

CHOOSING THE RIGHT OIL ACCORDING TO HEALTH CONDITION

* Indicates not safe for internal use

[A]

ABDOMINAL CRAMPS

Digestive Blend, Basil, Clary Sage*, Chamomile, Clove, Peppermint

- Take internally in a capsule or apply topically to abdomen.

ACID REFLUX

Digestive Blend, Peppermint, Fennel, Lemon, Ginger, Dill

- Apply topically over area as needed. May take internally.

ACHES

Peppermint, Wintergreen, Rosemary, Marjoram, Soothing Blend, Siberian/White Fir, Blue Tansy

- Massage oil into affected area.

ACNE

Topical Blend, Tea Tree, Lavender, Cedarwood, Geranium, Petitgrain, Rose, Jasmine

- Apply topically to affected areas.

ALLERGIES

Respiratory Blend*, Lavender, Lemon, Eucalyptus*, Peppermint, Thyme, Petitgrain, Blue Tansy*

- Apply topically to back of neck or under nose and bridge of nose. Take 2 drops each of Lemon, Lavender and Peppermint in an ounce of water.

AMNESIA

Frankincense*, Peppermint, Lavender, Spikenard*, Sandalwood*

- Apply topically to forehead, temples, base of skull and behind the ears or take internally in a capsule or diffuse.

ANXIETY

Restful Blend, Lavender, Joyful Blend, Chamomile, Wild Orange, Petitgrain, Neroli, Reassuring Blend

- Diffuse or massage onto back of neck and/or bottom of feet.

APPETITE SUPPRESSANT

Ginger, Grapefruit, Lemon, Ylang Ylang*, Metabolic Blend

- Add to water, diffuse or apply to pulse points.

ARTHRITIC PAIN

Soothing Blend, Frankincense, Lavender, Siberian Fir, Spikenard, Wintergreen, Blue Tansy

- Apply topically to affected area.

ASTHMA

Respiratory Blend, Eucalyptus, Peppermint, Cypress, Rosemary, Geranium, Spearmint

- Diffuse or apply to chest, neck and/or bottom of feet.

ATHLETE'S FOOT

Tea Tree, Oregano, Clove, Lemon, Arborvitae

- Apply to area between toes and around toenails.

ATTENTION

Focus Blend, Reassuring Blend, Vetiver, Frankincense, Neroli, Copaiba, Encouraging Blend

- Diffuse, apply to temples, back of neck, along spine or bottom of feet.

[B]

BACK PAIN / NECK PAIN

Soothing Blend, Wintergreen, Massage Blend, Marjoram, Blue Tansy, Siberian Fir

- Apply topically to affected area as needed.

BED WETTING

Juniper Berry, Cypress, Black Pepper, Massage Blend

- Apply topically over abdomen.

BELL'S Palsy

Peppermint, Helichrysum, Rosemary, Frankincense, Geranium, Spikenard, Copaiba

- Massage on front and behind ear and painful areas until symptoms subside.

BLEEDING

Helichrysum, Geranium, Frankincense

- Apply topically to affected area.

BLISTERS

Lavender, Petitgrain, Lemongrass, Tea Tree, Chamomile

- Apply topically to blistered area.

BLOATING

Digestive Blend, Peppermint, Clary Sage*, Ginger, Fennel, Patchouli*

- Apply topically to stomach area and to bottom of feet or take internally in a capsule.

BLOOD CLOT

Cypress, Helichrysum, Massage Blend, Myrrh

- Massage into area as needed.

BOILS

Tea Tree, Clove, Thyme, Oregano, Juniper, Lavender

- Apply topically to affected area.

BONE PAIN

Wintergreen, Helichrysum, Cypress, Basil, Peppermint, Clove, Siberian Fir, Douglas Fir, Blue Tansy

- Apply topically to affected area.

BONE SPURS

Wintergreen, Cypress, Marjoram, Thyme, Frankincense, Spikenard

- Apply topically over affected area.

