

doTERRA® - Certified Pure Therapeutic Grade Essential Oil

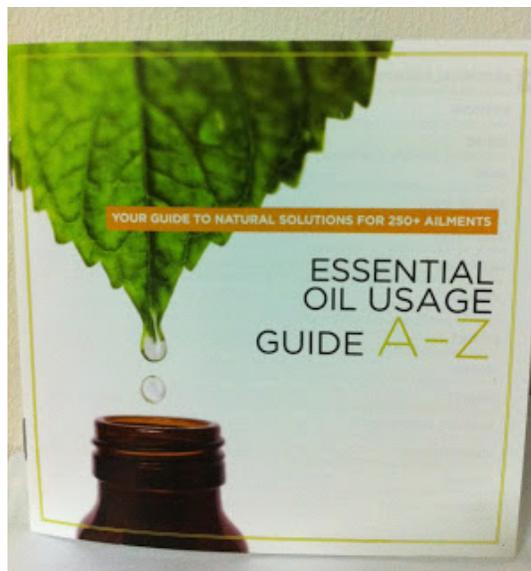
doTERRA® helps to enhance your life and improve your family's health and well being. Start building up your child's immunity and get rid of all the germs and bacteria in the house. A healthy child makes a happy mom!



Essential Oil Usage Guide A-Z

Parenthood fair 2010 at Singapore expo (26-28 Nov)

Thanks to all who supported doTERRA at the Parenthood exhibition last weekend! The event wouldn't be successful without your support. Hope to see you again next year.



A
ABDOMINAL CRAMPS

Try: DigestZen, Basil, Clary Sage

ACHES	Usage: take internally in a capsule or apply topically to abdomen Try: Marjoram, Deep Blue, Birch
ACNE	Usage: apply topically to affected area Try: Melaleuca, Lemongrass, Lavender
ALLERGIES	Usage: apply topically to affected areas daily Try: Breathe, Lavender, Eucalyptus
AMNESIA	Usage: apply topically to back of neck or under nose and on bridge of nose or take internally in a capsule or diffuse into the air and inhale Try: Frankincense, Peppermint, Rosemary
ANEMIA	Usage: apply to bottom of feet or insides of wrists Try: Lemon, Lemongrass, Helichrysum
ANXIETY	Usage: diffuse into the air and inhale or massage onto back, feet and hands Try: Serenity, Lavender, Elevation
APPETITE SUPPRESSANT	Usage: add to water and drink or diffuse into the air and inhale Try: Grapefruit, Slim & Sassy
ARTHRITIC PAIN	Usage: apply topically to affected area Try: Deep Blue, Frankincense, Lavender
ASTHMA	Usage: diffuse into the air or apply to bottom of feet, or take internally in a capsule Try: Breathe, Eucalyptus, Peppermint
ATHEROSCLEROSIS	Usage: apply topically to affected area Try: Lemon, Lavender, Rosemary
ATHLETE'S FOOT	Usage: apply to area between toes and around toenails Try: Oregano, Melaleuca, Lemon
AUTISM	Usage: diffuse into the air and inhale Try: Balance, Vetiver, Frankincense
B	
BACK PAIN	Usage: massage into back as needed Try: Deep Blue, Eucalyptus, Wintergreen
BEE STING	Usage: apply topically to sting or bite several times daily until symptoms cease Try: Roman Chamomile, Lavender, Melaleuca
BELL'S PALSY	Usage: massage on front and behind ear and painful areas until symptoms subside Try: Peppermint, Helichrysum, Rosemary
BLEEDING	Usage: apply topically to affected area Try: Helichrysum, Geranium
BLEEDING GUMS	Usage: gargle several times daily or apply topically to gums several times daily Try: Cinnamon, Peppermint, Wintergreen
BLISTERS ON FEET	Usage: apply topically to blistered area Try: Lavender, Roman Chamomile, German Chamomile
BLOATING	Usage: apply topically to stomach area and to bottoms of feet or take internally in a capsule Try: DigestZen, Peppermint, Clary Sage
BLOOD CLOT IN VEINS	Usage: apply topically to affected area and to bottoms of feet or take internally in a capsule Try: Cypress, Helichrysum, Clove
BOILS	Usage: apply topically to affected area Try: Clove, Thyme, Oregano
BONE PAIN	Usage: apply topically to affected area Try: Wintergreen, Helichrysum, Cypress
BONE SPURS	Usage: apply topically over affected area Try: Wintergreen, Cypress, Marjoram
BRONCHITIS	Usage: apply topically to chest and neck area, gargle hourly or diffuse Try: Breathe, Eucalyptus, Thyme
BRUISES	Usage: apply topically to bruised area Try: Cypress, Helichrysum, Deep Blue
BUNIONS	Usage: apply to affected area or joint Try: Deep Blue, Basil, Cypress
BURNS	Usage: apply gently to affected area Try: Lavender, Melaleuca, Geranium
C	
CALLOUSES	Usage: apply topically to affected area Try: Oregano
CANDIDA	Usage: apply topically to chest and on bottom of feet or take internally in a capsule several times daily Try: Melaleuca, OnGuard, Peppermint
CANKER SORES	Try: Melaleuca, OnGuard, Oregano

