

How to use Essential Oils

Essential oils can be used for a very wide range of emotional and physical wellness applications. They can be used as one single oil at a time, or you can blend them. They can be used aromatically, topically, or internally.



AROMATICALLY	TOPICALLY	INTERNALLY
<p>Inhale or Diffuse:</p> <ul style="list-style-type: none"> • Affects mood by immediate influence of aroma with brain and amygdala. • Purifies air • Supports breathing 	<p>With Carrier Oil:</p> <ul style="list-style-type: none"> • One drop can service the whole body. • Feet, ears, chest, back of neck, head, trouble areas such as muscles and sore joints. • Dilute with carrier oil 	<p>Food/Water/Capsule:</p> <ul style="list-style-type: none"> • Only with doTerra since purity is tested! Read label to verify. • Nourishes body • Cleanses digestive system; mouth, throat, liver, urogenital tract.

Adding essential oils to your life is so empowering when it comes to taking care of your own health and your families health. There are apps, books, and free recipes that are easy to use and will guide to become familiar with your oils. Over time you will become accustomed to your essential oils and develop an intuitive sense to what oils are most helpful in the moment. It's super exciting when this integration of plant intelligence starts to imbed itself within you!

While you can use your oils as shown and described above, they also are a great solution for natural cleaning products. While the healing properties are often talked about, they also have great cleansing and antibacterial properties. With your oils and some addition of ingredients such as white vinegar, borax, and castile soap, you will be able to trade out your chemical cleaners for these natural cleaning solutions. The elimination of chemical cleaners off gassing from them will lead you to feel even more of the benefits of the plant wisdom found in essential oils.

You will want to ensure that the essential oils you are using are capable of delivering their promises. Make sure that the essential oils you are choosing that are tested for their potency and purity and are labeled CPTC (Certified Pure Therapeutic Grade). Every doTERRA essential oil goes through these testing procedures to ensure their purity and efficacy. They are put through the highest standard of rigorous and thorough testing to ensure they are CPTG. If you have ever experienced adverse, negative, or no reaction to an essential oil, it's most likely because it didn't go through this testing. In addition to that, if you ever had an essential oil that went rancid, it's most likely because it was made of chemicals instead of the natural plant extract doTERRA uses to ensure a long shelf life.

