

dōTERRA[®] ESSENTIAL OIL CHEAT SHEET THE BASICS

An at-a-glance
reference for some
of our favorite
essential oils.

	Application	Blends well with
Lemon	ATI (Neat) A T I	Bergamot Cinnamon Grapefruit Lime Spearmint Wild Orange Wintergreen
Peppermint	ATI (Sensitive) A T I	Eucalyptus Frankincense Grapefruit Lavender Lemon Tea Tree (Melaleuca) Rosemary Wild Orange
Lavender	ATI (Neat) A T I	Basil Bergamot Marjoram Wild Orange



Benefits

- cleansing and purifying properties
- energizing aroma that can uplift mood
- adds flavor to food and beverages
- provides a clean, fresh aroma

Uses

- diffuse to promote a positive mood, create an uplifting environment
- combine with water in a spray bottle to clean surfaces throughout the home
- combine with olive oil for a wood polish
- use to get rid of sticky residue
- take internally to help with seasonal respiratory discomfort*
- use a cloth soaked in Lemon oil to preserve leather
- rub on silver and other metals to help remedy early stages of tarnish
- take internally to cleanse the body and promote a healthy function of the GI tract*

- refreshing, minty aroma
- repels bugs
- promotes healthy respiratory function and clear breathing*
- promotes digestive health*
- useful for oral hygiene and promoting fresh breath

- spritz around windows and doors to repel bugs
- diffuse to promote feelings of clear breathing, or for an energizing boost during study time
- apply to temples or palms and inhale for an energy boost
- add to drinks or desserts for mint flavor
- place one drop in the mouth to freshen the breath
- place 1-2 drops in a veggie capsule and take internally to promote digestive health or alleviate occasional upset stomach*

- significant soothing and calming properties
- relaxing qualities*
- inviting floral aroma
- soothing benefits for the skin
- helps to ease feelings of tension*
- adds flavor to marinades, baked goods, and desserts

- add to pillows, bedding, or bottoms of the feet at bedtime
- combine with water in a spray bottle to freshen linens, furniture, or car
- add a few drops to a warm bath
- apply topically to reduce the appearance of skin imperfections
- add to shampoo or conditioner
- diffuse to freshen the air, promote feelings of clear airways, promote a sense of focus, and promote positive feelings of self-awareness when trying to relax before sleep
- take internally to reduce anxious feelings or promote peaceful sleep*

A Aromatic

T Topical

I Internal

Neat: Can be used topically with no dilution

Sensitive: Should be diluted before using on young or sensitive skin

Dilute: Always dilute before using topically



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