



Essential Oils

Essential oils are a great way to make delicious beverages that are also loaded with nutrition and have therapeutic value.

Use any combination of these in tiny amounts... one to two drops per 16 ounces of water. They can be mixed and matched as desired to flavor water, green powder drinks, protein powder drinks, green smoothies, blended green soups, and even green juices.

Start with 2 – 3 varieties and add 1 – 2 each month as your budget permits. If you purchase too many all at once, you run the risk of getting overwhelmed and won't know where to start.

Recommended Brands:

1. **Mountain Rose Herbs** has, by far, the best prices I've seen for high quality, organically grown, edible, essential oils that are distilled without the use of chemical solvents. They also have a wider variety of oils than just about any other company on the market. <http://www.drritamarie.com/go/MountainRose>
2. A company called **dōTERRA** also has very high quality oils, and I am in the process of comparing their single oils to those from Mountain Rose. dōTERRA has several very effective combination formulas, including *Slim and Sassy*, *On Guard*, *DigestZen*, and *Zendocrine*. <http://www.drritamarie.com/go/doTERRA>
3. Another popular essential oil company is **Young Living**. They have been around for many years and are well known for a formula called *Thieves*. I have several of their singles oils. <http://www.drritamarie.com/go/YoungLiving>

Dr. Ritamarie's Top 12 Favorite Oils

- anise
- cinnamon
- peppermint
- spearmint
- lemon
- lemongrass
- lime
- oregano
- thyme
- basil
- *Slim and Sassy* blend
- *On Guard* blend

Essential Oils from Mountain Rose Herbs

The information on the essential oils below is taken from the Mountain Rose Herbs website: <http://www.drritamarie.com/go/MountainRose>

Anise Seed Essential Oil

- **Botanical Name:** Pimpinella anisum
- **Common Method Of Extraction:** Steam distillation
- **Parts Used:** Seed
- **Note Classification:** Middle
- **Aroma:** Fresh, sweet, spicy, licorice-like
- **Largest Producing Countries:** Spain, Egypt, and China

Traditional Use: Anise seed has a long history of use as a spice and medicine. Raki, a popular drink in Turkey, is flavored with the seed. Writings by Pliny suggest anise as a morning pick-me-up.

Properties: Analgesic, antiseptic, antispasmodic, aperitive, carminative, digestive, diuretic, emmenagogue, expectorant, stimulant, stomachic

Benefits: Asthma, bronchitis, indigestion, coughs, cramp, flatulence, insect bites, nausea, stress, headache. Anise has an affinity with the digestive system.

Blends Well With: Bay, black pepper, ginger, lavender, orange, pine, rose

Of Interest: Do not confuse Anise seed oil (Pimpinella anisum) with Anise Star oil (Illicium vernum) which is produced from the fruit of a tree. Anise seed oil will crystallize at cool temperatures due to the anethole content in the oil.

Safety Data: Avoid in epilepsy, and while pregnant or breast-feeding. May cause skin irritation.

Basil Essential Oil

- **Botanical Name:** Ocimum basilicum
- **Common Method Of Extraction:** Steam distillation
- **Parts Used:** Flowering plant
- **Note Classification:** Top
- **Aroma:** Fresh, warm, spicy, herbaceous
- **Largest Producing Countries:** Vietnam, USA, France, and Hungary

Traditional Use: Basil is a sacred plant in India, and used in ayurvedic medicine. It has been used as a strewing herb to reduce odors, and has many culinary applications.

Properties: Antibacterial, antidepressant, antiseptic, antispasmodic, carminative, cephalic, digestive, emmenagogue, expectorant, febrifuge, nervine, stimulant, stomachic, tonic

Benefits: Abrasions, anxiety, bronchitis, colds, coughs, depression, flatulence, fatigue, infection, insect bites and repellent, sinus infection, whooping cough. Basil can be added to a hair tonic to help stimulate growth.

Blends Well With: Bergamot, citronella, citrus oils, clary sage, geranium, hyssop, opopanax, rosemary

Of Interest: Basil has many aromatic properties. Ocimum is derived from the Greek word osme, which means to smell.

Safety Data: Avoid in epilepsy, liver problems, and while pregnant. May cause skin irritation.

Bitter Essential Oil - Orange

- **Botanical Name:** Citrus aurantium
- **Common Method Of Extraction:** Cold expressed
- **Parts Used:** Fruit peel
- **Note Classification:** Top
- **Aroma:** Fresh, dry bitter citrus, with woody undertones
- **Largest Producing Countries:** Egypt, USA, and Brazil

Traditional Use: This oil has been used in many applications for the digestive system.

Properties: Antidepressant, anti-inflammatory, antiseptic, antispasmodic, astringent, bactericidal, carminative, deodorant, digestive, fungicidal, stimulant, stomachic

Benefits: Bronchitis, colds, constipation, dull and oily complexions, flu, flatulence, nervous tension, palpitations, poor circulation, slow digestion, spasm, water retention. Bitter orange is a good substitute in a blend if you would like to avoid the sweetness found in sweet orange oil.

Blends Well With: Bay, black pepper, citrus oils, clary sage, ginger, lavender, myrrh, neroli, vetiver

Of Interest: The bitter orange tree is well known for its resistance to disease and is often used as grafting stock for other citrus trees, including the sweet orange.

Safety Data: May cause skin irritation. Phototoxic.

Black Pepper Essential Oil

- **Botanical Name:** Piper nigrum
- **Common Method Of Extraction:** Steam distillation
- **Parts Used:** Dried fruit
- **Note Classification:** Middle
- **Aroma:** Dry, spicy, woody, sharp
- **Largest Producing Countries:** Sri Lanka, India, and Indonesia

Traditional Use: Black pepper is one of the oldest spices. Its uses date back to the Greeks and Romans, and the Egyptians utilized it in the embalming process.

Properties: Analgesic, antibacterial, antimicrobial, antiseptic, antispasmodic, aperitive, aphrodisiac, bitter, carminative, diaphoretic, digestive, diuretic, febrifuge, laxative, rubefacient, stimulant, stomachic, tonic, vasodilator

Benefits: Anemia, arthritis, catarrh, cellulite, chills, cold, constipation, diarrhea, fatigue, fevers, flatulence, food poisoning, hangovers, heartburn, influenza, loss of appetite, muscular aches and pains, nausea, neuralgia, poor circulation, rheumatic pain, sprains, stiffness, viral infections. Black pepper may be added to a massage oil to use after working out, because it helps to remove lactic acid from the muscles.

