

## My Essential Oil Closet

I have had people ask me what essential oils they should have on hand. Keep in mind that every oil is different and each have different effects. With that said, there are a couple of standbys that can be used for a variety of treatments.

Peppermint  
(relax muscles, stomach upset, breathing)

Tea Tree  
(warts, nail fungus, insect bites, acne, athlete's foot, cold sores)

Lemon  
(soother, anti-microbial)

Eucalyptus  
(chest congestion, asthma, eliminates germs and odors)

Lavender  
(SKIN - skin rashes, acne, insect bites, minor burns, allergies, relaxation)

Clove  
(tooth ache, gum disease, cold sores, canker sores, ear aches, bruises, fungal infections)

Frankincense  
(disinfectant, boils, scar tissue, cysts, insect bites, fly and mosquito repellent)

Grapefruit  
(CIRCULATION - swollen lymph nodes, cellulite, migraines and tension headaches, deodorant)

Oregano  
(shingles, herpes, candida, bruises, fungal infections, sprains, tendonitis, arthritis)

4 Thieves Oil  
mixture of Clove (40 drops), Lemon (35), Cinnamon Bark (20), Eucalyptus (15), Rosemary (10)  
(immune boosting, fights infections, antimicrobial, fights sinus congestion, respiratory and cardiovascular health, energize and uplift mood, lowers airborne bacteria/viruses)

Chamomile?  
(insomnia, stress, anxiety, depression, repels it's and fleas) EXPENSIVE - use sparingly

I get my essential oils from Mountain Rose Herbs.

<https://www.mountainroseherbs.com/catalog/aromatherapy/essential-oils>

I have done extensive research on essential oils and the companies that sell them. There are discussions about who has the best oils and DoTerra and Young Living constantly come up. However, on sites that compare these two companies and Mountain Rose Herbs, Mountain Rose Herbs usually shows up in the top three companies. In my opinion, DoTerra and Young Living are over-priced because so many people get a cut of the selling price. Mountain Rose Herbs are coming from sustainable places, 100% pure, and constantly tested for purity.

WARNING - You can buy oils cheaper from NOW or other companies, but many times they are cut with cheaper oils, not pure, potentially unsafe, and will coat the diffusers with a hard to clean film. Rule of thumb, expect to pay a fairly high price for good oils, but they are worth it.

Here is a cost comparison for 15 ml or 1/2 oz of Peppermint Essential Oil from various companies.

DoTerra \$29.33

Young Living \$26.95

Mountain Rose Herbs \$9.00

NOW \$2.34

I make my own mixes like the 4 Thieves blend. It is expensive to get all the ingredients, but then you have a supply. If you bought the top ten for your personal supply, you already have three out of the five oils.

**Photosensitivity** - Any of the citrus oils (lemon, orange, grapefruit, bergamot, lime, etc) can cause photosensitivity. That means if you have applied them to your skin, don't go out in the sun where that area will be exposed because it can cause a severe burn.

**Dilute your oils** - There are times to use essential oils straight, but most of the time you are going to want to dilute the oil before using. Lavender and tea tree can be applied directly to skin to sooth minor insect bites, scratches, and burns.

#### **How to use the oils**

- Steam inhalation - put 1-3 drops of essential oil or blend in a bowl of steaming water
- Diffuser
- Massaging into skin mixed with carrier oil (like coconut oil or jojoba oil - I like jojoba)
  - 1/8 teaspoon oil (12-13 drops) in 1 ounce oil (6 teaspoons)
- Spray - add 10-15 drops to 1 teaspoon baking soda dissolve in a spray bottle of water
- Bath - 5-8 drops of oil - can be stirred directly into bath or add to 1/2 cup milk and add to bath - close bathroom door to keep the aroma confined
- Chest rub - use the same as massaging oil
- Compress - 2-5 drops of essential oil in bowl of hot or cold water - soak clean folded cloth, squeeze out and apply
- Foot bath - 2-4 drops of oil in a bowl and soak - cool water revives, warm water relaxes
- Mouthwash - antiseptic, antibacterial - few drops of oil to 1 cup water - swish in mouth
- Scented pillow - 1-2 drops on a tissue, place inside pillow
- Sniff out of bottle

Don't take internally unless specifically told by a health care practitioner

Keep away from eyes

Some oils can be harmful for pets of children - be careful when diffusing

## Lavender

- Skin rashes
- Acne
- Insect bites
- Minor burns
- Antiseptic, antibacterial, anti-fungal
- Anti-inflammatory
- Antioxidants
- Insect repellent

Wounds - Scraps/Cuts/bug bites/minor burns - effective disinfectant. . Accelerates healing. Add 4 drops of lavender to 2 teaspoons vitamin E or coconut oil and apply to minor wounds.

Relaxation - few drops of lavender oil in a bath can help to soothe frayed nerves and help you get a good night's sleep. Treats anxiety, insomnia, depression, and restlessness. Add a few drops to a rag that you put in your pillow.

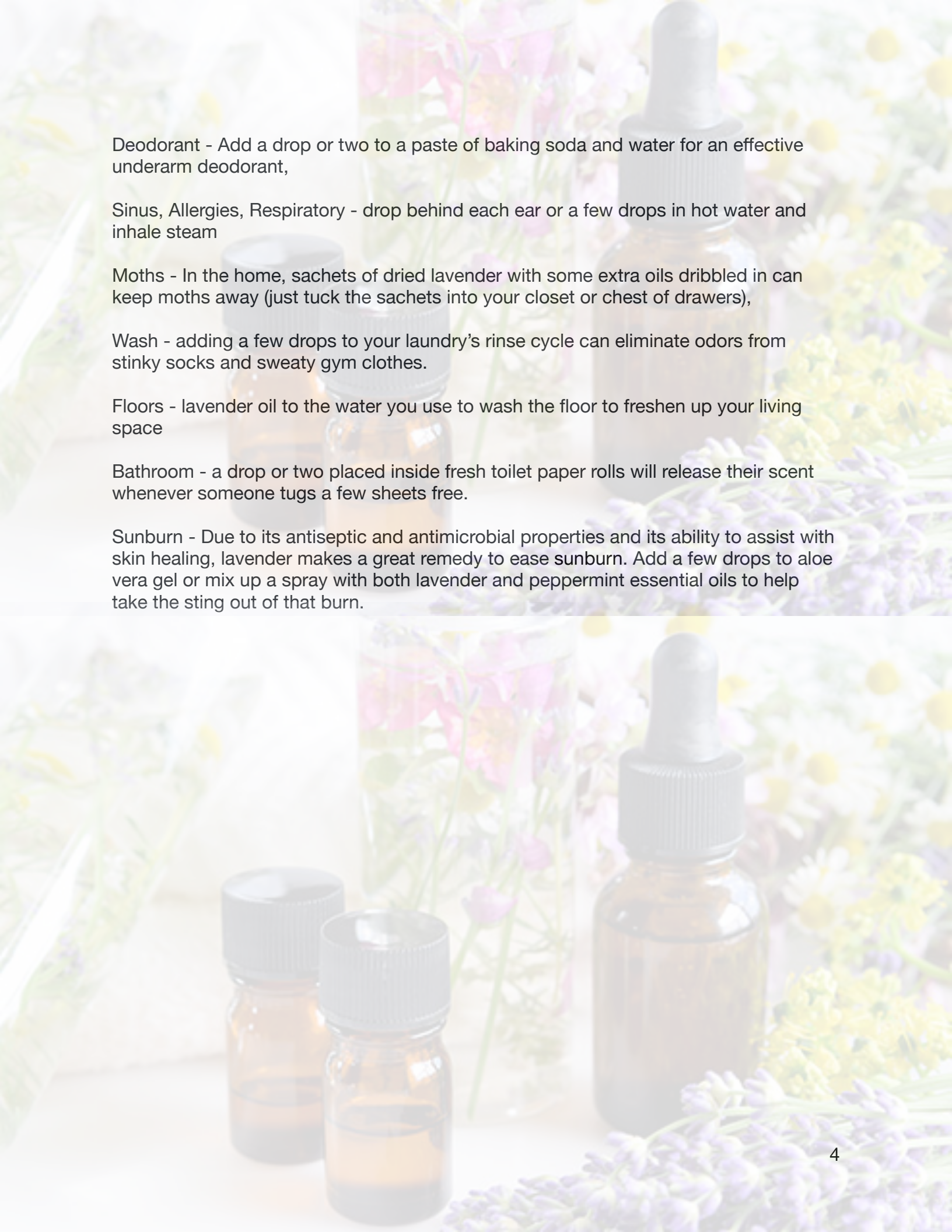
Calms Emotions - inhale essential oil or diffuse

Pain - rubbing the oil into your temples and forehead can relieve headaches. Can also be used for sprains, toothaches and sores. It acts as an anti-inflammatory and analgesic making it an effective pain reliever in mild to moderate pain. It has many applications including assisting with osteoarthritis pain, neck and back pain, period pain and cramping. A popular use of lavender oil is in aromatherapy massage, which has been found to be more effective in relieving pain in knee osteoarthritis in comparison to massage without lavender oil. Next time you are feeling a niggle just rub in some lavender oil mixed with a base oil like coconut or jojoba to the area of concern.

Migraine Headaches - Migraines can be debilitating. Due to its analgesic, anti-inflammatory and anti-anxiety actions, lavender may be beneficial in reducing the pain and tension of a headache or migraine. Relief can be found through inhalation of the essential oil or through rubbing the oil on pressure points including the temples and the nape of the neck. Combine lavender with peppermint oil when applying topically for an added cooling effect. Never apply an essential oil directly to your skin, always have it in a base oil or cream.

