



dōTERRA®

CP TG Certified Pure Therapeutic Grade



Essential Oil Sample given:

Specific Instructions for this sample:

*Tap bottom of bottle when upside down to get the oil to come out.

Frequency

- ✓ For **acute** situations use every 2 hours or as frequently as every 15 minutes if needed for short period of time
- ✓ For **chronic** conditions: morning & evening (please note you wouldn't expect any significant change here with just 1 sample)

Avoid getting oil in eyes, ears or up nose & if you do use carrier oil such as almond, olive, coconut etc. NOT water to remove/dilute

dōTERRA oils are 100% pure so many of the oils can be taken internally and topically though not all so please check the label or any instructions given.

If you have sensitive skin please do a skin sensitivity test on the bottom of your foot the first time you use an oil.

- ✓ When using on other areas of the body, we advise using a little carrier oil first before applying the essential oil
- ✓ Always dilute oils with a carrier oil when using with children - 3 drops to 1 tablespoon of a carrier oil for babies, 3 drops to 1 teaspoon for children
- ✓ Citrus oils are photosensitive so avoid putting on face & being in very hot sun for prolonged periods (not much chance in UK!)

General dosage guidelines:

- ✓ **Aromatically:** up to 9 drops from a 5 mil sample bottle in cold mist diffuser or 3 drops in the palms of your hands & inhale – be careful not to touch your eyes with your fingers
- ✓ **Topical** (on skin) - 3-6 drops from the sample bottle every 2 hours or as needed. Dilute as directed (cautious guideline for children as above)
- ✓ **Internally** (adults only) and only for oils that are indicated: 3 drops from sample bottle in some liquid or under the tongue or on roof of mouth (for quick access to brain). NB deep blue (pain blend) cannot be taken internally.

For more information about doTERRA please go to:

Or call :