

## OnGuard

### How to use it...

- > on the bottoms of your feet before bed
- > diffuse it when you have guests over
  - > use it as a hand sanitizer
- > behind the ears and/or on the hands for extra help when in especially "germy" places
- > use it on snacks like popcorn or apples (briefly soaked in water with a couple drops of OnGuard)
- > swish DoTERRA's mouthwash before bed
- > make an all-purpose cleaner with it

dōTERRA

## Peppermint

### How to use it...

- > Dilute and apply to temples, above ears, and/or back of neck for headache or migraine relief
- > Apply topically to abdomen or place one drop under tongue for upset stomach
- > Apply along spine to bring down a fever
- > Add 1-2 drops to baked goods or hot drinks to give peppermint flavor
- > Use a drop of peppermint and a drop of lemon in water for a mouth rinse

## Oregano

### How to use it...

- > Apply diluted to the bottom of your feet for immunity boosting
- > Take internally to further strengthen your immune system
- > Use in spaghetti sauce, pizza, or on roasts
- > Use with water for a surface cleaner
- > Gargle a drop in water for strep throat and tonsillitis

## Breathe

### How to use it...

- > Dilute it and apply in on the chest, back, or bottoms of the feet to clear up congestion
- > Diffuse it or add a few drops to a humidifier
- > Apply to relieve exercise-induced asthma
- > Apply under or across the nose to help with sinusitis or allergies

## Melaleuca

### How to use it...

- > Make a blend with lavender and use on skin irritations and cuts
- > Apply behind and around ear for ear infections
- > Add 1 to 2 drops to a facial cleanser for added cleansing benefits
- > Add to shampoo to prevent/repel lice
- > Take internally to strengthen your immune system

## DigestZen

### How to use it...

- > Apply (neat or diluted) over abdomen for digestive relief
- > Apply to chest and/or abdomen to ease morning sickness
- > Inhale or apply under the nose to prevent motion sickness
- > Add a few drops to water and drink to aid with heartburn, nausea, indigestion, or bloating/gas

## Cinnamon, Orange, & Clove

### How to use it...

- > Diffuse them together to uplift the mood
- > Add a few drops in baking recipes (muffins, cookies, frosting, etc) to add flavor
- > Use clove to relieve tooth pain

## Douglas Fir

### How to use it...

- > Diffuse to freshen the air and aid a sense of peace and focus
- > Dilute and apply to chest or bridge of nose to aid in relieving congestion
- > Add 1 drop to facial cleanser
- > Dilute and apply to temples, forehead, and back of neck to relax

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# 10 Best Essential Oils for the Winter