Lice Treatment - effective option when addressing head lice and can also help prevent lice infestations. It works particularly well when combined with tea tree oil. Add the lavender and tea tree oil to coconut oil and massage the oil into your hair and scalp and leave for 2 hours. Shampoo hair, rinse and then apply conditioner. Using a nit comb, remove the nits and their eggs and then rinse and dry hair as normal. It is recommended to repeat this at 3,5,7,9 and 10 days for best results.

Hair loss - can be used to stimulate healthy hair follicles.

The background of the page is a soft-focus photograph of lavender essential oil bottles and fresh lavender flowers. In the foreground, there are three small, dark amber glass bottles with black caps. Behind them, a larger bottle with a black dropper cap is visible. The scene is set against a backdrop of numerous lavender flowers in shades of purple and pink, with some yellow daisies scattered throughout. The overall lighting is bright and natural, creating a clean and fresh aesthetic.

Deodorant - Add a drop or two to a paste of baking soda and water for an effective underarm deodorant,

Sinus, Allergies, Respiratory - drop behind each ear or a few drops in hot water and inhale steam

Moths - In the home, sachets of dried lavender with some extra oils dribbled in can keep moths away (just tuck the sachets into your closet or chest of drawers),

Wash - adding a few drops to your laundry's rinse cycle can eliminate odors from stinky socks and sweaty gym clothes.

Floors - lavender oil to the water you use to wash the floor to freshen up your living space

Bathroom - a drop or two placed inside fresh toilet paper rolls will release their scent whenever someone tugs a few sheets free.

Sunburn - Due to its antiseptic and antimicrobial properties and its ability to assist with skin healing, lavender makes a great remedy to ease sunburn. Add a few drops to aloe vera gel or mix up a spray with both lavender and peppermint essential oils to help take the sting out of that burn.

## Tea Tree

“A medicine cabinet in a bottle,” as it can be used to treat almost any common ailment. Although you’d never consume tea tree oil, you can use it topically to treat the following:

- Athlete’s foot
- Dermatitis/eczema
- Acne
- Cold sores
- Nail fungus
- Warts
- Insect bites
- Encourages wound healing
- Antibacterial
- Anti-inflammatory
- Anti fungal
- Antiviral

Shampoo - a few drops of it to unscented shampoo to alleviate dandruff and psoriasis, and a few more drops in that same shampoo will treat head lice as well.

Cleaning - a teaspoon of tea tree oil to the water in a 8-oz misting bottle to create a disinfectant spray for counter tops, door handles, etc.

Fleas - a few drops of undiluted oil around your pet’s bed basket will keep fleas at bay.

Lice - 1 teaspoon tea tree oil, 5 drops of lavender oil, mixed in 1/4 cup apple cider vinegar, 1/4 cup water - wet hair and let on for 30-40 minutes. Wash well. Use louse comb to dislodge eggs and lice. Rinse well again.

Hand Sanitizer - kills bacteria and viruses (recipe - 10 drops lavender essential oil, 30 drops tea tree oil, 3 oz. high-proof vodka or rubbing alcohol, 1 oz. pure aloe vera gel, 1/4 teaspoon vitamin E oil - add oils then alcohol, then aloe vera gel). You can make this a spray by using witch hazel instead of aloe vera gel.

Insect repellent - 20 drops citronella essential oil, 10 lavender essential oil, 20 tea tree essential oil, 20 lemongrass essential oil, 20 drops geranium essential oil, 1 teaspoon neem oil (optional), 1 Tablespoon vodka - mix in spray bottle - add distilled water to fill spray bottle. Shake each time before using.

Deodorant - 3 tablespoons coconut oil, 3 tablespoons shea butter, 1/4 cup arrow root powder or cornstarch, 1/4 cup baking soda, 1 tablespoon bee’s wax, 25 drops tea tree essential oil - melt butters in double boiler, once melted add rest of ingredients. Pour in silicon molds or deodorant tube. Let set overnight

Cuts - clean cut with soap and water. Mix 1 drop tea tree oil with 1 teaspoon coconut oil. Apply small amount to injury and cover. Repeat 1-2 times a day until scab is formed.

Wounds - add a couple of drops to wound dressing.

Acne - 1 part tea tree oil with 9 parts water - apply with cotton swab 1-2 times a day.

Nail Fungus - apply directly

Mouth wash - 1 drop tea tree oil to 1 cup warm water. Swish for 30 seconds or so.

All Purpose cleaner/sanitizer - 20 drops tea tree oil, 3/4 cup water, and 1/2 cup apple cider vinegar in spray bottle. Shake before using.

Relieve inflamed skin - 10 drops tea tree oil, 1 tablespoon extra virgin olive oil, and 1 tablespoon melted coconut oil. Apply 1-2 times a day to red, itching, swollen skin.

Dandruff - add a few drops of oil to your shampoo.

Athlete's Foot - 1/4 cup arrowroot powder, 1/4 cup baking soda, 20-25 drops of tea tree oil. Stir to combine and keep in covered container. Apply to clean dry feet twice a day.

Molds - 20-30 drops in spray bottle of water. Shake well and mist moldy places. Let site for 24 hours. Clean area and apply again. Continue until mold is gone.

Mold on fruits and vegetables - 5-10 drops of oil in a sink of water. Rinse your fruits and vegetables. Allow to dry thoroughly. Store. Tea tree oil kills mold spores that can spoil food.

## Peppermint

- Improves focus and memory
- Headaches
- Sore muscles
- Muscle spasm
- Freshens breath
- Clears respiratory tract
- Antiviral
- Anti-inflammatory
- Antibacterial
- Anti-fungal
- Insecticide
- Antispasmodic
- Soothes digestive upset

CAREFUL - on sensitive skin or on children

Nausea/cramping/indigestion/gas - massage your abdomen with a carrier oil that has a few drops of peppermint essential oil added to it to relieve stomach cramps and queasiness. Also helps with irritable bowel syndrome.

Motion sickness - place a drop on wrists (use carrier oil if sensitive), inhale, or rub on abdomen

Appetite suppressant - a couple of whiffs will trigger a sense of fullness

Tick removal - a drop or two of pure, undiluted peppermint EO will draw the insect out so it can be eliminated.


Coughing - Blended with pine and eucalyptus and added to a carrier oil, peppermint is great for applying to the chest and throat to calm coughing fits and help relieve bronchial congestion.

Cooling foot soak - and a drop or two added to cool water can soothe tired, overheated feet. Helps to relax tired feet.

Cleaning - spray diluted peppermint oil into stinky shoes and boots to eliminate odors, and add a teaspoon of the EO to floor-washing water to add fresh scent, as well as antibacterial properties.

Pests - Placing a few drops of peppermint oil around cracks in walls will also deter rodents and spiders: they can't stand the scent of it. For ants, leave a cotton ball with some peppermint oil in the path of the ants or put some drops where ants are entering.

Hiccups - several deep breaths straight out of bottle, or a drop in a cup of water



Muscle Relaxant - pain relief for sore muscles, spasms, cramps as it acts as an analgesic, anti-inflammatory, and anti-spasmodic. Use as a massage oil and rub in to affected areas. It stimulates circulation

ANTI - bacterial, viral, fungal, inflammatory, spasmodic

Colds/congestion - nasal congestion, sinusitis, asthma, bronchitis. Massage 2-3 drops with a carrier oil onto chest or drop into humidifier, or pour boiling water into a metal or glass bowl and put a 2-3 drops of peppermint (you can add a drop of eucalyptus and rosemary as well). Drape a towel over head and have face from 10-12 inches away and breathe in the steam. Acts as an expectorant.

Headache - mix essential oil with carrier oil and rub on temples, forehead, over sinuses (avoid contact with eyes), on back of neck

Stress - relieves stress, depression, mental exhaustion, anxiety, and restlessness - combine with lavender and geranium for more power. Use diffuser, several drops in bath, use as a massage.

Energy/Alertness/Productivity - promotes mental clarity and raises energy levels. Can be a real boost for those who cut back on caffeine. Rub a drop under the nose to improve concentration. Diffuse peppermint oil in the room to improve concentration and alertness, apply to the back of neck and shoulders repeatedly to keep energy levels up. Inhale before or during workout to boost mood and reduce fatigue.

Bug Bites - combination of peppermint and lavender essential oil to relieve itch. Use with carrier oil if you have sensitive skin.

Dandruff - use a couple of drops with your shampoo.

Allergies - few drops in diffuser.

Toothache - rub onto skin where the pain is occurring.

Constipation - in carrier oil, rub over the lower abdomen.

Fever - rub several drops on the soles of your feet. This also helps to cool you off on a hot day.

Freshen breath/Oral health - kills bacteria and fungus that can lead to cavities or infections. Use along with tea tree and thyme essential oil. Add to toothpaste, mouth wash or put into a cup of warm water and swish around mouth for 20 seconds. Continue until you have used up the water.



Hair/Scalp health - stimulates growth and health. Homemade shampoo (6 oz Aloe Vera Gel, 3 Tbsp Olive Oil, 10 Tbsp baking soda, 20 drops rosemary oil, 10 drops peppermint oil)

Insect Repellent - rub oil (with carrier oil 1/2 teaspoon oil with 6 teaspoons carrier oil). Reapply every 2 1/2 hours.

