



doTERRA® | eBooks

Essential Oils
and Personal Care

Introduction

Treat Yourself, Naturally

When was the last time you thought, *I can't wait to brush my teeth today?* Have you ever thought, *Washing my face is the best part of my day?* Do you ever have the time or money for a spa day?

For most of us, personal hygiene is a mundane but necessary part of life. It can even feel burdensome. Sure, we'd all love a luxurious spa day or nightly bubble bath, but life often gets in the way, so routines become boring and stale.

There may not be a way around brushing or showering, but with potent and lovely essential oils, you can add a little luxury to a boring day. Instead of rushing your morning shower, you can use Bergamot essential oil to cleanse your skin and enliven the senses, leaving you refreshed and ready for a bright day. Instead of staring into space while brushing your teeth, you can bring a burst of cleansing power and flavor to your mouth with Peppermint. Instead of grumbling about the dull skin you see in the mirror, you can use Frankincense or Tea Tree to give yourself a fresh, glowing complexion.

Not only will essential oils create a feeling of luxury in your life, but they can also give you peace of mind, knowing the products you're putting on and in your body are safe and natural.

Buying personal hygiene products can be frustrating. It seems like half the products contain harmful, synthetic ingredients and toxins, while the other half claim to be "green" or "clean" when they really aren't. You can cut through the confusion and concern by using pure, responsibly sourced essential oils and essential oil-infused products in your daily hygiene routine.

In this eBook, we'll delve into the benefits of using essential oils for personal care and discuss which essential oils are best for skin care, hair care, and oral hygiene. Plus, we'll give you ideas and DIYs for using essential oils in your hygiene routine.

When you want to treat yourself the natural way, essential oils are your ticket to luxurious, clean, and nontoxic personal care.



Chapter one

The Benefits of Using Essential Oils for Personal Care

Since ancient times, plants have been used to promote healthy skin, clean mouths, strong fingernails and toenails, shiny hair, and more. Today, essential oils still have vast applications for personal care, including beautifying the skin and hair; cleansing the mouth, gums, and teeth; and offering other general hygiene benefits.



Why Should I Use Essential Oils in My Hygiene Routine?

While some people may think using essential oils for personal care would be messy, inconvenient, or no better than other hygienic products, essential oils provide a pure, nontoxic way to care for yourself and easily incorporate into your daily routine.

Not only do their natural cleansing, soothing, and purifying properties make essential oils ideal for personal care, but you can also simultaneously enjoy their lovely, inviting scents.

Essential Oils versus Commercial Cosmetic and Hygienic Products

You might be wondering what the benefits of using essential oils for hygiene are as opposed to other products on the market. While you receive several important benefits by incorporating essential oils into your hygiene regimen, perhaps the greatest is essential oils are all-natural and powerful, yet still safe for your body. Essential oils are extracted from pure, plant-based sources, which means they don't contain synthetic fillers or toxins.

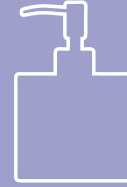
Many cosmetic and hygienic products on the market today contain potentially harmful, unpronounceable ingredients. If you want to feel comfortable and safe, knowing exactly what you're using on and in your body, choose essential oils over other commercial products.

Essential Oils versus Commercial Cosmetic and Hygienic Products



Essential oils:

- Contain natural ingredients taken from pure sources.
- Are potent and powerful (so you use less product).
- Last longer and are more cost-effective over time.
- Provide a natural way to care for your body, offering peace of mind.



Commercial hygiene products:

- Often contain synthetic or mysterious ingredients, so you don't know exactly what you're putting on or in your body.
- Require more product to achieve the desired effect.
- Need to be restocked frequently, so they're not cost-effective.

Essential Oils and Your Hygiene Preferences

Many people worldwide make essential oils part of their daily hygiene or beauty routine because they can be easily tailored to personal preferences. A single essential oil can provide a variety of benefits and uses, depending on its chemical profile. Some chemical components make an essential oil effective for cleansing and purification, while other components offer soothing or beautifying properties. Because each essential oil has a certain combination of chemical constituents, it's easy to find one to fit your hygiene regimen.

