



Holistic Lifestyle  
Kim La Haye  
Yoga Health Oils

# Home Essentials Kit

These 10 basic oils from the Home Essentials Kit will accompany you and your family every day, because they are versatile, simple and easy to use for physical and emotional ailments.

**doTERRA**<sup>®</sup>  
Wellness Advocate



# LEMON

## The oil of concentration

This oil is an absolute delight in water and supports the body's natural detoxification when you drink it (stir 1-2 drops into water).

It also helps you focus, supports your concentration and gives clarity when you inhaled. Emotionally, it has a mood uplifting effect and promotes feelings of joy and happiness.

Lemon is also suitable in the household as a cleaner of surfaces.



# LAVENDER

The oil of communication

This oil not only soothes in the evening and promotes a restful sleep, but also calms emotions and your skin after injuries (cuts and burns).

For healthy skin, simply mix some lavender with your daily cream and apply to your skin. The skin immediately relaxes and the scent promotes emotional relaxation during the day and especially in the evening.

Emotionally, lavender supports our throat chakra by gently releasing blocked communication and taking away the fear of being truthful with ourselves. When you feel unheard, use lavender on your throat and speak your truth.





# PEPPERMINT

The oil of the vibrant heart

This invigorating pick-me-up can be used daily to increase concentration and give more focus and clarity. Simply inhale the oil from your hands or put it in the diffuser (great in combination with Lemon).

Peppermint also revitalizes tired muscles and relieves tension. You can also drink it for fresh breath and to assist your digestion.

Emotionally, Peppermint opens our heart and helps to relieve heaviness and sadness. To support a heart opening effect, mix with carrier oil and rub onto your heart chakra.





# TEE TREE

## The oil of energetic Boundaries

This oil will support your skin by helping clear blemishes and pimples. Like lavender, you can mix Tea Tree with your cream to refine your skin texture especially for teenagers or people with a more oily skin.

It also offers support to your mouth flora by gargling with 1-2 drops of tea tree oil or it can also be used with the ayurvedic ritual of oil pulling in the morning.

Tea tree is antibacterial and is a great disinfectant for wounds or unpleasant smells. It can be used as a household cleaner and just one drop in your sport shoes can help eliminate any unwanted odors.

Energetically, this oil helps you to have strong personal boundaries and strengthen your own energy field.





# FRANKINCENSE

## The Oil of Truth

Frankincense is known as the king of oils. I recommend taking it every day both internally to regenerate cell production (1-2 drops under the tongue or in a veggie cap), and externally to regenerate your skin which has an anti ageing effect.

Frankincense reduces the appearance of skin imperfections and promotes skin renewal. It supports our cellular system and calms our nervous system.

As a companion in meditation, this oil opens the door to inner wisdom and universal connection to the cosmic field.





# OREGANO

The oil of humility

Oregano is a very potent and highly effective oil that should be used sparingly and diluted as needed because it is a "hot" oil.

Taken internally, oregano powerfully supports natural immune defenses through its antioxidant properties.

You can also promote healthy digestion and gastrointestinal flora with this oil.

Emotionally, oregano can help release stuck emotions and loosen attachments.





# ZENGEST

## The Oil of digestion

I recommend using zengest on a daily basis after eating a big meal or a lot of raw vegetables, it is a great support for digestion and helps prevent bloating and flatulence.

You can use it both internally and externally, for example rubbing it on your stomach. It helps relieve tension in the gastrointestinal tract and your digestion is naturally supported. I also recommend one drop of zengest in a big glass of water after your main meal.

Emotionally, this blend of anise, peppermint, ginger, cumin, coriander, tarragon and fennel also helps to "digest" information and feelings. So if something is weighing you down, whether it's from heavy food or emotions, this blend will bring you back into balance.







# AIR

## The Oil of Breath

This mixture of bay leaves, eucalyptus, peppermint, tea tree, lemon and cardamom supports your lungs and opens the airways for easier breathing.

Especially for seasonal ailments or while experiencing a stuffy nose or cough, you will experience relief through this blend and can breathe freely again.

Emotionally, this mixture relieves sorrow, sadness and hopelessness, which take away the feeling of being able to breathe freely and deeply. When you feel like you are not getting enough space for yourself and have the feeling of being emotionally suffocated, Air is a great oil to turn to for support.





# DEEP BLUE

Mixture to support the joints & muscles

This blend relieves tension in the body. You can use this oil blend externally or in a diffuser to promote a relaxing atmosphere.

This blend is also great for a revitalizing massage after exercise. Simply mix a few drops with a carrier oil (fractionated coconut oil) and massage aching body parts. It helps relieve sore muscles and joint pain.

Emotionally this mixture helps you to have the courage to recognize your deeper issues and to work through them without fear of physical or emotional pain.





# ON GUARD

The oil for Immun System Support and Protection

On Guard is considered a hot oil and should be diluted when used topically. It is a mixture of Clove, Rosemary, Cinnamon, Wild Orange and Eucalyptus Oil. It is a natural support for your immune system.

I recommend applying it daily to the soles of your feet in the morning or take 1-2 drops internally in a small teaspoon of honey as needed, especially effective with a sore throat. You can also use one drop of on guard while oil pulling in the morning which supports your oral hygiene and because of the clove oil, is a great support for the health of your gums. Emotionally, On Guard helps shield you like a protective cloak. It can be very effective for highly sensitive people who seem to absorb the energy of others around them.



Holistic Lifestyle

Kim La Haye

Yoga Health Oils