Blends Well With: Cardamom, clary sage, clove, frankincense, geranium, lavender, juniper, marjoram, myrrh, orange, nutmeg, rosemary, sage, sandalwood, tea tree, vetiver, ylang ylang

Of Interest: Studies have shown black pepper oil to reduce nicotine cravings, and symptoms of anxiety in individuals cutting back on smoking.

Safety Data: Avoid with homeopathics, in kidney disease, and while pregnant or breastfeeding. May cause skin irritation.

Cardamom Essential Oil

- **Botanical Name:** Elettaria cardamomum
- **Common Method Of Extraction:** Steam distillation
- **Parts Used:** Fruit
- **Note Classification:** Middle
- **Aroma:** Warm, green, spicy, balsamic
- **Largest Producing Countries:** Guatemala, India, and Sri Lanka

Traditional Use: Cardamom is native to India, and is used in Ayurvedic medicine for flatulence, colic, and poor digestion.

Properties: Antiseptic, antispasmodic, carminative, cephalic, digestive, diuretic, laxative, nerve tonic, stimulant, stomachic

Benefits: Anorexia, constipation, cough, dyspepsia, halitosis, indigestion, flatulence, loss of appetite, muscular cramps and spasms, nausea, nervous strain, physical exhaustion, sinus headache, stomach cramps, vomiting. Cardamom may be added to a massage blend for upset stomachs.

Blends Well With: Bay, bergamot, black pepper, caraway, cedarwood, cinnamon, cloves, coriander, fennel, ginger, grapefruit, jasmine, lemon, lemongrass, litsea cubeba, mandarin, neroli, orange, palmarosa, patchouli, petitgrain, sandalwood, vetiver, ylang ylang

Of Interest: This oil has many applications in perfumery. It is added to oriental type aromas for soaps, cosmetics, and body care products.

Safety Data: Generally considered safe.

Chamomile, Roman Essential Oil

- **Botanical Name:** *Arthemis nobilis* or *Chamaemelum nobile*
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Flowers
- **Note Classification:** Middle
- **Aroma:** Fresh, rich, sweet, fruity, apple-like aroma
- **Largest Producing Countries:** USA, Hungary, Italy, and France

Traditional Use: Chamomile has been used as a strewing herb. The oil is used in perfumery and has a high ester content which makes this oil a valuable antispasmodic.

Properties: Analgesic, antibacterial, antidepressant, anti-inflammatory, antimicrobial, antineuralgic, antiphlogistic, antiseptic, antispasmodic, carminative, cholagogue, digestive, emmenagogue, febrifuge, hepatic, sedative, stomachic, sudorific, tonic, vermifuge, vulnerary

Benefits: Acne, arthritis, boils, burns, chilblains, colic, cuts, dermatitis, dysmenorrhea, earache, eczema, fevers, hair care, headache, indigestion, inflammations, insect bites, insomnia, menopause, migraine, muscular pain, nausea, nervous tension, neuralgia, rheumatism, sprains, stress related complaints, teething pain, toothache, wounds. Chamomile may give a blend for muscle pain a warm fruity note.

Blends Well With: Bergamot, clary sage, eucalyptus, geranium, grapefruit, jasmine, lavender, lemon, neroli, oakmoss, palmarosa, rose, tea tree

Of Interest: In ancient Egypt chamomile was used as an offering to the sun god. Roman chamomile is used in aromatherapy for its skin benefiting properties such as anti-inflammatory, antispasmodic and analgesic. It also adds a calming aspect to a blend, which may help in times of tension.

Safety Data: May cause skin irritation.

Cilantro Essential Oil

- **Botanical Name:** Coriandrum sativum
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Leaves
- **Note Classification:** Middle
- **Aroma:** Sharp, herbaceous, green spice
- **Largest Producing Countries:** USA, Russia and Romania

Traditional Use: Cilantro leaves are traditionally used in culinary preparations. It is used as a flavoring agent, and to help digestion or calm upset stomachs.

Properties: Analgesic, antioxidant, antispasmodic, antirheumatic, aperitif, bactericidal, digestive, carminative, fungicidal, revitalizing, stimulant, stomachic

Benefits: Arthritis, colds, colic, diarrhea, exhaustion, flatulence, flu, infections, migraine, muscular aches and pains, nausea, neuralgia, poor circulation, rheumatism, stiffness. Cilantro makes a good addition to a digestive blend.

Blends Well With: Bergamot, cinnamon, citronella, clary sage, cypress, frankincense, ginger, jasmine, neroli, petitgrain, pine, sandalwood, spice oils

Of Interest: Cilantro oil contains a higher percentage of aldehydes than the oil distilled from the seeds of the plant.

Safety Data: Generally considered safe.

Cinnamon Bark Essential Oil

- **Botanical Name:** Cinnamomum zeylanicum
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Dried inner bark
- **Note Classification:** Base to Middle
- **Aroma:** Warm, dry, herbal spice
- **Largest Producing Countries:** Sri Lanka, Vietnam, Madagascar, and India

Traditional Use: Cinnamon has a long history of culinary and medicinal uses. Its high aldehyde content makes it a useful antimicrobial and antiseptic.

Properties: Analgesic, antibacterial, antifungal, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, aphrodisiac, astringent, carminative, digestive, expectorant, stimulant, stomachic, vermifuge

Benefits: Candida, colds, cough, diarrhea, flatulence, infection, insect bites, nervous exhaustion, rheumatism, slow circulation, stomach cramps, stress, toothache. Cinnamon is a good addition to a blend for disinfecting the air.

Blends Well With: Benzoin, bergamot, cardamom, clove, frankincense, ginger, grapefruit, lemon, mandarin, marjoram, nutmeg, orange, peppermint, peru balsam, petitgrain, rose, vanilla, ylang ylang.

Of Interest: Cinnamon has been a highly prized commodity since antiquity and is one of the most recognizable scents in the world. Cinnamaldehyde is the main constituent in the bark oil. It is used in perfumery to give a blend lift and strength, and is considered a mild fixative. Use this oil with caution in soap making, because it may darken the color of your product.