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How to order?

Should you have any enquiries or interested in ordering any of the listed doTERRA® products, please send an email to the following & you should receive an acknowledgement or reply within 2 business days:

Email: doterra@rocketmail.com

Thank you.

Delivery / Self Collection

Delivery/Postage fees are chargeable base on weight of parcel at the Singapore Post Office.

Delivery/Postage within Singapore only.

For other arrangements of delivery or self-collection, please highlight in your email.

Payment

- Orders by email only

- We do not reserve any stocks until payment is received and confirmed by

CATARACTS	Usage: apply directly to canker sore or gargle Try: Clover, Lavender
CAVITIES	Usage: take internally in a capsule or apply topically to temples Try: OnGuard, Melaleuca, Peppermint
CELLULITE	Usage: apply topically to botooms of feet or take internally in a capsule Try: Rosemary, Grapefruit, Lemon
CHAPPED SKIN	Usage: massage vigorously on cellulite locations daily especially before exercicing or add to water and drink throughout the day Try: Roman Chamomile, Sandalwood, Lavender
CHICKEN POX	Usage: apply topically to affected area as often as needed Try: Lavender, Melaleuca, Sandalwood
CHRONIC FATIGUE	Usage: dilute with a carrier oil and dab lightly on spots Try: OnGuard, Pepperming, Basil
CHRONIC PAIN	Usage: take internally in a capsule or apply topically to muscles and joints Try: Pepperming, Deep Blue, Wintergreen
CLOGGED PORES	Usage: massage into affected area as needed or take internally in a capsule Try: Lemon, Wild Orage, Melaleuca
COLD	Usage: apply topically to affected area Try: OnGuard, Thyme, Melaleuca
COLD SORES	Usage: diffuse into the air and inhale or gargle or take internally in a capsule Try: OnGuard, Lemon, Melaleuca
COLIC	Usage: apply to cold sores as soon as it starts and repeat several times daily Try: Marjoram, Ylang Ylang, Bergamot
COLITIS	Usage: dilite with a carrier oil and apply topically to stomach and back Try: Pepperming, DigestZen, Helichrysum
CONCUSSION	Usage: massage over lower abdomen area or take internally in a capsule Try: Frankincense, Cypress
CONGESTION	Usage: take internally in a capsule Try: Eucalyptus, Frankincense, Pepperming
CONJUNCTIVITIS	Usage: diffuse or gargle, massage onto forehead, nose, cheeks, lower throat, chest and upper Try: Melaleuca, Lavender
CONSTIPATION	Usage: apply around (but NOT in) the eyes or apply to bottomrs of feet several times daily Try: DigestZen, Marjoram, Lemon
CONVULSIONS	Usage: take internally in a capsule or apply topically to stomach or feet Try: Lavender, Clary Sage, Balance
CORNS	Usage: apply topically to corn several times daily Try: Lemon, Grapefruit, Oregano
COUGH	Usage: massage into neck and chest or gargle or diffuse into the air and inhale Try: Lemon, Breathe, Melaleuca
CRAMPS	Usage: massage into neck and chest or gargle or diffuse into the air and inhale Try: Rosemary, Cypress, Marjoram
CROUP	Usage: massage on cramped muscles several times daily or take internally in a capsule Try: Marjoram, Thyme, Sandalwood
CUTS	Usage: diffuse into the air and inhale or apply topically to chest and neck Try: Lavender, Melaleuca, Bergamot
CYST	Usage: dilute with a carrier oil and apply to affected area Try: Oregano, Thyme
CYSTITIS	Usage: apply topically to affected area as needed Try: Thyme, Lemongrass, Clove
D	
DANDRUFF	Usage: take internally in a capsule or apply a warm compress over bladder Try: Cypress, Lavender, Rosemary
DEHYDRATED SKIN	Usage: dilute and massage into scalp. Rinse after 60-90 minutes Try: Geranium, Lavender
DENTAL INFECTION	Usage: apply topically to affected area Try: Wintergreen, Birch, Helichrysum
DEPRESSION	Usage: apply on gums and around teeth Try: Elevation, Citrus Bliss, Lavender
DIABETES	Usage: add to a warm bath or diffuse into the air and inhale Try: Coriander, Basil, Balance
DIABETIC SORES	Usage: take a couple drops of coriander internally in a capsule morning and evening and apply a couple drops of Balance topically to feet in the evening Try: Lavender, Balance

