

# Essential Oil Quick Reference

Essential Oils are naturally found in the seeds, bark, stems, roots, flowers and other parts of the plant.

They are highly concentrated when distilled. dōTERRA is the world's largest essential oil company — committed to the purity and quality of their products so you get results.

<b>Arborvitae</b>	Thrush, Oral Mouth Rinse, Sun & Age Spots, Eczema	<b>Lemon</b>	Disinfectant, Sore throat relief, Neutralise odours & bacteria
<b>AromaTouch</b>	Massage, Relaxation, Circulation, Anti-inflammatory	<b>Lemongrass</b>	Joint support, Insect repellent, Decreases high cholesterol
<b>Balance</b>	Anxiety, Hyperactivity, Nervousness, ADD	<b>Life Long Vitality</b>	Energy Levels, Eliminates Toxins, Improves Hair & Skin
<b>Basil</b>	Antibiotic, Earache, Ear Infection, Anti-inflammatory	<b>Lime</b>	Mood enhancer, Tightens skin, Respiratory
<b>Bergamot</b>	Boils, Eczema, Sore Throat, Hormones, Gallstones	<b>Marjoram</b>	Muscles relaxant, Fatigue, Rheumatoid Arthritis
<b>Black Pepper</b>	Smoking Cessation, Food Addictions, Salivary Glands	<b>Melissa</b>	Anti-depressant, Anti-bacterial, Anti-Viral, Depression
<b>Blue Tansy</b>	Tightens and evens skin, heals wounds	<b>Mito2Max</b>	Increases Natural Energy Production
<b>Cardamom</b>	Stomach Discomfort, Indigestion, Motion Sickness	<b>Motivate</b>	Motivation, Courage, Hope, Belief
<b>Cassia</b>	Colds, Kidneys, Reproductive Organs, Diarrhea	<b>Myrrh</b>	Immune support, Analgesic, Antispasmodic, Expectorant
<b>Cedarwood</b>	Respiratory, Acne, Alopecia, Eczema, Bed Bugs	<b>Neroli</b>	Lowers Cortisol, Anxiety, Heart Palpitations, Scars
<b>Cheer</b>	Happiness, Depression, Optimism	<b>On Guard</b>	Anti-bacterial, Immune System Boost, Mould, Anti-viral
<b>Cilantro</b>	Heavy Metal Removal, Indigestion, Anti-Fungal	<b>Oregano</b>	Candida, Athlete's foot, Warts, Anti-biotic, Metabolism
<b>Cinnamon</b>	Lowers Blood Sugar, Metabolism, Lipid balance, Libido	<b>Passion</b>	Excitement, Joy, Passion, Disinterest, Boredom
<b>Citrus Bliss</b>	'Happy Oil', Elevating, Depression, Disinfectant	<b>Past Tense</b>	Headaches, Migraines, Aching Muscles & Joints
<b>Clary Calm</b>	Menstrual Discomfort, Hot Flashes, Hormones	<b>PB Assist</b>	Pre+Pro Biotic Formula
<b>Clary Sage</b>	Menstrual Cramps, Reproductive Organs, Hormones	<b>Peace</b>	Peace, Reassurance, Contentment, Anxiety
<b>Clove</b>	Analgesic, Antibiotic, Toothache, Emergency Salve	<b>Peppermint</b>	Headache, Fever, GI discomforts, Joint pain, Sinuses
<b>Console</b>	Comfort, Hope, Grief, Sadness	<b>Petitgrain</b>	Nerves, hypertension, spasms, anxiety, cramps
<b>Copaiba</b>	Natural CBD, Brain Support, Tremors	<b>Purify</b>	Insect bites, Cuts, Anti-microbial, Disinfectant
<b>CorrectX</b>	Natural Skin Ointment, Cuts, Burns, Skin Sores	<b>Roman Chamomile</b>	Clarity, Blood, Liver, Eczema, Depression, Hyperactivity