Skin Health - peppermint oil has calming, softening, toning, and anti-inflammatory effects. It also has antiseptic and antimicrobial properties. Can reduce blackheads, chicken pox, greasy skin, dermatitis, inflammation, itchy skin, ringworm, scabies, and sunburn. Mix 2-3 drops of peppermint with equal parts of lavender and apply the combination topically to the area of concern.

Sunburn protection and relief - peppermint oil can hydrate burnt skin and relieve pain from sunburn. It can protect skin from sunburn. After exposure to sun you can mix 2-3 drops of peppermint oil with a half-teaspoon of coconut oil and apply it directly to skin or make a sunburn spray (1/2 cup liquid aloe vera juice, 1/8 cup fractionated coconut oil, 10 drops lavender essential oil, 10 drops peppermint essential oil, glass spray bottle. In a jar in a double boiler, place coconut oil and aloe vera juice until liquified. Add oils and put into spray bottle.).

Muscle Rub - homemade - 1/2 cup coconut oil, 1/4 cup grated beeswax, 2 teaspoons cayenne powder, 2 teaspoons ginger or turmeric powder (turmeric is wonderful, but it will cause skin discoloration), 15 drops peppermint essential oil, 15 drops lavender essential oil, glass jar. Pour all oils (except essential oils) into a jar. Place jar in a saucepan with 2 inches of water over medium heat. Allow contents to melt. Stir to combine. Add cayenne and ginger (or turmeric). Once cooled add essential oils. Mix well. Pour into storage container and allow to set.

Vapor Rub - homemade - 1/4 cup olive oil, 1/2 cup coconut oil, 1/4 cup grated bees wax, 20 drops peppermint essential oil, 20 drops eucalyptus essential oil, glass jar. Pour olive oil, coconut oil, and beeswax in a jar. Place in saucepan with 2 inches of water over medium low heat. Allow oils to melt. Stir to combine. Allow to cool and add essential oils. Pour into storage containers and allow to set.

***Peppermint oil can be used directly on skin unless you have a sensitivity to it. It is safe to use on animals. Precaution for children - if they touch where it has been applied and rub their face or eyes, they can cause eye irritation. It is usually OK to take internally in small amounts. Remember a little goes a long way. There is usually no need for more than 1 to 2 drops.***

## Clove

Clove oil has been used for dental issues for centuries, and is one of the best treatments available for toothaches, gum disease, cold sores, and canker sores. It should always be diluted (as it's very strong), and shouldn't be used by those with super-sensitive skin.

You can also use the diluted oil for:

- Athlete's foot
- Prickly heat rash
- Wounds and cuts
- Fungal infections
- Insect bites or stings
- Bruises
- Ear aches (poured on a cotton swab and tucked just inside the ear canal)
- Pest control
- Deodorizer
- Tooth pain
- Immune builder
- Antibacterial

Repellant - diffuse in house and bedroom to repel mosquitoes. Add a few drops to baking soda and sprinkle over carpets then vacuum up to get rid of fleas. Stick whole cloves into oranges and hang in closet to repel moths or hang in kitchen to repel flies.

Tooth care - fights dental pain, toothaches, sore gums, and mouth ulcers.

Bad breath - mix 4 drops in a cup of warm water and rinse mouth twice a day.

Immune booster - Increases white blood cells and acts against free radicals that cause cancer and heart ailments.


Cuts/wounds/ fungal infections/insect bites/stings - Clove essential oil is very strong so if the wound is too sore, dilute by adding to coconut oil.

Sore throat, cough, and cold - diffuse, breathe in, steam inhalation, massage

Headaches - mix 4 drops of clove oil with salt and apply it on your forehead for instant relief. The flavonoids in the clove oil have an anti-inflammatory agents that will ease inflammation and also have a cooling effect.

Pain relief for muscle aches - excellent pain reliever for muscle pain and joints

Acne - reduces swelling and kills infectious bacteria at the same time. Mix 2-3 drops of clove oil with skin cream or with jojoba oil and apply gently.



Anti-aging - a few drops of clove oil on a piece of cotton and apply to face a least twice a day. Should see a marked change in wrinkles and sagging skin. Stimulating properties, exfoliates dead skin, and increases blood flow which revives the youthfulness of your skin.

Stomach issues - Indigestion, gastric problems and flatulence, motion sickness, morning sickness

Hiccups

Hair - apply clove oil to scalp. It boosts blood circulation which reduces hair fall and promotes healthy hair growth. Gives shine to dry dull hair. Small amount of clove oil mixed with olive oil can work as a great conditioner. Apply the mix on damp hair, and wrap a warm towel around it. Let it stay for twenty minutes and rinse with cold water. (See hair treatments in Beauty Care Products.

Calming - Apply to your pillows at night to sleep peacefully.

Ear Aches - warm mixture of 2 teaspoons of sesame oil and 3-4 drops of pure clove oil. Slowly apply mixture inside ears. Leave it for sometime. It will ease the pain and you will feel relaxed.

Stress - make a massage oil. Its stimulating properties reduce fatigue, mental exhaustion, anxiety, and stress.

Eliminates toxins from blood - aroma extracts can reduce toxin levels in your blood and arouse the antioxidant levels in body which will purify platelets and boost the workings of the immune system.

Insect repellent - couple of drops scattered around a room keeps mosquitoes away.

## Lemon

Careful - Photosensitivity - avoid sun exposure for 12-24 hours after applying this to skin.

This is one that can be applied in full strength.

Best known for its refreshing, energizing, uplifting scent. It is stimulating, calming, astringent, antiseptic, disinfectant, and anti-fungal properties.

- Skin Care
- Laundry
- Disinfectant
- Degreaser
- Mood Booster/Concentration
- Insect Repellent
- Hair and Nail Care
- Immune Support
- Feet care
- Wood Polish
- Antiviral
- Anti-inflammatory
- Antibacterial
- Anti-fungal
- Insecticide

Skin care - it is an astringent and a detoxifier. Its antiseptic properties help in treating and clearing skin. It reduces excessive oil on the skin. A few drops in a facial cleanser help remove dead skin cells. Restores luster to dull skin. Rejuvenates sagging and tired-looking skin. Helps treat pimples and various skin disorders. Reduces cell and tissue damage in the skin that's caused by free radicals. Strong antioxidant activity and anti-aging effects.

Laundry - add a few drops to your laundry cycle or the final rinse cycle to freshen up your laundry.

Disinfectant - disinfects wooden cutting boards and kitchen counters. Soak kitchen cleaning cloths in a bowl of water with several drops of lemon oil to disinfect.

Degreaser - very effective in removing glues and labels that are difficult to remove. Will remove grease and grime from hands as well as tools and dishes.

Mood Booster/Concentration - diffuse in the room or place a few drops in your hands, rub, and inhale.

Insect Repellent - bugs are not in favor of lemon oil. Combine lemon with peppermint and eucalyptus essential oil along with coconut oil for an effective repellent.

Hair/Nail care - Hair tonic that helps eliminate dandruff while strengthening the hair.

Immune Support - Mix a few drops of lemon oil and coconut oil and rub on the back of the neck.

Feet Care - add a few drops of lemon oil to help treat callouses, corns, and bunions.

Wood Polish - Mix olive oil and several drops of lemon essential oil in a glass spray bottle. Spray on wood to be cleaned and rub in circular motions with a soft cloth.

Stress - Removes mental fatigue, exhaustion, dizziness, anxiety, nervousness, and tension. Refreshes the mind by creating a positive mindset and eliminating negative emotions. Inhaling this oil helps in increasing concentration and alertness.

Room Freshener

Immune Booster - Stimulates white blood cells increasing your ability to fight off diseases. Improves blood circulation throughout the body.

Asthma - Keeps asthma under control. Inhaling the aroma can clear the nasal passages and sinuses, promoting good air flow and steady breathing.

Stomach disorders - indigestion, acidity, upset stomach, cramps

Weight loss - satisfies your appetite - minimizing overeating. Promotes the breakdown of body fat. Supports your metabolism and cleanses your lymphatic glands which can help with weight loss. Add 2 drops of lemon oil to a glass of water 2-3 times daily.

Cleaner - cleanses the body, metal surfaces, dishes, clothes. It is a disinfectant - used to clean butcher's knives and blocks that get contaminated easily. 10 drops of oil on cloth will spruce up tarnished silver and jewelry.

Nausea/morning sickness - natural and effective remedy.

Improves digestion - helps gastritis and constipation.

Skin Issue - It is effective against skin issues like blisters, insect bites, greasy and oily conditions, cuts, wounds, cellulite, rosacea, and viral infections of the skin like cold sores and warts. Lemon oil is antimicrobial that kills bacteria responsible for these issues.

Purifies the body - Purifying, cleansing, and protective effect on the body. Defends the body against harmful pathogens and promotes detoxification through the blood and

liver. Stimulates lymphatic drainage which cleans the body of wastes and toxins. A mixture of lemon and ginger extract has the highest antioxidant effect on the liver and brain.

Oral Health - Antibacterial and anti-fungal properties. It kills oral thrush and bad breath. Can be used to whiten teeth naturally and prevent tooth decay. Essential oils don't damage enamel of teeth like the fruits.

Cough - Antibacterial, antioxidant, and anti-inflammatory properties - boosts immune system and fights respiratory conditions. Benefits the lymphatic system which protects you from harmful pathogens and reduces swelling in lymph nodes. Reduces accumulation of fluids that can cause you to cough.

