dōTERRA® eBOOK
Essential Oils & Personal Care

The benefits of using essential oils for personal care

Among their many uses, essential oils have vast applications for personal care, including beautifying the skin and hair, cleansing the mouth, gums, and teeth, and other uses for general hygiene. Because each essential oil has a unique chemical profile that provides different benefits, it is easy to use oils for a wide variety of tasks that relate to personal hygiene. Since ancient times, essential oils have been used to promote healthy skin, a clean mouth, strong fingernails and toenails, shiny hair, and more. Not only do natural cleansing, soothing, and purifying properties make essential oils an ideal choice for personal care, but the user can simultaneously enjoy the lovely, inviting smells of essential oils during use.

Why should I use essential oils in my personal hygiene routine?

While some may think that using essential oils for personal care is messy, inconvenient, or the same as using other hygienic products, it is important to note that essential oils provide a pure, non-toxic way to care for the body, and are easy to incorporate into your daily routine.

Essential oils vs other cosmetic and hygienic products on the market

You might be wondering, "What is the benefit of using essential oils for hygiene as opposed to other products on the market?" While there are several benefits to incorporating essential oils into your hygiene regimen, perhaps the greatest benefit is that essential oils are natural and powerful, yet still safe for the body.

Essential oils are extracted from pure, natural sources in the earth, which means they don't contain synthetic fillers or toxins. Many cosmetic and hygienic products on the market today contain mysterious ingredients that can be potentially harmful to the body. Taken from plants, plant materials, and fruits, essential oils provide an effective way to care for the skin, hair, teeth, and the rest of the body because they are safe, natural, and pure. If you want to feel comfortable knowing exactly what you are using on your body, choosing essential oils over other commercial products can give you that peace of mind.

ESSENTIAL OILS VS. OTHER COSMETIC AND HYGIENIC PRODUCTS

Essential Oils	Other Hygiene Products
Consist of natural ingredients taken from pure sources	Often contain synthetic or mysterious ingredients
Potent and powerful, so you use less	More product is required to achieve desired effect
You only need a small amount of oil, so it lasts longer and is more cost-effective over time	Need to re-stock product more often
Provides a natural way to care for the body, offering peace of mind	You may not know exactly what you are putting on your body

Essential oils and your personal hygiene preferences

In addition to the benefits above, many people use essential oils in their daily hygiene or beauty routine because it is easy to tailor certain essential oils to your personal preferences. As mentioned, each essential oil has a unique chemical makeup, which provides countless applications. A single oil can have several different uses and provide a variety of benefits, depending on its chemical design. Some chemical components will make an essential oil useful for cleansing and purification, while other components provide soothing or beautifying properties. Because each essential oil has a different combination of chemical constituents, it is easy to find an essential oil that will fit into your hygiene regimen based on your personal preferences.

Along with a wide variety of essential oils and chemical constituents to choose from, there are also several essential oil application methods that make it easy to incorporate oils into your unique hygienic routine. Essential oil application methods can be altered to accommodate people with sensitive skin, different hair types, and varying cosmetic or hygienic needs. Typically, there is only one single way to use a cosmetic or hygienic product, but when you use essential oils for personal care, you can select specific oils and application methods that work with your personal preferences.

Enjoying the aromatic benefits of essential oils

An added benefit of using essential oils for personal care is that you'll be able to enjoy the aromatic properties of each oil as you use it for hair, skin, nails, teeth and gums, or anywhere else on the body. While you might initially use an essential oil to purify the skin or promote shiny hair, the scent of the oil will linger throughout the day. Not only do essential oils provide a pleasant aroma, but some oils can promote invigorating, uplifting, calming, or relaxing feelings depending on their chemical structure.

Skin care is one of the most important areas of good hygiene, and the natural, powerful properties of essential oils are useful for promoting clean, smooth, and healthy-looking skin. There are many characteristics of essential oils that make them useful for skin, including cleansing properties, soothing properties, and nurturing properties.

Cleansing properties

Having clean skin is one of the most important elements of proper skin care. Some essential oils hold significant cleansing and purifying properties, which can be very useful for promoting clean skin and a clear complexion. As mentioned, specific chemical constituents can give an essential oil certain benefits. So if an essential oil holds chemical properties that are useful for cleansing, and if the oil has been approved for topical use, it can be used in your daily skincare routine to keep the skin clean and pure.

Nurturing properties

Perhaps the most appealing characteristic of essential oils for skin is that they can help nourish and nurture the complexion. Depending on the oil, you can help moisturize the skin, provide toning properties, or promote a healthy-looking glow. Some essential oils can even be used to reduce the appearance of wrinkles and fine lines by nourishing the skin and promoting an even skin tone. The pure nature of essential oils makes them useful for nurturing the skin, because powerful chemical constituents work to provide nourishment in a safe and natural manner.

