

Step 1 – Live and learn

The most important step in sharing the oils and creating income with doTERRA is to first get a belief in the products yourself. Once you have had your own essential oil experience, you can then share the oils with integrity and genuine passion.

As you start to use the oils, you will learn how to look up specific ailments using the online resources or the books available. The best way to learn about the oils is to start using them. There are some basics you should learn when starting to use the oils.

Resources needed: [Enrolment Kit](#),

[Modern essentials book/and or The Essential Life Book](#)

Optional resources: Emotions book, diffuser, coconut oil

Dr Axe – [101 uses](#) of essential oils – free,

Dr Axe – essential [oil transformation](#) – about £35

Doterra [science blog](#)

Scientific journals: [Pubmed.gov](#)

Doterra [home page](#)

[Daily Drop](#)

Skills to master:

1. How to use the following resources to use the oils safely for specific ailments;

- **Modern essentials book**

This is an excellent reference book which is ideal for anyone using essential oils, whether you are at the very beginning or have been using essential oils for a long time, you will find this book extremely helpful.

There are two main sections to this book, the first section gives an overview of the science and detail of essential oils, how you can apply essential oils and a little on the everyday usage.

The main section of this book is a quick reference where you can look up oils that are used for a specific condition.

Tips: When using the reference section, please note that for each ailment, many recommended oils are listed. You do not need to use all of these oils, unless noted, one is enough. Start with the one you have and then if you do not see the results you are looking for then obtain the first one on the list and go from there.

If specific instructions are not given on how to take the oil then just apply the standard; Take one to two drops every two hours as needed either aromatically, topically or internally.

- **The essential life book**

This is a really colourful book with many practical uses on how to use the oils.

There are a few different sections in this book. The first part introduces the oils and gives some simple guidance on how to use the oils including recommended dilutions for children etc. This is followed with a quick reference with oils recommended for specific ailments. You can then find further, more detailed information on the main areas of health with very specific, easy to follow protocols.

The final section is a comprehensive guide on how to use the oils practically every day with specific instructions and recipes given for cleaning, cooking, DIY and gift ideas, garden uses, pregnancy, pets, personal care, massage and many more.

2. **What is an essential oil?** [Video](#)

Essential oils are the volatile liquids that are distilled from plants. They can be taken from many parts of the plant, including seeds, bark, leaves, stems, roots, flowers, fruits etc. What we generally perceive as just the fragrance of the plant are actually volatile, aromatic compounds that serve the plant in various ways. These compounds help repel unfriendly pests, attract friendly herbivores and insects and even help the plant heal from infection and physical injury. They are 50 -70 times more powerful than herbs and have been used throughout the world for millennia as one of nature's most powerful support tools available to help your body heal itself both physically and emotionally.

3. **Why doterra essential oils?** [-video](#)

Essential oils are both exciting and promising when it comes to taking care of your own and your family's health. The positive, helpful effects of essential oils are boundless. This is why you want to ensure that the essential oils you are taking, can deliver on their promise, you want to make sure they are potent and pure. A lot goes in to making sure the essential oils are both potent and pure.

Potency starts with the plant itself, the same species of plant when grown in different environments will vary in composition. When plants are grown in optimum soil, temperature and climate, they produce a higher quality essential oil just as nature intended. Purity plays a major role as well. Many essential oils available are not certified pure. Often they contain synthetic fillers or other elements that delude and alter the purity this diminishes the helpful qualities of the oils. When an essential oil is deemed worthy to be sold as a doTERRA essential oil, you will know that it has the highest quantity of active beneficial constituents and that it is free of contaminants and adulterations.

Sourcing

When it comes to sourcing, dōTERRA employs a global network of farmers who know intimately the process of growing plants for essential oils. These farmers are honest, and committed to gathering only the “one” specie, and allow the plant proper maturation time.

Each oil is patiently harvested from its natural habitat. This is extremely important as it directly affects the potency of the essential oil. Essential oils are the most potent form of plant material. The climate and soil composition affect the potency of plant matter. This is why sourcing an oil from its native habitat is essential.