Allergies - one of the top essential oils for allergies

Antimicrobial agent - powerful tool in cleaning and food protection. Cleanse your home of bacteria, fungi, and other harmful pathogens. Use in kitchen to kill food-borne illnesses.

Natural Disinfectant - 40 drops lemon oil, 20 drops of tea tree oil in a 16 oz spray bottle. Add 1/4 cup white vinegar and fill bottle with water. This will kill toxins and bacteria in your kitchen and bathroom.

Dishwasher Detergent - 2 oz washing soda, 3 1/4 cups purified water, 4 oz white vinegar, 1 oz citric acid powder, 1 cup kosher salt, 20 drops wild orange essential oil, 20 drops lemon essential oil. Combine all ingredients until well blended. Use about 1.5-2 Tablespoons per load. Store remaining cleaner in refrigerator

Goo-Be-Gone - un-stick the sticky residue of stickers and gum. 3-5 drops of lemon oil on a damp washcloth.

Clean Hands - Greasy hands from working on your car or bike. Add a couple of drops of lemon essential oil with your soap.

Teeth Whitener - Mix lemon essential oil, baking soda and coconut oil and rub the combination on your teeth for 2 minutes before rinsing.

Face Wash - 1 cup coconut oil, 1 Tablespoon baking soda, 5 drops lavender essential oil, 5 drops frankincense essential oil, 5 drops lemon essential oil, glass jar. If acne prone, replace frankincense with tea tree essential oil.

Face Wash #2 - combine 2-3 drops of lemon oil with baking soda and honey.

Nail strengthener/Nail polish remover - lemon, grapefruit, and sweet orange essential oils will remove your old nail polish but it will work to protect the health of your nails at the same time.

The background of the page is a soft-focus photograph of several amber-colored glass bottles of essential oils. One bottle on the right is a larger dropper bottle with a black cap. To its left are two smaller bottles with black caps. In the foreground, there are sprigs of purple lavender and yellow daisies. A glass vase with pink flowers is visible in the background. The overall scene is bright and natural, suggesting a focus on natural products.

Infused in water - add 1-2 drops to glass of water

Room Freshener - in diffuser - 2 drops lemon essential oil, 1 drop lime essential oil, 1 drop lavender essential oil, 1 drop of rosemary essential oil

Desserts - lemon essential oil can be added to home deserts

Bad breath - couple of drops to a glass of water and gargle

Dandruff - a few drops in your shampoo

Anxiety - lemon oil added to bath or diffuser

Hand sanitizer - blended with aloe gel it is an anti-microbial hand sanitizer

## Eucalyptus

Don't use internally. If using for mouth - swish and spit out.

Can usually be used straight. If you have sensitive skin, be sure to dilute and always dilute for children or diffuse.

There are a few people who are allergic to Eucalyptus.

Adverse reaction - rash at site or stomach upset (nausea, vomiting, diarrhea, cramps)

There are several compounds working together in this plant that give it a vast array on benefits.

- Chest congestion
- Asthma
- Fibromyalgia pain
- Disinfectant - antibacterial, antiviral, anti-fungal, antimicrobial
- Purifier
- Immune booster
- Fabric freshener
- Soothing and stimulating
- Respiratory
- Anti-inflammatory

Respiratory problems

- Asthma - eases attacks when spread on throat and chest. Blocks symptoms
- Bronchitis - Bronchodilator
- Expectorant - Inhaling steam with eucalyptus will reduce mucus and loosen it up making it easier to expel. Inhaling vapor can loosen mucus and expel it. You can also use it as a rub on the chest.
- Coughing
- Decongestant
- Antispasmodic and anti-inflammatory.
- Breathing - facilitates easy breathing
- COPD
- Cold and Flu - running nose, congestion
- Improves respiratory circulation
- Helps to calm so that you can sleep
- Can blend with peppermint, oregano, and rosemary to help with mucus and congestion
- Can use as a nasal spray
- 2-3 drops to your chest or back of neck (mix with peppermint oil for extra boost)

Disinfectant - for kitchen and bathrooms. Diffuse oil in your bathroom and eliminate germs and odors. Reduces or eliminates harmful surface and airborne bacteria and infections on contact. 20 drops in a spray bottle filled with water and clean surfaces to kill germs.



Oral care - antibacterial that fights germs that cause bad breath. Use as mouthwash or add to toothpaste. Fights plaque and kills bacteria that causes tooth decay.

Cleansing Body - of microtoxins

Soothing - massaged in soothes nervous tension and helps clear the mind. Soothes irritated skin.

Anticonvulsant

Deodorant

Antioxidant

Pain relief - reduces pain and inflammation

- Fibromyalgia - can alleviate pain when rubbed into the affected area a few times a day.
  - Shingles - when put on a cloth and applied to areas affected by shingles in and ease the pain and help speed up healing.
  - Arthritis - rubbed into affected joints
  - Joint injury
  - Back pain
  - Muscle pain, soreness, and swelling
  - Use topically on skin straight, use in a carrier oil, or inhale
  - Headaches - tension and other headaches - can alleviate sinus pressure.
- Invigorating properties can boost mental clarity. Relaxes facial muscles. Blended with peppermint oil and a carrier.

Blood Pressure - lowers blood pressure after several days.

Sore Throat - Apply 2-3 drops to your chest and throat or diffuse 5 drops at home or work.

Cleaner - removes grease and grime. Mix with hand soaps and laundry detergent. Great for washing floors, toilet bowls, windows, etc. Clean scent is great for fabric freshener.

Freshener - mix with lemon or tea tree essential oils, dilute with water and apply to surface or put drops of oil in 1 cup baking soda, mix thoroughly. You can use this to sprinkle on carpets leave on for 1/2 hour and then vacuum up, or sprinkle some in shoes (empty before putting them on). Store in a sealed container to use for later.

Mold - eliminates mold that can contribute to respiratory issues. Add 5 drops of oil to your vacuum cleaner bag or surface cleaner to inhibit mold growth.

Hair care - moisturizes and itchy scalp and remove dandruff.

Pest control - Can eliminate lice. Using lemon eucalyptus can keep biting pests away. Spray oil mixed with water around buildings where you suspect rats and mice entering. 20 drops in a spray bottle of water will keep the pests away, but it can irritate cats.

Wounds/Germicidal - can be used on wounds, cuts, burns, bites, boils, blisters, stings, athlete's foot, dermatitis, and other sores. Protects any openings from becoming infected and promotes faster healing. Its antimicrobial and antiseptic properties aids in healing, swelling reduction, and pain relief.

Baths - analgesic and anti-inflammatory helps rejuvenate stiff, sore muscles.

Blood Sugar - can lower blood sugar in people with diabetes.

Cold Sores - anti-inflammatory can ease symptoms of herpes. Applying directly can speed up healing and stop pain.

Allergies - relieves season allergies. Antiseptic, antimicrobial, and anti-inflammatory and immuno-regulatory effects. Helps the body when it comes into contact with an allergen. Diffuse 5 drops or apply 2-3 drops topically to your temples or chest.

Infections - antimicrobial that fights bacteria, viruses, and fungi. Boosts your body's immune response. Even works on staff infections. Will kill fungal infections like nail fungus.

Ear aches - clears up fluid in the ears and its antimicrobial action will clear up ear infection. Put some drops on cotton ball and place in ear with drops facing inner ear. You can also place oil on chest and back of neck or rub 1 drop into the outer part of ear canal. Make sure to dilute eucalyptus oil if you are using in on a child.

