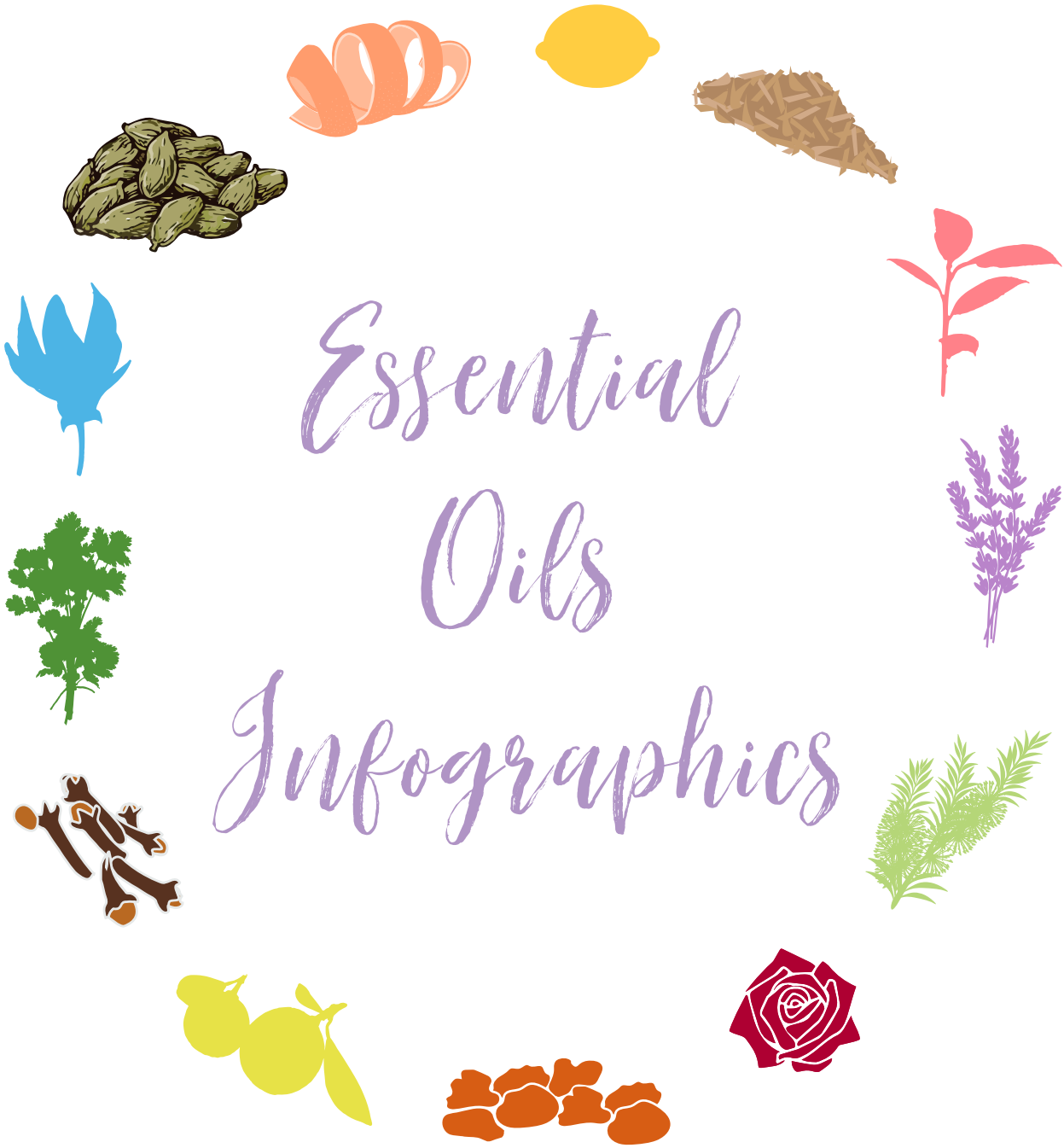
dōTERRA®



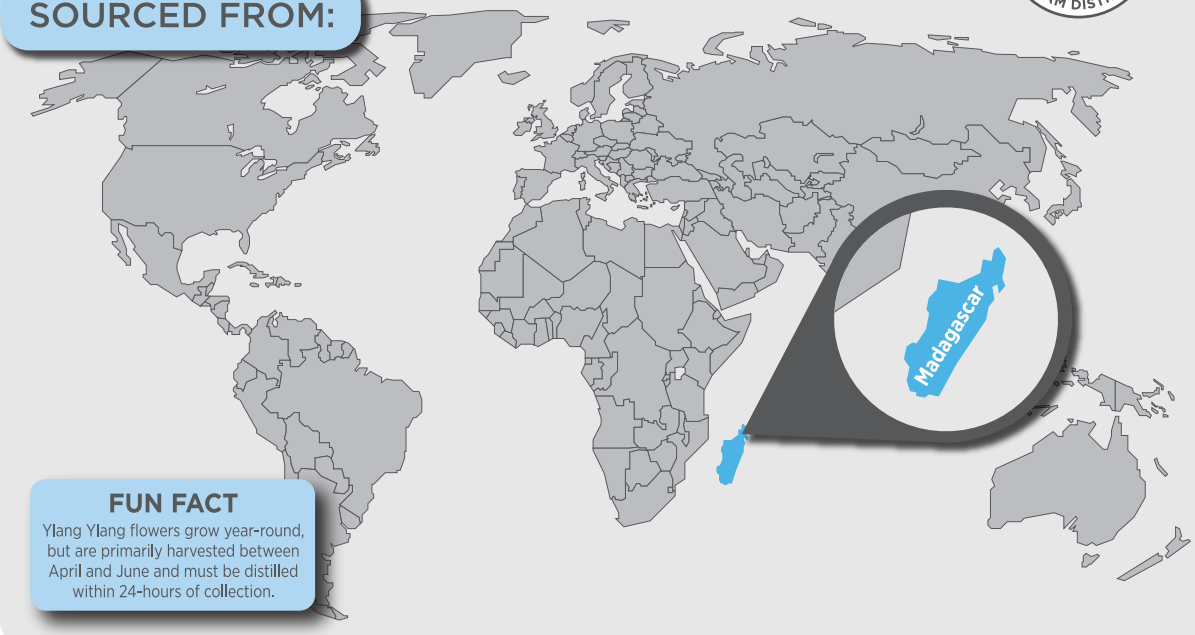
Essential Oils Infographics

dōTERRA®
MALAYSIA
AJL 932137

Ylang Ylang ATN

STEAM DISTILLED

SOURCED FROM:



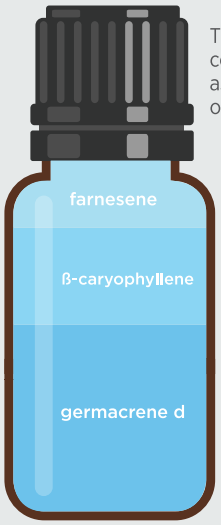
FUN FACT
Ylang Ylang flowers grow year-round, but are primarily harvested between April and June and must be distilled within 24-hours of collection.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 1 kg of ylang ylang flowers to produce 15 mL of Ylang Ylang essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of ylang ylang are:



soothing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

48
Published studies about the benefits of ylang ylang

Numbers according to PubMed as of December 2017

FUN FACT
The Ylang Ylang plant is also called the perfume tree due to its highly fragrant flowers.

WORKS WELL WITH:

dōTERRA®

Arborvitae ATN

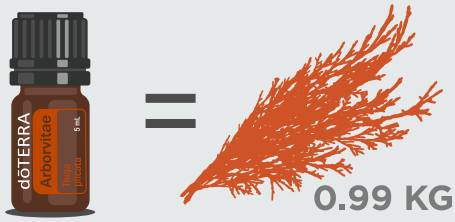
STEAM DISTILLED

SOURCED FROM:

FUN FACT

Arborvitae oil comes from the Western Red Cedar tree in Canada. This tree is so highly resistant to decay and insect damage that it can remain sound for over 100 years after falling.

WHAT IT TAKES TO MAKE A BOTTLE:



It takes 0.99 kg of Western Red Cedar wood to produce 5mL of Arborvitae essential oil.

CHEMISTRY:

The main chemical constituent and associated benefit of arborvitae is:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

ABOUT THE TREE:

The Western Red Cedar tree can grow to be up to 210 feet tall!

FUN FACT

dōTERRA's Arborvitae essential oil is extracted from sawdust and other by-products of the lumber industry, making it a waste free, sustainable sourcing option.

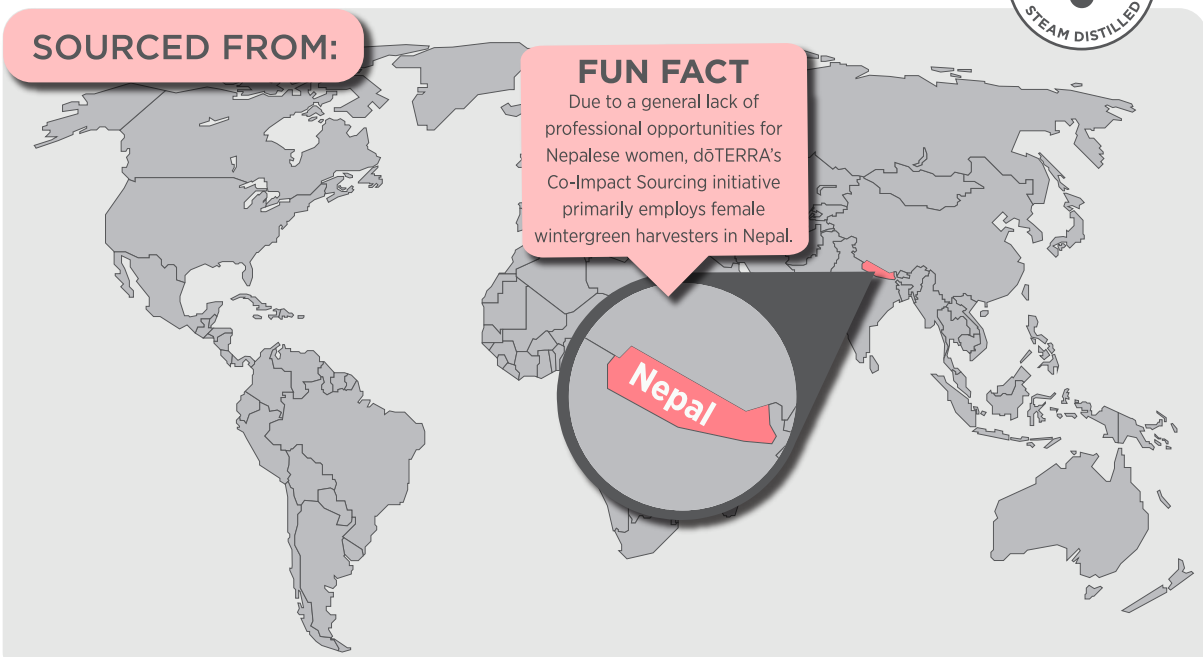
WORKS WELL WITH:

dōTERRA®

Wintergreen

STEAM DISTILLED

SOURCED FROM:



FUN FACT

Due to a general lack of professional opportunities for Nepalese women, dōTERRA's Co-Impact Sourcing initiative primarily employs female wintergreen harvesters in Nepal.

WHAT IT TAKES TO MAKE A BOTTLE:

=

2.49 KG

It takes 2.49 kg of wintergreen leaves to produce 15 mL of Wintergreen essential oil.

CHEMISTRY:

The main chemical constituent and associated benefit of wintergreen is:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

44

Published studies on the benefits of methyl salicylate, the main chemical consituent in wintergreen

Numbers according to PubMed as of December 2017

FUN FACT

Harvesters traditionally carry wintergreen leaves in a basket that is carried on their back and has a strap to go around their forehead. One full basket of wintergreen leaves can weigh about 110 pounds.

WORKS WELL WITH:

dōTERRA®

Basil ATN

STEAM DISTILLED

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 3 kg of basil leaves to produce 15 mL of Basil essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of basil are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

276
Published studies about the benefits of basil

Numbers according to PubMed as of December 2017

FUN FACT

In Italian culture, basil was traditionally used as a sign of love. Wearing basil on his person signified that a man had serious intentions for a woman he was courting.

FUN FACT

Basil was historically used in the preparation of holy water in Orthodox churches.

WORKS WELL WITH:

dōTERRA®

Wild Orange

A T N

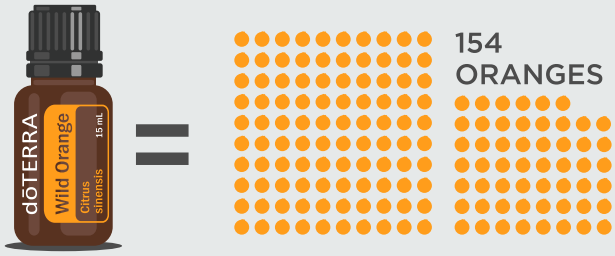
COLD PRESSED

SOURCED FROM:

FUN FACT

Hundreds of small farmers in Brazil support their families by growing oranges for essential oil production.

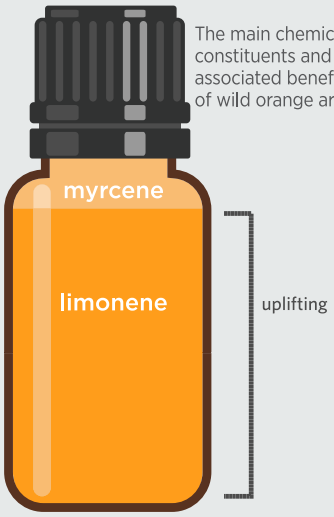
WHAT IT TAKES TO MAKE A BOTTLE:



It takes 154 oranges to produce 15 mL of Wild Orange essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of wild orange are:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

FUN FACT

Since ancient times, orange trees have been seen as a symbol of love and marriage in many cultures.

