

# dōTERRA® eBOOK



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# 1

## CHAPTER Why use essential oils topically?

Topical application of essential oils is one of the fastest, simplest ways to experience the benefits of essential oils for the body. When used correctly, essential oils can be extremely beneficial for the skin, soothing for the body, useful for massage, and used in a variety of ways in everyday life. Topical application is unique because it allows the user to target specific areas of the body to achieve a desired effect. In addition to targeted benefits, many forms of topical application can provide overall support for the entire body. Once you see how easy and effective topical application is, you can instantly enhance your essential oil experience.



### *Benefits of essential oils for skin*

Because they hold powerful cleansing and purifying properties, essential oils have long been used to soothe, maintain, and improve the skin. Many essential oils contain chemical components that are useful for naturally cleansing and purifying—making them useful for maintaining healthy-looking skin. Essential oils are useful for reducing the appearance of skin imperfections, soothing irritated skin, cleansing oily skin, reducing wrinkles and fine lines, promoting a healthy complexion, reducing the appearance of blemishes, and more.

Unlike many skincare products, essential oils provide a pure, natural, and safe way to care for the skin. While the natural chemical components found in essential oils are helpful for the skin, essential oils don't include the toxins or fillers that are often found in commercial cleansers, toners, and lotions.

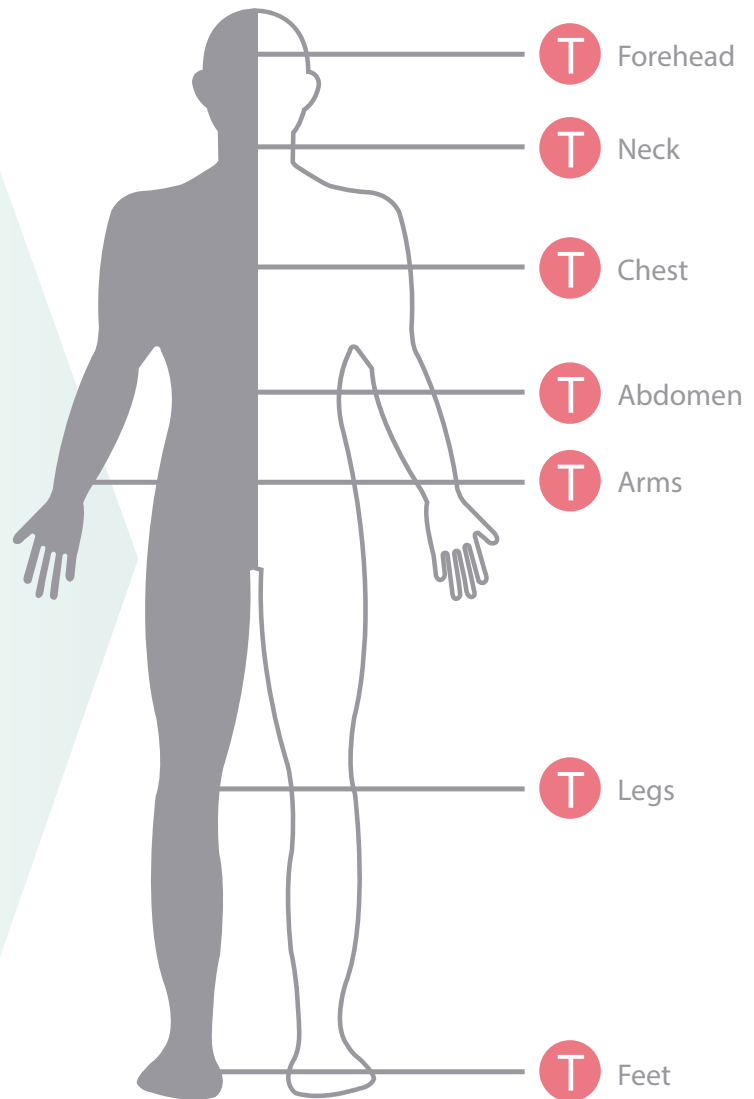


In addition to the safe, pure nature of essential oils, it is also easy to accommodate sensitive or delicate skin by diluting essential oils before use. Those with particularly sensitive skin often have a hard time finding a skincare solution that won't irritate their skin. Not only do essential oils leave out the parabens and toxins often found in skincare products on today's market, but they can also be diluted to accommodate those with particularly sensitive skin. Those who worry about skin irritations and sensitivity can still reap the cleansing and purifying benefits of essential oils for skin.

