

Hi, friend, and welcome to the fourth newsletter in the series following your free essential oils e-book!

Have you been hanging in there and following along? So far we've covered topics such as the potency and power of essential oils, and today we take it a step further by providing safety guidelines. This might get a little technical, but it's important to understand the safety piece as we encourage one another in supporting our health. There are three ways to safely use dōTERRA essential oils, so let's jump right in:

#1 Aromatic usage

The sense of smell is a tool that can elicit powerful physiologic, mental, and emotional responses. Essential oils are quickly absorbed by the smell receptors, which have a direct link to the limbic system by way of the olfactory nerve. (Do you feel like you're back in biology class?) The limbic system is part of the brain that supports a variety of functions including smell, emotions, behavior, and memory.

For this reason, essential oils have an especially powerful effect via aromatic application. Just place a few drops in a diffuser or in the palm of your hand, then cup around your nose as you breathe deeply. Or, you can:

- Apply oil to a cotton ball and place in the air vents of your vehicle
- Mix oils in a spray bottle with water and mist over furniture, carpet, or linens
- Add oil to a batch of laundry or to dryer sheets
- Use in household surface cleaners

#2 Topical usage

Because essential oils have low molecular weights and are lipid soluble, they easily penetrate the skin. Once absorbed, they stay in the applied area for a localized benefit. Areas to which you can apply oils include the neck, chest, spine, bottoms of feet, and behind the ears. Avoid application around the eyes and inner ears (ouch!), and on broken, damaged, or otherwise injured skin.

To decrease the likelihood of developing a skin sensitivity, especially on young or sensitive skin, it's wise to use a carrier oil such as Fractionated Coconut Oil to dilute more potent oils and when trying an oil for the first time. The recommended dilution ratio is typically one drop of essential oil to three drops of carrier oil.

It's always advisable to use several small doses throughout the day rather than a single large dose. Start with the lowest possible dose (1–2 drops). A topical dose can be repeated every 4–6 hours as needed. Because every individual is unique, the dose will vary for everyone based on size, age, and overall health status. Here are some other ways to use oils topically:

- Add a few drops of oil to a warm bath
- In a massage

- Make a hot or cold compress by soaking a towel or cloth in water, adding essential oils, and then applying to the desired area
- Add oil to a lotion or moisturizer and then apply to skin

#3 Internal usage

Each type of essential oil contains a mixture of natural chemical compounds unique to that species of plant. For thousands of years, humans have ingested plants in the form of food and extracts – we’re all familiar with teas, flower-based remedies, and herbs! Whether it’s cinnamon on your oatmeal, peppermint in your tea, or oregano or basil in your pasta sauce, the human body is well equipped to safely metabolize these plant extracts. When concentrated, essential oils can be used as internal supplements for more potent and targeted support.¹

Oils are absorbed into systemic circulation via the digestive tract. Internal use of essential oils offers powerful effects to the body.² Essential oils are lipid soluble, so they are readily transported to all organs of the body, including the brain. Then, like all things we consume, essential oils are metabolized by the liver and other organs and are then excreted.

Be mindful that the body is only equipped to handle appropriate doses of essential oils. Proper dosing according to labeling recommendations and other professional guidelines should be strictly followed to avoid toxicity. You can use oils internally also when you:

- Use oils in recipes for cooking or baking to replace fresh or dried herbs and spices
- Add essential oils to water, smoothies, milk, tea, or other drinks
- Use in a veggie capsule or softgel

¹ <https://www.doterra.com/US/en/blog/science-research-news-internal-use-essential-oils>

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Tracing Science at dōTERRA®

2009 We established the CPTG® testing process, the highest standard in the essential oil industry.

2009 Nicole Stevens, M.S., became dōTERRA's first research partner. In 2009, she joined our Research and Development Department as the Managing Scientist of Essential Oils.

2010 Our first peer-reviewed study was published in the Journal of Natural Products in 2010.

2011 The Medical Advisory Board and Scientific Advisory Board were formed. These are composed of physicians, scientists, and leading essential oil experts.

2012 We partnered with a leading research community for a study regarding the efficacy of our AromaTouch® Hand Technique.

2013 A human clinical study on the efficacy of dōTERRA Lifelong was published in the Journal of Natural Products in 2013.

2013 Research on the efficacy of all our essential microorganisms.

One of the many benefits of dōTERRA is the company's commitment to science, and the uncompromising standard of safety and purity of every single batch of essential oil.

Want to learn more? I'm available for free 30-minute wellness consultations at your convenience. Just click the link below to schedule!

[Visit My Website Now](#)



I look forward to connecting with you!

Warmest Regards,

Jacquie Merville
 Certified Aromatherapist
 Practical Oiling with Jacquie