Soothing properties

In addition to cleansing properties, some essential oils have a chemical makeup that gives the oil soothing characteristics. Essential oils with these soothing properties are very useful for skin care because they can help soothe irritated skin and reduce the occasional skin irritation or blemish. The soothing properties found in some essential oils can also provide a simple, natural way for those with sensitive skin to promote a healthy complexion. If you have sensitive skin, commercial facial cleansers, toners, or moisturizers may be too harsh for your delicate complexion, and can often irritate the skin even further. By properly using essential oils to care for the skin, those with sensitivities can avoid harsh chemicals or ingredients often found in popular skincare products, and care for the skin with natural soothing properties.

Best essential oils for skin

The following essential oils are considered some of the best oils for skin because they include some of the cleansing, soothing, and nurturing properties discussed above.

Arborvitae	Coriander	Grapefruit	Melaleuca
Basil	Cypress	Helichrysum	Myrrh
Bergamot	Eucalyptus	Jasmine	Patchouli
Cedarwood	Frankincense	Juniper Berry	Rose
Clary Sage	Geranium	Lavender	Sandalwood

Guidelines for using essential oils on skin

While essential oils have been proven both safe and effective, it is important to use them correctly to ensure safe use. Just like any product you would put on your skin, you must follow the directions, use proper quantities, and make adjustments if you have sensitivities. Only use essential oils on the skin that have been approved for topical use, and remember that using high quality oils tends to yield the best results. Take a look at the guidelines below to ensure proper use of essential oils for the skin.

Dilution

Because essential oils are so potent, it is often wise to dilute an oil before applying it to the skin. Dilution is especially important when applying particularly potent oils to areas like the face, and even more important for those with sensitive skin. There are several ways to dilute an essential oil before using it on the skin.

Carrier oils
When using particularly potent oils, or for those with sensitive skin, dilute 1 drop of essential oil with 3 drops of a carrier oil (like Fractionated Coconut Oil) before applying to the face.

Moisturizers, Cleansers, Lotions
Place a dollop of facial cleanser, moisturizer, or lotion into the palm. Add 1 drop of essential oil to the product, and rub the hands together. Apply the combination of essential oil and the skincare product to the face or skin, per product instructions.
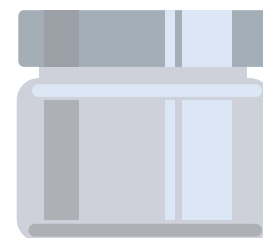
For daily use
Add a few drops of an essential oil to your favorite skin care products. By adding a few drops of an oil to your daily facial cleanser, facial lotion, toner, or moisturizer bottle, you won't have to think about adding essential oils into your skincare routine—they will already be there!

These essential oils should always be diluted before topical use: Cassia, Cinnamon, Clove, Cumin, Oregano, and Thyme.

Sensitive skin

For those with sensitive skin, it is still possible to use essential oils to benefit the complexion and other areas of the skin. While essential oils are extremely potent, their cleansing and soothing nature makes them useful for those who struggle with skin sensitivity. Oftentimes, commercial cleansers and lotions can be extremely irritating for people with sensitive skin because they contain chemicals or harsh ingredients. By taking a natural approach and allowing the gentle yet effective nature of essential oils to cleanse and soothe the skin, those with a history of sensitive skin can easily transform their skincare routine.

If you have sensitive skin, be sure to dilute essential oils every time before applying them topically. It is also wise to use essential oils in smaller doses to avoid irritating the skin by overpowering it with too much of an oil at a time. Whether you have sensitive skin or not, you should always avoid applying essential oils to areas of the skin like the inner ears and nose, eyes and skin around the eyes, genitals, and broken or damaged skin.

Essential oils and hair care

The same cleansing, nourishing, and beautifying properties that make essential oils useful for skin care, also make them useful for hair care. Whether you want to cleanse the hair and scalp, or promote soft, shiny strands, using essential oils during your daily haircare routine will provide a number of benefits that can help improve the overall look and feel of your hair.

Cleansing properties

As mentioned, the cleansing properties found in select essential oils aren't just useful for promoting clean skin and a clear complexion—they can also help cleanse the hair and scalp. The first step to healthy-looking hair is keeping the hair clean. If you struggle with greasy hair, using essential oils during your regular haircare routine can help keep your hair looking and feeling clean.