## ***Benefits of topical use for the entire body***

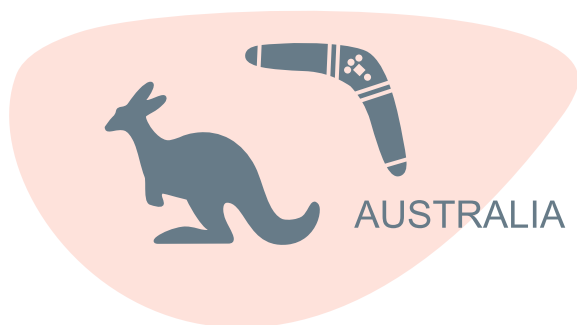
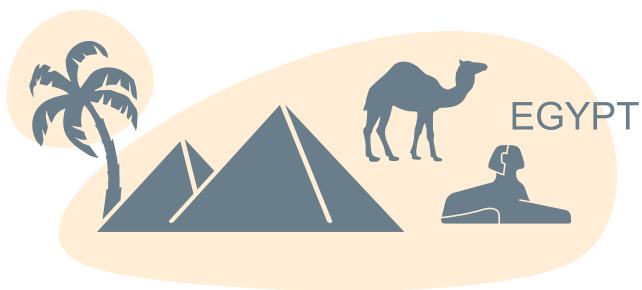
Along with major benefits for the skin, the chemical components in essential oils make them useful for the entire body. Some essential oils hold soothing or calming properties that make them useful for relaxing the body. Other essential oils are known for their warming or cooling properties that can be helpful for calming the body or relieving tension. Some essential oils can even promote healthy breathing when applied to the chest and neck area, while other essential oils are recognized for their ability to soothe tired muscles and joints.

As mentioned, one of the advantages of using essential oils topically is the ability to target a specific area on the body. Topical application allows for specific, targeted use, which allows the user to select a specific oil based on its known benefits, and apply it to a precise area in order to achieve a desired effect.



## ***Historical cases of topical use***

Using essential oils and natural plant components topically is not a new trend, but a practice that has already been in use for centuries. Ancient people throughout the world saw the value of using plants, plant extracts, and essential oils to soothe the skin and body, produce cooling and warming effects, beautify the skin, and more. Take a look at a few ways that plants and essential oils have been used topically throughout history:



💧 *The ancient Greeks used thyme for bathing, while the Egyptians used it as part of the embalming process*

💧 *Known for its many benefits for the skin, helichrysum was commonly used in ancient Greece*

💧 *Ancient Egyptians often used geranium to help beautify the skin*

💧 *The ancient Egyptians used dill for its soothing effects*

💧 *Frankincense was used by the ancient Egyptians for perfumes and salves to soothe the skin*

💧 *Indian sandalwood has many benefits for the skin, and was traditionally used by the Egyptians for embalming purposes*

💧 *The Romans and Egyptians frequently used lavender for bathing, relaxation, and as a perfume*

💧 *The leaves of the melaleuca tree were used by Australian Aborigines for centuries. They would crush the leaves and apply them directly to the skin for a cooling effect*

💧 *Throughout history, myrrh has been used as a perfume, for embalming, and as a health aid*

💧 *In Biblical times, cassia was used as a warming oil*

💧 *With thousands of years of documented use, Hawaiian sandalwood oil has been highly valued for its ability to reduce skin imperfections*

