

dōTERRA Essential Oil Muscle Testing Table

Single Essential Oils				
Row	Column 1	Column 2	Column 3	Column 4
1	Arborvitae Balsom Fir Basil Bergamot Bergamot Mint	Birch Black Pepper Black Spruce Blue Lotus Blue Tansy	Buddha Wood Cananga Caraway Cardamom Cassia	Cedarwood Celery Seed Cilantro Cinnamon Bark Citronella
2	Clary Sage Clementine Cistus Clove Common Myrtle	Copaiba Coriander Cumin Cypress Davana	Dill Douglas fir Eucalyptus Fennel Frankincense	Galbanum Geranium Ginger Grapefruit Green Mandarin
3	Hawaiian Sandalwood Helichrysum Hinoki HD Clear Hyssop	Jasmine Juniper Berry Kumquat Laurel Leaf Lavender	Lemon Lemon Eucalyptus Lemon Myrtle Lemongrass Lime	Litsea Magnolia Majoram Manuka Melissa
4	Myrrh Neroli Niaouli Oregano Palmerosa	Patchouli Peppermint Petitgrain Pink Pepper Ravintsara	Red Mandarin Roman Chamomile Rosalina Rose Rosemary	Sandalwood Siberian Fir Spearmint Spikenard Star Anise
5	Summer Savory Tangerine Tea Tree Thyme Tulsi	Turmeric Vetiver White Fir White Grapefruit Wild Orange	Wintergreen Yellow Mandarin Ylang Ylang Yuzu	
Essential oil Blends				
6	Adaptiv Align Amavi Anchor Arise	AromaTouch Aspire Beautiful Balance Brave	Breathe/Easy Air Calmer Cheer Citrus Bliss Citrus Bloom	Clarify/Air-X ClaryCalm Console DDR Prime Deep Blue/Ice Blue
7	DigestZen/Zengest Dream Elevation Forgive Harvest Spice	Holiday Joy Holiday Peace Hope Immortelle/Salubelle Intune	Island Mint Italian Limitless Mexican Motivate	Northern Escape On Guard One Passion PastTense
8	Serenity/Lavender Peace Slim & Sassy Sunny Citrus Steady Tamer	TerraShield/TerraArmour Thinker Thrive Together Tropical	Whisper Yarrow Pom Zendocrine	

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