

ESSENTIAL



IL MAGIC

Series 3

Easy-to-Use Guidebook + Tearaway Protocols

Essential Oil Magic  
Easy-to-Use Guidebook + Tearaway Protocols

Series 3, December 2019

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# About this book

This book is for the lovers of doing things naturally. You can create magic when you have the right ingredients, and essential oils seem almost just like that: magical.

Use this guide as your first go-to. Turn to nature as your first resort, and remember that you also have the power of western medicine when needed.

When you make a habit of using natural remedies like essential oils, you learn that you have the ability to create the wellness you want. Your oils are a treasure trove. They're versatile, they rarely produce side-effects, and they're friendly to your pocket book when you compare them to doctor visits and medication costs.

Enjoy all the things your oils can do for you. Enjoy the aromas, and have fun blending oils to make your own aromas. Try creative DIY projects, or even put a drop of oil in your cooking or baking.

Most importantly, see what happens to your confidence as you learn to trust nature and yourself with your family's wellness.

Use the [Ailments](#) section as a quick reference guide to find natural remedies for your health concerns. Discover the top uses of popular essential oils in the [Single Oils](#) and [Oil Blends](#) sections. Use the [Protocols](#) section to get serious results. And share the tearaway protocols in [Protocols for Sharing](#) with friends!

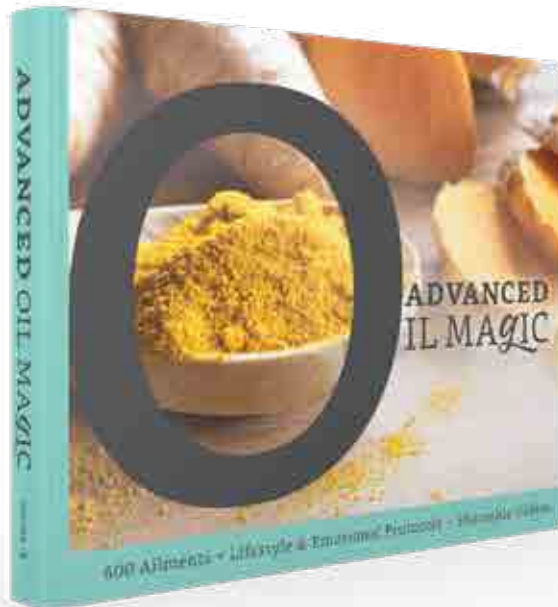
Have fun creating your magic.

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# Essential & *Advanced*

This book you hold in your hands is the perfect starter reference guide for essential oils. It contains the most essential knowledge to use essential oils and supplements to tackle common health challenges.



ADVANCED Oil Magic is the comprehensive companion to Essential Oil Magic. Just as easy to use; tons more valuable information.

[www.oilmagicbook.com](http://www.oilmagicbook.com)



## Inside ADVANCED Oil Magic...

- > 600 quick reference Ailments & Conditions
- > Uses & oil hacks for even more Single Oils & Oil Blends
- > Hundreds of recipes, diffuser blends, & DIY's
- > Hundreds of Ailment, Lifestyle, and Emotional Protocols
- > Incredible Emotions & Energy usage
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## Section 1

# Simplified *Usage Guide*



# Uses

1



## Aromatic

### *Diffuse*

Put 4-8 drops in a diffuser to spread the oil throughout the room.

### *From Hands*

Inhale a couple drops from cupped hands.

### *From Bottle*

Enjoy the aroma directly from the bottle.

2



## Topical

### *Neat*

Apply certain oils directly to skin without dilution.

### *Dilute*

Dilute with Fractionated Coconut Oil or other carrier oil/lotion as needed.

### *Roller Bottle*

Put 10-20 drops in a roller bottle. Fill the rest with Fractionated Coconut Oil.

3



## Internal

### *Veggie Capsule*

Put oils in an empty veggie cap, and take with water.

### *Drink with Water*

Drink 1-2 drops with water (for oils with a friendly taste).

*\*Most brands of oils are not safe for internal use. Be sure yours has undergone strict gas chromatography and mass spectrometry to ensure purity and chemical soundness.*

# Safety

## Topical & Internal Use

True essential oils are safe to use topically and internally. The smaller the body, the less essential oil should be used. Be conservative and use your oils more frequently.

Age	Topical Dilution Ratio*	Internal Use
Birth - 12 months	1:30	not recommended
1-5 years	1:15	1 drop (1-6 drops in 24 hours)
6-12 years	1:5	1-2 drops (3-12 drops in 24 hours)
Adults	as needed	2-4 drops (12-24 drops in 24 hours)

\*essential oil : carrier oil

## Medication

Always consult with a physician if you have questions about using an essential oil with a medication. While certain foods may interact with medications, essential oils frequently require less restraint because of the chemical makeup of the oil vs. the food.

## Pregnancy

Essential oils are wonderful for pregnancy support. Oils can be used in smaller doses, and certain oils should be avoided: Birch<sup>ATI</sup>, Cassia<sup>TI</sup>, Cinnamon<sup>TI</sup>, Cypress<sup>I</sup>, Eucalyptus<sup>I</sup>, Rosemary<sup>ATI</sup>, Thyme<sup>ATI</sup>, Wintergreen<sup>TI</sup>.

## Sensitive Skin

Dilute as needed for sensitive skin. Apply to the bottoms of feet to avoid sensitivity.

# Preference & Purpose

Remember that while essential oils have a most useful purpose, you should also enjoy what you use! Enjoying the use of oils makes it easier to create lifestyle habits with them.

If you love the smell of an essential oil, use away! If you don't love the smell, try an application method that limits exposure to the fragrance (like in a veggie cap or on the bottoms of feet), or look for a different oil that has similar properties.

## Blending

Remember that you can't break your oils. If you experiment with blending, but don't succeed, try again. You'll learn the smells that resonate best with you.

Sometimes you'll find yourself in need of an oil you may not love. Try combining it with another oil to create a fragrance you enjoy.

Here are some blending tips:

- Pay attention to low, mid, and high notes in your oils for a well-rounded fragrance. (e.g. Vetiver is a low note, Lavender is a mid note, and Lemon is a high note.)
- Add FCO to your blends to help the fragrance last longer.
- When layering oils topically (using multiple oils one on top of the other), the oils on top will generally smell the strongest.

## How much essential oil should I use?

Discover what works best for your body. Take heed of the safety warnings for each oil in this book. *Remember - small amounts more frequently tend to produce the best results.*

## Section 2

# Ailments & *Conditions*



## Acid Reflux

Take 2-4 drops internally or rub over stomach as needed.



Peppermint<sup>TI</sup>  
 Digestive Blend<sup>TI</sup>  
 Ginger<sup>TI</sup>  
 Cardamom<sup>TI</sup>  
 Digestive Tablets<sup>I</sup>

*Protocol on pg. 178*

## Acne/Blemishes

Apply a drop topically to affected areas 1-2x daily. Add 2-3 drops to facial lotion and apply after cleansing routine.



Tea Tree<sup>T</sup>  
 Skin Clearing Blend<sup>T</sup>  
 Juniper Berry<sup>T</sup>  
 Neroli<sup>T</sup>  
 Lavender<sup>T</sup>

*Protocol on pg. 166*

## ADD/ADHD

Apply a few drops on forehead and back of neck; inhale a few drops from cupped hands.



Focus Blend<sup>ATI</sup>  
 Vetiver<sup>ATI</sup>  
 Reassuring Blend<sup>ATI</sup>  
 Frankincense<sup>ATI</sup>  
 Grounding Blend<sup>ATI</sup>

*Protocol on pg. 167*

## Adrenal Fatigue

Massage 1-3 drops onto lower back over adrenals, or inhale from cupped hands. Take 1-3 drops internally as needed.



Basil<sup>ATI</sup>  
 Juniper Berry<sup>ATI</sup>  
 Rosemary<sup>ATI</sup>  
 Geranium<sup>ATI</sup>  
 Black Spruce<sup>AT</sup>

*Protocol on pg. 167*

## Aging

Apply 1-3 drops to target areas. Combine 2-8 drops with facial lotion or carrier oil and apply after cleansing.



Anti-Aging Blend<sup>T</sup>  
 Frankincense<sup>T</sup>  
 Cedarwood<sup>T</sup>  
 Sandalwood<sup>T</sup>  
 Vitality Supplement Trio<sup>I</sup>

## Alertness

Apply 1-2 drops to forehead, temples, or base of skull as needed; inhale a few drops from cupped hands.



Peppermint<sup>ATI</sup>  
 Frankincense<sup>ATI</sup>  
 Basil<sup>ATI</sup>  
 Rosemary<sup>ATI</sup>  
 Focus Blend<sup>AT</sup>

## Allergies (Seasonal, Pet Dander)

Apply to back of neck, on bridge of nose, or chest as needed; use a drop under the tongue; diffuse several drops.



Lavender<sup>ATI</sup>  
 Respiratory Blend<sup>ATI</sup>  
 Cleansing Blend<sup>AT</sup>  
 Peppermint<sup>ATI</sup>  
 Detoxification Blend<sup>ATI</sup>

*Protocol on pg. 168*

## Alzheimer's/ Dementia

Massage 1-2 drops into scalp daily; ingest 2-4 drops 1-2x daily; supplement daily.



Frankincense<sup>ATI</sup>  
 Rosemary<sup>ATI</sup>  
 Cellular Complex Blend<sup>ATI</sup>  
 Rose<sup>AT</sup>  
 Vitality Supplement Trio<sup>I</sup>

*Protocol on pg. 169*



Aromatic



Topical



Internal



N/A

## Anemia

Apply 1-3 drops to bottoms of feet and inside of wrists; take a few drops internally; inhale from cupped hands periodically.



Protective Blend <sup>A T I</sup>  
 Basil <sup>A T I</sup>  
 Lemon <sup>A T I</sup>  
 Lavender <sup>A T I</sup>  
 Vitality Supplement Trio <sup>I</sup>

## Anger

Apply 1-3 drops to temples and chest; inhale a few drops from cupped hands as needed.



Grounding Blend <sup>A T</sup>  
 Renewing Blend <sup>A T</sup>  
 Reassuring Blend <sup>A T</sup>  
 Melissa <sup>A T</sup>  
 Magnolia <sup>A T</sup>

## Ankle Swelling

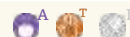
Massage ankles with 2-4 drops diluted with carrier oil if desired.



Juniper Berry <sup>T</sup>  
 Grapefruit <sup>T</sup>  
 Lemongrass <sup>T</sup>  
 Soothing Blend <sup>I T</sup>  
 Tension Blend <sup>T</sup>

## Anorexia

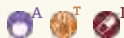
Apply 1-3 drops to stomach area or inhale from cupped hands as needed.



Grapefruit <sup>A T</sup>  
 Ginger <sup>A T</sup>  
 Invigorating Blend <sup>A T</sup>  
 Joyful Blend <sup>A T</sup>  
 Uplifting Blend <sup>A T</sup>

## Anxiety

Apply 1-3 drops to bottoms of feet, chest, or temples, or inhale from cupped hands as needed; use a drop under the tongue.



Calming Blend <sup>A T</sup>  
 Vetiver <sup>A T I</sup>  
 Reassuring Blend <sup>A T</sup>  
 Grounding Blend <sup>A T</sup>  
 Lavender <sup>A T I</sup>

*Protocol on pg. 169*

## Apathy

Apply 1-3 drops to bottoms of feet, chest, or temples, or inhale from cupped hands as needed. Also diffuse several drops.



Patchouli <sup>A T</sup>  
 Neroli <sup>A T</sup>  
 Peppermint <sup>A T</sup>  
 Ylang Ylang <sup>A T</sup>  
 Renewing Blend <sup>A T</sup>

## Appetite Suppressant

Apply 1-3 drops to stomach, chest, bottoms of feet, or inside of wrists or take 2-4 drops internally.



Metabolic Blend <sup>A T I</sup>  
 Peppermint <sup>A T I</sup>  
 Grapefruit <sup>A T I</sup>  
 Ginger <sup>A T I</sup>  
 Wild Orange <sup>A T I</sup>

## Arthritic Pain

Apply 1-3 drops and massage into affected areas with lotion or carrier oil as needed.



Soothing Blend <sup>T</sup>  
 Copaiba <sup>T</sup>  
 Wintergreen <sup>T</sup>  
 Massage Blend <sup>T</sup>  
 Cellular Complex Blend <sup>T</sup>

*Protocol on pg. 169*

## Asthma

Apply 1-3 drops topically to chest, neck, under nose, and on bridge of nose, or inhale from cupped hands as needed.



