



Essential Oil Do-it Yourself Recipes

Hello Essential Oil users!

Great DIY ideas for your home, skin care, household cleaning, and more!



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I have compiled a few do it yourself recipes for you. I have found it easier for myself to keep them all in one place for easy reference. Feel free to download, save, print, edit, and add to the list as you need to. If you find a recipe, or a little tweak to a recipe that you like, and that works well for you, please share!

Enjoy your Essential Oil Journey,

Dr. Michele Arnold-Pirtle, DACM, L.Ac.

I have tried these recipes, and I was surprised at how well they work! My hair feels much more manageable, and soft using the recipes for the shampoo and conditioner. Try them out, see what you think. I also like to use doTERRA's Salon Essentials shampoo, conditioner, hair gel, and Root to Tip hair serum. I also use the doTERRA's Salon Essentials facial skin care kits, and Veráge™ Skin Care line. I love to make the DIY cleaning products with essential oils. They make my house smell soooo good & sparkling!!

What I love about using either the homemade recipes or ready-made products from doTERRA is that they contain all natural ingredients, with the benefits of pure therapeutic grade essential oils. They are also very economical at just pennies per drop of essential oil.

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Disclaimer: This handout has not been evaluated by the FDA. The products and methods recommended are not intended to treat, diagnose, cure, or prevent illness or disease. Please consult with a licensed health professional to address specific health concerns you might have.



Travel



Small Purse Travel Kit-from doterra blog

Small Tin: An empty Altoids tin works perfectly. **Or doTERRA Travel Key Chain**

Suggested Items

5/8 dram Glass Vials: Perfect to put your essential oils in while traveling. You can fit a generous amount of oil into each vial. You can also use these vials to give samples to those who are interested in trying essential oils. You can purchase vials at www.aromatools.com, or other bottle supplier.

Adhesive Bandages: You never know when you'll need one, so it is important to have a couple on hand at all times.

dōTERRA Essential Oils (4-6 of your choice): Add essential oils to each glass vial. Use essential oils you most commonly use and would be the most beneficial to have readily available while traveling (such as Lavender, Peppermint, On Guard, Digestzen, Lemon, PastTense, Breathe, Deep Blue, etc.).

Fractionated Coconut Oil (FCO): Make sure to fill one of the vials with Fractionated Coconut Oil in case you need to dilute any of the other essential oils. You'll be very grateful if you accidentally got Peppermint essential oil too close to your eyes.

Lip Balm: Chapped lips are never enjoyable, especially when you're on the go. Make sure to include lip balm to relieve any dry chapped lips. You will be happy to have it!

Peppermint Beadlets: Fill one vial up with dōTERRA Peppermint Beadlets to help calm any digestive discomfort, or to simply freshen your breath. It's amazing how powerful one small beadlet is.

On Guard Throat Drops: You never want to be sick while traveling. Include some On Guard Protecting Throat Drops to give your body that extra immune boost if you feel like you are coming down with the cold or flu. It is also great to have on hand if your throat is hoarse after a concert or sporting event.



Hair Care

To clean brushes and combs

Fill a container with 1½ cups water, ½ cup distilled white vinegar, and 20 drops tea-tree, lavender, or eucalyptus oil. Soak combs and brushes for 20 minutes. Rinse and air-dry.

Hair Rinse

1 Tbsp. baking soda or use 1C apple cider vinegar, can add essential oil mint
1C distilled water
3 dr rosemary 3 dr lavender

Hair Conditioner

Ingredients

A Carrier Oil (fractionated Coconut, Jojoba, Sweet Almond, Grape seed Oil, Moroccan, etc.)

Guar Gum (a natural thickener commonly used in cosmetics and foods)

Essential oil – lavender, lemon, orange, peppermint

1 cup distilled water (can be filtered water)

An empty bottle (a squeeze bottle would be best)

Instructions

Measure 1 ¼ tsp of Guar Gum into an empty squeeze bottle

Add ¾ tsp carrier oil

Add 7-12 drops essential oil of your choice, start with a lower amount, you can always add more

Add water. Stir, shake until the mixture is smooth and clump free and your conditioner is ready to use.