💧 *During the Middle Ages, clary sage was often used to soothe the skin*

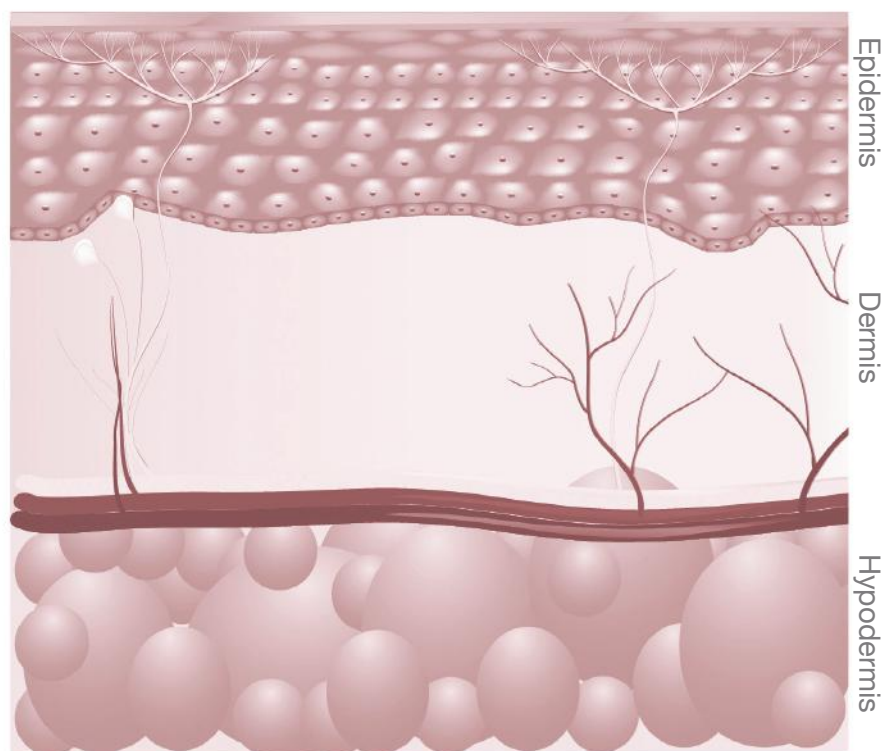
# CHAPTER 2

## How it works

Topical use is the direct application of an essential oil to the skin or the body. While aromatic use allows users to enjoy essential oils through the air, and internal use consists of consuming essential oils, topical application is a simple way to experience the power of essential oils—providing significant benefits for the skin and entire body.

### *Scientific background*

Did you know that the skin is an organ? Just like the liver or the heart, the skin is an organ, and one of the largest organs in the body because of its weight and surface area. As a major organ of the body, the skin has many functions including protection, providing a sense of touch, and regulating body temperature.



**Providing protection:** One of the most important functions of the skin is that it protects our tissues and other organs. The skin keeps out unwanted or harmful substances, and protects the internal organs from things like radiation or injuries.

**Sense of touch:** The skin also helps us understand our surroundings by sending sensory messages to the brain that allow us to sense changes in temperature, pain, pressure, and more.

**Regulating temperature:** A healthy body must remain within a safe temperature range. Through perspiration and blood flow, the skin works to regulate our body temperature to keep it within the optimal range

## Absorption

As you can see, the skin plays a vital role in protecting the body and keeping it healthy. This gives us a greater understanding of how topical application of essential oils can influence our health.

Essential oils are a lipid soluble substance, which allows them to penetrate the skin easily. Topical application is an effective way to use essential oils because once the oils are absorbed into the skin, they will remain in the applied area—allowing users achieve benefits in a localized area.

While essential oils absorb easily into the skin, you can increase absorption and extend the benefits of the oils by massaging the oil into the skin, or by using a carrier oil that will moisturize the skin as the oil absorbs.



## So how does it work?

We know that the skin has many functions that protect and regulate the rest of the body, and that essential oils can be easily absorbed into the skin, but how does applying essential oils to the skin allow us to experience their benefits? Each essential oil has a unique chemical profile that determines the kind of benefits it provides. Certain essential oils have warming, energizing, or uplifting properties, while other oils have chemical components that make them calming, soothing, cooling, or renewing. When an essential oil is applied topically and absorbed into the skin, the user begins to experience the benefits that the chemical properties of each specific oil have to offer.

Because many oils are known for their cleansing and purifying properties, essential oils can be used to promote clean, healthy skin. Some essential oils provide the skin with a warming or cooling sensation, which can help soothe affected areas, or calm the body as a whole.

In addition to the benefits that essential oils hold for the skin and the body, applying essential oils topically allows the user to enjoy the aromatic benefits of each oil. After applying an oil topically, the aroma will linger on the skin, and the user can breathe in the aroma for up to a few hours. Even if you are using an essential oil for its topical benefits, you can also experience the relaxing, calming, uplifting, or invigorating aroma as the oil sits on your skin and you breathe it in.



# 3

## CHAPTER Safety

As with any product you use topically on your skin, there are a few safety precautions that will allow you to enjoy the benefits of essential oils without causing irritation or sensitivity. Essential oils are useful for promoting healthy-looking skin, relaxing the body, and more, but it is important to follow safety guidelines to ensure proper use. While each essential oil is different, once you discover how each oil reacts with your body, you can find a way to safely and effectively enjoy the topical benefits each oil has to offer.