Respiratory Blend<sup>A T</sup>  
 Eucalyptus<sup>A T</sup>  
 Peppermint<sup>A T</sup>  
 Roman Chamomile<sup>A T</sup>  
 Lavender<sup>A T</sup>

*Protocol on pg. 170*

## Athlete's Foot

Apply 1-3 drops to area between toes and around toenails 2-3x daily. Ingest 1-3 drops of Tea Tree or Oregano once a day (no more than 10 days).



Tea Tree<sup>T I</sup>  
 Oregano<sup>T I</sup>  
 Skin Clearing Blend<sup>T</sup>  
 Geranium<sup>T I</sup>  
 Lemon<sup>T I</sup>

## Autism/Asperger's

Apply 1-3 drops to bottoms of feet and back of neck. Ingest 1-3 drops of Cilantro or Cellular Complex Blend 1-2x daily.



Frankincense<sup>A T I</sup>  
 Focus Blend<sup>A T</sup>  
 Cilantro<sup>A T I</sup>  
 Rose<sup>A T</sup>  
 Cellular Complex Blend<sup>A T I</sup>

*Protocol on pg. 170*

## Autoimmune Disorders

Apply 1-3 drops to stomach, chest, bottoms of feet, or inside of wrists. Ingest 2-4 drops 3x daily.



Cellular Complex Blend<sup>T I</sup>  
 Detoxification Blend<sup>T I</sup>  
 Frankincense<sup>T I</sup>  
 Anti-Aging Blend<sup>T</sup>  
 Vitality Supplement Trio<sup>I</sup>

## Autointoxication

Apply 1-3 drops to stomach, chest, bottoms of feet, or inside of wrists. Ingest 1-3 drops 2-3x daily for additional support.



Detoxification Blend<sup>A T I</sup>  
 Cilantro<sup>A T I</sup>  
 Thyme<sup>A T I</sup>  
 Grapefruit<sup>A T I</sup>  
 Geranium<sup>A T I</sup>

## Back Pain

Apply 1-3 drops and massage into affected areas as needed. Use a carrier oil or lotion for increased efficacy.



Soothing Blend<sup>A T</sup>  
 Massage Blend<sup>A T</sup>  
 Turmeric<sup>A T I</sup>  
 Copaiba<sup>A T I</sup>  
 Soothing Blend Complex<sup>I</sup>

*Protocol on pg. 170*

## Bacterial Infection

Apply 1-3 drops with a carrier oil to affected areas as needed. Ingest 1-3 drops every 2-3 hours for systemic/internal infections.



Oregano<sup>T I</sup>  
 Thyme<sup>T I</sup>  
 Protective Blend<sup>T I</sup>  
 Tea Tree<sup>T I</sup>  
 Pink Pepper<sup>T I</sup>

## Balance Problems

Apply 1-3 drops topically to forehead, temples, back of neck, and behind the ears or inhale from cupped hands. Ingest 1-3 drops of Ginger as needed.



Grounding Blend<sup>A T</sup>  
 Peppermint<sup>A T I</sup>  
 Ginger<sup>A T I</sup>  
 Basil<sup>A T I</sup>  
 Cypress<sup>A T</sup>





Aromatic



Topical



Internal



N/A

## Bed-wetting

Massage 2-4 drops over bladder and kidneys before bedtime.



Cypress<sup>T</sup>  
Black Pepper<sup>T</sup>  
Ylang Ylang<sup>T</sup>  
Lemongrass<sup>T</sup>  
Roman Chamomile<sup>T</sup>

## Bee Sting

Apply 1-2 drops topically to sting or bite several times daily until symptoms cease.



Lavender<sup>T</sup>  
Cleansing Blend<sup>T</sup>  
Roman Chamomile<sup>T</sup>  
Basil<sup>T</sup>  
Magnolia<sup>T</sup>

## Bell's Palsy

Ingest 2-4 drops every 2-3 hours as needed; apply 1-3 drops topically.



Clove<sup>T I</sup>  
Melissa<sup>T I</sup>  
Frankincense<sup>T I</sup>  
Thyme<sup>T I</sup>  
Vitality Supplement Trio<sup>I</sup>

## Bipolar Disorder

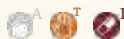
Apply 1-3 drops to bottoms of feet, chest, or temples, or inhale from cupped hands as needed.



Frankincense<sup>A T I</sup>  
Reassuring Blend<sup>A T</sup>  
Vetiver<sup>A T I</sup>  
Melissa<sup>A T I</sup>  
Vitality Supplement Trio<sup>I</sup>  
*Protocol on pg. 171*

## Bladder Control

Apply 1-3 drops topically over bladder and kidneys as needed. Add 1-2 drops to drinking water and sip throughout the day.



Rosemary<sup>T I</sup>  
Juniper Berry<sup>T I</sup>  
Cypress<sup>T</sup>  
Marjoram<sup>T I</sup>  
Sandalwood<sup>T I</sup>

## Bleeding

Apply a drop topically to affected area as needed.



Helichrysum<sup>T</sup>  
Geranium<sup>T</sup>  
Myrrh<sup>T</sup>  
Lemon<sup>T</sup>  
Tea Tree<sup>T</sup>

## Blisters on Feet

Apply a few drops topically to affected area.



Lavender<sup>T</sup>  
Frankincense<sup>T</sup>  
Patchouli<sup>T</sup>  
Tea Tree<sup>T</sup>  
Myrrh<sup>T</sup>

## Bloating

Apply 1-3 drops to stomach, rubbing in a clockwise direction. Use 1-3 drops internally as needed.



Fennel<sup>T I</sup>  
Digestive Blend<sup>T I</sup>  
Ginger<sup>T I</sup>  
Juniper Berry<sup>T I</sup>  
Peppermint<sup>T I</sup>  
*Protocol on pg. 177*

## Blood Clotting

Apply 1-3 drops to affected area or ingest a few drops internally as needed.



Wintergreen<sup>T</sup>  
 Helichrysum<sup>T I</sup>  
 Birch<sup>T</sup>  
 Peppermint<sup>T I</sup>  
 Ginger<sup>T I</sup>

## Blood Pressure (high)

Apply 2-4 drops to stomach, chest, bottoms of feet, or inside of wrists; ingest 2-4 drops 2x daily.



Cypress<sup>A T</sup>  
 Marjoram<sup>A T I</sup>  
 Lemon<sup>A T I</sup>  
 Ylang Ylang<sup>A T I</sup>  
 Jasmine<sup>A T</sup>

*Protocol on pg. 171*

## Blood Pressure (low)

Apply 1-3 drops to stomach, chest, bottoms of feet, or inside of wrists, or ingest a few drops as needed.



Helichrysum<sup>A T I</sup>  
 Frankincense<sup>A T I</sup>  
 Jasmine<sup>A T</sup>  
 Cedarwood<sup>A T</sup>  
 Vitality Supplement Trio<sup>I</sup>

## Blood Sugar (low)

Apply 1-3 drops to stomach, chest, bottoms of feet, or inside of wrists, or ingest 1-3 drops as needed.



Cinnamon<sup>T I</sup>  
 Melissa<sup>T I</sup>  
 Cassia<sup>T I</sup>  
 Wild Orange<sup>T I</sup>  
 Vitality Supplement Trio<sup>I</sup>

## Blurred Vision

Mix oils in a roller bottle with carrier oil and carefully apply around eyes 2-4x daily.



Clary Sage<sup>T</sup>  
 Helichrysum<sup>T</sup>  
 Anti-Aging Blend<sup>T</sup>  
 Cellular Complex Blend<sup>T</sup>  
 Lavender<sup>T</sup>

## Body Odor

Take 3-5 drops of Cilantro, Detoxification Blend, or Dill at least once daily. Apply 1-3 drops on bottoms of feet.



Cilantro<sup>T I</sup>  
 Detoxification Blend<sup>T I</sup>  
 Citronella<sup>T</sup>  
 Tea Tree<sup>T I</sup>  
 Petitgrain<sup>T I</sup>

*Protocol on pg. 175*

## Boils

Apply 1-3 drops topically to affected areas several times daily.



Tea Tree<sup>T</sup>  
 Skin Clearing Blend<sup>T</sup>  
 Lavender<sup>T</sup>  
 Myrrh<sup>T</sup>  
 Bergamot<sup>T</sup>

## Bone Pain/Break

Apply 3-5 drops topically to affected areas as needed. Massage with lotion or carrier oil to improve efficacy.



Soothing Blend<sup>T</sup>  
 Wintergreen<sup>T</sup>  
 Birch<sup>T</sup>  
 Helichrysum<sup>T</sup>  
 Bone Nutrient Complex<sup>I</sup>



Aromatic



Topical



Internal



N/A

## Brain Fog

Apply 1-3 drops to forehead, temples, back of neck, and behind ears or inhale from cupped hands as needed.



Peppermint<sup>A T I</sup>  
 Frankincense<sup>A T I</sup>  
 Lemon<sup>A T I</sup>  
 Rosemary<sup>A T I</sup>  
 Vitality Supplement Trio<sup>I</sup>

## Brain Injury

Apply a few drops topically to forehead, temples, base of skull, and behind the ears or diffuse into the air and inhale. Take a few drops internally as needed.



Frankincense<sup>A T I</sup>  
 Cellular Complex Blend<sup>A T I</sup>  
 Grounding Blend<sup>A T</sup>  
 Sandalwood<sup>A T I</sup>  
 Vitality Supplement Trio<sup>I</sup>

## Breastfeeding

(increase milk)

Massage 1-3 drops with carrier oil over breasts and apply to bottoms of feet or take internally when needed.



Fennel<sup>T I</sup>  
 Clary Sage<sup>T I</sup>  
 Basil<sup>T I</sup>  
 Vitality Supplement Trio<sup>I</sup>  
 Bone Nutrient Complex<sup>I</sup>  
*Protocol on pg. 174*

## Brittle Nails

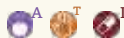
Apply 1-2 drops to nail bed once daily. Use supplements consistently for long-term benefits.



Lemon<sup>T</sup>  
 Helichrysum<sup>T</sup>  
 Frankincense<sup>T</sup>  
 Bone Nutrient Complex<sup>I</sup>  
 Vitality Supplement Trio<sup>I</sup>

## Bronchitis

Apply 2-4 drops to chest and neck area, gargle hourly, or inhale from cupped hands as needed.



Respiratory Blend<sup>A T</sup>  
 Cardamom<sup>A T I</sup>  
 Lime<sup>A T I</sup>  
 Roman Chamomile<sup>A T I</sup>  
 Lemon Eucalyptus<sup>A T</sup>  
*Protocol on pg. 163*

## Bruising

Apply 2-4 drops to bruise area. Use carrier oil if desired. Reapply 2-4x daily.



Tension Blend<sup>T</sup>  
 Soothing Blend<sup>T</sup>  
 Helichrysum<sup>T</sup>  
 Cypress<sup>T</sup>  
 Anti-Aging Blend<sup>T</sup>

## Bunions

Apply 2-4 drops with carrier oil to affected area or joint as needed.



Lemon<sup>T</sup>  
 Soothing Blend<sup>T</sup>  
 Copaiba<sup>T</sup>  
 Peppermint<sup>T</sup>  
 Cypress<sup>T</sup>

## Burns

Apply 2-4 drops to affected area hourly or as needed. For more severe, mix 2-8 drops with 4 oz witch hazel and apply as needed.



Lavender<sup>T</sup>  
 Frankincense<sup>T</sup>  
 Helichrysum<sup>T</sup>  
 Anti-Aging Blend<sup>T</sup>  
 Cedarwood<sup>T</sup>

## Cancer

Ingest 3-5 drops 3-5x daily. Apply topically if appropriate. Diffuse several drops. Supplement for added support.



Cellular Complex Blend<sup>A TI</sup>  
 Frankincense<sup>A TI</sup>  
 Sandalwood<sup>A TI</sup>  
 Geranium<sup>A TI</sup>  
 Vitality Supplement Trio<sup>I</sup>  
*Protocol on pg. 172*

## Canker Sores

Apply a drop diluted with carrier oil directly to canker sore or gargle several times daily until sore is gone.



Tea Tree<sup>TI</sup>  
 Protective Blend<sup>TI</sup>  
 Oregano<sup>TI</sup>  
 Melissa<sup>TI</sup>  
 Frankincense<sup>TI</sup>  
*Protocol on pg. 172*

## Carpal Tunnel

Apply 2-4 drops to affected area several times daily. Massage with carrier oil or lotion for improved efficacy.



Soothing Blend<sup>T</sup>  
 Wintergreen<sup>T</sup>  
 Lemongrass<sup>T</sup>  
 Marjoram<sup>T</sup>  
 Oregano<sup>T</sup>

## Cavities

Apply 1-2 drops directly on tooth 2x daily. Dilute with carrier oil if necessary.



