

Essential Tips

Effectiveness



Use your reference guide to find solutions for concerns as they arise.



Different oils work for different people. When you're not getting desired results, try different oils or different application methods.



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 contact with eyes, inside of nose and ears.



Dilute with Fractionated Coconut Oil for sensitive skin and sustained absorption. Refer to the dōTERRA sensitivity guidelines. For convenience, the dōTERRA Touch® line has pre-diluted oils.



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



Keep your oils at their best by avoiding exposure to extreme temperatures or direct sunlight.



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.