

Essential Oil Use Chart

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Acne & Oily Skin	<ul style="list-style-type: none"> Bergamot, cypress, geranium, grapefruit, jasmine, juniper, lemon, lemongrass, orange, patchouli, peppermint, petitgrain, sandalwood, tea tree, ylang ylang. Blends: Clear Skin* Acne Remedies
ADD/ADHD	<ul style="list-style-type: none"> Frankincense, lavender, marjoram, orange, patchouli, Roman chamomile, sandalwood, vetiver, ylang ylang. Blends: In Tune, Serenity* Use in a diffuser. Dilute 1 to 3 drops in a teaspoon of carrier oil; apply to bottom of feet and spine.
Addictions	<ul style="list-style-type: none"> Withdrawal: grapefruit, lavender, orange. Alcohol: helichrysum, lavender, orange, rosemary. Drugs: basil, eucalyptus, lavender, marjoram. Smoking: clove or peppermint on tongue (if using doTERRA). Work: basil, geranium, lavender, marjoram
Allergies	<ul style="list-style-type: none"> Lavender, lemon, peppermint, tea tree Dilute 5 drops each lavender, lemon & peppermint in 2oz grapeseed oil and rub into the bottoms of the feet 3 times a day. Take 3 drops of each in a capsule 3 times a day.*
Alzheimer's	<ul style="list-style-type: none"> Frankincense, lavender, patchouli, rosemary, sandalwood, vetiver, ylang ylang Diffuse. Dilute 3 drops in a teaspoon of carrier oil or unscented lotion and apply to brain stem area at back of neck.
Antibacterial	<ul style="list-style-type: none"> Cinnamon, clove, eucalyptus, geranium, ginger, grapefruit, helichrysum, juniper, lavender, lemon, lemongrass, marjoram, orange, peppermint, pine, rosemary, spruce, tea tree, thyme. Blends: On Guard, Purify* Eucalyptus Bath Salts, Disinfectant Cleaning Recipes, Aromatherapy Diffuser Recipes
Anxiety & Frazzled Nerves	<ul style="list-style-type: none"> Bergamot, cedarwood, chamomile, clary sage, cypress, frankincense, geranium, grapefruit, helichrysum, jasmine, lavender, lemon, lemongrass, marjoram, orange, palmarosa, petitgrain, rose, sandalwood, vanilla, vetiver, ylang ylang. Blends: Serenity, Citrus Bliss, Whisper* Tension Tamer Bath Salts, Lavender Massage Oil, Aromatherapy for Stress
Arthritis	<ul style="list-style-type: none"> Camphor, frankincense, German & Roman chamomile, marjoram, peppermint, rosemary, wintergreen. Blends: Deep Blue* Add 1 to 3 drops of essential oil to 1 teaspoon of carrier oil or unscented lotion. Massage into affected areas as required. Pain Remedies, Therapeutic Massage Oil
Asthma	<ul style="list-style-type: none"> Angelica, cedarwood, clary sage, eucalyptus, frankincense, geranium, ginger, lavender, lemon, marjoram, peppermint, ravensara, rose. Blends: Breathe* Eucalyptus Bath Oil, Lavender Bath Oil, Eucalyptus Bath Salts
Athletes Foot	<ul style="list-style-type: none"> Cedarwood, eucalyptus, frankincense, helichrysum, lavender, lemongrass, oregano, tea tree Apply to feet 2 to 3 times a day.
Back Pain	<ul style="list-style-type: none"> Cypress, eucalyptus, geranium, lavender, marjoram, Roman chamomile, oregano, peppermint, rosemary, sandalwood, thyme. Blends: Deep Blue, Balance* Blend 5 drops each lavender, peppermint & rosemary in 1/2 cup carrier oil and massage into affected

