

ESSENTIAL OIL cheat sheet

SAFETY

- Always dilute with Fractionated Coconut Oil (FCO) when applying oils topically. A drop is all you need. dōTERRA® oils are potent, a little goes a long way.
- When ingesting oils use a glass or metal container. Just a drop at a time.
- Citrus oils are photosensitive. Do not apply topically if you will be exposed to direct sunlight within 12 hours. Instead apply to areas where the sun does not touch, such as the bottoms of the feet!
- Using your oils daily will give you the best results. Create a routine that works for you. Leave your oils where you will see them and use them regularly. Store at room temperature, out of direct sunlight.

DIFFUSER BLENDS

Add 4-6 drops to your dōTERRA® diffuser. Add 1-2 drops when diffusing in a child's bedroom.

BE HAPPY

2 drops Lavender
2 drops Lemon

RELEASE TENSION

2 drops Lavender
2 drops Peppermint

FOCUS BLEND

3 drops Lemon
3 drops Peppermint

JUST CHILL

2 drops Lemon
2 drops Breathe®

GRATEFUL BLEND

1 drop Lemon
5 drops Frankincense

SOOTHE AND CALM

3 Frankincense
3 Lavender®

ENERGIZE

3 Peppermint
1 Lemon & 1 Tea Tree

BE WELL

3 drops On Guard™
2 drops Lemon

MEDITATION

3 drops Breathe®
3 drops Frankincense®

ROLLER BLENDS

Basic blends for adults. Add the oils to a 10ml roller bottle, then fill with fractionated (liquid) coconut oil. For children or those with sensitive skin see dilution ratios. Examples: For babies, reduce to 1 drop each. For children reduce 10 drops to 2-3 drops.

HEAD TENSION

10 drops Lavender
10 drops Frankincense
10 drops Peppermint

SPRING SUPPORT

10 drops Lavender
10 drops Peppermint
10 drops Lemon

DIGESTIVE

20 drops DigestZen®

IMMUNE SUPPORT

10 drops Frankincense
20 drops On Guard®
10 drops Lemon

SLEEP BLEND

20 drops Lavender
5 drops Frankincense

FOCUS BLEND

20 drops Peppermint
5 drops Frankincense

CALMING BLEND

10 drops Lavender
20 drops Frankincense

RESPIRATORY SUPPORT

10 drops Frankincense
10 drops Breathe®
5 drops Lemon

GLOWING SKIN

8 drops Frankincense
8 drops Lavender

DILUTION

MAKE A ROLLER BY AGE

Start with the lowest amount of drops. Fill with FCO.

AGE DROPS OF EO

0-12 months 1-6 drops

1-5 years 6-15 drops

6-11 years 15-30 drops

12+ years 15-40 drops

elderly 6-15 drops

(10 ml roller bottle)

SINGLE USE

	essential oil	coconut oil
0-12 months	1 drop	1 tbsp
1-11 years	1-2 drops	1 tsp
12+ years	1-2 drops	3 drops
elderly	1-2 drops	1 tsp

QUICK REFERENCE



LEMON The oil of focus: energized, clarity, joyful. Add a drop to your water daily. Diffuse to cleanse the room. Use in DIY cleaners. **Topically photosensitive** - apply where the sun does not shine!



OREGANO Oil of humility: humble, teachable, flexible. Let go of negative attachments. Apply to bottoms of feet, diluted. Take in a veggie cap. **Hot/spicy oil.**



ON GUARD® The oil of protection: protected, capable, independent. Stand up for oneself, live in integrity. Take a drop in water. Diffuse during winter months. Apply to the bottoms of feet twice a day.



DIGESTZEN® Oil of assimilation: adjusting, nourished, engaged. Be open to new possibilities. Take in a veggie cap or in a glass of water. Rub over belly.



FRANKINCENSE The oil of truth: enlightened, loved, protected. Let go of lower vibrations. Take a drop daily under the tongue for cellular health. Diffuse with other oils. Add to your face lotion.



PEPPERMINT Oil of a buoyant heart: optimistic, relieved, strength. Rediscover joy. Take one drop in a glass of water. Apply to back of neck when experiencing tension. Breathe in to energize.



LAVENDER Oil of communication & calm: emotional honesty, peace of mind. Release tension and use your true voice. Calming and relaxing, diffuse at bedtime. Apply topically when feeling stress. Apply to distressed skin.



BREATHE® Oil of breath: loved, supported, trusting. Let go (breathe out) and receive (breathe in). Diffuse when feeling congestion. Apply over chest and back. Make a DIY salve. **Not for internal use.**



TEA TREE The oil of energetic boundaries: empowered, resilient, safe. Clears negative energetic baggage. Apply to distressed skin. Add to a DIY cleaner. **Not for internal use.**



DEEP BLUE® Oil of surrendering pain: strengthen, serene, healing. Maintain clarity. Apply to muscles and joints. Use before and after exercise. **Not for internal use.**

Need Oils?

Open a dōTERRA wholesale account with me and start getting 25% off on all your purchases for 1 year. Visit www.mydoterra.com/jodirandolph and click on "Become a Member". Follow the steps to open an account. Then watch your inbox for more perks and benefits from me.