Quick & Easy Essential Oils

Healthcare at the tip of your fingers!

We all deserve to be Healthy & Safe

Essential oils are used 3 ways:

Aromatically:

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 mix any of the oils as much as you like and the oils are safe with most medications. 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 effect. 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 issues, apply every hour or half hour.

Topically:

When diluting the essential oils, use Coconut Oil at a ratio of 1:1. It is not necessary to dilute all 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 oil without diluting it, 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. For pain and digestive support you would typically rub the oils right on the spot of discomfort.

Internally:

If the bottle has a ‘supplement’ box on the label, it has been specially formulated to use internally.

Oils can be used sublingually (under tongue), in a shot of water, by filling an empty non-gelatin capsule or simply enjoyed in a glass of water. For oral application, dilute with Coconut oil and rub on gums or teeth or swish around in the mouth, or drop into an empty vitamin capsule (available at health food stores).

The herbal advantage:

The beauty of the essential oils is that research has consistently proven them to be healthy for our cells. They repair 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. Most modern medications are based on plant chemistry--essential oils are a convenient and powerful way to harness those same benefits without the risk of dangerous side-effects and addictions. Empower yourself with the gifts of Nature with these potent tools!

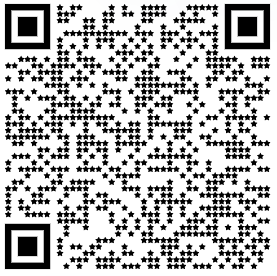
Using oils can help prevent and fend off diseases without the risk of addiction, overdose and at a much lower cost as less than one drop is needed for any given dose. In addition, using the recommendations on this page and in other trustworthy resources, oils can be used before the need for a healthcare provider, often giving us quick and reliable relief. Lacey is available to get you a more extensive book, and to answer questions you have about the oils.

**\*For diluting you can also use Fractionated Coconut Oil, Olive Oil, Grapeseed Oil among others \*\*An application is usually 1-3 drops of an oil.**

**Highlighted oils are our top 10 oils which are available in a discounted starter set bundle to help every home have a tool for every health need.**

