



ESSENTIAL OILS

Master class eBook

with Ginny Edmunds

WELCOME!

Welcome! I'm so excited that you'll be joining my dōTERRA Master Class in just a short time. You are likely here because you are ready for a shift in your life and have been a little curious if these essential oils could become a powerful wellness tool to help you reach your goals. Whether you are searching for support with your physical health, your emotional health, ways to support your family, or to green up your lifestyle and home – this class is made perfectly for you.

I have formulated this class to help you see how small, daily choices can make a big impact in all areas of your life. Because I know your health is important to you, my intent is to help educate you on the capability and potential of these oils and show you how easy this lifestyle can be. **This eBook is a helpful resource prior to my Master Class. I hope you enjoy it!**

my top wellness goals:

Peppermint



Lavender



Breathe™



Lemon



Deep Blue



DigestZen®



Copaiba



Tea Tree



Adaptiv™



Frankincense



On Guard®



dōTERRA source to you

You and your family deserve only the most pure, potent, and effective oils on earth. dōTERRA takes pride in sourcing them directly to you.

Helpful Links:

www.doTERRA.com

www.SourcetoYou.com

onedrop

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© One Drop

healthybodyheadtotoe.com

most common BLENDS & DIFFUSER COMBOS

DIY OIL BLENDS

To make a blend, simply add equal drops according to the dilution ratio chart on the following page into a 10 mL roller bottle, then top off with fractionated coconut carrier oil. Apply topically as a PUREfume or for a desired effect! (Don't worry, we'll go over all of this in the Master Class!)

Anxious Emotions:	Adaptiv, Lavender, Frankincense
Dark Moods:	Wild Orange, Ylang Ylang, Geranium
Tension Tamer:	Frankincense, Peppermint, Marjoram
Sleep Well:	Lavender, Vetiver, Copaiba
Seasonal Bloom:	Lemon, Lavender, Peppermint, Tea Tree
Immune Support:	Copaiba, Frankincense, On Guard, Arborvitae
Addiction:	Grapefruit, Black Pepper
Breathe Clear:	Breathe, Frankincense, Lavender
Digestive Support:	DigestZen, Peppermint, Lemon
Soothing Skin:	Frankincense, Lavender, Tea Tree
Daily PUREfume:	Frankincense, Wild Orange, Bergamot, Serenity
Liquid Energy:	Wild Orange, Peppermint
Increase Libido:	Ylang Ylang, Clary Sage, Grapefruit

DIFFUSER COMBINATIONS

Simply fill your [favorite diffuser](#) with water and add the number of drops shown for each oil for any of these favorite combinations shown below. Turn on and enjoy the therapeutic benefits!

Heavenly	3 Peppermint + 4 Lavender
Breathe Free	2 Breathe + 2 Peppermint
Refreshing	2 Breathe + 2 Lavender + 2 Lemon
Relaxing	3 Lavender + 2 Frankincense
Citrus Love	4 Lemon + 2 Frankincense
Sweet Treat	1 On Guard + 3 Lavender + 2 Frankincense
Energize	2 Peppermint + 2 Lemon
Clean Air	2 On Guard + 3 Tea Tree
Seasonal Support	2 Lemon + 2 Lavender + 2 Peppermint
Immune Booster	2 On Guard + 1 Frankincense + 1 Lemon + 1 Tea Tree

Intro to SAFETY WITH OILS

You may be wondering - how many drops, how often? I'll explain all of this in the Master Class, but here is a simple breakdown with a dilution chart for you to follow as you get started.

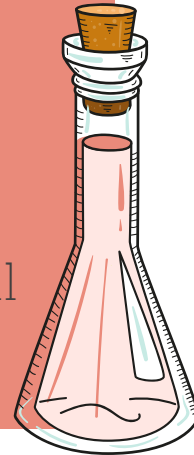
DILUTION GUIDE

Dilution Percent	Drops of Oil	10 mL = 2 tsp = 1/3 oz.
1%	2	Recommended Dilution by age: 0.5 - 2% dilution for 0-12 months 2 - 5% dilution for 1-5 years 5 - 25% dilution for 6-11+ years
2%	4	
3%	6	
5%	10	Tip: Start out at a lower dilution and adjust if necessary.
10%	20	
25%	50	