Hair Care

Leave in deep hot oil conditioning

Do once per week. Leave in 15 min, then rinse

- 1 tsp coconut oil or olive oil
- 2 dr rosemary
- 2 dr lavender
- 5 crushed aspirin (optional--good for dandruff or dry scalp.)
- 2 drops Melaleuca oil.

Shampoo:

¼ cup coconut milk

1/3 cup Liquid Castile Soap (like Dr. Bronners)

½ tsp of Vitamin E oil (Optional)

10-20 drops of Essential Oils, any will work, if storing in a plastic container don't use citrus.

For dry hair, add ½ tsp olive, almond, or grape seed oil (Optional)

Combine all ingredients, shake well to mix. Store in a squeeze bottle (if using citrus oil, use glass). Shake before each use.

Use about 1 teaspoon per use.



Tooth and Mouth Care

Toothpaste:

1 Tbsp. coconut oil
2 tsp. baking soda
1/4 tsp. sea salt
7 dr. peppermint
7 dr. clove

Instructions

Mix well, store in clean container.

Can add 1 tsp bentonite clay if desired: Indian healing clay by Aztec Secret found at Sprouts or Amazon or use Redmond Clay.

Do not stir clay with metal, can use wood or plastic.

Can also add Calcium Carbonate Powder if minerals are needed. Found at Amazon.

Nightly Floss, then mouth rinse with 1 Tbsp. coconut oil, can mix with H₂O₂, or do separately.

Mouth Wash

1. Use 8 oz. glass bottle.
2. Add 2 drops Myrrh,
3. 2 drops Melaleuca,
4. 1 drop peppermint,
5. fill with distilled water, mix.

After brushing teeth, rinse your mouth thoroughly with 1 oz. of this mixture, spit out.

Other oils to try:
OnGuard-Protective blend.



Body Care

Deodorant:

For a Spray

Use a glass 2 oz. spray bottle

1/4 C witch hazel

2 Tbsp. vodka

3 drops bergamot

3 drops grapefruit

Deodorant with Coconut Oil

- 1/2 cup coconut oil
- 1/2 cup baking soda
- 40–60 drops essential oil of your choice (Scent recommendations for females: sage, lemon and **lavender oil**. For males: cypress, rosemary and **bergamot oil**)
- Empty deodorant containers

1. Put coconut oil in bowl. Mix in baking soda, then add essential oils. Mix well.
2. Store in a deodorant container or a glass jar. Keep in a cool place (coconut oil will melt).
3. To apply, dab with fingers and rub or roll onto underarms. Wait a couple of minutes before contact with fabric.
4. For best results, use twice daily.

Body Cleanse:

use castor oil mixed with olive oil or use olive or jojoba alone. Massage into skin. Remove using moist warm towel.

For a cream Deodorant:

mix 1 tsp. baking soda and 1 tsp. corn starch or 1 tsp. Arrow root

Then add 1 Tbsp. coconut oil

3 drops grapefruit essential oil

3 drops bergamot

Foaming Hand Soap

2 tablespoons liquid castile soap
(unscented)

1 tablespoon Fractionated Coconut oil

10 drops essential oils of choice

Try five drops of Peppermint and five drops of Melaleuca essential oil, or 10 drops of OnGuard

Pour castile soap and Fractionated Coconut Oil into bottle.

Add essential oils.

Slowly add water into bottle making sure to leave room for the foaming pump.

Hand Sanitizer

5 Tbsp. aloe vera gel

4 Tbsp. water

1/4 tsp. vitamin E oil

8–10 drops OnGuard Protective Blend

Small squeeze container

Note: Essential oils can be stored in plastic containers if the essential oils are highly diluted. Make sure they are high quality if you do use plastic containers.