Using essential oils to nourish and fortify the hair

Everyone's hair is a little bit different, which means everyone's hair care needs will vary. Thankfully, because of their unique chemical design, essential oils provide several benefits for the hair, depending on your needs. In addition to cleansing properties that promote a clean head of hair, some essential oils also have nourishing elements that will help the hair look softer, shinier, or smoother. Whether you worry about frizzy fly-aways; thin, stringy strands; or lackluster locks, there is most likely an essential oil out there that can help promote the soft, shiny head of hair you want. Some essential oils can be used to smooth out frizzy ends, while others can be applied at the roots to promote a thick, full head of hair. No matter your haircare needs, the nourishing, fortifying, and soothing properties of certain essential oils can provide a tailored solution to your haircare problems.
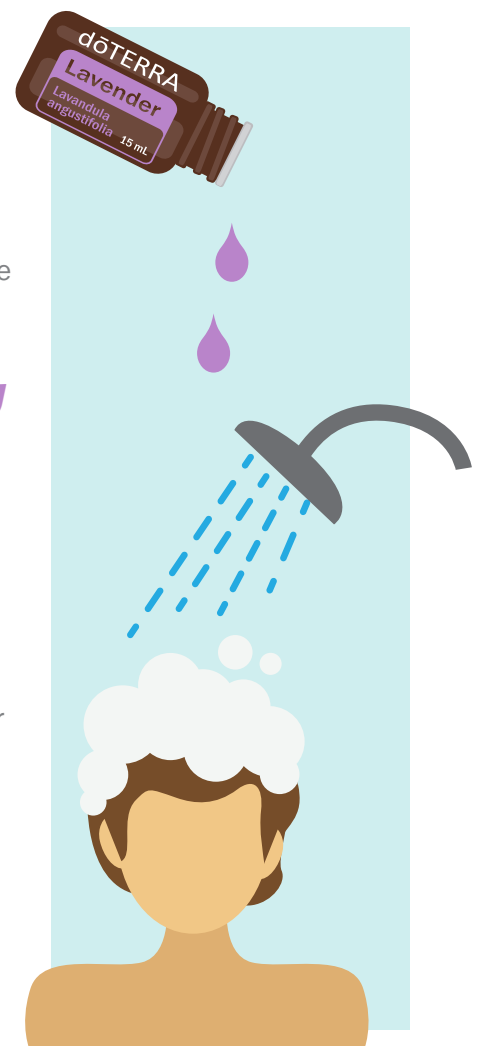
Promoting a healthy scalp

Not only are the cleansing and nourishing benefits of essential oils useful for benefitting the hair, but they can help promote a clean, healthy scalp as well. Because of these benefits, essential oils are commonly used for scalp massages. By massaging the scalp with essential oils, you can help invigorate the hair follicles, cleanse the scalp, and even promote relaxation. A healthy head of hair often starts with the scalp, so allow essential oils to help you on your quest for shiny, smooth, and nourished hair.
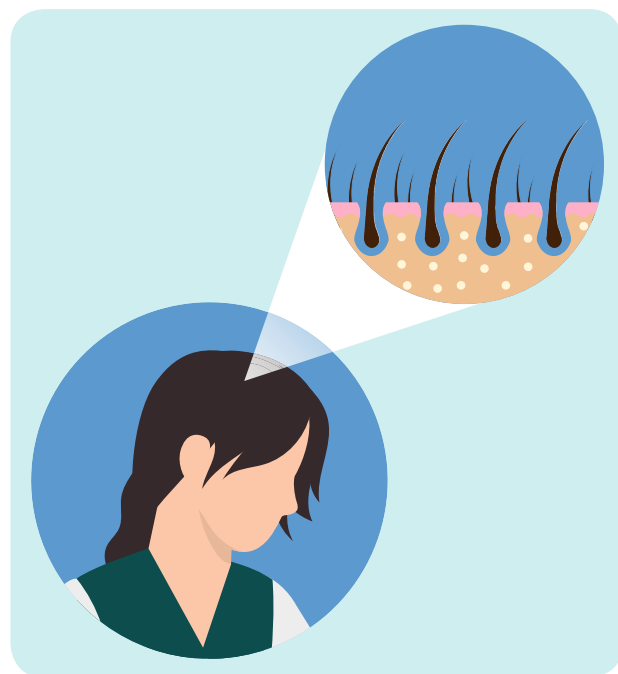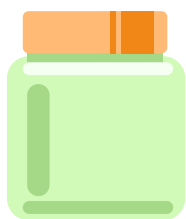
Best essential oils for hair

These essential oils hold cleansing, soothing, and nourishing properties that will promote clean, healthy-looking hair.

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Clary Sage	Peppermint	Sandalwood
Lavender	Roman Chamomile	Thyme
Melaleuca	Rosemary	Ylang Ylang

Guidelines for using essential oils on hair

Fractionated Coconut Oil
Combine essential oils with coconut oil for overnight hair treatments, leave-in conditioners, and other at-home hair DIYs.

Dosage
Putting too much essential oil on the hair or scalp can make it look greasy or oily. Use a small amount, or consider using a spray bottle to avoid this problem.
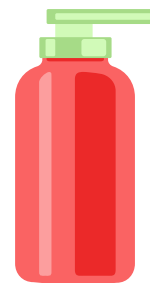
For Daily Use
Incorporate essential oils into your daily haircare routine by adding a few drops into your favorite shampoo or conditioner.

