

Top 10 dōTERRA Essential Oils: Uses and Benefits



Lavender

- Soothes skin irritations. Promotes sleep.
- Reduces anxious feelings and tension

Common Uses: Seasonal allergies, anxiety, bites/stings, burns, stress, sleep, tension, wrinkles

Applications: Diffuser, hair, affected skin, feet, back of neck, perfume, bedding, veggie capsules, temples



Lemon

- Purifies the air and surfaces.
- Cleanses the body. Promotes a positive mood.

Common Uses: Anxiety, cold sores, concentration, disinfectant, energizing, purification, sore throat

Applications: Diffuser, in water, tea, beverages, wash fruit, spray bottle cleanser, temples, chest



Peppermint

- Promotes clear airways, increases alertness
- Aids healthy digestion when taken internally.

Common Uses: Indigestion, memory, muscle aches, mouth rinse, nausea, tension, cool the body

Applications: Diffuser, in water, tea, smoothie, back of neck, temples, hand aromatherapy, beadlet



Tea Tree/Melaleuca

- Rejuvenates and cleanses the skin
- Promotes healthy immune function.

Common Uses: Acne, athlete's foot, canker sores, coughs, colds, earache, pink eye, sore throat, eczema

Applications: Face, hair, scalp, feet, affected skin, shampoo, mouthwash, nails, facial cleanser



Oregano

- Strong immune system
- Powerful antioxidant. Purifying agent.

Common Uses: Muscle aches/pain, inflammation, athlete's foot, candida, parasites, warts

Applications: Bottom of feet, affected skin (dilute), veggie capsule, nails, surface cleaner, cooking



Frankincense

- Aids healthy cellular and nervous function
- Beautifies the skin. Reduce imperfections.

Common Uses: Memory, cellular rejuvenation, brain and organ health, anti-aging properties, other skin issues

Applications: Face, affected skin, feet, under the tongue, back of neck, diffuser, veggie capsule



Breathe

- Maintains easy breathing. Promotes restful sleep.
- Minimizes the effects of seasonal threats

Common Uses: Seasonal allergies, anxiety, congestion, cough, respiratory system, snoring

Applications: Diffuser, hand aromatherapy, chest, pillow, nose, back of neck, feet, forehead



Deep Blue

- Soothing and cooling oil blend
- Comforting part of a massage

Common Uses: Muscle and bone aches, tension, inflammation, bruising, headaches, sore back

Applications: Massage, lower back, back of neck, temples, muscles, joints, feet, knees, legs



On Guard

- Protects against environmental threats
- Aids healthy circulation and respiration

Common Uses: Cold, cough, oral health, sore throat, clean & disinfect, boost immune system

Applications: Diffuser, in water, tea, beadlet, hand cleanser, bottom of feet, veggie capsule



DigestZen

- Supports healthy digestion
- Soothe stomach upset and indigestion

Common Uses: Bloating, constipation, colic, gas, abdominal cramps, diarrhea, heartburn, nausea

Applications: In water, tea, veggie capsule, under the tongue, bottom of feet, stomach, abdomen



Let's Connect



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