Insect Repellant

1. Use 1-2 oz. glass spray bottle, add 2-3 drops **TerraShield**-Repellant blend to bottle. Fill with distilled water; shake well, and mist onto skin or into small openings where bugs may come through.
2. Add 3-5 drops **TerraShield**-Repellant blend to 1 Tbsp. coconut oil and apply to exposed skin and feet.
3. Diffuse into the air by placing 1-2 drops on small ribbons, strings, cloth, and hang around area to help repel mosquitos.
4. **Other oil blends to try:**
 - a. 5 drops **lavender**, 5 drops **lemon**, 3 drops **peppermint**, 1 drop **thyme** to 8 oz. distilled water. Use in a spray bottle to kill flies.
 - b. Equal parts of **clove**, **lemon**, **orange** to 1-2 oz. distilled water.
 - c. **Patchouli**, **helichrysum**, **lavender**.
5. ½ Cup witch hazel with ½ Cup apple cider vinegar plus 20-40 drops of essential oil.
Suggested oils: TerraShield
6. **Fly repellent:** use a tin can with a lid. Soak a sponge in your essential oil and place inside the can. You can dilute at 1 part oil to 3 parts alcohol or water.
Close lid for 24 hrs. After 24 hours, you can keep the tin-can at the fly infested place (preferably indoors). Whenever you need to use it just remove the lid, keep it open for few hours and you will notice that flies won't be able to stand its aroma.
4. After each use make sure to replenish your fly repugnant, by adding few drops of oil, close the lid and your homemade fly repellent is ready for next use. Lavender, or lemongrass, eucalyptus, TerraShield® , Citronella, Peppermint. Lavender is best for flies.



Skin Care

**Cover area of skin or face where citrus essential oils were applied, and use sunscreen at least 24 hours before going out into sun after applying any citrus oils to the skin as they may cause photosensitivity.*

Makeup Remover:

Jojoba oil mixed with coconut oil or castor oil. 1 or 2 drops of Lemon and lavender essential oils.

Gentle Honey Cleanser:

1/4 Cup organic raw honey
1 Tbsp. plain pure Castile liquid soap
1/2 Cup vegetable glycerin
Mix until well blended. Add 3 drops essential oils.

- Fennel for cleansing and toning of the skin. Helps with puffiness and superficial irritation.
- Thyme for antiseptic and astringent qualities.
- Lemon for anti-aging and ph. balancing.

Dab onto face and neck each morning, rinse with water.

Morning cleanse:

Honey, water, lemon. Leave on 10 min. Rinse with warm water. Follow with cool water.

Astringe with a toner: witch hazel 2/3 Cup, 1/3 Cup apple cider vinegar, essential oil of lavender or other.

Exfoliate:

2 tsp. baking soda, 2 tsp. water. Mix well. Can add drop of tea tree and drop of lavender. Apply to skin in circular motion. Can use kid's soft toothbrush. Remove with warm water.

Lemon chemical peel

1 Tbsp. sugar
1 Tbsp. lemon juice. Warm until mixed.

Add tea tree oil.

Massage in using kids soft toothbrush in circular motion. Leave on 10 min. Rinse with warm water.

Can leave on overnight and remove in the morning.



Gelatin Face Mask

1 Tbsp. sugar

1 package plain gelatin

- Heat until mixed and slightly thickening. Remove from heat.
- Add 1 drop each of tea tree oil, lemon, grapefruit, bergamot.
- Cool enough to apply to skin.
- Leave on 10 min or until hard.
- Remove by peeling or with warm water.

Cover face, use sunscreen at least 24 hours before going out into sun after applying any citrus oils to the skin as they may cause photosensitivity.

Black head removal

- Bowl of Steaming water
- Add 1-2 drops of either bergamot, cypress, lavender, tea tree, lemongrass or juniper berry essential oil to the steaming water.
- Hang head over steaming water with towel over head.
- Steam for 10 min.
- Remove black heads gently with clean tissues wrapped around your fingers. Or use kid's soft toothbrush.
- Or drench towel in the steaming water, squeeze and apply to face until it cools.