RESEARCH:

Numbers according to PubMed as of December 2017

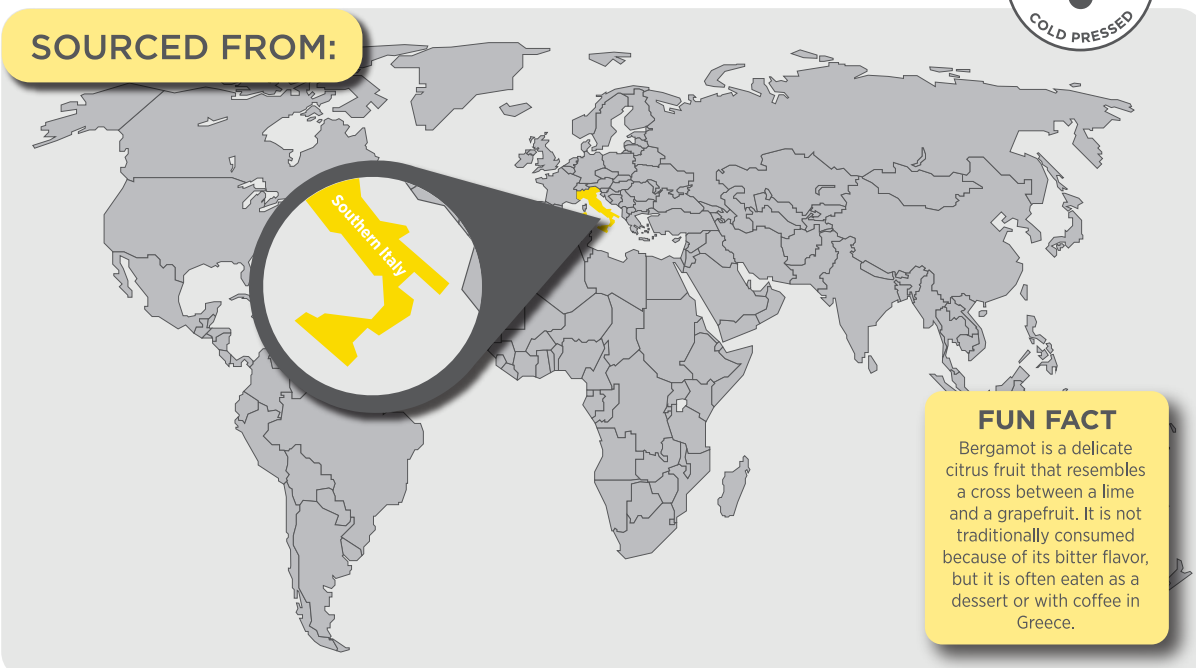
WORKS WELL WITH:

dōTERRA®

Bergamot ATS

COLD PRESSED

SOURCED FROM:



FUN FACT

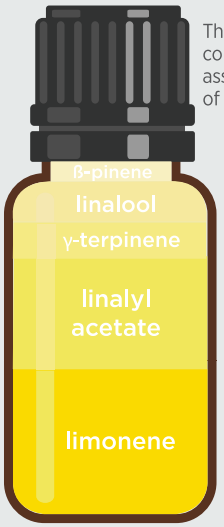
Bergamot is a delicate citrus fruit that resembles a cross between a lime and a grapefruit. It is not traditionally consumed because of its bitter flavor, but it is often eaten as a dessert or with coffee in Greece.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 3.1 kg of bergamot peels to produce 15 mL of Bergamot essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of bergamot are:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

121

Published studies on the benefits of bergamot

Numbers according to PubMed as of December 2017

FUN FACT

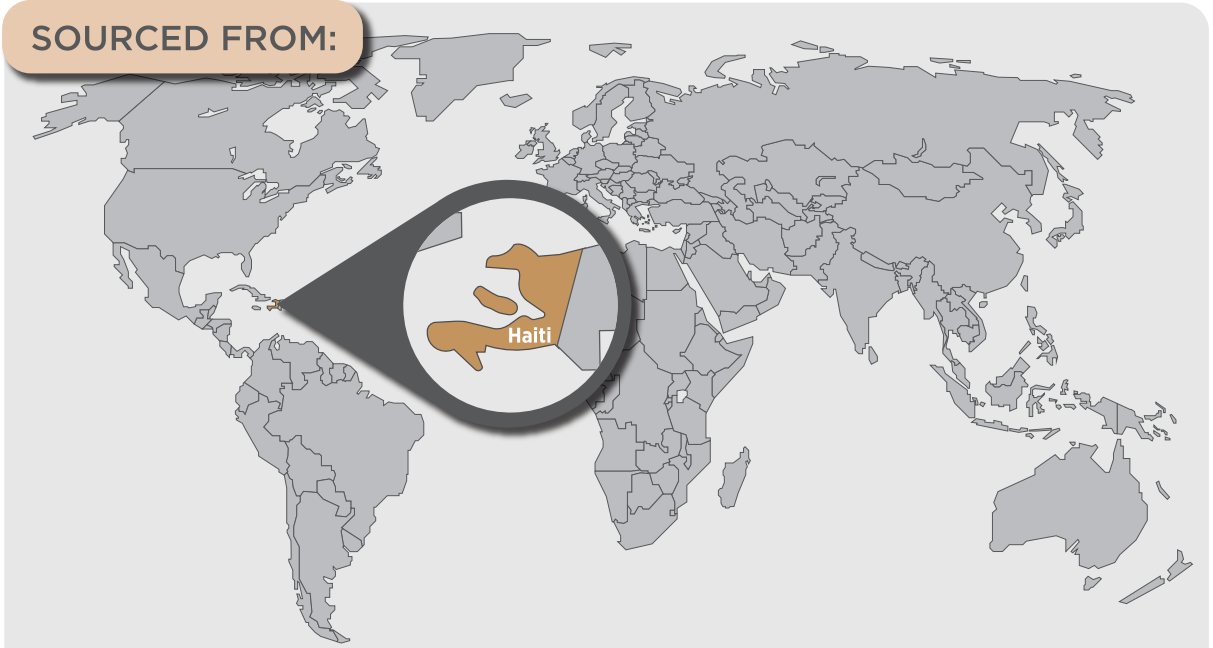
Earl Grey tea is characterized by the addition of bergamot oil to black teas.

WORKS WELL WITH:

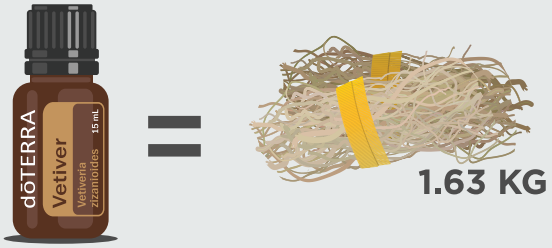
dōTERRA®

Vetiver ATN

SOURCED FROM:



WHAT IT TAKES TO MAKE A BOTTLE:



It takes 1.63 kg of vetiver root to produce 15 mL of Vetiver essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of vetiver are:

fragrant

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

42
Published studies on the benefits of vetiver

Numbers according to PubMed as of December 2017

FUN FACT

Haitian farmers that produce Vetiver oil, which is co-impact sourced from Haiti, are paid a premium to leave the roots of their vetiver plants in the ground longer as it increases the quality of the oil.

WORKS WELL WITH:

dōTERRA®

Black Pepper

A T S

STEAM DISTILLED

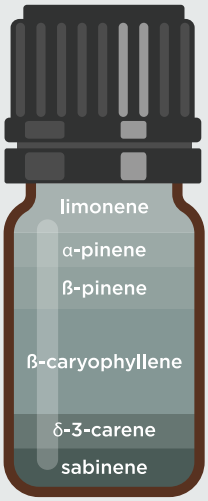
WHAT IT TAKES TO MAKE A BOTTLE:

=

0.2 KG

It takes 0.2 kg of black pepper fruit to produce 5 mL of Black Pepper essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of black pepper are:

- limonene — uplifting
- α-pinene — relaxing
- ß-pinene — relaxing
- ß-caryophyllene — soothing
- δ-3-carene — cleansing
- sabinene — cleansing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

60

Published studies on the benefits of black pepper

Numbers according to PubMed as of December 2017.

FUN FACT

Black pepper grows on a flowering vine and is cultivated for its berries. After flowering, it takes about 9 months before the ripe berries can be harvested.

FUN FACT

In ancient Greece and Rome, black pepper was extremely popular and was even used as bartering currency.

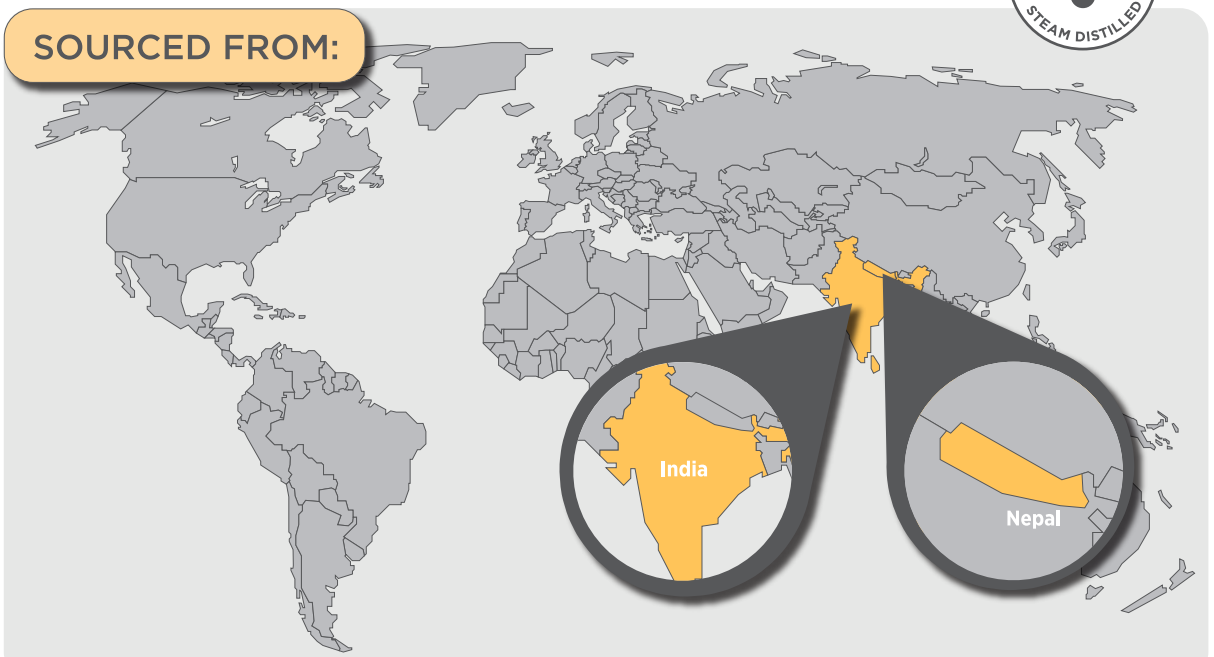
WORKS WELL WITH:

dōTERRA®

Turmeric ATN

STEAM DISTILLED

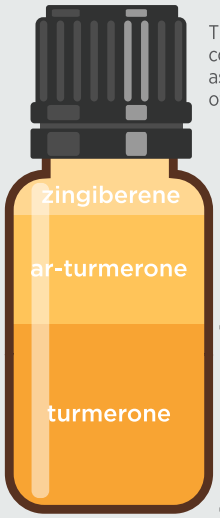
SOURCED FROM:



WHAT IT TAKES TO MAKE A BOTTLE:

It takes 0.55 kg of turmeric root to make one 15 mL bottle.

CHEMISTRY:



The main chemical constituents and associated benefits of turmeric are:

emotional support

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

119+

Published studies about the benefits of turmeric

FUN FACT

Turmeric is "the golden spice" that gives curry its color and health benefits.

OTHER RECOMMENDED PRODUCTS:

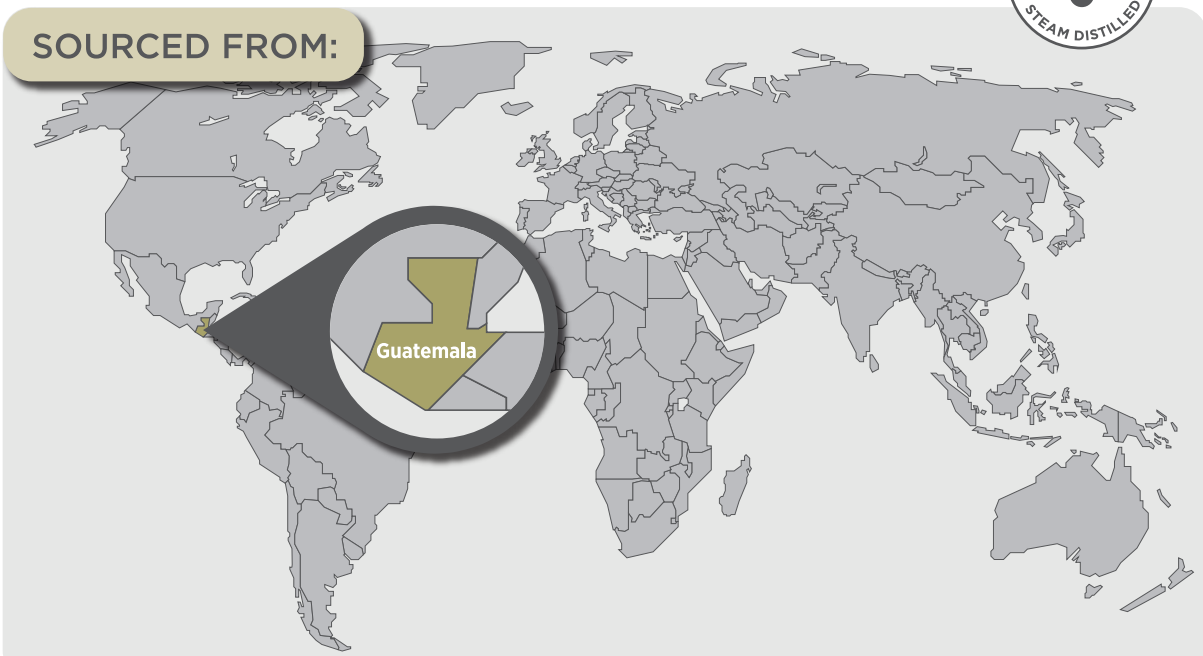
dōTERRA®

Cardamom

ATN

STEAM DISTILLED

SOURCED FROM:



WHAT IT TAKES TO MAKE A BOTTLE:

= 0.13 KG

It takes 0.13 kg of cardamom seeds to produce 5 mL of Cardamom essential oil.

CHEMISTRY:

The main chemical constituents of cardamom are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

FUN FACT

Cardamom oil is produced from seed pods, which typically contain 10-20 seeds per pod. These pods are dried for 36 hours and then sold either as a spice or for distillation.

RESEARCH:

33

Published studies on the benefits of cardamom

Numbers according to PubMed as of December 2017.

WORKS WELL WITH:

Thyme

A T D

STEAM DISTILLED

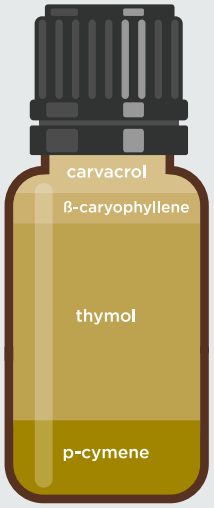
WHAT IT TAKES TO MAKE A BOTTLE:

=

0.49 KG

It takes 0.49 kg of thyme leaves to produce 15 mL of Thyme essential oil.

CHEMISTRY:

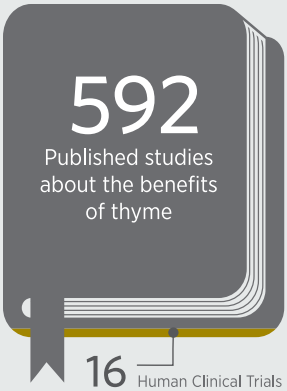


The main chemical constituents and associated benefits of thyme are:

- carvacrol, ß-caryophyllene: cleansing, soothing
- thymol: invigorating
- p-cymene

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:



Numbers according to PubMed as of December 2017

FUN FACT

In the Middle Ages, women gave thyme to knights and warriors before they went into battle as it was believed to impart courage.

FUN FACT

The uses of thyme were recorded in the Ebers Papyrus, one of the oldest Egyptian scientific texts on record, dating back to about 1550 BC.

WORKS WELL WITH:

Cassia ATD

STEAM DISTILLED

WHAT IT TAKES TO MAKE A BOTTLE:

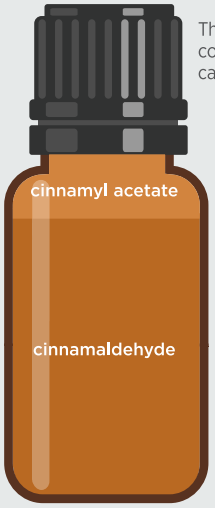
=

0.9 KG

It takes 0.9 kg of cassia bark to produce 15 mL of Cassia essential oil.

CHEMISTRY:

The main chemical constituents of cassia are:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

77

Published studies about the benefits of cassia

Numbers according to PubMed as of December 2017

FUN FACT

Cassia trees are evergreens that can grow up to 65 feet tall.

