

FAMILY PHYSICIAN *With dōTERRA™ Essential Oils*

“I finally figured out how to use essential oils—TAKE OFF THE CAP”

You can use all of the oils 3 ways; Topically, Internally (drip into an empty gel cap) and with the diffuser. If the bottle has a ‘supplement’ box on the label, you can feel completely safe using it internally. When diluting* the essential oils, use one drop of Coconut Oil for one or two drops of the essential oil. It is not necessary to dilute the essential oils, but for some essential oils which are particularly cool (Peppermint, Wintergreen) or hot (Oregano, Cinnamon, Clove, Cassia), it may not be comfortable on your skin without diluting, and may be particularly uncomfortable for a child. If you use an oil without diluting and it is uncomfortable to the recipient, simply apply a small amount of coconut oil and it will quickly resolve the problem. Also, if you are using the oils on an open sore or wound, it is always a good idea to dilute with coconut oil. Diffusion is powerful because the child can breathe it in and it kills microorganisms in the air which helps stop the spread of sickness.

If the oils get in the eyes, it will sting but will not do damage. Simply rub a few drops of your diluter oil on the eye and it will help to relieve the suffering. You can combine and mix any of the oils as much as you like and the oils are safe with any medication.

If you are not sure how to apply the oil, know that you can ALWAYS rub it on the bottoms of the feet and you will get the full affect. This can be a great way when using them on children because they are less likely to rub it in their eyes. For a small problem, 2 or 3 applications** a day is probably enough. For more serious problems like RSV, apply every hour or half hour. For pain and digestion remedies you would typically rub the oils right on the spot of discomfort. For oral application, dilute with Coconut oil and rub on gums or teeth or swish around in the mouth. If there are special instructions for a particular illness, it is listed below in the appropriate section.

The beauty of the essential oils is that the research has consistently proven them to be healthy for our cells. They repair and assist our bodies at a cellular level so when you are not sure which oils to use, don’t be afraid to use several oils and the body will gain a myriad of benefits.

*For diluting you can also use Olive Oil, Vegetable Oil, Grapeseed Oil among others. **An application is usually 2 to 4 drops of an oil.

Acne	Purify, Melaleuca, Manuka, Niaouli, Geranium, Vetiver, Lavender, Patchouli, Eucalyptus, Clove
Allergies	Lavender and Wintergreen
Arthritis	Wintergreen, Deep Blue, Peppermint, Clove, Helichrysum, Frankincense
Asthma	Wintergreen, Breathe, Eucalyptus, Lemon, Lavender, Rose, Frankincense, Marjoram
ADD/ADHD	Vetiver, Lavender, Serenity, Sandalwood, Peppermint,
Bad Breath	Blend: Peppermint, Lemon, Clove and Melaleuca (you can also use Cinnamon)
Bee Sting	Melrose, Lavender, Idaho Tansy, Peppermint, Wintergreen, Purify, Deep Blue
Blisters	Melaleuca, Lavender, Purify
Blood Pressure (High)	Clove, Helichrysum, Cypress
Boils	Melaleuca, Clove, Thyme, Oregano, Purify, On Guard
Broken Bones	Thyme, Deep Blue, Helichrysum, Wintergreen Peppermint, Lemongrass, Frankincense
Breastfeeding (Dry/Cracked Nipples)	Myrrh, Lavender, Geranium, Sandalwood
Breastfeeding (Mastitis)	Melaleuca, Thyme, Clove, Rosemary, Lavender, Deep Blue, Frankincense
Bronchitis	Breathe, On Guard, Eucalyptus, Myrtle, Rosemary, Thyme, Wintergreen, Pine, Oregano, Melaleuca, Myrrh, Purify, Deep Blue, Clove
Bug Bites	Purify, Lavender, Eucalyptus, Melaleuca, Peppermint, Rosemary, Deep Blue
Burns (1st and 2nd Degree)	Lavender, Helichrysum, Rose
Burns (3rd Degree)	Wintergreen, Deep Blue, Peppermint, Basil, Lavender, Idaho Tansy, Oregano
Canker Sores	On Guard, Clove, Lavender, Sandalwood, Thyme, Peppermint, Purify
Carpal Tunnel	Wintergreen, Marjoram, Peppermint, Basil, Cypress, Lemongrass, Deep Blue
Cartilage Injury	Wintergreen, Peppermint, White Fir, Marjoram, Lemongrass, Frankincense, Helichrysum
Cellulite	Grapefruit, Rosemary, Lemon, Cypress, Lemongrass
Cholesterol (High)	Lemongrass, Rosemary, Clove, Helichrysum
Cleaning (Antiseptic)	Melaleuca, Manuka, On Guard, Thyme, Clove, Oregano, All Citrus Oils, Rosemary, Cinnamon, Cassia
Colds (Regular)	On Guard, Peppermint, Thyme, Oregano, Eucalyptus, Melaleuca, Rosemary, Purify
Colds (Head)	Breathe, On Guard, Eucalyptus, Frankincense, Peppermint, Rosemary, Wintergreen, Lemon
Constipation	Peppermint, Digestzen, Ginger
Concentration	Basil, Lemon, Rosemary, Vetiver, Peppermint, Lemongrass, Frankincense
Cough	On Guard, Breathe, Eucalyptus, Peppermint, Marjoram, Serenity
Cramps (Abdominal)	Ginger, Peppermint, Digestzen, Rosemary
Dandruff	Melaleuca, Rosemary, Peppermint, Lemon, Lavender
Depression	Combine: Balance, Serenity and Elevation (Also: Frankincense, Peppermint, Ylang Ylang, Rosemary, Lemon)
Diarrhea	Digestzen, Ginger, Oregano, Clove, Lemon
Dizziness	Peppermint, Basil, Sandalwood, Frankincense
Ear Ache	Melaleuca, Wintergreen, Purify, Thyme, lavender, Rosemary, Helichrysum, Peppermint, Eucalyptus, Deep Blue, On Guard
Ear Infect (without Pain)	On Guard, Thyme, Wintergreen

