



doTERRA® - Certified Pure Therapeutic Grade Essential Oil

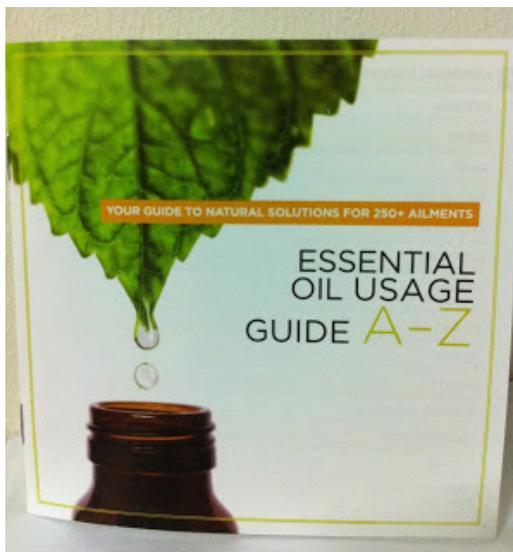
doTERRA® helps to enhance your life and improve your family's health and well being. Start building up your child's immunity and get rid of all the germs and bacteria in the house. A healthy child makes a happy mom!



Essential Oil Usage Guide A-Z

Parenthood fair 2010 at Singapore expo (26-28 Nov)

Thanks to all who supported doTERRA at the Parenthood exhibition last weekend! The event wouldn't be successful without your support. Hope to see you again next year.



- A**
- ABDOMINAL CRAMPS** Try: DigestZen, Basil, Clary Sage
Usage: take internally in a capsule or apply topically to abdomen
- ACHES** Try: Marjoram, Deep Blue, Birch
Usage: apply topically to affected area

Pages

ACNE	Try: Melaleuca, Lemongrass, Lavender Usage: apply topically to affected areas daily
ALLERGIES	Try: Breathe, Lavender, Eucalyptus Usage: apply topically to back of neck or under nose and on bridge of nose
AMNESIA	Try: Frankincense, Peppermint, Rosemary Usage: apply topically to forehead, temples, base of skull and behind the ears or take internally in a capsule or diffuse into the air and inhale
ANEMIA	Try: Lemon, Lemongrass, Helichrysm Usage: apply to bottom of feet or insides of wrists
ANXIETY	Try: Serenity, Lavender, Elevation Usage: diffuse into the air and inhale or massage onto back, feet and hands
APPETITE SUPPRESSANT	Try: Grapefruit, Slim & Sassy Usage: add to water and drink or diffuse into the air and inhale
ARTHRITIC PAIN	Try: Deep Blue, Frankincense, Lavender Usage: apply topically to affected area
ASTHMA	Try: Breathe, Eucalyptus, Peppermint Usage: diffuse into the air or apply to bottom of feet, or take internally in a capsule
ATHEROSCLEROSIS	Try: Lemon, Lavender, Rosemary Usage: apply topically to affected area
ATHLETE'S FOOT	Try: Oregano, Melaleuca, Lemon Usage: apply to area between toes and around toenails
AUTISM	Try: Balance, Vetiver, Frankincense Usage: diffuse into the air and inhale
B	
BACK PAIN	Try: Deep Blue, Eucalyptus, Wintergreen Usage: massage into back as needed
BEE STING	Try: Roman Chamomile, Lavender, Melaleuca Usage: apply topically to sting or bite several times daily until symptoms cease
BELL'S PALSY	Try: Peppermint, Helichryum, Rosemary Usage: massage on front and behind ear and painful areas until symptoms subside
BLEEDING	Try: Helichrysum, Geranium Usage: apply topically to affected area
BLEEDING GUMS	Try: Cinnamon, Peppermint, Wintergreen Usage: gargle several times daily or apply topically to gums several times daily
BLISTERS ON FEET	Try: Lavender, Roman Chamomile, German Chamomile Usage: apply topically to blistered area
BLOATING	Try: DigestZen, Peppermint, Clary Sage Usage: apply topically to stomach area and to bottoms of feet or take internally in a capsule
BLOOD CLOT IN VEINS	Try: Cypress, Helichrysum, Clove Usage: apply topically to affected area and to bottoms of feet or take internally in a capsule
BOILS	Try: Clove, Thyme, Oregano Usage: apply topically to affected area
BONE PAIN	Try: Wintergreen, Helichrysum, Cypress Usage: apply topically to affected area
BONE SPURS	Try: Wintergreen, Cypress, Marjoram Usage: apply topically over affected area
BRONCHITIS	Try: Breathe, Eucalyptus, Thyme Usage: apply topically to chest and neck area, gargle hourly or diffuse
BRUISES	Try: Cypress, Helichrysum, Deep Blue Usage: apply topically to bruised area
BUNIONS	Try: Deep Blue, Basil, Cypress Usage: apply to affected area or joint
BURNS	Try: Lavender, Melaleuca, Geranium Usage: apply gently to affected area
C	
CALLOUSES	Try: Oregano Usage: apply topically to affected area
CANDIDA	Try: Melaleuca, OnGuard, Peppermint Usage: apply topically to chest and on bottom of feet or take internally in a capsules several times daily
CANKER SORES	Try: Melaleuca, OnGuard, Oregano Usage: apply directly to canker sore or gargle
CATARACTS	Try: Clover, Lavender Usage: take internally in a capsule or apply topically to temples
CAVITIES	Try: OnGuard, Melaleuca, Peppermint Usage: apply topically to bottoms of feet or take internally in a capsule