WORKS WELL WITH:

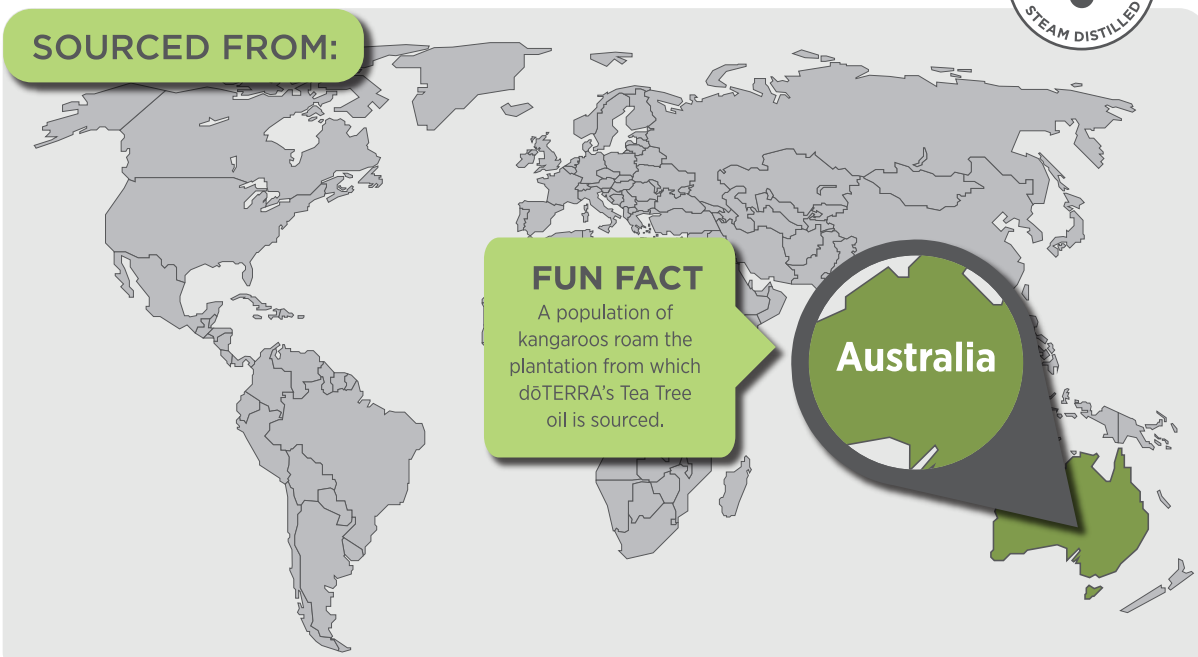
dōTERRA®

Tea Tree

ATN

STEAM DISTILLED

SOURCED FROM:



FUN FACT

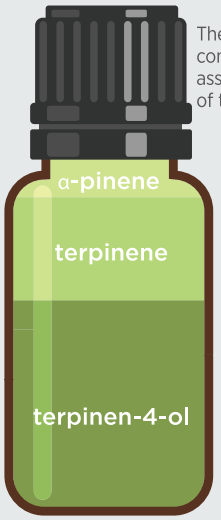
A population of kangaroos roam the plantation from which dōTERRA's Tea Tree oil is sourced.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 1.3 kg of Tea Tree leaves to produce 15 mL of Tea Tree essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of tea tree are:



- α-pinene — relaxing
- terpinene — cleansing
- terpinen-4-ol — soothing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

Numbers according to PubMed as of December 2017

FUN FACT

The Bungwalbin Creek in Australia is surrounded by tea trees that shed their leaves into the creek, making what the indigenous people consider "magical waters."

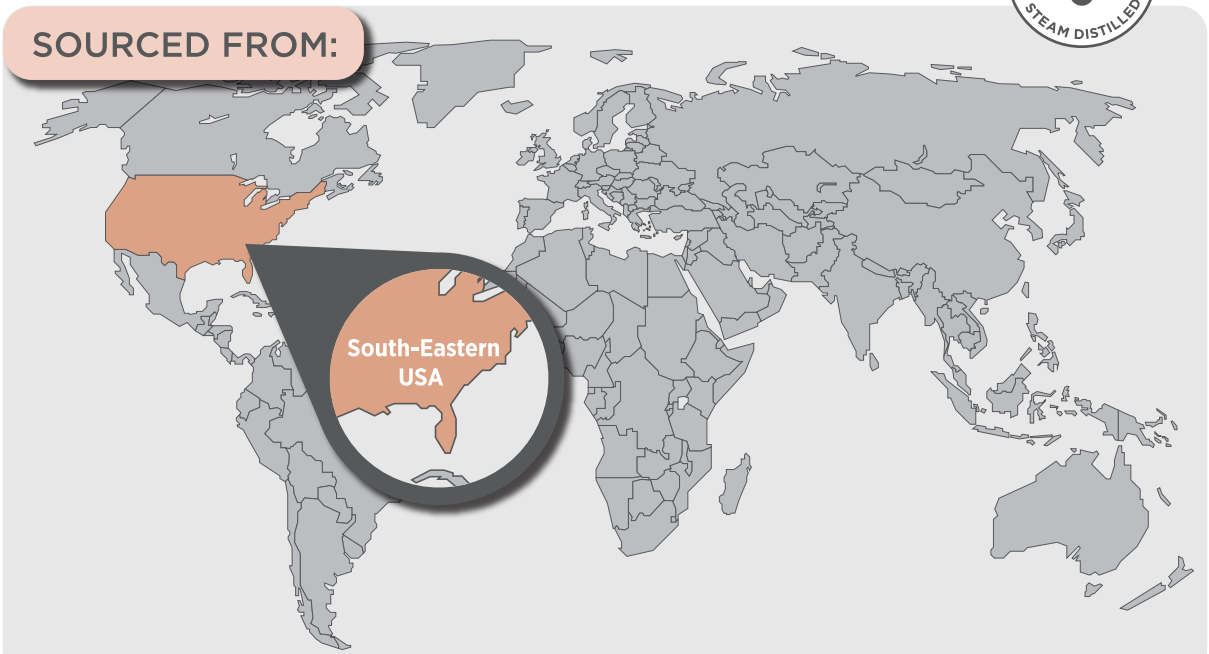
WORKS WELL WITH:

dōTERRA®

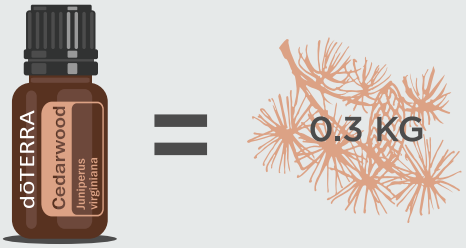
Cedarwood ATS

STEAM DISTILLED

SOURCED FROM:



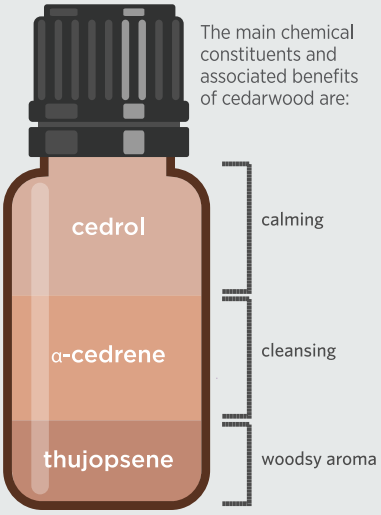
WHAT IT TAKES TO MAKE A BOTTLE:



It takes 0.3 kg of cedarwood to produce 15 mL of Cedarwood essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of cedarwood are:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

80+
Published studies about the benefits of cedarwood

Numbers according to PubMed as of December 2017

FUN FACT

dōTERRA's Cedarwood oil is made from by-products of the lumber industry, making it a waste-free, sustainable sourcing option.

WORKS WELL WITH:

dōTERRA®

Tangerine ATN

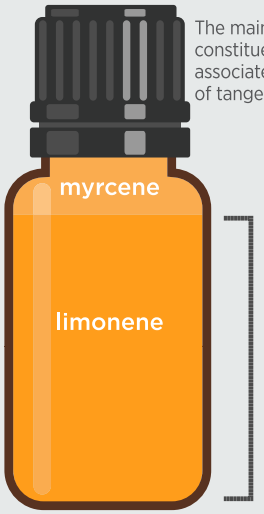
COLD PRESSED

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 2.7 kg of tangerine peels to produce 15 mL of Tangerine essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of tangerine are:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

23
published studies on the benefits of tangerine

FUN FACT

Tangerine fruit grows on the *Citrus reticulata* tree, an evergreen that bears bright orange, sweet citrus fruit and white flowers.

WORKS WELL WITH:

dōTERRA®

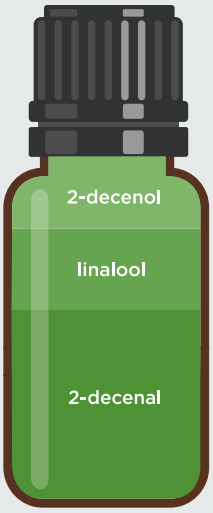
Cilantro ATN

STEAM DISTILLED

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 1.8 kg of cilantro leaves to produce 15 mL of Cilantro essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of cilantro are:

- 2-decenol, linalool: fragrant
- linalool, 2-decenal: soothing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

71

Published studies about the benefits of cilantro

Numbers according to PubMed as of December 2017.

FUN FACT

All parts of the cilantro plant are edible. The leaves produce the common cilantro herb and the seeds provide a spice known as coriander. Both are often used to flavor dishes in Latin American, Asian, and American cuisine.

WORKS WELL WITH:

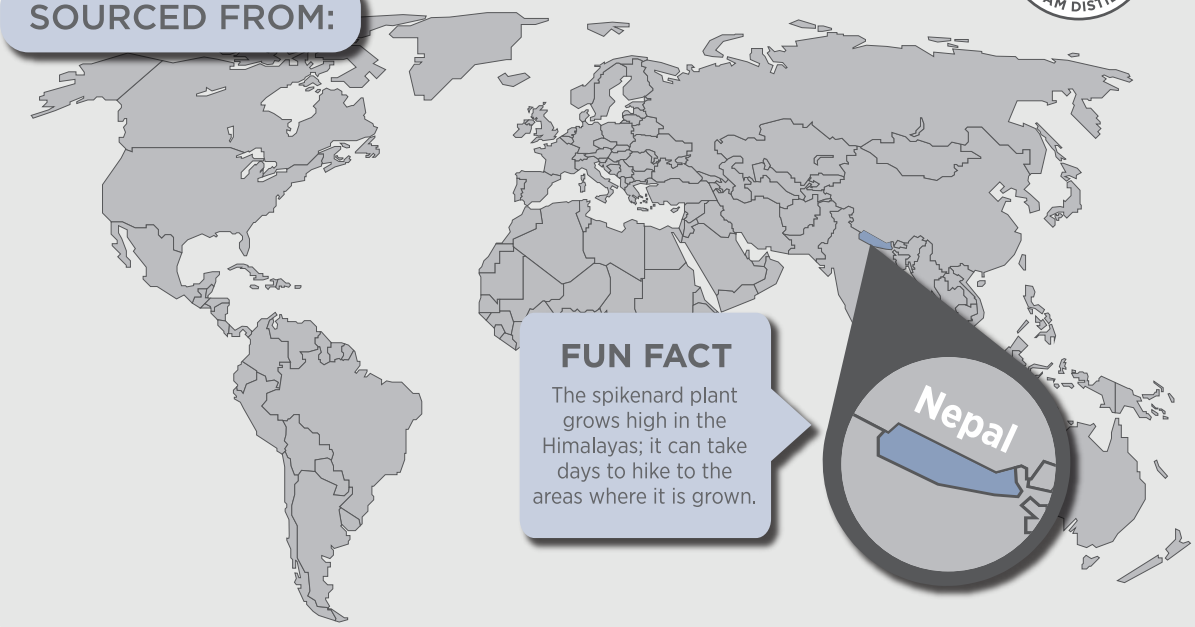
dōTERRA®

Spikenard

ATN

STEAM DISTILLED

SOURCED FROM:



FUN FACT

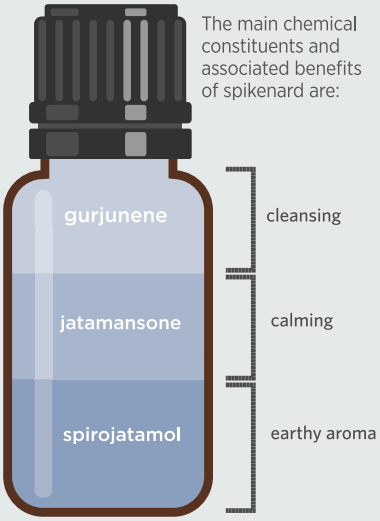
The spikenard plant grows high in the Himalayas; it can take days to hike to the areas where it is grown.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 0.58 kg of spikenard root to produce 5 mL of Spikenard essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of spikenard are:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

421

Published studies on the benefits of gurjunene, the main chemical constituent in spikenard

Numbers according to PubMed as of December 2017

FUN FACT

Spikenard is included in Pope Francis' coat of arms due to its Catholic symbolism of Saint Joseph.

WORKS WELL WITH:

dōTERRA®

Cinnamon Bark ATD

STEAM DISTILLED

SOURCED FROM:

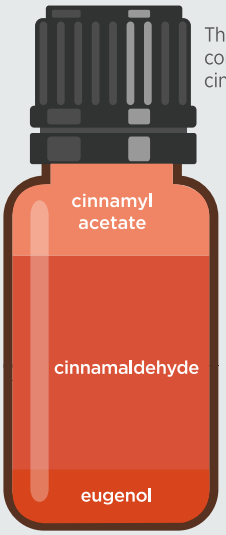
FUN FACT
The bark of a cinnamon tree is typically harvested right after the rainy season and left to dry in the sun.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 2.5 kg of cinnamon bark to produce 5 mL of Cinnamon Bark essential oil.

CHEMISTRY:

The main chemical constituents of cinnamon bark are:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

371
Published studies about the benefits of cinnamon

Numbers according to PubMed as of December 2017

FUN FACT
Only half of the bark is harvested from a tree each year; harvesters switch "halves" each year in order to protect the health of the tree.

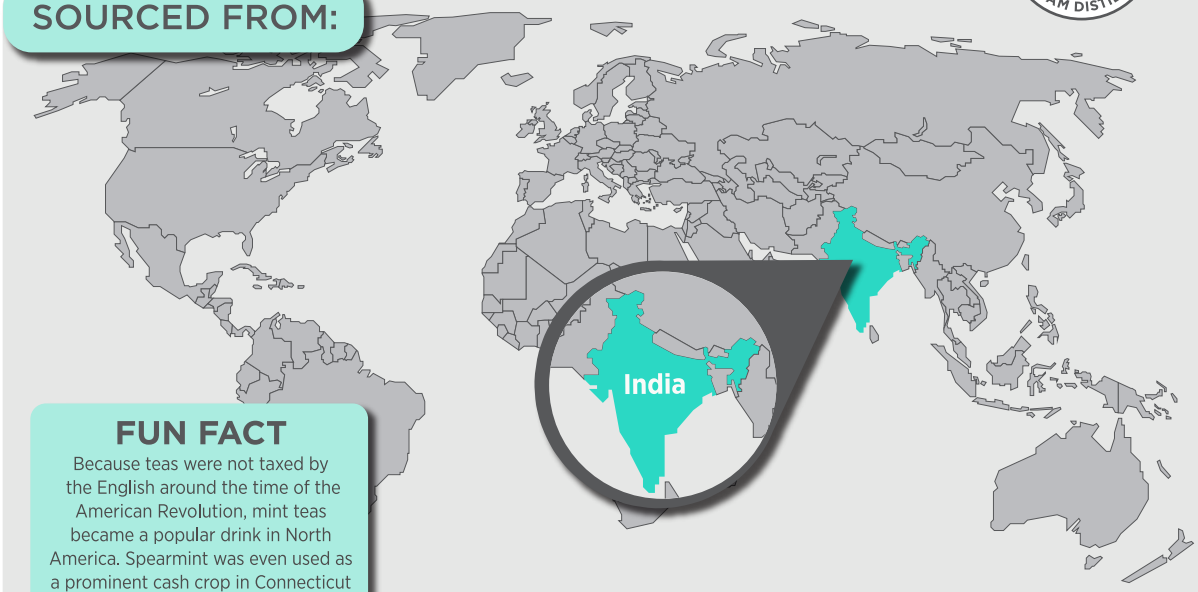
WORKS WELL WITH:

dōTERRA®

Spearmint ATS

STEAM DISTILLED

SOURCED FROM:



FUN FACT

Because teas were not taxed by the English around the time of the American Revolution, mint teas became a popular drink in North America. Spearmint was even used as a prominent cash crop in Connecticut during this time.

