'S PALSY	Try:	Peppermint, Helichrysum, Rosemary
	Usage:	massage on front and behind ear and painful areas until symptoms subside
BLEEDING	Try:	Helichrysum, Geranium
	Usage:	apply topically to affected area
BLEEDING GUMS	Try:	Cinnamon, Peppermint, Wintergreen
	Usage:	gargle several times daily or apply topically to gums several times daily
BLISTERS ON FEET	Try:	Lavender, Roman Chamomile, German Chamomile
	Usage:	apply topically to blistered area
BLOATING	Try:	DigestZen, Peppermint, Clary Sage
	Usage:	apply topically to stomach area and to bottoms of feet or take internally in a capsule
BLOOD CLOT IN VEINS	Try:	Cypress, Helichrysum, Clove
	Usage:	apply topically to affected area and to bottoms of feet or take internally in a capsule
BOILS	Try:	Clove, Thyme, Oregano
	Usage:	apply topically to affected area
BONE PAIN	Try:	Wintergreen, Helichrysum, Cypress
	Usage:	apply topically to affected area
BONE SPURS	Try:	Wintergreen, Cypress, Marjoram
	Usage:	apply topically over affected area
BRONCHITIS	Try:	Breathe, Eucalyptus, Thyme
	Usage:	apply topically to chest and neck area, gargle hourly or diffuse
BRUISES	Try:	Cypress, Helichrysum, Deep Blue
	Usage:	apply topically to bruised area
BUNIONS	Try:	Deep Blue, Basil, Cypress
	Usage:	apply to affected area or joint
BURNS	Try:	Lavender, Malaleuca, Geranium
	Usage:	apply gently to affected area
C		
CALLOUSES	Try:	Oregano
	Usage:	apply topically to affected area
CANDIDA	Try:	Melaleuca, OnGuard, Peppermint
	Usage:	apply topically to chest and on bottom of feet or take internally in a capsules several times daily
CANKER SORES	Try:	Melaleuca, OnGuard, Oregano
	Usage:	apply directly to canker sore or gargle
CATARACTS	Try:	Clover, Lavender
	Usage:	take internally in a capsule or apply topically to temples

CAVITIES	Try:	OnGuard, Melaleuca, Peppermint
	Usage:	apply topically to bottoms of feet or take internally in a capsule
CELLULITE	Try:	Rosemary, Grapefruit, Lemon
	Usage:	massage vigorously on cellulite locations daily especially before exercising or add to water and drink throughout the day
CHAPPED SKIN	Try:	Roman Chamomile, Sandalwood, Lavender
	Usage:	apply topically to affected area as often as needed
CHICKEN POX	Try:	Lavender, Melaleuca, Sandalwood
	Usage:	dilute with a carrier oil and dab lightly on spots
CHRONIC FATIGUE	Try:	OnGuard, Peppermint, Basil
	Usage:	take internally in a capsule or apply topically to muscles and joints
CHRONIC PAIN	Try:	Peppermint, Deep Blue, Wintergreen
	Usage:	massage into affected area as needed or take internally in a capsule
CLOGGED PORES	Try:	Lemon, Wild Orange, Melaleuca
	Usage:	apply topically to affected area
COLD	Try:	OnGuard, Thyme, Melaleuca
	Usage:	diffuse into the air and inhale or gargle or take internally in a capsule
COLD SORES	Try:	OnGuard, Lemon, Melaleuca
	Usage:	apply to cold sores as soon as it starts and repeat several times daily
COLIC	Try:	Marjoram, Ylang Ylang, Bergamot
	Usage:	dilute with a carrier oil and apply topically to stomach and back
COLITIS	Try:	Peppermint, DigestZen, Helichrysum
	Usage:	massage over lower abdomen area or take internally in a capsule
CONCUSSION	Try:	Frankincense, Cypress
	Usage:	take internally in a capsule
CONGESTION	Try:	Eucalyptus, Frankincense, Peppermint
	Usage:	diffuse or gargle, massage onto forehead, nose, cheeks, lower throat, chest and upper back
CONJUNCTIVITIS	Try:	Melaleuca, Lavender
	Usage:	apply around (but NOT in) the eyes or apply to bottoms of feet several times daily
CONSTIPATION	Try:	DigestZen, Marjoram, Lemon
	Usage:	take internally in a capsule or apply topically to stomach or feet
CONVULSIONS	Try:	Lavender, Clary Sage, Balance
	Usage:	apply topically to corn several times daily
CORNS	Try:	Lemon, Grapefruit, Oregano
	Usage:	massage into neck and chest or gargle or diffuse into the air and inhale
COUGH	Try:	Lemon, Breathe, Melaleuca
	Usage:	massage into neck and chest or gargle or diffuse into the air and inhale
CRAMPS	Try:	Rosemary, Cypress, Marjoram
	Usage:	massage on cramped muscles several times daily or take internally in a capsule
CROUP	Try:	Marjoram, Thyme, Sandalwood
	Usage:	diffuse into the air and inhale or apply topically to chest and neck
CUTS	Try:	Lavender, Melaleuca, Bergamot
	Usage:	dilute with a carrier oil and apply to affected area
CYST	Try:	Oregano, Thyme