Clove<sup>TI</sup>  
 Protective Blend<sup>TI</sup>  
 Tea Tree<sup>TI</sup>  
 Bone Nutrient Complex<sup>I</sup>  
 Vitality Supplement Trio<sup>I</sup>

## Candida

Apply 2-4 drops over abdomen and bottoms of feet. Take 3-5 drops in a capsule at least twice daily until symptoms subside.



Oregano<sup>TI</sup>  
 Thyme<sup>TI</sup>  
 Lemon Eucalyptus<sup>T</sup>  
 Tea Tree<sup>TI</sup>  
 GI Cleansing Complex<sup>I</sup>  
*Protocol on pg. 172*

## Cardiovascular Disease

Apply 2-4 drops over chest 3x daily. Ingest 3-5 drops as needed.



Cellular Complex Blend<sup>TI</sup>  
 Geranium<sup>TI</sup>  
 Black Pepper<sup>TI</sup>  
 Coriander<sup>TI</sup>  
 Cypress<sup>T</sup>

## Cartilage Injury

Apply 1-3 drops to affected area several times daily. Massage with carrier oil or lotion for improved efficacy.



Soothing Blend<sup>T</sup>  
 Lemongrass<sup>T</sup>  
 Frankincense<sup>T</sup>  
 Helichrysum<sup>T</sup>  
 Copaiba<sup>T</sup>

## Cellulite (Fat Deposits)

Massage 4-8 drops onto target areas daily, especially before exercising. Add to drinking water and consume throughout the day.



Metabolic Blend<sup>TI</sup>  
 Grapefruit<sup>TI</sup>  
 Lemon<sup>TI</sup>  
 Juniper Berry<sup>TI</sup>  
 Cinnamon<sup>TI</sup>  
*Protocol on pg. 187*



Aromatic



Topical



Internal



N/A

## Chapped Skin

Apply a drop or two to affected area as often as needed. Use a carrier oil to increase efficacy.



Myrrh<sup>T</sup>  
Roman Chamomile<sup>T</sup>  
Yarrow<sup>T</sup>  
Cedarwood<sup>T</sup>  
Magnolia<sup>T</sup>

## Charley Horse

Massage 1-3 drops onto area of concern. Use a carrier oil or lotion for improved efficacy.



Massage Blend<sup>T</sup>  
Soothing Blend<sup>T</sup>  
Marjoram<sup>T</sup>  
Black Pepper<sup>T</sup>  
Bergamot<sup>T</sup>

## Chest Pain

Apply 1-3 drops topically to chest or ingest at least twice daily.



Cellular Complex Blend<sup>T I</sup>  
Protective Blend<sup>T I</sup>  
Lemon<sup>T I</sup>  
Wild Orange<sup>T I</sup>  
Marjoram<sup>T I</sup>

## Chicken Pox

Dilute 2-4 drops with a carrier oil and dab lightly on spots a couple times a day or ingest for immune support.



Lavender<sup>T I</sup>  
Thyme<sup>T I</sup>  
Tea Tree<sup>T I</sup>  
Cellular Complex Blend<sup>T I</sup>  
Melissa<sup>T I</sup>

## Chiggers

Dilute 2-4 drops with a carrier oil and dab lightly on bites a couple times a day.



Outdoor Blend<sup>T</sup>  
Lemongrass<sup>T</sup>  
Tea Tree<sup>T</sup>  
Detoxification Blend<sup>T</sup>  
Arborvitae<sup>T</sup>

## Cholesterol (high)

Apply 2-4 drops to chest area, bottoms of feet, or inside of wrists; ingest 2-4 drops once daily.



Cellular Complex Blend<sup>T I</sup>  
Lemon<sup>T I</sup>  
Rosemary<sup>T I</sup>  
Detoxification Blend<sup>T I</sup>  
Vitality Supplement Trio<sup>I</sup>

*Protocol on pg. 173*

## Chronic Fatigue

Apply 2-4 drops to chest area, bottoms of feet, or inside of wrists; inhale 1-3 drops from cupped hands; supplement regularly for long-term benefits.

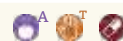


Lemon<sup>A T I</sup>  
Melissa<sup>A T I</sup>  
Basil<sup>A T I</sup>  
Energy & Stamina Complex<sup>I</sup>  
Vitality Supplement Trio<sup>I</sup>

*Protocol on pg. 177*

## Chronic Pain

Apply 1-3 drops to affected areas as needed, using carrier oil for improved efficacy; supplement regularly for long-term care.



Soothing Blend<sup>A T</sup>  
Copaiba<sup>A T I</sup>  
Cellular Complex Blend<sup>A T I</sup>  
Turmeric<sup>A T I</sup>  
Vitality Supplement Trio<sup>I</sup>

## Circulation (poor)

Apply 1-3 drops to bottoms of feet; ingest 1-3 drops twice daily or as needed.



Cypress<sup>T</sup>  
 Ginger<sup>TI</sup>  
 Black Pepper<sup>TI</sup>  
 Cellular Complex Blend<sup>TI</sup>  
 Energy & Stamina Complex<sup>I</sup>

## Cold Extremities

Apply 2-4 drops to bottoms of feet, chest area, and inside of wrists; ingest 2-4 drops daily as needed.



Cypress<sup>AT</sup>  
 Black Pepper<sup>ATI</sup>  
 Cinnamon<sup>ATI</sup>  
 Protective Blend<sup>ATI</sup>  
 Energy & Stamina Complex<sup>I</sup>

## Colic

Dilute 1-2 drops with a carrier oil and apply topically to stomach and back before baby goes to sleep.



Digestive Blend<sup>T</sup>  
 Peppermint<sup>T</sup>  
 Fennel<sup>T</sup>  
 Neroli<sup>T</sup>  
 Roman Chamomile<sup>T</sup>

## Congestion

Apply 1-3 drops to back of neck, under nose, on bridge of nose, or chest; inhale 1-3 drops from cupped hands as needed. Also gargle a drop.



Respiratory Blend<sup>AT</sup>  
 Lemon<sup>ATI</sup>  
 Rosemary<sup>ATI</sup>  
 Cardamom<sup>ATI</sup>  
 Lime<sup>ATI</sup>

## Cold (common)

Ingest 3-5 drops 3-4x daily until symptoms subside. Diffuse several drops. Supplement regularly for long-term benefits.



Protective Blend<sup>ATI</sup>  
 Respiratory Blend<sup>AT</sup>  
 Oregano<sup>ATI</sup>  
 Melissa<sup>ATI</sup>  
 Thyme<sup>ATI</sup>  
*Protocol on pg. 174*

## Cold Sores

Dilute with carrier oil and apply a drop to affected area as needed.



Melissa<sup>T</sup>  
 Protective Blend<sup>T</sup>  
 Tea Tree<sup>T</sup>  
 Clove<sup>T</sup>  
 Frankincense<sup>T</sup>  
*Protocol on pg. 174*

## Concussion

Apply 2-4 drops to forehead, temples, base of skull, and behind the ears; inhale 1-3 drops from cupped hands; take 2-5 drops internally for a few days.



Frankincense<sup>ATI</sup>  
 Bergamot<sup>ATI</sup>  
 Cypress<sup>AT</sup>  
 Copaiba<sup>ATI</sup>  
 Rosemary<sup>ATI</sup>

## Constipation

Massage 2-4 drops over abdomen, moving in a clockwise fashion. Repeat as desired every 5-10 minutes as needed. Ingest 2-4 drops for additional support.



Digestive Blend<sup>TI</sup>  
 Ginger<sup>TI</sup>  
 Celery Seed<sup>TI</sup>  
 Cilantro<sup>TI</sup>  
 Fennel<sup>TI</sup>  
*Protocol on pg. 177*



Aromatic



Topical



Internal



N/A

## Cortisol (heightened)

Apply 1-3 drops to back of neck, under nose, on bridge of nose, or chest as needed; ingest 2-4 drops; inhale from cupped hands.



Lavender <sup>A T I</sup>  
 Basil <sup>A T I</sup>  
 Bergamot <sup>A T I</sup>  
 Marjoram <sup>A T I</sup>  
 Neroli <sup>A T</sup>

*Protocol on pg. 185*

## Cough

Apply 1-3 drops to chest, back of neck, under nose, or on bridge of nose, as needed; inhale from cupped hands; gargle a drop.



Respiratory Blend <sup>A T</sup>  
 Rosemary <sup>A T I</sup>  
 Peppermint <sup>A T I</sup>  
 Lemon <sup>A T I</sup>  
 Cardamom <sup>A T I</sup>

*Protocol on pg. 174*

## Cramps

Massage 2-4 drops into affected areas as needed. Use with carrier oil to improve efficacy.



Soothing Blend <sup>T</sup>  
 Massage Blend <sup>T</sup>  
 Arborvitae <sup>T</sup>  
 Women's Monthly Blend <sup>T</sup>  
 Peppermint <sup>T</sup>

## Croup

Dilute with carrier oil and apply 1-3 drops to baby's chest and back as needed. Diffuse several drops.



Respiratory Blend <sup>A T</sup>  
 Roman Chamomile <sup>A T</sup>  
 Lemon <sup>A T</sup>  
 Sandalwood <sup>A T</sup>  
 Wild Orange <sup>A T</sup>

## Crying

Apply 1-2 drops to front of shirt or sleeve, or diffuse several drops.



Lavender <sup>A T</sup>  
 Wild Orange <sup>A T</sup>  
 Kids' Restful Blend <sup>A T</sup>  
 Roman Chamomile <sup>A T</sup>  
 Reassuring Blend <sup>A T</sup>

## Cuts

Dilute 1-2 drops with a carrier oil and apply to affected area a couple times daily.



Tea Tree <sup>T</sup>  
 Lavender <sup>T</sup>  
 Helichrysum <sup>T</sup>  
 Myrrh <sup>T</sup>  
 Cedarwood <sup>T</sup>

## Cystic Fibrosis

Apply 1-3 drops to chest and under nose; inhale from cupped hands as needed.



Frankincense <sup>A T</sup>  
 Respiratory Blend <sup>A T</sup>  
 Arborvitae <sup>A T</sup>  
 Eucalyptus <sup>A T</sup>  
 Tea Tree <sup>A T</sup>

## Cysts

Apply 2-4 drops to affected area 3x daily or as needed.



Oregano <sup>T</sup>  
 Frankincense <sup>T</sup>  
 Thyme <sup>T</sup>  
 Tangerine <sup>T</sup>  
 Cellular Complex Blend <sup>T</sup>

## Dandruff

Dilute 2-6 drops in carrier oil and massage into scalp. Rinse after 20 minutes.



Tea Tree<sup>T</sup>  
 Cedarwood<sup>T</sup>  
 Rosemary<sup>T</sup>  
 Myrrh<sup>T</sup>  
 Petitgrain<sup>T</sup>

## Dehydrated Skin

Apply 2-4 drops with carrier oil to affected area as needed. Use with lotion for improved efficacy.



Cedarwood<sup>T</sup>  
 Captivating Blend<sup>T</sup>  
 Myrrh<sup>T</sup>  
 Sandalwood<sup>T</sup>  
 Anti-Aging Blend<sup>T</sup>

## Dementia

Apply 2-4 drops to forehead, temples, base of skull, and behind the ears; take internally as needed; inhale from cupped hands as needed.



Frankincense<sup>A T I</sup>  
 Cellular Complex Blend<sup>A T I</sup>  
 Rose<sup>A T</sup>  
 Rosemary<sup>A T I</sup>  
 Peppermint<sup>A T I</sup>  
*Protocol on pg. 169*

## Depression

Apply 2-4 drops to forehead and temples; place a drop of Frankincense on thumb and press to roof of mouth; inhale from cupped hands as needed.



Joyful Blend<sup>A T</sup>  
 Frankincense<sup>A T I</sup>  
 Uplifting Blend<sup>A T</sup>  
 Melissa<sup>A T I</sup>  
 Vitality Supplement Trio<sup>I</sup>  
*Protocol on pg. 175*

## Detoxification

Apply 3-5 drops to bottoms of feet and inside of wrists; ingest 2-4 drops a few times daily; supplement regularly for improved cleansing.



Detoxification Blend<sup>T I</sup>  
 Cilantro<sup>T I</sup>  
 Lemon<sup>T I</sup>  
 Grapefruit<sup>T I</sup>  
 Celery Seed<sup>T I</sup>  
*Protocol on pg. 176*

## Diabetes

Apply a couple drops over pancreas and bottoms of feet daily; take a few drops internally.



