

Land of Essential Oils

Basic Essential Oil Terminology

AROMATIC	an application method of essential oils that simply means the smelling or inhaling of essential oils.
TOPICAL	an application method of applying essential oils to the skin or exterior of the body.
INTERNAL	an application method of consuming essential oils.
NEAT	the topical application essential oils with no dilution (or carrier oil).
SENSITIVE	the topical application of essential oils that may require dilution for younger or sensitive skin.
DILUTE	the topical application of essential oils, usually 'hot' oils, that require dilution with a carrier oil.
VOLATILE	changing state quickly, usually in the form of passing off readily in the form of a vapor or evaporating rapidly.
AROMATHERAPY	the aromatic use of essential oils to promote emotional well-being, often to affect a person's feeling, mood, or behavior.
CARRIER OIL	an oil one mixes with an essential oil when applying topical for absorption. Also for diluting strong or 'hot' essential oils when applying to the skin.
DIFFUSE	way to experience essential oils by spreading the vapor out, usually over a large area (see aromatic).
PROPRIETARY BLEND	a unique blending of two or more essential oils blend sold exclusively by doTERRA.
CPTG (Certified Pure Therapeutic Grade®)	doTERRA's testing process that certifies that there are no added fillers, synthetic ingredients, or harmful contaminants in essential oils that would reduce their efficacy.
CO-IMPACT SOURCING	a doTERRA initiative to ensure that small-scale farmers and harvesters in disadvantaged areas are treated ethically and receive on-time payment for their labors.
STEAM DISTILLATION	a process to extract essential oil from a plant (usually the leaves) using steam and pressure.
COLD PRESSED (expression)	a process to extract essential oil using mechanical pressure. Citrus essential oils are 'cold pressed.'