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	area. Also see Muscle Pain Remedies , Therapeutic Massage Oil
Bed Wetting	<ul style="list-style-type: none"> • Cypress • Dilute 1 to 3 drops in a teaspoon of carrier oil and rub on abdomen at bedtime. (For a nicer smell and to improve sleep, add 2 drops lavender and 1 drop orange. Increase carrier oil to 2 teaspoons.)
Bladder Infection	<ul style="list-style-type: none"> • Basil, bergamot, cinnamon, clove, eucalyptus, fennel, frankincense, lavender, lemongrass, marjoram, oregano, sandalwood, thyme • Dilute 3 to 5 drops of essential oil in a teaspoon of carrier oil. Massage into belly and bottom of feet. Add 1-2 drops to warm bath water; bathe for 15 to 20 minutes.
Bloating	<ul style="list-style-type: none"> • Caraway, coriander, fennel, ginger, peppermint. Blends: DigestZen* • Dilute 3 to 5 drops essential oil in a teaspoon of carrier oil. Apply to bottom of feet or to the stomach. See "Nausea" in Aromatherapy for Pregnancy. Rub Peppermint Lotion on your stomach.
Blood Pressure	<ul style="list-style-type: none"> • High: Lavender, lemon marjoram, ylang ylang (avoid rosemary & thyme; use peppermint with caution). Low: Rosemary • Diffuse. Dilute 3 drops in a teaspoon of carrier oil and apply to reflex points on feet and hands.
Boils	<ul style="list-style-type: none"> • Lavender, lemon, lemongrass, tea tree. Blends: Purify* • Dilute 3 to 5 drops in a teaspoon of carrier oil and apply to affected area.
Bronchitis	<ul style="list-style-type: none"> • Basil, cypress, eucalyptus, marjoram, peppermint, rosemary, thyme, white fir. Blends: Breathe, On Guard* • Diffuse. Dilute 3 drops in 2 teaspoons of carrier oil and apply to back, chest, sinuses (keep away from eyes) neck or reflex points on feet. See Chest Rub recipe in Aromatherapy for Colds
Bruises	<ul style="list-style-type: none"> • Fennel, geranium, helichrysum • Add 1 to 3 drops of essential oil to 1 teaspoon of carrier oil or unscented lotion. Rub gently into affected area every few hours until the worst of the bruise has faded.
Bug Bites & Stings	<ul style="list-style-type: none"> • Basil, chamomile, eucalyptus, geranium, juniper, lavender, lemon, marjoram, peppermint, tea tree • Add 10 drops essential oil to 1/2 cup of water in a spray bottle; spritz on bite or sting. Lavender Salve, Oatmeal Bath
Burns & Sunburns	<ul style="list-style-type: none"> • Lavender • Apply to burn using a cotton ball. Add 10 drops to a cool bath. Add 10 drops to 1/2 cup of water in a mister bottle; spray on burn. Use Lavender Salve or Lavender Lotion and Homemade Sunscreen.
Cancer	<ul style="list-style-type: none"> • Frankincense, lavender, sandalwood • See published studies on the effect of essential oils on cancer. Contact me for a cancer protocol.
Carpal Tunnel	<ul style="list-style-type: none"> • Basil, cypress, frankincense, lemongrass, marjoram, oregano • Add 1 to 3 drops to 1 teaspoon of carrier oil or unscented lotion. Massage into affected areas.
Cellulite	<ul style="list-style-type: none"> • Basil, bergamot, cedarwood, cinnamon, cypress, grapefruit, juniper, lavender, lemon, orange, pine,