### *Dilution*

When it comes to safe topical use of essential oils, dilution is one of the most important principles to understand. Some worry that diluting an essential oil before applying will take away from its benefits; however, dilution actually makes for better absorption into the skin—extending the benefits for even longer. By diluting your essential oil with a carrier oil, you slow the rate of evaporation, enhance absorption into the skin, and protect sensitive or delicate skin. As you can see, dilution does not take away from the essential oil experience, but allows for more effective topical application.



**Recommended dilution ratio: 3 drops of carrier oil → 1 drop of essential oil**

It is important to note that some essential oils should always be diluted before topical use due to their chemical makeup and strong, potent nature. Be sure to read the instructions for each individual essential oil before applying topically to ensure safe use.

## Carrier oils

In the world of essential oils, a carrier oil is an oil that literally carries essential oils to the desired area on the skin. Carrier oils are primarily used for dilution. When you dilute an essential oil with a carrier oil, it will dilute the potency of the oil, however, it will increase absorption into the skin, which will ultimately allow you to maximize the benefits that the essential oil has to offer.

Ideally, a carrier oil should be a pure vegetable oil so that it can easily dissolve an essential oil without damaging the delicate chemical profile of the oil. If an essential oil's chemical makeup is altered or damaged in any way, it will reduce the efficacy of the oil, and you will not reap the desired benefits. The following carrier oils are commonly used to effectively dilute essential oils:

- Avocado oil
- Walnut oil
- Macadamia nut oil
- Sweet almond oil
- Linseed oil
- Sunflower oil
- Olive oil
- Coconut oil

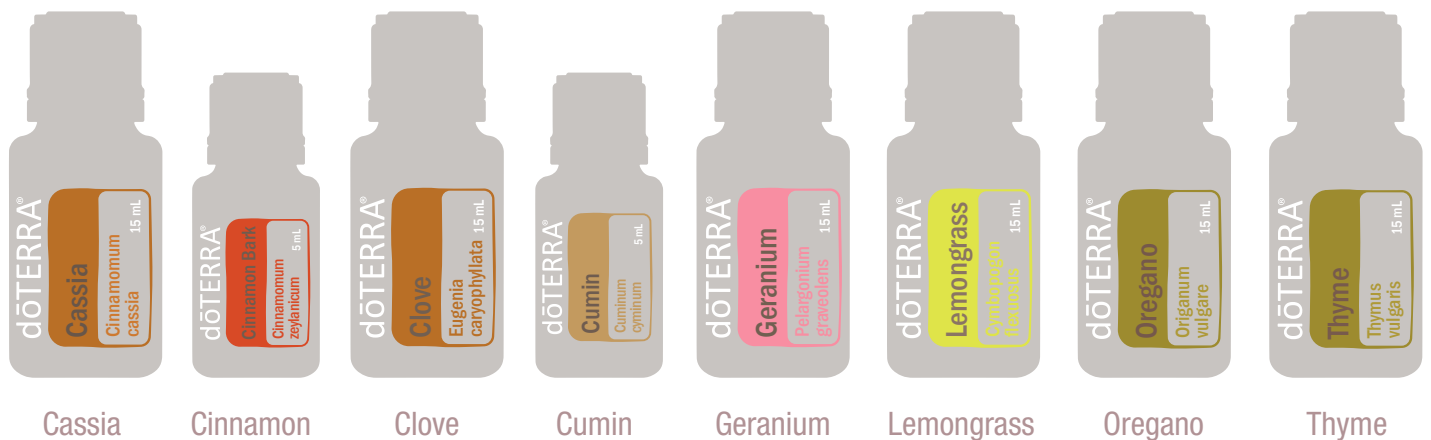
In most cases, carrier oils contain chemical components that can oxidize over time. You may notice oils that have been fractionated, or have gone through the process of fractionation, to help prolong the shelf life of the carrier oil. dōTERRA uses Fractionated Coconut Oil as a carrier oil due to its long shelf life and because it has a non-greasy, lightweight feel.



### Fractionation

Carrier oils contain long fatty acids that are known to oxidize over time. During the process of fractionation, the shorter length fatty acid chains are separated out in order to give the oil a longer shelf life.