<b>Coriander</b>	Diabetes, Toothaches, Hernias, Menstrual Pains	<b>Rose</b>	Depression, Haemorrhages, Post -Partum Depression
<b>Cypress</b>	Circulation, Varicose Veins, Cysts, Haemorrhoids	<b>Rosemary</b>	Asthma, Dandruff, Bronchitis, Diuretic, Memory, Hair Loss
<b>DDR Prime</b>	Damaged DNA, Cancer, Cellular Function	<b>Sandalwood</b>	Antibacterial, Skin disorders, Acne, Stress
<b>DigestZen</b>	Constipation, Diarrhea, Heartburn, Indigestion	<b>Sandalwood (Hawaiian)</b>	Scars, Blemishes, Candida, Yeast Infections, Laryngitis
<b>Douglas Fir</b>	Clear Airways, Breathing, Skin Purifying	<b>Salubelle</b>	Skin, Wrinkles, Anti-aging, Reduce Inflammation
<b>Easy Air</b>	Asthma, Bronchitis, Congestion, Cold, Flu, Cough	<b>Siberian Fir</b>	Heart rate, Cataracts, Pain Reliever, Rheumatoid Arthritis
<b>Elevation</b>	ADD, Depression, Mood, Lack of Energy	<b>Smart &amp; Sassy</b>	Weight loss, Increases metabolic rate, Appetite Control
<b>Eucalyptus</b>	Respiratory, Hay Fever, Endometriosis	<b>Spearmint</b>	Balances Hormone Levels, Digestion, Stress Relief
<b>Fennel</b>	Indigestion, GI Issues, Lymph System, Kidney stones	<b>Spikenard</b>	Constipation, Infections, Estrogen Secretion, Inflammation
<b>Frankincense</b>	Sciatic Pain, Depression, Sunspots, Cancer, Tumours	<b>Tangerine</b>	Acne, Muscle Spasms, Removes Toxins
<b>Geranium</b>	Liver, Hormones, Depression, Dermatitis, Dry Skin	<b>Tea Tree</b>	Candida, Antifungal, Antimicrobial, Athlete's Foot, MRSA
<b>Ginger</b>	Colic, Constipation, Diarrhea, Motion sickness	<b>Terra Amour</b>	Natural Insect Repellent with No DEET (10 Times stronger)
<b>Grapefruit</b>	Decreases Fat Cell Size, Anti-inflammatory, Appetite	<b>Terrazyme</b>	Plant Based Digestive Enzyme
<b>GX Assist</b>	Gut Cleanse (follow with PB Assist)	<b>Thyme</b>	Antifungal, Mould, Anti-microbial, Antiseptic
<b>HD Clear</b>	Acne, Skin Spots, Facial Blemishes, Blackheads	<b>TriEase</b>	Allergies, Stuffy Nose, Congestion
<b>Helichrysum</b>	Varicose Veins, Scar Tissue, Earache, Bones	<b>Vetiver</b>	ADD/ADHD, Oily Skin, Insomnia, Arthritis, Relaxation
<b>Ice Blue</b>	Sore Muscles, Inflammation, Pain, Carpel Tunnel, Migraines	<b>Whisper</b>	Hormone Balance, Emotional Balance, Uplifting, Calming
<b>InTune</b>	Focus, Memory, Clarity, ADHD	<b>Wild Orange</b>	Antidepressant, Fatigue, Extremely Aromatic
<b>Jasmine</b>	Anti-Depressant, Skin Ailments, Scars, Addictions	<b>Wintergreen</b>	Whitens Teeth, Pain Reliever, Anti-Inflammatory, Arthritis
<b>Juniper Berry</b>	Diabetes, Kidney Stones, UTI, Eczema, Acne	<b>Ylang Ylang</b>	Hypertension, Indigestion, Insomnia, Dermatitis
<b>Lavender</b>	Sleep aid, Insect bites, Burns, Bruises, Cuts, Scrapes	<b>Zendocrine</b>	Detoxification
<b>Lavender Peace</b>	Anxiety, Sleep aid, Stress, Tension Headaches		