

# *Oils & Intimacy*



A little black book on how to use oils  
in the bedroom.

Disclosure:  
Recommendations are with dōTERRA  
essential oils only.

Do what you are comfortable with, and use  
common sense especially with sensitive areas. Hot  
oils should always be diluted.

Also, oils and condoms don't mix, so if in 9 months  
you have a surprise don't say you weren't warned.



# Happy Headspace

Relax your mind and your body by applying Clary Sage, Ylang Ylang, Neroli and/or Adaptiv with fractionated coconut oil over your abdomen, chest, and down your thighs.

# Emotional Connection

To connect on a deeper level with yourself or your partner, roll Rose Touch, Neroli Touch or Passion over your heart and down your back.

# Tingling Sensation

Add in 5 drops Peppermint, 5 drops Cinnamon Bark, and 3 drops Ginger to a 2oz bottle of fractionated coconut oil.

Massage where you want to feel (or taste) the warming and cooling effect.

Next Level: Apply a drop of Slim and Sassy to your tongue and inner thighs.

# Wrinkle Free

Take your Immortelle roller, and roll in your palm. Add in a few pumps of your Yarrow|Pom body renewal (for firming reasons) and massage in quickly on your male partner.



## Activate Her Aphrodite

1 drop Bergamot  
2 drops Clary Sage  
2 drops Geranium  
2 drops Patchouli  
2 drops Sandalwood  
4 drops Ylang Ylang

Combine in a 5ml roller, top with FCO and apply on neck.

## Ecstasy Extender

1-2 drops Cinnamon  
1-2 drops Geranium  
1-2 drops Ginger  
1-2 drops Peppermint  
1-2 drops Pink Pepper

Combine in a 2oz glass dropper bottle and top with FCO. This blend supports reaching a prolonging climax. Use 10-15 drops at a time and massage in topically.

## Let's Get It On (Men's Formula)

2 drops Clary Sage  
2 drops Wild Orange  
4 drops Ylang Ylang  
6 drops Sandalwood

Combine all oils and apply to pressure points or diffuse.

## Body Warmer

2 drops Rose  
2 drops Ylang Ylang  
3 drops Clary Sage  
3 drops Sandalwood

Combine in a 2oz glass dropper bottle and use as a massage oil to warm the body temperature and create arousal.

## Edible Massage

1/2 cup Organic Coconut Oil  
2 drops Grapefruit  
2 drops Spearmint

Combine in a small glass jar, massage over abdomen slowly with your fingertips followed by your tongue.

## Mood Maker

1 drop Cinnamon  
1 drop Patchouli  
1 drop Rosemary  
1 drop Sandalwood  
1 drop Siberian Fir  
1 drop Ylang Ylang

Combine all oils and diffuse to set the mood.



# The Big O

Prolong and stimulate the big "O" with Sandalwood, Jasmine and Ylang Ylang. Dilute properly, apply topically.

## Libido Boost

Swipe Jasmine Touch hip to hip, followed by Ylang Ylang and Wild Orange over your pulse points.

## Optional Oils to Purchase:

Ylang Ylang  
Passion  
Jasmine Touch  
Wild Orange  
Rose Touch  
Sandalwood (Hawaiian)  
Cinnamon  
Geranium  
Clary Sage  
Ginger  
Peppermint  
Patchouli  
Immortelle  
Rosemary  
Neroli Touch  
Siberian Fir  
Adaptiv  
Grapefruit  
Spearmint  
Pink Pepper

## Optional Products to Purchase:

Yarrow  
Pom Body Serum  
Beautiful Body Spray (great lube, also tastes pretty good)

Proper dilution is absolutely necessary for sensitive areas. Always start with less essential oil, 1-2 drops per 2 tablespoons of carrier oil. You can always add in more essential oil, but tingling can turn to a burning sensation real quick, so opt for the "less is more" option with all of these combos.

Ultimately, you are responsible for what you use on your own skin.