Cinnamon Leaf Essential Oil

- **Botanical Name:** Cinnamomum zeylanicum
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Leaves
- **Note Classification:** Middle
- **Aroma:** Flat, warm, earthy spice
- **Largest Producing Countries:** Sri Lanka, India, and Madagascar

Traditional Use: Cinnamon leaf has been used for culinary and medicinal purposes. The leaf oil has a higher eugenol content than the bark oil, which increases its analgesic properties.

Properties: Analgesic, antibacterial, anticlotting, anti-inflammatory, antiseptic, antispasmodic, carminative, insecticide, stimulant, stomachic

Benefits: Arthritis, bruises, colds, cough, diarrhea, flatulence, infection, insect bites, nervous exhaustion, rheumatism, slow circulation, sore muscles, stomach cramps, stress, toothache. Cinnamon is a good addition to a blend for disinfecting the air.

Blends Well With: Benzoin, bergamot, cardamom, clove, frankincense, ginger, grapefruit, lemon, mandarin, marjoram, nutmeg, orange, peppermint, peru balsam, petitgrain, rose, vanilla, ylang ylang

Of Interest: Cinnamon has been a highly prized commodity since antiquity and is one of the most recognizable scents in the world. The chemical breakdown of Cinnamon leaf oil is similar to that of Clove bud.

Safety Data: Avoid while pregnant. May cause skin irritation.

Dill Seed Essential Oil

- **Botanical Name:** Anethum graveolens
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Seed
- **Note Classification:** Middle
- **Aroma:** Dry, fresh, warm, spicy
- **Largest Producing Countries:** Italy, France, Germany, and Spain

Traditional Use: The most widely known use for dill is pickles. It is also used after a meal (the herb, seed, or a pickle) to help with digestion.

Properties: Antispasmodic, bactericidal, carminative, digestive, emmenagogue, hypotensive, stimulant, stomachic

Benefits: Amenorrhea, colic, cramps, diarrhea, flatulence, indigestion, stimulates appetite. The majority of the benefits from dill oil are associated with the abdomen. When rubbing a blend for menstrual or digestive upsets rub in a clockwise motion.

Blends Well With: Black pepper, caraway, cinnamon, citrus oils, clove, elemi, nutmeg, peppermint, spearmint

Of Interest: Dill and Caraway are very similar to each other in spice and oil form. They may be substituted for each other in aroma blends and cooking or baking.

Safety Data: Avoid while pregnant.

Fennel (Sweet) Essential Oil

- **Botanical Name:** Foeniculum vulgare
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Seeds
- **Note Classification:** Middle
- **Aroma:** Sweet, almost peppery, earthy
- **Largest Producing Countries:** Hungary, France, Germany, and Italy

Traditional Use: Fennel is well known throughout the food industry which utilizes all parts of the plant. Medicinally it has a history of promoting lactation.

Properties: Analgesic, antibacterial, antifungal, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, aperitif, carminative, depurative, digestive, diuretic, emmenagogue, expectorant, galactagogue, laxative, stimulant, stomachic, tonic, vermifuge

Benefits: Amenorrhea, asthma, breast congestion, breast feeding, bronchitis, bruises, candida, cellulite, constipation, cramps, dyspepsia, edema, flatulence, fluid retention, hangover, hiccups, indigestion, insufficient milk (nursing mothers), loss of appetite, mature skin, nausea, rheumatism. The galactagogue action of this oil may be advantageous for new mothers experiencing breast congestion while breast feeding. Fennel may be added to a blend with carrier oil and massaged into the congested area. Remember to wash the area before feeding.

Blends Well With: Bergamot, black pepper, cardamom, cypress, dill, fir, geranium, ginger, grapefruit, juniper, lavender, lemon, mandarin, marjoram, niaouli, orange, pine, ravensara, rose, rosemary, sandalwood, tangerine, ylang ylang

Of Interest: The ancient Greeks thought it conveyed long life, courage, and strength. Their name for fennel was marathrion from maraino, meaning “to grow thin”. Fennel’s ability to stave off hunger was employed during fasting days in Europe.

Safety Data: Avoid in epilepsy, estrogen dependant cancers, and while pregnant. May cause skin irritation.

Ginger Essential Oil

- **Botanical Name:** Zingiber officinale
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Root
- **Note Classification:** Middle
- **Aroma:** Fresh, warm, woody, sweet bright top note
- **Largest Producing Countries:** Sri Lanka, Jamaica, Nigeria, and India

Traditional Use: Ginger is widely used in the food industry. Medicinally it has been used for ailments of the digestive system. It also has a history in the perfume industry, and is considered to have an oriental note to it.

Properties: Analgesic, antibacterial, anticoagulant, anti-inflammatory, antioxidant, antiseptic, antispasmodic, aperitive, aphrodisiac, astringent, carminative, cephalic, cholagogue, diaphoretic, digestive, diuretic, expectorant, febrifuge, laxative, rubefacient, stimulant, stomachic, tonic, vasodilator

Benefits: Arthritis, bronchitis, bruises, chills, colds, colic, congestion, constipation, coughs, cramps, diarrhea, fatigue, fever, flatulence, flu, hangover, headaches, indigestion, loss of appetite, muscular aches and pains, nausea, nervous exhaustion, poor circulation, rheumatism, sinusitis, sore throat, sprains, toothache, travel sickness, varicose veins, vomiting. The stimulant action of this oil makes it useful for fatigue and exhaustion. It may be added to a blend to be diffused into the air, or to a carrier oil and rubbed on the earlobes, temples, or base of the neck.

Blends Well With: Bergamot, cedarwood, clove, coriander, eucalyptus, frankincense, geranium, grapefruit, jasmine, juniper, lemon, lime, mandarin, neroli, orange, palmarosa, patchouli, rose, sandalwood, vetiver, ylang ylang

Of Interest: The Doctrine of Signatures is a system that relates the shape of a plant to a system or organ in the human body. Ginger root shows an affinity with the digestive system. This relationship shows the link between ginger root and its usefulness for digestive ailments.

Safety Data: May cause skin irritation. Possibly phototoxic.

