

# HOW TO USE Essential Oils Topically

## FOREHEAD

- ◆ Apply essential oils on the forehead to help ease feelings of tension. Try **dōTERRA Serenity®**, **Hawaiian Sandalwood**, **AromaTouch®**, **Melissa**, **White Fir**, and **PastTense®**

## FACE

- ◆ Use essential oil as part of your regular skin care regimen to beautify the skin and promote a clear, healthy looking complexion. Try **Lavender**, **Geranium**, **Ylang Ylang**, **Grapefruit**, **Helichrysum**, **Myrrh**, **Patchouli**, **Spikenard**, and **Immortelle Anti-Aging Blend**

## BACK OF THE NECK

- ◆ This area is good to target feelings of tension. Try **dōTERRA Serenity®**, **Melissa**, **Hawaiian Sandalwood**, **AromaTouch®**, **Lavender**, **White Fir**, and **PastTense®**

## BACK

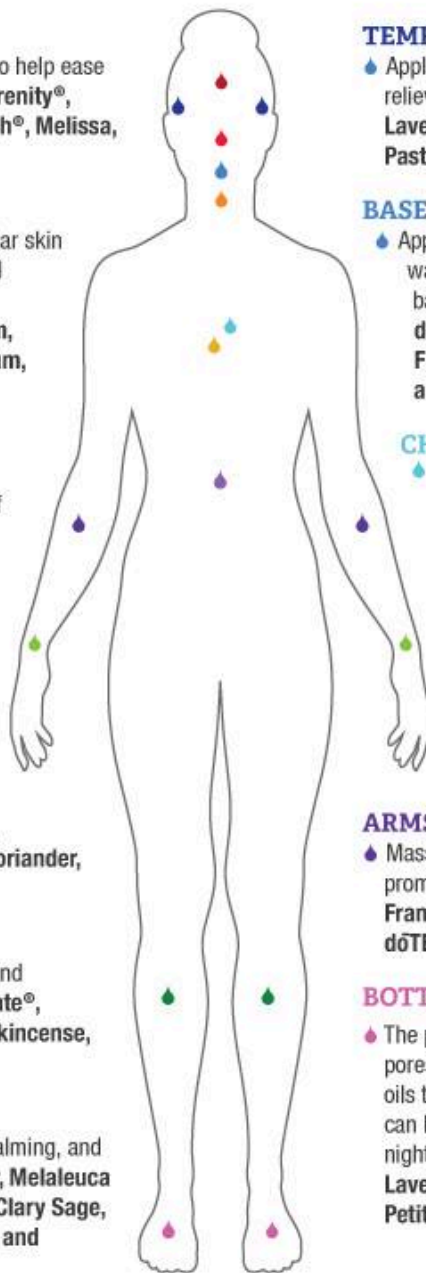
- ◆ Apply essential oils for a soothing massage after a long day to promote relaxation. Try **Deep Blue®**, **AromaTouch®**, **Frankincense**, **Bergamot**, **dōTERRA Balance®**, **Eucalyptus**, **Lavender**, **Coriander**, and **Spikenard**

## WRISTS

- ◆ Massage onto wrists to uplift mood and increase focus. Try **dōTERRA Motivate®**, **Douglas Fir**, **Spearmint**, **Basil**, **Frankincense**, and **InTune®**

## LEGS

- ◆ Apply oils to legs that are relaxing, calming, and beautifying to the skin. Try **Lavender**, **Melaleuca (Tea Tree)**, **Hawaiian Sandalwood**, **Clary Sage**, **Geranium**, **Spikenard**, **Ylang Ylang**, and **Patchouli**



## TEMPLES

- ◆ Apply essential oils to this area to help relieve feelings of tension. Try **Peppermint**, **Lavender**, **Eucalyptus**, **AromaTouch**, **PastTense®**, and **Helichrysum**

## BASE OF SKULL

- ◆ Applying oils to this area is an excellent way to help transform your mood and balance your emotions. Try **Bergamot**, **dōTERRA Balance®**, **Juniper Berry**, **Frankincense**, **Lemon**, and **White Fir**, and **Elevation**

## CHEST

- ◆ Rub oils onto the chest to help maintain feelings of clear breathing. Try **dōTERRA Breathe®**, **Eucalyptus**, **Peppermint**, and **Douglas Fir**

## ABDOMEN

- ◆ During your menstrual cycle, apply essential oils to abdomen to experience a soothing and calming massage. Try **Clary Calm®**, **Basil**, and **Clary Sage**

## ARMS

- ◆ Massage onto arms after a long day to promote relaxation. Try **Lavender**, **Frankincense**, **Deep Blue®**, **Petitgrain**, **dōTERRA Balance®**, and **AromaTouch®**

## BOTTOM OF FEET

- ◆ The pores on the feet are thicker than other pores on the body, which allows essential oils to be absorbed more quickly. Most oils can be applied on the feet. For a restful night's sleep, try **dōTERRA Serenity®**, **Lavender**, **Roman Chamomile**, **Vetiver**, **Petitgrain**, and **Marjoram**

### APPLICATION SAFETY:

It is important to avoid applying citrus oils when you plan to be exposed to sunlight, sunlamps, or other sources of UV light for up to 12 hours after topical application of these oils.

Conduct a simple sensitivity test when trying a new oil by applying a small amount of essential oil to an inconspicuous area. Check the spot each hour for several hours to ensure no sensitivity has occurred.