Protective Blend<sup>T I</sup>  
 Metabolic Blend<sup>T I</sup>  
 Cinnamon<sup>T I</sup>  
 Coriander<sup>T I</sup>  
 Ginger<sup>T I</sup>  
*Protocol on pg. 176*

## Diaper Rash

Dilute 1-3 drops with carrier oil and apply to affected area several times daily until rash disappears.



Lavender<sup>T</sup>  
 Roman Chamomile<sup>T</sup>  
 Ylang Ylang<sup>T</sup>  
 Coriander<sup>T</sup>  
 Cedarwood<sup>T</sup>

## Diarrhea

Ingest 2-4 drops; massage 1-3 drops into abdomen clockwise hourly as needed.



Digestive Blend<sup>T I</sup>  
 Lemon<sup>T I</sup>  
 Ginger<sup>T I</sup>  
 Lavender<sup>T I</sup>  
 Spearmint<sup>T I</sup>





Aromatic



Topical



Internal



N/A

## Diverticulitis

Ingest 2-4 drops twice daily for ongoing support; massage 1-3 drops into abdomen clockwise as needed.



Digestive Blend<sup>T I</sup>  
 Cypress<sup>T</sup>  
 Lemon<sup>T I</sup>  
 Cellular Complex Blend<sup>T I</sup>  
 Digestive Enzymes<sup>I</sup>

## Dizziness

Apply 1-3 drops to back of neck, under nose, or on temples; inhale from cupped hands; ingest 2-4 drops of Detoxification Blend as needed.



Grounding Blend<sup>A T</sup>  
 Detoxification Blend<sup>A T I</sup>  
 Cypress<sup>A T</sup>  
 Cedarwood<sup>A T</sup>  
 Arborvitae<sup>A T</sup>

## Drug Addiction

Apply a couple drops to chest, temples, and bottoms of feet daily; inhale from cupped hands as needed.



Copaiba<sup>A T I</sup>  
 Detoxification Blend<sup>A T I</sup>  
 Cleansing Blend<sup>A T</sup>  
 Black Pepper<sup>A T I</sup>  
 Frankincense<sup>A T I</sup>

## Dysentery

Massage 1-3 drops into abdomen; ingest 2-4 drops as needed.



Helichrysum<sup>T I</sup>  
 Digestive Blend<sup>T I</sup>  
 Frankincense<sup>T I</sup>  
 Lavender<sup>T I</sup>  
 Tea Tree<sup>T I</sup>

## Dysphagia

Apply 1-3 drops to neck or ingest a few drops as needed.



Copaiba<sup>T I</sup>  
 Marjoram<sup>T I</sup>  
 Lemon<sup>T I</sup>  
 Peppermint<sup>T I</sup>  
 Frankincense<sup>T I</sup>

## Ear Infection

Apply 1-3 drops around the opening of the ear or apply to a cotton ball and place over ear opening overnight. Do NOT use essential oils in ear. Ingest 2-4 drops as needed.



Tea Tree<sup>T I</sup>  
 Lavender<sup>T I</sup>  
 Basil<sup>T I</sup>  
 Helichrysum<sup>T I</sup>  
 Ginger<sup>T I</sup>

## Earache

Apply 1-3 drops around the opening of the ear or apply to a cotton ball and place over ear opening overnight. Do NOT use essential oils in ear.



Helichrysum<sup>T</sup>  
 Basil<sup>T</sup>  
 Lavender<sup>T</sup>  
 Tea Tree<sup>T</sup>  
 Frankincense<sup>T</sup>

## Eczema

Apply 2-4 drops to affected area as needed. For improved efficacy, dilute with carrier oil.



Skin Clearing Blend<sup>T</sup>  
 Helichrysum<sup>T</sup>  
 Cedarwood<sup>T</sup>  
 Anti-Aging Blend<sup>T</sup>  
 Magnolia<sup>T</sup>

*Protocol on pg. 177*

## Edema

Massage 2-4 drops into affected area and on bottoms of feet; ingest a couple times daily or as needed.



Lemon<sup>T I</sup>  
 Eucalyptus<sup>T I</sup>  
 Peppermint<sup>T I</sup>  
 Metabolic Blend<sup>T I</sup>  
 Grapefruit<sup>T I</sup>

## Emphysema

Apply 1-3 drops to back of neck, under nose, chest, or on bridge of nose as needed; ingest 3-5 drops; inhale from cupped hands.



Respiratory Blend<sup>A T</sup>  
 Frankincense<sup>A T I</sup>  
 Rose<sup>A T</sup>  
 Eucalyptus<sup>A T</sup>  
 Lavender<sup>A T I</sup>

## Energy (low)

Apply 2-4 drops to bottoms of feet, under nose, on bridge of nose, or chest as needed; inhale from cupped hands as needed.



Wild Orange<sup>A T I</sup>  
 Peppermint<sup>A T I</sup>  
 Spearmint<sup>A T I</sup>  
 Energy&StaminaComplex<sup>I</sup>  
 Vitality Supplement Trio<sup>I</sup>  
*Protocol on pg. 163*

## Epilepsy

Apply 1-3 drops to back of neck, under nose, or on temples; inhale from cupped hands; ingest 2-4 drops of Frankincense or Cellular Complex Blend 3-5x daily.



Frankincense<sup>A T I</sup>  
 Spikenard<sup>A T</sup>  
 Copaiba<sup>A T I</sup>  
 Cellular Complex Blend<sup>A T I</sup>  
 Vitality Supplement Trio<sup>I</sup>

## Erectile Dysfunction

Apply 2-4 drops to temples, wrists, and back of neck as needed; inhale from cupped hands; add a drop to personal lubricant.



Rose<sup>A T</sup>  
 Ylang Ylang<sup>A T</sup>  
 Inspiring Blend<sup>A T</sup>  
 Ginger<sup>A T</sup>  
 Cellular Complex Blend<sup>A T</sup>

## Estrogen Imbalance

Apply 2-4 drops to feet, abdomen, and lower back; inhale from cupped hands; take 2-4 drops of Clary Sage in a capsule 2x daily.



Clary Sage<sup>A T I</sup>  
 Lavender<sup>A T I</sup>  
 Basil<sup>A T I</sup>  
 Women's Perfume Blend<sup>A T</sup>  
 Phytoestrogen Complex<sup>I</sup>

## Exhaustion

Inhale 1-3 drops from cupped hands; apply a couple drops to feet and back; ingest 2-4 drops Ylang Ylang or Tangerine as needed.



Ylang Ylang<sup>A T I</sup>  
 Tangerine<sup>A T I</sup>  
 Uplifting Blend<sup>A T</sup>  
 Encouraging Blend<sup>A T</sup>  
 Peppermint<sup>A T I</sup>

## Eyes (Swollen)

Apply 1-3 drops around eyes (do not get directly in eyes).



Geranium<sup>T</sup>  
 Frankincense<sup>T</sup>  
 Rose<sup>T</sup>  
 Eucalyptus<sup>T</sup>  
 Juniper Berry<sup>T</sup>



Aromatic



Topical



Internal



N/A

## Fainting

Inhale 1-3 drops from cupped hands as needed; apply a drop onto ears and under nose; diffuse several drops.



Peppermint<sup>A T</sup>  
 Frankincense<sup>A T</sup>  
 Wild Orange<sup>A T</sup>  
 Neroli<sup>A T</sup>  
 Respiratory Blend<sup>A T</sup>

## Fear

Inhale from cupped hands; apply a couple drops to feet and back.



Black Pepper<sup>A T</sup>  
 Juniper Berry<sup>A T</sup>  
 Grounding Blend<sup>A T</sup>  
 Frankincense<sup>A T</sup>  
 Encouraging Blend<sup>A T</sup>

## Fever

Apply 2-4 drops to back of neck, under nose, on bridge of nose, or chest; ingest 2-4 drops Oregano every 2-4 hours until symptoms subside.



Peppermint<sup>A T I</sup>  
 Oregano<sup>A T I</sup>  
 Roman Chamomile<sup>A T I</sup>  
 Lavender<sup>A T I</sup>  
 Frankincense<sup>A T I</sup>

## Fibrocystic Breasts

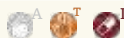
Massage 1-3 drops into breasts as needed; ingest 3-5 drops 3x daily.



Frankincense<sup>T I</sup>  
 Clary Sage<sup>T I</sup>  
 Sandalwood<sup>T I</sup>  
 Rose<sup>T</sup>  
 Cellular Complex Blend<sup>T I</sup>

## Fibroids (Uterine)

Apply 2-4 drops to abdomen 3x daily; ingest 3-5 drops.



Sandalwood<sup>T I</sup>  
 Thyme<sup>T I</sup>  
 Frankincense<sup>T I</sup>  
 Cellular Complex Blend<sup>T I</sup>  
 Helichrysum<sup>T I</sup>

## Fibromyalgia

Apply 2-4 drops to affected area; ingest 2-4 drops 3x daily; use full protocol for most profound results.



Cellular Complex Blend<sup>A T I</sup>  
 Soothing Blend<sup>A T</sup>  
 Copaiba<sup>A T I</sup>  
 Frankincense<sup>A T I</sup>  
 Turmeric<sup>A T I</sup>

*Protocol on pg. 172*

## Flu (Influenza)

Apply 2-4 drops to chest, bottoms of feet, and back over lungs; ingest 2-4 drops every 2-3 hours as desired for antiviral and immune-boosting support.



Respiratory Blend<sup>A T</sup>  
 Protective Blend<sup>A T I</sup>  
 Oregano<sup>A T I</sup>  
 Lemon Eucalyptus<sup>A T</sup>  
 Black Pepper<sup>A T I</sup>

*Protocol on pg. 172*

## Focus & Concentration

Apply 1-3 drops to forehead, temples, back of neck, and behind the ears; inhale from cupped hands; diffuse several drops.



Peppermint<sup>A T</sup>  
 Focus Blend<sup>A T</sup>  
 Rosemary<sup>A T</sup>  
 Frankincense<sup>A T</sup>  
 Green Mandarin<sup>A T</sup>

*Protocol on pg. 161*

## Food Poisoning

Apply 1-3 drops to stomach and rub clockwise; ingest 2-4 drops every 2-4 hours as needed.



Oregano<sup>T I</sup>  
 Digestive Blend<sup>T I</sup>  
 Pink Pepper<sup>T I</sup>  
 Protective Blend<sup>T I</sup>  
 GI Cleansing Complex<sup>I</sup>

## Frozen Shoulder

Apply 2-4 drops to affected area. Massage with carrier oil for improved efficacy.



Soothing Blend<sup>T</sup>  
 Massage Blend<sup>T</sup>  
 Cypress<sup>T</sup>  
 Siberian Fir<sup>T</sup>  
 Lemongrass<sup>T</sup>

## Fungal Skin

Apply 1-3 drops to affected area several times daily.



Tea Tree<sup>T</sup>  
 Skin Clearing Blend<sup>T</sup>  
 Oregano<sup>T</sup>  
 Arbovitae<sup>T</sup>  
 Cedarwood<sup>T</sup>

## Gallbladder Issues

Massage 2-4 drops over gallbladder several times daily; ingest 2-4 drops as needed.



Juniper Berry<sup>T I</sup>  
 Detoxification Blend<sup>T I</sup>  
 Tea Tree<sup>T I</sup>  
 Helichrysum<sup>T I</sup>  
 Tangerine<sup>T I</sup>

## Gallbladder Stones

Apply 2-4 drops over gallbladder several times daily; ingest 2-4 drops as needed.



Lemon<sup>T I</sup>  
 Cilantro<sup>T I</sup>  
 Rosemary<sup>T I</sup>  
 Bergamot<sup>T I</sup>  
 Detoxification Blend<sup>T I</sup>

## Gas (Flatulence)

Massage 1-3 drops into stomach area; ingest 1-3 drops as needed.



Digestive Blend<sup>T I</sup>  
 Fennel<sup>T I</sup>  
 Peppermint<sup>T I</sup>  
 Ginger<sup>T I</sup>  
 Celery Seed<sup>T I</sup>

*Protocol on pg. 170*

## Gastritis

Massage 1-3 drops into stomach area; ingest 2-4 drops diluted in carrier oil inside a veggie cap as needed.



Lavender<sup>T I</sup>  
 Peppermint<sup>T I</sup>  
 Roman Chamomile<sup>T I</sup>  
 Lemon<sup>T I</sup>  
 Coriander<sup>T I</sup>

*Protocol on pg. 171*

## Genital Warts

Dilute heavily with a carrier oil and apply 1-3 drops to affected area 3x daily.



Oregano<sup>T</sup>  
 Frankincense<sup>T</sup>  
 Melissa<sup>T</sup>  
 Tea Tree<sup>T</sup>  
 Lemon<sup>T</sup>



Aromatic



Topical



Internal



N/A

## Giardia

Massage 1-3 drops clockwise onto stomach and chest area; ingest 1-3 drops as needed.