Along with a wide range of natural solutions and chemical constituents to choose from, several application methods make incorporating essential oils into your hygienic routine easy. Essential oil application methods can be adjusted to accommodate people with sensitive skin, different hair types, and other needs. Typically, there's only one way to use a market cosmetic or hygienic product. But when you use essential oils for personal care, you can select specific products and application methods that work with your individual preferences and needs.



Chapter two

Essential Oils and Skin Care

Skin care is essential to good hygiene, and the natural, potent effects of essential oils can promote clean, smooth, and healthy-looking skin. Many characteristics of essential oils make them perfect for skin care, including cleansing, soothing, and nurturing properties.

Cleansing Properties

Clean skin is one of the most important elements of proper skin care. Some essential oils provide significant cleansing and purifying properties, which can be helpful for promoting clean skin and a clear complexion.

As mentioned before, specific chemical constituents in essential oils offer certain health benefits. If an essential oil has cleansing chemical properties that have been approved for topical use, you can use it in your skincare routine to keep your skin clean and pure.

Nurturing Properties

Perhaps the most appealing part of making essential oils part of your skin care is their ability to nourish and nurture the complexion. Depending on the essential oil, you can moisturize the skin, enjoy toning properties, or promote a healthy-looking glow. Some essential oils can even reduce the appearance of wrinkles and fine lines by nourishing the skin and promoting an even skin tone. The pure nature of essential oils makes them incredibly useful for nurturing the skin, because their powerful chemical constituents work to provide nourishment in a safe, natural manner.





Soothing Properties

Certain essential oils have chemical makeups with soothing characteristics. These soothing properties are effective for skin care because they can soothe irritated skin and reduce occasional skin irritation or blemishes.

The soothing properties can also provide a simple, natural way for those with sensitive skin to promote a healthy complexion. If you have sensitive skin, commercial facial cleansers, toners, or moisturizers may be too harsh for your delicate complexion and might irritate the skin even further. By properly employing essential oils, those with sensitivities can avoid the harsh chemicals or ingredients often found in popular skincare products.

The following essential oils are considered some of the best for skin because they have cleansing, soothing, and nurturing properties. Preclinical studies suggest these essential oils may have positive results for skin care, but more confirming clinical research is needed.

- Cedarwood
- Eucalyptus
- Frankincense
- Geranium
- Grapefruit
- Helichrysum
- Juniper Berry
- Lavender
- Myrrh
- Sandalwood
- Tea Tree

Guidelines for Using Essential Oils on Your Skin

Essential oils are both safe and effective, but it's important to apply them correctly to ensure safe usage. Just like any product you put on your skin, you must follow directions, use proper quantities, and adjust if you experience sensitivities. Only use high-quality essential oils that have been approved for topical use and yield the best results.

Here are some guidelines that will help you get the most out of using essential oils for skin care.

Dilution

Because pure essential oils are so potent, it's often wise to dilute them before applying them to the skin. Dilution is especially important when applying particularly potent products to areas like the face and even more important if you have sensitive skin. You have several ways to dilute essential oils:

- **Use a carrier oil with essential oils.**
A carrier oil can be an incredible tool for dilution. Dilute one drop of essential oil with three drops of a carrier oil (like Fractionated Coconut Oil) before applying to the face or skin.
- **Combine essential oils with another product.**
Another easy way to dilute essential oils for skin care is to combine them with another product. Simply place a dollop of facial cleanser, moisturizer, or lotion in your palm. Add one drop of essential oil to the product and rub your hands together. Apply the combination to your face or skin, according to product instructions.
- **Add essential oils to your favorite products for daily use.**
Consider adding a few drops of essential oil to your favorite skincare products. By adding a few drops of essential oil to your facial cleanser or lotion, toner, or moisturizer bottle, you won't have to think about adding essential oils into your skincare routine—they'll already be part of it!

Please keep in mind that the following essential oils should always be diluted before topical use because of their extremely potent chemistry: Cassia, Cinnamon Bark, Clove, Cumin, Oregano, and Thyme.



