

Oils for Intimacy





Our sense of smell is incredibly powerful for accessing the limbic system of our brain and thus can effect our libido and hormones. Essential oils can stimulate the pituitary gland, which controls hormone production. When our pituitary gland is inactive, it can lead to a "low sex drive". Loss of libido can have many causes. Sometimes these are physical such a thyroid issues, medications, and testosterone. Other times they can be mental or emotional: stress, issues within the relationship, fatigue, and depression. Simply smelling essential oils can have a powerful impact on us physically and emotionally. Aroma can arouse the senses, create a more pleasant environment, and increase desire.

How to Use Essential Oils for Romance & Intimacy:

Aromatically: Use your essential oils simply to scent and create a sensual environment. Pleasant fragrances are stimulating, physically and emotionally. Diffuse, use as perfume or make a linen spray!

Topically: Use essential oils for touch therapy. Blend with fractionated coconut oil, or almond oil to create an amazing, therapeutic massage oil. Massage on legs, abdomen and bottom. Dilute properly for a fun sensual lubricant!

In the bath: Add a few drops to the bath to relax and create a romantic atmosphere. Note: You may want to avoid Black Pepper, Cinnamon, or Ginger in the bath. They are warm oils and can be uncomfortable without proper dilution. Choose Rose, Ylang Ylang, Jasmine, Lavender, and Wild Orange. Mix with Epsom salts to help emulsify into the water.

If an oil is unappealing to you or your partner, don't use it. Follow your nose!



Ylang Ylang has a light, flowery aroma that is known to increase sexual energy, enhance relationships, sexual desire, encourages attraction and supports the circulatory system. It is known as one of the most powerful essential oil aphrodisiacs. Ylang Ylang can help you feel closer to others. It is a well known aphrodisiac and helps balance out emotions to put you in a place ready to receive and enjoy. Blends well with other florals, Black pepper, the citruses, Frankincense, Vetiver and Geranium.



Jasmine enhances mood and energy. Excellent for women. Known in India as the “queen of the night” and “moonlight of the grove,” women have treasured jasmine for centuries for its aphrodisiac properties. It promotes a feeling of confidence, energy, euphoria, and optimism. Blends well with Bergamot, Frankincense, Geranium, Helichrysum, Lemongrass, Melissa, Wild Orange, Rose, Sandalwood, Spearmint.

Cinnamon is a warming oil, the scent is sweet and spicy. It improves circulation and blood flow. (Always dilute when using topically.) Need to bring some spice to your love life? Cinnamon is a warm, stimulating oil that can do just that! If things are ... sluggish, add some cinnamon and get the blood flowing! **WARNING!** This is a “hot” oil meaning it will create sensitivity to the skin (Always dilute when using topically). Blends well with Citruses, Frankincense, Cinnamon and Ginger.





Ginger is a sweet, warming oil that supports the circulatory system, enhances libido and increases openness in both men and women. (Always dilute when using topically.) Blends well with spice oils, all citrus oils, eucalyptus, Frankincense, Geranium and Rosemary.

Black Pepper is a warming, spicy oil that strengthens circulation. It can stimulate the appetite, literally and sexually. (Always dilute when using topically.) It can increase stamina & endurance. This oil blends well with citruses, Frankincense, Lavender, Ylang ylang, Rosemary and Sandalwood.



Rose is good for the heart - emotionally and physically. Rose is a passionate, comforting and harmonious oil. It is one of the most effective aphrodisiac oils and it blends well with Ylang ylang, Neroli and Jasmine.



Whisper is dōTERRA's specific blend with a soft, warm aroma. It is designed to create a unique personal fragrance when combined with your personal body chemistry. Whisper can promote hormone balance and help you feel relaxed and calm. It has a powerful collection of oils including Jasmine and Rose which are frequently mentioned when discussing essential oils for intimacy.