Essential oil suggestions for skin types:

- For dry skin use Rosemary, Ylang-Ylang, Patchouli, and Orange
- Oily skin use Lemon
- For Fragile skin use Cypress
- Acne use Lavender, Grapefruit, and Thyme
- Sensitive Skin use Jasmine, and Sandalwood.
- Normal Skin use Rose oil

Easy Facial & Skin Moisturizer

Clean jar for storing, and label.

¼ Cup organic palm oil

Drops of essential oils of choice per skin type. Mix well. Apply as needed.



Household

Spray Air Freshener

8-ounce glass spray bottle
1/2 cup distilled water
20 drops essential oil of choice.

- Lavender
- Lemon
- OnGuard protective blend
- Wild Orange & Peppermint mix

Clothes Stain Remover

1 1/2 C water
1/4 C liquid Castile soap
1/4 C vegetable glycerin
5-10 drops lemon essential oil
Spray bottle

Mix all ingredients in a glass spray bottle. Shake well, apply liberally. Rub with fingertips, let sit a few minutes. Wash as usual.

Spot Remover:

Use lemon oil directly on a spot, rub, let sit few minutes, wash as usual.



Room Deodorizer

Use Mason jar with a lid-band, baking soda, essential oils of choice, hammer, nail or small screwdriver.

- 1- Put 1/4 cup baking soda into a small Mason jar. Add 5-6 drops of your favorite dōTERRA essential oil or blend.
- 2- Put the lid on top of the Mason jar and seal it tight with the band. Take your hammer and nail and punch small holes in the top. –
- 3- Recommended Essential Oils: **Balance, Cassia, Geranium, Eucalyptus, Lavender, Lemon, On Guard, Purify, or Wild Orange.**

Add some style by drawing a design onto a piece of paper and then securing the design on top of the lid with a strong tape around the edges and poking holes along the pattern.

Clean the washing machine

1. Set top loading washing machine to run hot water, and highest water level. Start, let water fill up.
2. Add 3-4 C white vinegar, let agitate a minute. Then stop. Add 1/2 C baking soda. Let agitate a few minutes. Then stop and allow to sit 30 min to 1 hour.
3. Wipe down grime on top of washer, around agitator, bleach, water softener cup, etc. using sponge and tooth brush.
4. Allow washer to resume cycle until it begins to drain water. Then set it to drain while spinning. If your washer can not drain and spin at same time, start another hot water cycle at this point, and allow it to run through completely.



How to clean dryer naturally

Keep the ducts and vents clear of debris and lint.

Natural Clothes Fabric Softener/Dryer Sheets Alternative

wool dryer balls: suggested places to order from www.aromatools.com or www.shareoils.com

Place a few drops of essential oil of choice onto the dryer ball. Dry clothes as usual using the 3 dryer balls instead of dryer sheets.

Suggestions include **Lemon, Lavender, Balance, OnGuard.**

Other Laundry Tips:

-Crumple up aluminum foil into a ball and toss it in the dryer with the wet laundry to get rid of static cling.

-For an even extra burst of essential oils in your clothing, place a wash cloth with a few drops of essential oil into your dryer. It was come out smelling beautiful! No fake lavender smell here!

-Add a few drops of Lemon essential oil to your wash cycle to help remove grease and oil from fabrics.

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For extra soft clothing, add 1/2 cup vinegar (a natural fabric softener) to your washer with each load. Don't worry, your clothes will not smell like vinegar once dry. Give it a try!



Granite Countertops-Do not use vinegar on granite, stone, or marble.

1/4 C rubbing alcohol
3 drops liquid dish soap
1 C water
10 drops lemon essential oil
20 drops lavender essential oil

Toilets:

- Add 2 teaspoons Melaleuca (tea-tree oil) and
- 2 cups water to a spray bottle.
- Shake, then spritz along the toilet's inside rim.
- Let sit for 30 minutes; scrub.
- You can also place a few drops of your favorite oil on the inside of the toilet-paper tube. Every time the paper is used, the scent will be released.

