

What are the best doTERRA oils?

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doTERRA™

doTERRA Peppermint Oil

I personally use it for my hay fever and allergies. If I have a really bad day, I put a drop on the back of my hand and take it internally. It clears my airways instantly and allows me to continue my day.

doTERRA OnGuard Blend Oil

I have also started using of the last year or so doTERRA On Guard softgels. It has greatly improved our overall wellness in our daily lives. This is because On Guard provides a great natural and effective alternative for immune support when used internally.

doTERRA TerraSheld Blend Oil

I have found this doTERRA blend is a must if you are travelling as much as we do. The bugs and insects get everywhere, in your clothes, hotel rooms and when you are out and about. So, when it comes to outdoor protection, no defence is better than TerraSheld.