Essential oils and oral care

Another major part of good hygiene is maintaining healthy teeth and gums. Due to their cleansing and soothing properties, it should come as no surprise that essential oils are commonly used in oral hygiene products like toothpaste, mouthwash, and more. If you are looking for a simple, natural way to keep your mouth clean and healthy, essential oils have plenty of benefits when it comes to oral hygiene.

Cleansing the teeth, gums, and mouth

Having a clean mouth can lead to better oral hygiene overall, and the powerful cleansing characteristics of certain essential oils provide a natural way to clean the teeth, gums, and mouth. By using essential oils during your daily oral hygiene routine, you can help maintain a clean mouth—especially when you use essential oils in conjunction with other oral hygiene products.

Promoting fresh breath

In addition to cleansing the mouth, one of the greatest uses for essential oils in oral hygiene is to freshen the breath. Essential oils with a refreshing, invigorating aroma can be used to promote fresh breath throughout the day. Because essential oils are so potent and powerful, only a small amount of oil will be needed to help freshen the breath. Essential oils like Peppermint and Spearmint are a popular choice for freshening the breath due to their cool, minty taste and smell.
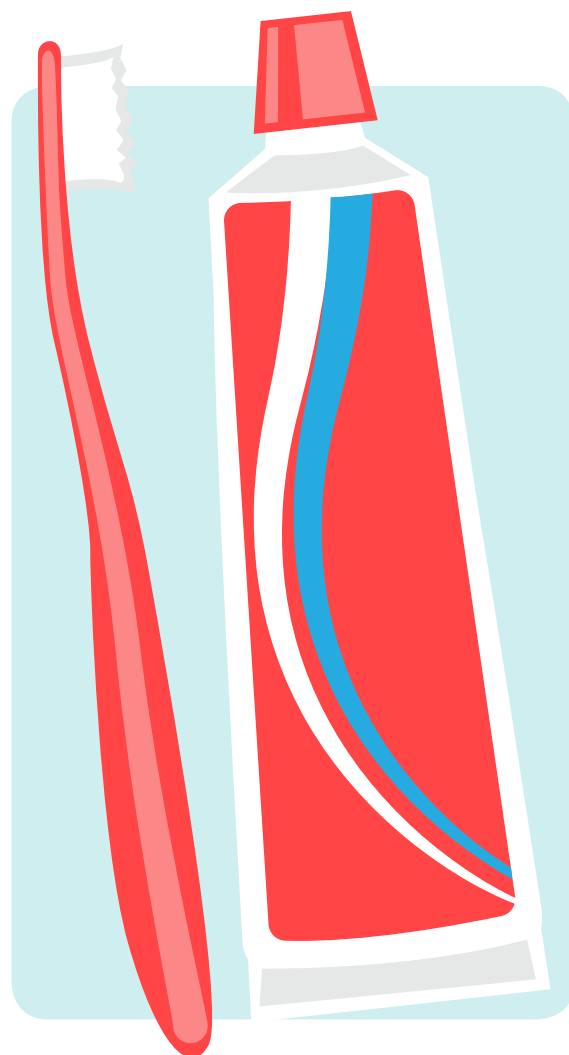
Best essential oils for oral care

These essential oils hold significant cleansing and soothing properties that are known to help keep the gums and teeth clean and healthy.

Clove	Coriander	Helichrysum	Peppermint
Cinnamon	Fennel	Juniper Berry	Spearmint
Cilantro	Frankincense	Lime	

Dilution

There are some oils that should never be used topically and are also not safe to use in or around the mouth. Once you've determined that your chosen oil is safe to use on the teeth, gums, or mouth, you'll want to remember that some essential oils will need to be diluted before use because their chemistry makes them particularly potent or strong. Essential oils like Clove and Cinnamon should always be diluted before being applied topically because they are both considered strong oils. Other oils like Fennel, Lime, Peppermint, and Spearmint do not need to be diluted when applied on adults, but should be diluted before use on children or those with sensitivities.

Guidelines for using essential oils for oral care
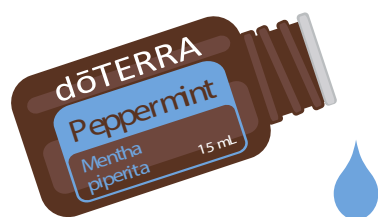
Topical Application
Apply essential oils with known benefits for oral care to the teeth and gums. You can do this by placing a small amount of oil on the finger and rubbing it over the teeth and gums.

For Daily Use
Add a drop of an essential oil to your toothbrush or toothpaste and brush the teeth and gums as usual. Once you've finished brushing, spit the oil and toothpaste into the sink, and rinse the mouth with water.

Essential Oil Mouthwash
Combine one drop (or less) of an essential oil with two ounces of water. Swish the combination around in the mouth for 30 seconds before spitting into the sink.