Windows:

Mix 2 oz. water and 10 drops lavender or lemongrass oil to wipe grime off windows. Bonus: These oils may repel flies.

Window and Mirror Cleaner-2: 1/2 Cup white vinegar, 1/2 C rubbing alcohol, 1 cup distilled water, 10 drops lemon. Combine in a spray bottle. Shake well before each use.

Gum encrusted Items

Orange oil is great at removing this sticky offender from various materials. (Don't worry: It shouldn't stain fabrics. But do launder immediately.) Apply with a cotton ball.

Scuffed Floors:

Apply two to four drops of Melaleuca (tea-tree oil) to the spots. Wipe excess oil with a cloth and rub in distilled white vinegar.



Glass & Stainless Steel Appliances

Lemon oil on a soft microfiber cloth to remove dirt and grime.

Glass and Stainless Steel Cleaner

½ cup white vinegar

½ cup rubbing alcohol

water (tap water for a short-term or distilled for long-term)

8 drops lemon essential oil

Mix ingredients together in spray bottle. Shake before each use.



Shower Doors

Wipe scum-covered glass doors with a few drops of lemon oil twice a month. It will protect them from grime buildup.

More intensive weekly cleanings enhance the appearance of shower doors. Make a homemade solution of 1 cup of baking soda with 1 teaspoon of distilled white vinegar. Try it with a few drops of lemon oil. This natural treatment gently removes ugly debris when it is applied to a shower door; let it sit for at least 15 minutes, then rinse it off with warm water and a microfiber cloth. Handle more challenging mold and mildew spots with a thin layer of hydrogen peroxide, using a soft brush or cloth and scrubbing out stubborn infestations with a grout brush. For a fast and effective clean, spray on a mild multipurpose cleaner. I use doTERRA's OnGuard multipurpose cleaner. Wipe down with a soft sponge or cloth. Always wear gloves to protect your hands.

*If your shower is made of stone, however, the vinegar could damage it. Instead, mix some liquid soap with baking soda. Add some essential oils such as lemon, lime, grapefruit, orange or Citrus Bliss. Scrub it onto the glass shower door with a no scratch sponge. Rinse.

Routine care is the simplest way to keep glass shower doors free of soap scum, water spots and grime. Wipe down glass doors with a shower squeegee following every use. This prevents the accumulation of ugly mineral deposits and lime buildup while eliminating condensation to head off mold and mildew. Leave shower doors open to help circulate air and lower the moisture in the room. Keeping a window open also lowers the humidity levels. Avoid abrasive cleansers and hard-bristle brushes, and stick with microfiber cloths and soft sponges when you are cleaning shower doors.

When there's no time for a deep cleaning, grab a used fabric softener sheet, add a few drops of fresh water and gently scrub the shower door to remove caked-on soap scum. While a new dryer sheet can be harsh on glass, a used one is gentle enough to clean without causing harm, and you can feel good about getting your money's worth out of your fabric softener.



Glass cook-top and Tub/Sink cleaner-removes stains

1. wet the sink or cook top
2. sprinkle baking soda on top, 1 Tbsp. or more depending on area.
3. add 1-2 drops **Lemon** essential oil
3. let sit 5-10 min.
4. wipe/scrub with clean sponge. Should remove grime and burnt stains without much scrubbing.
5. spray with glass cleaner and wipe to shine for glass cook top.

*I find it effective to sprinkle baking soda over glass cook tops, then spray heavily with my DIY All-Purpose Cleaner that has lemon and lavender in it. Recipe is below.