| **Skin blemishes**  **facial breakouts** | Tea Tree, Geranium, Vetiver, Lavender, Eucalyptus, Clove, Cedarwood, Cleansing Blend, AromaTouch |
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| **Allergies** | Lavender, Lemon, Peppermint, Tea Tree, Breathe, Wintergreen, Tri-Ease Supplement |
| **Runny Nose** | Lavender, Lemon, On Guard, Arborvitae |
| **Joint discomfort** | Wintergreen, Deep Blue, Peppermint, Clove, Copaiba, Helichrysum, Frankincense, Lifelong Vitality, metaPWR Advantage |
| **Asthma, congestion & respiratory support** | Wintergreen, Breathe, Eucalyptus, Lemon, Lavender, Frankincense, Marjoram, On Guard, Rosemary, Thyme, Oregano, Tea Tree, Myrrh, Purify, , Deep Blue, Clove, Tri-Ease Supplement |
| **Attention and focus** | Vetiver, Lavender, Serenity, Sandalwood, Peppermint, InTune, Patchouli |
| **Bad Breath** | Peppermint, Lemon, Clove, Tea Tree, Cinnamon, On Guard,, On Guard Toothpaste, On Guard Mouthwash, Peppermint or On Guard Beadlets, Supermint, Spearmint |
| **Bee Sting** | Lavender, Peppermint, Wintergreen, Purify, Deep Blue, Tea Tree |
| **Blisters** | Tea Tree, Lavender, Purify, Myrrh |
| **Circulatory system** | AromaTouch, Clove, Helichrysum, Deep Blue, Cypress, Rosemary, Lemongrass, Lifelong Vitality Trio |
| **Cuts, booboos & Scrapes** | Arborvitae, Tea Tree, Clove, Thyme, Oregano, Lavender, Frankincense, Cedarwood, Purify, Correct X |
| **Nosebleeds** | Helichrysum, Deep Blue, Lavender |
| **Breastfeeding** | (Dry cracked nipples) Myrrh, Lavender, Frankincense, Tea Tree, Geranium, Sandalwood |
| **Breastfeeding (mastitis & thrush)** | Tea Tree, Thyme, Clove, Rosemary, Lavender, Deep Blue, Frankincense |
| **Bug Bites** | Purify, Lavender, Eucalyptus, Tea Tree, Peppermint, Rosemary, Deep Blue |
| **Soothing for skin irritations & Burns** | Lavender, Helichrysum, Rose, Wintergreen, Deep Blue, Peppermint, Basil, Oregano, Clary Sage |
| **Digestive Needs** | Lemon, Tea Tree, Oregano, Basil, Frankincense, DigestZen, Fennel, Ginger, Tamer, DigestZen softgels, DigestZen Tabs, Enteric Coated Peppermint Supplement, TerraZyme, PB Assist |
| **Oral Health** | On Guard, Clove, Lavender, Sandalwood, Thyme, Peppermint, Purify, Myrrh |
| **Muscle Pain** | Copaiba, Wintergreen, Marjoram, Peppermint, Basil, Cypress, Lemongrass, Deep Blue, |
| **Weight Loss** | Grapefruit, Lemon, wild orange, metaPWR system, GX assist |
| **Cellulite** | Grapefruit, Rosemary, Lemon, Cypress, Lemongrass, metaPWR |
| **Cleaning** | Tea Tree, On Guard, Thyme, Clove, Oregano, All Citrus Oils, Rosemary, Cinnamon, Cassia, Abōde |
| **Immunity Boosters** | On Guard, Peppermint, Thyme, Oregano, Tea Tree, Rosemary, Purify, Breathe, Eucalyptus, Frankincense, Peppermint, Rosemary, Wintergreen, Lemon, Tangerine, On Guard + pills |
| **Supports Focus** | Basil, Lemon, Rosemary, Vetiver, Peppermint, Lemongrass, Frankincense, InTune, Focus |
| **Menstrual support for mood, cramping & hot flashes/thyroid** | Clary Sage, Clary Calm, Women’s Health Kit, Ginger, Peppermint, DigestZen, Deep Blue, Rosemary, Yarrow|Pom, Sandalwood, Rose, Magnolia, Ylang Ylang |
| **Scalp & hair support** | Tea Tree, Rosemary, Peppermint, Lemon, Lavender, Root to Tip, Lifelong Vitality, Shampoo Bar |
| **Mood Lifting** | Combine Balance, Serenity, Cheer, Peace, Lavender, Wild Orange, Frankincense, Peppermint, Steady |
| **Balance** | Peppermint, Basil, Sandalwood, Frankincense, Marjoram, Balance, Calmer |
| **Ear Aches** | Tea Tree, Basil, Wintergreen, Purify, Thyme, Lavender, Rosemary, Helichrysum, Peppermint, Eucalyptus, Deep Blue, On Guard |
| **Anxiety & Stress** | Serenity, Balance, Frankincense, Lavender, Lemon, Sandalwood, Ylang Ylang, Patchouli, Copaiba, Rose, Magnolia, Steady, Peace, Vetiver, Black Pepper, Adaptiv oil & supplement |
| **Headaches** | Peppermint, Wintergreen, Deep Blue, Lavender, Frankincense, Clove, Eucalyptus, Copaiba, PastTense |
| **Sleep/Insomnia** | Lavender, Serenity, Cedarwood, Vetiver, Sandalwood, Frankincense, Serenity Capsules |
| **Aches & Pains** | Frankincense, Deep Blue, Marjoram, Lemongrass, Peppermint, Wintergreen, Ginger, Lavender, Turmeric oil & capsules, Copaiba oil & softgels, Deep Blue Polyphenols |
| **Joint Pain** | Frankincense, Helichrysum, Lemongrass, Wintergreen, Basil, Copaiba, Blue Tansy |
| **Anti-aging for skin** | Tea Tree, Immortelle, Verage Skincare, Helichrysum, Frankincense, Lavender, Cypress, Myrrh, Sandalwood, Geranium, Black Spruce, metaPWR system |
| **Energy** | Motivate, Citrus Oils, metaPWR, Supermint, Peppermint, Mito2Max supplement |
| **Libido** | Ylang Ylang, Whisper, Bergamot, Lavender, Geranium, Jasmine, Rose, Neroli, Yarrow|Pom, metaPWR |
| **Inflammation** | Frankincense, Copaiba, Turmeric, Marjoram, Lemongrass |

*Disclaimer: This information is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition. Please see a qualified healthcare provider for medical treatment. These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*



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**Click to** [**Watch the oils made easy class for more!**](http://www.theschoolhouselife.com/plantmedicineshop)

FAQ’s:

These seem kind of pricey?

Due to the potency of doTERRA oils they last for as long as you have them & keep the lid on them so they don’t evaporate. They’re extremely pure and it takes less than 1 drop to have an effective dose. With no expiration date (beyond the required fda date), and their potency, 1 bottle can last several years depending on frequency of use.