Sensitive Skin

For those with sensitive skin, using essential oils to benefit complexion and other areas of the skin is still possible. While essential oils are extremely potent, their cleansing and soothing nature makes them amazingly useful for those who struggle with skin sensitivity.

Often, commercial cleansers and lotions can be extremely irritating for people with sensitive skin because the products contain chemicals or harsh ingredients. By taking a natural approach and allowing the gentle yet effective nature of essential oils to cleanse and soothe, those with a history of sensitive skin can easily transform their hygiene routines.

If you have sensitive skin, always dilute essential oils before applying them topically. Use smaller doses to avoid irritating the skin by overpowering it with too much essential oil at a time. Whether you have sensitive skin or not, you should avoid applying essential oils to the inner ears and nose, eyes and skin around the eyes, genitals, and broken or damaged skin.



Ideas for Using Essential Oils in Your Skin Care

We've talked about some of the best essential oils for your skin. Let's go over a few ideas to help you use these powerful products in your own routine.

- Combine Cedarwood with a carrier oil and apply to the skin after shaving to soothe any irritation.
- Add one drop of Eucalyptus to your moisturizer and apply it to the skin for revitalizing benefits.
- Rub a dab of Frankincense on blemishes to reduce the appearance of skin imperfections.
- Use Geranium to beautify the skin by directly applying it topically or using it in an aromatherapy steam facial.
- Add Grapefruit to your nightly facial routine to reduce the appearance of blemishes (but be sure to avoid UV rays for 12 hours after application).
- Apply Helichrysum to the face to reduce the appearance of wrinkles and promote a youthful, glowing complexion.
- Soothe occasional skin irritations by applying Lavender.
- Support smooth skin and reduce the appearance of fine lines by adding Myrrh to unscented lotion or moisturizer and applying to the face.
- Apply Sandalwood to the skin after showering to support smooth skin.
- Combine one to two drops of Tea Tree with your facial cleanser for added cleansing properties.



If you enjoy at-home spa treatments or DIYs, then it's easy to incorporate essential oils into skin treatments like facials, exfoliating scrubs, cleansing masks, and more. This Ginger Lime brown sugar scrub will exfoliate and soften the skin, and it takes less than 10 minutes to make.

dōTERRA Ginger Lime Brown Sugar Scrub
with Ginger and Lime essential oils

Ingredients:

- ½ cup brown sugar
- ½ cup Fractionated Coconut Oil
- 10 drops Lime essential oil
- 5 drops Ginger essential oil

Instructions:

1. Combine the brown sugar, Fractionated Coconut Oil, and essential oils in a medium-sized bowl.
2. Stir until all the ingredients are mixed.
3. Apply the mixture to the hands, arms, legs, or feet, scrubbing for about 30 seconds or until the sugar dissolves. Rinse with warm water and pat dry.
4. Use once or twice a week to exfoliate and soften the skin, especially during seasons when your skin is dry. After each use, store the mixture in an airtight container.



Chapter three

Essential Oils and Hair Care

The same cleansing, nourishing, and beautifying properties that make essential oils wonderful for skin care also make them effective for hair care. Whether you want to cleanse your hair and scalp or promote soft and shiny strands, using essential oils during your haircare routine can improve the overall look and feel of hair.

Cleansing Properties

The cleansing properties found in certain essential oils aren't just amazing for promoting clean skin and a clear complexion—they can also cleanse the hair and scalp. The first step toward healthy-looking hair is keeping your hair clean. If you struggle with greasy hair, using essential oils during your regular routine can help keep your hair looking and feeling clean.

Using Essential Oils to Nourish and Fortify the Hair

Everyone's hair is different, which means haircare needs will vary. Because of their unique chemical design, essential oils provide several noteworthy benefits for the hair that fit a plethora of needs.

Along with cleansing properties, some essential oils also can nourish hair, helping it look softer, shinier, or smoother. Whether you worry about frizzy flyaways; thin, stringy strands; or lackluster locks, there's an essential oil out there that can promote the soft, shiny hair you want.

No matter your haircare needs, the nourishing, fortifying, and soothing properties of certain essential oils can provide you with tailored solutions.

