



Homesteader.life

Top Ten doTERRA Essential Oils for a Happy Home

Peppermint: The oil of a buoyant heart

- 1 drop = 28 cups peppermint tea.
- Used to invigorate and as a perk me up – great on long trips.
- Topically, use one drop to cool body temp down. Apply to feet to help cool.
- Combine with water (or aloe vera gel) in a spray bottle, to help with hot flashes.
- Driving oil, helps to drive other oils deeper into the body.
- Use a drop to relieve tension – apply temples, scalp, back of neck... adding lavender to the peppermint is very helpful as well.
- Add a drop to water and swish to freshen breath. Lemon is a nice addition, too.
- Apply diluted to chest for respiratory support, or inhale from cupped hands.
- Drop into the bottom of the shower if you are congested.
- Diffuse for respiratory support.
- Diffuse to invigorate, especially mixed with wild orange.
- Apply to bridge of nose or chest before a run or workout to help expand your breath and energy level.
- Take internally to help with occasional stomach upset, can also apply to stomach topically.
- Add to brownies, smoothies, protein shakes. It is really good in hot chocolate.
- Cautions: Can reduce milk supply in some nursing mamas.
- Not for use on babies, especially not near their face as the menthol can overwhelm their little airways (same reason we aren't supposed to use Vick's Vapor Rub on babies).

Lavender: The oil of calming and communication

- Supporting restful sleep.
- Reduces anxious feelings.
- Helps promote peace in the home.
- Wonderful topical first aid, burns, bug bites, minor skin irritations.
- Salve for eczema: coconut oil, shea butter, beeswax, and oil of lavender, frankincense, melaleuca.
- After a long hard day on your feet, massage lavender and lemongrass (diluted) into sore feet and legs.
- Sprinkle a mixture of 1 cup baking soda and 10 drops of lavender essential oil over your mattress. Allow the mixture to sit for at least one hour then use the vacuum hose to clean it up. You can combine with drops of Eucalyptus, Peppermint, Clove, or Rosemary as well.
- Rub Lavender essential oil onto an itchy tummy while pregnant.
- Add several drops to ½ c Epsom salts and stir into a warm bath to help you relax before bed (half this for kids).
- Add a few drops to a diffuser in the bedrooms about 30 minutes before bed time so it has a chance to permeate the environment.
- Also works really well with baking.

Lemon: The oil of all things cleansing

- Very inexpensive.
- Cleaning physical surfaces and the air.
- I swish a drop around in my toilet with the toilet brush every morning to keep it smelling fresh between regular scrubbing.
- Removing sticky goo, black sharpie marker, stains on a dry erase maker board, gum from hair – it works wonders.
- Soak fruits and veggies for the day in a big bowl of water with 5-10 drops lemon for 10 minutes to cleanse them, can also add a splash of vinegar. Use for the rinse phase of cleaning salad greens in your salad spinner. Lettuce stays fresh longer!
- Diffuse (with peppermint is great) for energizing and focus.
- Many people swear by taking a gel cap with lemon, lavender, and peppermint to help ease seasonal discomforts from pollen, etc.
- Add a drop to a glass or stainless water bottle and shake well to flavor.
- Love it for baking, as a replacement for lemon zest, to add a little zing to marinades and salad dressings, or to brighten up a soup or some roasted veggies.

Melaleuca: The oil of first aid

- Super cleansing and deodorizing.
- If you have something stinky in your house, use melaleuca.
- Add to baking soda in a old spice jar with some lemon oil, shake up well and sprinkle in your trash can to eliminate odors. You can also use this mixture on carpets – let sit for a few hours and then vacuum up. Other good oils for this mixture are the Purify blend and On Guard.
- Great to add to homemade cleansers.
- Combine 10 drops of Melaleuca with ½ cup baking soda and ¼ cup vinegar IN the toilet to clean it.
- Spray Melaleuca on your mattress pad when you change the sheets.
- Use topically (and diluted, usually) for minor skin irritations.
- Apply diluted as an after shave to help with razor burn... bonus if you add lavender and frankincense.
- Apply diluted to kids feet after sports practice – Apply directly to the feet and toenails after practice each night and especially if you are also showering, swimming or exercising in public, high traffic areas.
- Mix with Coconut Oil, Lavender, and Frankincense to make a diaper balm for baby's bottom.
- May use undiluted as a spot treatment for occasional blemishes.
- Add melaleuca and lavender to a spray bottle with water and spray on childrens hair daily before school, brush through. Also spray on back packs, etc to repel bugs. Also add a drop to their shampoo.
- Apply to fingernails and toenails after showering to purify and strengthen nails.