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	<ul style="list-style-type: none"> rosemary, thyme Citrus Salt Scrub
Chicken Pox	<ul style="list-style-type: none"> Lavender, Roman chamomile, tea tree Mix 10 drops each lavender and Roman chamomile to 4oz calamine lotion. Apply to spots twice a day. Add 2 drops lavender to 1 cup baking soda; dissolve in warm bathwater; bathe.
Cholesterol	<ul style="list-style-type: none"> Clary sage, helichrysum, lemongrass Diffuse. Dilute 1 to 3 drops in 1 teaspoon of carrier oil and apply to the liver area and feet.
Chronic Fatigue	<ul style="list-style-type: none"> Basil, lavender, lemongrass, peppermint, rosemary. Blends: On Guard*. Other: Lifelong Vitality Diffuse. Dilute 1 to 3 drops in 1 teaspoon of carrier oil and apply to sore muscles or joints. Add 1 to 2 drops to a warm bath.
Cold Sores	<ul style="list-style-type: none"> Melissa, tea tree Apply directly to cold sore at the first sign of tingling or breakout. Reapply every hour for the first day, then 2 to 3 times a day for 3 more days.
Colds & Flu	<ul style="list-style-type: none"> Prevention: Eucalyptus, geranium, lavender, marjoram, oregano, palmarosa, peppermint, petitgrain, ravensara, rose, rosemary, sage, spearmint, tea tree, thyme. Blends: On Guard* Antiviral Essential Oil Facts, Disinfectant Cleaning Recipes, Aromatherapy Diffuser Recipes Aching Muscles & Joints: Basil, cedarwood, chamomile, cinnamon, clary sage, cypress, eucalyptus, frankincense, geranium, ginger, jasmine, juniper, lavender, lemongrass, marjoram, palmarosa, pepper, peppermint, rose, rosemary, thyme, vetiver, ylang ylang. Blends: Deep Blue* Aromatherapy for Pain Coughs & Chest Congestion: Cedarwood, eucalyptus, frankincense, geranium, helichrysum, hyssop, jasmine, lavender, marjoram, oregano, palmarosa, peppermint, petitgrain, pine, ravensara, rose, rosemary, sage, spearmint, spruce, tea tree, thyme. Blends: Breathe* Aromatherapy for Colds
Concentration, Alertness & Memory	<ul style="list-style-type: none"> Bergamot, cinnamon, eucalyptus, frankincense, ginger, grapefruit, helichrysum, juniper, lemon, lemongrass, pepper, peppermint, petitgrain, pine, rosemary, spruce, thyme. Blends: In Tune* Eucalyptus Bath Oil, Energizing Bath Salts, Peppermint Lotion, Aromatherapy Diffuser Recipes
Dandruff	<ul style="list-style-type: none"> Cypress, lavender, rosemary, tea tree Dandruff Remedies
Depression	<ul style="list-style-type: none"> Bergamot, chamomile, cinnamon, clary sage, cypress, frankincense, geranium, ginger, grapefruit, helichrysum, jasmine, juniper, lavender, lemon, lemongrass, orange, palmarosa, patchouli, peppermint, petitgrain, pine, rose, sandalwood, spruce, vanilla, vetiver, ylang ylang. Blends: Balance, Citrus Bliss, Elevation, Serenity* Aromatherapy for Depression
Detoxification	<ul style="list-style-type: none"> Basil, bergamot, cedarwood, cinnamon, cypress, geranium, grapefruit, juniper, lavender, lemon, orange, pine, rosemary, thyme Citrus Bath Salts, Citrus-Mint Body Scrub

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Diabetic Sores	<ul style="list-style-type: none"> • Lavender • Apply a few drops to back, feet and over pancreas.
Diaper Rash	<ul style="list-style-type: none"> • Lavender • Dilute 1 drop in 2 tablespoons carrier oil. Apply to rash several times a day.
Diarrhea	<ul style="list-style-type: none"> • Ginger, peppermint. Blends: DigestZen* • Take a few drops in a capsule or dilute a few drops in a teaspoon of carrier oil and rub into stomach hourly or as needed.
Dry Skin	<ul style="list-style-type: none"> • Chamomile, frankincense, geranium, helichrysum, palmarosa, patchouli, peppermint, rose, sandalwood, ylang ylang • Lotion Recipes, Body Butter Recipes
Ear Infection	<ul style="list-style-type: none"> • Lavender, tea tree. Blends: Purify* • Apply a drop of lavender or tea tree to the surface of the ear several times a day.
Eczema	<ul style="list-style-type: none"> • Helichrysum, geranium, lavender, patchouli, tea tree. Blends: Clear Skin* • Body Butter Recipes, Lotion Recipes, Facial Cleanser, Facial Mask, Oatmeal Bath
Energy / Fatigue	<ul style="list-style-type: none"> • Boost energy: Basil, lemon, lemongrass, peppermint, rosemary, thyme. Blends: Elevation* • Get rest: Frankincense, lavender, Roman chamomile, vetiver, ylang ylang. Blends: Serenity* • Eucalyptus Bath & Body Oil, Citrus Mint Scrub, Peppermint Lotion, Sweet Dreams Bath & Body Oil
Fear	<ul style="list-style-type: none"> • Lavender, orange, sandalwood, ylang ylang. Blends: Balance* • Diffuse. Dilute 1 to 2 drops in a teaspoon of carrier oil. Massage into temples, back of the neck and bottom of the feet. Aromatherapy for Depression (includes fear)
Fever	<ul style="list-style-type: none"> • Eucalyptus, lavender, peppermint • Dilute 1 drop peppermint in 1/2 teaspoon of carrier oil and rub into the bottom of the feet.
Fibroids	<ul style="list-style-type: none"> • Frankincense, helichrysum, lavender, oregano. Blends: Solace* • Take a few drops internally in a capsule. Dilute 1 to 2 drops in a teaspoon of carrier oil and massage into lower abdomen.
Fibromyalgia	<ul style="list-style-type: none"> • Helichrysum, lavender, rosemary, thyme. Blends: Deep Blue* Other: Lifelong Vitality Complex* • Dilute 1 to 2 drops in a tablespoon of carrier oil and massage into affected area. Apply as a warm compress.
Flu	<ul style="list-style-type: none"> • See Colds and Flu
Food Poisoning	<ul style="list-style-type: none"> • Rosemary. Blends: DigestZen, On Guard* • Add 4 to 6 drops to 8oz of water. Swish around in the mouth, then swallow. Or take 1 to 2 drops in a capsule.
Gallbladder	<ul style="list-style-type: none"> • Infection: Geranium, helichrysum, lemon, rosemary. Stones: Geranium, grapefruit, lemon,