Digestive Blend<sup>T I</sup>  
 Oregano<sup>T I</sup>  
 Rosemary<sup>T I</sup>  
 Spearmint<sup>T I</sup>  
 Tea Tree<sup>T I</sup>

## Gingivitis

Gargle 1-3 drops mixed with water several times daily; ingest 1-3 drops as needed.



Protective Blend<sup>I</sup>  
 Myrrh<sup>I</sup>  
 Clove<sup>I</sup>  
 Tea Tree<sup>I</sup>  
 Arborvitae<sup>T</sup>

## Gluten Sensitivity

Ingest 1-3 drops as needed. Ingest digestive enzymes 20-30 minutes before eating, or immediately after or during consumption. Rub 2-4 drops over stomach.



Digestive Enzymes<sup>I</sup>  
 Digestive Blend<sup>T I</sup>  
 Lemon<sup>T I</sup>  
 Detoxification Blend<sup>T I</sup>  
 Seasonal Blend<sup>T I</sup>

## Gout

Ingest 2-4 drops twice a day; massage 1-3 drops gently into affected joints as needed.



Lemongrass<sup>T I</sup>  
 Birch<sup>T</sup>  
 Soothing Blend<sup>T I</sup>  
 Peppermint<sup>T I</sup>  
 Lavender<sup>T I</sup>  
*Protocol on pg. 163*

## Growing Pains

Massage 2-4 drops into affected areas as needed.



Soothing Blend<sup>T</sup>  
 Marjoram<sup>T</sup>  
 Lemongrass<sup>T</sup>  
 Wintergreen<sup>T</sup>  
 Spikenard<sup>T</sup>

## Gum Disease

Apply 1-3 drops to gums; gargle a few drops in water as needed.



Protective blend<sup>I</sup>  
 Myrrh<sup>I</sup>  
 Clove<sup>I</sup>  
 Tea Tree<sup>I</sup>  
 Lavender<sup>I</sup>

## Gums (Bleeding)

Apply 1-3 drops to gums; gargle a few drops in water as needed.



Helichrysum<sup>I</sup>  
 Myrrh<sup>I</sup>  
 Geranium<sup>I</sup>  
 Tea Tree<sup>I</sup>  
 Clove<sup>I</sup>

## Hair Loss

Dilute 5 drops in 20 drops of carrier oil. Massage into scalp every night or 30 minutes before showering.



Rosemary<sup>T</sup>  
 Peppermint<sup>T</sup>  
 Geranium<sup>T</sup>  
 Spikenard<sup>T</sup>  
 Vitality Supplement Trio<sup>I</sup>

## Halitosis

Gargle a few drops mixed with water several times daily or as needed; ingest 1-3 drops Cilantro twice daily.



Protective Blend<sup>I</sup>  
 Cilantro<sup>I</sup>  
 Peppermint<sup>I</sup>  
 Detoxification Blend<sup>I</sup>  
 Spearmint<sup>I</sup>

## Hand, Foot, & Mouth



Apply 1-3 drops to affected areas (dilute for increased effectiveness); ingest as needed.

Protective Blend<sup>T I</sup>  
 Rose<sup>T I</sup>  
 Cellular Complex Blend<sup>T I</sup>  
 Copaiba<sup>T I</sup>  
 Melissa<sup>T I</sup>

## Hangover

Add 4-6 drops to warm bath; massage into back of neck and over liver; ingest 2-4 drops as needed.



Digestive Blend<sup>A T I</sup>  
 Tension Blend<sup>A T</sup>  
 Grapefruit<sup>A T I</sup>  
 Detoxification Blend<sup>A T I</sup>  
 Lemon<sup>A T I</sup>

## Hay Fever

Apply 1-3 drops to bridge of nose and over sinuses or chest as needed; use a drop of Lavender under the tongue; inhale from cupped hands; diffuse several drops.



Respiratory Blend<sup>A T</sup>  
 Lavender<sup>A T I</sup>  
 Peppermint<sup>A T I</sup>  
 Cleansing Blend<sup>A T</sup>  
 Seasonal Blend<sup>I</sup>  
*Protocol on pg. 162*

## Head Lice

Dilute 1-3 drops and apply to entire scalp, shampoo, and rinse 30 minutes later. Repeat daily for several days.



Tea Tree<sup>T</sup>  
 Arborvitae<sup>T</sup>  
 Outdoor Blend<sup>T</sup>  
 Rosemary<sup>T</sup>  
 Eucalyptus<sup>T</sup>

## Headache

Massage 1-3 drops into forehead, temples, and back of neck; inhale from cupped hands.



Tension Blend<sup>A T</sup>  
 Peppermint<sup>A T</sup>  
 Frankincense<sup>A T</sup>  
 Lavender<sup>A T</sup>  
 Massage Blend<sup>A T</sup>

## Hearing Issues

Apply 1-3 drops to temples and around the opening of the ear; apply to a cotton ball and place over ear opening overnight. Do not apply into ear.



Helichrysum<sup>T</sup>  
 Basil<sup>T</sup>  
 Frankincense<sup>T</sup>  
 Rose<sup>T</sup>  
 Tea Tree<sup>T</sup>

## Heart Disease

Apply 2-4 drops over chest; ingest 3-5 drops as a daily supplement.



Geranium<sup>T I</sup>  
 Helichrysum<sup>T I</sup>  
 Marjoram<sup>T I</sup>  
 Cellular Complex Blend<sup>T I</sup>  
 Vitality Supplement Trio<sup>I</sup>



Aromatic



Topical



Internal



N/A

## Heartburn

Massage 1-3 drops into abdomen; ingest 1-3 drops as needed.



Digestive Blend<sup>T I</sup>  
Peppermint<sup>T I</sup>  
Metabolic Blend<sup>T I</sup>  
Ginger<sup>T I</sup>  
Fennel<sup>T I</sup>

*Protocol on pg. 172*

## Heat Exhaustion

Apply 1-3 drops to forehead, back of neck, inside of wrists, and bottom of feet; add Lemon or Peppermint to mineral water and sip slowly.



Peppermint<sup>A T I</sup>  
Lemon<sup>A T I</sup>  
Tension Blend<sup>A T</sup>  
Siberian Fir<sup>A T I</sup>  
Lavender<sup>A T I</sup>

## Heatstroke

Apply 1-3 drops to forehead, temples, back of neck, and chest; ingest 1-3 drops as needed.



Peppermint<sup>A T I</sup>  
Frankincense<sup>A T I</sup>  
Tension Blend<sup>A T</sup>  
Spearmint<sup>A T I</sup>  
Copaiba<sup>A T I</sup>

## Heavy Metal Detox

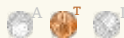
Ingest 2-4 drops 2x daily; massage 2-4 drops into bottoms of feet.



Cilantro<sup>T I</sup>  
Frankincense<sup>T I</sup>  
Cellular Complex Blend<sup>T I</sup>  
Detox Herbal Complex<sup>I</sup>  
Lemon<sup>T I</sup>

## Hematoma

Apply 1-3 drops to affected areas 2-3x daily or as needed; take 3-5 drops in a capsule 2x daily.



Cypress<sup>T</sup>  
Massage Blend<sup>T</sup>  
Geranium<sup>T I</sup>  
Marjoram<sup>T I</sup>  
Lemon<sup>T I</sup>

## Hemorrhoids

Dilute 2-4 drops with carrier oil and apply directly to affected areas daily or as needed.



Geranium<sup>T</sup>  
Cypress<sup>T</sup>  
Rose<sup>T</sup>  
Siberian Fir<sup>T</sup>  
Myrrh<sup>T</sup>

## Hepatitis

Ingest 1-3 drops; use several drops topically with a warm compress over the liver area.



Copaiba<sup>T I</sup>  
Myrrh<sup>T I</sup>  
Detoxification Blend<sup>T I</sup>  
Helichrysum<sup>T I</sup>  
Lavender<sup>T I</sup>

## Hernia (hiatal)

Massage 1-3 drops into affected area as needed; Take 2-3 Digestive Enzymes as needed.



Helichrysum<sup>T</sup>  
Frankincense<sup>T</sup>  
Arborvitae<sup>T</sup>  
Digestive Blend<sup>T</sup>  
Digestive Enzymes<sup>I</sup>

## Herniated Disc

Massage 2-4 drops into affected area as often as needed (at least 3x daily).



Soothing Blend<sup>T</sup>  
 Massage Blend<sup>T</sup>  
 Lemongrass<sup>T</sup>  
 Copaiba<sup>T</sup>  
 Wintergreen<sup>T</sup>

## Hiccups

Inhale 1-3 drops from cupped hands; massage into chest and stomach area as needed.



Arborvitae<sup>A T</sup>  
 Lemon<sup>A T</sup>  
 Copaiba<sup>A T</sup>  
 Digestive Blend<sup>A T</sup>  
 Neroli<sup>A T</sup>

## Hives

Apply 1-3 drops diluted to affected area; ingest 2-4 drops twice daily as needed.



Tea Tree<sup>T I</sup>  
 Frankincense<sup>T I</sup>  
 Lavender<sup>T I</sup>  
 Men's Blend<sup>T</sup>  
 Magnolia<sup>T</sup>

## Hormone Balance

Massage 2-4 drops into abdomen, temples, and bottoms of feet; ingest as needed; inhale from cupped hands.



Women's Monthly Blend<sup>A T</sup>  
 Clary Sage<sup>A T I</sup>  
 Ylang Ylang<sup>A T I</sup>  
 Frankincense<sup>A T I</sup>  
 Sandalwood<sup>A T I</sup>

## Herpes Simplex

Ingest 1-3 drops; use topically with a warm compress over the kidney area; apply on the right and left side of throat daily.



Tea Tree<sup>T I</sup>  
 Melissa<sup>T I</sup>  
 Protective Blend<sup>T I</sup>  
 Oregano<sup>T I</sup>  
 Rose<sup>T</sup>

## HIV

Apply 1-3 drops to bottoms of feet; ingest 3-5 drops 3x daily; inhale from cupped hands for emotional support.



Melissa<sup>A T I</sup>  
 Oregano<sup>A T I</sup>  
 Helichrysum<sup>A T I</sup>  
 Cellular Complex Blend<sup>A T I</sup>  
 Thyme<sup>A T I</sup>

*Protocol on pg. 161*

## Hoarse Voice

Gargle 1-3 drops in water as needed; apply diluted to outside of throat.



Lemon<sup>T I</sup>  
 Myrrh<sup>T I</sup>  
 Lavender<sup>T I</sup>  
 Protective Blend<sup>T I</sup>  
 Arborvitae<sup>T</sup>

## Hot Flashes

Massage 2-4 drops into chest, neck, and face as needed; ingest 2-5 drops Clary Sage and Ylang Ylang 2x daily.



Women's Monthly Blend<sup>A T</sup>  
 Peppermint<sup>A T I</sup>  
 Clary Sage<sup>A T I</sup>  
 Ylang Ylang<sup>A T I</sup>  
 Women's Perfume Blend<sup>A T</sup>

*Protocol on pg. 175*





Aromatic



Topical



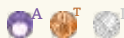
Internal



N/A

## Hyperactivity

Apply 1-3 drops on back of neck and bottoms of feet; inhale from cupped hands; diffuse several drops.



Focus Blend<sup>A T</sup>  
Grounding Blend<sup>A T</sup>  
Vetiver<sup>A T</sup>  
Calming Blend<sup>A T</sup>  
Lavender<sup>A T</sup>

## Hypertension

Apply 1-2 drops behind ears; inhale from cupped hands; use a drop under the tongue; diffuse several drops.



Calming Blend<sup>A T</sup>  
Grounding Blend<sup>A T</sup>  
Yarrow<sup>A T I</sup>  
Rose<sup>A T</sup>  
Lemon<sup>A T I</sup>

*Protocol on pg. 179*

## Hyperthyroid

Apply 1-3 drops to front of neck. Dilute with carrier oil for easier application. Ingest 3-5 drops a few times daily or as needed.



Myrrh<sup>T I</sup>  
Frankincense<sup>T I</sup>  
Cellular Complex Blend<sup>T I I</sup>  
Detoxification Blend<sup>T I</sup>  
Vitality Supplement Trio<sup>I</sup>

*Protocol on pg. 180*

## Hypoglycemia

Apply 1-3 drops to chest, bottoms of feet, and inside of wrists; ingest 2-4 drops a few times daily or as needed.



