



Top 10 Must-Have *Essential Oils* **In My Purse**

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I am often asked about my on-the-go natural solutions while I am traveling, or running off to be super woman. Many of the solutions I am carrying with me are essential oils. If you ever catch me on a plane, or seated next to you at a workshop, I am carrying at least 8-10 essential oils in my purse.

Since I discovered essential oils four years ago, they have been essential to everyday emergencies and mood support. Essential oils are really the secret sauce to managing stress, tension, mood and energy. They are the bridge to maintaining healthy habits throughout the day.

When it comes to choosing which essentials oils to carry with you, it is really about choosing an array of solutions that meet your most basic wellness needs. I typically evaluate my week and plan accordingly, especially if I am going to be traveling, or out of the house most days that week. I always make sure I have essential oils that support my hormones and immune system, along with a couple other must-haves.

*Love,
Dr. Mariza*





Wild Orange



Wild Orange was the first essential oil that I was introduced to, and I fell in love instantly. If I only had to have one oil with me at all times, it would be either Wild Orange or Peppermint. The reason that Wild Orange is probably my all-time favorite essential oil is because it is the oil of ABUNDANCE. Putting a few drops of orange oil in my palms and taking a few deep breaths truly feels like I'm walking through an orange grove in Southern California. Wild Orange is one of doTERRA's few essential oils that is cold-pressed, and what an amazing result – the aroma of these constituents is absolutely breathtaking.

Besides a wonderful smell, the other main reason that I enjoy wild orange is its calming abilities. I travel frequently, but I'll be honest – flying is not my favorite activity. To help reduce any anxious feelings, I inhale a few deep breaths of wild orange before taking off for every flight. I truly feel centered after feeling the effects of the wild orange. I also love adding it to my water and diffusing it at my desk to help with concentration – it keeps me productive and ready for abundance to come my way!

Peppermint

Peppermint just might be the most versatile essential oil out there, which makes it a no brainer for my short-list. I lick a drop of peppermint oil at least 2-3 times each day, for the energizing boost, ability to open up airways and support clear breathing, not to mention it gives me fresh breath. Peppermint is my husband's favorite oil, and I can't say I mind when he has a drop of peppermint oil because it makes him instantly kissable!

Peppermint is also well known as an oil that can help aid the digestive system. You may have had peppermint tea for occasional stomach upset in the past – well, one drop of doTERRA's peppermint oil is the equivalent to 28 glasses of peppermint tea! You can add the oil to your water, or apply topically by rubbing it on the skin over your esophagus or stomach -- wherever you are feeling discomfort (For your first time, it is a good idea to dilute with a carrier oil such as coconut oil). Pretty good right? Well, we're not done! Peppermint is also one of my favorite oils to apply to my temples or neck when I am feeling occasional tension in those areas. The soothing effect it has on muscles is just another thing to add to the list. Just be careful to keep away from sensitive areas such as your eyes. My personal favorite method is to add peppermint oil to the neck right after applying doTERRA's AromaTouch, for an awesome tension relief combo. The peppermint helps to create a soothing tingle, along with the ability to help drive the constituents in the Aromatouch into your tense muscles even faster.



Lavender



Lavender, like peppermint, is another one of the most diverse and multifaceted therapeutic oils, which is why we refer to it as a Swiss-army knife. Not only is it in some of my favorite blends, but the single oil smells amazing and can be used for many different purposes. Lavender is known for its calming qualities, and that's definitely the number one thing I use it for. Applying a few drops to your pillow, back or your neck, or bottom of your feet before bed will help with a restful night's sleep.

In addition to being used for calming, Lavender is also well known for its skin care abilities. It's one of the main oils in doTERRA's Correct X natural ointment, and we use it along with Geranium and Frankincense in our homemade body butter (recipe below). Lavender is also great for reducing stressful feelings by simply breathing it in, or adding a couple drops to a warm bath at night.

HOMEMADE SOOTHING BODY BUTTER

Ingredients:

Sealed glass container

1 cup unrefined Shea butter

1/2 cup coconut oil

1/2 cup almond oil (or any other oil)

10 drops Lavender essential oil

5 drops Frankincense essential oil

10 drops Geranium essential oil

Directions:

Heat shea butter, coconut oil and almond oil together over a double boiler. Cool mixture to room temperature. Next, refrigerate mixture for an hour or so. Once solid, whip with mixing beaters until smooth. Store in a glass or stainless steel container.

Note:

Apply homemade body butter after your morning shower for soft and invigorated skin.

Motivate

Motivate is my absolute favorite of doTERRA's emotional blends, unveiled in 2015. All of the blends address different emotional aspects and pull from different constituent families (e.g. Citruses, Mints, Flowers, etc.). Motivate is where citrus meets mint, and given my affinity for wild orange and peppermint, you can imagine I fell in love with this oil immediately. There is also a hint of vanilla, which gives a slightly sweet and invigorating scent to this oil blend. My favorite way to apply is to put a drop on my finger and rub right behind my ears. This provides a revitalizing tingle, and helps me to push through those moments when I am dragging. This amazing oil made the immediate jump to my purse as soon as I got my hands on it. I call it the Energizer Bunny!