How to use essential oils in your everyday hygiene routine

Now that you know about the myriad benefits that essential oils hold when it comes to personal care, you might be curious as to how you can incorporate them into your daily routine. With so many essential oils, and each essential oil possessing a unique chemical makeup, there are countless ways to use essential oils for personal hygiene. Keep reading for some specific ideas about how to use essential oils for things like skin care, hair care, oral care, and other daily hygienic tasks.

Using essential oils for skin care

Cleansing the skin

By using essential oils with natural cleansing properties during your daily and nightly skincare routine, you can maintain a clean, clear complexion. The following essential oils hold powerful cleansing and purifying properties, and can be added to your daily facial cleanser, toner, or moisturizer, to help keep the skin clean—day or night.

Bergamot	Cypress	Lime	Spikenard
Black Pepper	Douglas Fir	Melaleuca	Thyme
Cedarwood	Eucalyptus	Melissa	

Blemishes and skin imperfections

Due to their cleansing properties, essential oils are also extremely useful for reducing the appearance of blemishes and the occasional skin imperfection. When a blemish starts to appear, simply rub a bit of oil on the area to help reduce the appearance of the imperfection. If you have sensitive skin, consider diluting the oil with a carrier oil before applying directly to the face. When you want to reduce the appearance of a blemish, consider using any of the following essential oils.

Arborvitae   Cypress   Lime   Rose

Basil   Fennel   Melaleuca   Sandalwood

Bergamot   Helichrysum   Melissa   Wintergreen

Cedarwood   Jasmine   Oregano*

Coriander   Lavender   Patchouli

*Must be diluted with a carrier oil or lotion before topical use.

Promoting a healthy complexion

The pure, powerful nature of essential oils makes them useful for promoting a healthy-looking complexion. If you want glowing, healthy-looking skin, consider incorporating any of the following oils into your daily skincare routine.

Arborvitae
Thuja plicata

Use Arborvitae oil to promote healthy-looking skin

Grapefruit
Citrus X paradisi

Add Grapefruit oil to your nightly facial routine to help improve the appearance of blemishes (avoid sun exposure or UV rays for 12 hours after application)

Basil
Ocimum basilicum

Basil oil can be used as a cooling agent for the skin

Helichrysum
Helichrysum italicum

Apply Helichrysum oil to the face to reduce the appearance of wrinkles and to promote a glowing, youthful complexion

Bergamot
Citrus bergamia

Apply Bergamot oil topically to soothe, calm, and rejuvenate the skin

Jasmine
Jasminum grandiflorum

Use Jasmine oil to promote a healthy-looking, glowing complexion

Cedarwood
Juniperus virginiana

When applied topically, Cedarwood oil may help keep the skin looking healthy

Juniper Berry
Juniperus communis

Juniper Berry can be used daily as a natural skin toner

Clary Sage
Salvia sclarea

Apply Clary Sage oil topically to help soothe the skin

Myrrh
Commiphora myrrha

Myrrh is soothing and promotes youthful-looking complexion. Add Myrrh to your lotion or moisturizer to help reduce the appearance of fine lines and wrinkles

Cypress
Cupressus sempervirens

Add one to two drops of Cypress oil to your facial toner to help improve the appearance of oily skin

Patchouli
Pogostemon cabin

The beautifying properties of Patchouli oil can help promote a smooth, glowing complexion

Eucalyptus
Eucalyptus radiata

Add one drop of Eucalyptus oil to your moisturizer and apply it to the skin for revitalizing benefits

Roman Chamomile
Anthemis nobilis

Add Roman Chamomile oil to your favorite moisturizer for youthful-looking skin

Frankincense
Boswellia Essential Oil

Add Frankincense oil to your moisturizer to reduce the appearance of blemishes and rejuvenate the skin

Sandalwood
Nardostachys jatamansi

Apply Sandalwood oil topically to promote healthy-looking, smooth skin

Geranium
Pelagonium graveolens

Use Geranium oil to beautify the skin by directly applying the oil topically, or using it in an aromatherapy steam facial

Spikenard
Mentha spicata

Add one to two drops of Spikenard oil to your favorite cleanser or anti-aging product to promote healthy, glowing skin

If you enjoy at-home spa treatments or DIYs, it is easy to incorporate essential oils into skin treatments like facials, exfoliating scrubs, cleansing masks, and more. For example, it will take you less than 10 minutes to create this Ginger Lime Brown Sugar Scrub to exfoliate and soften the skin.

dōTERRA Ginger Lime Brown Sugar Scrub
with Ginger and Lime essential oils

Ingredients

½ cup brown sugar
½ cup dōTERRA Fractionated Coconut Oil
10 drops Lime oil
5 drops Ginger oil

Directions

1. Combine brown sugar, Fractionated Coconut Oil, and essential oils in medium-sized bowl.

2. Stir until all ingredients are mixed well.

3. Apply mixture to hands, arms, legs, or feet, and scrub for about 30 seconds, or until the sugar dissolves. Rinse with warm water and pat dry.

