Essential Tips

Effectiveness



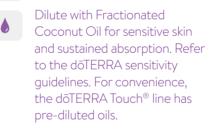


Massage to increase benefits and promote rapid absorption.

Try different application methods; apply oils under tongue, or to bottoms of feet, spine, or navel.

Safety





Avoid sun exposure for several hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.

Read labels and follow recommendations

Best Practices



Use glass containers with your oils as they can break down some plastics over time

dōTERRA® oils are very potent. Use smaller amounts more frequently for best results.