Additionally, doTERRA offers referral opportunities for 2 reasons, one of which is to make sure anyone who wants them can earn them by sharing with their friend & loved ones. Secondly, while essential oils are simple, the information available is overwhelming. Learning from someone who will take the time to share trustworthy resources, offer recommendations and share experiences is the most effective way to become a healer in the home.

Why buy doTERRA?

As the largest essential oil company in the world, dōTERRA has proved that sometimes the road less traveled is exactly the one to choose. To ensure quality, purity and effectiveness they have taken extreme measures. Traveling deep into the rainforest, far out into the desert, into dangerous regions, desolate areas and economically deprived situations doTERRA has traversed the globe to connect with farmers, harvesters & distillers who are not only producing the world’s finest essential oils, but who are also eager to learn and apply sustainable and regenerative practices that will protect the land for future generations.

All of these steps are difficult, but they have proven to not only provide superior oils, they also provide dependable income & opportunities for thousands of these artisans across the globe. Often indigenous or third world situations are working directly with doTERRA, avoiding third party wholesalers who are notorious for shortcuts, additives and shortchanging farmers to increase their bottom line.

Sourcetoyou.com is a resource for transparency in testing & in meeting our farmers.

**Are there safety concerns?**

All essential oils are not equal, and while labeling can be somewhat convincing and confusing, 100% therapeutic grade essential oils are not reliable. They often come with hidden fillers, chemicals, synthetics and as a result are not safe for use in the ways listed on this resource.

Due to doTERRA’s purity they can be trusted and used Aromatically, Topically and Internally. Each bottle will indicate in which of these ways the oils are best used. Some are known to be hot oils–similar to hot peppers, they can create an unpleasant burning sensation. Thankfully, this can be dissipated by the use of a carrier oil (NOT WATER), but for this reason check bottles for dilution and usage recommendation.

Additionally, citrus oils are photosensitizing, so do not apply them to skin before exposure to direct sunlight. They are also phyto-toxic and should not be used in synthetic cups or bottles. Glass or stainless steel are great options.

Less is more with essential oils. Unlike allopathic medications, increasing dosage is not an effective way to use oils, rather increasing frequency. Less is more, but frequency is key: for an acute issue like a headache consider using an oil like peppermint on the temples every 15-30 minutes, but still less than a drop is sufficient.

Avoid the nasal cavity, eyes & inner ears. These are highly sensitive areas. To minimize stinging should these areas be touched with oils, simply apply a carrier oil (even a drop in the eye) and it will eliminate the discomfort quickly.

Dilution will help with absorption and spread. Massage also improves effects of topical use.

Essential oils are safe for pets, in fact doTERRA has a Vetrinary board to address any concerns you might have in using oils on pets. The biggest key to remember is to dilute more for smaller animals, and avoid Tea Tree with cats, be sure to give them a door when diffusing that they can exit through if they need a break, and avoid diffusing with birds in the room.

Want oils? Choose: Retail or Wholesale

To order doTERRA consider the wholesale membership option. No obligations or minimums–this membership is just like a Costco or Amazon membership–there are some subscription options that offer bigger discounts, but they are optional and totally customizable.

$35 for a year at 25% plus access to our loyalty rewards program, community resources and more.

Any starter set waives this $35 fee and is a great option for getting started. Scan with your phone to take a look at 3 of our most popular starter sets.

Choose a Kit:

**Home Essentials:** Healthy Start Kit: Aroma Essentials : 

**AromaTouch Set & Full Training**



February Bonuses–a flurry of free stuff: (this is an uncommonly good month for deals!)

Order any starter combo and get free shipping, plus 10% back if you set up a scheduled second order to come in March. Order a second order is at the 100pv value in March, you’ll get a **100 point credit** to spend on any products you’d like! AND a **free bottle of Citrus Bliss**–a deliciously uplifting blend. (coupon code: USDC232TFC)

Bump your order to 200pv : (even if you’re already a wholesale member), you’ll get a **free bottle of DigestZen oil & DigestZen Softgel supplements**–incredible digestive tools! PLUS the **free bottle of Citrus Bliss + Adaptiv**, our anti-anxiety adaptogenic blend. (that’s right, 4 free products + 100 free points) (coupon code: USDC232TFC) AND qualify for the **free 100pv** if you order again in March.

No matter what–we hope you’ve had a great time tonight, and are leaving with great info that will support your personal wellness journey! Be sure to subscribe to our podcast which is chock full of useful education & information on plants, homesteading, homeschooling and more!