## Essential oils that should **always** be diluted before topical use:





## Dosage

The key to using essential oils safely is to always observe proper dosage suggestions. Whether you are using an essential oil aromatically, topically, or internally, ensuring that you use the correct amount will allow you to remain within the limits of safe use. With topical use, there is always a risk for skin irritation or sensitivity, especially when you consider that each essential oil has a different chemical profile, and each person has different skin sensitivity levels, skin conditions, and preferences.

Remember that an essential oil dose will always depend on the age, size, health status, and personal skin sensitivity of the individual. If you have specific concerns about your skin, it is always a good idea to consult with your physician before using essential oils topically.

When using an essential oil topically for the first time, always start with the lowest possible dose—one to two drops. Once you see how your body reacts to the small dose, you can increase the dose as necessary to help achieve a desired benefit. Because essential oils are so potent, it is always a good idea to use a few small doses periodically throughout the day, rather than a single large dose all at once. For topical use, a dose can be repeated every four to six hours as needed.



## Sensitivity

Because each individual has different sensitivities, health concerns, skin conditions, and preferences, it is possible for essential oils to cause a sensitivity response. Children or those with sensitive skin are often more sensitive to developing a sensitivity, and should take extra safety precautions when using essential oils topically.

### Sensitivity test

When applying an essential oil for the first time, it is a good idea to first conduct a sensitivity test to see how your body and skin react to the chemical structure of the oil. You can conduct a sensitivity test by applying a small dab of the essential oil (mixed with a carrier oil) to an inconspicuous area of the skin. Continue to check the area each hour for a few hours to make sure that no sensitivity or irritation has occurred.

### Sun sensitivity

It is important to note that some essential oils, particularly citrus oils, can cause sensitivity when exposed to sun or ultraviolet light after topical application. Because citrus oils have photosensitive compounds, exposure to sunlight, UV light, or sunlamps for up to 12 hours after application can cause sensitivity on the skin. Essential oils that pose a risk for sun sensitivity will typically include a warning or caution, so be sure to carefully read oil labels before application.



## *Classifications of essential oils for topical use*

dōTERRA uses skin sensitivity descriptors on each essential oil to help users avoid skin sensitivity by practicing safe use. Each product includes one of three classification labels—“N” for Neat, “D” for Dilute, or “S” for Sensitive. These labels can help you determine how to safely apply an essential oil topically.

- **Neat:** Essential oils in this classification can be applied without any dilution. Oils in this category tend to have a mild chemistry, and low risk for sensitivity.
- **Dilute:** This category refers to oils that should be diluted with a carrier oil before topical application, every time. These oils have a stronger, more potent chemistry, and can be safely enjoyed after dilution.
- **Sensitive:** These oils should always be diluted before using on young or sensitive skin. Be sure to pay attention to this label if you know that you have sensitive skin, or if you plan to use essential oils on your children.

## *Application*

While essential oils vary in chemical components, potency, and aroma, there are some areas of the skin that are extremely sensitive to oils, and should always be avoided—no matter what kind of oil you are using.

It is important to remember that essential oils can linger on the fingers and hands following topical application. After applying essential oils topically, avoid rubbing or touching your face and eyes since these areas can be sensitive to oils. It is a good idea to wash your hands with soap and water after applying essential oils topically to avoid contact with sensitive areas.

### *Sensitive Areas to Avoid*

- Eyes and the skin around the eyes
- The inner ears
- Genitals
- Injured, broken, or damaged skin