Grapefruit Essential Oil

- **Botanical Name:** Citrus paradisi
- **Common Method Of Extraction:** Cold pressed
- **Parts Used:** Fruit peel
- **Note Classification:** Top
- **Aroma:** Fresh, tangy citrus
- **Largest Producing Countries:** USA and West Indies

Traditional Use: Like many citrus fruits grapefruit is high in Vitamin C, and is used throughout the food and beverage industry. The oil is used in the fragrance industry, and medicinally it has been used as a stimulant and antidepressant.

Properties: Antibacterial, antidepressant, antiseptic, astringent, depurative, digestive, diuretic, restorative, stimulant, tonic

Benefits: Acne, anxiety, cellulite, chills, colds, depression, exhaustion, fatigue, gall bladder, hangovers, headaches, jet lag, muscle fatigue, nervous exhaustion, obesity, oily hair and skin, poor circulation, stiffness, stress, tones the skin and tissues, water retention. To help with fatigue, stress, or exhaustion this oil may be diffused into the air, or added to a salve which can be applied to the temples and nape of the neck.

Blends Well With: Bergamot, black pepper, cardamom, clary sage, clove, cypress, eucalyptus, fennel, frankincense, geranium, ginger, juniper, lavender, lemon, mandarin, neroli, palmarosa, patchouli, peppermint, rosemary, thyme, ylang ylang

Of Interest: Citrus paradisi, or grapefruit, is a hybrid of the sweet orange, Citrus sinensis, and the pomelo, Citrus maxima.

Safety Data: Avoid while pregnant. Phototoxic.

Lavender Essential Oil

- **Botanical Name:** *Lavandula angustifolia*
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Flowering tops
- **Note Classification:** Middle
- **Aroma:** Sweet, floral, herbaceous
- **Largest Producing Countries:** Bulgaria, France, and Ukraine

Traditional Use: Lavender oil is known for its skin healing properties and its use as a sedative. The herb has been used for stewing, and the flowers are used as an aromatic.

Properties: Analgesic, antibacterial, antidepressant, anti-inflammatory, antimicrobial, antirheumatic, antiseptic, antispasmodic, aromatic, carminative, cholagogue, deodorant, diuretic, emmenagogue, hypotensive, insecticide, nervine, sedative, stimulant, stomachic, vulnerary

Benefits: Acne, allergies, amenorrhea, asthma, athlete's foot, bruises, burns, colic, conjunctivitis, cystitis, dandruff, depression, dermatitis, earache, eczema, flatulence, halitosis, headache, hypertension, indigestion, infection, inflammations, insect bites and stings, insomnia, laryngitis, leucorrhea, migraine, nausea, nervous tension, neuralgia, psoriasis, rashes, rheumatism, scars, slow digestion, sore muscles, sprains, stress, sunburn, teething, toothache, ulcers, wound. Lavender oil is a good addition to most skin care products. For bug bites and burns the oil is generally safe to apply neat to the affected area. A skin patch test should be performed before using any essential oil directly on the skin.

Blends Well With: Bergamot, black pepper, cedarwood, chamomile, clary sage, clove, cypress, eucalyptus, geranium, grapefruit, juniper, lemon, lemongrass, mandarin, marjoram, oakmoss, palmarosa, patchouli, peppermint, pine, ravensara, rose, rosemary, tea tree, thyme, vetiver

Of Interest: The name "lavender" is derived from the Latin lavare, meaning, "to wash". Known as one of the seven polyvalents (effective against many toxins), which are applicable to many ailments. Greeks and Romans perfumed their bathwater with lavender, burned lavender incense to appease their wrathful gods, and believed the scent of lavender to be soothing to untamed lions and tigers.

Safety Data: Generally considered safe.

Lemon Balm Essential Oil (Melissa)

- **Botanical Name:** *Melissa officinalis*
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Flowering plant
- **Note Classification:** Middle
- **Aroma:** Light, fresh, green citrus
- **Largest Producing Countries:** Italy, USA, and Hungary

Traditional Use: The oil has been used for its calming effects on the nervous, digestive, and respiratory systems. It has also been used as an addition to bug repellants.

Properties: Antibacterial, antidepressant, antihistaminic, anti-inflammatory, antiseptic, antispasmodic, antiviral, bactericidal, carminative, diaphoretic, digestive, emmenagogue, febrifuge, nervine, sedative, tonic, uterine, vermifuge

Benefits: Allergies, anxiety, asthma, bronchitis, colds, cough, depression, eczema, fever, headache, hypertension, hysteria, indigestion, insomnia, insect bites, insect repellent, irritability, menstrual pain, migraine, nausea, nervous tension, stomach cramps, stress, tonic, vertigo. The calming and sedative effects of this oil may be utilized in a diffuser, or added to your favorite lotion or bath blend.

Blends Well With: Citrus oils, chamomile, frankincense, geranium, lavender, neroli, petitgrain, rose

Of Interest: The genus *Melissa* comes from the Greek word for honey bee. The flowers of the lemon balm plant attract honey bees when it is in bloom.

Safety Data: May cause skin irritation.

Lemon Essential Oil

- **Botanical Name:** Citrus limon
- **Common Method Of Extraction:** Cold pressed
- **Parts Used:** Fruit peel
- **Note Classification:** Top
- **Aroma:** Clean, sugary citrus, slightly sour
- **Largest Producing Countries:** Italy and USA

Traditional Use: All parts of the lemon have used around the house and medicinally. The oil has been used around the house as a cleaning agent, and medicinally it has a history of stimulating the digestive system.

Properties: Antibacterial, antidepressant, antifungal, anti-inflammatory, antimicrobial, antirheumatic, antiseptic, antispasmodic, astringent, carminative, digestive, diuretic, hepatic, hypotensive, laxative, sedative, vermifuge

Benefits: Acne, anemia, arthritis, asthma, candida, chilblains, colds, constipation, depression, detoxification, digestion, fever, general fatigue, herpes, indigestion, infections, insect bites, liver congestion, mouth ulcers, oily skin, rheumatism, slow circulation, sore throat, varicose veins, warts, wounds, wrinkles. Lemon has many applications in the bathroom. It may be used as a disinfectant to clean surfaces, blended into a mouthwash for its antibacterial properties, or blended into an air freshener.

Blends Well With: Benzoin, chamomile, cistus, elemi, eucalyptus, fennel, frankincense, geranium, juniper, lavender, neroli, oakmoss, rose, sandalwood, ylang ylang

Of Interest: Lemons are harvested while they are still green to yield a higher quality oil. It takes over 3,000 lemons to produce 1 kilo (2.2 lbs) of expressed oil.