All Purpose General Cleaner-Disinfecting Spray

What You Need:

- 16 oz. glass spray bottle
- 1/4 cup white vinegar
- 1 3/4 cups water
- 30 drops dōTERRA essential oil

Some recommended combinations include:

- 15 drops each of Lavender and Lemon
- 10 drops each of Eucalyptus, Peppermint, and Wild Orange
- 30 drops On Guard blend
- 15 drops each of Grapefruit and On Guard



Dusting Spray

1 cup olive oil

$\frac{3}{4}$ cup white vinegar

15 drops lemon oil

Mix in a glass spray bottle and spray a little on cloth or mop before dusting. Respray as needed.

Wood-Furniture Polish

Use an 8 oz. spray bottle. Add ingredients, shake thoroughly before each use.

$\frac{1}{4}$ Cup white vinegar

$\frac{1}{4}$ Cup olive oil

10 drops Lemon or Wild Orange essential oil

Smell Good Doggie Spray

1. use a 2 oz. glass spray bottle

2. Add drops of essential oil to bottle such as Purify Cleansing blend

3. add remainder with distilled water.

3. Shake before each use.

Spray over your doggie's coat, careful not to get into his eyes or mucus membranes.



Clean a mattress

According to this study, from the *Journal of Zhejiang University. Science.* (Saad, E.-Z., Hussien, R., Saher, F., & Ahmed, Z., 2006), dust mites can be managed by using peppermint, eucalyptus, cinnamon, lemongrass, rosemary, geranium, thyme, or fennel essential oil. When combined with baking soda, which absorbs moisture, deodorizes and sanitizes, this powerhouse duo can be an extremely effective, natural, and non-toxic household cleaner.

What You Need:

1 cup baking soda (enough for a queen size mattress)
10 drops dōTERRA essential oil that will repel dust mites:
Lavender, Eucalyptus, Peppermint, Clove or Rosemary.
Mason jar with lid
Sifter
Vacuum

How to Clean Your Mattress:

- 1- Remove bed linens and wash them in hot water.
- 2- Add the baking soda and essential oils to a Mason jar. Shake to evenly distribute the oils.

Put the baking soda mixture into the sifter and sift across your mattress. (You may need to double your baking soda mixture depending on the size of your mattress).

Leave the mixture on your mattress for at least an hour. The longer you leave it, the better the results.

- 5- Once the mixture has been on the mattress for at least an hour, use your vacuum hose to remove the mixture from the mattress.

Make your bed with clean sheets and enjoy the fresh smell of your mattress. Repeat every 2-3 months, or as often as needed. –

*Can also be used to deep clean your carpet or upholstered furniture! Follow guidelines in the same fashion.



Clean Wooden Cutting Board

1. Rinse immediately after use. Studies show that a pre-wash rinse eliminates enough bacteria so that levels are safe, while submerging the board in dishwater immediately after use transfers pathogens to the wash water. Since wood is a porous surface that absorbs water, submerging a dirtied board could also cause it to split and warp.
2. Disinfect using 3 percent hydrogen peroxide. Pour it over the board and spread it around using a clean sponge. Let it stand for a few minutes as it fizzes and kills germs. Wipe off with the clean sponge and repeat as needed.
3. Remove stains with coarse salt or baking soda. Dry the board completely and sprinkle it with the salt or baking soda. Scrub out the stain using a sponge or a brush dipped into hot water and repeat as needed.
4. Deodorize with white vinegar. Keep a spray bottle filled with white vinegar and use it to regularly spray down a cutting board. The vinegar will neutralize odors while working as an all-natural disinfectant.
5. An occasional extra-deep cleaning is a good idea, particularly after working with raw meat, fish or poultry. Add 1 teaspoon Witch-Hazel to 2 cups water, 10 drops lavender, 10 lemon, 5 melaleuca and flood the board with this solution. Let stand for a few minutes before rinsing with hot water.



Caring for Travertine Floor and other porous stones

1. Sealant, may need to be resealed every 6 mo., 1 yr. or 2 yrs.
2. Don't wear shoes in the house.
3. Remove debris and dirt with soft dry mop or micro-fiber cloth
4. Quick, or daily cleaning just use hot water.
5. Remove split liquids and foods quickly. Blot don't rub.