Oregano: The “Big Guns” oil

- Very potent and powerful oil.
- Powerful Immune enhancing benefits
- Rub on bottom of feet (diluted) to boost immunity.
- Take in a capsule if other attempts to boost your immune system aren't quite cutting it.
- “Immune Bomb” Recipe: 2 d melaleuca, 2 d on guard, 2 d lemon, 2 d oregano, 2 d frankincense. 2-3x daily in capsule. Or – dilute this mixture with coconut oil in a 10mil roller bottle and apply to bottoms of feet for kids. Use this at the first sign of catching something for best results.
- Don't take for more than 10 days because it is so strong.
- Apply directly to warts with frankincense and on guard.
- Add to pasta sauce, pizza sauce, vinaigrette. Sometimes one drop is too much, dip a toothpick in the bottle and swirl in your recipe first.
- VERY HOT OIL! Dilute with vegetable oil if it gets on your skin.

Frankincense: The king of the oils

- Great support for cellular health.
- Calm down and uplift; mix with a drop of lavender and peppermint and inhale deeply from cupped hands.
- Apply 1-2 drops to temples and back of neck to help improve focus.
- Mix into epsom salts in a bath to help calm nerves.
- Amazing for the skin, helps reduce scarring, promotes healing, helps with fine lines.
- Supports healthy brain function.
- Strengthen weak nails.
- Promotes healthy inflammatory response.
- Is an enhancer, strengthens the properties of other oils.

On Guard: Immune supporting

- Blend of wild orange, clove, cinnamon bark, eucalyptus, rosemary.
- Diffuse any time you have concerns about “things” going around.
- Take internally during times when you are exposed to threats in the environment. Or you start to notice signs of your body being exposed to something.
- Dilute and roll on the feet a couple times a day (cover with socks) of kiddos to support their immune systems. Many parents do this daily during cold season.
- Gargle with a drop in a little warm water to soothe a sore throat. Nice with lemon and melaleuca as well. You can mix with a little honey and warm water and sip as well.
- Add a few drops to air filters in your home to eliminate musty smells and promote healthy air in the home.
- Promotes dental health and helps soothe sore gums and teeth. Make into a mouth wash, brush with a drop or two or apply directly to sore teeth or gums. The clove oil has a numbing effect.
- Disinfect your tooth brushes – soak overnight in a cup of water with several drops of on guard.
- Make a spray with water, on guard and melaleuca – spray on gym equipment to clean before using.
- DIY hand sanitizer without the harmful chemicals: mix aloe vera gel, a small amount of vitamin e oil and 8-10 drops on guard in a small bottle.

Breathe: Respiratory blend

- Blend of Laurel, Peppermint, Eucalyptus, Melaleuca, Lemon, Ravensara and Cardamom.
- Diffuse, Inhale directly from palms or rub on chest.
- Diffusing with lavender is amazing for restful sleep when you need respiratory support – the combo smells like a spa!
- Sprinkle a few drops on shower floor to help with congestion.
- Caution: Not for babies – use Cardamom and lemon, especially for a baby under 1. Can apply diluted to the bottoms of the feet on toddlers, and on the chest for older children.

Deep Blue: Soothing blend

- Soothing and cooling oil blend.
- Comforting part of a massage.
- Perfect for a soothing massage after a long day of work.
- A few drops of Deep Blue Soothing Blend diluted in Fractionated Coconut Oil can be part of a cooling and comforting massage.

DigestZen: Digestive blend

- Dilute and apply topically on the stomach to ease discomfort. Great for kids.
- Take a few drops in a capsule or a glass of water for occasional GI stress. I like to mix a few drops with a teaspoon of honey to distribute the oils, then top with a little warm water, mix well and take it like a shot.
- Take before travel to reduce motion sickness.
- Have on hand for promoting healthy digestive function when consuming heavy meals.
- Use 1-2 drops in 4-6 ounces of water as a mouth rinse with water at night if you've eaten a meal with strong smells, like garlic, onion, curries and more. If you like the taste of black licorice, you will love the taste of DigestZen because it contains Fennel essential oil.