

# Blending



## What You'll Need:

- Various essential oils
- 1 oil bottle  
(*Note: You can buy a special bottle for your essential oil blend or you can reuse an empty oil bottle you have on hand.*)
- Fractionated Coconut Oil
- A copy of the dōTERRA® Oil Properties Wheel

## What You'll Do:

- 1.** For this experiment you will be making your own essential oil blend. To start, decide what you want this oil blend to do and how you want to use the oil blend. Write the answers under questions 1 and 2 of your "What You Discovered" worksheet.
- 2.** Once you've determined what you want the oil blend to do, consult the dōTERRA Oil Properties Wheel to get an idea of which essential oils to use. Write down the possible essential oils under question 3 of your "What You Discovered" worksheet.
- 3.** Now you get to start making your essential oil blend! Start by adding the essential oils you want to use one drop at a time. After each drop, smell the oil blend to determine if you like the aroma or if it needs to be adjusted. **Note:** *If you feel like one drop would be too much of a given oil you can also add the oil by dipping a toothpick into an essential oil and then stirring it into your blend.*
- 4.** Once your essential oil blend smells the way you want it to, write down the oils used and the formula (the number of drops of each oil) for your blend on questions 4 and 5 of your "What You Discovered" worksheet.
- 5.** Share your blend with your friends and family and finish your "What You Discovered" worksheet. Make sure to come up with a fun name for your blend (question 7 on your worksheet). Typically your name will have something to do with the blend's aroma or benefits.



## What You Discovered:

*Fill out the questions below as you work on your blending experiment.*

1. What do you want your essential oil blend to do?

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2. How do you want to use your essential oil blend? Aromatically? Topically? Or internally?

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3. Which oils have the chemistry to accomplish the goal of your oil blend?

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4. Which essential oils did you use to make your blend?

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5. How much of each oil did you use?

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6. Describe the aroma of your essential oil blend. Is it flowery? Citrusy? Earthy? Woodsy?

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7. What is the name of your essential oil blend?

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## What Does It Mean?

Creating an essential oil blend is a carefully planned out process that involves multiple steps. Scientists thoroughly consider what the blend is meant to do, how it is supposed to be used, the chemistry of each oil used, and the overall aroma of the blend. With each of these factors in mind, scientists are able to develop essential oil blends that build on the individual essential oils they contain. This enhances the unique characteristics of each essential oil in order to make a uniquely beneficial blend that promotes wellness in a new way.



## What to Do Next:

- Create another essential oil blend with a different usage goal in mind.
- With your parent's permission, post the recipe for your essential oil blend on Facebook or Instagram. Make sure to tag **@doterrascience** and to use the hashtags **#doterrascience** and **#doterrascienceforkids**.