

## 100 WAYS TO USE DōTERRA ESSENTIAL OILS



*Essential oils are volatile aromatic compounds extracted from plants, fruit, seeds, roots, and bark and have powerful health benefits. They can be used for a wide array of purposes for your health, home, and homemade recipes.*

### **For topical applications**

*Add 2-4 drops essential oil to about a tablespoon of fractionated coconut oil and apply to feet, chest, and areas of concern.*

## PRACTICAL USES FOR RADIANT, HEALTHY SKIN AND HAIR

### HAIR AND SCALP

1. For a soothing scalp massage—Lime, Peppermint, Rosemary, Melaleuca, Basil, Jasmine, Roman Chamomile
2. Add to shampoo to improve the look of your hair—Sandalwood, Geranium, Lime, Clary Sage,
3. For healthy, shiny hair during the damaging heat of summer—Ylang Ylang, Sandalwood,

### SKIN

4. To soothe the occasional irritation of distressed skin—Basil, Birch, Cedarwood, Douglas Fir, Eucalyptus, Geranium,

**For rollerbottle applications**

*Add 1 part essential oil to 2 parts fractionated coconut oil to a rollerbottle. Roll on back of neck, chest, feet, and other areas of concern.*

**To create your personal massage blends**

*Add 2-3 drops each of your favorite essential oils to a tablespoon or so of fractionated coconut oil or lotion. Apply to your skin with your hands in soothing, slow rubbing motions, especially in areas where you are experiencing tension or stress.*

- Helichrysum, Immortelle, Jasmine, Juniper Berry, Lavender, Melaleuca, Purify, Rose, Wintergreen
5. For a cooling skin sensation—Basil, Cardamom, Citrus Bliss, ClaryCalm, Deep Blue, Fennel, Melissa,
  6. To maintain your skin's natural moisture—Citrus Bliss, Immortelle, Juniper Berry, LemonGrass, Rose
  7. To maintain a clear complexion with oily skin—Coriander, Cypress, Deep Blue, Melaleuca, Myrrh, Rose, Sandalwood, Thyme
  8. To give relief from too much sun—Lavender, Melaleuca
  9. To protect your skin from the sun's effects—Helichrysum, Arborvitae
  10. To protect the skin from insects when outdoors—Arborvitae,
  11. As rollerbottle support for healthy skin—Lavender, Melaleuca

**MOUTH AND TEETH**

12. Add to water for an effective mouth rinse—Cinnamon Bark, Cumin, Eucalyptus, Melaleuca, Lemon, Peppermint, Myrrh, On Guard, Spearmint
13. Add a drop to your toothpaste—Clove, On Guard, Myrrh

**OTHER USES**

14. To create a peaceful, renewing aroma during a warm bath—Serenity
15. To create your own personal cologne—Arborvitae, Cedarwood, Frankincense, Whisper
16. To use during a soothing massage—AromaTouch, Basil, Bergamot, Cassia, Clove, Deep Blue Rub, Eucalyptus, Grapefruit, Lavender, Peppermint, Rosemary

**PRACTICAL USES FOR SUPPORTING NATURAL HEALTH**

**GENERAL HEALTH AND WELLNESS**

17. To support overall health and wellness—Wild Orange,
18. Protection against environmental and seasonal threats—Arborvitae, Breathe, Lemon, Melaleuca, Tri-Ease
19. To support a sense of peace and calm—Arborvitae, Balance, Cedarwood, Peace, Jasmine, Roman Chamomile, Patchouli
20. Apply topically before you begin your day—Balance
21. To clear your mind—Eucalyptus, Patchouli
22. To promote positive feelings—Cheer, Console, Forgive, Motivate, Passion, Peace
23. To maintain focus and clarity—InTune, Spearmint, Basil, Douglas Fir, Frankincense
24. Use while meditating or practicing yoga—Arborvitae, Balance, Sandalwood
25. Diffuse or apply topically to uplift mood—Citrus Bliss, ClaryCalm, Douglas Fir, Elevation, Frankincense, Jasmine,

**As a Daily Detox Drink**

*Put a few drops of Lemon essential oil in a glass of water and drink at the start of your day.*

**Stress Relief**

*When dealing with moments of stress, the quickest way to find relief is to use the oils aromatically. We see that our Limbic System is loaded with millions of receptors in our nose, so by sniffing an oil or diffusing it into the air, we are able to find a fast relief.*

**For Relief from Intense Head Discomfort**

*Apply 1-2 drops of Deep Blue, Frankincense and Basil to your temples and to the back of your neck.*

Lemon, Lime, Myrrh, Sandalwood, Spearmint, Tangerine, Ylang Ylang,

**PROMOTE RESTFUL SLEEP**

- 26. To promote peaceful dreams and restful sleep—Balance, Peace, Lavender, Melissa, Sandalwood, Serenity, Breathe, Clary Sage, Dill