Safety Data: May cause skin irritation. Phototoxic.

Lemongrass Essential Oil

- **Botanical Name:** Cymbopogon flexuosus
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Grass
- **Note Classification:** Top
- **Aroma:** Heavy, lemony, green
- **Largest Producing Countries:** Sri Lanka, Madagascar, and Nepal

Traditional Use: The oil is widely used as an addition to bug repellants, and for its lemony aroma. It is also used for the isolation of citral.

Properties: Analgesic, antidepressant, antifungal, anti-inflammatory, antimicrobial, antioxidant, antiparasitic, antiseptic, antiviral, astringent, bactericidal, carminative, deodorant, digestive, febrifuge, fungicidal, insecticidal, nervine, sedative, tonic

Benefits: Acne, athlete's foot, cellulite, colitis, digestion, excessive sweat, fevers, headaches, infectious disease, insect repellant, muscular pain, nervous exhaustion, poor circulation, scabies, stress. If you prefer the aroma of lemongrass, it is a good substitute for citronella in a bug repellant blend.

Blends Well With: Basil, bergamot, black pepper, cedarwood, clary sage, coriander, cypress, fennel, geranium, ginger, grapefruit, lavender, lemon, marjoram, orange, palmarosa, patchouli, rosemary, tea tree, thyme, vetiver, ylang ylang

Of Interest: Often times the spent material from distillation is used as food for cattle.

Safety Data: May cause skin irritation.

Lime Peel Essential Oil

- **Botanical Name:** Citrus aurantifolia
- **Common Method Of Extraction:** Cold pressed
- **Parts Used:** Fruit peel
- **Note Classification:** Top
- **Aroma:** Tart, sweet citrus
- **Largest Producing Countries:** Mexico, USA, and Italy

Traditional Use: Lime has similar uses as Lemon oil. It is used to aid in digestive ailments, and as a cleaning agent.

Properties: Antibacterial, antirheumatic, antiseptic, antispasmodic, antiviral, aperitif, astringent, bactericidal, carminative, deodorant, febrifuge, restorative, tonic

Benefits: Acne, anemia, arthritis, asthma, boils, brittle nails, bronchitis, colds, corns, cuts, dyspepsia, fever, flu, infection, insect bites, liver pain, mouth ulcers, nosebleeds, oily skin, poor circulation, rheumatism, stomach cramps, varicose veins, warts. Lime oil can be used in any blend you would add lemon oil to. The aroma is more tart but still very refreshing.

Blends Well With: Citronella, clary sage, lavender, neroli, nutmeg, rosemary, vanilla, ylang ylang

Of Interest: In folklore Lime oil is believed to cleanse and renew the spirit and mind.

Safety Data: Phototoxic.

Marjoram, Sweet Essential Oil

- **Botanical Name:** Marjorana hortensis
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Flowering plant
- **Note Classification:** Middle
- **Aroma:** Bright, sweet, balsamic
- **Largest Producing Countries:** Hungary and Egypt

Traditional Use: Utilized both as a culinary and medicinal herb. It is considered a comforting herb, as it soothes digestive, respiratory, nervous complaints.

Properties: Analgesic, antioxidant, antiseptic, antispasmodic, antiviral, carminative, cephalic, diaphoretic, digestive, diuretic, emmenagogue, expectorant, hypotensive, nervine, sedative, tonic, vasodilator, vulnerary

Benefits: Amenorrhea, anxiety, bronchitis, bruises, colds, constipation, coughs, dysmenorrhea, flatulence, headache, head congestion, hypertension, insomnia, leucorrhea, menstrual problems, muscular aches and stiffness, sore throats, strains, vertigo. For muscle aches and pains, and as a relaxing agent, add marjoram to a massage oil blend.

Blends Well With: Basil, bergamot, black pepper, cedarwood, chamomile, cypress, eucalyptus, eucalyptus lemon, fennel, juniper, lavender, lemon, orange, peppermint, pine, rosemary, tea tree, thyme

Of Interest: The Greeks referred to this plant as the joy of the mountains and considered it a symbol of happiness.

Safety Data: Avoid while pregnant.

Orange, Sweet Essential Oil

- **Botanical Name:** Citrus sinensis
- **Common Method Of Extraction:** Cold pressed
- **Parts Used:** Fruit peel
- **Note Classification:** Top
- **Aroma:** Sweet, sugary, and citrus
- **Largest Producing Countries:** USA, Brazil, and Italy

Traditional Use: Known as an uplifting oil, it is also used to aid digestive upsets. Orange oil is often found in household cleaners.

Properties: Anticoagulant, antidepressant, anti-inflammatory, antiseptic, antispasmodic, bactericidal, carminative, cholagogue, digestive, diuretic, expectorant, fungicidal, hypotensive, stimulant, stomachic, tonic

Benefits: Asthma, colds, cough, depression, flatulence, hypertension, indigestion, infections, insomnia, muscle aches and pains, slow circulation, stress, tension, wounds. To use this oil for its uplifting properties it may be added to a bath (hand, foot, or whole), or diffused into the air.

Blends Well With: Basil, bergamot, black pepper, cinnamon, clary sage, clove, coriander, eucalyptus, frankincense, geranium, ginger, grapefruit, jasmine, juniper, lavender, lemon, litsea cubeba, marjoram, myrrh, neroli, nutmeg, patchouli, petitgrain, rose, sandalwood, vetiver, ylang ylang

Of Interest: Sweet orange oil contains about 90% limonene, which is in many household cleaners. Because of this sweet orange oil is used as a earth friendly alternative to many common household cleaners.

Safety Data: Generally considered safe.

Peppermint Essential Oil

- Botanical Name: *Mentha piperita*
- Common Method Of Extraction: Steam distilled
- Parts Used: Flowering plant
- Note Classification: Top
- Aroma: Fresh, very minty, hot, herbaceous, with a vegetative back note
- Largest Producing Countries: Hungary, USA, and Egypt

Traditional Use: Has many culinary and pharmaceutical uses. It is also used for its soothing qualities on the digestive system.

