

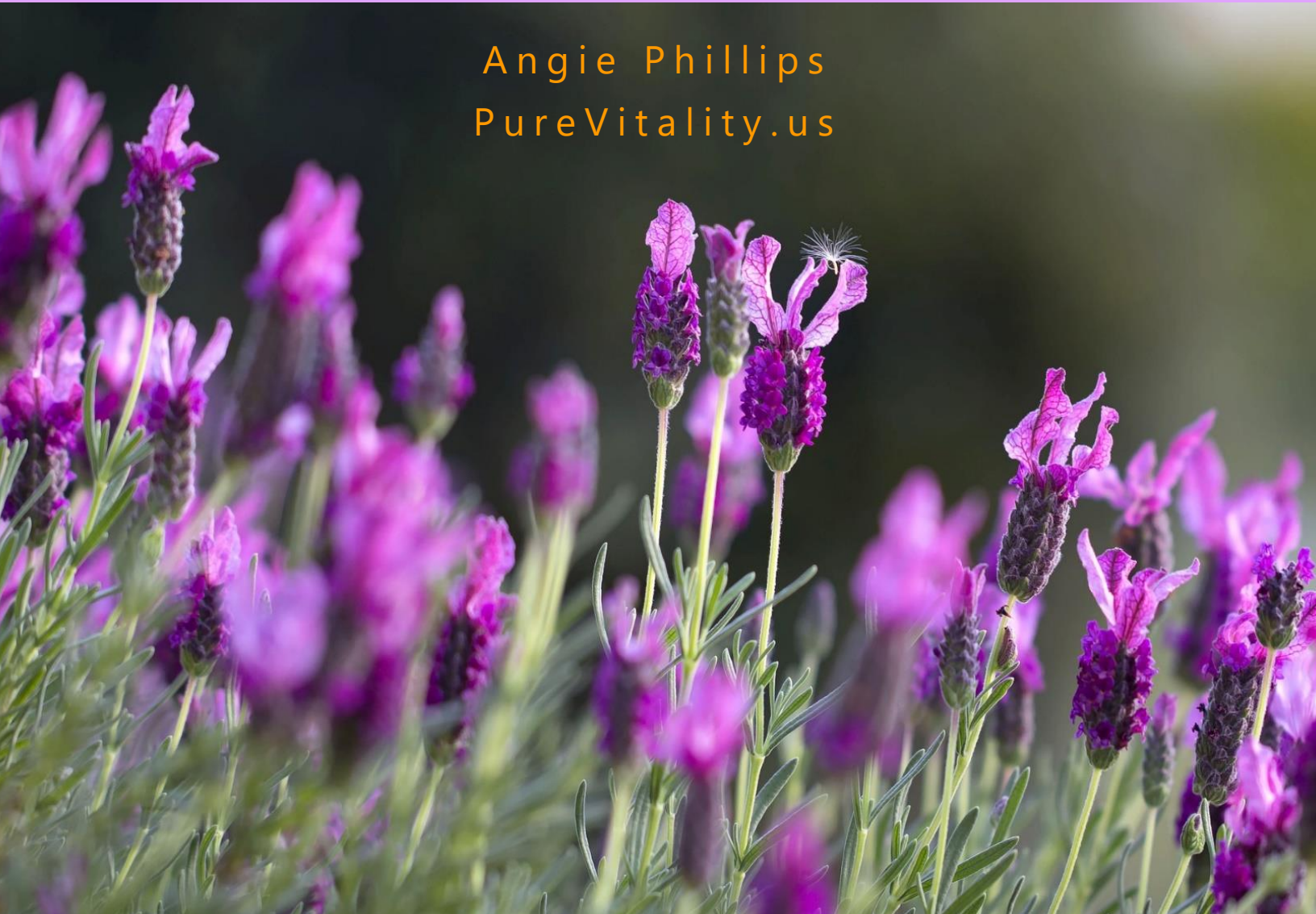
# 75 TIPS

*for using*

# ESSENTIAL OILS

## AROUND YOUR HOME

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The use of **plant extracts** for health, cosmetic, and dietary purposes has a rich history that has evolved parallel to the development of human civilization. Technology has unleashed sophisticated means for distilling plant materials and isolating their essential oils—**substances that have incredible applications to human health and wellness.**

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Content compiled from various sources as indicated at the end of the guide.

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## INTRODUCTION

I want to thank you for downloading my guide, *75 Tips for Using Essential Oils around Your Home*. I compiled these tips to help teach you about just a few of the many, many wonderful ways essential oils can be used to better your health, your home, and your life. I've found so much joy in sharing essential oils and their benefits. I love seeing the changes in people's lives when essential oils help them overcome challenges, whether it be physical, emotional, or spiritual.

