

INTEGRATING doTERRA ESSENTIAL OILS INTO YOUR LIFESTYLE

BASED ON

**The Home
Essentials Kit**

and



**Family Essentials
Enrolment Kit**

For the most effective use of doTERRA essential oils, we recommend consulting your Wellness Advocate. They can provide personalized guidance and refer you to additional resources, including the official doTERRA website (<https://www.doterra.com/US/en>), "Top Oils" apps, private Facebook groups, and "The Essential Life" book. Remember that consistent and correct daily use is crucial for preventative benefits; the amount and application method depend on your specific needs. Pregnant or breastfeeding individuals and children should always consult with their Wellness Advocate before use.

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Treatment Options for Health Concerns

Using doTERRA's Top Ten

Essential Oils

Essential Oil Application Methods:

Internal Use: Capsules, vegetable oil blends, honey.

Topical (Undiluted) Application: Spine, soles of the feet; diffused with a diffuser; inhaled directly; steam inhalation; sauna; applied to aroma sticks (olfactory sticks).

Personal Care: Lotions, oils, soap, shower gel, body scrub, hand sanitizer, hand wash.

Massage & Aromatherapy: Massaged into skin, applied to reflex points (reflexology).

Other Applications: Relief of gas, aromatherapy baths (sitting, foot, or full body), spraying, suppositories, enemas, irrigation, etc.

1. Lemon - Citrus limonum ze.

Start Your Day Energized! Integrate this into your daily routine. Keep a small sample bottle with you and remember to add 4-6 drops (or 1-2 drops from a 15ml bottle) to your water or tea with each beverage.

Uses & Applications:

- **ACNE/BLEMISHES:** Apply 1 drop of **TEA TREE** to a damp cotton pad and gently apply to affected areas.
 - **AIR PURIFICATION:** Diffuse 2-6 drops and repeat every 2-3 hours.
 - **ANTI-AGING:** Take 4-10 drops daily in a capsule or mixed with water.
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- **BLOOD THINNERS:** 10 drops daily will not interact negatively with blood thinners.
- **BODY SCRUB/LOTION/BODY WASH:** Add 2-3 drops to body scrubs, lotions, or body washes to help reduce the appearance of cellulite or age spots.
- **CELLULITE REDUCTION:** Add 5-10 drops to body scrubs, depending on the area treated.
- **DANDRUFF:** Add 1-2 drops to your shampoo.
- **DIGESTIVE SUPPORT:** Take 5-10 drops daily. This aids digestion and helps remove blockages.
- **EVENING RELAXATION:** Apply 2 drops of **FRANKINCENSE** to the soles of your feet or spine before bed to promote restful sleep.
- **FOOT ODOR:** Add 2-5 drops to a foot bath or foot powder.
- **GASTROINTESTINAL SUPPORT:** Add 2-4 drops to beverages, sauces, smoothies, dressings, or lemonades to taste.
- **HIGH BLOOD PRESSURE & HIGH CHOLESTEROL:** Take 4-10 drops daily.
- **HOUSEHOLD CLEANING:** Add 1ml **LEMON** and 1ml **TEA TREE** to 150ml **ONGUARD** cleaner for an effective dishwashing liquid.
- **KIDNEY STONES/KIDNEY SAND:** Consume 10 drops daily. Consistent use may help prevent the formation of new stones; existing stones may break down into smaller particles, which the body can eliminate.
- **LARYNGITIS:** Dissolve 1-2 drops of **LEMON** in honey and slowly swallow; repeat every 2 hours.
- **MORNING BOOST:** Add 2-3 drops of **LEMON** and 1 drop of **PEPPERMINT** to a glass of water upon waking. This can also be added to freshly squeezed lemon juice to support overnight detoxification, aid digestion, and boost liver function.
- **NAIL STRENGTH & WHITENING:** Apply 1-2 drops to a nail brush and use on your nails.
- **NAUSEA/HEARTBURN:** Place 1-2 drops under your tongue. Combine with 1-2 drops of **PEPPERMINT** or **ZENGEST**.
- **PRODUCE WASHING:** Add 2-5 drops of **LEMON** to water to remove pesticide residue from produce.
- **SORES & BLEMISHES:** Apply 1 drop of **TEA TREE** and 1 drop of **LAVENDER** oil to a damp cotton pad and apply to affected areas. This cleanses and soothes inflamed skin.

- **SORE THROAT:** Place 1-2 drops of **ONGUARD** and **TEA TREE** under your tongue.
- **SUN SENSITIVITY:** Avoid applying to skin before sun exposure or tanning.
- **TEETH WHITENING:** Mix 3ml **LEMON**, 1ml **TEA TREE**, and 1ml **PEPPERMINT**. Apply a small amount to your toothbrush and brush twice daily for a maximum of four weeks, twice yearly.
- **VARICOSE VEINS:** Take 5-10 drops daily.