The oils are also sourced according to ‘Chemo type’ - Oils of the same species can vary quite dramatically in their chemical composition depending on which part of the world they come from. Each variation of the same oil is called the Chemo type. doTERRA select their oils based on their Chemo type because it is the chemistry of the oil which determines how they can be used therapeutically.

Distillation

After harvesting, the plant material is ready for distillation. The potency of the essential oil can be greatly affected by the method and even the duration of distillation. In order to carefully extract the precious constituents, this process must be conducted gently, slowly and skilfully. Quality distillation requires reduced pressure and temperature, protecting these essences from being oxidized or destroyed by excessive heat.

Varying extraction methods are used in order to remove the aromatic compounds from plant material. Oftentimes, toxic solvents are used to separate the essential oil from its corresponding plant—a practice dōTERRA is adamantly opposed to.

There are two ways in which pure, therapeutic – grade essential oils are extracted. Steam distillation is the method most commonly used to extract essential oils. Cold expression, or cold pressing is the method used for extracting essential oils from citrus fruits.

Testing: The overall quality of essential oils is very important when using them therapeutically. The most important factor when selecting essential oils is that they be tested and certified to be pure, potent, genuine, and authentic. dōTERRA is committed to providing the purest, most potent essential oils possible. This is assured through their CPTG testing.

4. What is CPTG? [Video](#)

Regulation of therapeutic grade essential oils is limited and standards are minimal. This leaves suppliers to self-regulate quality. The term “therapeutic grade” is simply insufficient to identify a level of quality. Since there is no overall regulating body, doTERRA have their own standard, CPTG which stands for Certified Pure Therapeutic Grade. This logo appears on every single one of doTERRA's products. Every doTERRA essential oil is put through the highest standard of rigorous and thorough testing and sets the bar for quality, purity, efficacy, and consistency. There is currently no other company that matches the testing carried out by doTERRA.

The quality testing begins immediately after distillation with each oil being reviewed for its chemical composition. A second round of testing is carried out at the production facility to make sure that what was distilled and tested is the same oil as was received. A third review of the chemistry of the oil is conducted in a three-phase procedure when the oils are packaged into the bottles that we, the consumer, uses. Two of these phases are carried out in third party labs. Each of these tests confirms that the essential oil is free of contaminants and unexpected alterations during production.

The [Certified Pure Therapeutic Grade](#) quality protocol includes seven different analytical methods to ensure doTERRA'S oils are both pure and potent.

Test 1: Gas Chromatography and Mass spectrometry

Test 2: Chirality

Test 3: FTIR Scan (Fourier Transform Infrared Spectroscopy)

Test 4: Microbial Testing

Test 5: Organoleptic Testing

Test 6: Isotopic Analysis

Test 7: Heavy Metal Testing

In Addition to these tests, validation of quality is carried out at multiple production points where each essential oil is reviewed for chemical composition and to confirm that the oil has remained free of contaminants and unexpected alterations during the production.

Dr. Robert Pappas, a foremost authority on essential oil chemistry, currently maintains one of the largest libraries of chemically correct aromatic compounds in the world. Through their unified efforts, doTERRA accurately identifies the purity and potency of each essential oil through their comparison of chemistry tests.

5. The three ways to use the oils.

6. **Aromatic** – Breathing in essential oils is a powerful way to help create emotional health as it has a direct route to the limbic system in the brain. Inhalation of essential oils is also received through the alveoli of the lungs and, from there, into the bloodstream.

The easiest way to aromatically use essential oils is to open a bottle and simply breathe in the aroma through the nose. This technique is known as direct inhalation. To enhance this method, place a drop of an oil or blend in the hands, rub them together, and then cup around the nose and mouth and breathe in. Additionally, oil drops can be placed on a piece of cloth or tissue, held close to the face, and inhaled.