Essential oils and the plants they come from have been used for thousands of years to benefit our lives. They can help to supplement our health, provide emotional support and uplift our mood, replace toxic chemicals in our cleaning closet, fill our home with a pleasant aroma, and add wonderful flavor to our foods.

Always use caution and knowledge with any essential oils. These compounds can be very potent! Take the time to learn more about how to use essential oils and study the ways they can benefit you and your home.

I highly recommend obtaining essential oils from a reliable source and ensuring they are high-quality pure oils. If you're going to use something on yourself or your family, you want to make sure it's pure and unadulterated. I personally recommend dōTERRA® essential oils, which I have found to be the highest quality oils available.

**Disclaimer:** I am not a licensed medical professional. The information contained in this book should not be construed as medical advice, nor is it intended to replace the advice of a healthcare professional. It is provided solely for learning purposes. The statements in this document have not been evaluated by the Food and Drug Administration. Essential oils are not intended to diagnose, treat, cure, or prevent disease. Anyone suffering from a disease or injury should consult with a physician. If you are currently taking medication, DO NOT STOP without consulting with your healthcare provider. Any changes to your medical routine should be discussed with your healthcare provider.

## IMPORTANT TIPS

Essential oils can be used topically, aromatically, or internally.

For topical use, add 1-2 drops essential oil with 5-10 drops of a carrier oil and apply to the feet, chest, neck, or other areas of concern. For the carrier oil, I recommend fractionated coconut oil, but other vegetable oils, such as olive oil or grapeseed oil, may also be used.

For aromatic use, add 4-5 drops of the desired oil to a quality essential oil diffuser.

Some oils may be used internally by using a small amount in a food recipe in place of a spice or herb. They may also be taken in an empty vegetable or gelatin capsule. Always make sure the oil is labeled as safe for internal use and is a high-quality, pure essential oil from a reputed source.





## CLEANING AND HOUSEHOLD USES

1. For a fresher load of dishes and better cleansing, add a drop of Lemon essential oil to your dishwasher soap.
2. Keep your kitchen trash can fresh by placing old newspaper in the bottom with a few drops of dōTERRA Purify essential oil blend on it. The newspaper will help soak up spills and neutralize odors and the Purify will provide a fresh scent.
3. Add a few drops Lavender to the rinse cycle when washing your sheets to provide a soothing aroma in your bed.
4. Add a few drops of dōTERRA Purify blend to wool dryer balls to freshen laundry instead of dryer sheets.
5. Add 4 drops Lemon and 4 drops Melaleuca essential oils to a spray bottle full of water and use as an easy floor cleaner. This will leave your house smelling fresh.
6. Use Lemon essential oil to get grease or paint off your hands.
7. Make your own liquid dish soap that will remove grease, add shine, and wake up your senses. Mix 2 cups unscented castile soap with 20 drops Lime, 8 drops Lemon, and 6 drops Citrus Bliss® blend in a large bottle. Shake before each use. 1-2 tablespoons to a sink full of water should be just about right.
8. Pour 1-2 drops Lemon oil on sticky surfaces to remove residue.
9. Make an all-purpose and non-toxic cleaning spray for all the hard surfaces in your home by combining the following in a glass spray bottle: ¼ cup white vinegar, 1 ¾ cups water, 15 drops each of Lavender and Lemon. Alternatively you can also use 10 drops each of Eucalyptus, Peppermint, and Wild Orange.
10. Make your own non-toxic air freshener with baking soda and essential oils. Combine ¼ cup baking soda with 5-6 drops of your favorite essential oil in a small mason jar. Cap with a small piece of fabric and screw on the band. Shake the jar to help activate the scent. I recommend Cassia, Geranium, Eucalyptus, Lavender, Lemon, or Wild Orange.
11. Non-toxic stovetop cleaner: Combine ¼ cup baking soda, ¼ table salt, 1 tablespoon apple cider vinegar, 2 tablespoons water, and 4-5 drops dōTERRA Purify blend. Mix to



form a paste, then spread on the stove top and burners. Let sit for 15 minutes or longer then scrub with a sponge and wipe surface clean.

12. Keep moths and other insects away by putting a drop of Cedarwood on a cotton ball and placing in closets, behind appliances, and in storage boxes.
13. Use Lemon oil as a furniture polish by adding a few drops to olive oil, then rub on wood finishes.

## USES FOR CHILDREN

14. Make your own non-irritating diaper cream. Melt  $\frac{1}{4}$  cup virgin coconut oil in a glass cup. Combine with 10 drops each of Lavender and Melaleuca essential oils and store in a glass container. Leave it in a cool place and apply when needed to soothe diaper irritation.