2. Peppermint - *Mentha piperita*

Refreshing, invigorating, and toning; promotes focus and alertness; clears airways and thins mucus; eases breathing; relieves stomach, tooth, and headache pain. Supports digestion, stimulates bile flow, reduces fermentation, strengthens the stomach, and relieves gas. Boosts circulation and tones the cardiovascular system. Gentle on the skin, non-toxic. Those with low blood pressure will appreciate its invigorating effect on circulation and energy levels; apply 1-2 drops to the nape of the neck and inhale.

Uses & Applications:

- **AIR CONDITIONING:** For cooling in hot weather, apply 1-2 drops to the nape of the neck, inner forearm, and chest for instant home air conditioning.
- **AIRWAY CLEANSING:** For breathing improvement, diffuse, inhale from your palm, or steam 1-5 drops.
- **ALERTNESS:** Maintaining alertness through continuous inhalation of **PEPPERMINT** essential oil enhances learning and cognitive abilities. In cases when driving late at night, diffuse it, occasionally apply to the nape of your neck, and place 1 drop under your tongue every hour.
- **ASTMA:** Has anti-asthmatic effects and can support healthy respiratory function while reducing hyperactive responses to allergens in cases of allergic asthma. The combination of **LAVENDER**, **LEMON**, and another oil achieves a very good anti-allergen effect; diffuse and take **3-3-3 drops in a vegetable capsule in the morning and evening**.
- **BREATH FRESHENER:** Place 1 drop under your tongue or on your toothpaste; provides an intense experience for brushing teeth and benefits oral hygiene.
- **CIRCULATION IMPROVEMENT:** A great cardinal tonic.

- **COOLING FUNCTION:** For pain at the temples or soles, apply 1 drop each; for itching rashes, it calms the heightened state and can also be taken internally in lemonade.
- **DIARRHEA:** Strengthening the stomach can be achieved by consuming a mixture of 3 ml **PEPPERMINT**, 1 ml **LEMON** in honey and vegetable oil, taken by the teaspoon multiple times daily.
- **EYE CONTACT:** Avoid contact with eyes; keep away from the eye area!
- **FEVER RELIEF:** Combine with **LEMON** and a carrier oil; apply 2 drops to your chest, back, and soles, repeating hourly.
- **FLAVORING COCKTAILS:** Can also be used to flavor cocktails, with drops according to taste.
- **FOCUS AND ACTIVITY:** Brings focus and promotes activity, increases concentration and performance; instead of coffee, dissolve **PEPPERMINT** oil in lemon juice in herbal tea, then consume slowly.
- **GALLBLADDER ISSUES AND BLOATING:** Take 1-2 drops under the tongue.
- **HANGOVER RELIEF:** Calms the stomach, strengthens it; consume 1-2 drops in water or place under your tongue.
- **HEADACHE:** For quick relief, apply 1-2 drops to the temples, nape, and forehead area and inhale.
- **HIVES:** For shingles and anything that itches, 1 drop can be applied, activating the cooling function.
- **HYPOTHYROIDISM:** Using 1-2 drops daily is beneficial.
- **IBS (IRRITABLE BOWEL SYNDROME), ULCERATIVE COLITIS, CROHN'S DISEASE:** Use confidently both externally and internally, providing significant help for all gastrointestinal inflammation. Use daily, supplemented with **ZENGEST**, taking 5-10 drops during the day, and apply 1-2 drops to your navel and massage on your abdomen.
- **LEARNING DIFFICULTIES:** It enhances mental endurance; use in a diffuser beside you, or inhale from your palm, apply to the nape of your neck, and place a drop under your tongue.
- **MALAIS:** For malaise, combine 3 ml **PEPPERMINT**, 1 ml **LEMON**, (1 ml **GINGER**) in honey and vegetable oil, and consume by the teaspoon.
- **MUSCLE RELAXATION:** Works wonderfully in massage cream for joint issues; combine 1-5 drops with a few drops of **FRANKINCENSE**.

- **NAUSEA:** Inhale from your hand with **LEMON** (or **GINGER**) for nausea relief in the first trimester for the pregnant woman.
- **NAUSEA, VOMITING, AND MOTION SICKNESS:** Strengthening the stomach can be achieved by consuming a mixture of 3 ml **PEPPERMINT**, 1 ml **LEMON**, (1 ml **GINGER**) in honey and olive oil, taken by the teaspoon multiple times daily.
- **REFLUX & HEARTBURN:** For classic heartburn when acid doesn't come back but feels like a sharp-burning sensation in the heart area; treat externally and internally consume 1-2 drops with water.
- **REFLUX AND MUCOSAL EROSION:** Reach for **ZENGEST** and use continuously, taking 2-10 drops daily.
- **SEBUM REGULATION:** In cases of strong oily skin, especially for men, add 1 drop of **PEPPERMINT** to your morning or evening face cream.
- **SLUGGISH STOMACH FUNCTION:** This everyday oil has a stimulating effect on digestion; take 2-10 drops under the tongue, in water, tea, or honey throughout the day.
- **SNORING:** Diffuse this oil, inhale from your palm, or apply with a little carrier oil to your nasal bridge.
- **SUNBURN:** For sunburn, add 1 drop of **LAVENDER** and **TEA TREE** to the mixture for a cooling effect.
- **TOOTHACHE:** For tooth pain, applying 1 drop to the affected area is wonderful pain reliever and numbing agent.
- **WARMING:** Can warm numb, cold muscles if massaged into the affected area with 3-4 drops mixed with a carrier oil.

