

essential oils for

FOR THE BEDROOM

DISCLAIMER: RECCOMENDATIONS ARE WITH DÖTERRA
ESSENTIAL OILS ONLY.

DO WHAT YOU ARE COMFORTABLE WITH, AND BE
CAUTIOUS ESPECIALLY WITH SENSITIVE AREAS. HOT OILS
SHOULD ALWAYS BE DILUTED.



lets get physical

THUNDER DOWN UNDER

- 10 drops Sandalwood (stimulates + prolongs male orgasm)
- 10 drops Jasmine (stimulates + prolongs female orgasm)
- 5 drops Ylang Ylang (aphrodisiac)

*This combo will get you to the ultimate O



The Tingle

- 5 drops Peppermint
 - 5 drops Cinnamon Bark
 - 3 drops Ginger
- (This combo increases blood flow while providing a warming, and cooling sensation)



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lets get physical

THE GIDDY UP BLEND

2 drops Sandalwood (promotes testosterone production)

2 drops Clary Sage (regulates hormones)

2 drops Ylang Ylang (aphrodisiac)

*Apply with FCO to lower abdomen daily and take in a capsule



GETTING IN THE MOOD

15 drops Geranium

10 drops Bergamot

10 Drops Passion

*Apply to lower back and lower abdomen



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Massage Blends

SWEET & SPICY MASSAGE BLEND

4 drops Ylang Ylang
4 Drops Black Pepper
1/2 cup FCO

*Combine and massage into your partners back to spice things up



APRODISIAC BLEND

4 drops Bergamot
4 drops Ylang Ylang
4 drops Sandalwood
3 drops Wild Orange
3 Drops Rosemary
2 Drops Ginger
2 drops Black Pepper
4 ounces of FCO

*Mix and store in a glass bottle,
use on the inside of ankles and
on your big toes



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Diffuser Blends



LOVE STRUCK

5 drops Clary Sage
3 drops Bergamot
3 drops Ylang Ylang

BURNING LOVE

2 drops Cinnamon Bark
3 drops Patchouli
2 drops Wild Orange

ENDLESS LOVE

5 drops Lavender
3 drops Sandalwood
3 drops Ylang Ylang

LOVE IS IN THE AIR

5 drops Ylang Ylang
3 drops Bergamot
3 drops Ylang Ylang



YOU'RE STILL THE ONE

2 drops Clary Sage
2 drops Peace
2 drops Cedarwood

HOOKED ON YOU

5 drops Wild Orange
2 drops Lavender
2 drops Ylang Ylang



tips

1. FCO- (fractionated coconut oil) can be used as a natural lubricant.
2. Neroli & Rose behind your ears, on your neck and over your heart softens your emotional barriers while encouraging a deeper, emotional connection.
3. Never Apply Oils directly into sensitive areas. If you get a sensation you don't like use a carrier oil to dilute never water, water increases the sensation. Less is more and use common sense.
4. Take Life Long Vitality everyday for optimal wellness for peak performance.
5. Disclaimer: You (and/or your partner) may want to discuss your health with your doctor to ensure you are healthy enough to fully enjoy the recipes in this ebook.
5. Lastly, have fun experimenting with your oils in the bedroom.