# CHAPTER

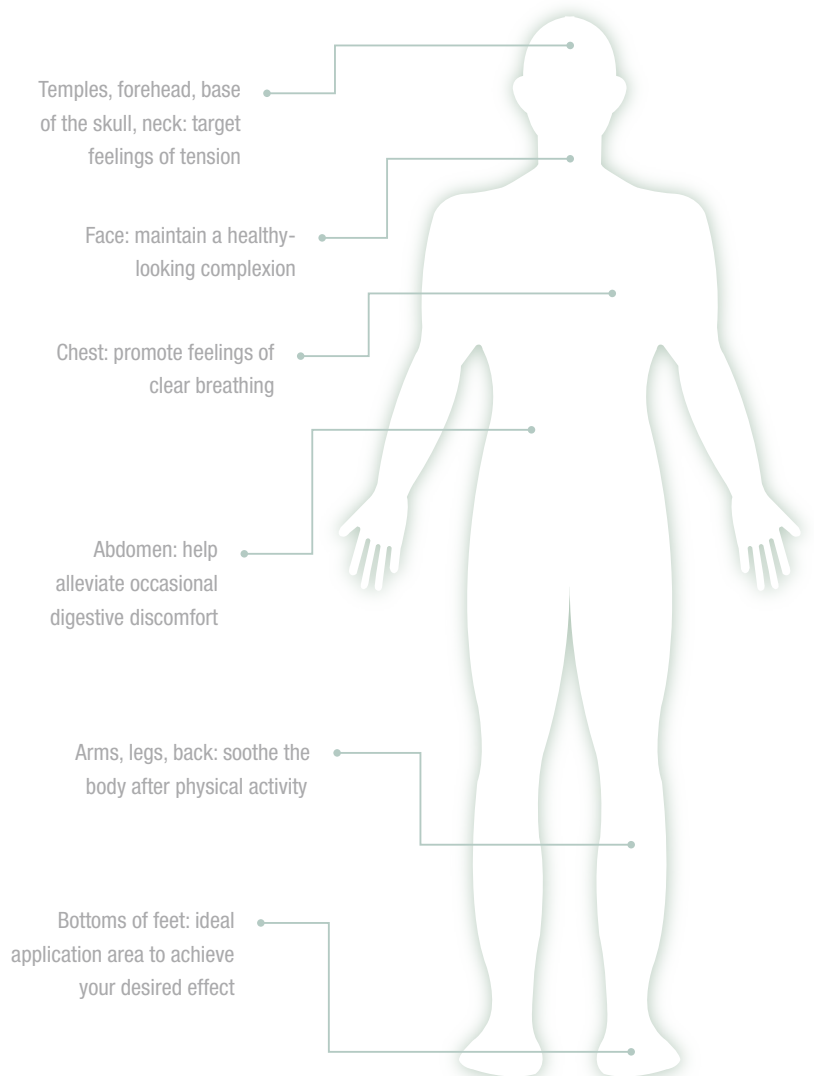
## Ideas for topical application

Equipped with the proper knowledge about dilution, sensitivity, and dosage, it is time to discuss how to actually apply essential oils topically. The previous chapter discussed a few sensitive areas to be avoided when using essential oils topically. Now, let's discuss some of the best areas to use essential oils to reap their topical benefits.

**Face:** You can add essential oils to your daily skincare regimen to improve the skin and maintain a clear complexion. To incorporate essential oils to your skincare routine, simply add a few drops of an oil to your facial cleanser, moisturizer, or body lotion. You can also dilute essential oils with Fractionated Coconut Oil and apply them directly to your face.

**Temples, forehead, base of the skull, neck:** Applying essential oils to any of these areas will allow you to promote relaxation and target any feelings of tension. If you tend to hold a lot of tension in your neck, work long days behind a desk, or just need to unwind after a tense day, consider applying soothing and relaxing oils to any of these areas.

**Abdomen:** While using essential oils internally can be helpful for relieving digestive discomfort, or promoting healthy digestive function, you can also apply oils topically to the abdomen to experience their soothing, calming



nature. Apply essential oils to the abdomen (over the major digestive organs) to support healthy function, and help alleviate occasional digestive discomfort. You can also apply essential oils to the abdomen during your menstrual cycle when you want to create a comforting massage.

**Arms, legs, back:** Massaging essential oils onto the arms, wrists, legs, feet, and back after a workout or physical activity allows you to harness the soothing power of essential oils. Many essential oils have cooling and warming properties, which make for a relaxing massage after exerting your body.

**Chest:** The cooling and invigorating properties of essential oils can help promote feelings of clear breathing when applied topically to the chest. When essential oils are applied topically to the chest, the user can simultaneously enjoy the aromatic benefits of the applied oils, as they breathe in the aroma of the oils.

**Bottoms of the feet:** The bottoms of the feet are an ideal place to apply essential oils, because the feet can readily absorb the oils. When trying an essential oil for the first time, or when using oils on children, the bottoms of the feet are a good place to start because the skin is very thick and less prone to sensitivity.

## Topical application ideas

If you are ready to get started with topical application of essential oils, here are a few ideas for using specific oils in your everyday routine. Remember to pay attention to any cautions or specific instructions before applying, including the classification of each oil—Neat, Dilute, or Sensitive.



