

dōTERRA™

Gift of the Earth

DoTERRA ESSENTIAL OILS ARE PURE,  
THERAPEUTIC-GRADE OILS AND CAN BE  
PURCHASED AT WHITAKER DENTAL  
ASSOCIATES.

REFERENCES: MODERN ESSENTIALS  
USAGE GUIDE

SEVENTH ED.

DR NATALIE WHITAKER



PO Box 1249  
Morganton, NC 28680

[Drnataliewhitaker.com](http://Drnataliewhitaker.com)

# Essential Oils



## The Basics

# An Introduction to Essential Oils

## WHAT ARE ESSENTIAL OILS?

Essential Oils are the volatile liquids distilled or expressed from plants (the seeds, bark, leaves, stems, roots, flowers, fruit, etc.). The quality of the oil is determined from the quality of the plant parts used and the process from which the oils are obtained. It is very important to use pure, therapeutic-grade essential oils. Because the purity and therapeutic value of an essential oil is determined by its chemical constituents, it is vitally important to have quality plants, grown in the best soil, harvested at the appropriate time and the oil extracted in an appropriate manner. It can take up to 3 tons of plant material to produce 1 pound of oil.

Essential oils have been around and in use for a long time and in many different cultures. The Egyptians, Chinese, Greeks, Romans, Israelis, Europeans, and Arabians have historically used essential oils.

## HOW ARE ESSENTIAL OILS OBTAINED?

Essential oils are extracted by steam distillation or expression. Steam distillation utilizes the fact that essential oils are volatile (they essentially evaporate when exposed to air) and they are hydrophobic (they do not mix with water). Steam distillation is how most essential oils are obtained.

Expression is simply using mechanical pressure to press the plant material to extract the oils.



## HOW ARE ESSENTIAL OILS USED?

Essential Oils can be used externally in reflexology, auricular therapy, massage and as hot compresses. The oils can be added to a shower gel base, to bath salts or added directly to bath water. They can also be used in a spray bottle mixed with distilled water and used as a body spray.

Essential Oils can be used aromatically as well by inhaling a fine mist of the oil or simply rubbing a drop or two between your palms and inhaling the vapor directly. Diffusion is utilized via a diffuser, creating a vapor of the oil as well.

Essential oils can be ingested ONLY if they are pure, therapeutic-grade essential oils AND if they have a designation of GRAS (Generally Recognized As Safe for human consumption), FA (food additive) or FL (flavoring agent).

## COMMON USES OF ESSENTIAL OILS

### Soothing Essential Oils

Lavender, Calming Blend, ylang ylang, Roman chamomile, Clary Sage, Orange, Invigorating Blend, vetiver, geranium, Melissa, sandalwood, bergamot and rose

-These are used by diffusion with a diffuser at bedtime

-A drop or two placed on your pillow

-Make a linen spray with 5-6 drops of oil mixed with 1 oz. of water in a misting bottle

-Relaxing bath with 1-3 drops of oil with bath salts or directly into the bath water.

### Invigorating Essential Oils

Peppermint, Eucalyptus, White Fir, Lemon, Basil, Wintergreen, and Thyme

-These can be used in a diffuser

-Place a few drops of peppermint, lemon or orange in water, a smoothie or other morning beverage



-Place a few drops on the floor of the shower or add to shower gel

### Cleaning and Disinfecting

Disinfecting Oils: Protecting Blend, lemon, Cleansing Blend, melaleuca, lime, cinnamon, thyme

Deodorizing Oils: Cleansing Blend, peppermint, clary sage, melaleuca, lavender, geranium

-Make a disinfecting spray with 5-6 drops of oil in 1oz. of water in a spray bottle

-Add oil directly to a damp cloth and clean

-Add to dishwasher or the dishwasher for sparkling dishes



Essential Oils can be used for laundry, furniture polish, to eliminate paint fumes, as a carpet care product, as a clothes deodorizer, as a grease and gum remover, as a bug/pest repellent, help with sinusitis, allergies and muscle pain, depression fighting, detoxing, among others. Each oil has multiple purposes.

The uses of Essential Oils are all natural, healthy and limitless.