Metabolic Blend<sup>T I</sup>  
Cinnamon<sup>T I</sup>  
Coriander<sup>T I</sup>  
Detoxification Blend<sup>T I I</sup>  
Cellular Complex Blend<sup>T I I</sup>

## Hypothyroid

Apply 1-3 drops to front of neck. Dilute with carrier oil for easier application. Ingest 3-5 drops a few times daily or as needed.



Peppermint<sup>T I</sup>  
Lemongrass<sup>T I</sup>  
Clove<sup>T I</sup>  
Myrrh<sup>T I</sup>  
Vitality Supplement Trio<sup>I</sup>

*Protocol on pg. 181*

## Immune Boost

Apply 2-4 drops to bottoms of feet; ingest 3-5 drops 2x daily; inhale from cupped hands as needed.



Protective Blend<sup>A T I</sup>  
Tea Tree<sup>A T I</sup>  
Oregano<sup>A T I</sup>  
Black Pepper<sup>A T I</sup>  
Black Spruce<sup>A T</sup>

*Protocol on pg. 173*

## Indigestion

Massage 1-3 drops into stomach area clockwise as needed; drink 1-3 drops with water or in a capsule.



Digestive Blend<sup>T I</sup>  
Ginger<sup>T I</sup>  
Lemon<sup>T I</sup>  
Cardamom<sup>T I</sup>  
Digestive Tablets<sup>I</sup>

*Protocol on pg. 171*

## Infant Reflux

Apply 1-2 drops diluted to stomach area and chest as needed.



Kids Digestive Blend<sup>T</sup>  
Lavender<sup>T</sup>  
Fennel<sup>T</sup>  
Digestive Blend<sup>T</sup>  
Ginger<sup>T</sup>

## Infected Wounds



Apply 1-3 drops to affected areas 2-3x daily as needed; dilute for sensitive skin.

Tea Tree<sup>T</sup>  
Helichrysum<sup>T</sup>  
Frankincense<sup>T</sup>  
Lavender<sup>T</sup>  
Protective Blend<sup>T</sup>

## Infertility



Apply 2-4 drops to abdomen, wrists, and lower back daily; ingest 2-4 drops 2x daily.

Clary Sage<sup>A TI</sup>  
Cellular Complex Blend<sup>A TI</sup>  
Ylang Ylang<sup>A TI</sup>  
Fennel<sup>A TI</sup>  
Vitality Supplement Trio<sup>I</sup>  
*Protocol on pg. 173*

## Inflammation



Apply 2-4 drops to affected areas as needed. For systemic inflammation, ingest 2-4 drops 2x daily.

Soothing Blend<sup>A T</sup>  
Frankincense<sup>A TI</sup>  
Copaiba<sup>A TI</sup>  
Turmeric<sup>A TI</sup>  
Wintergreen<sup>A T</sup>

## Inflammatory Bowel Disease



Massage 1-3 drops onto stomach; ingest 2-4 drops 2-3x daily.

Digestive Blend<sup>T I</sup>  
Frankincense<sup>T I</sup>  
Lavender<sup>T I</sup>  
Digestive Enzymes<sup>I</sup>  
Probiotic Complex<sup>I</sup>  
*Protocol on pg. 173*

## Ingrown Toenail



Apply 1-3 drops to affected toenail 3x daily.

Tea Tree<sup>T</sup>  
Protective Blend<sup>T</sup>  
Detoxification Blend<sup>T</sup>  
Lavender<sup>T</sup>  
Oregano<sup>T</sup>

## Insect Bites



Apply 1-2 drops to insect bite hourly or as needed.

Lavender<sup>T</sup>  
Tea Tree<sup>T</sup>  
Cleansing Blend<sup>T</sup>  
Roman Chamomile<sup>T</sup>  
Frankincense<sup>T</sup>

## Insomnia



Apply 1-3 drops to forehead, temples, base of skull, and behind the ear; diffuse several drops.

Restful Blend<sup>A T</sup>  
Vetiver<sup>A T</sup>  
Lavender<sup>A T</sup>  
Cedarwood<sup>A T</sup>  
Petitgrain<sup>A T</sup>  
*Protocol on pg. 178*

## Insulin Imbalance



Apply 2-4 drops to bottoms of feet; take 3-5 drops internally 2x daily.

Cinnamon<sup>T I</sup>  
Protective Blend<sup>T I</sup>  
Lavender<sup>T I</sup>  
Clove<sup>T I</sup>  
Metabolic Blend<sup>T I</sup>  
*Protocol on pg. 170*



Aromatic



Topical



Internal



N/A

## Irritable Bowel Syndrome

Apply 1-3 drops to bottoms of feet or over stomach; take 2-4 drops internally as needed.



Digestive Blend<sup>T I</sup>  
Ginger<sup>T I</sup>  
Turmeric<sup>T I</sup>  
Frankincense<sup>T I</sup>  
Peppermint<sup>T I</sup>

*Protocol on pg. 173*

## Itchy Skin

Apply 1-3 drops to affected areas as needed. Use with carrier oil or lotion for improved efficacy.



Tea Tree<sup>T</sup>  
Lavender<sup>T</sup>  
Skin Clearing Blend<sup>T</sup>  
Cedarwood<sup>T</sup>  
Frankincense<sup>T</sup>

*Protocol on pg. 171*

## Jaundice

Massage 1-3 drops diluted over the liver; diffuse several drops nearby.



Lavender<sup>A T</sup>  
Myrrh<sup>A T</sup>  
Neroli<sup>A T</sup>  
Rose<sup>A T</sup>  
Grapefruit<sup>A T</sup>

## Jet Lag

Apply 1-3 drops to forehead, temples, back of neck, and chest; inhale from cupped hands as needed.



Peppermint<sup>A T</sup>  
Tangerine<sup>A T</sup>  
Lemon<sup>A T</sup>  
Protective Blend<sup>A T</sup>  
Cellular Complex Blend<sup>A T</sup>

## Jock Itch

Apply 1-3 drops to affected areas as needed with carrier oil; ingest 3-4 drops 3x daily.



Tea Tree<sup>T I</sup>  
Skin Clearing Blend<sup>T</sup>  
Lavender<sup>T I</sup>  
Cleansing Blend<sup>T</sup>  
Thyme<sup>T I</sup>

## Joint Pain

Massage 1-3 drops into affected areas as needed; use carrier oil for improved efficacy.



Soothing Blend<sup>T</sup>  
Lemongrass<sup>T</sup>  
Wintergreen<sup>T</sup>  
Copaiba<sup>T</sup>  
Frankincense<sup>T</sup>

*Protocol on pg. 163*

## Kidney Infection

Apply 2-4 drops over kidneys 3-5x daily; ingest 1-3 drops 3-5x daily.



Juniper Berry<sup>T I</sup>  
Lemongrass<sup>T I</sup>  
Oregano<sup>T I</sup>  
Protective Blend<sup>T I</sup>  
Clove<sup>T I</sup>

## Kidney Stones

Massage 2-4 drops over kidneys 3-5x daily; ingest 1-3 drops 3-5x daily.



Lemon<sup>T I</sup>  
Juniper Berry<sup>T I</sup>  
Helichrysum<sup>T I</sup>  
Wintergreen<sup>T</sup>  
Wild Orange<sup>T I</sup>

## Lactose Intolerance



Ingest 2-4 drops or  
massage over stomach as  
needed.

Digestive Blend<sup>T I</sup>  
 Coriander<sup>T I</sup>  
 Lemongrass<sup>T I</sup>  
 Digestive Enzymes<sup>I</sup>  
 Probiotic Complex<sup>I</sup>

## Laryngitis



Diffuse several drops  
throughout the day;  
ingest 3-5 drops 3x daily;  
massage 1-3 drops onto  
outside of throat.

Protective Blend<sup>A T I</sup>  
 Tea Tree<sup>A T I</sup>  
 Pink Pepper<sup>A T I</sup>  
 Lemon<sup>A T I</sup>  
 Rosemary<sup>A T I</sup>

## Leg Cramps



Massage several drops  
into legs as needed; use  
carrier oil for improved  
efficacy.

Soothing Blend<sup>T</sup>  
 Cypress<sup>T</sup>  
 Massage Blend<sup>T</sup>  
 Marjoram<sup>T</sup>  
 Black Pepper<sup>T</sup>

## Leukemia



Ingest 2-4 drops 3x daily;  
massage 2-4 drops into  
bottoms of feet and spine  
3-5x daily.

Cellular Complex Blend<sup>T I</sup>  
 Frankincense<sup>T I</sup>  
 Lemongrass<sup>T I</sup>  
 Sandalwood<sup>T I</sup>  
 Myrrh<sup>T I</sup>

## Libido (low)



Apply 1-3 drops to abdo-  
men, bottoms of feet, and  
wrists as needed; inhale  
from cupped hands; dif-  
fuse several drops.

Inspiring Blend<sup>A T</sup>  
 Ylang Ylang<sup>A T</sup>  
 Jasmine<sup>A T</sup>  
 Women's Monthly Blend<sup>A T</sup>  
 Rose<sup>A T</sup>

*Protocol on pg. 174*

## Lupus



Ingest 2-4 drops 3-5x  
daily during flare ups;  
massage 2-4 drops into  
inflamed areas; diffuse  
several drops for emo-  
tional support.

Frankincense<sup>A T I</sup>  
 Cellular Complex Blend<sup>A T I</sup>  
 Soothing Blend<sup>A T</sup>  
 Copaiba<sup>A T I</sup>  
 Turmeric<sup>A T I</sup>

*Protocol on pg. 174*

## Lyme Disease



Massage 2-4 drops into  
lower back 3x daily; take  
3-5 drops in a capsule 3x  
daily.

Melissa<sup>T I</sup>  
 Thyme<sup>T I</sup>  
 Oregano<sup>T I</sup>  
 Geranium<sup>T I</sup>  
 Vitality Supplement Trio<sup>I</sup>

*Protocol on pg. 174*

## Measles



Dab a few drops onto  
spots several times daily;  
add several drops to bath  
and soak for at least 30  
minutes as needed.

Lavender<sup>T</sup>  
 Roman Chamomile<sup>T</sup>  
 Oregano<sup>T</sup>  
 Eucalyptus<sup>T</sup>  
 Protective Blend<sup>T</sup>



Aromatic



Topical



Internal



N/A

## Melanoma

Apply 2-4 drops to affected areas 3-5x daily; ingest 2-4 drops 3x daily.



Frankincense<sup>T I</sup>  
Cellular Complex Blend<sup>T I</sup>  
Sandalwood<sup>T I</sup>  
Rose<sup>T</sup>  
Clove<sup>T I</sup>

## Memory Loss

Massage 2-4 drops into forehead, temples, back of neck, and chest as needed; inhale from cupped hands.



Rosemary<sup>A T</sup>  
Peppermint<sup>A T</sup>  
Bergamot<sup>A T</sup>  
Black Spruce<sup>A T</sup>  
Frankincense<sup>A T</sup>

## Meningitis

Ingest 2-4 drops 2x daily; massage 2-4 drops into back of neck with carrier oil daily.



Protective Blend<sup>T I</sup>  
Lavender<sup>T I</sup>  
Oregano<sup>T I</sup>  
Melissa<sup>T I</sup>  
Cellular Complex Blend<sup>T I</sup>

## Menopause

Apply 2-4 drops topically to abdomen, bottoms of feet, and back of neck daily; ingest 2-4 drops Clary Sage and Siberian Fir as needed.



Clary Sage<sup>T I</sup>  
Women's Monthly Blend<sup>T</sup>  
Siberian Fir<sup>T I</sup>  
Geranium<sup>T I</sup>  
Rose<sup>T I</sup>  
*Protocol on pg. 175*

## Menstrual Bleeding

Massage 2-4 drops into abdomen and lower back; apply to a warm compress over uterus area; ingest 2-4 drops as needed.



Helichrysum<sup>T I</sup>  
Geranium<sup>T I</sup>  
Clary Sage<sup>T I</sup>  
Women's Monthly Blend<sup>T</sup>  
Lavender<sup>T I</sup>

## Menstrual Pain

Massage 1-3 drops into abdomen, lower back, and shoulders; apply to a warm compress over uterus area; ingest 2-4 drops as needed.



Women's Monthly Blend<sup>T</sup>  
Frankincense<sup>A T I</sup>  
Peppermint<sup>A T I</sup>  
Clary Sage<sup>A T I</sup>  
Marjoram<sup>A T I</sup>  
*Protocol on pg. 175*

## Mental Fatigue

Massage 1-3 drops into forehead, temples, back of neck, and bottoms of feet; inhale from cupped hands as needed.



Peppermint<sup>A T</sup>  
Basil<sup>A T</sup>  
Green Mandarin<sup>A T</sup>  
Frankincense<sup>A T</sup>  
Energy & Stamina Complex<sup>I</sup>

## Migraine

Apply 1-3 drops to forehead, temples, base of skull, back of neck, and bottoms of feet; inhale from cupped hands as needed.