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	<ul style="list-style-type: none">rosemaryTake a few drops in a capsule several times a day. Dilute 1 to 2 drops in a teaspoon of carrier oil and massage into stomach.
Gastritis	<ul style="list-style-type: none">Lemongrass, peppermint. Blends: DigestZen*Take a few drops in a capsule. Dilute 1 to 2 drops in a teaspoon of carrier oil and massage into stomach.
Gingivitis	<ul style="list-style-type: none">Clove, peppermint, tea treeGargle with 1 to 3 drops mixed with water several times a day.
Gout	<ul style="list-style-type: none">Frankincense, geranium, lavender, lemonTake a few drops in a capsule. Dilute 1 to 2 drops in a tablespoon of carrier oil and rub into affected joints several times a day.
Hair Loss	<ul style="list-style-type: none">Lavender, rosemary, thyme, ylang ylangDilute 5 drops of essential oil in 20 drops of carrier oil and massage into scalp nightly.

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Hangover	<ul style="list-style-type: none"> • Grapefruit, juniper, lavender, lemon • Add a few drops to a warm bath or dilute 1 to 2 drops in a teaspoon of carrier oil and massage over liver area.
Headache	<ul style="list-style-type: none"> • Basil, eucalyptus, frankincense, lavender, marjoram, peppermint, rosemary. Blends: Deep Blue, Past Tense* • Dilute 1 to 2 drops each frankincense, lavender & peppermint in a teaspoon of carrier oil and apply to back of the neck, temples and forehead. Avoid eye area. Headache Remedies
Heartburn	<ul style="list-style-type: none"> • Ginger, peppermint. Blends: DigestZen* • Take a few drops in a capsule or dilute 1 to 2 drops in a teaspoon of carrier oil and rub into chest.
Heatstroke	<ul style="list-style-type: none"> • Lavender, peppermint • Dilute 1 to 2 drops in a teaspoon of carrier oil and apply to forehead, back of neck, chest and back. Repeat as needed.
Hemorrhoids	<ul style="list-style-type: none"> • Cypress, geranium, helichrysum • Dilute 1 to 2 drops in a teaspoon of carrier oil and apply to affected area daily.
Hot Flashes	<ul style="list-style-type: none"> • Clary Sage, peppermint. Blends: Balance, Solace*. Other: Women's Phytoestrogen Complex • Add 20 to 30 drops peppermint to 1 cup pure distilled water in a spray bottle. Spritz over face and neck as required.
Impetigo	<ul style="list-style-type: none"> • Geranium, lavender. Blends: Clear Skin* • Boil 1/2 cup of water. Cool and add 5 to 10 drops of essential oil. Wash sores with this water, then cover with a warm cloth for up to an hour. Do this 2 to 3 times a day until sores clear up.
Infection	<ul style="list-style-type: none"> • See Antibacterial
Insomnia	<ul style="list-style-type: none"> • Lavender, marjoram, orange, Roman chamomile, vetiver, ylang ylang. Blends: Serenity, Citrus Bliss* • Blend 6 drops each lavender and orange in a tablespoon of carrier oil. Massage into feet, stomach and back of neck. Sweet Dreams Bath Oil, Stress Less Massage Oil
Itching	<ul style="list-style-type: none"> • Lavender, peppermint, Roman chamomile • Apply 1 drop to skin as needed. Dilute for children or sensitive skin.
Jet Lag	<ul style="list-style-type: none"> • Bergamot, lavender, peppermint, rosemary • Apply calming oils like bergamot and lavender at night; use energizing oils like peppermint and rosemary in the morning.