Emotional Trauma	Serenity, Balance, Frankincense, lavender, Lemon,
Epilipsy	Frankincense, Blue Tansy, lavender, Clary Sage, Sandalwood
Flu	Blue Cypress, Oregano, Eucalyptus, Peppermint, Clove, Melaleuca, Digestzen, On Guard, Purify
Fungus (Athlete's Foot)	Niaouli, Peppermint, Melaleuca, Cinnamon, Lemongrass, Lavender, Thyme, Melissa, On Guard, Purify
Fungus (Intestinal)	Combine: Oregano, Lemon and Melaleuca (Also: Lemongrass, Cumin, Geranium, Thyme, Peppermint, Lavender, Rosemary)
Fungus (Ringworm and Skin)	Melaleuca, Geranium, On Guard, Blue Cypress, Lavender, Rosemary, Lemongrass, Oregano
Fungus (Thrush)	(Mouth) Clove, Melrose, Cinnamon, Peppermint, Rosemary, Geranium, Orange, Lavender
Fungus (Yeast Infection)	Melaleuca (on a tampon), Lemongrass, Mountain Savory, Lavender, Rosemary, Geranium, Peppermint, Thyme (Combine some of these in a douche)
Gas/Flatulence	Tarragon, Digestzen, Peppermint, Nutmeg
Headache	Peppermint, Wintergreen, Deep Blue, Lavender, Frankincense, Clove, Eucalyptus
Headache (Sinus)	Breathe, Eucalyptus, Peppermint, Deep Blue, Melaleuca, Rosemary, Lavender, Geranium
Head Lice	Melaleuca or blend: Thyme lavender, Geranium (Also: Peppermint, Thyme, Rosemary)
Heartburn	Ginger, Lemon, Basil, Idaho Tansy, Sage, Sandalwood
Hemorrhoids	Basil, Wintergreen, Cypress, Helichrysum, Myrrh, Lemon, Peppermint
Hives	German Chamomille, Wintergreen, Ravensara, Peppermint, Myrrh, Eucalyptus, Melaleuca
Indigestion	Digestzen, Peppermint, Nutmeg, Ginger, Cumin, Grapefruit
Infection (Bacterial and Viral)	On Guard, Niaouli, Oregano, Thyme, Mountain Savory, Rosemary, Lemongrass, Clove, Rosewood, Melaleuca, Geranium, Purify
Inflammation	Frankincense, Wintergreen, German Chamomille, Myrrh, Clove, Lavender, Thyme, Hyssop, Peppermint, Melaleuca, Lemongrass, Eucalyptus, Helichrysum
Insomnia	Lavender, Cedarwood, Orange, Serenity
Ligament Sprain/Tear	Deep Blue, Peppermint, Helichrysum, Lavender, Basil, Frankincense, Lemongrass
Menstrual Cramps	Valerian, Lavender, Clary Sage, Basil, Rosemary, Sage, Cypress, Tarragon, Vetiver
Migraine	Combine: Peppermint, Wintergreen and Frankincense (Also: Deep Blue, Lavender, Helichrysum)
Mono	Mountain Savory, Blue Cypress, On Guard, Thyme, Frankincense, Oregano
Muscles (Bruised)	Geranium, Helichrysum, Lavender, Wintergreen, Peppermint, Deep Blue, Serenity
Muscles (Sore)	Rosemary, Deep Blue, Marjoram, Peppermint, Wintergreen, Ginger, Spruce, Pine, Lavender
Muscle Spasms	Wintergreen, Ravensara, Rosemary, Fennel, Marjoram, Basil, Elemi, Nutmeg, Deep Blue
Narcolepsy	Peppermint, Lemon, Rosemary