SAFE for Granite and/or Natural Stone specific products: Water and rubbing alcohol mix 16:1 (a.k.a. 1 quart water to 1/4 cup rubbing alcohol)

OCCASIONAL USE ONLY: Soap and water mix (soap scum will build up and dull the stone, yes, even if you rinse afterward)

NOT SAFE: Bleach, Ammonia, Vinegar (and water/vinegar mixes), generic cleaners and degreasers (Windex, 409, Fantastik, etc.), Lemon/Lime/Citrus juice (pretty much anything with a citrus scent), Abrasives (steel wool, Brillo pads, brushes, etc.), CLR.

**Note: citrus essential oils such as lemon, lime, grapefruit are cold-pressed from the rind, thus no acidic acid is present, and these are safe to use on granite and stone.*

Wood Floor Cleaner: 1 Gallon warm water, 2 Tbsp. liquid castile soap, 15 drops Citrus oil such as, Lemon, Wild Orange, etc. Mix in a bucket, no rinsing needed.



Disclaimer: This handout has not been evaluated by the FDA. The products and methods recommended are not intended to treat, diagnose, cure, or prevent illness or disease. Please consult with a licensed health professional to address specific health concerns you might have.

Sources

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Acupuncture Center, Inc. Michele Arnold-Pirtle, DACM, L.Ac.
www.balancedmeridian.com

Enjoy your essential oil journey,

I have also attached labels to make it even easier to do. These are compatible with Avery address labels 5160, 30 to a sheet.

If you are new to essential oils, or new to doTERRA and would like to order your own essential oils, I can help you! Contact me so that we can get you started today!

Sincerely,

Michele M. Arnold-Pirtle, DACM, L.Ac.

www.balancedmeridian.com

Hair Rinse

Hair Conditioner

Shampoo

Make-up Remover

Tooth Paste

Mouth Wash

Deodorant

Foaming Hand Wash

Hand Sanitizer

Insect Repellant

Honey Face Cleanser

Facial Toner

Exfoliation

Lemon Chemical Peel

Facial Moisturizer

Stain Remover

Air Freshener

Toilet bowl Cleaner

**Stainless, Windows
& Mirrors**

Multi-Purpose Cleaner

**Multi-Purpose Cleaner
Vinegar Free**

Dusting Spray

Wood-Furniture Polish

Smell-Good Doggie



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About the Author,



Dr. Michele Arnold-Pirtle, is a doctor of Acupuncture and Chinese Medicine, author, natural health and essential oil educator, membership advocate empowering valued customers & business leaders with dōTERRA® essential oils.

She completed her doctorate in Acupuncture and Chinese Medicine (D.A.C.M.) from Pacific College of Oriental Medicine (PCOM), San Diego, August 2016. She graduated Magna Cum Laude from PCOM, in 1999, with a Master of Traditional Oriental Medicine (M.T.O.M.). Michele's bachelor of Science degree is in Biology, received in 1993 from San Diego State University. She holds both a California State Acupuncture license (L.Ac.) and is a Diplomate of the National Board of Acupuncture and Chinese Herbology (NCCAOM).

Michele maintains a private practice in Poway, serving the North County Inland area of San Diego. She specializes in caring for the human spirit, which effectively harmonizes emotional-mental imbalances for stress, anxiety, depression and insomnia. Balancing the spirit also addresses many deep-rooted conditions of the body such as digestive complaints, hormonal imbalances, Women's Health, such as, infertility, PMS, and menopausal symptoms. In addition to her private practice, Michele has been a clinic supervisor for acupuncture student interns at Pacific College of Oriental Medicine, San Diego. Outside of work, Michele enjoys hiking, reading, cooking, and playing with her two little boys.

"As a holistic doctor of acupuncture and Chinese Medicine, and essential oil enthusiast, it is my passion to educate and inspire you to manifest a life full of potential in health, prosperity, and happiness. Live your true-potential!"