Properties: Analgesic, anesthetic (topical), antibacterial, anti-inflammatory, antifungal, antimicrobial, antiseptic, antispasmodic, astringent, carminative, cholagogue, cordial, digestive, emmenagogue, expectorant, febrifuge, insecticide, nervine, sedative, stimulant, stomachic, vasoconstrictor, vermifuge

Benefits: Acne, asthma, bronchitis, cholera, colds, cough, cramps, dermatitis, diarrhea, exhaustion, fainting, fever, flatulence, flu, gaseous indigestion and irritated colon, halitosis, headache, hysteria, indigestion, insect bites, kidney stones and gallstones, mental fatigue, migraine, motion sickness, mouth or gum infections, muscular pain, nausea, nerve pain, nervous disorders, neuralgia, palpitations, poor circulation, respiratory disorders, sinusitis, toothache, travel sickness, vertigo, vomiting. Diffusing peppermint into the air may help with many ailments, from headaches to an upset stomach.

Blends Well With: Basil, benzoin, black pepper, cypress, eucalyptus, geranium, grapefruit, juniper, lavender, lemon, marjoram, niaouli, pine, ravensara, rosemary, tea tree

Of Interest: Mild climate stress in the growing conditions of the plant increases the oil content and sesquiterpene levels in the oil.

Safety Data: Avoid in epilepsy and while pregnant. May cause skin irritation. Avoid with homeopaths.

Rosemary Essential Oil

- **Botanical Name:** Rosmarinus officinalis
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Flowering tops
- **Note Classification:** Middle
- **Aroma:** Strong, fresh, camphor-like and with a woody-balsamic undertone
- **Largest Producing Countries:** Spain, France, and Tunisia

Traditional Use: Best known for its aid in memory and hair loss. It is also considered a symbol of love, and the sprigs have been traditionally used in wedding ceremonies.

Properties: Analgesic, antiarthritic, antibacterial, antidepressant, antioxidant, antirheumatic, antiseptic, antispasmodic, aphrodisiac, astringent, carminative, cholagogue, cordial, decongestant, diaphoretic, digestive, diuretic, emmenagogue, expectorant, fungicidal, hepatic, hypertensive, nervine, restorative, rubefacient, stimulant, stomachic, sudorific, tonic, vermifuge, vulnerary

Benefits: Acne, amenorrhea, arthritis, asthma, bronchitis, colds, colitis, constipation, coughs, dandruff, dermatitis, diarrhea, dysmenorrhea, eczema, fainting, flatulence, flu, fluid retention, greasy hair, hangovers, headache, hysteria, insect repellent, jaundice, leucorrhea, lice, memory loss, mental fatigue, migraine, muscle aches and pains, nervous disorders, neuralgia, rheumatism, scabies, sinus problems, slow circulation, sore muscles, tonic, varicose veins, whooping cough, wounds. Rosemary oil has many applications. Diffusing the oil into the air will aid memory and disinfect the room. Using the oil in a massage oil may help with nasal congestion and sore muscles.

Blends Well With: Basil, bergamot, black pepper, cedarwood, cinnamon, citronella, clary sage, elemi, eucalyptus, frankincense, geranium, grapefruit, lavender, lemon, litsea cubeba, mandarin, marjoram, niaouli, oregano, peppermint, petitgrain, pine, ravensara, tea tree, thyme

Of Interest: Rosmarinus is Latin for dew (ros) of the sea (marinus).

Safety Data: Avoid in epilepsy, hypertension, and while pregnant. Avoid with homeopathics.

Sage, Common Essential Oil

- **Botanical Name:** Salvia officinalis
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Leaves
- **Note Classification:** Top
- **Aroma:** Fresh, warm-spicy, herbaceous, somewhat camphoraceous
- **Largest Producing Countries:** USA, Ukraine, and Spain

Traditional Use: Has a long reputation of culinary and medicinal uses. It has been used for respiratory infections and digestive complaints.

Properties: Antibacterial, anti-inflammatory, antimicrobial, antioxidant, antiseptic, antispasmodic, astringent, digestive, diuretic, emmenagogue, febrifuge, insecticidal, laxative, stomachic, tonic

Benefits: Insect repellant. Not recommended for use in aromatherapy.

Blends Well With: Citrus oils, hyssop, lavender, lemon, rosemary, rosewood

Of Interest: Sage is believed to be one of the ingredients in Four Thieves Vinegar. However there are many variations on the recipe.

Safety Data: Not for internal use. Avoid in epilepsy, high blood pressure, and while pregnant or breast-feeding. May cause skin irritation.

Spearmint Essential Oil

- **Botanical Name:** Mentha spicata
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Flowering plant
- **Note Classification:** Top
- **Aroma:** Warm, spicy-herbaceous, minty
- **Largest Producing Countries:** Nepal, USA, and Hungary

Traditional Use: Used throughout the culinary and pharmaceutical industries. Medicinally it is known for its effects on the digestive system, and for relieving aches and pains.

Properties: Analgesic, anesthetic, antibacterial, anti-inflammatory, antiseptic, antispasmodic, astringent, carminative, cephalic, cholagogue, decongestant, digestive, diuretic, expectorant, febrifuge, hepatic, nervine, stimulant, stomachic, tonic

Benefits: Acne, asthma, bronchitis, colds, colic, congested skin, dermatitis, dyspepsia, fatigue, fevers, flatulence, flu, headache, migraine, nausea, nervous strain, sinusitis, stress, vomiting. Spearmint can be used in similar ways as peppermint. When blended together they create a mild slightly sweet mint aroma.

Blends Well With: Basil, benzoin, eucalyptus, jasmine, lavender, lemon, orange, peppermint, rosemary

Of Interest: Spearmint oil is not as strong as peppermint oil and is considered a safer substitute in products for children.

Safety Data: Avoid with homeopathics.

Tangerine Essential Oil

- **Botanical Name:** Citrus reticulata
- **Common Method Of Extraction:** Cold expression
- **Parts Used:** Fruit peel
- **Note Classification:** Top
- **Aroma:** Fresh, sweet, orange-like
- **Largest Producing Countries:** USA and China

Traditional Use: Mostly used in the fragrance industry. Tangerine oil does contain limonene, which may suggest its use in household cleaners.

Properties: Antimicrobial, antiseptic, antispasmodic, carminative, digestive, diuretic, hypnotic, laxative, stimulant, tonic

Benefits: Acne, congested and oily skin, constipation, dyspepsia, fluid retention, hiccoughs, indigestion, insomnia, intestinal problems, nervous tension, obesity, restlessness, scars, stretch marks. Tangerine may be used in similar ways as mandarin. It does have a much sweeter aroma than mandarin oil.