**RELIEVE STRESS AND TENSION**

- 27. Apply topically to lessen stress and tension—AromaTouch, Balance, Basil, Wintergreen, Bergamot, Citrus Bliss, Elevation, Lavender, Marjoram, PastTense, Rosemary, Ylang Ylang
- 28. For a stress-relieving bath—Clary Sage, Lavender, Sandalwood, Balance, Roman Chamomile, Frankincense, Rosemary
- 29. Diffuse to lessen stress and anxious feelings—Dill, Bergamot, Lemon, Juniper Berry, Citrus Bliss, Wild Orange, Melissa, Sandalwood, Serenity, White Fir
- 30. As a soothing massage blend for targeting tired, stressed muscles—Marjoram, Deep Blue, White Fir

**MUSCLE AND JOINT SUPPORT**

- 31. To help support healthy joint function—Ginger, Cinnamon Bark, Deep Blue
- 32. To relieve minor pain such as muscle pain after exercise—Deep Blue, Marjoram

**SEASONAL SUPPORT**

- 33. To maintain clear airways and easy breathing—Breathe, Cardamom, Douglas Fir, Eucalyptus, Peppermint
- 34. To soothe your throat—Cinnamon Bark, Myrrh, On Guard
- 35. To provide seasonal support—Lavender, Lemon, Peppermint, Breathe, Frankincense
- 36. To relieve occasional distress in the head—Tension Blend, Peppermint
- 37. For relief from intense head distress—Deep Blue, Frankincense, Basil
- 38. To support the ear canal—Melaleuca, Oregano (Rub behind the ear)

**BODY SYSTEMS SUPPORT**

- 39. To maintain healthy circulation—Black Pepper, Fennel
- 40. To promote healthy digestion—Cassia, Cardamom, Cassia, Cilantro, Coriander, Dill, DigestZen, Fennel, Ginger, Lemon, Lemongrass, Oregano, Peppermint, Rosemary, Spearmint, Black Pepper
- 41. To support your immune system—Cassia, Cinnamon Bark, Lavender, Lime, Marjoram, Melaleuca, Melissa, On Guard, Oregano, Roman Chamomile, Tangerine, Thyme, Vetiver, Wild Orange

**For Protection from the Sun**

*Add 5-10 drops of Helichrysum and Arborvitae to a tablespoon of fractionated coconut oil and apply to your skin before going outside.*

**To Be Ready for Many Common Distresses or Discomforts**

*Make several rollerbottle support vials for distresses you face often, using your favorite essential oils for each specific rollerbottle. Store in your purse or car for ready access.*

- 42. To relieve occasional stomach distress—Peppermint, Ginger, Fennel
- 43. To support a healthy thyroid—Frankincense, Myrrh, Basil, Lemongrass
- 44. To aid in detoxing your system—Helichrysum, Juniper Berry, Rosemary, Coriander
- 45. To maintain healthy cholesterol levels—Lemongrass, Clary Sage, Helichrysum
- 46. To support the cardiovascular system—Wild Orange, Cypress, Sandalwood
- 47. To maintain healthy blood sugar levels—Slim & Sassy

**OTHER SPECIFIC USES**

- 48. To support your body during its monthly menstrual discomfort—Clary Sage, Basil, ClaryCalm
- 49. To cool off when overheated—Peppermint
- 50. For antioxidant support—Black Pepper, Cilantro, Clove, Dill, Fennel, Ginger, Lime, On Guard, Oregano, Tangerine, Wild Orange, Ylang Ylang
- 51. To increase motivation for weight loss—Grapefruit, Slim & Sassy, Helichrysum,
- 52. To support a healthy inflammatory response—Frankincense, Eucalyptus
- 53. To give relief from occasional skin irritations—Lavender
- 54. To boost energy—Lemongrass, Wild Orange, Elevation
- 55. To help ease occasional nausea—Ginger

**ROLLERBOTTLE USES**

- 56. As a rollerbottle incentive to happiness—Lemon, Frankincense
- 57. As a rollerbottle support for restful sleep—Lavender, Roman Chamomile, Bergamot, Frankincense
- 58. As a rollerbottle encouragement for focus—Lavender, Peppermint, Lemon, Wild Orange, Peppermint
- 59. As rollerbottle support for clear breathing—Breathe, Lime
- 60. As a rollerbottle boost for your immune system—Oregano, Lemon, OnGuard
- 61. As a rollerbottle support for digestive issues—Wild Orange, DigestZen
- 62. As a rollerbottle support for seasonal issues—Lemon, Lavender, Peppermint

**PRACTICAL USES FOR A MAINTAINING A HEALTHY HOME**

**NATURAL MAINTENANCE IN YOUR HOME**

- 63. To protect surfaces in your home—Arborvitae, Eucalyptus, Lemon, Melaleuca, On Guard, Wild Orange
- 64. Use as an effective wood preservative—Arborvitae, Lemon,



**3 Fall Diffuser  
Blends for your  
Home**

**Cozy Home Blend**

3 drops of Wild  
Orange

2 drops of Cassia  
2 drops of  
Cedarwood

**Crispy Autumn  
Blend**

3 drops of Wild  
Orange

3 drops of Patchouli  
1 drop of Clove

**Cozy Holiday Blend**

2 drops of Wild  
Orange

2 drops of Cassia  
2 drops of White Fir

**Insect Itch Relief**

10 drops

Melaleuca

10 drops Lavender

10 drops Roman

Chamomile

1 oz. water

1 tsp. alcohol

Place in mister  
and spray as  
needed.