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Kidneys	<ul style="list-style-type: none"> • Infection: Rosemary. Stones: Eucalyptus, lemon. Blends: Zendocrine* • Use a few drops in a warm compress applied over kidneys 2 or 3 times a day.
Laryngitis	<ul style="list-style-type: none"> • Frankincense, sandalwood, thyme • Diffuse.
Lupus	<ul style="list-style-type: none"> • Tea tree. Blends: Balance, Elevation, On Guard * • Use in a body massage twice weekly. Take a few drops of On Guard in a capsule daily.
Measles	<ul style="list-style-type: none"> • Eucalyptus (for older children only), lavender, tea tree • Dilute 1 to 2 drops in 2 tablespoons carrier oil and dab onto spots several times a day. Add a few drops to a bath and soak for at least half an hour daily.
Menopause	<ul style="list-style-type: none"> • Clary sage, frankincense, Roman chamomile. Blends: Solace* Other: Women's Phytoestrogen* • Dilute 1 to 2 drops in 2 teaspoons carrier oil and rub into stomach, feet and back of the neck daily.
Migraine	<ul style="list-style-type: none"> • Basil, peppermint, ylang ylang. Blends: Past Tense, Deep Blue* • Dilute 1 to 2 drops in 2 teaspoons carrier oil and rub into temples, back of neck and behind the ears.
Mold	<ul style="list-style-type: none"> • Cinnamon, oregano. Blends: Purify* • Diffuse into the air where mold is present several times during the day until no longer needed. For mold on surfaces, put a drop of essential oil on a cloth or scrubber and scrub into the moldy surface. Do a spot test first.
MRSA	<ul style="list-style-type: none"> • Oregano, tea tree. Blends: On Guard* • Diffuse into the air several times during the day until symptoms disappear. Take a few drops of oregano and On Guard in a capsule once or twice a day. Dilute 1 to 2 drops in 2 teaspoons carrier oil and rub into bottom of the feet.
Mumps	<ul style="list-style-type: none"> • Lavender, lemon, tea tree • Dilute 1 to 2 drops in 2 tablespoons carrier oil and apply behind the ears several times a day. Use in a warm compress around the throat and jaw.
Muscle Spasms & Stiffness	<ul style="list-style-type: none"> • Basil, marjoram, Roman chamomile. Blends: Deep Blue* • Dilute 1 to 2 drops in 2 teaspoons carrier oil and massage into affected area 1 or 2 times a day. Pain Remedies, Therapeutic Massage Oil
Muscle Sprains & Strains	<ul style="list-style-type: none"> • Ginger, lemongrass. Blends: Deep Blue* (for pain & inflammation) • Dilute 1 to 2 drops in 2 teaspoons carrier oil and massage into affected area 1 or 2 times a day.