Blends Well With: Basil, black pepper, chamomile, cinnamon, clary sage, clove, frankincense, geranium, grapefruit, jasmine, juniper, lemon, myrrh, neroli, nutmeg, palmarosa, patchouli, petitgrain, rose, sandalwood, ylang ylang

Of Interest: The tangerine is a variety of the mandarin orange. You may sometimes see it on the market as Citrus x tangerine. The oils have similar properties, but different aroma characteristics.

Safety Data: Possibly phototoxic.

Thyme, Red Essential Oil

- **Botanical Name:** Thymus vulgaris and Thymus zygis
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Flowering plant
- **Note Classification:** Middle
- **Aroma:** Warm, spicy-herbaceous, powerful
- **Largest Producing Countries:** Spain and France

Traditional Use: Medicinally known for its antiseptic and disinfectant properties. It is also extensively used as a household cleaner.

Properties: Analgesic, anthelmintic, antibacterial, antifungal, anti-inflammatory, antimicrobial, antioxidant, antiseptic, antispasmodic, antiviral, bactericidal, carminative, cell proliferant, deodorant, diuretic, emmenagogue, expectorant, insecticide, parasiticide, rubefacient, stimulant, tonic, vermifuge

Benefits: Abscess, acne, anxiety, arthritis, asthma, bronchitis, bruises, burns, candida, catarrh, cellulite, chills, colds, coughs, cuts, cystitis, dermatitis, diarrhea, dyspepsia, eczema, exhaustion, fatigue, flatulence, flu, gout, gum infections, headaches, infections, insect bites, insomnia, itching, laryngitis, lice, muscular aches and pains, oily skin, poor circulation, rheumatism, scabies, sinusitis, sore throat, sprains, wounds. Topical applications such as balms and ointments may be applied locally to bruises and cuts, or rubbed into problem areas.

Blends Well With: Bergamot, clary sage, cypress, eucalyptus, geranium, grapefruit, lavender, lemon, lemon balm, marjoram, peru balsam, pine, rosemary, tea tree

Of Interest: The name has two possible Greek origins. The first being thymon which means to fumigate. This comes from the herb being used as an incense. The second is thumon meaning courage. Thyme was associated with bravery.

Safety Data: Avoid in hypertension and while pregnant or breast-feeding. May cause skin irritation.

Ylang Ylang Essential Oil

- **Botanical Name:** Cananga odorata
- **Common Method Of Extraction:** Steam distilled
- **Parts Used:** Flower
- **Note Classification:** Base
- **Aroma:** Rich, sweet floral
- **Largest Producing Countries:** Comoro Islands and Madagascar

Traditional Use: Used throughout the fragrance industry. Ylang ylang is also known for its sedative properties.

Properties: Antibacterial, antidepressant, antifungal, anti-inflammatory, antiseptic, antispasmodic, aphrodisiac, cell proliferant, disinfectant, expectorant, nervine, sedative, vulnerary

Benefits: Acne, allergies, anger, candida, colds, cough, depression, fever, headache, hysteria, insect bites, insomnia, muscle aches and pains, nervous tension, scars, sinus infection, stress, tension, thrush, tinea, wounds. Diffusing this oil may help ease the tension in a room.

Blends Well With: Bergamot, chamomile, clary sage, clove, eucalyptus lemon, ginger, grapefruit, jasmine, lemon, litsea cubeba, mandarin, neroli, opopanax, orange, palmarosa, patchouli, peru balsam, petitgrain, rose, rosewood, sandalwood, tuberose, vetiver

Safety Data: Avoid while pregnant or breast-feeding.

Essential Oils from dōTERRA

The information on the essential oils below is taken from the dōTERRA website:

<http://www.drRitamarie.com/go/doTERRA>

dōTERRA Single Oils

Basil Essential Oil

Ocimum basilicum

Valued for its restorative and calming properties, basil is commonly used for soothing sore muscles and joints, to ease breathing, and as a cooling agent for the skin*. For aromatic, topical, or dietary use.

Bergamot Essential Oil

Citrus bergamia

A highly favored oil for its lovely fragrance, Bergamot is unique among citrus oils for its calming properties. dōTERRA®, in keeping with the CPTG Certified Pure Therapeutic Grade® standard, cold-presses the oil from the rind of the bergamot fruit. For aromatic, topical, or internal use.

Cinnamon Essential Oil

Cinnamomum zeylanicum

Cinnamon is most well-known for its extensive use as a spice in flavoring food. However, its popularity as an essential oil stems from its many therapeutic uses, including cinnamon's cleansing properties and its usefulness with aches and pains*. For aromatic, topical, or dietary use.

Clary Sage Essential Oil

Salvia sclarea

Known for its uplifting and mood-lightening attributes, clary sage is also widely used by women to soothe monthly discomfort associated with their menstrual cycles*. It was also studied by noted expert Robert Tisserand for its mood-enhancing properties during massage. For aromatic, topical, or dietary use.

Clove Essential Oil

Eugenia caryophyllata

Clove is much more than a popular cooking spice, it is a favorite among both health care professionals and health conscious individuals for its many useful and healing properties. It is also a powerful antioxidant. For aromatic, topical, or dietary use.

Coriander Essential Oil

Coriandrum sativum

Popular across many cultures for various uses, Coriander essential oil is extracted from the seed of the coriander plant. Coriander's healthful therapeutic benefits, which can be attributed to its extremely high linalool content, range from digestive support to supporting a healthy insulin response. For aromatic, topical, or internal use.

Eucalyptus Essential Oil

Eucalyptus radiata

Because of the many influential compounds found in eucalyptus, it is a key ingredient in cough and throat medicines and chest ointments. Eucalyptus is used widely both for its calming and clearing properties as well as to ease breathing*. For aromatic or topical use.

Fennel (Sweet)

Foeniculum vulgare

Used for centuries for its many health benefits, Fennel essential oil has pronounced antioxidant properties and is considered a tonic. It is often used to relieve indigestion (supporting the healthy functions of the stomach), to aid in any kind of digestive issue and to support improvements to the lymphatic system. Fennel's sweet yet spicy aroma is balancing and has familiar licorice notes.