Tension Blend<sup>A T</sup>  
Peppermint<sup>A T</sup>  
Frankincense<sup>A T</sup>  
Soothing Blend<sup>A T</sup>  
Copaiba<sup>A T</sup>

## Mold & Mildew

Diffuse several drops where mold is present throughout the day until no longer needed. Mix 20 drops with 4 oz water and apply to area of concern.



Tea Tree<sup>T</sup>  
 Cleansing Blend<sup>T</sup>  
 Protective Blend<sup>T</sup>  
 Oregano<sup>T</sup>  
 Lemon<sup>T</sup>

## Mononucleosis

Ingest 3-5 drops 3x daily; apply 2-4 drops to bottoms of feet; diffuse several drops.



Digestive Blend<sup>A TI</sup>  
 Peppermint<sup>A TI</sup>  
 Ginger<sup>A TI</sup>  
 Fennel<sup>A TI</sup>  
 Coriander<sup>A TI</sup>  
*Protocol on pg. 175*

## Morning Sickness

Apply 1-3 drops behind ears and over navel hourly; inhale from cupped hands; ingest 1-3 drops as needed.



Ginger<sup>A TI</sup>  
 Peppermint<sup>A TI</sup>  
 Digestive Blend<sup>A TI</sup>  
 Fennel<sup>A TI</sup>  
 Coriander<sup>A TI</sup>  
*Protocol on pg. 176*

## Mouth Ulcers

Gargle 1-3 drops mixed with water several times daily; apply a dab to affected area 2-3x daily.



Protective Blend<sup>T I</sup>  
 Clove<sup>T I</sup>  
 Myrrh<sup>T I</sup>  
 Sandalwood<sup>T I</sup>  
 Tea Tree<sup>T I</sup>

## Moles

Apply a drop to mole 2-3x daily (avoid surrounding skin with hot oils like Oregano).



Oregano<sup>T</sup>  
 Frankincense<sup>T</sup>  
 Cellular Complex Blend<sup>T</sup>  
 Skin Clearing Blend<sup>T</sup>  
 Cleansing Blend<sup>T</sup>

## Mood Swings

Inhale 1-3 drops from cupped hands; apply a few drops to forehead, temples, back of neck, and bottoms of feet; diffuse several drops.



Grounding Blend<sup>A T</sup>  
 Uplifting Blend<sup>A T</sup>  
 Frankincense<sup>A T</sup>  
 Lime<sup>A T</sup>  
 Wild Orange<sup>A T</sup>

## Motion Sickness

Apply 1-3 drops behind the ears and over navel; inhale from cupped hands; use a drop under the tongue.



Digestive Blend<sup>A TI</sup>  
 Peppermint<sup>A TI</sup>  
 Ginger<sup>A TI</sup>  
 Grounding Blend<sup>A T</sup>  
 Basil<sup>A TI</sup>

## Muscle Injury

Massage 2-4 drops into affected muscles 3x daily or as needed.



Soothing Blend<sup>T</sup>  
 Marjoram<sup>T</sup>  
 Helichrysum<sup>T</sup>  
 Massage Blend<sup>T</sup>  
 Yarrow<sup>T</sup>

*Protocol on pg. 176*



Aromatic



Topical



Internal



N/A

## Muscle Pain

Massage 2-4 drops into affected muscles 3x daily or as needed; use a drop under the tongue for pain relief.



Soothing Blend<sup>T</sup>  
 Marjoram<sup>T</sup>  
 Helichrysum<sup>T</sup>  
 Massage Blend<sup>T</sup>  
 Copaiba<sup>T I</sup>

*Protocol on pg. 176*

## Muscle Spasms

Massage 2-4 drops into affected muscles as needed; use a drop under the tongue.



Black Pepper<sup>T I</sup>  
 Soothing Blend<sup>T</sup>  
 Copaiba<sup>T I</sup>  
 Blue Tansy<sup>T</sup>  
 Yarrow<sup>T I</sup>

## Muscle Stiffness

Massage 2-4 drops into affected muscles 2-3x daily.



Massage Blend<sup>T</sup>  
 Soothing Blend<sup>T</sup>  
 Cypress<sup>T</sup>  
 Lemongrass<sup>T</sup>  
 Marjoram<sup>T</sup>

*Protocol on pg. 168*

## Nasal Congestion

Apply 1-3 drops over bridge of nose, under nose, and rub over sinuses; diffuse several drops.



Respiratory Blend<sup>A T</sup>  
 Siberian Fir<sup>A T</sup>  
 Lime<sup>A T</sup>  
 Eucalyptus<sup>A T</sup>  
 Peppermint<sup>A T</sup>

## Nasal Polyps

Apply 1-3 drops over bridge of nose and under nose.



Frankincense<sup>T</sup>  
 Tea Tree<sup>T</sup>  
 Melissa<sup>T</sup>  
 Respiratory Blend<sup>T</sup>  
 Oregano<sup>T</sup>

## Nausea

Apply 1-3 drops behind ears and over navel hourly; use a drop under the tongue; inhale from cupped hands.



Digestive Blend<sup>A T I</sup>  
 Ginger<sup>A T I</sup>  
 Peppermint<sup>A T I</sup>  
 Cardamom<sup>A T I</sup>  
 Grounding Blend<sup>A T</sup>

## Neck Pain

Massage 2-4 drops onto neck several times daily; use carrier oil to improve efficacy; use a drop of Copaiba under the tongue for pain.



Soothing Blend<sup>A T</sup>  
 Lemongrass<sup>A T</sup>  
 Copaiba<sup>A T I</sup>  
 Wintergreen<sup>A T</sup>  
 Douglas Fir<sup>A T</sup>

*Protocol on pg. 164*

## Nervous Fatigue

Inhale from cupped hands; apply 1-3 drops to temples, behind ears, and on back of neck as needed; diffuse several drops.



Grounding Blend<sup>A T</sup>  
 Lemon<sup>A T</sup>  
 Cedarwood<sup>A T</sup>  
 Vetiver<sup>A T</sup>  
 Tangerine<sup>A T</sup>



Aromatic



Topical



Internal



N/A

## Neuropathy

Apply 2-4 drops to affected areas several times daily; ingest 1-3 drops as needed.



Soothing Blend<sup>T</sup>  
 Frankincense<sup>T I</sup>  
 Massage Blend<sup>T</sup>  
 Roman Chamomile<sup>T I</sup>  
 Peppermint<sup>T I</sup>

## Night Sweats

Apply 2-4 drops to abdomen and back of neck before sleeping.



Detoxification Blend<sup>T</sup>  
 Cellular Complex Blend<sup>T</sup>  
 Peppermint<sup>T</sup>  
 Lavender<sup>T</sup>  
 Lime<sup>T</sup>

## Nightmares

Apply 2-4 drops to abdomen and back of neck before sleeping; diffuse several drops.



Juniper Berry<sup>A T</sup>  
 Restful Blend<sup>A T</sup>  
 Kids Restful Blend<sup>A T</sup>  
 Lavender<sup>A T</sup>  
 Reassuring Blend<sup>A T</sup>

## Nosebleeds

Apply 1-3 drops to the bridge and sides of nose and back of neck as needed.



Helichrysum<sup>T</sup>  
 Geranium<sup>T</sup>  
 Frankincense<sup>T</sup>  
 Lavender<sup>T</sup>  
 Cypress<sup>T</sup>

## Odors

Diffuse several drops; apply 2-3 drops with a carrier oil to surface odors; ingest 3-5 drops twice daily for body odors.



Cleansing Blend<sup>A T</sup>  
 Tea Tree<sup>A T I</sup>  
 Cilantro<sup>A T I</sup>  
 Lemon Eucalyptus<sup>A T</sup>  
 Douglas Fir<sup>A T</sup>

## Osteoarthritis

Massage 2-4 drops into affected areas daily; use carrier oil for improved efficacy.



Soothing Blend<sup>T</sup>  
 Frankincense<sup>T</sup>  
 Lemongrass<sup>T</sup>  
 Copaiba<sup>T</sup>  
 Cellular Complex Blend<sup>T</sup>

## Osteoporosis

Massage 2-4 drops onto spine and affected areas daily; take 2-4 drops Cellular Complex Blend internally 2x daily.



Wintergreen<sup>T</sup>  
 Birch<sup>T</sup>  
 Frankincense<sup>T I</sup>  
 Cellular Complex Blend<sup>T I</sup>  
 Bone Nutrient Complex<sup>I</sup>

## Ovarian Cysts

Blend 1-3 drops with carrier oil and soak tampon to insert overnight; apply 3-5 drops with warm compress over abdomen; take 3-5 drops internally.



Frankincense<sup>T I</sup>  
 Clary Sage<sup>T I</sup>  
 Cellular Complex Blend<sup>T I</sup>  
 Oregano<sup>T I</sup>  
 Sandalwood<sup>T I</sup>





Aromatic



Topical



Internal



N/A

## Overeating

Apply 1-3 drops to stomach; take 2-4 drops internally; inhale from cupped hands as needed.



Metabolic Blend <sup>A TI</sup>  
Peppermint <sup>A TI</sup>  
Grapefruit <sup>A TI</sup>  
Renewing Blend <sup>A T</sup>  
Cinnamon <sup>A TI</sup>

*Protocol on pg. 181*

## Palpitations

Apply 1-3 drops over heart 3x daily; inhale from cupped hands.



Marjoram <sup>A T</sup>  
Lavender <sup>A T</sup>  
Geranium <sup>A T</sup>  
Ylang Ylang <sup>A T</sup>  
Wild Orange <sup>A T</sup>

## Pancreatitis

Ingest 1-3 drops 3x daily; massage 1-3 drops over abdomen as needed.



Detoxification Blend <sup>TI</sup>  
Marjoram <sup>TI</sup>  
Lemon <sup>TI</sup>  
Coriander <sup>TI</sup>  
Rosemary <sup>TI</sup>

## Parasites

Ingest 3-5 drops 3x daily; apply in a warm compress over intestinal area 2-3x daily.



Detoxification Blend <sup>TI</sup>  
Oregano <sup>TI</sup>  
Geranium <sup>TI</sup>  
Clove <sup>TI</sup>  
Thyme <sup>TI</sup>

*Protocol on pg. 170*

## Pink Eye (Conjunctivitis)

Apply 1-2 drops around (but not in) eyes 3x daily; dilute for sensitive skin.



Tea Tree <sup>T</sup>  
Rosemary <sup>T</sup>  
Arborvitae <sup>T</sup>  
Clary Sage <sup>T</sup>  
Cleansing Blend <sup>T</sup>

## Plantar Warts

Apply 1-3 drops to wart several times daily (avoid surrounding skin with hot oils like Oregano.)



Oregano <sup>T</sup>  
Frankincense <sup>T</sup>  
Cellular Complex Blend <sup>T</sup>  
Melissa <sup>T</sup>  
Rose <sup>T</sup>

## Pneumonia

Apply 2-4 drops to chest, neck, and bottoms of feet 3-5x daily; gargle a drop hourly; inhale from cupped hands as needed; diffuse several drops.



Respiratory Blend <sup>A T</sup>  
Protective Blend <sup>A TI</sup>  
Arborvitae <sup>A T</sup>  
Bergamot <sup>A TI</sup>  
Roman Chamomile <sup>A TI</sup>

*Protocol on pg. 165*

## Poison Ivy/Oak

Apply 1-3 drops to affected area with carrier oil a couple times daily or as needed.



Lavender <sup>T</sup>  
Frankincense <sup>T</sup>  
Geranium <sup>T</sup>  
Patchouli <sup>T</sup>  
Petitgrain <sup>T</sup>

## Post Traumatic Stress Disorder

Apply 2-4 drops to forehead, temples, back of neck, chest, and bottoms of feet; inhale from cupped hands as needed.



Reassuring Blend<sup>A T</sup>  
Sandalwood<sup>A T</sup>  
Frankincense<sup>A T</sup>  
Comforting Blend<sup>A T</sup>  
Renewing Blend<sup>A T</sup>

## Prostatitis

Apply 3-5 drops to lower abdomen and lower back 3x daily or as needed.



Rosemary<sup>T</sup>  
Marjoram<sup>T</sup>  
Thyme<sup>T</sup>  
Frankincense<sup>T</sup>  
Myrrh<sup>T</sup>

## Rashes

Dilute 1-3 drops with a carrier oil and apply to affected area as needed.