15. Apply Cedarwood to the bottom of a child's feet after a nightmare to help them return to a peaceful feeling.
16. Diffuse dōTERRA® Elevation blend before waking your children to help create a positive and energizing mood to start the day.
17. Apply Marjoram to a fussy child's feet before a nap to help calm and relax them.
18. Rub dōTERRA On Guard® blend on the bottom of kids' feet during the school season to help support immunity.

19. Use dōTERRA TerraShield® blend as a natural and non-toxic insect repellent. Rub it on kids' arms and legs to ward off mosquitos.

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*For massage and topical use on children or adults, always use a carrier oil such as Fractionated Coconut Oil or olive oil to help dilute and spread the essential oil.*

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20. Place a drop or two of Lavender to pillows, bedding, or the bottoms of feet at bedtime for a calming and relaxing effect to provide a restful night's sleep. May also be diffused at bedtime for the same effect.
21. Add a drop of Wild Orange to plain yogurt for a tasty fruit dip.

## COOKING AND FOODS

22. Add 2 drops of Lemon to a sink full of water to help cleanse fresh fruits and vegetables.
23. Try adding one of these oils to your olive oil (start with just 1 drop and go from there) for a unique flavor: Basil, Cardamom, Clove, Lemon, Lime, or Rosemary.
24. Make spiced peaches by putting 1 drop Cinnamon essential oil in enough water to cover sliced peaches in a bowl. Let it sit for one minute, then drain and eat!
25. Put a couple toothpick swirls up to a full drop of Rosemary essential oil in your slow cooker with roast beef for a yummy pot roast.
26. Use 1-2 drops of Ginger essential oil instead of whole ginger in your favorite recipe.
27. Add a drop of Clove essential oil to your pumpkin pie recipe for an enhanced flavor.
28. Put a few drops of Wintergreen on a cotton ball and place it in your gym bag to help mask odors and keep your bag fresh.
29. Use a toothpick to add a hint of Cilantro essential oil to salads, dips, and guacamole.

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*A little oil goes a long way! If a recipe calls for an essential oil (such as cilantro or rosemary), a full drop might be too much. Try using a clean toothpick, dip it in the oil, then dip it in the food and stir it in.*

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## GARDENING TIPS

30. Use Peppermint on the back of your neck to help you keep cool while working in the garden.
31. Add Cedarwood to topsoil or mulch to help repel harmful insects and prevent your plants from being eaten.
32. Add a few drops of Basil essential oil to a full watering can and use to improve plant growth.





33. Place 1 drop each of Lavender, Lemon, and Peppermint in an empty vegetable capsule and take with a glass of water to help protect you against seasonal discomfort and maintain clear breathing while working outside.

## HEALTH AND BODY SYSTEMS

34. Take a drop of Fennel in a glass of water to help control sweet tooth cravings.
35. Add 1-2 drops of Grapefruit to your water to help support a healthy metabolism.
36. Use a drop of Cassia and Lemon essential oils in a water bottle (not plastic) to support hydration while hiking or exercising.
37. Kick a soda habit by flavoring your water with one of these essential oils instead: Spearmint, Wild Orange, Peppermint, Lemon, or Grapefruit.
38. Take essential oils internally (only if labeled as safe for internal consumption!) by using empty veggie capsules. Open the capsule, add the desired essential oils drop by drop. Then close the capsule and swallow it immediately with plenty of liquid.
39. Massage Basil and Wintergreen on the back of the neck for stress relief.
40. Take a drop of Basil internally to provide soothing support during a menstrual cycle.
41. Use Cardamom to ease indigestion and maintain overall gastrointestinal health.
42. Promote a healthy immune system by taking 1-2 drops of one of the following in a veggie capsule: Cassia, Cinnamon, Lime, Marjoram, Melaleuca, Melissa, dōTERRA On Guard®, Oregano, Roman Chamomile, Tangerine, Vetiver, or Wild Orange.
43. Take 1-2 drops of Cassia internally to promote cardiovascular system function and maintain cardiovascular health.

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*Never use a plastic water bottle with essential oils. Some oils can break down the plastics, causing you to ingest harmful toxins. Use a glass or stainless steel container instead.*

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## BEAUTY TIPS

44. Add 1 drop of Bergamot essential oil to Fractionated Coconut Oil to use as a gentle but effective facial cleanser. (Bergamot is phototoxic and you should not go into direct sunlight 24 hours after applying)
45. Remove nail polish without harsh chemicals by using white vinegar mixed with a few drops of Lemon essential oil. Soak your fingertips in a bowl of the vinegar/essential oil solution and rub the polish off with a cotton ball.
46. Add a drop of Myrrh to your moisturizer to promote youthful-looking skin.
47. Mix a drop each of Myrrh, Peppermint, and dōTERRA On Guard® blend to distilled water for a fresh mouth wash.
48. Use Epsom salt and a few drops of Frankincense and Rosemary for a rejuvenating bath.
49. Make a before-bed mouth rinse by gargling with 2 ounces water and 1 drop Cinnamon essential oil.
50. Add 3-4 drops of Clary Sage to your shampoo or conditioner to promote healthy-looking hair and scalp.
51. Rub Geranium essential oil on skin or use as an aromatherapy steam facial to beautify skin.