3. Lavender - *Lavandula angustifolia*

BURN RELIEF FIRST AID: **LAVENDER** supports everything back in the entire body. It's an antidepressant, antispasmodic, pain reliever, blood pressure lowering, antibacterial, antifungal, anti-inflammatory, and skin healing. Perfect cosmetic oil, suitable for all skin types; it's skin beautifying, skin regenerating, skin supporting, wound healing, and anti-inflammatory.

Safe from 0 years of age, during breastfeeding, and pregnancy!!!

Uses & Applications:

- **ANXIETY ATTACKS:** Keep **LAVENDER** handy; use it on your nape, inhale from your palm, and apply to your feet.

- **BACK PAIN DURING PREGNANCY:** Combine with **FRANKINCENSE** and apply to your back with a carrier oil.
- **BELLY CARE:** Safe to use during pregnancy and after childbirth, not only for skin care but also to help alleviate fears related to childbirth.
- **BITES AND HIVES:** Apply 2-4 drops undiluted to the affected area.
- **BLOOD PRESSURE LOWERING:** Combined with **LEMON**, massage 2-4 drops over the heart area with a carrier oil.
- **BURNS:** For second-degree burns, cool the burn in ice water for 30-40 minutes, then apply 5-10 drops of **LAVENDER** every 5-10 minutes in the first two hours; afterward, you can apply it hourly. This can help the wound heal without scarring. For the first two or three days, do not apply any other emulsifying carrier.
- **DEPRESSION AND ANXIETY:** Inhale, apply to the neck, and place 2-4 drops on the inner forearm; repeat every 2 hours.
- **EAR INFECTION OR EARACHE:** Use **TEA TREE** around the ear and place 1 drop on a small cotton ball in the ear canal. Do not drip into the ear; just face the cotton inward so that the vapor goes in! Also, diffuse it in the air.
- **ECZEMA:** Combine with **TEA TREE** and apply 2-4 drops undiluted to the affected area. Internally consume **ON GUARD** and **ZENGEST** at a dose of 2-10 drops daily.
- **FEVER:** Combine 6-7 drops of **LAVENDER** and 2 drops of **LEMON** with coconut oil; apply particularly to pulse points: wrist, ankle, neck, then chest, spine, and soles, repeating every half hour. Due to its soothing and relaxing effect, it's perfect for physical stress relief.
- **HEADACHES:** Massage 1-2 drops on the temples and nape to relieve headaches triggered by weather or atmospheric pressure changes, including mild migraines.
- **HEARTBURN:** Massage 2-4 drops around the heart area with a carrier oil.
- **HIGH BLOOD PRESSURE AND ARRHYTHMIA:** Massage 2-6 drops on the chest/spine with a carrier oil multiple times daily.
- **INFECTIOUS SKIN CONDITIONS:** Apply **TEA TREE** undiluted to the affected area in blends.
- **ITCHING:** Apply a few drops mixed with a carrier oil and massage the area.
- **JET LAG:** Apply **PEPPERMINT** and **LEMON** to the nape of your neck and inhale 1-2 drops from your palm.
- **MENSTRUAL CRAMPS AND MENOPAUSE:** Inhale **LAVENDER** deeply for several minutes; this will relieve your pain. Also, massage 2-6 drops onto your lower abdomen with a carrier oil.

- **SLEEP AID:** Apply 2-4 drops to the soles and chest mixed with a carrier oil, inhale, and place 1 drop on your pillow.
- **PAIN:** Apply 2-6 drops and massage the area with a carrier oil.
- **POLLEN ALLERGY AND PET HAIR ALLERGY:** Inhale 1 drop of **LEMON** and **PEPPERMINT** from your hand. Diffuse a mixture of 3-3-3 drops of **LAVENDER**, **LEMON**, and **PEPPERMINT** in a capsule in the morning and evening. **ZENGEST** and **ON GUARD** are also recommended for internal use.
- **RELAXATION:** Supports you in letting go of unnecessary thoughts more quickly and allows you to enjoy moments of relaxation more deeply; diffuse 2-4 drops in your diffuser.
- **RHEUMATIC OR GROWTH PAIN:** Combine with **FRANKINCENSE**, **DEEP BLUE**, and massage the affected area with coconut oil.
- **SCALDING:** After cooling in ice water for 30-40 minutes, apply undiluted to the wound every 5 minutes for the first two hours (up to 15-20 times). This helps ensure there won't be any trace of the burn.
- **SHOCK, GRIEF, POST-CHILDBIRTH DEPRESSION, AND INSOMNIA:** Use freely during these times.
- **SPASMODIC COUGH:** When applied to the chest, use 2-4 drops and combine it with **AIR**.
- **STRESS RELIEF, ANXIETY, AND INTERNAL TENSION:** Inhale, or add it to a cup of honey tea, and apply to the nape of your neck.
- **SUNBURN:** Apply undiluted to the affected area; if the surface area is large, you may use 8-10 drops, repeating hourly.
- **UPPER RESPIRATORY INFECTIONS:** When applied to the chest, it acts as an anti-inflammatory. Diffuse it as it eases breathing; repeat 5-6 times daily. Use a combination of **ON GUARD**, **TEA TREE**, and **OREGANO** internally for 2-5 days.

