

doTERRA Essential Oil Guide

Balance *Grounding Blend*

Everyone experiences moments of disconnectedness or anxiety. The warm, woody aroma of Balance, dōTERRA's grounding blend, creates a sense of calm and well-being. We perfectly blend spruce, rosewood, frankincense, and blue tansy to offer an enticing fragrance, which promotes tranquility and a sense of balance.

Aromatically

~ Diffuse in the air to balance body and mind

Topically (dilution not necessary)

~ Apply 6 drops to bottoms of feet

~ Put on heart, wrists, and solar plexus from neck to thymus

~ For back pain relief, apply to reflex points on feet and spine

~ Wear as perfume or cologne

Breathe *Respiratory Blend*

Respiratory issues are prevalent in modern society. dōTERRA essential oils are a perfect way to ease breathing consistently for a sustained benefit. Breathe is a remarkable blend of CPTG® essential oils which combine to do just that—help you breathe easier. A proprietary blend including laurel leaf, peppermint, eucalyptus, melaleuca, lemon, and ravensara cleanses and soothes the airways, and can easily be applied topically to the chest, back, or bottom of feet. Its pleasant aroma is calming to the senses and perfect for nighttime diffusion allowing for restful sleep.*

Aromatically

~ Diffuse in a humidifier or diffuser

Topically (dilute for young and sensitive skin)

~ Rub a few drops on chest, neck, or back to relieve coughs and congestion

~ Put on bottoms of feet for young kids and babies for colds and coughs

Digest Zen *Digestive Blend*

Many essential oils have been recognized through research as powerful agents to help restore normal balance in the digestive system. Digestzen takes advantage of these well-established therapeutic compounds in a proprietary blend of pure essential oils. Ginger, peppermint, tarragon, fennel, caraway, coriander, and anise each have specific attributes, which add to the overall efficacy of this potent blend. When used internally, dōTERRA's Digestzen brings soothing digestive relief.

* Use caution with pregnancy, only a drop on outer ear for morning sickness, not to be used for epileptics

Aromatically

~ Inhale as necessary

Topically

~ Apply to reflex points on bottom of feet and on ankles

~ Apply over stomach for bellyaches

Internally

~ Take one drop in water or non-dairy milk

Serenity *Calming Blend*

Serenity is a blend of essential oils with known calming properties, which create a sense of well-being and relaxation. Lavender, sweet marjoram, roman chamomile, ylang ylang, sandalwood and vanilla bean create a subtle aroma ideal for aromatic diffusion or topical application. Applied to the bottom of the feet at bedtime, dōTERRA's Serenity is an excellent way to support restful sleep. Added to a warm bath, Serenity creates the perfect escape with its peaceful, renewing fragrance.

Aromatically

~ Apply under nose or diffuse

Topically

~ Apply to back, feet, and back of neck for relaxation, calming nerves and stress, and insomnia

~ Put in bathwater

~ Wear as perfume or cologne

Holiday Joy

This enchanting blend of Wild Orange, nutmeg, pine needles, Cassia, Cinnamon Bark, and vanilla promotes a warm holiday embrace and will fill your home and senses with the most inviting fragrance of the season.

Aromatically

~ Diffuse in the air

Topically

~ Dilute a couple drops on hands and use as a hand sanitizer

To reorder products or oils, email me at elizabethzfern@gmail.com or go to my website: www.mydoterra.com/ezfern

Enjoy!

Elizabeth Z Fern

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