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Nausea	<ul style="list-style-type: none"> Ginger, peppermint. Blends: Digest Zen* Diffuse. Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply behind ears and on stomach.
Night Sweats	<ul style="list-style-type: none"> Clary sage. Blends: Solace*. Other: Women's Phytoestrogen Complex* (for fixing hormonal balance) Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply to lower belly and back of neck before bed.
Nose Bleeds	<ul style="list-style-type: none"> Geranium, helichrysum, lemon Apply a drop or 2 to the bridge and sides of the nose. Dilute if your brand recommends it. Avoid lemon before sun exposure.
Oily Hair	<ul style="list-style-type: none"> Basil, cypress, lemon, rosemary, thyme Add 15 to 30 drops of essential oil per 250ml of shampoo and conditioner. Natural Hair Remedies
Osteoarthritis	<ul style="list-style-type: none"> Lemongrass, marjoram. Blends: Deep Blue* (for pain & inflammation) Dilute 1 to 2 drops in 1 teaspoon of carrier oil and rub gently in affected areas.
Ovarian Cysts	<ul style="list-style-type: none"> Basil, frankincense, tea tree. Blends: Solace*. Other: Women's Phytoestrogen Complex, Lifelong Vitality Complex* (for fixing hormonal imbalances) Dilute 1 to 2 drops in 1 teaspoon of carrier oil and massage into belly. Or apply as a warm compress.
Pain & Inflammation	<ul style="list-style-type: none"> Eucalyptus, frankincense, oregano, tea tree. Blends: Deep Blue*. Other: Lifelong Vitality Complex* See Pain Remedies, Therapeutic Massage Oil
Parasites	<ul style="list-style-type: none"> Oregano, peppermint. Blends: DigestZen* Take a few drops in a capsule or apply in a compress over the stomach 2 to 3 times a day.
PMS	<ul style="list-style-type: none"> Cramps: Clary sage, peppermint, rosemary. Blends: Solace* Mood Swings & Irritability: Clary sage, Lavender, Lemon. Blends: Balance, Serenity, Solace*. Other: Women's Phytoestrogen Complex* Dilute 1 to 2 drops in 1 teaspoon of carrier oil and massage into belly. Or apply as a warm compress.
Pneumonia	<ul style="list-style-type: none"> Cinnamon, eucalyptus, oregano, thyme. Blends: Breathe, On Guard* Diffuse. Place 4 drops in 2 cups of hot water and inhale the steam. Dilute 1 to 2 drops in 2 tablespoons of carrier oil and apply to chest and back.
Poison Ivy / Oak	<ul style="list-style-type: none"> Lavender, Roman chamomile, rose Apply a drop to affected area twice daily or as needed.
Postpartum Depression	<ul style="list-style-type: none"> Bergamot, clary sage, geranium, grapefruit, lavender, lemon, orange, ylang ylang. Blends: Citrus Bliss, Elevation, Solace, Whisper* Diffuse. See Aromatherapy for Depression; Essential Oils for Pregnancy
Pregnancy	<ul style="list-style-type: none"> This is a tricky subject, since there's a wide range of opinions on what oils are safe to use during pregnancy. You need to decide what's suitable for you. Here's some information to help you decide: Essential Oils and Pregnancy

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Prostate	<ul style="list-style-type: none"> • Hyperplasia: Fennel. Prostatitis: Cypress, thyme • Dilute 1 drop in 2 tablespoons carrier oil. Apply to buttocks, scrotum, lower back, ankles and feet.
Psoriasis	<ul style="list-style-type: none"> • Helichrysum, lavender, Roman chamomile, tea tree • Mix 2 drops each lavender and chamomile in 1 teaspoon of carrier oil or lotion and apply to affected area. Body Butter, Homemade Lotion, Oatmeal Bath, Facial Mask
Radiation Damage	<ul style="list-style-type: none"> • Peppermint, sandalwood, tea tree • Dilute 1 drop in 2 tablespoons carrier oil. Apply to affected areas twice daily.
Rashes	<ul style="list-style-type: none"> • Lavender, Roman chamomile, tea tree • Dilute 1 to 2 drops in a teaspoon of carrier oil. Apply to affected area. Lavender Salve, Oatmeal Bath
Restless Leg Syndrome	<ul style="list-style-type: none"> • Cypress, marjoram. Other: Lifelong Vitality Complex* • Dilute 1 to 2 drops in 1 teaspoon of carrier oil and massage into legs before bed.
Ringworm	<ul style="list-style-type: none"> • Oregano, tea tree • Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply to affected areas 2 or 3 times a day.
Scarring	<ul style="list-style-type: none"> • Frankincense, helichrysum, lavender • Apply a drop or 2 over wound daily until healed. Follow your brand's dilution recommendations.
Sciatica	<ul style="list-style-type: none"> • Helichrysum, peppermint, Roman chamomile, thyme. Blends: Deep Blue* (for pain & inflammation) • Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply to affected areas 2 or 3 times a day.
Sexual Health	<ul style="list-style-type: none"> • Women: Clary sage, geranium, jasmine, rose, ylang ylang. Blends: Whisper* Men: Cinnamon, clary sage, clove, ginger, sandalwood • Diffuse. Sensual Massage Oil, Body Butter Massage Cream, Massage Candles
Shingles	<ul style="list-style-type: none"> • Melissa, sandalwood, tea tree • Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply to affected area, back of the neck and along the spine daily or as needed.
Shock	<ul style="list-style-type: none"> • Peppermint, Roman chamomile, tea tree. Blends: Elevation* • Diffuse. Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply to temples, under the nose and on the back of the neck.
Sinuses	<ul style="list-style-type: none"> • Eucalyptus, peppermint, rosemary, tea tree. Blends: Breathe* • Diffuse. Put a drop of peppermint on your tongue and press your tongue to the roof of your mouth while inhaling through your nose. See Colds & Flu.
Sore Throat	<ul style="list-style-type: none"> • Lemon, tea tree. Blends: On Guard* • Gargle a few drops mixed with water then swallow. Do not ingest tea tree oil. Dilute 1 drop in a teaspoon of carrier oil and rub into throat, chest and back of the neck.
Strep Throat	<ul style="list-style-type: none"> • Ginger, oregano, tea tree, thyme. Blends: On Guard*