	Usage:	apply topically to affected area as needed
CYSTITIS	Try:	Thyme, Lemongrass, Clove
	Usage:	take internally in a capsule or apply a warm compress over bladder
D		
DANDRUFF	Try:	Cypress, Lavender, Rosemary
	Usage:	dilute and massage into scalp. Rinse after 60-90 minutes
DEHYDRATED SKIN	Try:	Geranium, Lavender
	Usage:	apply topically to affected area
DENTAL INFECTION	Try:	Wintergreen, Birch, Helichrysum
	Usage:	apply on gums and around teeth
DEPRESSION	Try:	Elevation, Citrus Bliss, Lavender
	Usage:	add to a warm bath or diffuse into the air and inhale
DIABETES	Try:	Coriander, Basil, Balance
	Usage:	take a couple drops of coriander internally in a capsule morning and evening and apply a couple drops of Balance topically to feet in the evening
DIABETIC SORES	Try:	Lavender, Balance
	Usage:	apply topically to back, feet and over pancreas or diffuse into the air and inhale
DIARRHEA	Try:	Peppermint, Ginger, DigestZen
	Usage:	dilute and apply topically to affected area several times daily
DIZZINESS	Try:	Cypress, Peppermint, Basil
	Usage:	diffuse into the air and inhale as needed or apply topically to temples, back of neck and shoulders
DRY SKIN	Try:	Geranium, Chamomile, Lemon
	Usage:	apply topically to affected area
E		
EAR INFECTION	Try:	Malaleuca, Purify, Lavender
	Usage:	apply to cotton ball and place over ear
ECZEMA	Try:	Helichrysum, Thyme, Geranium
	Usage:	apply topically to affected area as needed
EPILEPSY	Try:	Frankincense, Clary sage, Sandalwood
	Usage:	diffuse into the air and inhale or take internally in a capsule or massage
EXHAUSTION	Try:	Lavender, Ylang Ylang, Lemon
	Usage:	diffuse into the air and inhale or apply topically to back and feet
F		
FAINTING	Try:	Peppermint, Sandalwood, Rosemary
	Usage:	inhale directly
FATIGUE	Try:	Lemongrass, Basil, Lemon
	Usage:	inhale directly or diffuse into the air and inhale or apply topically on temples and behind ears as needed
FEVER	Try:	Peppermint, Lavender, Eucalyptus
	Usage:	apply to forehead, temples and back of neck or take internally in a capsule or diffuse into the air and inhale
FLATULENCE	Try:	Peppermint, Lavender, Ginger
	Usage:	take internally in a capsule or apply topically to abdomen
FLU	Try:	Breather, OnGuard, Oregano