Promoting a Healthy Scalp

A healthy head of hair starts at the scalp. Because essential oils hold powerful cleansing and nourishing properties, they make great additions to a scalp massage. By rubbing the scalp with essential oils, you can invigorate the hair follicles, cleanse the skin, and even promote relaxation.

Preclinical studies suggest these essential oils offer cleansing, soothing, and nourishing properties that promote clean, healthy-looking hair. More confirming clinical research is needed.

- Clary Sage
- Lavender
- Peppermint
- Rosemary
- Sandalwood
- Tea Tree
- Thyme
- Ylang Ylang





Guidelines for Using Essential Oils on Your Hair

Incorporate carrier oils.

Combine essential oils with a carrier oil like Fractionated Coconut Oil for overnight hair treatments, leave-in conditioners, and other at-home DIYs.

Don't overdo it.

Putting too much essential oil on your hair or scalp can make it look greasy or oily. Apply a small amount or use a spray bottle.

Try using essential oils daily.

Incorporate essential oils into your haircare routine by adding a few drops to your favorite shampoo or conditioner.

Ideas for Using Essential Oils in Your Hair Care

Shampoo and Conditioner

One of the easiest ways to make essential oils part of your daily haircare routine is to add a few drops to your shampoo, conditioner, or other products. By choosing essential oils that have cleansing, soothing, and beautifying properties, you can promote healthy-looking hair without any extra work.

Promoting a Healthy Scalp

You can also use essential oils in your daily haircare routine to support a clean, healthy scalp. Consider using some of the following tips.

- Add a few drops of Geranium to shampoo to keep the scalp looking healthy and clean.
- Use Lavender on your head and hair to help keep the scalp looking clean.
- Combine Lime with Tea Tree for a soothing scalp massage.
- Apply Rosemary to the scalp and massage for an abundant-looking head of hair.
- Massage Ylang Ylang into the scalp to increase the appearance of healthy, shiny hair.

For simple at-home hair treatments that use essential oils, check out the DIYs below:

DIY Deep Hair Conditioner

Ingredients:

- 3 tablespoons coconut oil (found in most grocery stores)
- 1 tablespoon olive oil
- 8 drops dōTERRA® essential oils (such as Lavender, Tea Tree, or Geranium)

Instructions:

1. Combine the coconut oil, olive oil, and essential oils in a mixing bowl. Choose essential oils known for their hair benefits and consider combining several.
2. Mix with a hand mixer on medium-high speed for five minutes or until the ingredients are whipped to a thick, creamy consistency.
3. Apply the whipped mixture to dry hair, particularly the ends.
4. Comb through the hair with a wide-toothed comb to ensure the mixture is evenly distributed.
5. Let it sit for 15–20 minutes. Rinse, shampoo, and style as desired.

Repeat once per week or as often as desired.

dōTERRA Geranium Hair Mask with Geranium essential oil

Ingredients:

- 2 eggs
- 1 tablespoon honey
- 1 tablespoon olive oil
- 5 drops Geranium essential oil

Instructions:

1. Mix the eggs with olive oil. Add the honey and Geranium essential oil and mix until creamy.
2. Apply the mask from the roots to the ends of your hair until completely covered.
3. Cover your hair with plastic wrap or a shower cap and leave for 30 minutes to an hour.
4. Rinse with warm water and shampoo until your hair is no longer sticky. Use conditioner, if necessary.

dōTERRA® Hair Care

To make your hair care even more convenient, use the dōTERRA Hair Care Trio. The dōTERRA Hair Care line includes the Protecting Shampoo, Daily Conditioner, and Leave-In Conditioner. All our products are free of sulfates, silicones, phenoxyethanol, phthalates, and parabens. Instead, they're full of natural ingredients, chosen to nourish, nurture, and truly care for your hair. And of course, they also include amazing CTPG® essential oils like Peppermint, Tea Tree, Eucalyptus, and Spearmint.



For the best results, use all three products and enjoy your happy, hydrated, and healthy-looking hair!

Chapter four

Essential Oils and Oral Hygiene

Another major element of good hygiene is maintaining healthy teeth and gums. It should come as no surprise that essential oils are commonly used in oral hygiene products like toothpaste, mouthwash, and more. If you're looking for a simple, natural way to keep your mouth clean and healthy, essential oils are the way to go.

