

Essential Oil Sample given:

Specific Instructions for this sample:

\*Tap bottom of bottle when upside down to get the oil to come out.

**Frequency**

* For ***acute*** situations use every 2 hours or as frequently as every 15 minutes if needed for short period of time
* For ***chronic*** conditions: morning & evening (please note you wouldn't expect any significant change here with just 1 sample)

**Avoid getting oil in eyes, ears or up nose & if you do use carrier oil such as almond, olive, coconut etc. NOT water to remove/dilute.**

**dōTERRA oils are 100% pure so many of the oils can be taken internally and topically** though not all so please check the label or any instructions given**.**

**If you have sensitive skin please do a skin sensitivity test on the bottom of your foot the first time you use an oil.**

* When using on other areas of the body, we advise using a little carrier oil first before applying the essential oil
* Always dilute oils with a carrier oil when using with children - 3 drops to 1 tablespoon of a carrier oil for babies, 3 drops to 1 teaspoon for children
* Citrus oils are photosensitive so avoid putting on face & being in very hot sun for prolonged periods (not much chance in UK!)

**General dosage guidelines:**

* **Aromatically:** up to 9 drops from a 5 mil sample bottle in cold mist diffuser or 3 drops in the palms of your hands & inhale – be careful not to touch your eyes with your fingers
* **Topical** (on skin) - 3-6 drops from the sample bottle every 2 hours or as needed.  Dilute as directed (cautious guideline for children as above)
* **Internally** (adults only) and only for oils that are indicated: 3 drops from sample bottle in some liquid or under the tongue or on roof of mouth (for quick access to brain).
* **Please note** ‘Deep Blue’ (soothing blend) cannot be taken internally and should not be used if taking blood thinners.

For full guidance on doTERRA’s oils and blends, please visit <https://goo.gl/1ou4BH>   
  
Or call: