

HAND TECHNIQUE SUGGESTED OILS



Single oils within the blend that are available and can be used for the Hand Technique are: Frankincense

dōTERRA Balance® creates a sense of calmness and well-being.”

Ingredients: Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Fractionated Coconut Oil



Single oils within the blend that are available and can be used for the Hand Technique are: Cardamom, Peppermint, Eucalyptus, Melaleuca, and Lemon.

dōTERRA Breathe™ promotes a feeling of clear breathing.

Ingredients: Laurel Leaf, Cardamom, Peppermint, Eucalyptus, Melaleuca, Lemon, and Ravensara.



Single oils within the blend that are available and can be used for the Hand Technique are: Wild Orange, Lemon, Grapefruit, and Bergamot.

Citrus Bliss® combines the powerful benefits of popular citrus essential oils.

Ingredients: Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine with a hint of Vanilla.



Single oils within the blend that are available and can be used for the Hand Technique are: Ginger, Peppermint, Fennel, and Coriander.

DigestZen® is provides a feeling of comfort and relief.

Ingredients: Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise.



Single oils within the blend that are available and can be used for the Hand Technique are: Melissa, Ylang Ylang, and Hawaiian Sandalwood.

Elevation® lifts your mood as it revitalizes.

Ingredients: Lavandin, Tangerine, Elemi, Lemon Myrtle, Melissa, Ylang Ylang, Osmanthus, and Hawaiian Sandalwood.



Single oils within the blend that are available and can be used for the Hand Technique are: Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, and Roman Chamomile.

InTune® is a blend of oils known to promote a sense of focus.

Ingredients: Amyris Bark, Patchouli Leaf, Frankincense Resin, Lime Peel, Ylang Ylang Flower, Hawaiian Sandalwood, and Roman Chamomile Flower.



Single oils within the blend that are available and can be used for the Hand Technique are: Wild Orange, Clove Bud, Cinnamon, Eucalyptus, and Rosemary.

dōTERRA On Guard® offers fragrant and effective cleansing properties.

Ingredients: Wild Orange, Clove Bud, Cinnamon, Eucalyptus, and Rosemary.



Single oils within the blend that are available and can be used for the Hand Technique are: Lavender, Marjoram, Roman Chamomile, Ylang Ylang, and Hawaiian Sandalwood.

dōTERRA Serenity® creates a sense of peace and well-being while promoting relaxation.

Ingredients: Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, Hawaiian Sandalwood, and Vanilla Bean.