## WAYS TO INVIGORATE AND ENERGIZE

52. Rub Peppermint on your temples after waking in the morning for an energy boost.
53. Boost your energy and uplift your mood by placing 1-2 drops Tangerine or Wild Orange in the palm of your hand, rub your hands together, then cup them over your nose and mouth and breathe for 30 seconds.
54. Evoke feelings of energy and empowerment by adding 1 drop White Fir or Eucalyptus to your shower.

55. Apply 1-2 drops Citrus Bliss® blend to the bottom of your feet in the morning to invigorate your mood for the day.

56. Diffuse Lemon to promote a positive mood.

## EXERCISE USES

57. Massage Birch or Wintergreen into the hands, back, and legs for a soothing and warming sensation after a workout.

58. Massage 1-2 drops Cedarwood or Cypress into your chest before exercising to maintain vitality throughout a workout.

59. Use Deep Blue® blend for soothing muscles and joints after exercise. It can also be used before exercise to help invigorate a workout.

60. Apply Marjoram before and after exercising to target tired and stressed muscles.

61. Use Lemongrass with a carrier oil and massage into muscles after a hard workout for a refreshing feeling.



## DIFFUSING ESSENTIAL OILS

62. Enhance the mood on date night by diffusing these oils: 2 drops Cinnamon Bark, 2 drops Patchouli, 2 drops Rosemary, 6 drops Sandalwood, 2 drops Ylang Ylang.

63. Create an autumn atmosphere in your home by diffusing 2 drops Cassia and 2 drops Wild Orange.

64. Make a garden zest blend by diffusing 1 drop Basil, 2 drops Peppermint, and 2 drops Lime.

65. Increase your energy and drive to get things done by diffusing 1 drop Black Pepper, 2 drops Frankincense, 1 drop Bergamot, and 2 drops White Fir.

66. Make your home feel like a tropical paradise by diffusing 3 drops Citrus Bliss® blend and 2 drops Ylang Ylang.
67. Diffuse Cassia, Clove, and Ginger during the holidays for a warm, uplifting aroma.
68. Relax the mind and body after a difficult day by diffusing Cedarwood.
69. Lemon can reduce stress and uplift a bad mood after a long day at work.
70. Diffuse Dill, Bergamot, and Lemon to lessen stress and anxious feelings.
71. Fennel can help encourage a productive day when diffused at home or in the office.
72. Use Ginger to help reduce nausea during car rides on windy roads by diffusing or placing a drop in the palm of your hand and inhaling.
73. Freshen and purify the air while lessening stress and creating positive feelings by diffusing Juniper Berry and one of the citrus oils.
74. Diffuse dōTERRA On Guard® blend in your home before company arrives to cleanse the air and add a spicy and sweet aroma.

#### **dōTERRA EMOTIONAL AROMATHERAPY BLENDS**

75. Diffuse one of dōTERRA's special emotional aromatherapy blends to help support your emotional health:
  - dōTERRA Cheer™ Blend – Promotes feelings of optimism and cheerfulness. Counteracts negative emotions of feeling down, blue, or low.
  - dōTERRA Console™ Blend – Promotes feelings of comfort and hope. Counteracts negative emotions of grief, sadness, and hopelessness.
  - dōTERRA Forgive™ Blend – Promotes feelings of contentment, relief, and patience. Counteracts negative emotions of guilt or anger.
  - dōTERRA Motivate™ Blend – Promotes feelings of confidence, courage, and belief. Counteracts negative emotions of doubt, pessimism, and cynicism.

- dōTERRA Passion™ Blend – Promotes feelings of excitement, passion, and joy. Counteracts negative feelings of boredom and disinterest.
- dōTERRA Peace™ Blend – Promotes feelings of peace, reassurance, and contentment. Counteracts negative emotions of anxiety and fearfulness.





## CONCLUSION

I hope you've found the essential oil tips contained in this guide to be informative and useful. These 75 tips are just a small sample of the many ways essential oils can be used to better your health and home!

Are you ready to begin your essential oil journey by using dōTERRA essential oils? If so, I would love to help you get started! Quality is so important when using essential oils, which is why you should be confident in the brand you use for your family.

[Click here](#) to find out more about how to get started using dōTERRA essential oils in your home.



Sources: Tips compiled from personal knowledge and experience of the author and from information found at <http://doterra.com>.

Disclosure: The author is a dōTERRA Wellness Advocate, an independent consultant who may receive bonuses and commissions from dōTERRA.