65. To make cleaning simpler in your bathroom—OnGuard Cleaner
66. To keep your hands and kitchen and bathroom sinks clean—OnGuard Foaming Hand Wash
67. To keep moths at bay in closet and storage areas—Cedarwood,

**DIFFUSING WITH ESSENTIAL OILS**

68. To diffuse in your car to create calmness—Balance, Ginger, Lavender, Purify
69. To maintain peaceful feelings during the holidays—Myrrh, Clove, Cassia, Ginger, White Fir
70. Diffuse for a grounding, uplifting aroma—Arborvite, Bergamot, Birch, Black Pepper, Cilantro, ClaryCalm, Juniper Berry, Lemongrass, Vetiver
71. Diffuse to relax the mind and body—Cedarwood, Bergamot, Dill, Elevation, Myrrh, Patchouli, Wintergreen
72. Diffuse to reduce stress and uplift a bad mood—Citrus Blend, Cypress, Balance, Lemon, Lime, Melissa, Myrrh, Roman Chamomile, White Fir, Ylang Ylang
73. Diffuse to encourage productivity—Fennel, InTune, Frankincense, Ginger, Lime, Rosemary, Tangerine, Thyme, Wild Orange
74. Diffuse while dieting to increase motivation—Grapefruit, Peppermint
75. Diffuse to promote a restful night's sleep—Melissa, Roman Chamomile
76. Diffuse to purify the air—Arborvitae, Juniper Berry, Lime, On Guard, Purify

**PRACTICAL USES FOR YOUR GARDENING SUPPORT**

77. To repel insects naturally—Arborvitae, Cedarwood, Cinnamon Bark, Clove, Geranium, Lemongrass, Rosemary, TerraShield, Thyme
78. To mix in mulch while gardening—Arborvitae, Cedarwood
79. Use when canning to preserve garden vegetables—Dill
80. As companion oils for many garden vegetables—Basil, Lavender, Sage, Thyme, Geranium
81. To attract pollinators to your garden—Wild Orange, Lavender, Marjoram, Helichrysum, Sage, Rosemary
82. To attract butterflies to your garden—Lavender, Fennel, Helichrysum, Sage
83. To prevent fungi—Melaleuca
84. To create your own natural insect repellent—Rosemary, Peppermint, Thyme, Clove

## PRACTICAL USES FOR YOUR HOMESTEAD AND ANIMALS

### **Clean the Coop**

8 oz. white vinegar  
25 drops Lemon  
essential oil

Swirl in spray  
bottle and spray  
the coop.

85. To repel flies, fleas and ticks—Rosemary, Basil, Peppermint, Cedar, Eucalyptus
86. To clean chicken coops and bedding—Lemon, Citrus Bliss, Lime, Tangerine
87. To soothe occasional skin irritations in animals—Lavender, Frankincense
88. To alleviate emotional and respiratory issues in goats—Lavender

## PRACTICAL USES WITH YOUR CHILDREN

### GENERAL USES

### **To relieve sleeplessness**

Add a few drops  
each of Lavender  
and Serenity to a  
small spray bottle  
of water and  
spray your child's  
favorite stuffed  
animal before  
bedtime.

89. For a refreshing bath to soak away anxiousness and stress—Lavender
90. To promote calm after a difficult school day—Vetiver
91. For behavioral issues—Balance, Elevation, Vetiver, Serenity, Lavender (diffuse or rub with a rollerball on feet)
92. As a great back-to-school blend—Thyme, Lemon, Melaleuca, On Guard
93. To give your kids an immune boosting detox bath—On Guard, Wild Orange
94. To give your kids a detox bath for respiratory support—Eucalyptus, Peppermint, Breathe
95. To give your kids a detox bath for digestive support—Peppermint, Cardamom, Lemon Peppermint

### SLEEP SUPPORT

96. When little ones have trouble sleeping—Serenity, Vetiver, Lavender
97. To promote a return of peace to children scared in the night—Cedarwood, Peace, Lavender
99. Apply to child's feet prior to a nap—Marjoram
99. Diffuse before waking to create a positive mood—Elevation
100. To give your kids a calming detox bath —Lavender, Ylang Ylang, Roman Chamomile, Cedarwood

Are you ready to try some of these 100 Ways to Use dōTERRA essential oils? If you would like to start your journey into using dōTERRA essential oils, I want you to know that I would love to help you! When it comes to essential oils, quality matters; and that is why it's important to be confident in the essential oil brand you choose to use for your family.

[Click here](#) to start using essential oils on your family!