4. Oregano - *Origanum compactum*

Essential home remedy oil, disinfectant, infection-fighting, green antibiotic. Antibacterial, antifungal, and antiparasitic, antispasmodic, immune-boosting, antioxidant; it is the "**Grand Cleaner**," leaving no stone unturned. **Primarily used internally.** It acts against pathogens without harming the gut flora, even with continuous use when consumed in capsules.

Externally, it has a corrosive effect; use it in strong dilution!!!

Uses & Applications:

- **ANTITUMOR:** Known for its antitumor and tumor-preventing effects with continuous consumption, at a dose of 1-2 drops daily.
- **CROHN'S DISEASE** (Inflammatory Bowel Disease, IBD) and **ULCERATIVE COLITIS** (ulcerative colitis): Great supportive effect when used internally with continuous consumption of 1-2 drops daily in a vegetable capsule.
- **DIGESTION SUPPORT:** Helps eliminate spastic symptoms that may arise and promotes bile production, improving appetite.
- **EAR INFECTION:** Apply in strong dilution around the ear, adding **TEA TREE**, **LAVENDER**, and **FRANKINCENSE** to alleviate inflammation.
- **HPV INFECTIONS:** Can also be used with continuous consumption of 1-2 drops daily in a vegetable capsule.
- **INFLAMMATORY AUTOIMMUNE DISEASE:** For example, in the oral cavity, stomach, or uterine mucosa, it helps "**reset**" **everything**, allowing the system to restart; use internally with continuous consumption of 1-2 drops daily in a vegetable capsule.
- **MALARIA, YELLOW FEVER, AND LYME DISEASE:** Effective in the treatment of these conditions; take 1-2 drops in a vegetable capsule daily for a minimum of 6 months.
- **PIZZA SAUCE AND OTHER ITALIAN DISHES:** Just dip a toothpick in it and stir the sauce.
- **PLANTAR WARTS:** It's advisable to loosen the surface beforehand by a pedicurist; apply cream or tape around the area where you want to treat. Treat the top of the wart specifically.
- **PNEUMONIA:** For lung regeneration, think of using it immediately for bronchial inflammation, combining it with **TEA TREE**, **FRANKINCENSE**, **ON GUARD**, and **LEMON** internally in a vegetable capsule based on your condition. Use in high doses during the first 7 days of illness and continue for another two weeks.
- **RINGWORM:** Use internally for at least 3 weeks at a dose of 2-4 drops in the morning and evening.
- **SINUSITIS:** At the level of the respiratory system, e.g., bronchitis, from sore throat to tonsillitis, through flu whether with or without phlegm, laryngeal and tracheal inflammation, urinary tract infections, pelvic inflammation, internally can be used in a therapeutic manner combined with **FRANKINCENSE**, **TEA TREE**, and **LAVENDER** for at least 3 weeks.

- **TRAVELER'S INFECTIONS:** For diarrheal conditions, salmonella, unknown pathogens, and parasitic infections, consume 1-2 drops daily in a vegetable capsule.
- **WOMEN'S HEALTH:** Numerous studies have confirmed its significant role in complementing breast cancer therapy, contributing to cycle regulation, and positively influencing female organs. It supports inflammatory processes in female organs, with continuous use of 1-2 drops daily in a vegetable capsule.

5. Tea Tree – *Melaleuca alternifolia*

SKIN FRIENDLY: Gentle on the skin, skin-cleansing, virucidal, fungicidal, antiparasitic, immune-boosting/stimulating, anti-inflammatory, effective in MRSA treatment (a bacterial strain resistant to antibiotics), and antibacterial (effective against staphylococcus, coli, proteus, klebsiella, entero strains). Can halt any bacterial, viral, or fungal infection on any area.

Safe from 0 years of age, during breastfeeding, and pregnancy!!!