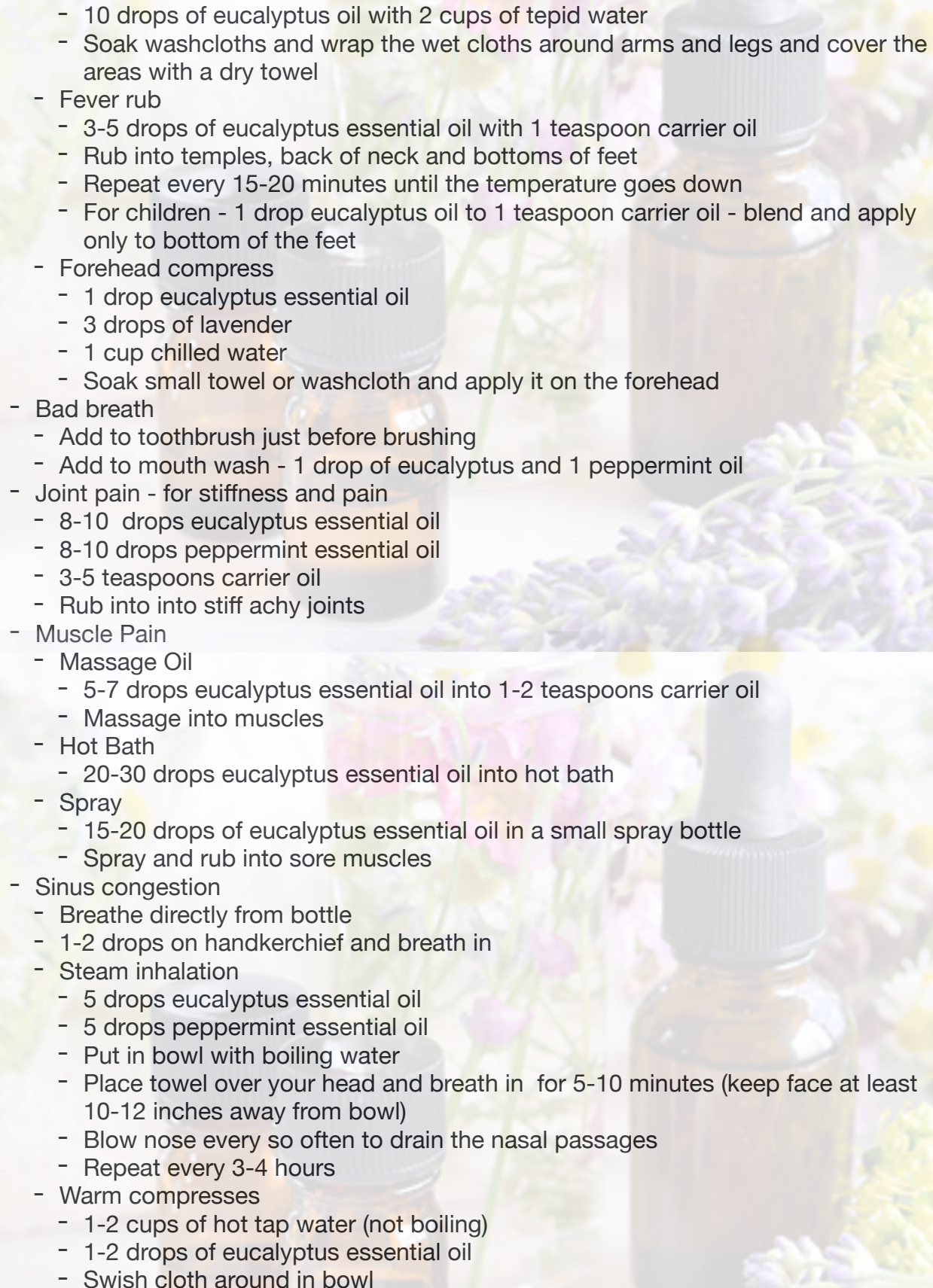
Mental Clarity - invigorating, soothing and purifying properties can boost energy and clarity. Relieves brain fog by clearing airways and allowing more oxygen into your lungs.

Sinuses - pour cup of boiling water into a bowl and then add 1-2 drops of eucalyptus essential oil to it. Place towel over head and inhale for 5-10 minutes.

#### Ways to use

- steam inhalation (10-15 drops in bowl of boiling water. Place towel over head and breathe 5-10 minutes.
- Diffuser
- All natural rub
  - 1/2 cup coconut or olive oil
  - 2 Tablespoons of beeswax
  - 20 drops of Eucalyptus essential oil

- 15 drops of peppermint essential oil
- Slightly melt beeswax and carrier oil over double boiler and add essential oils. Stir well and pour in container.
- Hair moisturizer
  - 4 Tablespoons coconut oil
  - 1 teaspoon eucalyptus essential oil
  - Massage into scalp. Comb your hair to stimulate blood flow. Apply on hair for about an hour before taking a shower. Wash hair as usual.
- Itchy Scalp
  - 4 Tablespoons white vinegar
  - 1 teaspoon eucalyptus essential oil
  - 4 cups water
  - Mix and rinse your hair and distribute evenly
- Itchy Scalp #2
  - 1 teaspoon neem oil
  - 4-5 drops eucalyptus essential oil
  - 3 Tablespoon coconut oil
  - Blend and massage into hair and scalp. Wash after a few hours or leave overnight for better results.
- Lice
  - Little over 1/2 teaspoon eucalyptus essential oil
  - 2 Tablespoons shampoo
  - 1 teaspoon neem essential oil
  - Cover with cap and let sit 10-15 minutes (caution that it doesn't get into eyes)
  - Wash hair and towel dry.
  - Comb hair with a lice comb
- Insect repellent
  - 20 drops eucalyptus essential oil or lemon eucalyptus oil
  - 10 drops lavender essential oil
  - Witch hazel
  - Distilled or boiled water
  - Fill 8 oz spray bottle half way with distilled water.
  - Fill the rest of the bottle with witch hazel.
  - Add the essential oils
  - Spray - spray on clothing (especially when using on children)
- Keep pests away - ants cockroaches and other pests
  - 3-5 drops on a few cotton balls of eucalyptus essential oil and place in infested areas
- Cold Sores
  - 1 drop eucalyptus essential oil
  - 1 drop peppermint and or tea tree essential oil
  - 2-3 drops of coconut oil
  - Mix and put on sore for 3-4 times a day
  - Speeds up healing and instant cooling pain relief
- Reducing fever
  - Body compresses

- 
- 10 drops of eucalyptus oil with 2 cups of tepid water
  - Soak washcloths and wrap the wet cloths around arms and legs and cover the areas with a dry towel
  - Fever rub
    - 3-5 drops of eucalyptus essential oil with 1 teaspoon carrier oil
    - Rub into temples, back of neck and bottoms of feet
    - Repeat every 15-20 minutes until the temperature goes down
    - For children - 1 drop eucalyptus oil to 1 teaspoon carrier oil - blend and apply only to bottom of the feet
  - Forehead compress
    - 1 drop eucalyptus essential oil
    - 3 drops of lavender
    - 1 cup chilled water
    - Soak small towel or washcloth and apply it on the forehead
  - Bad breath
    - Add to toothbrush just before brushing
    - Add to mouth wash - 1 drop of eucalyptus and 1 peppermint oil
  - Joint pain - for stiffness and pain
    - 8-10 drops eucalyptus essential oil
    - 8-10 drops peppermint essential oil
    - 3-5 teaspoons carrier oil
    - Rub into stiff achy joints
  - Muscle Pain
    - Massage Oil
      - 5-7 drops eucalyptus essential oil into 1-2 teaspoons carrier oil
      - Massage into muscles
    - Hot Bath
      - 20-30 drops eucalyptus essential oil into hot bath
    - Spray
      - 15-20 drops of eucalyptus essential oil in a small spray bottle
      - Spray and rub into sore muscles
  - Sinus congestion
    - Breathe directly from bottle
    - 1-2 drops on handkerchief and breath in
    - Steam inhalation
      - 5 drops eucalyptus essential oil
      - 5 drops peppermint essential oil
      - Put in bowl with boiling water
      - Place towel over your head and breath in for 5-10 minutes (keep face at least 10-12 inches away from bowl)
      - Blow nose every so often to drain the nasal passages
      - Repeat every 3-4 hours
  - Warm compresses
    - 1-2 cups of hot tap water (not boiling)
    - 1-2 drops of eucalyptus essential oil
    - Swish cloth around in bowl

- 
- Wring out completely
  - Lie down and drape washcloth over your nose and mouth - don't get in eyes
  - Inhale deeply
  - Asthma
    - Chest rub
      - 2-3 drops of eucalyptus essential oil
      - 1 teaspoon carrier oil (I like jojoba)
      - Massage onto chest
    - Steam inhalation
  - Building Immunity
    - Diffuse
    - Steam inhalation
    - Hand sanitizer
      - Fill small mist-spray bottle with water
      - 10 drops of eucalyptus essential oil
      - 5-7 drops of lavender essential oil
      - 5-7 drops of tea tree essential oil
      - Shake and gently spray
  - Skin
    - Natural Sunscreen - Eucalyptus oil has a natural SPF 3 and when added to olive oil can make it SPF 8
    - Moisturizer
      - 3-5 drops of eucalyptus essential oil
      - 1 Tablespoon jojoba, olive oil, or sweet almond oil
      - Massage into skin
      - Great for dry, itchy skin
    - Wounds - for minor cuts, wounds, and boils
      - 1 teaspoon apple cider vinegar
      - 5-7 drops of eucalyptus oil
      - Dab with a clean cotton ball
    - Skin fungus
      - Cook compress
        - Fill a bowl with 1 cup of cold water
        - add 3 drops of eucalyptus essential oil
        - 3 drops of tea tree essential oil
        - swish around using a soft wash cloth
        - Wring it out and apply it to the affected area
        - For more effective relief soak a gauze in the solution, squeeze out the extra liquid and wrap it around the area lightly
        - Leave overnight.
      - Athlete's foot wash
        - Soak the affected foot for 15-20 minutes in a solution of warm water combined with 1/2 a cup of Epsom salts and 1 teaspoon of eucalyptus oil
        - Do this twice a day for best results.
    - Nail infections
      - Combine 2-3 drops eucalyptus oil with 1 teaspoon olive oil