BRONCHITIS

Respiratory Blend*, Eucalyptus*, Thyme, Rosemary, Frankincense*, Spikenard*, Copaiba, Blue Tansy

- Apply topically to chest and neck area, gargle hourly or diffuse.

BRUISES

Cypress, Lavender, Helichrysum, Soothing Blend, Lemongrass, Frankincense

- Apply topically to bruised area.

BUNIONS

Siberian Fir, Soothing Blend, Basil, Cypress, Lemongrass

- Apply to affected area or joint.

BURNS

Lavender, Tea Tree, Geranium, Frankincense, Petitgrain

- Apply gently to affected area.

[C]

CALLOUSES

Peppermint, Clove, Oregano, Lavender

- Apply topically to affected area.

CANDIDA

Tea Tree*, Protective Blend, Oregano, Thyme, Arborvitae*

- Apply topically to affected area/bottom of feet or take internally in a capsule several times daily.

CANKER SORES

Tea Tree*, Protective Blend, Oregano, Clove

- Apply directly to canker sore or gargle.

CAVITIES

Protective Blend, Tea Tree*, Peppermint, Clove

- Gargle and apply along jawline.

CARPAL TUNNEL

Cypress, Massage Blend, Lemongrass, Frankincense, Spikenard

- Massage into affected area as needed.

CELLULITE

Metabolic Blend, Rosemary, Grapefruit, Juniper Berry, Lemon, Douglas Fir*

- Massage vigorously on cellulite locations daily especially before exercising or add to water and drink throughout the day.

CHRONIC PAIN

Peppermint, Soothing Blend*, Wintergreen*, Siberian Fir*, Blue Tansy*, Cellular Complex Blend

- Massage into affected area as needed or take internally in a capsule.

COLD

Protective Blend, Oregano, Respiratory Blend*, Tea Tree*, Clove, Cinnamon, Rosemary, Lemon, Copaiba

- Diffuse, gargle or take internally in a capsule. Apply topically to chest, throat and upper back.

COLD SORES

Melissa, Protective Blend, Lemon, Tea Tree, Geranium, Lavender, Oregano

- Apply to cold sores as soon as it starts and repeat several times daily.

COLITIS

Peppermint, Digestive Blend, Helichrysum*, Rosemary

- Massage over lower abdomen area or take internally in a capsule.

CONCUSSION

Peppermint, Lemon, Grounding Blend, Frankincense, Cypress, Lemongrass, Dill

- Diffuse or apply to back of neck and head.

CONGESTION

Respiratory Blend*, Eucalyptus*, Frankincense*, Peppermint, Blue Tansy*

- Diffuse or gargle, massage onto forehead, nose, cheeks, lower throat, chest and upper back.

CONJUNCTIVITIS

Tea Tree, Lavender, Eucalyptus, Frankincense, Petitgrain

- Apply around (but NOT in) the eyes or apply to bottom of feet several times daily.

CONSTIPATION

Digestive Blend, Marjoram, Lemon, Ginger, Lemongrass

- Take internally in a capsule or apply topically to stomach or feet.

CORNS

Myrrh, Clove, Lemon, Grapefruit, Oregano, Tea Tree

- Massage directly onto affected area.

COUGH

Lemon, Respiratory Blend, Tea Tree, Wild Orange, Peppermint, Rosemary, Lime

- Massage directly onto chest and upper back or diffuse.

CRAMPS

Rosemary, Cypress*, Marjoram, Basil, Chamomile, Soothing Blend*, Black Pepper

- Massage on cramped muscles several times daily or take internally in a capsule.

CUTS

Helichrysum, Frankincense, Lavender, Tea Tree, Geranium, Petitgrain

- Dilute with a carrier oil and apply to affected area.

CYST

Wild Orange, Peppermint, Soothing Blend, Oregano, Thyme, Frankincense, Spikenard

- Apply topically to affected area as needed.