4. Use once or twice a week to help exfoliate and soften the skin, especially during seasons when your skin is dry. After each use, store the mixture in an air-tight container.

Using essential oils for hair care

Shampoo and conditioner

One of the easiest ways to incorporate essential oils into your daily haircare routine is to add a few drops of an oil to your shampoo, conditioner, or other haircare products. By choosing essential oils that have proven cleansing, soothing, and beautifying properties, you can help promote healthy-looking hair without any extra work. Here are some ideas for adding essential oils to your daily haircare products.

Clary Sage
Salvia sclarea
Add three to four drops of Clary Sage oil to your shampoo or conditioner to promote healthy-looking hair and scalp

Peppermint
Mentha piperita
For a stimulating hair massage, add Peppermint oil to your shampoo or conditioner

Geranium
Pelagonium graveolens
Place a few drops of Geranium oil in shampoo or conditioner for a healthy, vibrant glow

Roman Chamomile
Anthemis nobilis
Place one to two drops of Roman Chamomile oil in your favorite shampoo or conditioner to promote youthful-looking hair

Lavender
Lavandula angustifolia
Lavender oil makes a great addition to any hair treatment, shampoo, or conditioner because it can help keep the hair looking thick and healthy

Sandalwood
Nardostachys jatamansi
Add Sandalwood oil to your shampoo and use daily to improve the look of your hair

Lime
Citrus aurantifolia
Add one drop of Lime oil to your shampoo for added cleansing properties

Thyme
Thymus vulgaris
Add Thyme oil to hair products to promote thick and healthy-looking hair and a clean scalp

Melaleuca
Melaleuca alternifolia
Add a few drops of Melaleuca oil to shampoo and lather it into hair to keep it looking thick, clean, and healthy

Ylang Ylang
Cananga odorata
Combine Ylang Ylang oil with a carrier oil like coconut oil for a deep hair conditioner

Promoting a healthy scalp

In addition to using essential oils to promote healthy-looking hair, you can also use oils during your daily haircare routine to support a clean, healthy scalp. Consider using some of the following oils to promote a healthy scalp.

Geranium
Pelagonium graveolens
Try adding a few drops of Geranium oil to shampoo to help keep the scalp looking healthy and clean

Jasmine
Jasminum grandiflorum
Jasmine oil can help nourish and protect the scalp

Lavender
Lavandula angustifolia
Using Lavender oil on the head and hair can help keep the scalp looking clean and healthy

Lime
Citrus aurantifolia
Combine Lime oil with Melaleuca oil for a soothing scalp massage

Rosemary
Rosmarinus officinalis
Apply Rosemary oil to the scalp and massage for an abundant-looking head of hair

Melaleuca
Melaleuca alternifolia
Blend Rosemary, Melaleuca, and Basil oil for a stimulating scalp massage

Ylang Ylang
Cananga odorata
Massage Ylang Ylang oil into your scalp to increase the appearance of healthy, shiny hair

For some simple at-home hair treatments that use essential oils, take a look at the DIYs below.

DIY Deep Hair Conditioner
with dōTERRA essential oils

Ingredients

3 tablespoons coconut oil
1 tablespoon olive oil
8 drops dōTERRA essential oils
Hand mixer

Directions

1. Combine coconut oil, olive oil, and essential oils into mixing bowl. Choose essential oils that are known for their hair benefits, and consider combining several oils together. No matter how many oils you choose, make sure to only add around eight drops of oil total.

2. Mix on medium/high speed for five minutes, or until the ingredients are whipped to a thick and creamy consistency.

3. Apply the whipped mixture to dry hair, particularly the ends.

4. Comb through the hair with a wide tooth comb to ensure that the mixture is evenly distributed.

5. Let sit 15–20 minutes. Rinse, shampoo, and style as desired.

6. Repeat once per week or as often as desired.

dōTERRA Geranium Hair Mask
with Geranium essential oil

Ingredients

2 eggs
1 tablespoon honey
1 tablespoon olive oil
5 drops Geranium oil

Directions

1. Mix eggs with olive oil. Add in the honey and Geranium oil and mix until creamy.

2. Apply the mask from the roots to the ends of the hair until completely covered.

3. Cover the hair with plastic wrap or a shower cap and leave for 30 minutes to 1 hour.

4. Rinse with warm water and shampoo until hair is no longer sticky. Use conditioner if necessary.

Using essential oils for oral care

Whether you want a clean mouth, healthy gums, or fresh breath, essential oils can be used during your daily rituals to promote good oral health. Remember—before using essential oils on the teeth, gums, and mouth, ensure that the oil has been approved for topical and internal use, and always dilute before using on children or those with sensitivities.