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[Essential Oil Usage Guide A-Z](#)

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How to order?

Should you have any enquiries or interested in ordering any of the listed doTERRA® products, please send an email to the following & you should receive an acknowledgement or reply within 2 business days:

Email: doterra@rocketmail.com

Thank you.

Delivery / Self Collection

Delivery/Postage fees are chargeable base on weight of parcel at the Singapore Post Office.

Delivery/Postage within Singapore only.

For other arrangements of delivery or self-collection, please highlight in your email.

Payment

Orders by email only

- We do not reserve any stocks until payment is received and confirmed by us

- Full Payment upon confirmation of order

CELLULITE	Try: Rosemary, Grapefruit, Lemon Usage: massage vigorously on cellulite locations daily especially before exercising or add to water and drink throughout the day
CHAPPED SKIN	Try: Roman Chamomile, Sandalwood, Lavender Usage: apply topically to affected area as often as needed
CHICKEN POX	Try: Lavender, Melaleuca, Sandalwood Usage: dilute with a carrier oil and dab lightly on spots
CHRONIC FATIGUE	Try: OnGuard, Peppermint, Basil Usage: take internally in a capsule or apply topically to muscles and joints
CHRONIC PAIN	Try: Peppermint, Deep Blue, Wintergreen Usage: massage into affected area as needed or take internally in a capsule
CLOGGED PORES	Try: Lemon, Wild Orange, Melaleuca Usage: apply topically to affected area
COLD	Try: OnGuard, Thyme, Melaleuca Usage: diffuse into the air and inhale or gargle or take internally in a capsule
COLD SORES	Try: OnGuard, Lemon, Melaleuca Usage: apply to cold sores as soon as it starts and repeat several times daily
COLIC	Try: Marjoram, Ylang Ylang, Bergamot Usage: dilute with a carrier oil and apply topically to stomach and back
COLITIS	Try: Peppermint, DigestZen, Helichrysum Usage: massage over lower abdomen area or take internally in a capsule
CONCUSSION	Try: Frankincense, Cypress Usage: take internally in a capsule
CONGESTION	Try: Eucalyptus, Frankincense, Peppermint Usage: diffuse or gargle, massage onto forehead, nose, cheeks, lower throat, chest and upper back
CONJUNCTIVITIS	Try: Melaleuca, Lavender Usage: apply around (but NOT in) the eyes or apply to bottoms of feet several times daily
CONSTIPATION	Try: DigestZen, Marjoram, Lemon Usage: take internally in a capsule or apply topically to stomach or feet
CONVULSIONS	Try: Lavender, Clary Sage, Balance Usage: apply topically to corn several times daily
CORNS	Try: Lemon, Grapefruit, Oregano Usage: massage into neck and chest or gargle or diffuse into the air and inhale
COUGH	Try: Lemon, Breathe, Melaleuca Usage: massage into neck and chest or gargle or diffuse into the air and inhale
CRAMPS	Try: Rosemary, Cypress, Marjoram Usage: massage on cramped muscles several times daily or take internally in a capsule
CROUP	Try: Marjoram, Thyme, Sandalwood Usage: diffuse into the air and inhale or apply topically to chest and neck
CUTS	Try: Lavender, Melaleuca, Bergamot Usage: dilute with a carrier oil and apply to affected area
CYST	Try: Oregano, Thyme Usage: apply topically to affected area as needed
CYSTITIS	Try: Thyme, Lemongrass, Clove Usage: take internally in a capsule or apply a warm compress over bladder
D	
DANDRUFF	Try: Cypress, Lavender, Rosemary Usage: dilute and massage into scalp. Rinse after 60-90 minutes
DEHYDRATED SKIN	Try: Geranium, Lavender Usage: apply topically to affected area
DENTAL INFECTION	Try: Wintergreen, Birch, Helichrysum Usage: apply on gums and around teeth
DEPRESSION	Try: Elevation, Citrus Bliss, Lavender Usage: add to a warm bath or diffuse into the air and inhale
DIABETES	Try: Coriander, Basil, Balance Usage: take a couple drops of coriander internally in a capsule morning and evening and apply a couple drops of Balance topically to feet in the evening
DIABETIC SORES	Try: Lavender, Balance Usage: apply topically to back, feet and over pancreas or diffuse into the air and inhale
DIARRHEA	Try: Peppermint, Ginger, DigestZen Usage: dilute and apply topically to affected area several times daily
DIZZINESS	Try: Cypress, Peppermint, Basil Usage: diffuse into the air and inhale as needed or apply topically to temples, back of neck and shoulders
DRY SKIN	Try: Geranium, Chamomile, Lemon