us

- Full Payment upon confirmation of order

- No cancellation of orders are allowed after payment is received

- Payment by Internet Bank Transfer only(*We do not accept cards or cash upon collection or delivery)

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DIARRHEA	Usage: apply topically to back, feet and over pancreas or diffuse into the air and inhale Try: Peppermint, Ginger, DigestZen
DIZZINESS	Usage: dilute and apply topically to affected area several times daily Try: Cypress, Peppermint, Basil
DRY SKIN	Usage: diffuse into the air and inhale as needed or apply topically to temples, back of neck and shoulders Try: Geranium, Chamomile, Lemon Usage: apply topically to affected area
E	
EAR INFECTION	Try: Malaleuca, Purify, Lavender Usage: apply to cotton ball and place over ear
ECZEMA	Try: Helichrysum, Thyme, Geranium Usage: apply topically to affected area as needed
EPILEPSY	Try: Frankincense, Clary sage, Sandalwood Usage: diffuse into the air and inhale or take internally in a capsule or massage
EXHAUSTION	Try: Lavender, Ylang Ylang, Lemon Usage: diffuse into the air and inhale or apply topically to back and feet
F	
FAINTING	Try: Peppermint, Sandalwood, Rosemary Usage: inhale directly
FATIGUE	Try: Lemongrass, Basil, Lemon Usage: inhale directly or diffuse into the air and inhale or apply topically on temples and behind ears as needed
FEVER	Try: Peppermint, Lavender, Eucalyptus Usage: apply to forehead, temples and back of neck or take internally in a capsule or diffuse into the air and inhale
FLATULENCE	Try: Peppermint, Lavender, Ginger Usage: take internally in a capsule or apply topically to abdomen
FLU	Try: Breathe, OnGuard, Oregano Usage: take internally in a capsule or diffuse into the air and inhale or apply topically to chest
FOOD POISONING	Try: Rosemary, DigestZen, OnGuard Usage: take internally in a capsule several times daily and apply topically to stomach area
G	
GASTRITIS	Try: Peppermint, DigestZen, Lemongrass Usage: take internally in a capsule or apply topically over stomach area as needed
GINGIVITIS	Try: Clove, Melaleuca, Peppermint Usage: Gargle many times daily or as needed
GUM DISEASE	Try: Melaleuca, OnGuard Usage: apply topically to bottoms of feet
H	
HAIR LOSS	Try: Thyme, Rosemary, Lavender Usage: dilute 5 drop in 20 drops of a carrier oil and massage into scalp each night
HANGOVER	Try: Lavender, Peppermint, Rosemary Usage: add to warm bath or apply to neck and over liver
HEAD LICE	Try: Geranium, Lavender, Lemon Usage: dilute and apply to entire scalp, then shampoo and rinse 30 minutes later. Repeat daily for several days
HEADACHE	Try: Peppermint, Lavender, Wintergreen Usage: diffuse into the air and apply topically to forehead, temples, back of neck and behind ears
HEARTBURN	Try: Peppermint, Ginger, Lemon Usage: take internally in a capsule or apply topically to chest
HEATSTROKE	Try: Peppermint, Lavender Usage: apply topically to forehead and back of neck, chest and back
HICCUPS	Try: Chamomile, Lemon, Cypress Usage: diffuse into the air and inhale or massage into chest and stomach area
HIGH BLOOD PRESSURE	Try: Lavender, Marjoram, Eucalyptus Usage: do a full body massage daily or diffuse into the air and inhale or take internally in a capsule
HOT FLASHES	Try: Balance, Peppermint, Clary Sage Usage: diffuse into the air and inhale or apply topically to back of neck
HYPERACTIVITY	Try: Lavender, Vetiver, Serenity Usage: diffuse into the air and inhale or inhale directly
I	
IMPOTENCE	Try: Ylang Ylang, Clary Sage, Sandalwood