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Essential Oil Use Chart

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	<ul style="list-style-type: none"> • Diffuse. Gargle a few drops mixed with water then swallow. Do not ingest tea tree oil. Dilute 1 drop in a teaspoon of carrier oil and rub into throat, chest and back of the neck.
Stress	<ul style="list-style-type: none"> • Bergamot, geranium, grapefruit, lavender, lemon, marjoram, Roman chamomile, ylang ylang. Blends: Balance, Citrus Bliss, Elevation, InTune, Serenity* • See Aromatherapy for Stress
Stretch Marks	<ul style="list-style-type: none"> • Helichrysum, lavender, myrrh • Add 5 to 10 drops essential oil to 1 tablespoon of carrier oil and massage into stretch marks morning and night. See Stretch Mark Rub recipe in Essential Oils for Pregnancy
Stroke	<ul style="list-style-type: none"> • Cypress, helichrysum, peppermint • Diffuse. Dilute 1 to 2 drops in a teaspoon of carrier oil and apply to temples (avoid eye area), forehead, behind the ears and on the back of the neck. • For paralysis, mix 1 drop each basil, lavender and rosemary in 1 teaspoon of carrier oil or lotion and apply to spinal column and paralyzed area.
Sunburn	<ul style="list-style-type: none"> • Helichrysum, lavender • Apply a drop or two directly to sunburn as needed, up to once an hour until pain subsides. Make Lavender Salve, Lavender Lotion and Homemade Sunscreen
Teeth Grinding	<ul style="list-style-type: none"> • Lavender, Roman chamomile, vetiver. Blends: Serenity* • Diffuse. Dilute 1 to 2 drops in a teaspoon of carrier oil and apply to throat, behind the ears and the back of the neck at bedtime.
Tendinitis	<ul style="list-style-type: none"> • Basil, lemongrass, marjoram • Dilute 1 to 2 drops in a teaspoon of carrier oil and massage into affected area 4 to 5 times a day.
Tennis Elbow	<ul style="list-style-type: none"> • Eucalyptus, helichrysum, peppermint. Blends: Deep Blue* (for pain & inflammation) • Add 5 to 10 drops essential oil to 1 tablespoon of carrier oil and massage on location as required.