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- Dab and soak a cotton ball in the blend and apply it on the infected nails, really rubbing it in
  - Repeat 2-3 times a day
  - Acne
    - Acne
      - Mix 1 drop eucalyptus essential oil with 3 drops of water
      - Soak a cotton swab in the blend and apply liberally to pimples and oily areas of the face
      - Make sure the solution does not get in the eyes, mouth or nose
      - Leave overnight for optimum results.
    - Use under makeup
      - Add 2-3 drops of the oil in your daily face moisturizer.
    - Acne boils and cysts
      - Combine 1 drop eucalyptus oil with 3 drops of apple cider vinegar
      - Dab a cotton swab in the blend and apply on the affected area
      - The solution dries out the blemishes and helps the infection clear
      - Leave overnight for best results.
  - Cleaning and Deodorizing
    - Antibacterial Cleaning Spray
      - mix 1 1/2 cups water with 1/2 cup of vinegar
      - 20-25 drops of eucalyptus oil
      - Fill in a spray bottle (16oz. works great)
      - use for general cleaning of kitchen and bathroom sinks and countertops, spraying and mopping floors and as a natural air freshener
    - Chemical-Free Grease Remover
      - Add two teaspoons of eucalyptus essential oil and 1 tsp of dish washing liquid to a 16oz. spray bottle filled with water
      - Shake gently and spray onto greasy, grimy kitchen countertops
      - spray and clean the microwave oven
      - scrub and shine the kitchen sink.
    - Natural Mold-killer
      - To prevent mold build up in the shower
      - mix 5-7 drops of eucalyptus essential oil and tea tree essential oil (another natural fungicidal) in a spray bottle filled with 2 cups of water (16oz. bottle works well)
      - spray your shower with this solution after use
      - Also great for cleaning the fridge
      - Smells great as well!
    - Instant Deodorizer
      - Add 5-7 drops of eucalyptus oil to 2 cups of hot soapy water and use to deodorize things around the house like the garbage can and toilet bowl.
      - Dabbing 1-2 drops on your hanging room or car air freshener will instantly help revitalize it
      - You can also add a dab of lime essential oil or grapefruit essential oil for a fresh citrus aroma.
    - Dust-mite Killer

- wash your towels, blankets, pillows and bed linen add 1-2 teaspoons of eucalyptus oil to your washing machine before starting your washing cycle.
- Great for removing musty smells too and inhibiting moths and silverfish.
- Stain Remover
  - To remove grease marks, spots and stains from clothing, add a few drops of eucalyptus oil straight to the soiled area and leave for 3-5 minutes
  - Wash normally.
- Adhesive Eliminator
  - Apply eucalyptus oil directly on glass to remove sticker and decal residue left behind from sticky adhesives
  - Leave for 30 seconds and scrub off.
- Stress
  - Diffuse
    - Add a few drops of eucalyptus oil and a few drops of peppermint oil to your diffuser and let the clarifying, minty aroma waft through the air and refresh your senses.
  - Inhale Directly
    - For those situations where you need an instant pick-me-up (like that lazy afternoon at work where you just can't keep your eyes open)
    - take a deep breath directly from the bottle for instant eye-opening refreshment.
  - Apply topically
    - Rub a few drops directly on your wrists, under the feet and into your temples and let the cooling effect invigorate your mind.
- Household Cleaner
  - Eucalyptus oil can be used as a handy household cleaner for cleaning kitchen surfaces, bathroom countertops, and sinks
  - Mix 1 cup water
  - ½ cup vinegar
  - 1 tablespoon of the oil in a clean spray bottle.
- Stain Remover
  - You can add the herbal oil to warm water and soak grease-stained clothes for a few hours, before washing it to get rid of the stains.
- Hand Cleaner
  - If you are working with grease, paints, or tar, you can use the herbal oil to clean your hands
  - Blend the oil with sea salt and wash your hands with this mixture.

## Frankincense

Has blood thinning effects, and may increase the risk of abnormal bleeding in people with a bleeding disorder or taking anticoagulant medications.

Frankincense essential oil is also not recommended for pregnant women and nursing moms, as it acts as an emenagogue and may induce menstruation, which may be dangerous for an unborn fetus

When taking frankincense oil internally, it's best to dilute a drop in an edible carrier oil (like coconut oil), a teaspoon of honey, or a glass of purified water or any non-acidic, non-dairy beverage. However, ingesting this oil is not recommended for children ages 6 and below. Older children and teens may also require higher dilutions.

One of the top essential oils you can use for your health. It's known for its comforting properties, and is useful for visualizing, and helping overcome stress and despair. Frankincense oil is either inhaled or diffused via a vaporizer – a very effective sedative that induces a feeling of mental peace, relaxation, and satisfaction, and helps relieve anxiety, anger, and stress.

- Acne
- Warts
- Cuts and scrapes (it's a great disinfectant)
- Boils
- Scar tissue
- Cysts
- Insect bites
- Stress, anxiety or panic attacks, depression, and insomnia.
- Migraine
- Insect repellent

Antioxidant, anti-inflammatory, anti-fungal - stimulates the immune system

Stress - reduces feelings of anxiety, sedative, anti-spasmodic. Enhances mood while improving concentration and memory. Depression-reducing abilities with no drowsiness.

Respiratory system - strengthens and invigorates respiratory system. Acts as an expectorant, clearing nasal passages

Diuretic properties

Skin

- restores elasticity, smoothing wrinkles
- Fades away skin imperfections such as discoloration
- Stimulates the growth of new cells, thus promotes faster healing



- Heals inflamed skin reducing redness, swelling, and itching
- Disinfects and tightens pores promoting healing
- Strengthens skin and improves tone, elasticity, and blemishes
- Reduces scars and acne and heals wounds. Fades stretch mark, surgery scars, marks associated with pregnancy, and healing cracked dry skin.
- Tones skin that is saggy such as abdomen, jowls, or under the eyes.
- Strengthens gums and hair roots
- Stops wounds from bleeding
- Speeds up healing
  - mix 6 drops of oil in 1 oz of jojoba oil - Apply to directly to skin

High Blood Pressure and Heart Rate - reduces heart strain when inhaled

Immune Booster - helps destroy dangerous bacteria, viruses, and even cancers. Stimulates the immune system.

Oral problems - prevents germs from forming on skin and teeth. Prevents gingivitis, bad breath, cavities, toothaches, mouth sores, and other infections. Can make your own tooth paste with baking soda and frankincense essential oil.

Cancer/Chemo - anti-inflammatory and anti-tumor - shown to fight specific types of cancers.

Astringent - antiseptic and disinfected agent. Eliminates cold and flu germs (especially when mixed with myrrh)

Memory - improves memory and learning functions.

Balances Hormones - reduces symptoms associated with menstruation and menopause by balancing hormone levels. Used to relieve pain, cramps, constipation, headaches, anxiety, nausea, fatigue, and mood swings. Regulates estrogen production which may help with fertility.

Digestion - helps digestive system to properly detox and produce bowel movements. Reduces stomach pain and cramping, nausea, flushes out excess water from abdomen that can cause bloating. Speeds up secretion of digestive enzymes, increases urination production, relaxes muscles of digestive tract and improves circulation. Reduces leaky gut syndrome, chronic colitis, ulcerative colitis, Crohn's disease and IBS.

- 1-2 drops of oil to 8 oz water or 1 Tablespoon of honey
- If you are going to ingest - make sure that your oil is 100% pure oil

Sleep Aid - calms anxiety and pain, which naturally allows you to fall asleep. Opens breathing passages, allows body to reach ideal sleeping temperature.

Inflammation and Pain - helps arthritis, asthma, IBS. Prevents breakdown of cartilage tissue. Helps joints, muscles, and tendons. Massage into affected areas or breath through a diffuser, or steam inhale.

Bath Soak - brings peace, relaxation. Add a few drops of frankincense oil to a hot bath.

House Cleaner - antiseptic - eliminates bacteria and viruses from your home and indoor spaces. Natural deodorizer which reduces indoor pollution.

Cold or Flu - for respiratory infection and cough. Eliminates phlegm in the lungs. Add a few drops to a cloth and inhale for the respiratory benefits of use an oil diffuser. Can break up phlegm deposits in respiratory tract and lungs.

#### Recipes

- Scar reducing Body Butter
  - 2 oz shea butter or coconut oil
  - 10 drops of jasmine essential oil
  - 10 drops frankincense essential oil
  - Small container or jar to mix ingredients
  - Melt in double boiler until liquid
  - Mix oils in when temperature is a bit warmer than room temperature
  - Pour in jar
- Sleep-Inducing Facial Cream or Body Rub
  - Night cream - help you sleep and clears up blemishes and breakouts
  - 5 drops frankincense essential oil
  - 5 drops lavender essential oil
  - 1/4 tablespoon organic coconut oil
  - 1/2 teaspoon olive oil
  - Small container or jar to mix the ingredients
  - Stir ingredients into soft or cooled melted coconut oil
  - Spread over face and body. Pat off so oil doesn't seep into bed sheets

## Grapefruit

Photosensitivity - don't put on skin that will be exposed to sun for 12-24 hour period.

Bright and cheery, grapefruit essential oil is uplifting and multi-purpose.

- Swollen lymph nodes
- Oily skin and hair
- Cellulite
- Acne
- Migraines or tension headaches (massage into temples and forehead)
- Disinfecting surfaces
- Cleansing the body
- Reducing depression
- Stimulating the immune system
- Decreasing fluid retention
- Curbing sugar cravings
- Helping with weight loss

Fleas - sprinkle a few drops around your dog's bed to repel fleas (but keep the oil away from cats)

Cleaning Sprays - use it in the same way as lemon for anti-bacterial cleaning sprays.

Laundry - You can even sprinkle an old sock or handkerchief with grapefruit EO and then toss it in the dryer with your laundry to give it a fresh citrus scent without the use of any harmful chemicals.

Deodorant - add a drop to a mixture of baking soda and water, then apply to underarms with a cotton ball

Appetite Suppressant - exposed to the scent of grapefruit essential oil for 15 minutes 3 times a day. Increases metabolism. Inhale or apply topically.

High Blood Pressure and Heart Rate - reduces heart strain when inhaled. For example, a recent clinical study found that inhaling citrus and lavender essential oils had immediate and long-term effects on lowering blood pressure and stress. Participants wore a necklace containing the essential oils for 24 hours and experienced a decrease specifically in daytime systolic blood pressure.