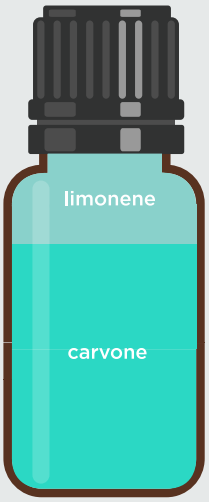
WHAT IT TAKES TO MAKE A BOTTLE:

= 1.49 KG

It takes 1.49 kg of spearmint plant matter to produce 15 mL of Spearmint essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of spearmint are:



uplifting

soothing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

111

Published studies on the benefits of spearmint

Numbers according to PubMed as of December 2017

FUN FACT

In the Middle Ages, spearmint was commonly scattered on the floor to get rid of rodents and encourage good health.

WORKS WELL WITH:

dōTERRA®

Clary Sage ATN

STEAM DISTILLED

WHAT IT TAKES TO MAKE A BOTTLE:

= 4.9 KG

It takes 4.9 kg of clary sage plant matter to produce 15 mL of Clary Sage essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of clary sage are:

calming

soothing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

57
Published studies on the benefits of clary sage

Numbers according to PubMed as of December 2017.

FUN FACT

Clary Sage has historically been used to make a love potion. When mixed with dried lavender, valerian and sassafras leaves, and buttons from the clothes of the desired bachelor, this potion was believed to attract the man of the maker's desire.

FUN FACT

Clary Sage is a biennial or perennial herb that grows up to six feet in height.

WORKS WELL WITH:

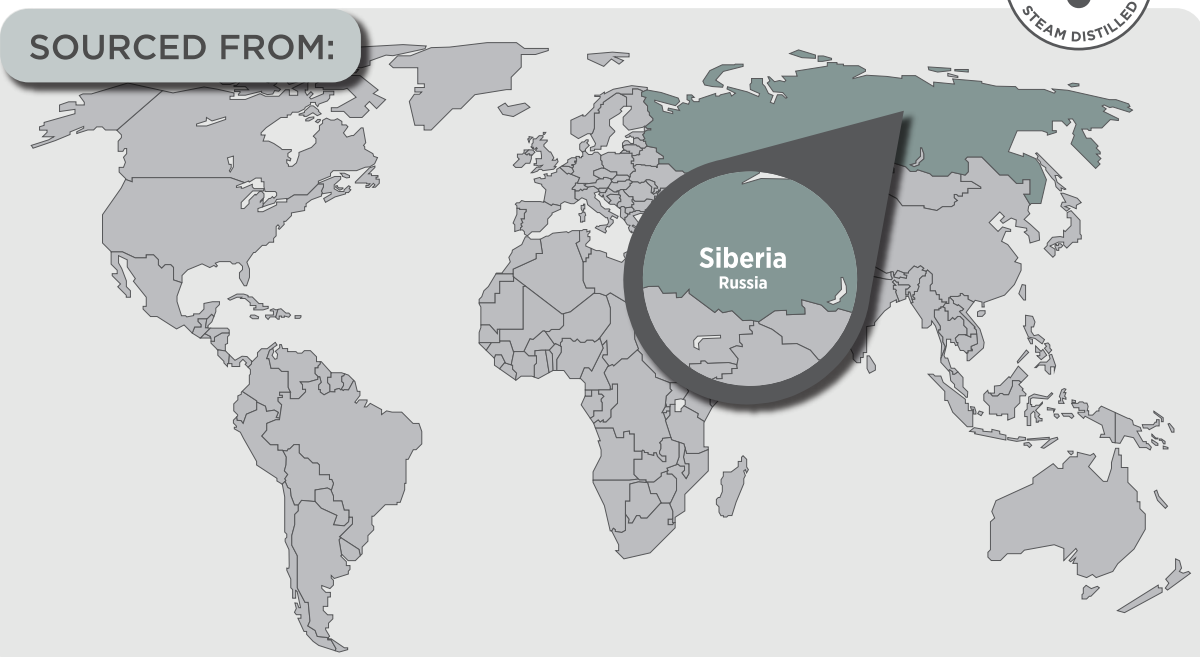
dōTERRA®

Siberian Fir

ATN

STEAM DISTILLED

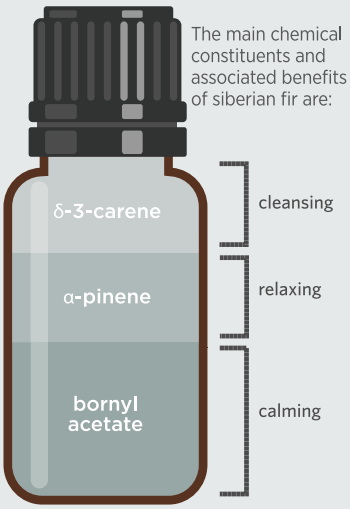
SOURCED FROM:



WHAT IT TAKES TO MAKE A BOTTLE:

It takes 1.67 kg of siberian fir needles to produce 15 mL of Siberian Fir essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of siberian fir are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

139

Published studies on the benefits of bornyl acetate, the main chemical constituent in Siberian fir essential oil

Numbers according to PubMed as of December 2017

FUN FACT

To minimize environmental impact, doTERRA's Siberian Fir oil is distilled from needles gathered from trees that have already been cut down by the logging industry.

WORKS WELL WITH:

dōTERRA®

Clove

A T D

STEAM DISTILLED

SOURCED FROM:

FUN FACT

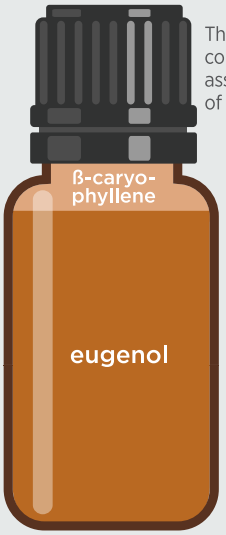
Clove oil is distilled from buds on an evergreen tree that turn bright red when they are ready to be harvested.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 3 kg of clove bud to produce 15 mL of Clove essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of clove are:



soothing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

365

Published studies on the benefits of clove

Numbers according to PubMed as of December 2017

FUN FACT

The word "clove" comes from the Latin word "clavus," meaning nail. This name presumably comes from the shape of clove buds, which look like small tacks.

WORKS WELL WITH:

dōTERRA®

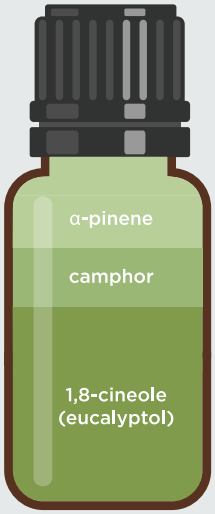
Rosemary ATN

STEAM DISTILLED

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 1 kg of rosemary to produce 15 mL of Rosemary essential oil.

CHEMISTRY:

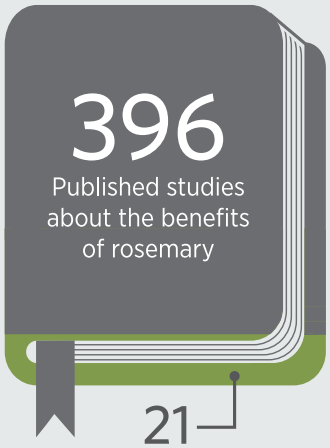


The main chemical constituents and associated benefits of rosemary are:

- α-pinene — relaxing
- camphor — soothing
- 1,8-cineole (eucalyptol) — cleansing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:



Numbers according to PubMed as of December 2017

FUN FACT

Rosemary was traditionally considered a good omen for marital bond and the blossoming of a family. In the Middle Ages, brides would wear a rosemary headpiece during a wedding ceremony, while grooms and wedding guests would wear a twig of rosemary on their chests.

WORKS WELL WITH:

Copaiba

A T S

STEAM DISTILLED

SOURCED FROM:

FUN FACT

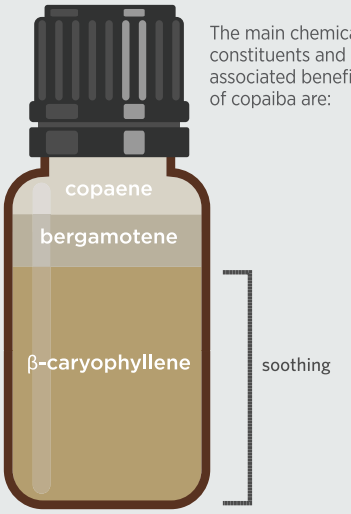
dōTERRA works with harvesters, many of whom live along the Amazon River, who use a tree-tapping method—similar to how maple syrup is harvested—to collect the copaiba resin.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 0.036 kg of copaiba resin to produce 15 mL of Copaiba essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of copaiba are:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

1,064+

Published studies on the benefits of caryophyllene, the main chemical constituent of copaiba

Numbers according to PubMed as of December 2017

FUN FACT

The copaiba tree can live up to 400 years and grow more than 100 feet tall.

WORKS WELL WITH:

dōTERRA®

Rose Touch

ATN

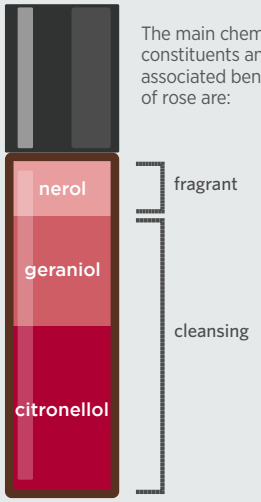
STEAM DISTILLED

SOURCED FROM:

WHAT IT TAKES TO MAKE A BOTTLE:

It takes approximately 1,400 roses to produce one bottle of Rose Touch.

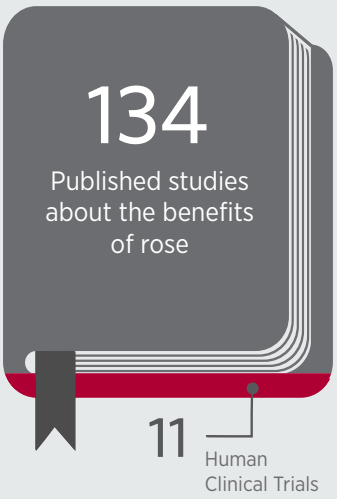
CHEMISTRY:



The main chemical constituents and associated benefits of rose are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:



Numbers according to PubMed as of December 2017

FUN FACT

Because rose petals are so delicate, distillation must happen the same day that the flower is harvested.

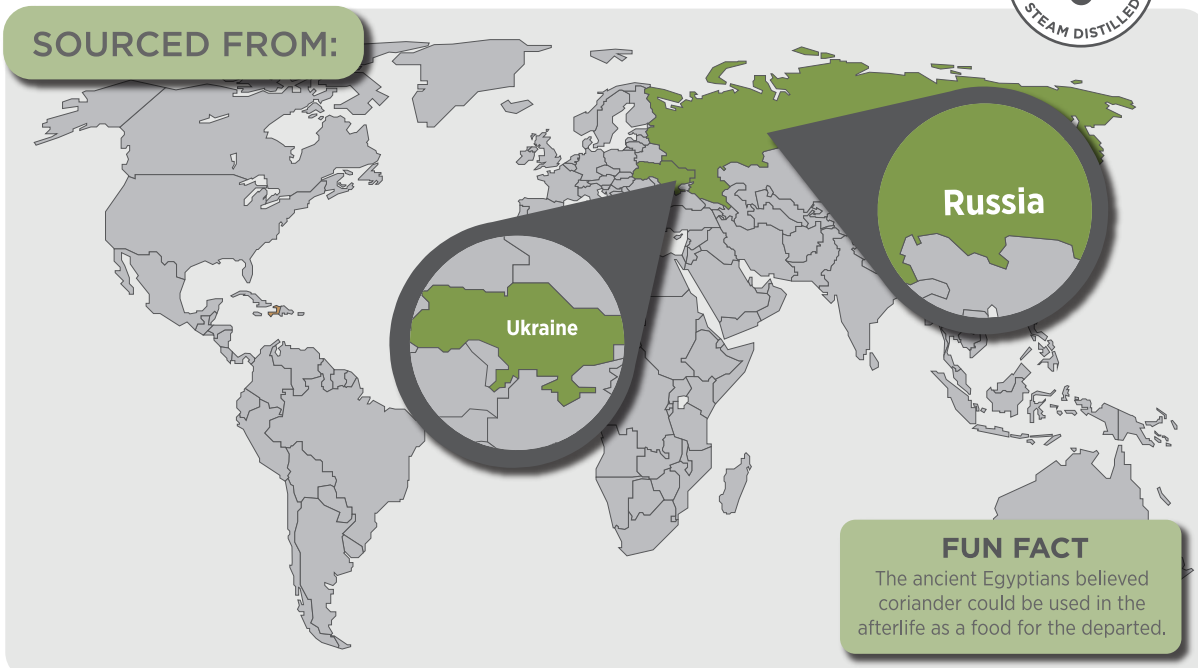
WORKS WELL WITH:

dōTERRA®

Coriander ATN

STEAM DISTILLED

SOURCED FROM:

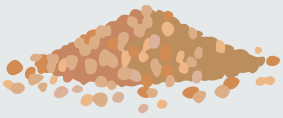


FUN FACT
The ancient Egyptians believed coriander could be used in the afterlife as a food for the departed.

WHAT IT TAKES TO MAKE A BOTTLE:

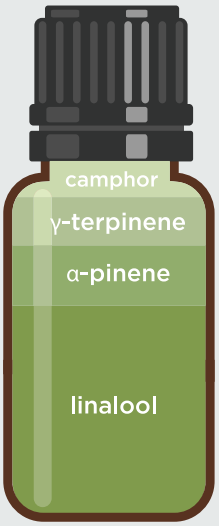
=

1.49 KG



It takes 1.49 kg of coriander seeds to produce 15 mL of Coriander essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of coriander are:

- camphor, γ-terpinene: soothing
- α-pinene: relaxing
- linalool: soothing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

106
Published studies on the benefits of coriander

Numbers according to PubMed as of December 2017

FUN FACT
Coriander and Cilantro essential oils come from the same plant--Cilantro is distilled from the leaves while Coriander comes from the seed.

WORKS WELL WITH:

dōTERRA®

Roman Chamomile ATN

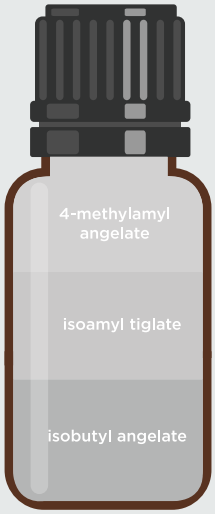
STEAM DISTILLED

WHAT IT TAKES TO MAKE A BOTTLE:

= 0.8 KG

It takes 0.8 kg of roman chamomile flowers to produce 5 mL of Roman Chamomile essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of roman chamomile are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

20

Published studies about the benefits of Roman chamomile

Numbers according to PubMed as of December 2017

FUN FACT

The word "chamomile" comes from the Greek word chamaimelon, which means "earth-apple" because the plant's scent resembles that of an apple.