	Usage:	take internally in a capsule or diuuse into the air and inhale or apply topically to chest
FOOD POISONING	Try:	Rosemary, DigestZen, OnGuard
	Usage:	take internally in a capsule severals time daily and apply topically to stomach area
G		
GASTRITIS	Try:	Peppermint, DigestZen, Lemongrass
	Usage:	take internally in a capsule or apply topically over stomach area as needed
GINGIVITIS	Try:	Clove, Melaleuca, Peppermint
	Usage:	Gargle many times daily or as needed
GUM DISEASE	Try:	Melaleuca, OnGuard
	Usage:	apply topically to bottoms of feet
H		
HAIR LOSS	Try:	Thyme, Rosemary, Lavender
	Usage:	dilute 5 drop in 20 drops of a carrier oil and massage into scalp each night
HANGOVER	Try:	Lavender, Peppermint, Rosemary
	Usage:	add to warm bath or apply of neck and over liver
HEAD LICE	Try:	Geranium, Lavender, Lemon
	Usage:	dilute and apply to entire scalp, then shampoo and rinse 30 minutes later. Repeat daily for several days
HEADACHE	Try:	Pepperming, Lavender, Wintergreen
	Usage:	diffuse into the air and apply topically to forehead, temples, back of neck and behind ears
HEARTBURN	Try:	Peppermint, Ginger, Lemon
	Usage:	take internally in a capsule or apply topically to chest
HEATSTROKE	Try:	Peppermint, Lavender
	Usage:	apply topically to forehead and back of neck, chest and back
HICCUPS	Try:	Chamomile, Lemon, Cypress
	Usage:	diffuse into the air and inhale or massage into chest and stomach area
HIGH BLOOD PRESSURE	Try:	Lavender, Marjoram, Eucalyptus
	Usage:	do a full body massage daily or diffuse into the air and inhale or take internally in a capsule
HOT FLASHES	Try:	Balance, Peppermint, Clary Sage
	Usage:	diffuse into the air and inhale or apply topically to back of neck
HYPERACTIVITY	Try:	Lavender, Vetiver, Serenity
	Usage:	diffuse into the air and inhale or inhale directly
I		
IMPOTENCE	Try:	Ylang Ylang, Clary Sage, Sandalwood
	Usage:	diffuse into the air and inhale or apply topically to temples, wrists and back of neck
INDIGESTION	Try:	Ginger, Orange, Peppermint
	Usage:	take internally in a capsule or apply topically over stomach area
INFECTION	Try:	Clove, Thyme, Oregano
	Usage:	dilute with a carrier oil and apply to infected area or diffuse
INFLAMMATION	Try:	Wintergreen, Peppermint, Eucalyptus
	Usage:	apply topically to affected area or take internally in a capsule

INSECT ALLERGIES	Try:	Lavender, Eucalyptus, Melaleuca
	Usage:	apply topically to affected area
INSECT REPELLENT	Try:	TerraShield, Eucalyptus, Lemon
	Usage:	dilute with carrier oil and apply to exposed skin as needed
INSOMNIA	Try:	Serenity, Lavender, Chamomile
	Usage:	add to a warm bath, rub on feet and behind ears and diffuse into the air
ITCHING	Try:	Peppermint, Oregano, Lavender
	Usage:	apply topically to affected area as needed
J		
JET LAG	Try:	Peppermint, Bergamot, Rosemary
	Usage:	apply calming oils like Lavender and Geranium to bottoms of feet at night and invigorating oils like Peppermint and Eucalyptus in the morning
JOINT PAIN	Try:	Wintergreen, Birch, Deep Blue
	Usage:	massage into affected area as needed
L		
LACTOSE INTOLERANCE	Try:	Lemongrass
	Usage:	take internally in a capsule
LEG CRAMPS	Try:	Clary Sage, Cypress, Lavender
	Usage:	massage into legs
LICE	Try:	Eucalyptus, TerraShield, Rosemary
	Usage:	massage into the scalp and apply topically to bottoms of feet several times daily
LOSS OF APPETITE	Try:	Ginger, Wild orange, Lavender
	Usage:	diffuse into the air and inhale or take internally in a capsule
M		
MEASLES	Try:	Lavender, Roman Chamomile, Melaleuca
	Usage:	apply on spots several times daily or add to bath and soak for at least 30 minutes daily
MENOPAUSE	Try:	Clary Sage, Frankincense, Roman Chamomile
	Usage:	apply topically to abdomen, bottoms of feet and back of neck
MENSTRUAL PAIN	Try:	Clary Sage, Rosemary, Peppermint
	Usage:	massage into abdomen, lower back and shoulders or apply a warm compress over uterus area or take internally in a capsule
MIGRAINE	Try:	Helichrysum, Peppermint, Sandalwood
	Usage:	apply topically to forehead, temples, base of skull and behind the ears or inhale directly as needed
MOLD	Try:	Cinnamon, Oregano, Thyme
	Usage:	diffuse into the air where mold is present
MORNING SICKNESS	Try:	Ginger, Lavender, Peppermint
	Usage:	apply topically behind ears and over navel hourly or diffuse into the air and inhale
MOTION SICKNESS	Try:	Ginger, Lavender, Peppermint
	Usage:	apply topically behind the ears and over navel or diffuse into the air and inhale
MUSCLE PAIN	Try:	Peppermint, Deep Blue, Clove
	Usage:	apply topically to affected muscles