[D]**DANDRUFF**

Geranium, Cypress, Lavender, Rosemary, Lemon, Eucalyptus, Petitgrain

- Dilute and massage into scalp, rinse after 60-90 minutes or add to shampoo.

DIMENTIA

Frankincense, Spikenard, Cellular Complex Blend, Melissa

- Diffuse, apply topically to suboccipital area, along spine & temples, bottom of feet.

DEMENTIA

Frankincense, Spikenard, Cellular Complex Blend, Melissa

- Diffuse, apply topically to suboccipital area, along spine & temples, bottom of feet.

DEPRESSION

Joyful Blend, Invigorating Blend, Lavender, Bergamot, Sandalwood, Wild Orange, Uplifting Blend, Reassuring Blend, Comforting Blend, Renewing Blend

- Add to warm bath, diffuse and/or apply topically to back of the neck.

DIARRHEA

Fennel, Peppermint, Lemon, Ginger, Digestive Blend

- Dilute and apply topically to affected area several times daily or take internally.

DIZZINESS

Lavender, Ylang Ylang, Cypress, Peppermint, Basil, Ginger, Patchouli

- Diffuse or apply to temples, back of neck and shoulders.

DRY SKIN

Geranium, Chamomile, Frankincense, Cedarwood, Clary Sage, Lavender, Petitgrain, Blue Tansy, Rose, Jasmine, Copaiba

- Apply topically to affected area.

[E]

EAR INFECTION

Basil, Grapefruit, Tea Tree, Cleansing Blend, Lavender, Rosemary

- Apply to cotton ball and place over ear, or massage oil around the jaw and behind ear.

ECZEMA

Helichrysum, Tea Tree, Lavender, Cedarwood, Arborvitae, Geranium, Frankincense

- Apply topically to affected area as needed.

EMPHYSEMA

Black Pepper, Douglas Fir, Respiratory Blend, Eucalyptus, Peppermint

- Apply topically to chest & back and/or bottom of feet.

EXHAUSTION

Lavender, Ylang Ylang, Lemon, Chamomile, Frankincense, Petitgrain

- Diffuse and inhale or apply topically to back of feet.

[F]

FAINTING

Lavender, Basil, Black Pepper, Peppermint, Sandalwood, Rosemary, Petitgrain

- Inhale directly.

FATIGUE

Bergamot, Joyful Blend, Lemongrass, Basil, Lemon, Rosemary, Peppermint, Encouraging Blend

- Inhale directly or diffuse. Apply topically on temples and behind ears as needed.

FEVER

Peppermint, Lavender, Encouraging Blend, Wintergreen, Rosemary

- Apply to forehead, back of neck, along spine and/or bottom of feet. Repeat every 15 minutes until fever has subsided.

FLATULENCE

Peppermint, Lavender, Ginger, Sweet Fennel, Digestive Blend, Spearmint

- Take internally in a capsule or apply topically to abdomen.

FLU

Frankincense*, Tea Tree*, Lemon, Respiratory Blend*, Protective Blend, Oregano, Spikenard*

- Take internally in a capsule, diffuse or apply topically to chest.

[G]

GASTRITIS

Peppermint, Digestive Blend, Lemongrass, Ginger, Fennel, Coriander

- Take internally in a capsule or apply topically over stomach area as needed.

GINGIVITIS

Clove, Tea Tree*, Peppermint, Myrrh*, Protective Blend

- Gargle many times daily as needed.

GOUT

Lemon, Douglas Fir*, Wintergreen*, Soothing Blend*, Ginger

- Apply topically to affected area. Take lemon and ginger internally.

GROWING PAINS

Soothing Blend, Marjoram, Lemongrass, Siberian Fir, Wintergreen, Ginger, Blue Tansy

- Apply topically to affected area as needed.

[H]

HAIR LOSS

Rosemary, Peppermint, Lemon, Thyme, Lavender, Cedarwood

- Dilute 5 drops in 20 drops of a carrier oil and massage into scalp each night.