WORKS WELL WITH:

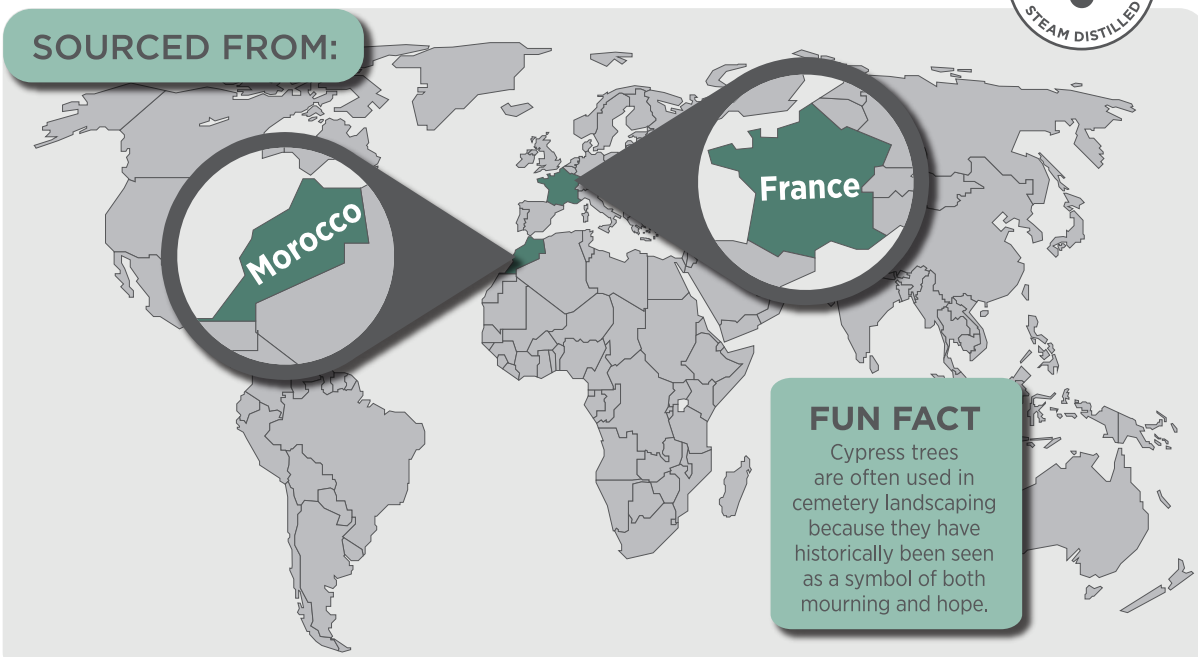
dōTERRA®

Cypress

ATN

STEAM DISTILLED

SOURCED FROM:



FUN FACT

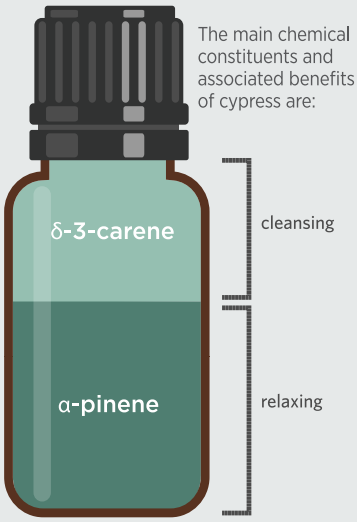
Cypress trees are often used in cemetery landscaping because they have historically been seen as a symbol of both mourning and hope.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 2.3 kg of cypress leaves to produce 15 mL of Cypress essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of cypress are:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

944

Published studies on the benefits of α-pinene, the main chemical consituent in cypress

Numbers according to PubMed as of December 2017

FUN FACT

A pair of cypress trees can be seen in front of a nighttime cemetery scene in Vincent van Gogh's most famous work, *Starry Night*.

WORKS WELL WITH:

dōTERRA®

Petitgrain

STEAM DISTILLED

SOURCED FROM:

FUN FACT

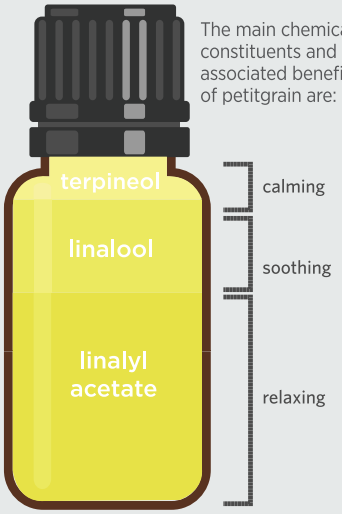
dōTERRA works with producers in Paraguay who grow, harvest, and distill the plants on their own land to produce Petitgrain essential oil.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 2.2 kg of leaves and twigs to produce 15 mL of Petitgrain essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of petitgrain are:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

61

Published studies on the benefits of petitgrain

Numbers according to PubMed as of December 2017

FUN FACT

Petitgrain oil comes from the leaves and twigs of the bitter orange tree. Once the plant matter has been distilled, it is used to fuel the boilers for future distillations or as mulch.

WORKS WELL WITH:

dōTERRA®

Douglas Fir ATN

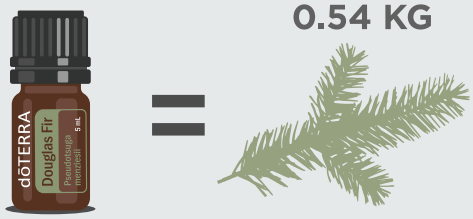
STEAM DISTILLED

SOURCED FROM:

FUN FACT

Douglas Fir trees were introduced to New Zealand in the interest of the timber industry. They grow almost 25 times faster in New Zealand than in the US. It has become an invasive species, covering the mountains and preventing native plants from growing.

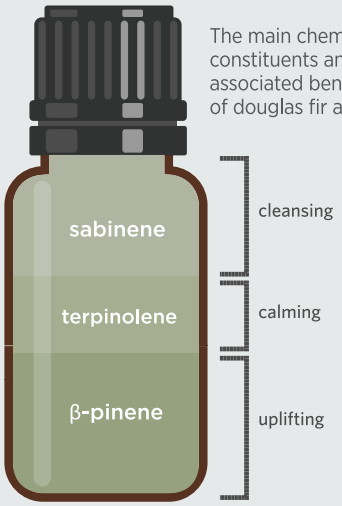
WHAT IT TAKES TO MAKE A BOTTLE:



It takes 0.54 kg of douglas fir plant material to produce 5 mL of Douglas Fir essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of douglas fir are:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

593

Published studies on the benefits of β-pinene, the main chemical consituent in douglas fir

Numbers according to PubMed as of December 2017

FUN FACT

The Douglas Fir tree gets its name from David Douglas, a famous Scottish botanist. However, the tree's scientific name, *Pseudotsuga menxiesii*, was named after Archibald Menzies, one of Douglas' rival botanists.

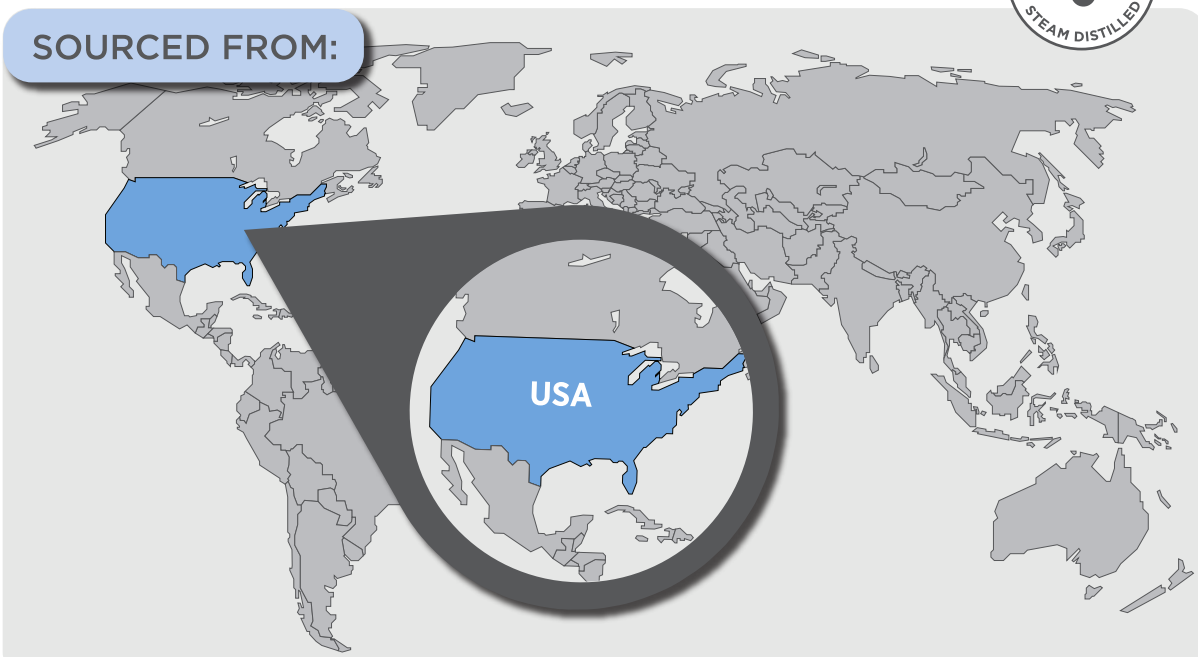
WORKS WELL WITH:

dōTERRA®

Peppermint ATS

STEAM DISTILLED

SOURCED FROM:

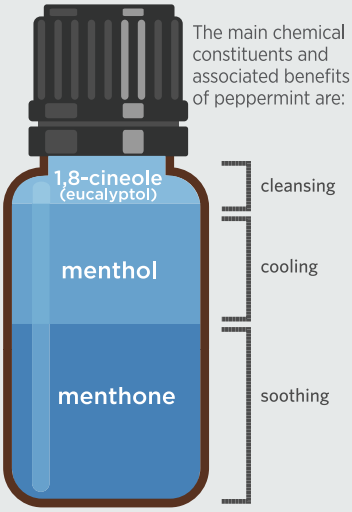


WHAT IT TAKES TO MAKE A BOTTLE:

It takes 0.45 kg of peppermint plant matter to produce 15 mL of Peppermint essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of peppermint are:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

Numbers according to PubMed as of December 2017

FUN FACT

Peppermint's scientific name is *Mentha piperita*. This name comes from ancient Greek mythology. Minthe (also known as Mentha), was a nymph transformed into a sweet-smelling mint by Queen Persephone.

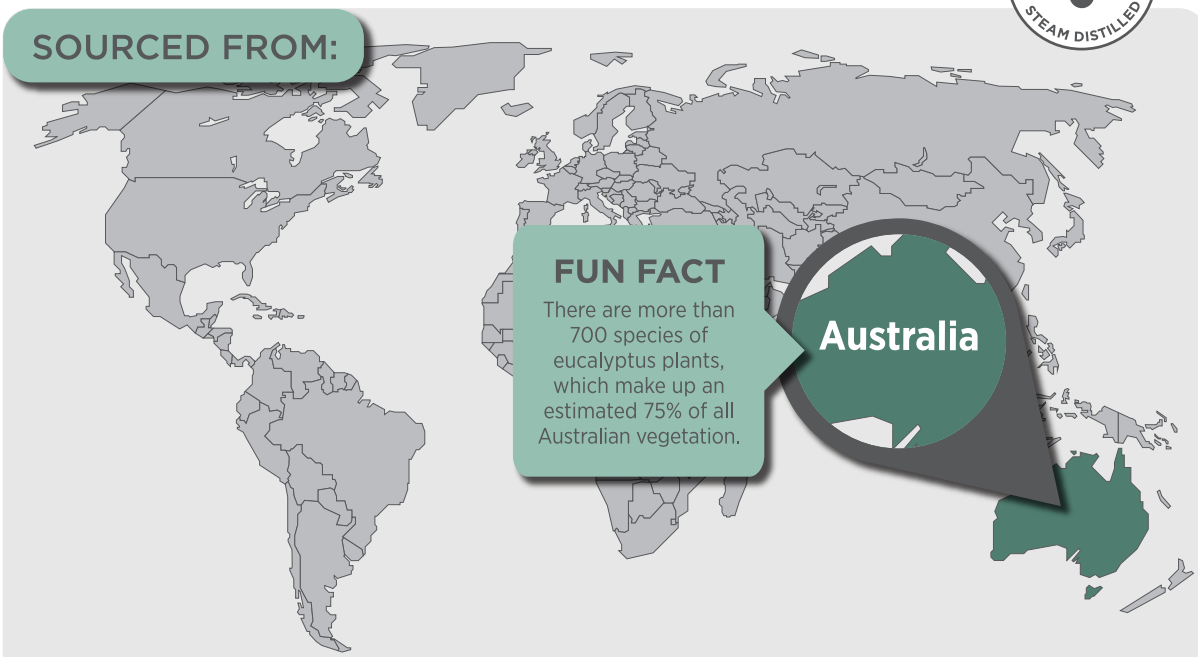
WORKS WELL WITH:

Eucalyptus

A T S

STEAM DISTILLED

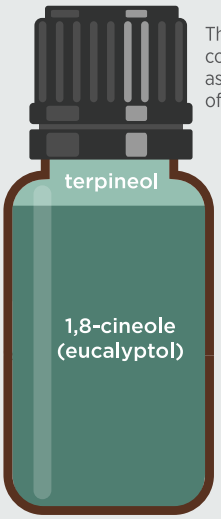
SOURCED FROM:



WHAT IT TAKES TO MAKE A BOTTLE:

It takes 0.45 kg of eucalyptus leaves to produce 15 mL of Eucalyptus essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of eucalyptus are:

- terpineol — calming
- 1,8-cineole (eucalyptol) — cleansing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

421

Published studies on the benefits of eucalyptus

Numbers according to PubMed as of December 2017

FUN FACT

Koalas survive on a diet of only eucalyptus and eat an average of more than 450 pounds of leaves each year.

WORKS WELL WITH:

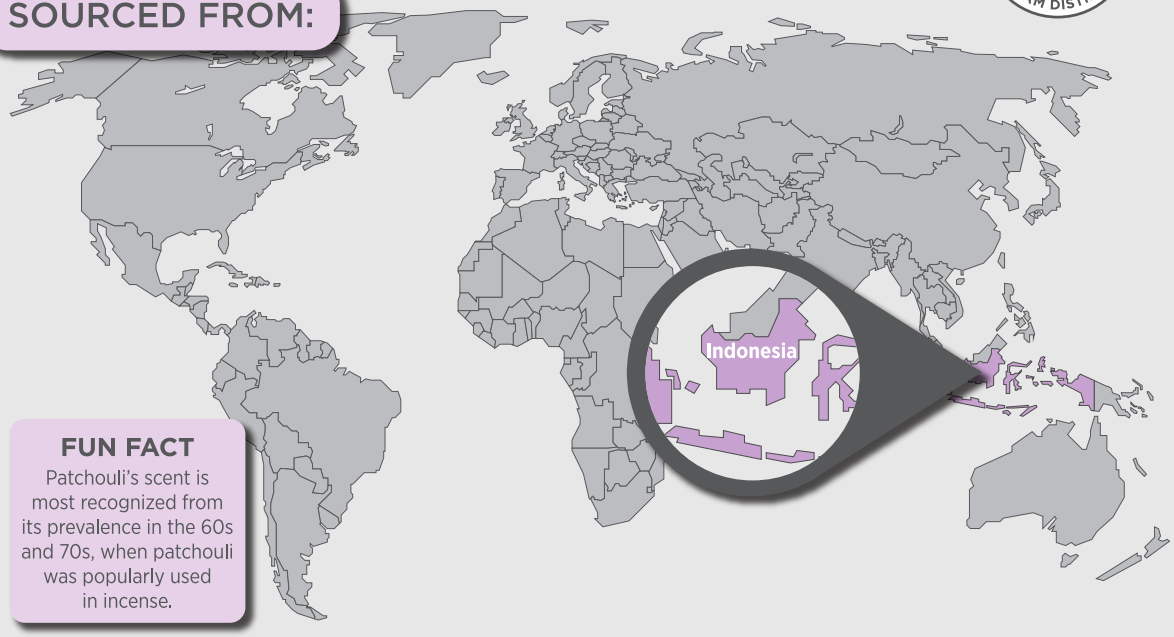
dōTERRA®

Patchouli

ATN

STEAM DISTILLED

SOURCED FROM:



FUN FACT

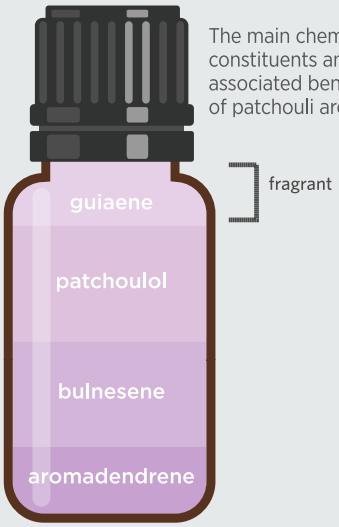
Patchouli's scent is most recognized from its prevalence in the 60s and 70s, when patchouli was popularly used in incense.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 0.54 kg of patchouli leaves to produce 15 mL of Patchouli essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of patchouli are:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

89

Published studies on the benefits of patchouli

Numbers according to PubMed as of December 2017

FUN FACT

Patchouli is a bushy herb that is a member of the mint family. The plant, which grows better in the shade, has pale pink flowers.