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Thyroid	<ul style="list-style-type: none"> • Overactive: Lemongrass, myrrh. Underactive: Clove, lemongrass, peppermint • Mix 1 drop each lemongrass and myrrh in 1 teaspoon of carrier oil and apply on base of throat and reflex points on bottom of feet.
Tick Bites	<ul style="list-style-type: none"> • SEE YOUR DOCTOR – tick bites can cause Lyme disease, which is not to be messed with. • Lavender. Prevention: TerraShield* • Do not use mineral oil or Vaseline to remove the tick because they can cause the tick to inject spirochetes into the wound. To remove the tick, get as close to the mouth as possible and tug firmly until it lets go. Don't twist. Use a magnifying glass to make sure every last part of the tick is removed. Save the tick in a jar labeled with the date, location of bite and address where you were bitten for your doctor. Do not handle the tick. Wash your hands immediately. Keep an eye on the wound for a few days to see if a rash develops. If you have any symptoms, see your doctor. • After the tick is removed, apply undiluted lavender to the wound every 5 minutes for an hour.
Tinnitus	<ul style="list-style-type: none"> • Geranium, helichrysum, peppermint • Apply 1 drop essential oil to a small cotton ball and place over the opening of the ear. Do not press down into ear. Never put oils directly into the ear canal. Dilute 1 to 2 drops in a teaspoon of carrier oil and rub into the surface of the ear and behind the ear.
Tonsillitis	<ul style="list-style-type: none"> • Ginger, lavender, lemon, oregano, tea tree. Blends: On Guard* • Gargle a few drops mixed with water then swallow. Take a few drops in a capsule. Do not ingest tea tree oil. Dilute 1 drop in a teaspoon of carrier oil and rub into throat, chest and back of the neck.
Toothache	<ul style="list-style-type: none"> • Clove, tea tree. Blends: On Guard* • Mix 1 to 2 drops in 1/2 cup water and use as a mouth rinse. Dilute 1 to 2 drops in a teaspoon of carrier oil and rub into skin along jawbone. Apply oils in a warm compress on face. Mix 1 drop of clove oil with 1/2 teaspoon of carrier and apply with a cotton swab to the sore tooth.
Ulcers	<ul style="list-style-type: none"> • Duodenal: Frankincense, lemon, myrrh, oregano. Gastric: Frankincense, geranium, peppermint. Peptic: Cinnamon • Take a few drops in a capsule once or twice a day. Add 1 drop of cinnamon, lemon or peppermint to a quart of water and sip throughout the day.
Urinary Tract Infection	<ul style="list-style-type: none"> • Lemongrass, oregano. Blends: On Guard, Purify* • Apply as a hot compress over stomach and pubic area.
Varicose Veins	<ul style="list-style-type: none"> • Cypress, geranium, helichrysum, lemon, lemongrass, peppermint • Add 3 to 5 drops to 1 tablespoon carrier oil and massage up the legs towards the heart. Apply consistently over time to get results.

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Vertigo	<ul style="list-style-type: none"> • Basil, geranium, ginger, helichrysum, lavender • Dilute 1 to 2 drops in a teaspoon of carrier oil and rub into the tops of the ears and the bones behind the ears as often as needed.
Vomiting	<ul style="list-style-type: none"> • Ginger, peppermint. Blends: DigestZen* • Diffuse. Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply behind ears and on stomach.
Warts	<ul style="list-style-type: none"> • Clove, oregano, tea tree. Blends: On Guard* • For feet, layer 1 drop of clove followed by a drop of oregano, followed by a drop of On Guard, then cover with a bandage. Do this at least twice a day until the wart disappears.
Weight Loss	<ul style="list-style-type: none"> • Fennel, ginger, grapefruit, lemon, peppermint. Blends: Slim & Sassy* • Add 1 or 2 drops of essential oil to a quart of water and sip throughout the day. Make an aromatherapy weight loss inhaler.
Whiplash	<ul style="list-style-type: none"> • Basil, clove, helichrysum, lemongrass, marjoram, peppermint, Roman chamomile. Blends: Deep Blue* (for pain & inflammation) • Add 3 to 5 drops to 1 tablespoon of carrier oil and massage into back of the neck, shoulders and upper back.
Worms	<ul style="list-style-type: none"> • Lavender, rosemary. Blends: DigestZen* • Dilute 1 to 2 drops in 1 teaspoon of carrier oil and apply to stomach and bottom of feet 2 or 3 times a day.
Wounds	<ul style="list-style-type: none"> • Basil, clove, helichrysum, lavender, lemongrass, tea tree. Blends: Purify* • Place 1 to 3 drops helichrysum on a fresh wound to help stop bleeding. When bleeding has stopped, apply 1 drop lavender to support healing and 1 drop tea tree to fight infection. Cover with a bandage. When changing the bandage, apply 1 drop basil and clove to speed healing and fight infection. • For children, add 1 drop each helichrysum and lavender to 1 tablespoon of carrier oil and apply a small amount to the wound.
Wrinkles	<ul style="list-style-type: none"> • Frankincense, geranium, helichrysum, rose. Blends: Immortelle* • Add 1 drop of each oil to 2 teaspoons of unscented lotion and apply to skin.
Yeast Infection	<ul style="list-style-type: none"> • Clove, oregano, tea tree. Blends: On Guard* • Dilute 1 drop in 1 teaspoon of carrier oil, soak tampon in mixture, insert and leave in all day or night. Add 1 to 2 drops to warm bathwater.

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