Acne - contributes to healthy skin

Sore throat

Respiratory infections

Pain - muscle aches, arthritis

Detox - cleans liver and gallbladder and activates lymphatic system and controls fluid retention.

Diuretic and lymphatic stimulant

Antimicrobial - reduce and eliminate harmful strains of bacteria through contaminated foods, water, or parasites.

Kills internal bacteria and fungus, fights mold, kills parasites in animal feed, preserve food, disinfect water

Stress - relieve stress and bring on feelings of peace and relaxation

Inhaling vapors can quickly change emotional responses.

Digestion - increases blood flow to digestive organs (bladder, liver, stomach, kidneys)

Mood Booster - reduces headaches, sleepiness, brain fog.

Adrenal Fatigue - heals sluggishness

Hair - cleans hair and scalp, reduces greasy hair, adds volume and shine

Boosts Immune System - rich in antioxidants. Primarily, it has a wealth of vitamin C. This vitamin, combined with the other antioxidant components present in grapefruit essential oil, boosts the immune system and fights against the activity of free radicals. This oil is effective in protecting the body from all harm done by various oxidants and toxins, including premature aging, degeneration of tissues, macular degeneration, loss of vision and hearing, mental and physical sluggishness, nervous disorders, and other related problems.

Prevents Infections - The antiviral and antimicrobial properties of grapefruit essential oil make it a good disinfectant. It not only protects the body from new infections but also eliminates existing infections. It is particularly effective in treating infections of the colon, stomach, intestines, urinary system, excretory system, and kidneys. Furthermore, it is beneficial for treating oral, ocular, as well as skin infections.

Toxins - Its activity as a lymphatic substance is probably the best property of grapefruit essential oil. The lymphatic system plays a vital role in our body and is involved in the removal of unwanted toxic substances. Grapefruit oil ensures healthy functioning of the lymphatic system and boosts its activity, thereby clearing the body of toxins and fighting problems like cellulite, blood urea, rheumatism, arthritis, gout, and renal calculi.

## Recipes

Reduce Cravings - add 1-2 drops of oil of water, inhale directly from bottle, diffuse 5 drops, or massage 2-3 drops into your chest and wrists when a craving strikes.

Stress - Add 2-3 drops to a sterile cotton ball along with a touch of coconut oil. Rub the mixture it into wrists, neck, or chest. You can diffuse or inhale directly.

Skin Health - 1-2 drops of oil with 1/2 teaspoon of jojoba or coconut oil. Apply mixture once or twice daily on the affected area.

Circulation - 2-3 drops of oil in nightly bath, place on shirt collar or dab 1-2 drops onto your wrists.

Digestion - 3-5 drops of oil with equal parts with coconut or jojoba oil. Rub mixture onto your abdomen

Energy and Mood - inhale grapefruit oil from bottle, diffuse 5 drops at home or work, rub 2-3 drops onto your wrists.

Hair Health - add 2-3 drops of oil to your shampoo or conditioner and massage it into scalp and hair. You can also add 1-2 drops of grapefruit to a small amount of coconut oil and rub the mixture into your clean, damp hair after bathing.

**When using grapefruit oil - dilute with equal parts of a carrier oil - combine the two and rub them into needed area**

**Internally - only high-quality pure oil. Add a drop of water or 1-2 drops with honey or smoothie.**

## Oregano

Dilute before using.

With its anti-inflammatory, anti-fungal, anti-parasitic, anti-microbial, and antiseptic properties, oregano essential oil is as great to use around the house as it is on the body. It should never be used undiluted, however, and pregnant or nursing women should avoid using it.

- Fungal infections
- Bruises
- Athlete's foot
- Sprains
- Arthritis pain
- Fibromyalgia
- Tendonitis
- Cysts
- Warts
- Candida
- Shingles
- Herpes

Cleaner - Diluted in water, it makes a fantastic anti-bacterial spray for counter tops and high-traffic areas in your house, and you can use the undiluted oil around your bed to repel bed bugs, mites, lice, and fleas.

Antibiotic - natural antibiotic that fights bacteria

Lowers Cholesterol


Antioxidant - help protect the body from damage caused by free radicals. It is thought that free radical damage plays a role in aging and the development of some diseases, such as cancer and heart disease.

Yeast Infections - Yeast is a type of fungus. It can be harmless, but overgrowth can result in gut problems and infections, such as thrush. The most well-known yeast is called Candida, which is the most common cause of yeast infections

May Improve Gut Health - will eliminate bad bacteria or parasites.

Anti-Inflammatory Properties

Pain Relief - has painkilling properties.



Cancer-Fighting Properties

Weight Lose

Antibacterial

Candida - fungal infections— causes

- oral thrush
- yeast infections
- infected toenails or fingernails
- athlete's foot

Reducing inflammation

Repelling insects - ticks and mosquitos


Antiparasitic Properties - Many types of parasites such as roundworms, tapeworms, lice, bed bugs, mosquitoes, and fleas live inside or outside the human body. These parasites use the human body as a source of food and as a vessel or carrier of communicable diseases. Oregano essential oil, when ingested, can eliminate intestinal worms, and when applied externally, it effectively keeps away lice, bed bugs, mosquitoes, and fleas.

Antifungal Properties - Viruses, bacteria, fungi, and protozoa are the four agents that are responsible for communicable and infectious diseases. Out of these, fungi are responsible for some of the most dreadful and fatal infections, both internal and external. They can cause ugly, painful, and deadly infections in the ear, nose, and throat, which, if not treated early, may reach the brain and become lethal. Many skin infections are also caused by these fungi.

Antiviral Properties - provide protection against viral infections. This means that it strengthens your immunity against cold, mumps, measles, pox, and other problems caused by viruses. This boost to the immune system helps to defend against deadly viral infections and even autoimmune disorders. Oregano essential oil also stimulates the production and function of white blood cells, the body's main line of defense.

Anti-allergenic - Allergies are hyper-reactions of the body towards external stimuli. Oregano oil, a sedative by nature, calms down this hyper-sensitivity and is known to give relief from allergy symptoms. Through its anti-inflammatory quality, the severity of allergies can be reduced

Promotes Digestion - increasing the secretion of digestive juices. It also increases the nutrient digestibility and enzymes which aid in absorbing food. This can improve your health by maximizing the nutrients you get from food!

The background of the page is a soft-focus photograph of several small, amber-colored glass bottles of essential oils. Some bottles have black caps, while one larger bottle has a black dropper. The bottles are scattered on a light-colored surface, surrounded by various dried flowers, including purple lavender, yellow daisies, and pink blossoms. The overall aesthetic is clean and natural, suggesting a focus on natural health and wellness.

Respiratory Conditions - can act as an expectorant, which loosens up or helps eliminate the uncomfortable buildup of mucus and phlegm in the respiratory tracts and sinuses. It is also a soothing balm for inflamed lungs and throat, which may often stimulate coughing fits.

#### Applications

- can be applied topically for irritation on the skin with a carrier oil like coconut oil for improving your skin quality and wound healing
- apply oregano oil for skin irritation and in the space near wounds, as it can speed up the healing.
- put oregano oil under your eyes and over wrinkles as well.
  - Note: Dilute the oil before applying topically. You can dilute it 1:1 with olive oil or coconut oil.
- Consumption: You can ingest oregano essential oil in very small quantities as a dietary supplement, usually diluted with honey or other non-dairy beverages.
- Sublingual consumption (dropping the oil beneath the tongue)
- You can also consume oregano oil as an additive



## Chamomile

When using chamomile or any essential oil for aromatherapy, make sure that the space you're in is ventilated well. Use caution to avoid exposing women who are pregnant or breastfeeding, children, and pets to the essential oil.

Medications that are taken to thin the blood such as warfarin (Coumadin), clopidogrel (Plavix), and aspirin should not be taken with chamomile because chamomile may increase the risk of bleeding.

Chamomile should be avoided by those who take any type of medications that cause drowsiness such as narcotics, barbiturates, alcohol, some types of anti-depressants or benzodiazepines.

Chamomile may have an estrogen type of effect and may interfere with hormone therapy.

Chamomile may have a slight blood pressure lowering effect, so it should not be taken with antihypertensive (blood pressure lowering) medications.

Chamomile may lower blood sugar. Those who take medication for diabetes should not drink chamomile tea because it may worsen hypoglycemia (low blood sugar).

Chamomile is broken down in the liver and may interact adversely with drugs that break down the same way.

Gentle and soothing, chamomile has been used as a calming herb since the Roman era, and a cup of chamomile tea can work wonders to quieten frayed nerves. Used topically, chamomile essential oil can be used either diluted or neat (full strength) for:

- Boils
- Dry skin
- Eczema
- Dermatitis
- Acne
- Bee and wasp stings
- Cuts
- Bruises
- Digestive issues
- Wound healing
- Anxiety
- Eczema or rashes
- Pain relief
- Sleeping

Insomnia/Anxiety - You can also diffuse it to alleviate insomnia, stress and anxiety, depression, and irritability, especially when associated with PMS or menopause.

Calming - you can diffuse the oil to calm children who may be hyperactive or argumentative

Pests - can be dribbled near open doorways to repel mites and fleas.

Wound healing - due to antibacterial activity

Anxiety disorder - calm nerves, fighting anxiety and depression. Its calming compounds serve as an emotional trigger to help reduce anxiety, boost mood and eliminate stress.