Diffusing essential oils aromatically is beneficial for affecting mood, killing airborne pathogens, and changing the aroma of a space. Other uses include a targeted approach for relaxing or stimulating the mind.

The best dosage for aromatic use of essential oils is smaller doses implemented multiple times throughout the day.

Topical – Essential oils are fat- soluble, which means when they are applied directly to the skin, their chemical compounds are readily absorbed and enter the bloodstream.

When applying oils neat, it is best to always test the oils on the bottom of your feet first. When applying the oils to other parts of the body it is good to combine them with a carrier oil, especially at the beginning. This is used for both dilution and prevention of evaporation. Using a carrier oil Prior to applying an oil slows down the absorption process, therefore slowing therapeutic onset. Applying a carrier oil After essential oil application enhances therapeutic onset. In both cases, the carrier oil prevents potential rapid evaporation.

Dosage = Dependent on size and health of individual, it is best to start with smaller amounts more often.

	Adult		Child	
	<i>Ideal Amount</i>	<i>24hr Max</i>	<i>Ideal Amount</i>	<i>24hr Max</i>
Aromatic	-	-	-	-
Internal	2 – 4 drops	12 – 24 drops	1 -2 drops	3 – 12 drops
Oral	1 – 3 drops	4 – 18 drops	-	-
Dermal	3 – 6 drops	12 – 36 drops	1 – 2 drops	3 – 12 drops

Recommended ratio for dilution;

Babies	0.3% dilution	1drop to 1 tablespoon
Children	1.0% dilution	1 drop to 1 teaspoon
Adults	2.0 – 4.0% dilution	3-6 drops to 1 teaspoon

Frequency = a topical dose can be repeated every 20 mins in an acute situation or every 4-6 hours as needed otherwise.

Layering is the process of applying more than one oil to a desired location to intensify the effect of an oil or to address multiple concerns at once. Frankincense is great to apply as the first oil as it magnifies the effects of subsequent oils layered on top. When layering, apply one oil and then wait about 30 seconds before applying the second oil.

Ingestion - Essential oils can be ingested using any of the following methods;

Oral application : 1-2 drops under the tongue or In a tea, food or water

Internal application: via a gelatine or vegetable capsule

Vaginal insertion – dilute oils in a carrier oil and insert using a vaginal syringe and held in place using a tampon. The diluted oils can also be directly absorbed onto the tampon and kept in overnight.

Rectal insertion – using a rectal syringe, or oils can be placed in a capsule and inserted and retained in the rectum overnight.

7. Health and [Safety](#) (Science)

Essential oils are concentrated, potent plant extracts and should be used with reasonable care. For example, it takes one lemon to make about 5 drops of lemon essential oil.

When first using essential oils, it is highly recommended to dilute all oils when used topically and start on the feet first and then work your way up the body.

Never apply oils directly to the eyes or ear canals. If essential oils enter the eyes, place a drop of carrier oil in the eye and blink until the oils clear. Alternatively use a cotton pad with some carrier oil on to gently wipe the eye. **Never use water**, as oils and water don't mix.

Some oils are "warm" creating a heat-like sensation on the skin, and should be diluted with a carrier oil when used topically. These oils can include birch, cassia, cinnamon, clove, eucalyptus, ginger, lemongrass, oregano, peppermint, thyme and wintergreen. Use these oils with caution on babies, children and those with sensitive skin.

Citrus oils are 'photosensitive' and react to sources of UV rays. Internal use of these oils is not a problem. It is best to wait a minimum of 12 hours after topical application of these oils before being exposed to UV rays.

On occasion a person may experience a cleansing reaction, which takes place when the body is trying to rid itself of toxins faster than it is able. When this happens, increase water intake and decrease application of essential oils, or change the area of application.

Wintergreen and Birch are required by law to have childproof lids on them, because the benefit of thinning blood could be hazardous to a young child or baby if ingested.

Essential oils can be flammable and should be kept clear of open flame, spark, or fire hazards.