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	Usage: apply topically to affected area
E	
EAR INFECTION	Try: Malaleuca, Purify, Lavender Usage: apply to cotton ball and place over ear
ECZEMA	Try: Helichrysum, Thyme, Geranium Usage: apply topically to affected area as needed
EPILEPSY	Try: Frankincense, Clary sage, Sandalwood Usage: diffuse into the air and inhale or take internally in a capsule or massage
EXHAUSTION	Try: Lavender, Ylang Ylang, Lemon Usage: diffuse into the air and inhale or apply topically to back and feet
F	
FAINTING	Try: Peppermint, Sandalwood, Rosemary Usage: inhale directly
FATIGUE	Try: Lemongrass, Basil, Lemon Usage: inhale directly or diffuse into the air and inhale or apply topically on temples and behind ears as needed
FEVER	Try: Peppermint, Lavender, Eucalyptus Usage: apply to forehead, temples and back of neck or take internally in a capsule or diffuse into the air and inhale
FLATULENCE	Try: Peppermint, Lavender, Ginger Usage: take internally in a capsule or apply topically to abdomen
FLU	Try: Breather, OnGuard, Oregano Usage: take internally in a capsule or diffuse into the air and inhale or apply topically to chest
FOOD POISONING	Try: Rosemary, DigestZen, OnGuard Usage: take internally in a capsule several times daily and apply topically to stomach area
G	
GASTRITIS	Try: Peppermint, DigestZen, Lemongrass Usage: take internally in a capsule or apply topically over stomach area as needed
GINGIVITIS	Try: Clove, Melaleuca, Peppermint Usage: Gargle many times daily or as needed
GUM DISEASE	Try: Melaleuca, OnGuard Usage: apply topically to bottoms of feet
H	
HAIR LOSS	Try: Thyme, Rosemary, Lavender Usage: dilute 5 drop in 20 drops of a carrier oil and massage into scalp each night
HANGOVER	Try: Lavender, Peppermint, Rosemary Usage: add to warm bath or apply to neck and over liver
HEAD LICE	Try: Geranium, Lavender, Lemon Usage: dilute and apply to entire scalp, then shampoo and rinse 30 minutes later. Repeat daily for several days
HEADACHE	Try: Peppermint, Lavender, Wintergreen Usage: diffuse into the air and apply topically to forehead, temples, back of neck and behind ears
HEARTBURN	Try: Peppermint, Ginger, Lemon Usage: take internally in a capsule or apply topically to chest
HEATSTROKE	Try: Peppermint, Lavender Usage: apply topically to forehead and back of neck, chest and back
HICCUPS	Try: Chamomile, Lemon, Cypress Usage: diffuse into the air and inhale or massage into chest and stomach area
HIGH BLOOD PRESSURE	Try: Lavender, Marjoram, Eucalyptus Usage: do a full body massage daily or diffuse into the air and inhale or take internally in a capsule
HOT FLASHES	Try: Balance, Peppermint, Clary Sage Usage: diffuse into the air and inhale or apply topically to back of neck
HYPERACTIVITY	Try: Lavender, Vetiver, Serenity Usage: diffuse into the air and inhale or inhale directly
I	
IMPOTENCE	Try: Ylang Ylang, Clary Sage, Sandalwood Usage: diffuse into the air and inhale or apply topically to temples, wrists and back of neck
INDIGESTION	Try: Ginger, Orange, Peppermint Usage: take internally in a capsule or apply topically over stomach area
INFECTION	Try: Clove, Thyme, Oregano Usage: dilute with a carrier oil and apply to infected area or diffuse
INFLAMMATION	Try: Wintergreen, Peppermint, Eucalyptus Usage: apply topically to affected area or take internally in a capsule
INSECT ALLERGIES	Try: Lavender, Eucalyptus, Melaleuca Usage: apply topically to affected area