Uses & Applications:

- **ACNE:** Use every evening on the affected area with 1-2 drops on a damp cotton pad and wipe the affected area.
- **ACNE PREVENTION:** Apply 1-2 drops on a damp cosmetic pad to your face before bedtime; a makeup remover with **FRANKINCENSE** is part of your evening skincare routine.
- **AFTER SHAVING:** Combine with **FRANKINCENSE**, and it wonderfully soothes skin irritations and is great for treating small cuts; apply 1-2 drops on a damp cotton pad.
- **ALLERGIES:** A natural remedy, a non-addictive nasal spray is an essential part.
- **ANTIBIOTIC EFFECT:** When combined with **OREGANO**. Take 4-10 drops twice daily internally in a vegetable capsule for a maximum of 7 days, then continue with a reduced drop count.
- **APHTHA:** Use confidently undiluted, applying 1-2 drops in the oral cavity.
- **BLEPHARITIS / EYE INFLAMMATION:** Eliminates the root cause; it destroys mites and blisters recede. Mix with a carrier oil and wash around the closed eye. Avoid eye contact!!!
- **BRACES:** By adding to toothpaste for 4 weeks, it eliminates bacterial colonies and reduces biofilm formation.

- **BURNS FROM RADIATION TREATMENT:** Combine with (**NIAOULI**), (**ITALIAN STRAWFLOWER**), and **TEA TREE** to prevent burns by applying undiluted to the affected area 30 minutes before treatment.
- **CAUTION WITH PETS:** Handle with care around dogs and cats.
- **DANDRUFF, SEBORRHEA:** When treating the scalp, add 2 drops of **PEPPERMINT** or **LEMON** and 2 drops of **LAVENDER** to your shampoo.
- **DISINFECTING THE SPACE:** Add 2-5 drops to a diffuser and repeat hourly.
- **GINGIVITIS:** Mix 1 ml **PEPPERMINT**, 3 ml **TEA TREE** in 10 ml; use for oral abscesses by applying a few drops of the mixture to the inflamed area.
- **HERPES:** Pair with **LEMON**, applying 1-2 drops undiluted to the affected area.
- **INFLUENZA:** Inhale from your palm with **PEPPERMINT** to help you breathe better and avoid complications and deposits in your lungs.
- **LYME DISEASE:** For prevention and treatment of tick-related infections, apply undiluted to the tick bite area and consume internally for a minimum of 4 weeks at a rate of 5 drops daily in a vegetable capsule.
- **ORAL INFLAMMATION:** In cases of inflammatory conditions, place 1-2 drops under the tongue.
- **SCRAPES / CUTS:** For wound disinfection, combine **LAVENDER** and apply 1-2 drops undiluted to the affected area. It does not irritate and does not sting!
- **SINUSITIS:** For treatment, apply to the affected area combined with **LAVENDER**, **LEMON**, **FRANKINCENSE**, and **OREGANO**; inhale and take internally for 3-3-3 drops in a vegetable capsule with a carrier oil for 5-7 days, morning and evening.
- **SKIN AND NAIL FUNGUS:** Apply 1-2 drops undiluted to the affected area.
- **THROAT DISINFECTION:** You can make a throat spray or gargle by dissolving 2-5 drops of **TEA TREE** in purified water with sea salt and use as often as possible daily.
- **URINARY OR RESPIRATORY INFECTIONS:** In cases of ear infections, tonsillitis, Candida, or hemorrhoids, apply 1-2 drops undiluted to the affected area multiple times daily.
- **WART TREATMENT:** Suitable for treating warts; apply 1-2 drops undiluted to the affected area.

6. Frankincense - *Boswellia carterii*

"**THE KING OF ESSENTIAL OILS.**" Restores original cell functions and is capable of crossing the blood-brain barrier.

Supports the central nervous system, has anti-inflammatory, pain-relieving, antibacterial, antiviral, antifungal properties; used in tumour therapy, prostate protection, breast tumours, hormonal balance, gynaecological cysts, skin care, wrinkle reduction, and haemorrhage control.

Safe from 0 years of age, during breastfeeding, and pregnancy!!!

Uses & Applications:

- **AGE SPOTS, LYMPHOMAS, MOLES, HYDROMAS:** Treat directly on the affected area undiluted.
- **ALZHEIMER'S, PARKINSON'S, MULTIPLE SCLEROSIS, HEPATITIS:** When consumed internally, it is a great support; use 1-2 drops daily continuously.
- **ANTI-AGING:** Your skin will renew and refresh, becoming vibrant and radiant. Add it to your face cream or facial oil and use with **LAVENDER**.
- **ARTHRITIS AND TENDONITIS:** Before applying **DEEP BLUE**, place a few drops of **FRANKINCENSE** on the affected area and massage in.
- **ASTHMA, BRONCHITIS, NASAL POLYPS, COUGH:** Use internally, apply to the affected area, and inhale. Make an aroma stick or diffuse it. Pair with **LAVENDER** and **TEA TREE**.
- **AUTOIMMUNE DISEASES:** Consuming internally provides great support; use 1-2 drops daily continuously.
- **DEPRESSION, EXCITEMENT, MELANCHOLY:** Diffuse or inhale from your hand.
- **EAR INFECTION:** A specialist for ear infections; apply 2 drops each of **LAVENDER** and **TEA TREE** to the affected area, using for at least 1.5-2 weeks.
- **ENDOMETRIAL TISSUE REGENERATION:** Use internally in a vegetable capsule after miscarriage.
- **EXPECTORANT, MUCOLYTIC, MUCOSA SOOTHER:** In inflammatory cases, use in a rub, inhale, and consume 2-6 drops daily in a vegetable capsule.