TYPES OF CARRIER OILS

- 👉 Fractionated coconut oil
- 👉 Argan oil
- 👉 Almond oil
- 👉 Avocado oil
- 👉 Grape seed oil
- 👉 Jojoba oil



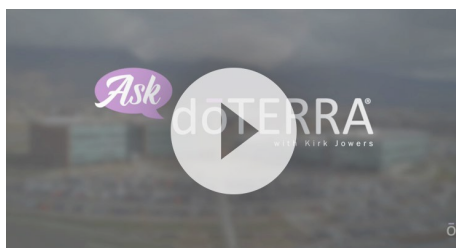
WHY DILUTE?

- Creates a barrier between oil and skin
- Allows oil to penetrate deeper and spread further
- Conserves oils, saves money

IMPORTANT THINGS TO KNOW:

- Less is more. Always start with one drop added into a carrier oil. You can always add more.
- Use a carrier oil. Carrier oils do not make the oil less effective; they create a small barrier between the skin and the oil to protect the skin. They also allow the oil to spread further on the skin and penetrate deeper into the blood flow layer of the skin, enhancing the therapeutic benefits of the oil.
- Apply every 15-30 minutes until you get your desired result.
- Essential oils are safe for all age groups, remember to dilute with the little ones.
- Interested in the science behind the safety of oils? Click [HERE](#)
- When adding your oils to your water, be sure to use glass, stainless steel or ceramic water bottles. Do not use plastic.
- Do not drip oils in the eyes, up the nose or directly in the ear canal. Apply oils around these areas to support them.
- Due to photosensitivity, caution with sunlight exposure is recommended for up to 12 hours after use of most citrus oils and a few others. [See here](#) for a complete list.
- If an oil causes discomfort, apply a carrier oil and wipe off the area. Water and soap are not effective to remove oils once on the skin.
- Cassia, Cinnamon, Clove, Oregano and Thyme essential oils are considered "hot" oils and should always be used with a carrier oil to help prevent discomfort.

Watch: Safe Essential Oil Usage



Did you know? There are **over 10 million** essential oil users in dōTERRA alone, so you can trust that these oils are not only safe and effective but backed by a company that values education and the safe use of your oils. As with anything else, start where you are comfortable. The beautiful part of essential oils is the versatility that they offer, so if you are not comfortable using a specific oil then there are many other oils that you can use as an alternative. This self advocacy may feel odd at first but when you start to see the benefits of making choices based on how your body is feeling, you will understand the true empowerment that these little brown bottles hold.

My favorite OIL REFERENCES & TOOLS



🙊 shhh ... a little secret: I started out just like you, with almost no experience with oils. I even felt a little overwhelmed in the beginning. But lucky for you, I'm all about making things EASY! So to save you time, I've assembled all my favorite resources right here:

OIL BOOKS & GUIDES I LOVE

Click a link to jump to the resource



[The Essential Life Book](#)

[I am Fabulous](#)

[Emotions and Essential Oils](#)

[Symphony of the Cells](#)

[Smart Mom's Guide to Essential Oils](#)

[The Healing Intelligence of Essential Oils](#)

[Essential Oils for Pregnancy, Birth and Babies](#)

[The Healing Power of Essential Oils](#)

[The Essential Guide to Aromatherapy and Emotional Healing](#)

[Medical Aromatherapy](#)

[dōTERRA Product and Lifestyle Literature \(US\)](#)

OIL SUPPLY WEBSITES

US shops:

[OilLife](#)

[ShareOils](#)

[AromaTools](#)

Canada shops:

[CA.AromaTools](#)

[GotOilSupplies](#)

Australia shops:

[AU.AromaTools](#)

[Oils For Life AU](#)

[Roll-on Bottles](#)



REFERENCE APPS



**The Essential
Life App**



**Modern Essentials
Plus App**

ESSENTIAL OILS

Master class 101



EXCITED TO MEET YOU SOON!

I hope this eBook has been helpful! It is just scratching the surface on the amazing things you'll learn in my upcoming Master Class. Choosing to up-level your health and wellness is a beautiful thing, and I'm thrilled to help you start on this journey. I can't wait to share my experiences and show you just how simple it can be to truly be empowered in your life. See you in the class!