Cleansing the Teeth, Gums, and Mouth

A clean mouth can lead to better oral hygiene overall, and the powerful cleansing characteristics of certain essential oils offer a natural way to clean the teeth, gums, and mouth. By employing essential oils in your daily oral hygiene practice, you can maintain a clean mouth, especially when you use them in conjunction with other oral hygiene products.

Promoting Fresh Breath

One of the greatest uses for essential oils in oral hygiene is freshened breath. Essential oils with invigorating aromas can promote fresh breath throughout the day.

Because essential oils are so potent and powerful, you'll only need a small amount to help freshen your breath. Ones like Peppermint and Spearmint are popular choices because of their cool, minty tastes and smells.



Preclinical studies suggest these essential oils have significant cleansing and soothing properties that are known to help keep the gums and teeth clean and healthy. More confirming clinical research is needed.

- Clove
- Cinnamon Bark
- Cilantro
- Peppermint
- Spearmint



Dilution

Before using an essential oil on your teeth, gums, or anywhere in the mouth, ensure it's been approved for topical and internal usage. Some essential oils should never be used topically or internally and aren't safe to use in or around the mouth.

Once you've determined your chosen essential oil is safe to use on the teeth, gums, or mouth, remember that some essential oils should be diluted because their chemistry makes them particularly potent or strong.

Essential oils like Clove and Cinnamon Bark should always be diluted before you put them on your tongue or mouth because they're both considered strong essential oils. Other essential oils like Fennel, Lime, Peppermint, and Spearmint don't need to be diluted when applied on adults, but they should be diluted before using with children or those who have sensitivities.

Guidelines for Using Essential Oils on Your Hair

Easy Application

Apply essential oils with known oral care benefits by placing a small amount on your finger and rubbing it over your teeth and gums.

Daily Use

Add a drop of essential oil to your toothbrush or toothpaste and brush your teeth and gums as usual. Once you've finished brushing, spit the essential oil and toothpaste into the sink and rinse your mouth with water.

Essential Oil Mouthwash

Combine a drop (or less) of essential oil with two ounces of water. Swish the combination in your mouth for 30 seconds before spitting it into the sink.

Ideas for Using Essential Oils in Your Oral Hygiene

Remember—before using an essential oil on the teeth, gums, and mouth, ensure it's been approved for topical and internal use. Also, always dilute before using with children or those who have sensitivities.

Try the following ideas when you want to freshen your breath with essential oils.

- Before going to bed at night, use Clove to clean the teeth and gums, while simultaneously freshening the breath.
- Add one drop of Lime to toothpaste for added cleansing properties and a refreshing taste.
- Place a drop of Peppermint on your tongue to help freshen your breath.
- Before leaving your house in the morning, place a drop of Spearmint on your tongue to promote fresh breath.

Essential Oil Mouthwash Combinations

1 drop Basil
1 drop Clove
2 ounces water

1 drop Lemon
2 ounces Water

1 drop Cinnamon Bark
2 ounces water

1 drop Spearmint
2 ounces water



dōTERRA On Guard®

dōTERRA has designed several oral hygiene products with dōTERRA On Guard Protective Blend. You can use these products in your hygiene routine to help keep your teeth, gums, and mouth clean and healthy.

dōTERRA On Guard® Natural Whitening Toothpaste

Fluoride-free and boasting the protective benefits of dōTERRA On Guard, this toothpaste offers safe, natural ingredients that keep your mouth clean and healthy, while also polishing and whitening the teeth. Infused with the dōTERRA On Guard blend of Wild Orange, Clove, Cinnamon Bark, Eucalyptus, and Rosemary essential oils, this whitening toothpaste helps your mouth and teeth stay clean, naturally.

dōTERRA On Guard® Mouthwash and Floss

Turn to our refreshing dōTERRA On Guard Mouthwash when you want your breath feeling fresh and your smile shining bright. This alcohol-free mouthwash is formulated to clean teeth and gums, reduce plaque, and promote a healthy-looking mouth.

