

10 Must-Have Essential Oils

GUIDE



Presented by Charlotte & Philip
of sens8 Oils

sens8
ESSENTIAL OILS



Congratulations!

You've taken the first step to explore more about how you can build health in a simple way with essential oils.

Starting an essential oil journey can feel daunting, but don't let it!

We will make it easy for you by giving you our 4 Usage Methods so you can jump into using your oils right away.

Plus, this guide will simplify the huge selection of oils available to you by giving you our Top 10 Must-Have Essential Oils to have in your life and why!

Plus, we have a special BONUS for you on the last page - a free printable sheet for your fridge or notice board so you can keep the top 10 in front of you at all times.

Let's get started!





4 Usage Methods

1

USE as DIRECTED

As with any product, you should follow the directions on the label.

2

DILUTE when needed

Dilute with a carrier oil like fractionated coconut oil for normally sensitive skin or when applying to children. Add 2-3 drops of carrier oil to your hand then mix in your essential oil before applying topically or purchase your favorite oils already diluted in roller ball bottles from doTERRA. Common 'hot' oils to dilute are cinnamon, peppermint, or oregano, or blends containing these like OnGuard, Digestzen, or Deep Blue.

N

Neat

S

Sensitive

D

Dilute

3

3 WAYS to USE OILS

Every doTERRA label contains a symbol or symbols instructing you to use that particular essential oil aromatically, topically, or internally, or a combination of these. Look for these symbols and then follow the directions below.

A

Aromatic

I

Internal

T

Topical

4

Best Places to TOPICALLY APPLY

As oil newbies, our first question was, "Where do we put them?" The easiest topical application is directly to the location of pain - like an aching shoulder or upset stomach, while avoiding sensitive areas like the eyes. For ailments that don't have specific pain sites, (like emotions, stress, immunity, etc.), remember this little acronym for Topical Application - F.E.W. - which stands for Feet, Ears/Neck, and Wrist

F

Feet

E

Ears

W

Wrist



10 Must-Have Essential Oils



I Peppermint

Cooling

MUSCLES, JOINTS, PAIN

- * Apply on feet and knees before and after exercise.
- * Make your muscles happy after your workout by applying to targeted areas.
- * Massage into lower back after a day of sitting at the desk or doing manual labor.
- * Apply to chest to open airways when congested.
- * Apply to neck and shoulders to relieve tension.

10 Must-Have Essential Oils



Lemon

Cleaning

CLEAN, DETOX, UPLIFT

- * Add to a glass spray bottle with water to clean surfaces.
- * Use to remove gum, glue, or any other sticky residues.
- * Add to your favorite desserts or beverages for zesty flavor.
- * Take internally to support healthy digestion.
- * Diffuse to purify and refresh the air and uplift the mood.

10 Must-Have Essential Oils



Lavender

Calming

SLEEP, SKIN, MOOD

- * Diffuse or add a few drops to your pillow or feet for a restful night's sleep.
- * Apply topically to help reduce the appearance of blemishes.
- * Add a few drops to a warm bath to help soak away stress.
- * Consume 1-2 drops to help calm the nervous system.
- * Use topically on cuts, burns, and bug bites to remove stinging sensation.

10 Must-Have Essential Oils



4 Frankincense

Restoring

SKIN, IMMUNE, MOOD

- * Take internally daily to support healthy cellular and immune function.
- * Apply topically to help reduce the appearance of skin imperfections.
- * Add to face lotions to maintain a youthful glow.
- * Diffuse or rub on bottom of feet for a sense of relaxation and balance.
- * Apply to back of neck to reduce stress and feelings of imbalance.

10 Must-Have Essential Oils



Tea Tree

Resolving

EARS, SKIN, NAILS

- * Combine with facial cleanser or moisturizer for added cleansing properties.
- * Apply to skin with a lotion after shaving.
- * Apply directly to skin blemishes to reduce redness.
- * Apply to fingernails and toenails to keep nails looking clean and healthy.
- * Use as an effective surface cleaner.
- * Add a few drops to shampoo or massage into the scalp.
- * Add to toothpaste or swish with water for a quick and easy mouth rinse.

10 Must-Have Essential Oils



6 Oregano

Supporting

IMMUNE, DIGESTION, DETOX

- * Take 2-3 drops in a veggie capsule to help maintain a healthy immune system.
- * Take 1 capsule orally every 2-3 hours until symptoms are gone or rub on bottom of feet.
- * Gargle 1 drop diluted in water for sore throat as needed.
- * Apply 1 drop diluted with fractionated coconut oil topically to skin infections.
- * Take 2-3 drop in a veggie capsule for intestinal and digestive support.