N		
NAUSEA	Try:	Ginger, Lavender, DigestZen
	Usage:	apply topically behind ears and over navel hourly or diffuse into the air and inhale or under tongue as needed
NECK PAIN	Try:	Basil, Marjoram, Helichrysum
	Usage:	massage onto neck several times daily
NERVOUS FATIGUE	Try:	Helichrysum, Thyme, Peppermint
	Usage:	diffuse into the air and inhale or apply topically to temples, behind ears and on back of neck
NOSE BLEEDS	Try:	Helichrysum, Geranium, Lavender
	Usage:	apply topically to the bridge and sides of nose and back of neck as needed
O		
OILY HAIR	Try:	Basil, Cypress, Thyme
	Usage:	add to shampoo when washing hair
P		
PAIN	Try:	Peppermint, Wintergreen, Birch
	Usage:	massage into affected area
PALPITATIONS	Try:	Ylang Ylang, Wild Orange, Lavender
	Usage:	apply topically on chest area
PARASITES	Try:	Oregano, Peppermint, Ginger
	Usage:	take internally in a capsule or apply warm compress over intestinal area
R		
RASHES	Try:	Lavender, Roman Chamomile, Sandalwood
	Usage:	dilute with a carrier oil and apply topically to affected area
S		
SCARRING	Try:	Helichrysum, Lavender, Frankincense
	Usage:	apply topically over wound daily until healed
SHINGLES	Try:	Melaleuca, Oregano, Sandalwood
	Usage:	apply topically to affected area, on back of neck and along the spine
SHOCK	Try:	Helichrysum, Peppermint, Melaleuca
	Usage:	diffuse into the air and inhale or apply topically on temples, under nose and on back of neck
SINUS CONGESTION	Try:	Sandalwood, Thyme, Eucalyptus
	Usage:	diffuse into the air and inhale several times daily
SINUS HEADACHE	Try:	Rosemary, Melaleuca, Eucalyptus
	Usage:	diffuse into the air and inhale several times daily
SORE THROAT	Try:	OnGuard, Lemon, Melaleuca
	Usage:	gargle or diffuse into the air and inhale or apply topically to throat, chest, and back of neck several times daily
SPRAINS	Try:	Wintergreen, Lemongrass, Basil
	Usage:	apply topically to affected area
STOMACHACHE	Try:	DigestZen
	Usage:	apply topically to stomach area
STREP THROAT	Try:	OnGuard, Oregano, Thyme
	Usage:	diffuse into the air and inhale or gargle or take internally in a capsule several times daily

STRESS	Try:	Grapefruit, Elevation Bergamot
	Usage:	diffuse ointo the air and massage shoulders, back and feet
STRETCH MARKS	Try:	Cypress, Geranium, Lavender
	Usage:	apply topically to affected areas a couple times daily
STROKE	Try:	Helichrysum, Cypress, Peppermint
	Usage:	apply topically on temples, forehead, behind ears and on back of neck or take internally in a capsule
SUNBURN	Try:	Lavender, Melaleuca, Helichrysum
	Usage:	apply gently to affected area
T		
TEETHING PAIN	Try:	Clove, Wintergreen, Roman Chamomile
	Usage:	apply topically to affected tooth and gum or gargle several times daily
TENNIS ELBOW	Try:	Deep Blue, Eucalyptus, Peppermint
	Usage:	apply topically to affected area as needed
TENSION HEADACHE	Try:	Peppermint, Lavender, Marjoram
	Usage:	apply topically to forehead , temples, back of neck and behind ears
TOOTHACHE	Try:	Clove, Melaleuca, Purify
	Usage:	apply to gums or add to water to gargle and swallow
V		
VARICOSE VEINS	Try:	Cypress, Heluchrysum, Lemongrass
	Usage:	massage into affected area several times daily
VERTIGO	Try:	Ginger, Helichrysum, Geranium
	Usage:	massage on tops of ears and behind ears
VOMITING	Try:	Ginger, Peppermint
	Usage:	diffuse into the air and inhale or apply topically to stomach area
W		
WARTS	Try:	Oregano, Melaleuca, OnGuard
	Usage:	apply topically to wart several times daily
WASP STING	Try:	Lavender, Purify
	Usage:	apply topically to sting
WHIPLASH	Try:	Deep Blue, Lemongrass, Marjoram
	Usage:	apply topically to neck, shoulders and back
WORMS	Try:	DigestZen, Lavender, Rosemary
	Usage:	apply topically to stomach area and on the bottoms of feet
WOUNDS	Try:	Lavender, Melaleuca, Rosemary
	Usage:	dilute and apply to affected area several times daily
WRINKLES	Try:	Frankincense, Helichrysum, Geranium
	Usage:	dilute with a carrier oil and apply topically to affected areas

*The above usages are extracted from doTERRA's Essential oil usage guide A-Z booklet.

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