Not only does it include the powerful dōTERRA On Guard Protective Blend, but it also contains miswak extract, which freshens breath and maintains clean teeth by reducing excessive plaque buildup, and xylitol, which helps maintain healthy and strong teeth.

dōTERRA has also created dōTERRA On Guard™ Dental Floss, which is double-dipped in dōTERRA On Guard for a pop of flavor as you floss your teeth. Remove plaque and food particles from your teeth, protect against decay, and enjoy the invigorating flavor of dōTERRA On Guard as you floss.



Chapter Five

More Ideas

Now that you know about the many benefits essential oils hold for personal care, you might be curious about how you can incorporate them into your daily routine.

With so many essential oils—and with each essential oil possessing a unique chemical makeup—you have countless ways to use essential oils for personal hygiene. Keep reading for specific ideas for skin care, hair care, oral care, and other daily hygienic tasks.

Shower and Bath Time

Showers and baths are relatively mundane parts of your daily routine, but using essential oils during these activities can promote healthy skin, relax the mind and body at the end of a long day, and even provide an invigorating jump-start in the morning.

Here are a few ideas for using essential oils during your shower or bath.

- Apply Bergamot to the skin while showering and inhale deeply to enjoy its calming aroma and skin-purifying benefits.
- Add a few drops of Myrrh, Wild Orange, and Roman Chamomile to your bath for an aromatherapy experience that also promotes healthy-looking skin.
- Add Rosemary and Frankincense to your Epsom salts bath for a sense of rejuvenation.
- Place one drop of Siberian Fir or Eucalyptus on the shower floor—away from the water flow—to create an invigorating vapor.
- Add Lavender to bathwater to soak away tension at the end of a long day.



Take relaxation one step further during bath time with homemade essential oil Epsom bath salts.

Essential Oil Bath Salts

Ingredients:

- 1 cup Epsom salts
- 10 drops dōTERRA® essential oil (one with a relaxing aroma or benefits for the skin)

Instructions:

1. Add 10 drops of your essential oil of choice to the Epsom salts and stir.
2. Fill the bath with warm water and pour in ¼ to ½ cup of the Epsom salts mixture.



Shaving

Because of their cleansing properties, essential oils can be effective for soothing the skin after shaving. Men and women can both benefit from using essential oils after shaving, especially those who experience skin sensitivities.

Consider diluting Lavender with a carrier oil like Fractionated Coconut Oil and applying directly to the skin after shaving to help soothe the skin. You can also create your own aftershave by combining Tea Tree and Cedarwood and applying it to sensitive areas after a clean shave.

If you experience discomfort or razor bumps after shaving, consider making the razor relief serum below.

dōTERRA Razor Relief Serum

Ingredients:

- ½ cup Fractionated Coconut Oil
- ¼ cup rose water (found at most local health-food stores)
- 5 drops Frankincense essential oil
- 5 drops Helichrysum essential oil
- 5 drops Lavender essential oil
- 5 drops Tea Tree essential oil
- 5 drops Myrrh essential oil

Instructions:

1. Place the Fractionated Coconut Oil and rose water in glass spray bottle or pump bottle.
2. Add the essential oils and shake.
3. Spray the mixture directly on the skin or pump two to three times into the palms and rub on the affected skin.



You can also make your own essential oil shaving cream to improve the process. Simply follow the instructions below.

dōTERRA Essential Oil Shaving Cream

Ingredients:

- 1/3 cup shea butter
- 1/3 cup coconut oil
- 1/4 cup Fractionated Coconut Oil
- 5 drops Tea Tree essential oil
- 5 drops Peppermint essential oil
- 5 drops Sandalwood essential oil

Instructions:

1. Place all the ingredients—except the essential oils—in a double boiler.
2. Once the ingredients have melted, remove from heat and let sit for three minutes.
3. Add the essential oils and stir until combined.
4. Let the shaving cream rest until it hardens. (You can place it in the refrigerator to speed up this process.)
5. Using a hand mixer, whip the shaving cream until light and fluffy.
6. Place it in a container you can pull out each time you're ready to shave.

Deodorant, Perfume, and Cologne

Because of their pleasant, potent aromas, essential oils are commonly used in the perfume industry. You can easily make your own perfume or cologne at home with your favorite essential oils.