Frankincense Essential Oil

Boswellia frereana

Perhaps the most precious of the ancient oils, frankincense is highly sought after by modern consumers for its many uses, including relaxation, immune support, and mood enhancement. For aromatic, topical or dietary use.

Ginger Essential Oil

Zingiber officinale

Although ginger is an indispensable component of worldwide cuisine, it is most notable for its ability to ease indigestion*. Ginger's sweet, citrusy fragrance accompanies a multitude of other therapeutic benefits. For topical, aromatic, or dietary use.

Grapefruit Essential Oil

Citrus X paradisi

Grapefruit's fresh, invigorating aroma is sure to uplift the mood and please the senses. Pressed from the rind, grapefruit is more than just a fresh scent, its cleansing and invigorating properties have made it a favorite among essential oil lovers. For topical, aromatic, or dietary use.

Lavender Essential Oil

Lavandula angustifolia

Our most popular oil, lavender has been cherished for its unmistakable aroma and its therapeutic properties for thousands of years. Lavender is widely used and accepted for its calming and relaxing qualities. For topical, aromatic, or dietary use.

Lemon Essential Oil

Citrus limon

Another favorite, this essential oil powerhouse is cold-pressed from lemon rinds to preserve its delicate nature and potent properties. Lemon is known as a powerful aromatic, topical, and internal cleanser that can be used to complement many other oils. Diffusing lemon in a room can cleanse the air and uplift mood. It can also be used on surfaces throughout the home as a non-toxic cleaning booster. For aromatic, topical or dietary use.

Lemongrass Essential Oil

Cymbopogon flexuosus

Lemongrass has long been used in Asian and Caribbean cooking due to its subtle lemony flavor and aroma. It has been found to support healthy digestion, and soothe aching muscles. For topical, aromatic or dietary use.

Lime Essential Oil

Citrus Aurantifolia

With its sharp, citrus smell, Lime is one more essential oil to add to your favorites! Lime's stimulating and refreshing properties can affect mood, as well as being a powerful aromatic, topical and internal cleanser. Lime is also popular for use on joints and for seasonal bugs. For aromatic, topical, or internal use.

Marjoram Essential Oil

Origanum majorana

Also referred to as "wintersweet" or "joy of the mountains", marjoram is one of the most common herbs found in kitchens around the world. Valued for its calming properties, marjoram may be applied topically to soothe tired, stressed muscles or to support the respiratory or nervous system*. For aromatic, topical, or dietary use.

Melaleuca Essential Oil

Melaleuca alternifolia

Recognized by its more common name "tea tree", melaleuca has been revered for its cleansing and regenerative properties, especially for the skin. Composed of more than ninety different compounds, melaleuca has limitless therapeutic applications. For aromatic, internal or topical use.

Melissa Essential Oil

Melissa officinalis

Our most expensive and rare oil, Melissa essential oil has a sweet, fresh, citrus-like fragrance and is steam distilled from the fresh flowering tops, leaves and stems of the *Melissa officinalis* plant. With a wide range of therapeutic properties, Melissa can be used for calming the nerves, addressing stomach discomfort, mood support, and seasonal bugs. Because the Melissa plant has an oil yield of less than 1/10 of 1%, it is one of the most commonly adulterated oils. For aromatic, topical, or internal use.

Oregano Essential Oil

Origanum vulgare

Hippocrates, the father of medicine, used oregano as a cleansing agent as well as for digestive and respiratory support. High in antioxidant activity, oregano contains phenolic acids and flavonoids. For aromatic, topical, or dietary use (dilute when using topically).

Peppermint Essential Oil

Mentha piperita

Peppermint is popular in countless forms, from toothpaste to chewing gum. As an essential oil, it is useful to ease breathing and as a digestive aid*. For aromatic, topical, or dietary use.

Rosemary Essential Oil

Rosmarinus officinalis

Considered sacred by ancient Greeks, Romans, Egyptians and Hebrews, Rosemary has been revered by healers for centuries for its digestive uses and for muscle aches and pains*. For aromatic, topical, or dietary use.

Thyme Essential Oil

Thymus vulgaris

Thyme, familiar to most as a common seasoning for cooking, produces an essential oil that has valuable cleansing and clarifying properties. It is also notable for its broad-spectrum activity for winter health. For aromatic, topical, or dietary use.

dōTERRA Combination/Blended Oils

These are delicious and very effective therapeutically. I use these almost daily.

DigestZen® Digestive Blend

Many essential oils have been recognized through research as powerful agents to help restore normal balance in the digestive system. DigestZen® takes advantage of these well-established therapeutic compounds in a proprietary blend of pure essential oils. Ginger, peppermint, tarragon, fennel, caraway, coriander and anise each have specific attributes which add to the overall efficacy of this potent blend. When used internally, dōTERRA®'s DigestZen brings soothing digestive relief. For aromatic, topical, or dietary use.

On Guard® Protective Blend

On Guard is dōTERRA®'s unique, proprietary blend formulated to support healthy immune function. Wild orange essential oil, combined with clove, cinnamon, eucalyptus and rosemary offer a fragrant, natural and effective alternative to synthetic options for immune support. On Guard, with its unique aroma, is one of our most versatile blends. It is also safe to use on counter tops, as a non-toxic way to cleanse surfaces, or to purify the atmosphere by diffusing. On Guard is superb for eliminating and controlling pathogens due to the potency of its constituents. For aromatic, topical, or dietary use.

Slim & Sassy®

Metabolic Blend dōTERRA®'s Slim & Sassy® Metabolic Blend is a proprietary formula of 100% pure CPTG Certified Pure Therapeutic Grade® essential oils designed to help manage appetite between meals. Slim & Sassy includes a blend of grapefruit, lemon, peppermint, ginger, and cinnamon essential oils. Just add 8 drops to 16 oz. of water (regular size bottle of water) and drink between your healthy meals throughout the day to help manage hunger, calm your stomach, and lift your mood. For aromatic, topical, and internal use.

Zendocrine® Essential Oil Detoxification Blend

dōTERRA®'s Zendocrine essential oil blend is a proprietary blend of therapeutic-grade essential oils of clove, grapefruit, rosemary, and geranium that have been studied for support of the cleansing organs of the body. The blend is formulated to be used individually or in combination with the Zendocrine botanical extract complex.