WORKS WELL WITH:

dōTERRA®

Fennel (Sweet) ATS

STEAM DISTILLED

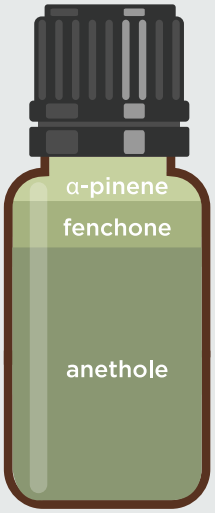
WHAT IT TAKES TO MAKE A BOTTLE:

=

0.3 KG

It takes 0.3 kg of fennel seeds to produce 15 mL of Fennel essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of fennel are:

- α-pinene — relaxing
- fenchone — fragrant

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

161

Published studies on the benefits of fennel

Numbers according to PubMed as of December 2017

FUN FACT

The town of Marathon, Greece was named as such due to its abundance of fennel plants, which are called "marathos" in Ancient Greek.

WORKS WELL WITH:

Oregano

A T D

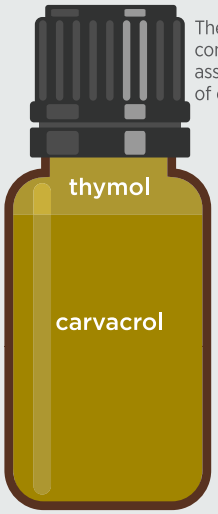
STEAM DISTILLED

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 1.1 kg of oregano to produce 15 mL of Oregano essential oil.

CHEMISTRY:

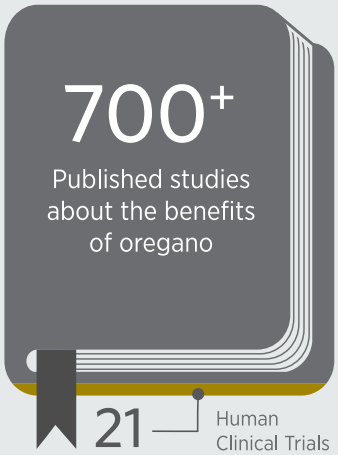
The main chemical constituents and associated benefits of oregano are:



invigorating

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:



Numbers according to PubMed as of December 2017

FUN FACT

The word "oregano" is actually derived from the Greek phrase, "joy of the mountains."

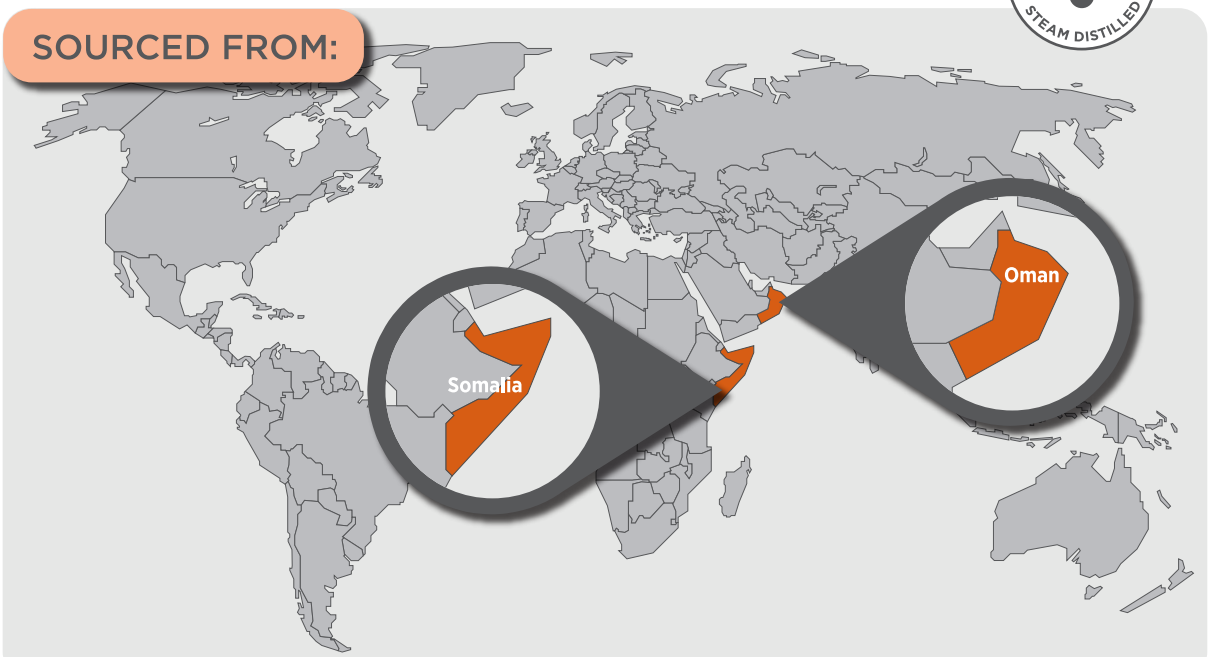
WORKS WELL WITH:

dōTERRA®

Frankincense ATN

STEAM DISTILLED

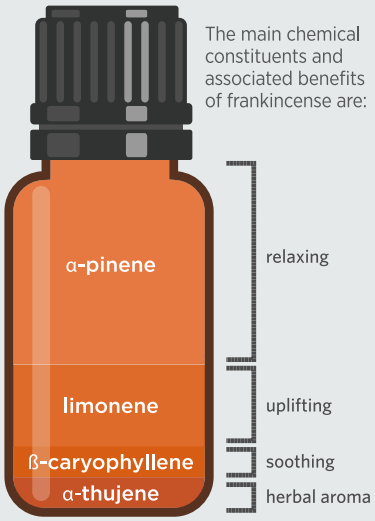
SOURCED FROM:



WHAT IT TAKES TO MAKE A BOTTLE:

It takes 0.22 kg of resin to produce 15 mL of Frankincense essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of frankincense are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

100+

Published studies about the benefits of frankincense

Numbers according to PubMed as of December 2017

FUN FACT

The "frankincense" tree, known as the Boswellia tree, can produce a couple of pounds of resin each year. If Boswellia trees are properly cared for, the tree can produce resin for hundreds of years.

WORKS WELL WITH:

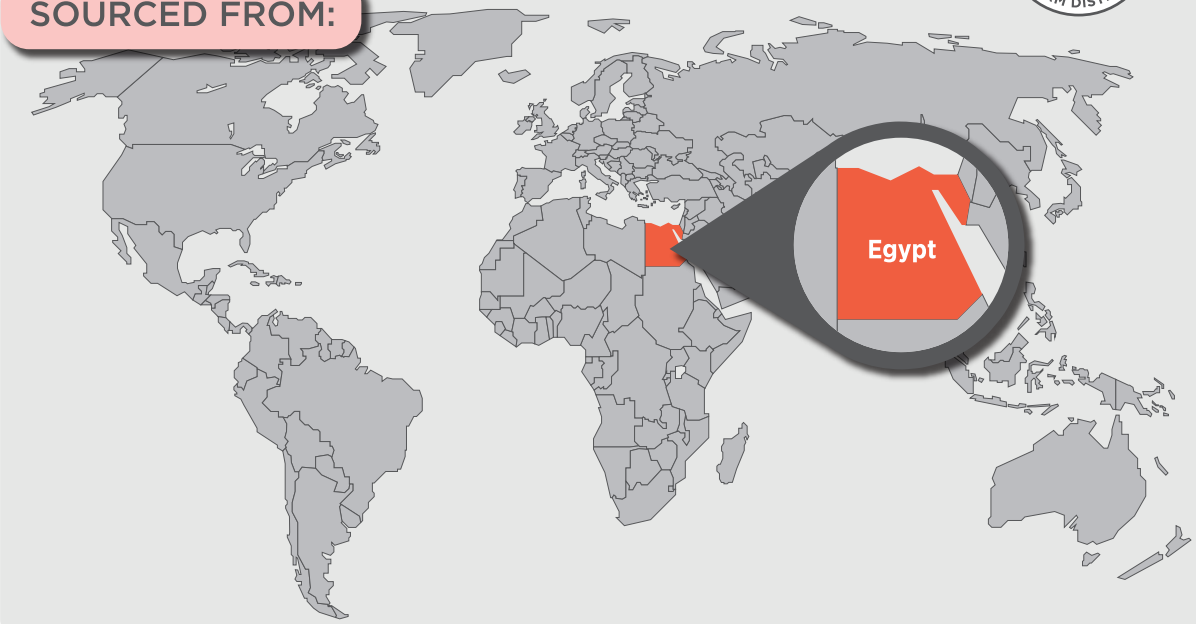
dōTERRA®

Neroli Touch

ATN

STEAM DISTILLED

SOURCED FROM:



WHAT IT TAKES TO MAKE A BOTTLE:

=

It takes 2.7 kg of neroli flowers to produce one bottle of Neroli Touch.

CHEMISTRY:

The main chemical constituents and associated benefits of neroli are:

- terpinyl acetate — cleansing
- terpineol — calming
- nerolidol — fragrant
- limonene — uplifting

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

950+

Published studies on the benefits of limonene, the main chemical constituent in neroli

Numbers according to PubMed as of December 2017

FUN FACT

Neroli essential oil is produced from the blossom of the bitter orange tree.

WORKS WELL WITH:

dōTERRA®

Geranium

A T S

STEAM DISTILLED

WHAT IT TAKES TO MAKE A BOTTLE:

= 1.5 KG

It takes 1.5 kg of geranium plant matter to produce 15 mL of Geranium essential oil.

CHEMISTRY:

The main chemical constituents of geranium are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

140

Published studies about the benefits of geranium

Numbers according to PubMed as of December 2017

FUN FACT

"Geranium" is a word used to describe hundreds of plant species spanning two different genuses. dōTERRA's Geranium oil is derived from the *Pelargonium graveolens* species.

FUN FACT

Thomas Jefferson had a collection of pelargoniums in his garden while president.

WORKS WELL WITH:

dōTERRA®

Myrrh ATN

STEAM DISTILLED

WHAT IT TAKES TO MAKE A BOTTLE:

=

0.45 KG

It takes 0.45 kg of myrrh resin to produce 15 mL of Myrrh essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of myrrh are:

cleansing

calming

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

34

Published studies on the benefits of myrrh

Numbers according to PubMed as of December 2017

FUN FACT

Origins of myrrh have been traced to the Arabian Peninsula, where it was regarded as a royal and sacred commodity used to embalm royal bodies.

FUN FACT

"Myrrh" comes from the Arabic word for "bitter."

WORKS WELL WITH:

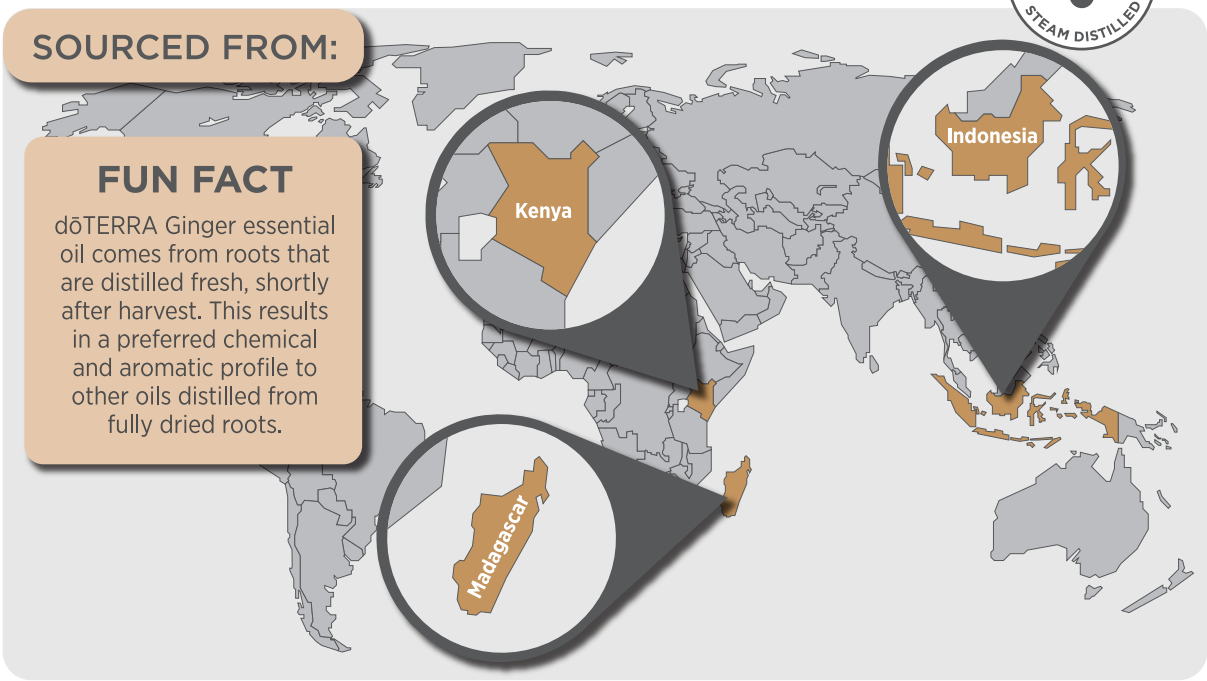
dōTERRA®

Ginger

ATS

STEAM DISTILLED

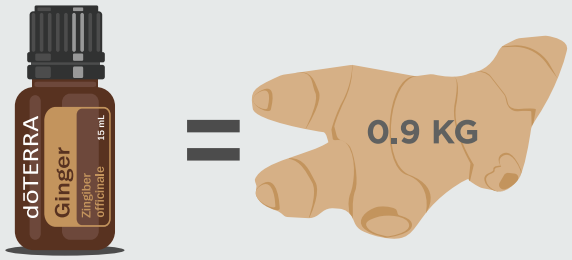
SOURCED FROM:



FUN FACT

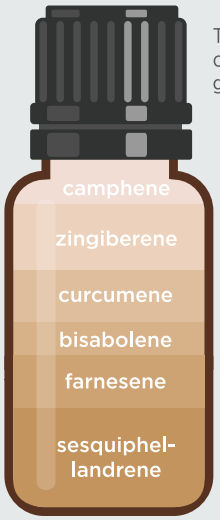
dōTERRA Ginger essential oil comes from roots that are distilled fresh, shortly after harvest. This results in a preferred chemical and aromatic profile to other oils distilled from fully dried roots.

WHAT IT TAKES TO MAKE A BOTTLE:



It takes 0.9 kg of ginger root to produce 15 mL of Ginger essential oil.

CHEMISTRY:



The main chemical constituents of ginger are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

177

Published studies on the benefits of ginger

Numbers according to PubMed as of December 2017

FUN FACT

The scientific name for ginger, *Zingiber*, comes from the Sanskrit word *sringabera*, meaning "horn shaped."