HAND, FOOT & MOUTH

Clove, Protective Blend, Melissa, Cellular Complex Blend, Tea Tree

- Apply topically, diluted to affected area as needed.

HANGOVER

Peppermint, Grapefruit, Lemon, Tension Blend*, Detoxification Blend

- Add to warm bath with Epsom salts. Apply to the neck and over the liver. Add to water and take internally.

HAY FEVER

Lemon, Lavender, Peppermint, Respiratory Blend*, Cilantro, Tea Tree*, Blue Tansy*

- Diffuse or use cup & inhale technique, apply to bottom of feet. Add 2 drops each Lemon, Lavender & Peppermint in water and drink.

HEAD LICE

Tea Tree, Geranium, Lavender, Lemon, Thyme, Rosemary

- Dilute with coconut oil and apply to entire scalp, then shampoo and rinse 30 minutes later; repeat daily for several days. Add a couple of drops to shampoo and conditioner with each wash.

HEADACHE

Peppermint, Lavender, Wintergreen, Tension Blend, Soothing Blend, Spearmint

- Diffuse and apply topically to forehead, temples, back of neck and behind ears.

HEARTBURN

Peppermint, Ginger, Lemon, Fennel, Digestive Blend

- Take internally in a capsule or apply topically to chest.

HEATSTROKE

Rosemary, Tension Blend, Peppermint, Lavender

- Apply topically to forehead, back of neck, chest and spine.

HEMORRHOIDS

Helichrysum, Frankincense, Cypress, Lavender, Geranium

- Apply topically to affected area as needed.

HIVES

Lavender, Tea Tree, Chamomile, Frankincense, Peppermint, Blue Tansy

- apply topically to affected area as needed.

HOT FLASHES

Women's Monthly Blend, Encouraging Blend, Peppermint, clary Sage, Neroli, Chamomile, Geranium

- Apply topically to back of neck and behind the knees.

HYPERACTIVITY

Lavender, Focus Blend, Patchouli, Copaiba, Vetiver, Restful Blend, Reassuring Blend

- Diffuse or inhale directly. Apply topically to the back of the neck and behind the ears.

[I]

IMPOTENCE

Ylang Ylang, Clary Sage, Sandalwood, Black Pepper, Ginger, Rose, Jasmine

- Diffuse or apply topically to temples, wrists and back of neck.

INDIGESTION

Ginger, Wild Orange, Peppermint, Fennel, Lemon, Digestive Blend

- Take internally in a capsule or apply topically over stomach area.

INFECTION

Petitgrain, Cypress, Wild Orange, Clove, Thyme, Oregano, Eucalyptus

- Dilute with a carrier oil and apply to infected area or diffuse.

INFLAMMATION

Frankincense, Wintergreen, Soothing Blend, Eucalyptus, Siberian Fir, Neroli

- Apply topically to affected area.

INSECT BITES (non-anaphylaxis)

Lavender, Outdoor Blend, Eucalyptus, Tea Tree, Petitgrain, Blue Tansy

- Apply topically to affected area.

INSOMNIA

Restful Blend, Lavender, Chamomile, Vetiver, Clary Sage, Tangerine, Spikenard

- Add to a warm bath, rub on feet and behind ears and diffuse into the air.

IRRITABLE BOWEL SYNDROME

Digestive Blend, Ginger, Cardamom, Peppermint, Dill

- Apply topically over stomach or take internally in a capsule.

ITCHING

Tea Tree, Cypress, Peppermint, Cedarwood, Lavender, Petitgrain

- Apply topically to the affected area.

JET LAG

Peppermint, Bergamot, Rosemary, Lime, Lavender, Geranium

- Apply calming oils like Lavender and Geranium to bottom of feet at night and invigoration oils like Peppermint and Lime in the morning.

JOINT PAIN

Wintergreen, Cedarwood, Clove, Soothing Blend, Siberian Fir, Douglas Fir, Blue Tansy

- Massage into affected areas as needed.