- **FOCUS:** Keeps you concentrated and strengthens your ability to focus; inhale or diffuse.
- **HEMOSTATIC:** Apply to the affected area, combining 1-1-1 drops with **LAVENDER** and **TEA TREE**.
- **LEG ULCERS, SLOW-HEALING WOUNDS:** Treat daily in the morning and evening. It's effective against germs and bacteria; deep wounds and cuts heal quickly due to its regenerative effect. Use 1-6 drops on the affected area depending on its size.
- **NERVE DISORDERS:** Recommended for daily use of 5-10 drops internally for Alzheimer, Parkinson's, Multiple Sclerosis (MS), and Hepatitis.
- **PAIN RELIEF:** Has anti-rheumatic effects, helps alleviate all types of pain; apply to the affected area and massage in with a carrier oil.
- **PREVENTIVE CELL REGENERATION:** Use daily to help your body regenerate and renew at the cellular level; take 1 drop under the tongue daily.
- **SURGICAL SCARS OR KELOID SCARS:** Perfect as a companion even for surgical scars that were formed 10-20 years ago; use for 2-3 months in the affected area, applying 2-6 drops based on the size of the area.
- **STRESS AND CALMING EFFECT:** Diffuse at night, inhale from your hand, and apply 2 drops each combined with **LEMON** on your feet before bedtime for restful sleep.
- **TUMORS:** Known for its antitumor effects against breast cancer cells, supported by very good research results. Use preventively internally and topically with a carrier oil or add to your body lotion, 1-2 drops daily continuously.

7. Air – Breathe Blend

THE BREATH ITSELF! It opens the lungs! It has mucolytic and expectorant properties, as well as disinfectant effects, and is effective against bacteria and viruses. Its components include **NOBLE BAY, TASMANIAN EUCALYPTUS, PEPPERMINT, TEA TREE, LEMON PEEL, CARDAMOM SEED, CAMPHOR TREE, and RAVINTSARA** blend. **It cleanses the airways while simultaneously disinfecting them.**

Uses & Applications:

- **ALLERGY SYMPTOMS:** Relief can be achieved by making a nasal stick and inhaling it in the car, at work, or anytime during the day. Make a nasal spray that includes **LEMON, PEPPERMINT,**

LAVENDER, and **TEA TREE** in the mixture. For a 10 ml nasal spray, add 1 drop of each oil along with a small pinch of salt, then fill with purified water, diluting until it feels pleasant in your nose when sprayed.

- **ANTI SNORING:** Apply to the chest or nasal bridge, or place 1 drop on your pinky finger to apply inside the nostril as far as you can reach. Diffuse 2-5 drops in the bedroom before bed.
- **ASTHMA SYMPTOMS:** Reduces symptoms and helps maintain clear airways while soothing the lungs.
- **BEFORE/DURING EXERCISE:** Inhale 1-3 drops and apply to your chest to open your lungs, allowing greater oxygen intake, which enhances your performance and endurance.
- **BRONCHIAL INVOLVEMENT:** Apply 1-2 drops to the neck and chest with a carrier oil and diffuse 2-5 drops hourly for 5-7 days within a therapeutic context.
- **FOR CHILDREN:** Use 1-3 drops diluted on the chest, back, or soles.
- **IMMUNE PROTECTION:** Together with **ON GUARD**, this is one of the strongest against viruses during winter. Use it in a rub, for humidifying, sniffing stick, or sample bottle on your keychain.
- **MENTAL ALERTNESS:** Thanks to its components, you can refresh yourself mentally by inhaling from your hand. A few deep breaths will return your momentum. Place in a sniffing stick or sample bottle to share with family members for quick assistance anytime, such as during studying.
- **PANIC:** Reduces hyperventilation often associated with anxiety; inhale 2-3 drops combined with **LAVENDER**, and apply to your chest, spine, and soles.
- **RESPIRATORY INFECTIONS:** Provides a solution; it suddenly clears your nose when you have a respiratory infection. Always think about therapy for 5-7 days, taking 3-4 doses daily; apply to the chest, diffuse 2-5 drops hourly, and massage your spine and soles multiple times a day. Combine with the **immune booster** internally.
- **SLEEP WELL!** Use 1-2 drops of **LAVENDER** in a diffuser before bedtime.
- **STRESS:** Calms your mind by inhaling 1-2 drops from your hand while using **FRANKINCENSE** and applies to your soles or spine.
- **THROAT INFECTION:** Apply to your neck, chest, and spine, inhale from your palm, and also diffuse within a therapeutic framework for 5-7 days, 3-4 times daily combined with the immune booster internally.

- **YOGA AND BREATHING EXERCISES:** Become more effective as it provides perfectly clear and open airways; inhale or diffuse 2-3 drops in the room during the practice.