INDIGESTION	Usage: diffuse into the air and inhale or apply topically to temples, wrists and back of neck Try: Ginger, Orange, Peppermint
	Usage: take internally in a capsule or apply topically over stomach area
INFECTION	Try: Clove, Thyme, Oregano
	Usage: dilute with a carrier oil and apply to infected area or diffuse
INFLAMMATION	Try: Wintergreen, Peppermint, Eucalyptus
	Usage: apply topically to affected area or take internally in a capsule
INSECT ALLERGIES	Try: Lavender, Eucalyptus, Melaleuca
	Usage: apply topically to affected area
INSECT REPELLENT	Try: TerraShield, Eucalyptus, Lemon
	Usage: dilute with carrier oil and apply to exposed skin as needed
INSOMNIA	Try: Serenity, Lavender, Chamomile
	Usage: add to a warm bath, rub on feet and behind ears and diffuse into the air
ITCHING	Try: Peppermint, Oregano, Lavender
	Usage: apply topically to affected area as needed
J	
JET LAG	Try: Peppermint, Bergamot, Rosemary
	Usage: apply calming oils like Lavender and Geranium to bottoms of feet at night and invigorating oils like Peppermint and Eucalyptus in the morning
JOINT PAIN	Try: Wintergreen, Birch, Deep Blue
	Usage: massage into affected area as needed
L	
LACTOSE INTOLERANCE	Try: Lemongrass
	Usage: take internally in a capsule
LEG CRAMPS	Try: Clary Sage, Cypress, Lavender
	Usage: massage into legs
LICE	Try: Eucalyptus, TerraShield, Rosemary
	Usage: massage into the scalp and apply topically to bottoms of feet several times daily
LOSS OF APPETITE	Try: Ginger, Wild orange, Lavender
	Usage: diffuse into the air and inhale or take internally in a capsule
M	
MEASLES	Try: Lavender, Roman Chamomile, Melaleuca
	Usage: apply on spots several times daily or add to bath and soak for at least 30 minutes daily
MENOPAUSE	Try: Clary Sage, Frankincense, Roman Chamomile
	Usage: apply topically to abdomen, bottoms or feet and back of neck
MENSTRUAL PAIN	Try: Clary Sage, Rosemary, Peppermint
	Usage: massage into abdomen, lower back and shoulders or apply a warm compress over uterus area or take internally in a capsule
MIGRAINE	Try: Helichrysum, PastTense, Sandalwood
	Usage: apply topically to forehead, temples, base of skull and behind the ears or inhale directly as needed
MOLD	Try: Cinnamon, Oregano, Thyme
	Usage: diffuse into the air where mold is present
MORNING SICKNESS	Try: Ginger, Lavender, Peppermint
	Usage: apply topically behind ears and over navel hourly or diffuse into the air and inhale
MOTION SICKNESS	Try: Ginger, Lavender, Peppermint
	Usage: apply topically behind the ears and over navel or diffuse into the air and inhale
MUSCLE PAIN	Try: Peppermint, Deep Blue, Clove
	Usage: apply topically to affected muscles
N	
NAUSEA	Try: Ginger, Lavender, DigestZen
	Usage: apply topically behind ears and over navel hourly or diffuse into the air and inhale or under tongue as needed
NECK PAIN	Try: Basil, Marjoram, Helichrysum
	Usage: massage onto neck several times daily
NERVOUS FATIGUE	Try: Helichrysum, Thyme, Peppermint
	Usage: diffuse into the air and inhale or apply topically to temples, behind ears and on back of neck
NOSE BLEEDS	Try: Helichrysum, Geranium, Lavender
	Usage: apply topically to the bridge and sides of nose and back of neck as needed
O	
OILY HAIR	Try: Basil, Cypress, Thyme
	Usage: add to shampoo when washing hair
P	