Healthy gums, teeth, mouth

With cleansing, soothing, and purifying power on their side, essential oils can be used daily to promote healthy gums, teeth, and mouth. For good oral health overall, consider using any of the essential oils listed below, which are known for their ability to keep the gums, teeth, and mouth looking healthy. Any of these oils can be placed on your toothbrush, in your toothpaste, or combined with water for a mouth rinse, to provide the mouth with cleansing or soothing benefits.

Cilantro	Fennel	Lime
Cinnamon	Frankincense	Myrrh
Clove	Helichrysum	Oregano*
Coriander	Juniper Berry	Thyme*

*Dilute with water or toothpaste before use.

Fresh breath

Try a few of the following ideas when you want to freshen your breath with essential oils.

Clove
Eugenia caryophyllata

Before going to bed at night, use Clove oil to clean the teeth and gums—simultaneously freshening the breath

Peppermint
Mentha piperita

Commonly found in oral hygiene products due to its ability to promote fresh breath, Peppermint oil can be placed on the tongue to help freshen the breath throughout the day

Lime
Citrus aurantifolia

Add one drop of Lime oil to toothpaste for added cleansing properties and a refreshing taste

Spearmint
Mentha spicata

Before you leave the house in the morning, use Spearmint oil to cleanse the mouth and promote fresh breath

Melaleuca
Melaleuca alternifolia

Combine Melaleuca, Peppermint, and Lemon oil with water for a refreshing mouth rinse and breath-freshener

Mouthwash

In addition to brushing with essential oils, and placing them on the gums and teeth topically, you can also reap the benefits of oils for the mouth by creating your own essential oil mouth rinse. Simply combine your oil of choice with two ounces of water, and gargle for 15–30 seconds for an effective mouth rinse. Try some of the essential oil mouthwash ideas below.

1 drop Basil	1 drop Geranium	1 drop Eucalyptus	1 drop Cinnamon	1 drop Spearmint
1 drop Clove	1 drop Lavender	1 drop Lemon	2 oz. water	2 oz. water
1 drop Melaleuca	1 drop Melaleuca	2 oz. water		
2 oz. water	1 drop Peppermint			
	2 oz. water			

More ideas for using essential oils during your daily hygiene routine

Along with skin care, hair care, and oral care, there are several other tasks that make up our daily or weekly hygiene regimen. If you are looking for more ways to use essential oils during your hygiene routine, take a look at the following tips.

Showering and bathing

Although taking showers and baths is a relatively mundane part of our daily routine, using essential oils during these activities can help promote healthy skin, relax the mind and body at the end of a long day, and even provide us with an invigorating jump start in the morning. Here are a few ideas for using essential oils during your daily showers or at bath time.

Bergamot
Citrus bergamia

Apply Bergamot essential oil to the skin while showering and inhale deeply to experience its calming aroma and enjoy its skin-purifying benefits

Eucalyptus
Eucalyptus radiata

Place a few drops of Eucalyptus oil in the bottom of the shower to invigorate and add vitality to your morning

Myrrh
Commiphora myrrha

Add a few drops of Myrrh, Wild Orange and Roman Chamomile oil to your bath for an aromatherapy experience that also promotes healthy-looking skin

Geranium
Pelagonium graveolens

Apply Geranium oil to the skin after a shower for a smoothing effect

Frankincense
Boswellia Essential Oil

Add Rosemary and Frankincense oil to your bath with Epsom salts for a rejuvenating experience

Lavender
Lavandula angustifolia

Add Lavender oil to bath water to help soak away stress and put the body at ease

White Fir
Abies alba

Add one drop of White Fir to your shower to evoke feelings of energy and empowerment

Take relaxation one step further during bath time with homemade essential oil Epsom bath salts.

Essential Oil Bath Salts
with dōTERRA essential oils

Ingredients

1 cup Epsom salt

10 drops of dōTERRA essential oil (use an essential oil with relaxing or soothing properties, or with benefits for the skin)

Directions

1. Add 10 drops of your essential oil of choice to the Epsom salt, and stir.

2. Fill the bath with warm water and pour in ¼–½ cup of the Epsom salt mixture.

Shaving

Because of their cleansing properties for the skin, essential oils can be useful for soothing the skin after shaving. Both men and women can benefit from using essential oils after shaving, especially those who experience skin sensitivities that arise from shaving. Consider diluting Lavender oil with a carrier oil like Fractionated Coconut Oil, and applying directly to the skin after shaving to help soothe the skin. You can also create your own aftershave by combining Melaleuca and Cedarwood oil, and applying to sensitive areas after a clean shave.