Sandalwood promotes emotional openness. Sandalwood has an exotic, warm, woody aroma, making it perfect for men. It has been used historically in meditation and can center the mind in a powerful way. It is also a great tension reliever and calms the body. Sandalwood creates a feeling of openness and has a scent similar to male pheromones. To enhance its aphrodisiac properties blend with Rose or Jasmine. Also blends well with Cypress, Frankincense, Lemon, Myrrh, and Ylang Ylang.



Clary Sage helps to balance hormones. It also is deeply relaxing, promotes euphoria, and acts a powerful aphrodisiac. Because of the hormonal impact, this is a fabulous oil to use all month. We know when mom isn't stable, nothing fun is going to be happening! Blends well with Bergamot, Juniper berry, Lavender, Frankincense & Vetiver.



Neroli is loving, joyous, uplifting & peaceful. When inhaled it is a mild antidepressant and can ease insomnia when inhaled at night. It is also an aphrodisiac – it encourages confidence, courage, joy, peace and sensuality. Blends well with citrus oils, Geranium, Chamomile, Clary sage, Lavender, Rose, Ylang Ylang, Jasmine.





Passion will help inspire creativity and ignite a passion for life when there seems to be little. This blend will fill your senses with renewed joy and feelings of wonder that will have you daring to try new things and will help you find greater delight. So leave your boredom and disinterest behind with a little encouragement from Passion and soar to new levels of excitement, creativity and inspiration.

Roller Bottle Blends 10ml

... For her ...

Love Potion #no.9

{roller bottle blend}
15 drops Ylang Ylang
8 drops Bergamot
8 drops Black Pepper
FCO to fill

Bringing Sexy Back

{roller bottle blend}
15 drops Clary Sage
10 drops Ylang Ylang
5 Drops Cypress
FCO to fill

Seduction Blend

9 drops Wild Orange
12 drops Ylang Ylang
12 drops Rose or Geranium
FCO to fill

Venus Blend

7 drops Ylang Ylang
7 drops Rose or Geranium
7 drops Lavender
7 drops Sandalwood
FCO to fill

... For him ...

Libido Blend

4 drops Wild Orange
2 drops Rose or Geranium

Sexual Enhancement Blend

3 drops Ylang Ylang
2 drops Sandalwood

Bedroom Diffuser Blends

Aphrodisiac Diffuser

1 drop Grapefruit
2 drops Clary Sage
3 drops Juniper Berry
Purified water

Tangle the Sheets

9 drops Ylang Ylang
3 drops Sandalwood or
Cedarwood
3 drops Bergamot

Sexual Desire Boost

1 drop Black Pepper
2 drops Ginger
1 drop sandalwood

Light Your Lovers Fire Blend

1 drop Cinnamon
1 drop Ylang Ylang
1 drop Ginger

In the Mood

2 drops Ylang Ylang
1 drop Wild Orange
1 drop Sandalwood
1 drop Cedarwood

Primal Desire

3 drops Frankincense
1 drop Myrrh
1 drop Sandalwood
1 drop Cinnamon Bark

Massage Blends

Loving Massage Blend

10 drops cedarwood
20 drops Clary Sage
20 drops Ylang Ylang
8 drops Patchouli
2 oz FCO

Sexuality Massage Blend

4 drops Clary Sage
6 drops Sandalwood
4 drops Ylang Ylang
2 drops Coriander
2 drops Patchouli
2 drops Ginger
1 drop Basil
1 drop Vetiver
2 oz FCO

*Take turns massaging each other and enjoy!

Spicy and Sexy Massage Blend

4 drops Ylang Ylang
4 drops Black Pepper
¼ cup fractionated coconut oil
*This blend is sizzling! It warms your skin and lights a fire within! Massage firmly on the thighs, inner thighs and bottom.

Monkey Business Massage Blend

1 drop Rosemary
2 drops Orange
1 drop Patchouli
2 drops Bergamot
¼ cup fractionated coconut oil
*This Blend is playful and sassy!