PAIN	Try: Peppermint, Wintergreen, Birch Usage: massage into affected area
PALPITATIONS	Try: Ylang Ylang, Wild Orange, Lavender Usage: apply topically on chest area
PARASITES	Try: Oregano, Peppermint, Ginger Usage: take internally in a capsule or apply warm compress over intestinal area
R	
RASHES	Try: Lavender, Roman Chamomile, Sandalwood Usage: dilute with a carrier oil and apply topically to affected area
S	
SCARRING	Try: Helichrysum, Lavender, Frankincense Usage: apply topically over wound daily until healed
SHINGLES	Try: Melaleuca, Oregano, Sandalwood Usage: apply topically to affected area, on back of neck and along the spine
SHOCK	Try: Helichrysum, Peppermint, Melaleuca Usage: diffuse into the air and inhale or apply topically on temples, under nose and on back of neck
SINUS CONGESTION	Try: Sandalwood, Thyme, Eucalyptus Usage: diffuse into the air and inhale several times daily
SINUS HEADACHE	Try: Rosemary, Melaleuca, Eucalyptus Usage: diffuse into the air and inhale several times daily
SORE THROAT	Try: OnGuard, Lemon, Melaleuca Usage: gargle or diffuse into the air and inhale or apply topically to throat, chest, and back of neck several times daily
SPRAINS	Try: Wintergreen Lemongrass, Basil Usage: apply topically to affected area
STOMACHACHE	Try: DigestZen Usage: apply topically to stomach area
STREP THROAT	Try: OnGuard, Oregano, Thyme Usage: diffuse into the air and inhale or gargle or take internally in a capsule several times daily
STRESS	Try: Grapefruit, Elevation Bergamot Usage: diffuse into the air and massage shoulders, back and feet
STRETCH MARKS	Try: Cypress, Geranium, Lavender Usage: apply topically to affected areas a couple times daily
STROKE	Try: Helichrysum, Cypress, Peppermint Usage: apply topically on temples, forehead, behind ears and on back of neck or take internally in a capsule
SUNBURN	Try: Lavender, Melaleuca, Helichrysum Usage: apply gently to affected area
T	
TEETHING PAIN	Try: Clove, Wintergreen, Roman Chamomile Usage: apply topically to affected tooth and gum or gargle several times daily
TENNIS ELBOW	Try: Deep Blue, Eucalyptus, Peppermint Usage: apply topically to affected area as needed
TENSION HEADACHE	Try: Peppermint, Lavender, Marjoram Usage: apply topically to forehead, temples, back of neck and behind ears
TOOTHACHE	Try: Clove, Melaleuca, Purify Usage: apply to gums or add to water to gargle and swallow
V	
VARICOSE VEINS	Try: Cypress, Helichrysum, Lemongrass Usage: massage into affected area several times daily
VERTIGO	Try: Ginger, Helichrysum, Geranium Usage: massage on tops of ears and behind ears
VOMITING	Try: Ginger, Peppermint Usage: diffuse into the air and inhale or apply topically to stomach area
W	
WARTS	Try: Oregano, Melaleuca, OnGuard Usage: apply topically to wart several times daily
WASP STING	Try: Lavender, Purify Usage: apply topically to sting
WHIPLASH	Try: Deep Blue, Lemongrass, Marjoram Usage: apply topically to neck, shoulders and back
WORMS	Try: DigestZen, Lavender, Rosemary Usage: apply topically to stomach area and on the bottoms of feet

WOUNDS

Try: Lavender, Melaleuca, Rosemary
Usage: dilute and apply to affected area several times daily

WRINKLES

Try: Frankincense, Helichrysum, Geranium
Usage: dilute with a carrier oil and apply topically to affected areas

To read the full version of the natural solutions for more than 250 other different ailments, request for a Essential Oil Usage Guide A-Z booklet now. You may also request for a chinese version of the booklet.

*The above usages are extracted from doTERRA's Essential oil usage guide A-Z booklet.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.



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