[L]

LACTOSE INTOLERANCE

Digestive Blend, Lavender, Lemongrass, Peppermint, Marjoram

- Take internally in a capsule, massage o abdomen (symptomatic).

LARYNGITIS

Lemon, Protective Blend, Sandalwood*, Frankincense*, Spikenard*, Myrrh*

- Apply to throat as needed. Gargle with Lemon and Protective Blend.

LEG CRAMPS

Lime, Massage Blend, Lavender, Clary Sage, Cypress, Geranium, Soothing Blend, Wintergreen

- Massage affected area.

LOSS OF APPETITE

Peppermint, Coriander, Ginger, Wild Orange, Lavender, Lemon

- Diffuse or take internally in a capsule.

MENOPAUSE

Bergamot, Women's Monthly Blend, Clary Sage, Frankincense, Chamomile, Neroli

- Apply topically to abdomen, bottom of feet and back of neck.

MENSTRUAL PAIN

Clary Sage, Rosemary, Peppermint, Black Pepper, Soothing Blend, Women's Monthly Blend, Siberian Fir

- Massage into abdomen and lower back. Apply compress over uterus area.

MIGRAINE

Tension Blend, Frankincense, Sandalwood, Lavender, Soothing Blend

- Apply topically to forehead, temples, base of skull and behind the ears or inhale directly as needed.

MOLD

Cleansing Blend, Cinnamon, Oregano, Thyme, Basil, Clove

- Diffuse where mold is present. Dilute with white vinegar to clean area.

MUSCLE PAIN

Myrrh, Rosemary, Lemongrass, Peppermint, Soothing Blend, Clove, Wintergreen, Blue Tansy

- Apply topically to affected muscles.

[N]

NAUSEA

Ginger, Peppermint, Patchouli*, Lavender, Digestive Blend

- Apply topically behind the ears and over navel hourly or diffuse. Take internally in a capsule as needed.

NOSE BLEEDS

Frankincense, Spikenard, Helichrysum, Geranium, Lavender, Lemon

- Apply topically to the bridge and sides of nose and back of neck as needed.

[O]

OILY HAIR

Geranium, Basil, Cypress, Thyme, Peppermint, Rosemary, Lemon

- Add to shampoo when washing hair.

OVARIAN CYST

Frankincense*, Clary Sage*, Cellular Complex Blend, Women's Monthly Blend*

- Apply over abdomen as needed. Cellular Complex Blend can be taken internally.

[P]

PAIN

Massage Blend, Wild Orange, Peppermint, Wintergreen, Marjoram, Lavender, Vetiver

- Massage into affected area.

PARASITES / WORMS

Oregano, Peppermint, Ginger, Tea Tree*, Cinnamon, Protective Blend

- Take internally in a capsule. Apply with a warm compress over intestinal area.

PMS

Women's Monthly Blend, Clary Sage, Lavender, Marjoram, Neroli, Rose, Jasmine

- Use topically to help soothe system and support balance in the body.

PNEUMONIA

Arborvitae*, Eucalyptus*, Protective Blend*, Petitgrain

- Apply topically over chest, diffuse or take internally in a capsule.

PSORIASIS

Geranium, Tea Tree, Lavender, Helichrysum, Chamomile

- Apply to affected area as needed.

[R]

RASHES

Lavender, Tea Tree, Chamomile, Sandalwood, Basil, Petitgrain, Blue Tansy

- Dilute with a carrier oil and apply topically to affected area.

RESTLESS LEG SYNDROME

Massage Blend, Soothing Blend, Cypress, Wintergreen

- Massage onto affected area as needed.

[S]

SCARRING

Anti-Aging Blend, Helichrysum, Lavender, Frankincense, Clary Sage, Myrrh

- Apply topically over wound daily until healed.

SCIATICA

Soothing Blend, Massage Blend, Wintergreen, Helichrysum, Peppermint

- Massage onto affected area as needed.

