



The Well Essential Oils Quick Reference Sheet

The Well carries doTERRA, high quality Certified Pure Therapeutic Grade® (CPTG) essential oils.

Oils can be: Δ Diffused Applied topically to pulse points, bottoms of feet, or problem areas O Ingested

ANXIETY and STRESS

These oils help ease tension and alleviate feelings of stress.

- Lavender Δ O
- Vetiver Δ
- Balance Δ
- Serenity Δ
- Frankincense Δ O
- Peace Δ

SLEEP

These oils help promote peaceful sleep. Lavender mixed with vetiver is our favorite sleep aid.

- Lavender Δ O
- Vetiver Δ
- Serenity Δ

DEPRESSION AND SADNESS

These oils promote uplifting and stress-reducing feelings.

- Lavender Δ O
- Lemon Δ O
- Citrus Bliss Δ
- Frankincense Δ
- Cheer Δ
- Elevation Δ

ADD/ADHD

These oils promote tranquility while bringing harmony to the mind and body.

- Vetiver Δ
- Balance Δ
- InTune Δ

UPSET STOMACH and DIGESTION

These oils aid in the digestion of food, sooth occasional upset stomachs, and reduce gas and bloating.

- Digestzen Δ O
- Peppermint Δ O

IMMUNE SYSTEM SUPPORT

This blend helps support healthy immune function and contains cleaning properties.

- OnGuard Δ O
- Frankincense Δ O

Specific Concerns:

Cold and Flu: Breathe Δ O | OnGuard Δ O

Aching Muscles and Joints: Deep Blue

Acne: HD Clear | Melaleuca | Frankincense

PMS: Clary Calm

Warts and Molluscum Contagiosum: Frankincense

Headache: Past Tense

Allergies: Peppermint/Lemon/Lavender blend Δ

Lice: Melaleuca (Rub 1-2 drops into scalp 3 times/day. To help repel lice, add 2-3 drops to shampoo or add a few drops with water to a glass spray bottle, and spray hair daily.)

To purchase oils, go to
www.visitthewell.org/oils

We also have a variety of oils available at
The Well
1029 Pleasant Street, Bridgewater MA
508.697.1070

*Disclaimer: This information is not intended to treat, cure, or heal disease or illness nor to replace medical or psychological counseling. Follow bottle instructions for application methods.