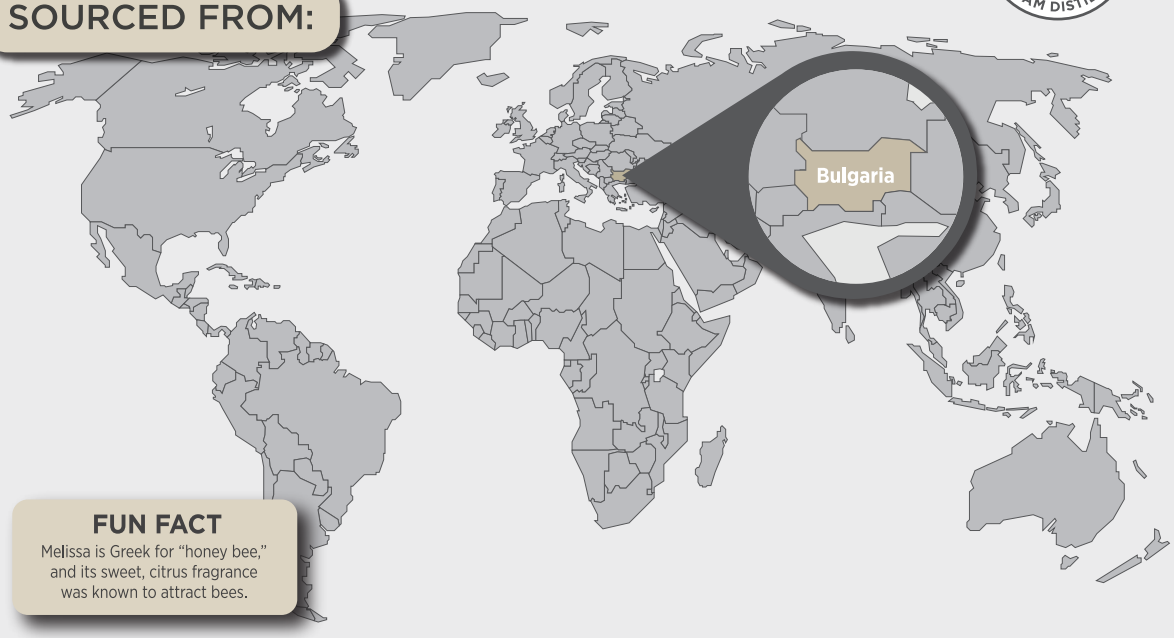
WORKS WELL WITH:

dōTERRA®

Melissa ATN

STEAM DISTILLED

SOURCED FROM:



FUN FACT
Melissa is Greek for "honey bee," and its sweet, citrus fragrance was known to attract bees.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 9.9 kg of melissa leaves to produce 5 mL of Melissa essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of melissa are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

71
Published studies on the benefits of melissa

Numbers according to PubMed as of December 2017

FUN FACT
The melissa plant, also known as "lemon balm," has one of the lowest yielding oils, meaning it requires the most plant matter to produce a bottle of oil.

WORKS WELL WITH:

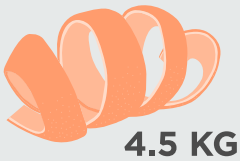
dōTERRA®

Grapefruit ATN

COLD PRESSED

WHAT IT TAKES TO MAKE A BOTTLE:

=



4.5 KG

It takes 4.5 kg of grapefruit peels to produce 15 mL of Grapefruit essential oil.

CHEMISTRY:

The main chemical constituent and associated benefit of grapefruit is:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

980

Published studies on the benefits of limonene, the main chemical constituent in grapefruit

Numbers according to PubMed as of December 2017

FUN FACT

Grapefruits presumably got their name because they grow in clusters that resemble large yellow grapes.

FUN FACT

Research suggests that the smell of grapefruit can help reduce unecessary food cravings.

WORKS WELL WITH:

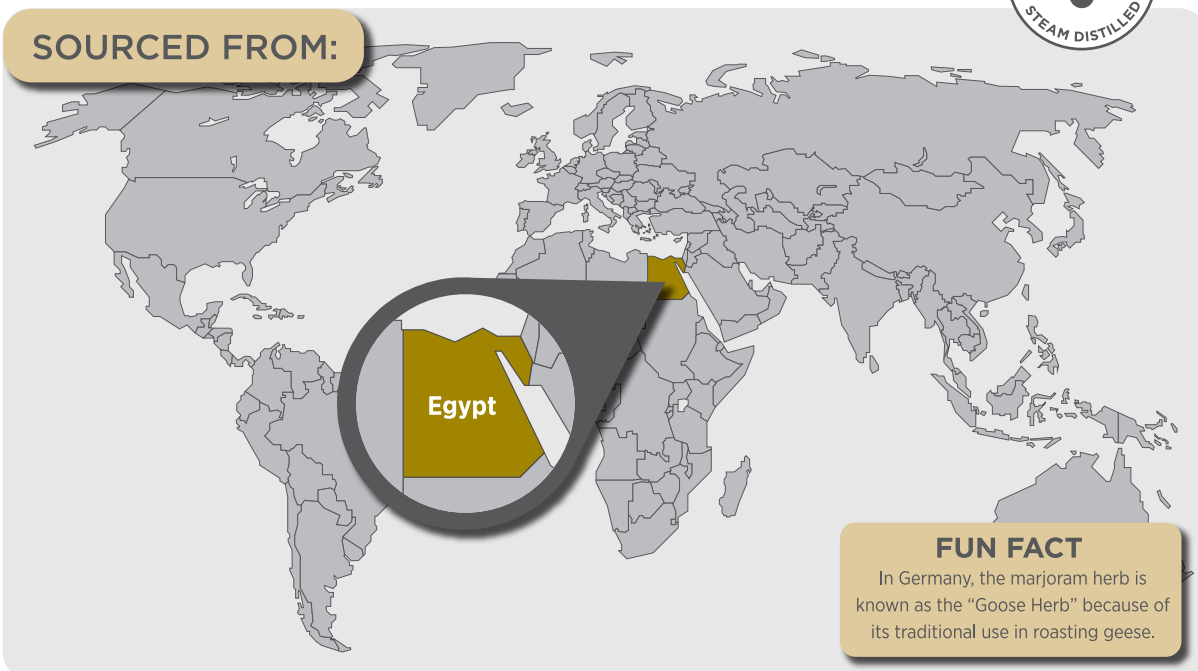
dōTERRA®

Marjoram

ATN

STEAM DISTILLED

SOURCED FROM:



FUN FACT

In Germany, the marjoram herb is known as the "Goose Herb" because of its traditional use in roasting geese.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 1.7 kg of marjoram leaves to produce 15 mL of Marjoram essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of marjoram are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

100

Published studies on the benefits of marjoram

Numbers according to PubMed as of December 2017

FUN FACT

When used as a dyeing herb, marjoram gives wool a purplish color and linen a reddish-brown color.

WORKS WELL WITH:

dōTERRA®

Hawaiian Sandalwood ATN

STEAM DISTILLED

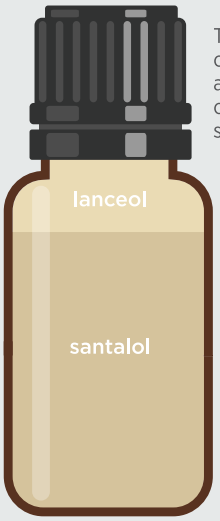
SOURCED FROM:

WHAT IT TAKES TO MAKE A BOTTLE:

=

It takes 0.2 kg of Hawaiian sandalwood to produce 5 mL of Hawaiian Sandalwood essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of Hawaiian sandalwood are:

- lanceol — fragrant
- santalol — soothing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

50

Published studies on the benefits of Hawaiian sandalwood

Numbers according to PubMed as of December 2017

FUN FACT

The Chinese used the fragrant heartwood of Hawaiian sandalwood for incense, medicinal purposes, carved objects, and architectural projects.

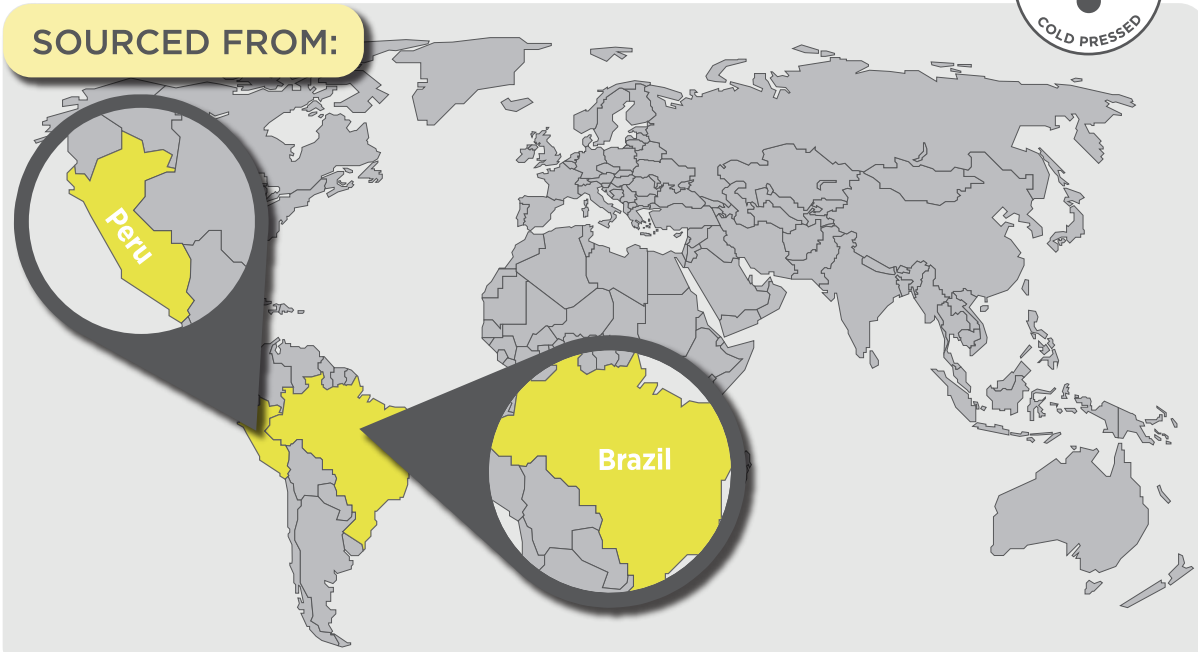
WORKS WELL WITH:

dōTERRA®

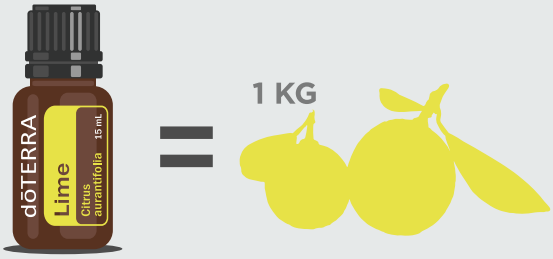
Lime ATS

COLD PRESSED

SOURCED FROM:

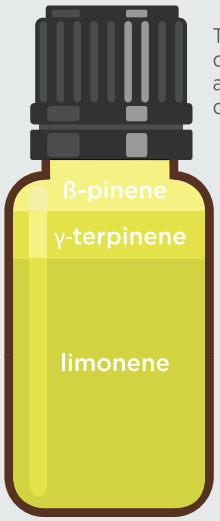


WHAT IT TAKES TO MAKE A BOTTLE:



It takes 1 kg of lime peels to produce 15 mL of Lime essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of lime are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

47

Published studies on the benefits of lime

Numbers according to PubMed as of December 2017.

FUN FACT

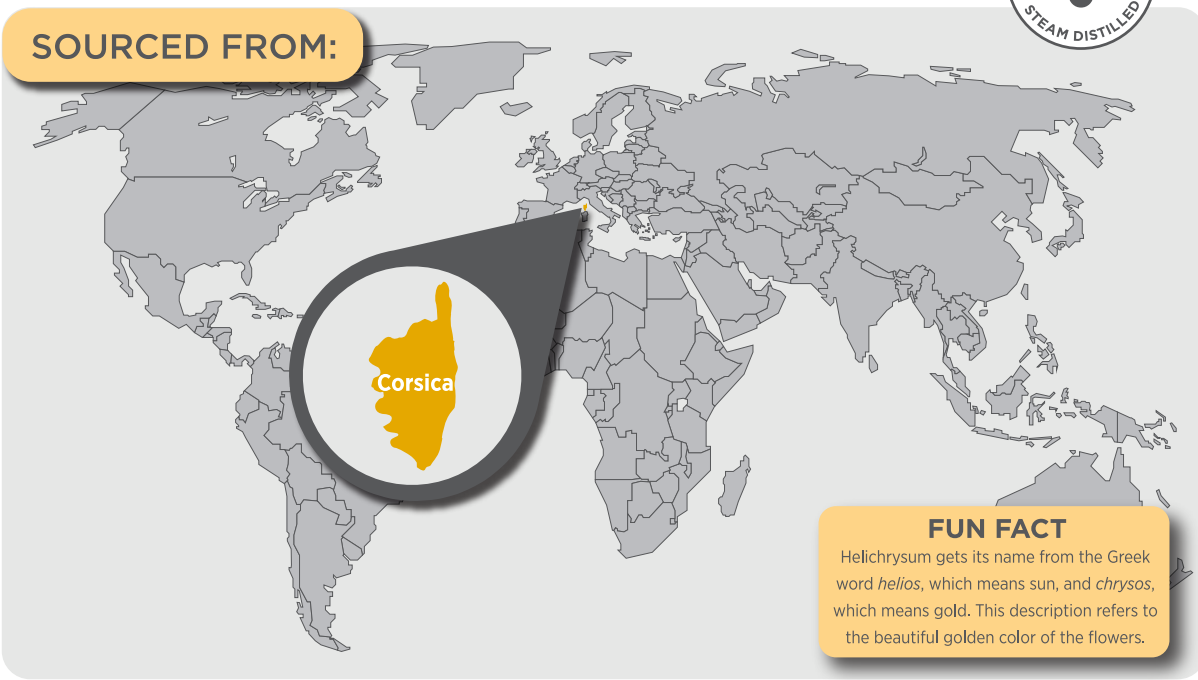
British sailors, once colloquially referred to as "Limeys," were given rations of limes to help fight the threat of scurvy while at sea.

WORKS WELL WITH:

Helichrysum ATN

STEAM DISTILLED

SOURCED FROM:



FUN FACT

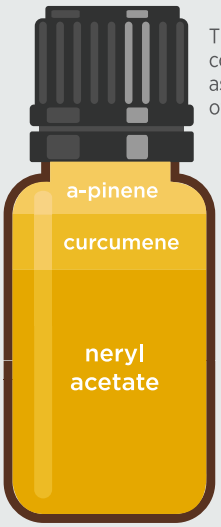
Helichrysum gets its name from the Greek word *helios*, which means sun, and *chrysos*, which means gold. This description refers to the beautiful golden color of the flowers.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 1.9 kg of helichrysum flowers to produce 5 mL of Helichrysum essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of helichrysum are:



relaxing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

38

Published studies on the benefits of helichrysum

Numbers according to PubMed as of December 2017.

FUN FACT

A member of the daisy family, helichrysum is a small perennial herb with narrow, silver leaves and flowers that form a cluster of golden-yellow, ball-shaped blossoms.