10 Must-Have Essential Oils



Air

Freeing

RESPIRATORY, SEASONAL THREATS

- * Apply topically to the chest to support open airways.
- * For a clearing aroma, diffuse at night by your bedside.
- * Apply diluted to upper lip or bridge of nose to clear your senses.
- * Apply topically to support against seasonal threats.

10 Must-Have Essential Oils



OnGuard

Boosting

IMMUNE, ANTIOXIDANT, CLEANSING

- * Add 2-3 drops in a veggie capsule or take directly for an immune boost before traveling.
- * Rub 2-3 drops on your feet daily during seasonal changes.
- * Diffuse in your home or office during fall and winter months.
- * Add to water and use as a natural surface cleaner.
- * Add a couple drops to smelly shoes or clothes before doing laundry.

10 Must-Have Essential Oils



ZenGest

Soothing

DIGESTION, WIND, NAUSEA

- * Take a couple of drops internally to promote healthy digestion.
- * Add to water or tea to help maintain a healthy gastrointestinal tract.
- * Apply topically to stomach to reduce bloating, gas, or indigestion.
- * Apply topically to stomach to relieve nausea.
- * Apply topically to lower abdomen to relieve constipation.

10 Must-Have Essential Oils



Deep Blue

Comforting

MUSCLES, JOINTS, PAIN

- * Apply on feet and knees before and after exercise.
- * Make your muscles happy after your workout by applying to targeted areas.
- * Massage into lower back after a day of sitting at the desk or doing manual labor.
- * Apply to chest to open airways when congested.
- * Apply to neck and shoulders to relieve tension

Every oil in this guide is included in the following kits:

Family Essentials Kit



INCLUDES:

Peppermint (5ml), Lemon (5ml), Lavender (5ml), Frankincense (5ml), Tea Tree (5ml), Oregano (5ml), Air (5ml), On Guard (5ml), ZenGest (5ml) & Deep Blue (5ml).

PRICE:

£112.74 / 127€
+ Shipping Fee

Home Essentials Kit



INCLUDES:

Peppermint (10ml), Lemon (10ml), Lavender (10ml), Frankincense (10ml), Tea Tree (10ml), Oregano (10ml), Air (10ml), On Guard (10ml), ZenGest (10ml) & Deep Blue (5ml).

PRICE:

£239 / 272.25€
+ Shipping Fee

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ESSENTIAL OILS

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Peppermint, **Cooling** TUMMY, TENSION, ENERGY

Put a drop in hands, rub together, and inhale deeply for 30 seconds to re-energize, clear airways, or reduce head tension. Take internally to help alleviate occasional stomach upset. Rub on head and neck for a soothing sensation when feeling tension. Apply a few drops to the back of your neck to cool off. Add to shampoo or conditioner for a stimulating scalp massage.



Lemon, **Cleansing** CLEAN, DETOX, UPLIFT

Add to a glass spray bottle with water to clean surfaces. Use to remove gum, glue, or any other sticky residues. Add to your favorite desserts or beverages for zesty flavor. Take internally to support healthy digestion. Diffuse to purify and refresh the air and uplift the mood.



Lavender, **Calming** SLEEP, SKIN, MOOD

Diffuse or add a few drops to your pillow or feet for a restful night's sleep. Apply topically to help reduce the appearance of blemishes. Add a few drops to a warm bath to help soak away stress. Consume 1-2 drops to help calm the nervous system. Use topically on cuts, burns, and bug bites to remove stinging sensation.



Frankincense, **Restoring** SKIN, IMMUNE, MOOD

Take internally daily to support healthy cellular and immune function. Apply topically to help reduce the appearance of skin imperfections. Add to face lotions to maintain a youthful glow. Diffuse or rub on bottom of feet for a sense of relaxation and balance. Apply to back of neck to reduce stress and feelings of imbalance.



Tea Tree, **Cooling** TUMMY, TENSION, ENERGY

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Oregano, **Supporting** IMMUNE, DIGESTION, DETOX

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Air, **Freeing** RESPIRATORY, SEASONAL THREATS

Apply topically to the chest to support open airways. For a clearing aroma, diffuse at night by your bedside. Apply diluted to upper lip or bridge of nose to clear your senses. Apply topically to support against seasonal threats.



On Guard, **Boosting** IMMUNE, ANTIOXIDANT, CLEANSING

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ZenGest, **Soothing** IMMUNE, ANTIOXIDANT, CLEANSING

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Deep Blue, **Comforting** IMMUNE, ANTIOXIDANT, CLEANSING

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