8. DeepBlue Blend

Muscle and Joint Pain: For all pain and cramps, a blend of CREEPING THYME (methyl salicylate), CAMPHOR, PEPPERMINT, YLANG-YLANG, ITALIAN STRAWFLOWER, WILD CALENDULA, GERMAN CHAMOMILE, and OSMANTHUS. Available in both cream rub and stick form.

Uses & Applications:

- **ANTI-RHEUMATIC EFFECT:** Use **FRANKINCENSE** on the affected area and apply a few drops from the blend.
- **ARTHRITIS:** Use it eagerly, as the blend quickly alleviates smaller and larger joint pains.
- **CELL REGENERATION AND INFLAMMATION REDUCTION:** Especially important in cases of injuries or arthritis.
- **GROWING PAINS:** Combine with **FRANKINCENSE** and **LAVENDER** when your child suddenly grows; they often experience pain in their limbs during growth spurts. Apply with a carrier oil to the affected area, especially on the spine/limbs.
- **HEADACHE:** Add a few drops of **PEPPERMINT** oil and massage it into your forehead, temples, and shoulders.
- **LOWER BACK PAIN:** Massage into your lower back undiluted to alleviate your pain.
- **MUSCLE WARMING EFFECT:** Warms up the muscles before sports activities.
- **PAIN AND INFLAMMATION RELIEF:** Feel free to use it on any part of your body multiple times a day.
- **SPASM RELIEF:** Relaxes muscle soreness by releasing tension from your body; diffuse it for mental relaxation.
- **SPRAINS, BRUISES, DISLOCATIONS:** Massage into the affected area multiple times daily for 2-3 weeks.
- **TISSUE STIMULATION:** Particularly significant in cases of injuries.

9. OnGuard Blend

WILD ORANGE, CLOVE, CINNAMON, EUCALYPTUS, AND ROSEMARY: **A wonderful blend – Protection for the whole family!!!**

Broad-spectrum antibacterial and antiviral, immune-stimulating, immune-modulating, perfect disinfectant and pain reliever, circulation stimulating, energizing (with **ROSEMARY** and **EUCALYPTUS**).

Use daily for immune support; keep it with you in roll-on form, dilute with coconut oil, and apply to pulse points. Take 2-5 drops in a vegetable capsule, mix it in honey with **OREGANO / TEA TREE / LEMON**, and place it on the kitchen counter for the whole family to take a spoonful every morning.

Safe for children when properly diluted.

Uses & Applications:

- **AIR DISINFECTANT:** Diffuse this warmly scented winter oil; add 1-2 drops to the humidifier every hour.
- **ANTIBIOTIC PROPERTIES:** Naturally complemented by **OREGANO** and **TEA TREE** oils, making antibiotic use avoidable. Recommended for 5-7 days, 3-3-3 drops morning and evening.
- **ANTIOXIDANT:** Protects cell function and maintains health; place a drop under your tongue every morning or during the day when you remember.
- **CHEST/BACK/soles:** Prepare a 10 ml roll-on, adding 20 drops to protect yourself against pathogens in the winter; apply 2-5 drops depending on the area size and rub it in with a carrier oil. Take it with you everywhere.
- **CIRCULATION BOOST:** It has a warming effect, leading to healthier organs and improved functions. Use daily.
- **COLD SYMPTOMS:** Rub on the body with a little carrier oil. Prepare a foot bath with Himalayan or sea salt; add 5-6 drops and soak your feet up to the ankles in hot water.
- **DIFFUSING AT HOME/WORK:** Protects against pathogens; add 1-2 drops of essential oil to the diffuser every hour.
- **EXHAUSTION:** Use when feeling out of balance; apply to your soles and spine, inhale, and diffuse.
- **FLU SYMPTOMS:** Apply undiluted to your soles and spine using just a few drops mixed with a carrier oil, and inhale from your hand.

Simultaneously suggest a foot bath, and internally take 3 times a day with 3-3 drops either in honey or under your tongue.

- **HOUSEHOLD USE:** Covers the entire spectrum; use for handwashing, dishwashing liquid, laundry detergent, or create a homemade disinfectant kit by adding a few drops to the mop bucket.
- **HYPOTHYROIDISM:** Apply to the affected area for its stimulating effect; use 2-4 drops diluted daily for 3-6 months.
- **IMMUNE BOOSTER:** Combine 2 drops of **ON GUARD**, 2 drops of **LEMON**, 1 drop of **TEA TREE**, and 1 drop of **OREGANO**, and 2 drops of **FRANKINCENSE**. Take internally in a vegetable capsule for 3 weeks, or mix 20 drops of **ON GUARD**, 20 drops of **LEMON**, 10 drops of **TEA TREE**, 10 drops of **OREGANO**, and 10 drops of **FRANKINCENSE** in a 10 ml roll-on bottle, diluted with coconut oil; use daily on pulse points.
- **LOW BLOOD PRESSURE:** Use as a rub with **FRANKINCENSE** and **EUCALYPTUS** on the affected area; apply 1-2 drops to the nape of your neck.
- **MOOD BOOSTER:** You may feel a brighter mood, becoming generally more energetic and proactive; diffuse or inhale from your hand.
- **ORAL HYGIENE / GUMS / BIOFILM / APHTHA / HERPES / AFTER DENTAL TREATMENTS:** Every evening after brushing, place 1-2 drops in your mouth and swallow.
- **THROAT INFLAMMATION:** Use for gargling to soothe the throat, whether dealing with hoarseness or throat pain. Add 1-2 drops to a teaspoon of honey and swallow slowly; repeat hourly until symptoms improve. Internally support with 3 drops each of **FRANKINCENSE**, **LEMON**, **TEA TREE**, and **OREGANO** taken three times daily for the first 3 days in a vegetable capsule.