For example, you can apply Bergamot essential oil to your wrists and neck to enjoy its intense, fresh fragrance throughout the day. Or you can apply Geranium essential oil to your armpits after a sweaty workout or day in the sun.

To make your own essential oil perfume, follow the instructions below.

DIY Essential Oil Perfume

Ingredients:

- 1 tablespoon witch hazel
- 1/4 cup water
- 10–30 drops dōTERRA® essential oil

Instructions:

1. Combine the witch hazel and water in a small glass spray bottle and shake.
2. Add the essential oils and mix thoroughly. (Floral and citrus oils like Geranium, Jasmine, Rose, Ylang Ylang, Bergamot, Grapefruit, and Wild Orange work well for perfume. You can combine several essential oils to create your own personal perfume blend.)
3. Mist the perfume over your body and clothes. Mix well before each use.

*Want to use essential oils for a natural cologne?
Try the following combinations.*

- Cedarwood
 - Arborvitae
 - Frankincense
- Or**
- Bergamot
 - Clove
 - Lemon
 - Siberian Fir
 - Cinnamon Bark
 - Peppermint
 - Grapefruit



Fingernails and Toenails

Use the soothing, cleansing properties of essential oils to promote healthy fingernails and toenails. You can, for example, apply Tea Tree to the cuticles and nail beds to maintain healthy-looking nails. It's best to apply these essential oils after showering, when the nails are clean.

Use essential oils to keep your hands and cuticles looking fresh with this cuticle cream DIY.



Cuticle Cream

with Myrrh and Lavender essential oils

Ingredients:

- 2 tablespoons shea butter
- 1 teaspoon beeswax
- 1 tablespoon Fractionated Coconut Oil
- 7 drops Lavender or Myrrh essential oil

Instructions:

1. In a small glass container, combine the shea butter, beeswax, and Fractionated Coconut Oil. Place in a saucepan with one to two inches of boiling water.
2. Stir the ingredients until combined (up to 10 minutes).
3. Once melted, remove from heat and let it rest for three minutes.
4. Add the essential oils and stir.
5. Pour into a sealable container and let harden for two to three hours.
6. To use, apply a small amount to the cuticles and rub until absorbed.

Deodorant

It's difficult to find a deodorant that doesn't contain harmful ingredients. And often, natural deodorants don't have a lovely smell you want to carry with you all day.

With dōTERRA® Natural Deodorant, not only can you enjoy the lovely aromas of essential oils, but you also won't have to worry about the questionable, unpronounceable ingredients you might find in commercial deodorants.

Natural Deodorant with dōTERRA Balance®:

Features a proprietary blend of essential oils combined with baking soda to actively protect against odor. Arrowroot absorbs moisture for long-lasting freshness. The warm, woody aroma of dōTERRA Balance Grounding Blend brings a little balance to your day.

Natural Sensitive Deodorant Infused with dōTERRA Douglas Fir and Greek Orange Essential Oils:

Features magnesium to actively protect against odor. Tapioca absorbs moisture for long-lasting freshness. The sweet, refreshing aromas of Douglas Fir and Greek Orange promotes a positive, energetic environment as you focus on your day. This formula is also baking soda-free and clinically tested safe for those with sensitive skin.



Conclusion

Harness the Pure Power of Essential Oils

Empowered with knowledge of how to use safe, powerful essential oils in your personal care routine, you have the potential to change your entire day.

A few drops of Eucalyptus in your shower or a drop of Grapefruit during your face washing can start your morning on the right foot. A swish of Spearmint in your mouth before heading out the door can leave you feeling refreshed and confident. A few drops of Lavender in your nightly moisturizer can create a calm atmosphere that leaves you ready for rest.

Whether you spend a significant amount of time getting ready in the morning, look forward to a relaxing bath every night, or want a more natural approach to skin care, hair care, or oral care, essential oils will soon become an integral part of your routine. If you're ready to improve the quality of your hygiene efforts, it's as simple as harnessing the power and purity of essential oils.

*Are you ready to continue your essential oil journey? Visit **doterra.com** to learn more.*