Lemon



Oh my gosh, I can't believe I've mentioned four oils already, and Lemon hasn't been one of them! Lemon is another one of the most versatile doTERRA essential oils. Known for cleansing the body, it's excellent in water (1 drop in your glass, or a few in a pitcher/carafe), and to help support optimal cellular function along with supporting digestive, respiratory and urinary function. Lemon is also a powerful cleansing agent that purifies the air and surfaces, and can be used as a non-toxic cleaner throughout the home and while traveling - it is one of the best de-greasing substances I've ever come across. When added to water, Lemon provides a refreshing and healthy energy boost throughout the day. Always carry a glass water bottle and add a drop of lemon oil when you refill throughout the day.

Balance/Grounding Blend

This is a favorite for so many people I know, and one of my top 3 favorite doTERRA blends. Many women swear by Balance for keeping them grounded throughout the day or in particularly stressful situations. In addition to using it themselves, many moms and teachers are diffusing it at home or in classrooms to help keep kids focused and calm. My husband also just re-fell in love with Balance – I had to order two bottles last month, since he doesn't like to share. He also likes to wear it as a cologne, as the woody aromas of Frankincense, Blue Chamomile, Blue Tansy and Spruce not only provide a calming effect, but have a very masculine smell that men and women alike really enjoy. It's no wonder this oil is adored by just about everyone who smells it.

Balance is most commonly applied with a couple drops on the back of neck or bottoms of feet before bed or first thing in the morning. However, like Wild Orange, a couple drops in the palms and a few deep breaths can help to make you feel more grounded at any given moment. It's also a great oil to diffuse in the evenings to calm things down a bit. Kiss stressful moments goodbye with this grounding blend.



On Guard/Immunity Blend



If you are not yet familiar with OnGuard, you are in for a treat. The OnGuard blend contains some very powerful oils, including Wild Orange, Rosemary, Cinnamon, Wild Orange, Clove and Eucalyptus. OnGuard is designed to help support the immune system in a big way. Due to its abilities to protect against environmental and seasonal threats and have positive affects on the immune system, it's no wonder this is an oil I want on me at all times. Whenever I feel a tickle in my throat, I immediately rub a few drops of OnGuard directly on my throat and neck. I apply OnGuard on my feet and back of neck if I know that I'm going to be traveling on an airplane, to help my chances of staying 100% healthy. You can even add OnGuard to hot water to make an immune boosting tea – it tastes like a delicious spiced chai tea and it's perfect to diffuse with Wild Orange around the house to keep the whole family healthy.

Aromatouch/Tension Blend

I mentioned AromaTouch as one of my favorite oils to use along with peppermint for neck and head tension, and that's the number one reason it's on this list. Easily accessible on the go, this oil has provided me immediate relief more times than I can count. AromaTouch combines the essential oils of Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender in a perfect blend that adds many important benefits to various massage techniques. Aromatouch is great for pre and post workouts and it works wonders on tired muscles, along with hands and feet. My favorite way to apply Aromatouch is around the temples, neck and forehead and layering it with Peppermint to relieve any temporary head and neck tension.

Like Peppermint, be careful of applying too closely to the eyes.



Passion



My other favorite blend from doTERRA's emotional oils kit, Passion contains some of the most expensive oils out there, but because they're included in this blend, they're actually accessible at a much more reasonable price point than buying them individually. When feelings of boredom and disinterest take over, the doTERRA Passion Inspiring Blend will help to rekindle feelings of excitement, passion and joy.

With the Passion blend, you will find the inspiration to try something new, as well as discover renewed joy for the wonderful blessings in your life. This beautiful oil features Fractionated Coconut Oil, Cardamom Seed, Cinnamon Bark, Ginger Rhizome, Clove Bud, Sandalwood Wood, Jasmine Flower, Vanilla Bean and Damiana Leaf. It is a little bit spicy (my favorite!) and a little bit sensual. When applying Passion essential oil, I like to put it behind my ears, similar to Motivate, wear it as a perfume, or diffuse it in my bedroom during a big project.

Clary Calm/Women's Blend

When it comes to hormonal balance this is my go-to for providing instant hormone relief. Clary Calm comes in a roll-on for easy application directly over the ovaries, ankles and wrists. Containing rockstar essential oils such as Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex. This topical blend is designed to help with mood swings, estrogen and progesterone synergy, temporary menstrual cramps and hot flashes.

This is an oil I need on me AT ALL TIMES, and I know that I am not alone. If you are looking for hormonal support, you are going to want to try Clary Calm, and I guarantee it won't be long before it's in your purse too.



Like I mentioned, it's hard to narrow down a list of my top oils. I have so many "favorites", but there are definitely the oils that are non-negotiables to be with me at all times. Hopefully this insight was helpful, and hopefully it will help you find your combination of non-negotiable oils. Everyone is a little different, but having these 10 oils on me at all times truly sets me up for success, no matter what the situation.

Some honorable mentions include: **DigestZen**, **Breathe**, **Serenity**, **Melaleuca** and **Past Tense**.

If you're new to doTERRA and essential oils and want to learn more, I would love the opportunity to provide that information. Let's setup a consultation to discuss your unique needs and create a customized wellness plan for you. I look forward to hearing from you!

DrMariza.com/Free-Consultation