10. ZenGest Blend

Healthy Digestion Blend: A mixture of ANISE, PEPPERMINT, CUMIN, GINGER, CORIANDER, TARRAGON, and FENNEL — essential oils well-known from our childhood. It alleviates abdominal discomfort, acts as an anti-bloating agent, is antispasmodic, promotes bile production, and strengthens the stomach.

Safe for children when diluted and applied to the belly, spine, or soles.

Uses & Applications:

- **ANTI-BLOATING:** Immediately brings relief; take 1-2 drops under the tongue.

- **CHILDREN:** Can be applied to the belly or soles with 1-2 drops mixed with a carrier oil.
- **CONSTIPATION:** Gently massage your abdomen in a clockwise direction with a carrier oil and place 1 drop on your navel.
- **DIGESTION SUPPORT:** Calms the stomach and aids the digestive process. After meals, take 1-2 drops under the tongue, then gently massage your abdomen in a clockwise direction and apply 1 drop to your navel. Use daily for preventive purposes.
- **GASTRIC ULCER:** Use therapeutically, taking 3 drops under the tongue or in a vegetable capsule every morning and evening; there is a chance for healing.
- **HANGOVER:** Start with 2 drops under your tongue accompanied by a large glass of clean water.
- **HEARTBURN RELIEF:** To neutralize, take 1-2 drops in a capsule or under the tongue.
- **NAUSEA:** 1-2 drops under the tongue can provide effective relief from nausea and motion sickness.
- **NAUSEA DURING PREGNANCY:** Use 1-2 drops under the tongue for nausea and digestive issues.
- **OVERINDULGENCE:** When feeling full, place a drop of LEMON under your tongue for a calm, restful night.
- **PARASITES:** Can be used prophylactically in a capsule with 3 drops every morning and evening or under the tongue with regular use.
- **STOMACH NERVES / STRESS:** Gently massage your abdomen in a clockwise direction and place 1-2 drops under your tongue.
- **TRAVEL:** Helps alleviate discomfort from foods consumed abroad, particularly useful for motion sickness during flights or boat trips. Gently massage your abdomen in a clockwise direction and apply 1 drop to your navel.

11. Symphony of The Cells (SOC) Treatments Based on doTERRA Family and Home Essentials Kit: Detailed descriptions of possible health conditions and treatments.

Enhance the Effectiveness of the Above Recipes at the Cellular Level and Complement Them with the Following Treatments: "[Symphony of the Cells](#)," or [SOC](#), is a collection of essential oil protocols developed by Boyd Truman, drawing on nearly 30 years of practical experience and the application of therapeutic-grade oils.

Utilizing the ten core oils from doTERRA's "Home Essentials Kit" and "Family Essentials **Enrolment** Kit," you can provide simple and effective support for chronic illnesses or temporary conditions for yourself or your loved ones. The aim is to foster harmony physically, emotionally, and spiritually.

As noted in the previous recommendations, two crucial areas for treatment are the spine and the soles, which serve as conduits for the entire body and all organ systems. By doing so, essential oils can support and activate the body's self-healing functions, effectively addressing chronic diseases and daily challenges.

Below, we outline targeted treatments that can be performed using the ten core oils. Applying the essential oils in a specified order to the spine and soles will help stimulate the body's self-healing processes, significantly improving and addressing various health concerns.

11.1. Possible Conditions Where "SOC Treatments" can be applied:

- Acid Reflux
- Allergies
- Anxiety
- Asthma
- Arthritis
- Back Pain
- Blood Pressure (High/Low)
- Bursitis Cardiomyopathy
- Cholesterol Issues
- Cirrhosis
- Cold
- Colitis
- Common Cold
- Conjunctivitis (Pink Eye)
- Constipation
- Croup
- Diarrhea
- Ear Pain
- Fever
- Gout

- Headache
- Herniated Disc
- Immune System Support
- Infections
- Influenza
- Joints
- Migraine
- Nasal Congestion
- Pain
- RSV (Respiratory Syncytial Virus)
- Sore Throat
- Staphylococcal Infection
- Stomach Flu
- Stomach Pain
- Strep
- Stress
- Vomiting
- Viral Infections

11.2. Application method

In relation to the above “**SOC Treatments**”, consult your Wellness Advocate. We hold ongoing training sessions where we demonstrate how the treatment can bring significant changes to the health conditions listed above in an easy-to-learn manner.

To everyone's health! 😊