



KRCC Essential Oils Education Guide

Insomnia

Serenity (Calming Blend) -

This relaxing blend contains essential oils that are often used to help calm and soothe feelings of stress, excitement, and anxiety in order to help the body maintain its natural state of health.

Application – Apply under nose and to back, feet, and back of neck. Put in bathwater. Apply to navel, feet, or back of neck for insomnia.

Single Oils in this Blend – Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, Hawaiian Sandalwood, Vanilla Bean Extract

Orange (Wild Orange) -

Cold pressed from the peel, Wild Orange has an energizing aroma and multiple health benefits. High in monoterpenes, Wild Orange possesses stimulating and purifying qualities, making it ideal to support healthy immune system function when seasonal threats are high. Wild Orange contains powerful antioxidants that help maintain overall health.

Application – Apply directly on area of concern or to reflex points. Avoid direct sunlight for up to 12 hours after using on skin.

Ylang Ylang -

Ylang Ylang essential oil is derived from the star-shaped flowers of the tropical Ylang Ylang tree and is used extensively in making perfumes and in aromatherapy. Similar to Jasmine, Ylang Ylang has been used for centuries in religious and wedding ceremonies. In aromatherapy, Ylang Ylang is used to lessen tension and stress and to promote a positive outlook. Ylang Ylang is frequently used in luxurious hair and skin products for its scent and nourishing and protective properties.

Application – Apply directly to area of concern or to reflex points. It may be beneficial when applied over the thymus (to help stimulate the immune system).

Anxiety

Lemon -

Lemon is a powerful cleansing agent that purifies the air and surfaces, and can be used as a non-toxic cleaner throughout the home. When added to water, Lemon provides a refreshing and healthy boost throughout the day. Lemon is frequently added to food to enhance the flavor of desserts and main dishes.

Application – Apply directly on area of concern or to reflex points. Avoid direct sunlight or UV light for up to 12 hours after using on the skin.

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Cold pressed from the peel, Wild Orange has an energizing aroma and multiple health benefits. High in monoterpenes, Wild Orange possesses stimulating and purifying qualities, making it ideal to support healthy immune system function when seasonal threats are high. Wild Orange contains powerful antioxidants that help maintain overall health.

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Application – Apply under nose and to back, feet, and back of neck. Put in bathwater. Apply to navel, feet, or back of neck for insomnia.

Single Oils in this Blend – Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, Hawaiian Sandalwood, Vanilla Bean Extract

Peace (Reassuring Blend) -

This blend contains floral and mint oils that are known to help alleviate fearful, worried, and anxious feelings and replace them with peaceful contentment.

Application – Apply on wrists, back of neck, over the heart area, or on the bottoms of the feet.

Single Oils in this Blend – Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, Spearmint

Pain

Frankincense -

In addition to its notoriety in the New Testament, the Babylonians and Assyrians would burn Frankincense in religious ceremonies and the ancient Egyptians used Frankincense resin for everything from perfume to salves for soothing skin. This centuries-old knowledge contributes to the modern uses of Frankincense today. It's soothing and beautifying properties are used to rejuvenate skin and reduce the appearance of imperfections. As the king of oils, Frankincense is known to support healthy cellular function. When inhaled or diffused, Frankincense promotes feelings of peace, relaxation, satisfaction, and overall wellness.

Application – Apply directly on area of concern or to reflex points.

Deep Blue (Soothing Blend) -

This blend contains oils that are well-known and are frequently studied for their abilities to soothe inflammation, alleviate pain, and reduce soreness.

Application – Apply as a compress on spine and on reflex points on feet. Apply on location for muscle cramps, bruises, or any other pain.

Single Oils in this Blend – Wintergreen, Camphor, Peppermint, Blue Tansy, German (blue) Chamomile, Helichrysum, Osmanthus

Peppermint -

The peppermint plant is a hybrid of watermint and spearmint and was first described by Carl Linnaeus in 1753. A high menthol content—like that found in the dōTERRA Peppermint essential oil—distinguishes the best quality Peppermint from other products. Frequently used in toothpaste and chewing gum for oral health, Peppermint also helps to alleviate occasional stomach upset and promotes healthy respiratory function.

Application – Apply directly on area of concern or to reflex points.



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Drowsiness

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Application – Apply directly on area of concern or to reflex points.

Elevation (Joyful Blend) -

This uplifting combination of essential oils creates an energetic aroma that can help stimulate the body's chemistry when a person is feeling lethargic or sad.

Application – Rub over heart, ears, neck, thymus, temples, across brow, and on wrists. Apply on heart reflex points. Put in bathwater. Place on areas of poor circulation.

Single Oils in this Blend – Lavandin, Lavender, Tangerine, Elemi, Lemon Myrtle, Melissa, Ylang Ylang, Osmanthus, Hawaiian Sandalwood

Citrus Bliss (Invigorating Blend) -

This uniquely exhilarating blend brings together all of the uplifting and stress-reducing benefits of citrus essential oils in a sweetly satisfying way. In addition to their elevating properties, many of the citrus oils in this blend have been studied for their ability to cleanse and to disinfect.

Application – May be applied on the ears, heart, and wrists or may be worn as a perfume or cologne. It may be added to water for a relaxing bath.

Single Oils in this Blend – Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine, Vanilla Bean Extract

Nausea/Vomiting/Indigestion (Stomach Issues)

DigestZen (Digestive Blend) -

This blend may be useful for improving digestive function. The oils in this blend have been studied for their abilities in balancing the digestive system and in soothing many of that system's ailments.

Application – May be applied to reflex points on the feet and on the ankles. It may also be applied topically over the stomach, as a compress on the abdomen, and at the bottom of the throat (for gagging).

Single Oils in this Blend – Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, Anise

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Ginger -

DōTERRA Ginger Essential Oil is derived from the fresh rhizome of the ginger plant—the subterranean stalk of a plant shoots out the root system. A featured ingredient in many Asian dishes, Ginger has a hot, fragrant flavor when



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used as a kitchen spice. In Western tradition, Ginger is most often used in sweets—gingerbread and ginger snaps being two examples. Studies have been conducted on Ginger for its common effect on joint health; however, Ginger is best known as a digestive aid and for helping to ease occasional indigestion and nausea. Ginger essential oil can also be applied topically or inhaled to help reduce feelings of nausea.

Application – Apply directly on area of concern or to reflex points.

Depression (Crying/Statements of feeling Depressed)

Lemon -

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Frankincense -

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Application – Apply directly on area of concern or to reflex points.

Motivate (Encouraging Blend) -

This blend contains a combination of mint and citrus oils that can help motivate and inspire an individual to have the courage to move forward with confidence and strength.

Application – Apply on wrists, back of neck, over the heart area, or on the bottoms of the feet.

Single Oils in this Blend – Peppermint, Clementine, Coriander, Basil, Yuzu, Melissa, Rosemary, Vanilla

Cheer (Uplifting Blend) -

This blend contains citrus and spice oils that are known to help combat feelings of gloom, distress, and disinterest, helping to cheer and uplift the mind, body, and spirit.

Application – Apply on wrists, back of neck, over the heart area, or on the bottoms of the feet.

Single Oils in this Blend – Orange, Clove, Star Anise, Lemon Myrtle, Nutmeg, Vanilla, Ginger, Cinnamon, Zdravetz

Sources:

www.doterratools.com

Modern Essentials: A contemporary Guide to the Therapeutic Use of Essential Oils, Seventh Edition, 2015
AromaTools