SHINGLES

Tea Tree*, Lavender, Oregano, Sandalwood*, Myrrh*, Lemon

- To soothe irritated skin, apply topically diluted with coconut oil to affected area (Tea Tree/Lavender, etc). Take internally in a capsule.

SHOCK

Helichrysum, Peppermint, Tea Tree, Geranium, Sandalwood

- Diffuse or apply topically on temples, under nose and on back of neck.

SINUS CONGESTION / HEADACHE

Respiratory Blend, Rosemary, Thyme, Eucalyptus, Lavender, Peppermint

- Diffuse or gently inhale steam several times daily. Apply topically around and under nose (avoiding eyes).

SORE THROAT

Protective Blend, Lemon, Tea Tree*, Cinnamon, Oregano

- Gargle several times a day. Apply topically to throat, chest, and back of neck several times a day.

SPRAINS / STRAINS

Wintergreen, Lemongrass, Basil, Blue Tansy, Cypress, Rosemary, Marjoram

- Apply topically to affected area, wrap with cold compress.

STOMACH ACHE

Cardamom, Ginger, Peppermint, Digestive Blend, Encouraging Blend

- Apply topically to stomach area.

STREP THROAT

Protective Blend, Oregano, Thyme, Wild Orange

- Gargle or take internally in a capsule several times daily.

STRESS

Wild Orange, Frankincense, Lime, Grapefruit, Joyful Blend, Bergamot, Lavender, Clary Sage, Ylang Ylang, Tangerine, Uplifting Blend

- Diffuse or massage into shoulders, back and feet.

STRETCH MARKS

Helichrysum, Frankincense, Myrrh, Rose, Jasmine, Neroli, Anti-Aging Blend

- Apply topically to affected areas several times daily.

SUNBURN

Lavender, Tea Tree, Helichrysum, Peppermint, Frankincense

- Apply gently to affected area diluted with aloe vera.

[T]

TENDINITIS

Lemongrass, Marjoram, Soothing Blend, Frankincense, Siberian Fir, Ginger, Blue Tansy

- Apply topically to affected area as needed.

THRUSH

Tea Tree*, Fennel, Wild Orange, Lemon

- Treat both mother's nipples as well as baby's mouth. Apply oils topically to affected areas, diluting with a carrier oil.

TOOTHACHE

Clove, Tea Tree*, Birch*, Protective Blend

- Apply topically to affected tooth and gum. Gargle several times daily.

[U]

ULCER

Frankincense*, Detoxification Blend, Myrrh*, Digestive Blend

- Apply topically to stomach or take internally in a capsule.

URINARY TRACT INFECTION

Juniper Berry, Lemongrass, Basil, Oregano, Cleansing Blend*

- Apply topically over abdomen. Take internally in a capsule.

[V]

VARICOSE VEINS

Cypress, Helichrysum, Lemongrass, Grapefruit, Sandalwood

- Massage into affected area several times daily.

VERTIGO

Frankincense, Lavender, Peppermint, Ginger, Helichrysum, Geranium

- Massage on tops of and behind ears.

[W]

WARTS

Tea Tree, Melissa, Arbovitae, Oregano, Frankincense, Protective Blend

- Apply topically to wart several times daily.

WEIGHT LOSS

Metabolic Blend, Cinnamon, Ginger, Grapefruit, Lemon, Peppermint, Ylang Ylang

- Take internally for appetite control, and to help boost metabolism. Apply topically to stomach.

WHIPLASH

Soothing Blend, Lemongrass, Marjoram, Douglas Fir, Blue Tansy

- Apply topically to neck, shoulders and back.

WOUNDS

Lavender, Tea Tree, Myrrh, Geranium, Helichrysum, Frankincense

- Dilute and apply to affected area several times daily.

WRINKLES

Frankincense, Helichrysum, Geranium, Myrrh, Rosemary, Rose, Jasmine, Neroli, Anti-Aging Blend

- Dilute with a carrier oil and apply topically to affected areas.

Come into the store and ask about the doTERRA “myessential User Guide” filled with info on our oils, recipes and so much more!