INSECT REPELLENT	Try: TerraShield, Eucalyptus, Lemon Usage: dilute with carrier oil and apply to exposed skin as needed
INSOMNIA	Try: Serenity, Lavender, Chamomile Usage: add to a warm bath, rub on feet and behind ears and diffuse into the air
ITCHING	Try: Peppermint, Oregano, Lavender Usage: apply topically to affected area as needed
J	
JET LAG	Try: Peppermint, Bergamot, Rosemary Usage: apply calming oils like Lavender and Geranium to bottoms of feet at night and invigorating oils like Peppermint and Eucalyptus in the morning
JOINT PAIN	Try: Wintergreen, Birch, Deep Blue Usage: massage into affected area as needed
L	
LACTOSE INTOLERANCE	Try: Lemongrass Usage: take internally in a capsule
LEG CRAMPS	Try: Clary Sage, Cypress, Lavender Usage: massage into legs
LICE	Try: Eucalyptus, TerraShield, Rosemary Usage: massage into the scalp and apply topically to bottoms of feet several times daily
LOSS OF APPETITE	Try: Ginger, Wild orange, Lavender Usage: diffuse into the air and inhale or take internally in a capsule
M	
MEASLES	Try: Lavender, Roman Chamomile, Melaleuca Usage: apply on spots several times daily or add to bath and soak for at least 30 minutes daily
MENOPAUSE	Try: Clary Sage, Frankincense, Roman Chamomile Usage: apply topically to abdomen, bottoms of feet and back of neck
MENSTRUAL PAIN	Try: Clary Sage, Rosemary, Peppermint Usage: massage into abdomen, lower back and shoulders or apply a warm compress over uterus area or take internally in a capsule
MIGRAINE	Try: Helichrysum, PastTense, Sandalwood Usage: apply topically to forehead, temples, base of skull and behind the ears or inhale directly as needed
MOLD	Try: Cinnamon, Oregano, Thyme Usage: diffuse into the air where mold is present
MORNING SICKNESS	Try: Ginger, Lavender, Peppermint Usage: apply topically behind ears and over navel hourly or diffuse into the air and inhale
MOTION SICKNESS	Try: Ginger, Lavender, Peppermint Usage: apply topically behind the ears and over navel or diffuse into the air and inhale
MUSCLE PAIN	Try: Peppermint, Deep Blue, Clove Usage: apply topically to affected muscles
N	
NAUSEA	Try: Ginger, Lavender, DigestZen Usage: apply topically behind ears and over navel hourly or diffuse into the air and inhale or under tongue as needed
NECK PAIN	Try: Basil, Marjoram, Helichrysum Usage: massage onto neck several times daily
NERVOUS FATIGUE	Try: Helichrysum, Thyme, Peppermint Usage: diffuse into the air and inhale or apply topically to temples, behind ears and on back of neck
NOSE BLEEDS	Try: Helichrysum, Geranium, Lavender Usage: apply topically to the bridge and sides of nose and back of neck as needed
O	
OILY HAIR	Try: Basil, Cypress, Thyme Usage: add to shampoo when washing hair
P	
PAIN	Try: Peppermint, Wintergreen, Birch Usage: massage into affected area
PALPITATIONS	Try: Ylang Ylang, Wild Orange, Lavender Usage: apply topically on chest area
PARASITES	Try: Oregano, Peppermint, Ginger Usage: take internally in a capsule or apply warm compress over intestinal area
R	
RASHES	Try: Lavender, Roman Chamomile, Sandalwood Usage: dilute with a carrier oil and apply topically to affected area
S	