If you experience discomfort or have razor bumps after shaving, consider making the Razor Relief Serum below.

dōTERRA Razor Relief Serum

Ingredients

½ cup dōTERRA Fractionated Coconut Oil
¼ cup rose water (found at most local health food stores)
5 drops Frankincense oil
5 drops Helichrysum oil
5 drops Lavender oil
5 drops Melaleuca oil
5 drops Myrrh oil

Directions

1. Place Fractionated Coconut Oil and rose water in glass spray bottle or pump bottle.

2. Add essential oils, and shake.

3. Spray the mixture directly on the skin, or pump two to three times into the palms and rub on affected skin.

You can also make your own essential oil shaving cream to improve the shaving process. Simply follow the instructions below.

dōTERRA Essential Oil Shaving Cream

Ingredients

1/3 cup shea butter
1/3 cup coconut oil
1/4 cup dōTERRA Fractionated Coconut Oil
5 drops Melaleuca oil
5 drops Peppermint oil
5 drops Sandalwood oil

Directions

1. Place all ingredients except for the essential oils in a double boiler.

2. Once the ingredients have melted, remove from heat and let sit three minutes.

3. Add essential oils and stir until combined.

4. Let shaving cream rest until hard. (You can place it in the refrigerator to speed up this process.)

5. Using hand mixer, whip shaving cream until light and fluffy.

6. Place in a container that you can pull out each time you are ready to shave.

Deodorant, perfume, and cologne

Due to their pleasant and potent aroma, essential oils are commonly used in the perfume industry. You can easily make your own perfume or cologne at home by applying your favorite essential oils to your skin or clothes. For example, you can apply Bergamot oil to the wrists and neck to enjoy its intense, fresh fragrance throughout the day. Or, you can apply Geranium oil to the armpits after a sweaty workout or a day in the sun.

To make your own essential oil perfume at home, follow the instructions below.

DIY Essential Oil Perfume
with dōTERRA essential oils

Ingredients

1 tablespoon witch hazel
¼ cup water
10–30 drops of your favorite essential oil

Directions

1. Combine witch hazel and water into a small glass spray bottle, and shake.

2. Add essential oils and mix thoroughly. (Floral and citrus essential oils like Geranium, Jasmine, Rose, Ylang Ylang, Bergamot, Grapefruit, and Wild Orange work well for perfume. You can combine several essential oils together to create your own personal perfume blend.)

3. Mist perfume over the body and clothes.
Mix well before each use.

Want to use essential oils for a natural cologne? Try some of the following combinations.

Cedarwood oil	Bergamot oil	Cinnamon oil
Arborvitae oi	Clove oil	Peppermint oil
Frankincense oil	Lemon oil	Grapefruit oil
	White Fir oil	

Making your own essential oil deodorant is easier than you think! Follow the instructions below and enjoy the lovely aroma of essential oils all day long.

Essential Oil Deodorant
with dōTERRA essential oils

Ingredients

¼ cup aluminum-free baking soda

¼ cup cornstarch

3-5 tablespoons coconut oil

15 drops desired essential oil (oils like Geranium, Lemon, Lime, Lavender, and Melaleuca work best)

1 empty deodorant container

Directions

1. Combine baking soda, cornstarch, and essential oil in bowl.

2. Combine coconut oil with other ingredients, one tablespoon at a time until mixture has reached desired consistency. (If you live in a warm climate, it is best to add one ounce of melted shea or cocoa butter to the recipe.)

3. Press firmly into empty deodorant container and let sit until coconut oil solidifies.

Fingernails and toenails

Use the soothing and cleansing properties of essential oils to help promote healthy fingernails and toenails. A few of the best essential oils for nails are included in the tips below.

Cilantro
Coriandrum sativum
Apply Cilantro to your fingernails and toenails to keep them looking clean and healthy

Melaleuca
Melaleuca alternifolia
Apply Melaleuca to the fingernails and toenails after showering to purify and keep the nails looking healthy

Frankincense
Boswellia Essential Oil
Apply Frankincense to the cuticles and nail beds to maintain healthy-looking fingernails

Use essential oils to keep your hands and cuticles looking fresh with this essential oil cuticle cream DIY.

Essential Oil Cuticle Cream
with Myrrh and Lavender oils

Ingredients

2 tablespoons shea butter

1 teaspoon beeswax

1 tablespoon Fractionated Coconut Oil

7 drops Lavender or Myrrh oil

Directions

1. In small glass container, combine shea butter, beeswax, and Fractionated Coconut Oil. Place in saucepan with 1–1.5 inches of boiling water.

2. Stir ingredients until combined (around 5-10 minutes).

3. Once melted, remove from heat and let rest for 3 minutes.

4. Add essential oils and stir.

5. Pour into container and let harden 2–3 hours.

6. To use, just apply a small amount to cuticles & rub until absorbed.

Once you learn about the uses and benefits for each essential oil, it is easy to incorporate your favorite oils into your daily hygiene routine. Whether you spend a significant amount of time getting ready in the morning, look forward to a relaxing bath every night, or want a more natural approach to skin care, hair care, or oral care, essential oils will soon become an integral part of your everyday routine. If you are ready to improve the quality of your daily hygiene regimen, it is as simple as harnessing the power and purity of essential oils.