**Arborvitae:** Apply to wrists and ankles while hiking to help naturally repel insects

**Basil:** Apply to the temples and back of the neck to reduce feelings of tension

**Bergamot:** Apply to the skin while showering to experience a calming aroma and skin-purifying benefits

**Black Pepper:** After an afternoon nap or when you're dragging at work, apply Black Pepper to the bottoms of your feet for a stimulating wake up

**Cardamom:** Apply to the chest while planting flowers or cutting grass to promote clear breathing

**Cassia:** Massage the body with Cassia and Fractionated Coconut Oil for a warming sensation\*

**Cedarwood:** Add two drops of Cedarwood to your facial toner or moisturizer for added clarifying properties

**Cilantro:** Apply Cilantro to fingernails and toenails to keep them looking clean and healthy

**Cinnamon Bark:** During the winter months, dilute Cinnamon with Fractionated Coconut oil to create a warming massage for cold, achy joints\*

**Clary Sage:** During your menstrual cycle, apply Clary Sage to the abdomen for a soothing massage

**Clove:** Combine two drops of Clove with lotion for a warming massage\*

**Coriander:** Apply topically to oily skin to maintain a clear complexion and help reduce the appearance of blemishes

**Cypress:** Combine with Marjoram, Lavender, and Peppermint for a soothing neck massage oil blend

**Eucalyptus:** Apply topically to the chest and breathe deeply for an invigorating vapor

**Fennel:** Dilute with carrier oil and use for soothing abdominal massage

**Frankincense:** Add to daily moisturizer to reduce the appearance of blemishes and rejuvenate the skin

**Geranium:** Apply this oil directly to the skin or enjoy an aromatherapy facial to beautify the skin\*

**Ginger:** Use for a stimulating massage

**Grapefruit:** Add to your teen's nightly facial routine to improve the appearance of blemishes (avoid sun exposure)

**Helichrysum:** Apply to the face to reduce the appearance of wrinkles and to promote a glowing, youthful complexion

**Jasmine:** Use topically on the skin and hair to help nourish and protect the skin and scalp

**Juniper Berry:** Place one drop on the skin to promote a clear, healthy complexion

**Lavender:** Add Lavender to bath water to soak away stress, or apply it to the temples or back of the neck

**Lemon:** Wash hands with Lemon oil to remove grease after working on the car, bike, or other projects

**Lemongrass:** Apply to feet after a long run for a refreshing feeling\*

**Lime:** Combine Lime with Melaleuca for a soothing scalp massage

**Marjoram:** Apply to the muscles before and after exercising to help target tired, stressed muscles

**Melaleuca:** For occasional skin irritations, apply one to two drops onto the affected areas

**Melissa:** Rub on the forehead, shoulders, or chest to lessen stress and promote emotional well-being

**Myrrh:** Combine a few drops of Myrrh with Wild Orange and Roman Chamomile and add to your bath for an aromatherapy experience that also promotes healthy looking skin

**Oregano:** Combine with carrier oil for a soothing massage\*

**Patchouli:** Add to daily moisturizer to help reduce the appearance of blemishes

**Peppermint:** Rub on temples after you wake up for a morning energy boost

**Petitgrain:** Before going to bed, add a few drops of Petitgrain to the bottoms of the feet to promote feelings of relaxation

**Roman Chamomile:** Add one to two drops to your favorite moisturizer, shampoo, or conditioner to promote youthful looking skin and hair

**Rose:** Use topically to promote an even skin tone and healthy complexion

**Rosemary:** Apply to the scalp and massage for an abundant looking head of hair.

**Sandalwood:** After a long day, add one to two drops to a hot bath to promote relaxation and reduce stress

**Spikenard:** Add one to two drops of Spikenard to your favorite cleanser or anti-aging product to promote healthy, glowing skin

**Tangerine:** Apply to flex points or abdomen to promote feelings of happiness

**Thyme:** Add to hair products to promote thick and healthy looking hair and a clean scalp\*

**Vetiver:** After a day of standing, apply to the feet for a soothing massage

**White Fir:** After strenuous activity, massage into the skin for soothing comfort

**Wild Orange:** Dispense one to two drops in the palm along with Peppermint and Frankincense, rub palms together and inhale, then rub on the back of neck for an energizing boost

**Wintergreen:** Massage into hands, back, and legs for a soothing and warming sensation after exercise

**Ylang Ylang:** Apply to the back of the neck for a calming, uplifting effect

\*Remember, these essential oils should always be diluted.