SCARRING	Try: Helichrysum, Lavender, Frankincense Usage: apply topically over wound daily until healed
SHINGLES	Try: Melaleuca, Oregano, Sandalwood Usage: apply topically to affected area, on back of neck and along the spine
SHOCK	Try: Helichrysum, Peppermint, Melaleuca Usage: diffuse into the air and inhale or apply topically on temples, under nose and on back of neck
SINUS CONGESTION	Try: Sandalwood, Thyme, Eucalyptus Usage: diffuse into the air and inhale several times daily
SINUS HEADACHE	Try: Rosemary, Melaleuca, Eucalyptus Usage: diffuse into the air and inhale several times daily
SORE THROAT	Try: OnGuard, Lemon, Melaleuca Usage: gargle or diffuse into the air and inhale or apply topically to throat, chest, and back of neck several times daily
SPRAINS	Try: Wintergreen Lemongrass, Basil Usage: apply topically to affected area
STOMACHACHE	Try: DigestZen Usage: apply topically to stomach area
STREP THROAT	Try: OnGuard, Oregano, Thyme Usage: diffuse into the air and inhale or gargle or take internally in a capsule several times daily
STRESS	Try: Grapefruit, Elevation Bergamot Usage: diffuse into the air and massage shoulders, back and feet
STRETCH MARKS	Try: Cypress, Geranium, Lavender Usage: apply topically to affected areas a couple times daily
STROKE	Try: Helichrysum, Cypress, Peppermint Usage: apply topically on temples, forehead, behind ears and on back of neck or take internally in a capsule
SUNBURN	Try: Lavender, Melaleuca, Helichrysum Usage: apply gently to affected area
T	
TEETHING PAIN	Try: Clove, Wintergreen, Roman Chamomile Usage: apply topically to affected tooth and gum or gargle several times daily
TENNIS ELBOW	Try: Deep Blue, Eucalyptus, Peppermint Usage: apply topically to affected area as needed
TENSION HEADACHE	Try: Peppermint, Lavender, Marjoram Usage: apply topically to forehead, temples, back of neck and behind ears
TOOTHACHE	Try: Clove, Melaleuca, Purify Usage: apply to gums or add to water to gargle and swallow
V	
VARICOSE VEINS	Try: Cypress, Helichrysum, Lemongrass Usage: massage into affected area several times daily
VERTIGO	Try: Ginger, Helichrysum, Geranium Usage: massage on tops of ears and behind ears
VOMITING	Try: Ginger, Peppermint Usage: diffuse into the air and inhale or apply topically to stomach area
W	
WARTS	Try: Oregano, Melaleuca, OnGuard Usage: apply topically to wart several times daily
WASP STING	Try: Lavender, Purify Usage: apply topically to sting
WHIPLASH	Try: Deep Blue, Lemongrass, Marjoram Usage: apply topically to neck, shoulders and back
WORMS	Try: DigestZen, Lavender, Rosemary Usage: apply topically to stomach area and on the bottoms of feet
WOUNDS	Try: Lavender, Melaleuca, Rosemary Usage: dilute and apply to affected area several times daily
WRINKLES	Try: Frankincense, Helichrysum, Geranium Usage: dilute with a carrier oil and apply topically to affected areas

To read the full version of the natural solutions for more than 250 other different ailments, request for a Essential Oil Usage Guide A-Z booklet now. You may also request for a chinese version of the booklet.

*The above usages are extracted from doTERRA's Essential oil usage guide A-Z booklet.

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