Soothes Skin - Comprising powerful anti-inflammatory and calming properties, great natural remedy to calm your skin. Diminish the scars, marks, and spots on the skin and on the face. It also protect wounds, cuts, and bruises from becoming infected. Works to repair the skin and minimize the appearance of scars, age spots and blemishes. Extremely healing, Chamomile Oil leaves your skin more even and clear.

Detox - Potent antioxidant elements combined with its ability to flush out toxins and trigger circulation make Chamomile Oil an essential in your skin detox. Ridding your skin and body from these harmful elements can reduce acne, blemishes and hyperpigmentation, providing your complexion with the optimal environment in which to thrive. It also induces profuse perspiration, which helps to remove toxins and agents that cause infections while simultaneously cooling down the body and effectively providing relief from fever, thus serving as a febrifuge.

Prevents Infections - very good antiseptic and antibiotic properties which do not let biotic infections develop, which arise due to bacteria and fungi. They also eliminate infections that are already present. These are good vermifuge agents as well, which kill all sorts of intestinal worms. If applied to the hair, it kills lice and mites, keeping the hair and scalp free from infections and damage. Potent antiseptic and antibiotic properties that prevent infection. It defends the body, it can also inhibit and clear up any harmful bacteria that is already present.

#### Relieves Depression

Both varieties have been found to be very effective in fighting depression. They eliminate feelings of sadness, depression, disappointment, and sluggishness while inducing a sort of happy or charged feeling. Even smelling these oils can help a lot in overcoming depression and bringing about a good mood.

Reduces Anger - effective in calming down annoyance, anger, and irritation, particularly in small children, while German chamomile is effective on adults in curing inflammation, particularly when it is located in the digestive or urinary system. Both varieties reduce blood pressure and curb the swelling of blood vessels as well.

Improves Digestion - tone up the stomach and ensure its proper function. They also promote the secretion of digestive juices into the stomach and facilitate digestion. Being hepatic, they ensure a good liver health and the proper flow of bile from it. They are also considered cholagogues, meaning that they increase the secretion of hydrochloric acid, bile, and enzymes in the stomach, thereby promoting digestion.

Treats Symptoms of Rheumatism - treat dysfunctions of the circulatory system, stimulate circulation and detoxify the blood from toxins like uric acid. Thus they help to treat ailments like rheumatism and arthritis, which are caused due to improper circulation and accumulation of uric acid. These abilities classify them as good antiphlogistics, agents which reduce swelling and edema.

Relieves Pain - reduce pain in the muscles and joints. They also decrease the severity of headaches, sinuses, toothaches, and bone injuries. They are also very effective in relieving the severe pain of neuralgia by constricting the blood vessels that surround the ninth cranial nerve and relieve the pressure. Analgesic properties, which effectively and quickly work to reduce pain in muscles and joints.

Removes Excess Gas - very good at expelling gas from the intestines and stomach while also curbing additional gas formation. This also helps to relax the body and lower blood pressure. What is even more important is that the effect of the oil also eliminates the serious risks of excess gas, such as the trapping of gas in the windpipe, which can even be fatal.

Boosts Nervous System - almost all nervous disturbances or hyper-reactions which result in convulsions, spasms, nervousness, and loss of control over limbs. They are nervine, meaning they keep the nerves and the nervous system in a state of good health and proper functioning.

Sleep aid - diffused into air along with a cup of chamomile tea

Anti-cancer properties - treatment with chamomile extract reduced the ability of cancer cells to grow blood vessels, which is needed to keep tumors alive.

Heart Health - provides cardiovascular protection because of its high levels of flavonoids, which have been shown to significantly reduce mortality from coronary heart disease when taken internally. It may lower blood pressure and have a relaxing effect on the heart.

Allergy Reliever - possesses antimicrobial and antioxidant properties, and it's commonly used for hay fever. It has the power to relieve mucus congestion, irritations, swelling and skin conditions that are associated with seasonal allergy symptoms. When applied topically, Roman chamomile oil helps relieve skin irritations that may be due to food allergies or sensitivities.

### Aromatherapy applications

- Inhaling chamomile oil may help with a variety of conditions, including anxiety and promoting sleep.
- You can use the oil in a diffuser or in a glass spray bottle.
  - dilute 10 to 15 drops of chamomile oil in each ounce of water.
  - Add to a glass spray bottle and shake well before using.
  - Do not use a plastic spray bottle as the oil will break down the plastic over time
  - To fight anxiety and depression, diffuse 5 drops, or inhale it directly from the bottle.
  - To improve digestion and leaky gut, apply 2–4 drops topically to the abdomen. When diluted with a carrier oil like coconut oil, it can even be used in low doses for children with colic and diarrhea.
  - For a restful sleep, diffuse chamomile oil next to bed, rub 1–2 drops onto the temples or inhale it directly from the bottle.
  - To help calm children, diffuse Roman chamomile oil at home or dilute 1–2 drops with coconut oil and apply the mixture topically to the area in need (such as the temples, stomach, wrists, back of neck or bottoms of the feet).

### Topical applications

- This may help with aches and pains, digestive issues, or anxiety.
- Diluted in a carrier oil before it touches the skin
  - Massage oil. To use chamomile oil in massage oil, you'll first need to dilute it in a carrier oil. There are a variety of carrier oils available, including coconut oil and jojoba oil.
  - Bath oil. Mix chamomile oil with a carrier oil and add to your warm bath water.
  - In a lotion. You can add 1 or 2 drops of chamomile oil to a body lotion or moisturizer, and apply to your skin.
  - On a compress. Make a hot compress by soaking a towel or cloth in warm water, adding 1 to 2 of drops of diluted chamomile oil, and then applying to your achy area, like your back or stomach.
  - To promote heart health, apply 2–4 drops topically over the heart or take internally by placing it under the tongue.
  - To use as a home remedy for acne, treat various skin conditions and combat the signs of aging, add 2–3 drops to a clean cotton ball and apply chamomile oil to the area of concern, or add 5 drops to a face wash. If you have very sensitive skin, dilute chamomile with a carrier oil before applying it topically.

### Adults

- For tea: Place 2 or 3 heaping teaspoons of loose tea in boiling water and steep for 15 minutes. Drink tea three or four times each day, between meals.
- In the bath: Use 5 to 10 drops of essential oil in a full tub of water to help heal cuts, treat eczema or other skin disorders, or to soothe hemorrhoids
- On the skin: Apply a concentration of between 3 percent and 10 percent of chamomile cream or ointment to the affected area.

#### 4 Thieves - Blend

Story of the Thieves - It is one of the oldest and most interesting oils, based on the unique history of how and why it was developed. Legend has it that in the 15th century, when a terrible plague spread like wildfire across Europe claiming more than millions of lives, four thieves from Marseilles were busy notoriously robbing people, who were dead, of all their possessions. The thieves themselves did not contract any infection as they had applied a powerful herbal blend of natural oils on their bodies. This came to be known as thieves essential oil.


- Builds immune system
- Reduces stress
- Antimicrobial
- Improves digestion
- Strengthens bones
- Reduces inflammation
- Lowering fever
- Heals skin conditions
- Weight loss
- Strengthens respiratory system
- Hypertension

Reduces Fever - Lemon oil can effectively reduce fevers and lower levels of free radical activity. Eucalyptus oil has antimicrobial properties. It can fight all kinds of bacteria, including Mycobacterium tuberculosis, viruses, and even Candida. This makes thieves oil a good remedy for colds, coughs, and fever.

Anti-inflammation - Clove, eucalyptus, and rosemary essential oils, present in thieves essential oil, have an anti-inflammatory effect on the body. Clove and eucalyptus essential oils helped suppress an enzyme that creates inflammation, pain, and fever in the body.

Improves Respiratory Health - the antibacterial effects of various essential oils on respiratory pathogens including Staphylococcus aureus, pneumoniae, and Klebsiella pneumoniae. Cinnamon oil showed the strongest antibacterial effect, followed by clove oil – both of which are present in thieves essential oil. Eucalyptus oil has the potential to treat certain respiratory bacterial infections and fungal diseases.

Strengthens Immune System - All of the ingredients in thieves essential oil have an impact on the immune system, either with antibacterial, antiviral, antiseptic or antioxidant. The oil blends can potentially impact cells by improving immunity and speeding up wound healing. This is what made this oil so popular back in medieval



times, as it was believed to be a protective shield against the plague. As it turns out, the concentrated infection-fighting chemicals in this oil make for a great defense of the body against infections of all kinds.

**Improves Bone Health** - This isn't the most common use of thieves essential oil, but the active ingredient in clove oil, called eugenol, is known to stimulate the absorption of essential minerals by the body, leading to healthier bones and a lower chance of developing osteoporosis.

**Weight Loss** - Lemon essential oil, present in thieves oil, has been considered a weight-loss tool for quite a while, as it can stimulate the release of certain hormones in the body that signal "fullness".

**Home Cleaner** - Many people use thieves essential oil, in small amounts, as a house cleaner. When thieves oil was diffused in a controlled environment, it significantly reduced the number of airborne bacteria and prevented transmission of pathogens. With a fragrant aroma (the cinnamon cuts through the strongest) and powerful antiseptic properties, giving the surfaces in your home a quick wipe with thieves essential oil makes it much harder for germs and bacteria to take hold.

**Skin Care** - Eucalyptus and lemon oils have strong disinfectant and antiseptic properties, making them a good choice for cleaning surfaces in your home. While it is also used topically on the skin, a formal study is needed to check the efficacy.