WORKS WELL WITH:

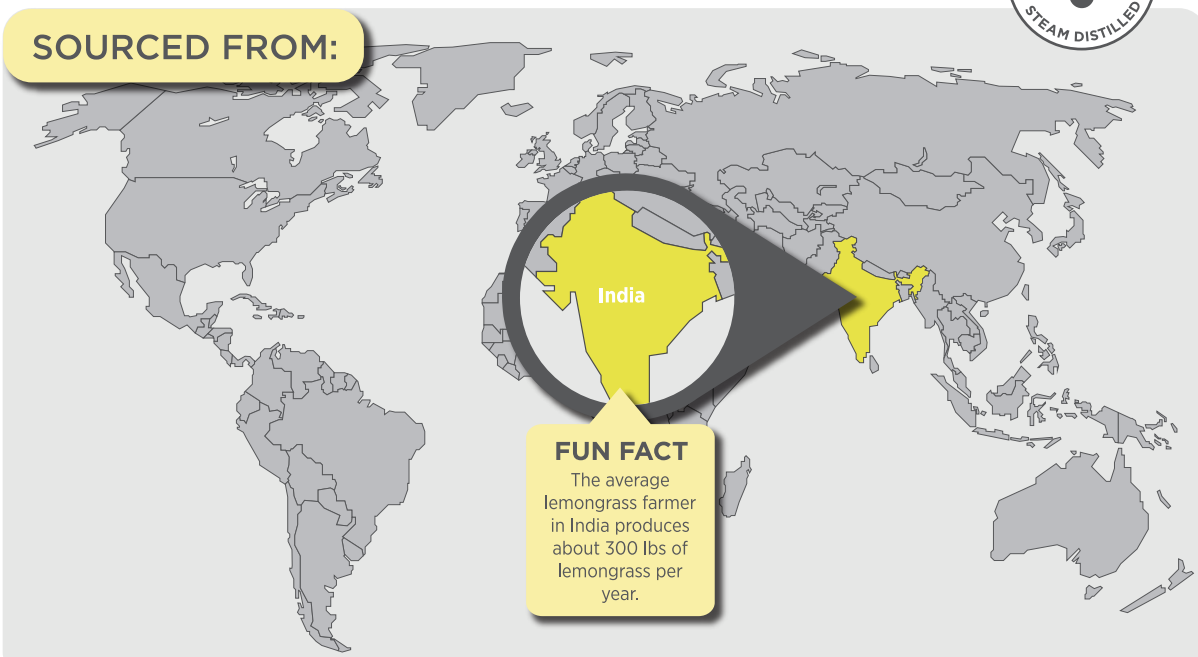
dōTERRA®

Lemongrass

A T S

STEAM DISTILLED

SOURCED FROM:



FUN FACT
The average lemongrass farmer in India produces about 300 lbs of lemongrass per year.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 1.4 kg of lemongrass to produce 15 mL of Lemongrass essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of lemongrass are:

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

Numbers according to PubMed as of December 2017

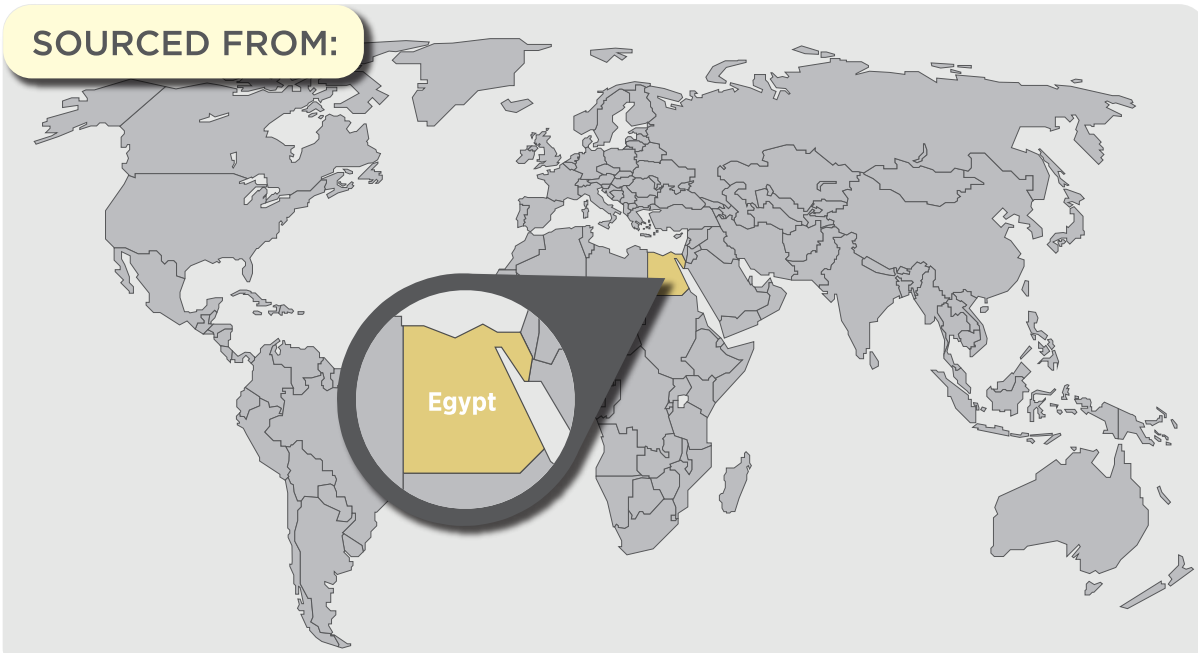
FUN FACT
The already-distilled lemongrass plant-matter is used to fuel the distillation boilers.

WORKS WELL WITH:

dōTERRA®

Jasmine Touch

SOURCED FROM:



WHAT IT TAKES TO MAKE A BOTTLE:

=

It takes 1.4 kg of jasmine petals to produce one bottle of Jasmine Touch.

CHEMISTRY:

The main chemical constituents and associated benefits of jasmine are:

- benzyl benzoate — fragrant
- benzyl acetate — sweet aroma
- phytol acetate — fragrant
- phytol — cleansing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

WHERE YOU'VE SMELLED IT BEFORE:

Jasmine is one of the most widely-used scents in the perfume industry due to its romantic and exotic fragrance. Here are a few well-known perfumes that utilize a variety of jasmine oil:

FUN FACT

The chemistry of jasmine flowers significantly changes throughout the day. The flowers used in dōTERRA's Jasmine Touch are harvested in the morning when the chemical compounds are the most aromatic.

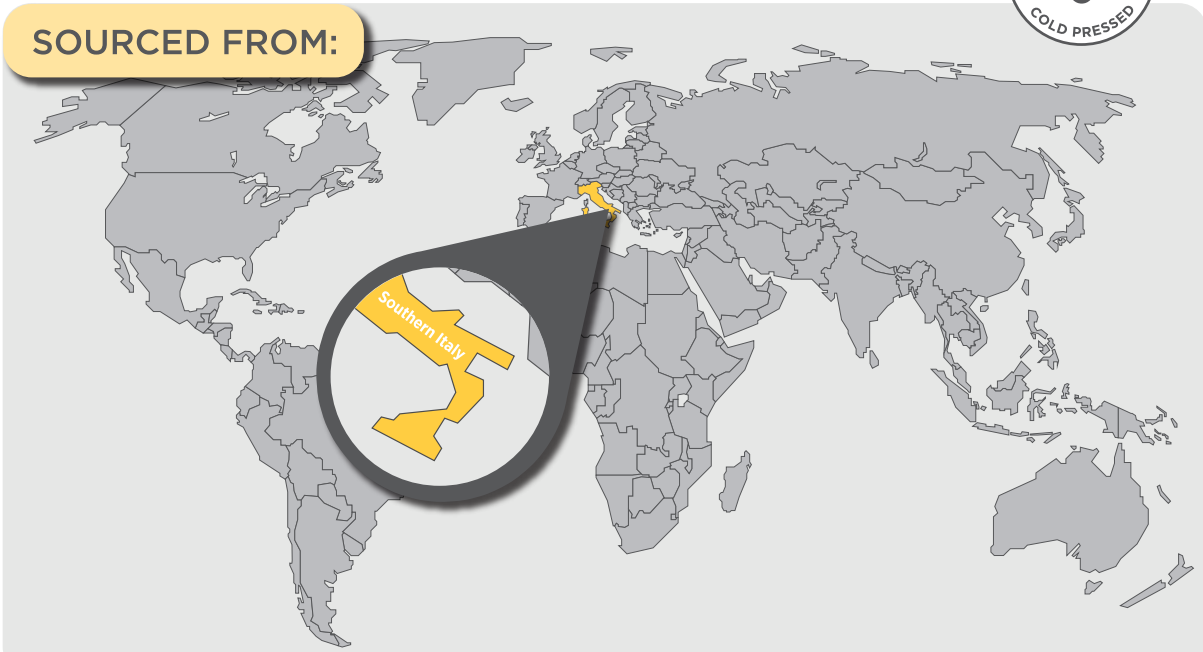
WORKS WELL WITH:

Lemon

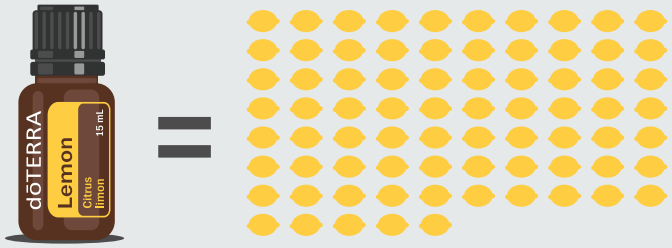
ATN

COLD PRESSED

SOURCED FROM:

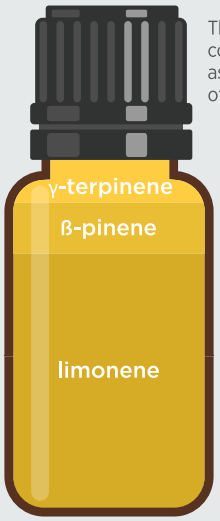


WHAT IT TAKES TO MAKE A BOTTLE:



It takes 75 lemons to produce 15 mL of Lemon essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of lemon are:

calming

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

1500+
Published studies about the benefits of lemon

77
Human Clinical Trials

Numbers according to PubMed as of December 2017

FUN FACT

In one year, a single lemon tree has the potential to produce between 500 and 600 pounds of lemons.

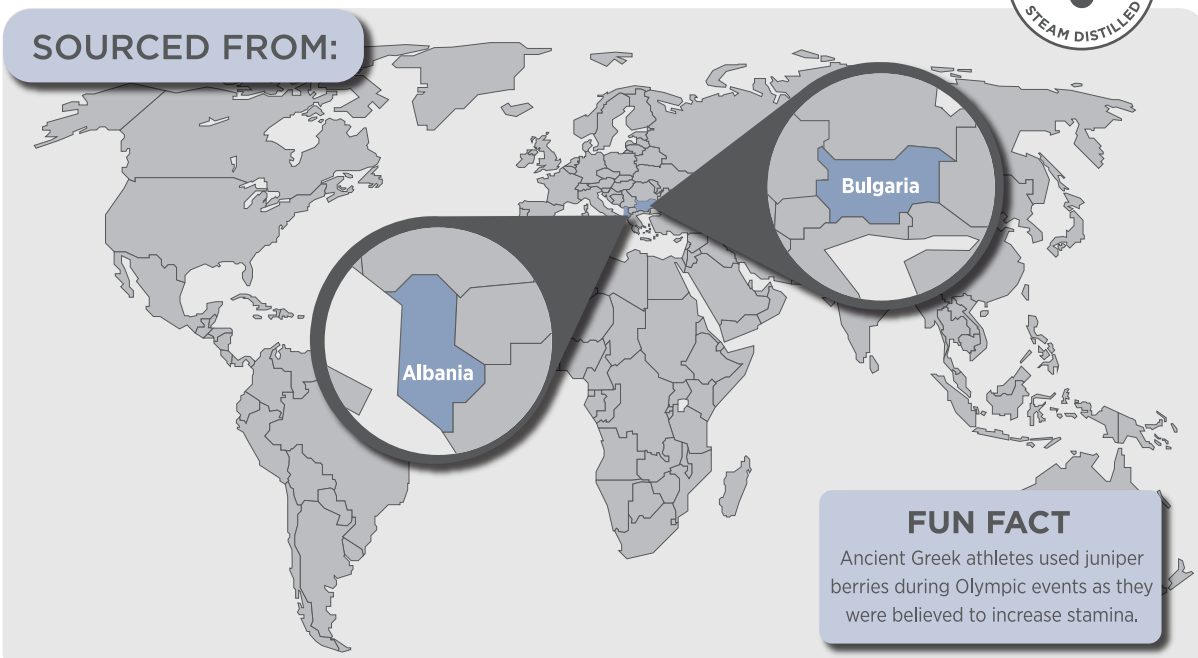
WORKS WELL WITH:

dōTERRA®

Juniper Berry ATN

STEAM DISTILLED

SOURCED FROM:



FUN FACT

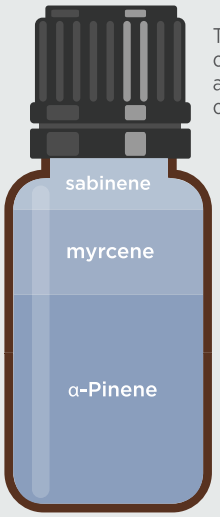
Ancient Greek athletes used juniper berries during Olympic events as they were believed to increase stamina.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes 0.49 kg of juniper berries to produce 5 mL of Juniper Berry essential oil.

CHEMISTRY:

The main chemical constituents and associated benefits of juniper berry are:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

44

Published studies on the benefits of juniper berry

Numbers according to PubMed as of December 2017

FUN FACT

Juniper berries, which are blue when ripe, historically signified the birth of a boy.

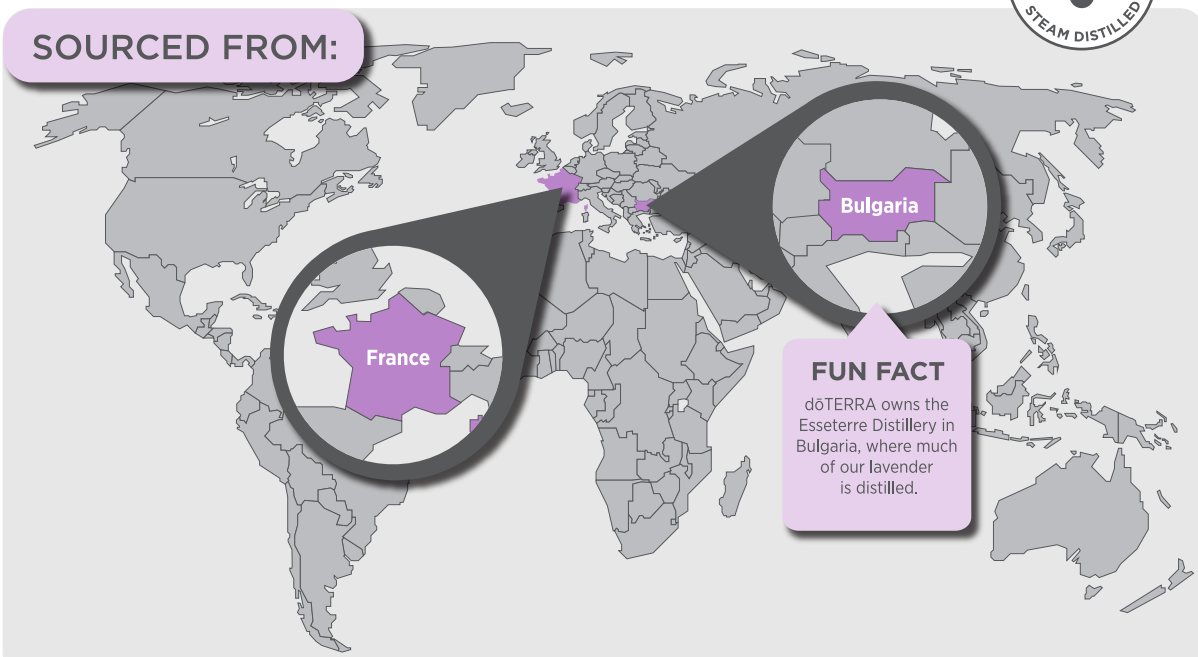
WORKS WELL WITH:

dōTERRA®

Lavender ATN

STEAM DISTILLED

SOURCED FROM:



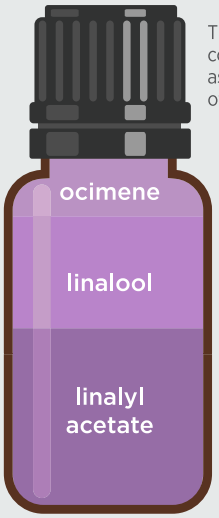
FUN FACT

dōTERRA owns the Esseterre Distillery in Bulgaria, where much of our lavender is distilled.

WHAT IT TAKES TO MAKE A BOTTLE:

It takes three bushels of lavender to produce 15 mL of Lavender essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of lavender are:

- ocimene — cleansing
- linalool — soothing
- linalyl acetate — calming

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

Numbers according to PubMed as of December 2017

FUN FACT

A new lavender plant takes two years to mature from seed.

WORKS WELL WITH:

dōTERRA®

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