Nausea	Peppermint, Patchouli, Ginger, Nutmeg, Wintergreen, Idaho Tansy
Nosebleeds	Helichrysum, Geranium, Lavender, Cypress
Pain	Deep Blue, Wintergreen, Peppermint (for pain), Frankincense (for inflammation), Helichrysum
Parasites	Lemongrass, On Guard, Tarragon, Anise, Basil, Peppermint, Ginger, Cumin, Melaleuca, Rosemary
Pink Eye	Melaleuca, Purify, Lavender
PMS	Clary Sage, Sage, Anise, Fennel, Ylang Ylang, Neroli
Pneumonia	Breathe, On Guard, Oregano, Melaleuca, Thyme, Eucalyptus, Peppermint, Ravensara
Restless Leg Syndrome	Valerian, Wintergreen, Serenity, Basil, Marjoram, Lavender, Cypress, Roman Chamomile
RSV (Babies)	Eucalyptus, Breathe, On Guard, Purify, Rosemary, Basil, Frankincense, Wintergreen, Pine, Oregano, Tea Tree, Clove, Cypress, Lavender, Lemon, Marjoram, Peppermint and Thyme
Runny Nose	Breathe
Scars (and Scar Tissue)	Helichrysum, Lavender, Cypress, Elemi, Rose, Myrrh, Sandalwood
Shingles	On Guard, Blue Cypress, Melaleuca, Oregano, Sandalwood, Thyme, Peppermint
Shock	Peppermint, Idaho Balsam Fir, Frankincense, Basil, Rosemary, Sandalwood
Sinus Infection	Breathe, Peppermint, On Guard, Eucalyptus, Idaho Balsam Fir, Thyme, Melaleuca, Rosemary
Skin (Chapped/Dry)	Myrrh, Sandalwood, Neroli, Rose, Cedarwood, Roman Cham., Palmarosa, Geranium, Lavender
Skin (Diaper Rash)	Lavender, Helichrysum, German Chamomile, Cypress
Skin (Eczema)	Lavender, German Chamomille, Myrrh, Blue Cypress, Geranium, Rosewood, Purify
Skin (Fungal)	Melaleuca, Lemongrass, Oregano, Niaouli, Lavender
Skin (Psoriasis)	Roman Chamomille, Melaleuca, Melrose, Patchouli, Helichrysum, Rose, German Cham, Lavender
Sprain	Idaho Balsam Fir, Frankincense, Helichrysum, Lemon Grass, Wintergreen, Basil, Pine, Spruce, Cypress,
Strep Throat	Combine: 1 drop Oregano, 2 drops Lemon in small glass and gargle every hour (very strong)
Stress	Lavender, Balance, Serenity, Roman Chamomile, Blue Tansy, Marjoram, Rose, Sandalwood, Frankincense
Tear Ducts Blocked	Lavender
Tendonitis	Marjoram, Lavender, Vetiver, Wintergreen, Deep Blue, Frankincense, Eucalyptus, Rosemary
Toothache (or Infected Gums/Mouth)	Clove, Melaleuca, Wintergreen, Helichrysum, Eucalyptus, Thyme, Oregano, On Guard, Deep Blue
Ulcer (Stomach)	Lemongrass, Digestzen, Lemon, Oregano Thyme
Varicose Veins	Helichrysum, Wintergreen, Cypress, Geranium, Clove, Peppermint, Lemon, Lavender
Warts	Cinnamon
Wounds/Scrapes /Cuts	Lavender, Melaleuca, Melrose, On Guard, Rosemary, Eucalyptus, Cypress, Wintergreen, Thyme, Oregano, German Chamomille, Mountain Savory, Peppermint
Wrinkles	Frankincense, Helichrysum, Cypress, Rose, Lavender, Patchouli, Sage, Geranium, Rosewood, Sandalwood