Tea Tree<sup>T</sup>  
Roman Chamomile<sup>T</sup>  
Lavender<sup>T</sup>  
Cedarwood<sup>T</sup>  
Magnolia<sup>T</sup>

*Protocol on pg. 171*

## Restless Leg Syndrome

Massage 2-4 drops onto legs and bottoms of feet; diffuse several drops; use 2 drops Yarrow under the tongue.



Soothing Blend<sup>A T</sup>  
Ylang Ylang<sup>A T</sup>  
Cypress<sup>A T</sup>  
Petitgrain<sup>A T</sup>  
Yarrow<sup>A T I</sup>

## PMS

Add 3-6 drops to warm bath; apply to abdomen; inhale from cupped hands; ingest 1-3 drops as needed.



Women's Monthly Blend<sup>A T</sup>  
Clary Sage<sup>A T I</sup>  
Geranium<sup>A T I</sup>  
Frankincense<sup>A T I</sup>  
Women's Perfume Blend<sup>A T</sup>  
*Protocol on pg. 175*

## Psoriasis

Apply 1-3 drops to affected area a couple times daily with carrier oil; ingest 2-4 drops 2x daily.



Tea Tree<sup>A T I</sup>  
Detoxification Blend<sup>A T I</sup>  
Thyme<sup>A T I</sup>  
Roman Chamomile<sup>A T I</sup>  
Probiotic Complex<sup>I</sup>  
*Protocol on pg. 177*

## Respiratory Issues

Apply 2-4 drops to chest, neck, under nose, and on bridge of nose; inhale from cupped hands as needed; diffuse several drops.



Respiratory Blend<sup>A T</sup>  
Eucalyptus<sup>A T</sup>  
Douglas Fir<sup>A T</sup>  
Cardamom<sup>A T</sup>  
Rosemary<sup>A T</sup>

## Restlessness

Inhale 1-3 drops from cupped hands; apply 2-4 drops to bottoms of feet and back of neck as needed.



Grounding Blend<sup>A T</sup>  
Lavender<sup>A T</sup>  
Restful Blend<sup>A T</sup>  
Vetiver<sup>A T</sup>  
Spikenard<sup>A T</sup>



Aromatic



Topical



Internal



N/A

## Rheumatic Fever

Apply 1-3 drops to bottoms of feet; ingest 1-3 drops twice daily; gargle a few drops mixed with water as needed.



Oregano<sup>T I</sup>  
Peppermint<sup>T I</sup>  
Melissa<sup>T I</sup>  
Wintergreen<sup>T</sup>  
Arborvitae<sup>T</sup>

## Rhinitis

Inhale 1-3 drops from cupped hands several times daily; apply a couple drops to forehead and bridge of nose; ingest 2-4 drops 3x daily; diffuse several drops.



Respiratory Blend<sup>A T</sup>  
Tea Tree<sup>A T I</sup>  
Pink Pepper<sup>A T I</sup>  
Siberian Fir<sup>A T I</sup>  
Oregano<sup>A T I</sup>

## Ringworm

Apply 1-3 drops to affected area 3-4x daily; use with carrier oil for improved efficacy; take 2-4 drops in a capsule 3x daily.



Tea Tree<sup>T I</sup>  
Cleansing Blend<sup>T</sup>  
Skin Clearing Blend<sup>T</sup>  
Petitgrain<sup>T I</sup>  
Detoxification Blend<sup>T I</sup>

## Scarring

Massage 2-4 drops into scarred area 2x daily.



Anti-Aging Blend<sup>T</sup>  
Frankincense<sup>T</sup>  
Helichrysum<sup>T</sup>  
Sandalwood<sup>T</sup>  
Neroli<sup>T</sup>

## Sciatica

Massage 1-3 drops into affected area a couple times daily.



Soothing Blend<sup>T</sup>  
Frankincense<sup>T</sup>  
Vetiver<sup>T</sup>  
Copaiba<sup>T</sup>  
Helichrysum<sup>T</sup>

*Protocol on pg. 164*

## Seizures

Apply 1-3 drops to back of neck and bottoms of feet; inhale from cupped hands as needed; take 1-3 drops internally twice daily.



Frankincense<sup>A T I</sup>  
Grounding Blend<sup>A T</sup>  
Spikenard<sup>A T</sup>  
Yarrow<sup>A T I</sup>  
Roman Chamomile<sup>A T I</sup>

## Shingles

Apply 2-4 drops to affected areas, on back of neck, and along the spine 3x daily; take 2-4 drops 3x daily.



Tea Tree<sup>T I</sup>  
Melissa<sup>T I</sup>  
Black Pepper<sup>T I</sup>  
Yarrow<sup>T I</sup>  
Geranium<sup>T I</sup>

*Protocol on pg. 177*

## Shock

Apply 1-3 drops on temples, under nose, and on back of neck as needed; inhale from cupped hands; diffuse several drops.



Grounding Blend<sup>A T</sup>  
Frankincense<sup>A T</sup>  
Helichrysum<sup>A T</sup>  
Uplifting Blend<sup>A T</sup>  
Renewing Blend<sup>A T</sup>

## Sinus Infection

Apply 1-3 drops over bridge of nose and sinuses (avoid eyes) 3x daily; diffuse several drops; take 3-5 drops in a capsule 3x daily.



Black Pepper <sup>A TI</sup>  
Grapefruit <sup>A TI</sup>  
Basil <sup>A TI</sup>  
Bergamot <sup>A TI</sup>  
Detoxification Blend <sup>A TI</sup>

*Protocol on pg. 177*

## Skin Ulcers

Apply 1-3 drops diluted into affected area 2-3x daily.



Lavender <sup>T</sup>  
Myrrh <sup>T</sup>  
Skin Clearing Blend <sup>T</sup>  
Sandalwood <sup>T</sup>  
Yarrow <sup>T</sup>

## Smoking Addiction

Ingest 2-4 drops daily; inhale from cupped hands as needed when experiencing cravings.



Black Pepper <sup>A TI</sup>  
Grapefruit <sup>A TI</sup>  
Basil <sup>A TI</sup>  
Bergamot <sup>A TI</sup>  
Detoxification Blend <sup>A TI</sup>

*Protocol on pg. 178*

## Snoring

Apply 1-3 drops to chest and under nose; diffuse several drops near bedside; gargle Protective Blend with water to open throat.



Respiratory Blend <sup>A T</sup>  
Protective Blend <sup>A TI</sup>  
Petitgrain <sup>A T</sup>  
Eucalyptus <sup>A T</sup>  
Douglas Fir <sup>A T</sup>

*Protocol on pg. 179*

## Sore Throat

Gargle 1-3 drops with water, then swallow; apply to throat and neck, diluting with carrier oil as needed.



Protective Blend <sup>T I</sup>  
Oregano <sup>T I</sup>  
Lemon <sup>T I</sup>  
Arborvitae <sup>T</sup>  
Melissa <sup>T I</sup>

*Protocol on pg. 179*

## Sprains

Gently apply 2-4 drops to affected area as needed.



Soothing Blend <sup>T</sup>  
Helichrysum <sup>T</sup>  
Lemongrass <sup>T</sup>  
Spikenard <sup>T</sup>  
Massage Blend <sup>T</sup>

## Stomach Ache

Rub 2-4 drops over stomach as needed; ingest 1-3 drops as needed.



Digestive Blend <sup>T I</sup>  
Ginger <sup>T I</sup>  
Peppermint <sup>T I</sup>  
Roman Chamomile <sup>T I</sup>  
Wild Orange <sup>T I</sup>

*Protocol on pg. 179*

## Stretch Marks

Massage 1-3 drops to affected areas 2x daily; use a carrier oil for improved efficacy.



Frankincense <sup>T</sup>  
Helichrysum <sup>T</sup>  
Anti-Aging Blend <sup>T</sup>  
Neroli <sup>T</sup>  
Yarrow <sup>T</sup>



Aromatic



Topical



Internal



N/A

## Stroke

Apply 2-4 drops to temples, forehead, behind ears, and back of neck 3-5x daily; ingest 2-4 drops 3x daily; diffuse several drops.



Cypress <sup>A T</sup>  
 Frankincense <sup>A T I</sup>  
 Basil <sup>A T I</sup>  
 Fennel <sup>A T I</sup>  
 Helichrysum <sup>A T I</sup>

## Sunburn

Apply 1-3 drops to affected area hourly or as needed. Blend 2-3 oils, 2-3 drops each with carrier oil for improved results.



Lavender <sup>T</sup>  
 Helichrysum <sup>T</sup>  
 Peppermint <sup>T</sup>  
 Frankincense <sup>T</sup>  
 Cedarwood <sup>T</sup>  
*Protocol on pg. 180*

## Teething Pain

Dilute with carrier oil and gently massage a drop along baby's jawline, reapplying as needed.



Lavender <sup>T</sup>  
 Clove <sup>T</sup>  
 Magnolia <sup>T</sup>  
 Frankincense <sup>T</sup>  
 Kids Restful Blend <sup>T</sup>

## Tendinitis

Massage 2-4 drops into affected areas 4-5x daily, or as needed.



Lemongrass <sup>T</sup>  
 Soothing Blend <sup>T</sup>  
 Marjoram <sup>T</sup>  
 Cardamom <sup>T</sup>  
 Siberian Fir <sup>T</sup>

## Tennis Elbow

Massage 2-4 drops into affected area as needed.



Lemongrass <sup>T</sup>  
 Soothing Blend <sup>T</sup>  
 Siberian Fir <sup>T</sup>  
 Blue Tansy <sup>T</sup>  
 Frankincense <sup>T</sup>

## Testosterone (low)

Apply 2-4 drops to bottoms of feet and inside of thighs 2x daily; inhale from cupped hands as needed.



Patchouli <sup>T</sup>  
 Sandalwood <sup>T</sup>  
 Inspiring Blend <sup>T</sup>  
 Focus Blend <sup>T</sup>  
 Rose <sup>T</sup>

## Thrush

Gargle 1-3 drops mixed with water several times daily; apply topically to lower throat and bottoms of feet; ingest 1-3 drops as needed.



Tea Tree <sup>T I</sup>  
 Geranium <sup>T I</sup>  
 Arbovitae <sup>T I</sup>  
 Oregano <sup>T I</sup>  
 Protective Blend <sup>T I</sup>

*Protocol on pg. 180*

## Tick Bites

Apply 1-2 drops to bite frequently for the first hour after carefully removing tick. Dilute Oregano if necessary.



Oregano <sup>T</sup>  
 Tea Tree <sup>T</sup>  
 Cleansing Blend <sup>T</sup>  
 Lavender <sup>T</sup>  
 Outdoor Blend <sup>T</sup>

## Tinnitus

Apply 1-2 drops behind ear 2-3x daily.



Helichrysum<sup>T</sup>  
 Grounding Blend<sup>T</sup>  
 Basil<sup>T</sup>  
 Frankincense<sup>T</sup>  
 Rosemary<sup>T</sup>

## Tonsillitis

Gargle 1-3 drops mixed with water or ingest 3x daily; apply to outside of throat with carrier oil 3x daily.



Protective Blend<sup>T I</sup>  
 Oregano<sup>T I</sup>  
 Arborvitae<sup>T</sup>  
 Tea Tree<sup>T I</sup>  
 Melissa<sup>T I</sup>

## Toothache

Apply a drop to gums and directly onto tooth; swish 1-3 drops with water.



Clove<sup>T I</sup>  
 Protective Blend<sup>T I</sup>  
 Helichrysum<sup>T I</sup>  
 Copaiba<sup>T I</sup>  
 Wintergreen<sup>T</sup>

## Trauma (Emotional)

Apply 2-4 drops to forehead, temples, back of neck, and chest; inhale from cupped hands as needed; diffuse several drops.



Comforting Blend<sup>A T</sup>  
 Reassuring Blend<sup>A T</sup>  
 Renewing Blend<sup>A T</sup>  
 Frankincense<sup>A T</sup>  
 Rose<sup>A T</sup>

## Ulcers (Stomach)

Ingest 1-3 drops at least once daily; massage gently into abdomen as needed.



Lemongrass<sup>T I</sup>  
 Frankincense<sup>T I</sup>  
 Myrrh<sup>T I</sup>  
 Detoxification Blend<sup>T I</sup>  
 Geranium<sup>T I</sup>

## Urinary Tract Infection

Massage 1-3 drops over kidneys and on bottoms of the feet; take 2-4 drops in a capsule 3x daily.



Cypress<sup>T</sup>  
 Basil<sup>T</sup>  
 Lemongrass<sup>T I</sup>  
 Juniper Berry<sup>T I</sup>  
 Cleansing Blend<sup>T</sup>

## Varicose Veins

Massage 2-4 drops into the affected area several times daily.



Cypress<sup>T</sup>  
 Helichrysum<sup>T</sup>  
 Siberian Fir<sup>T</sup>  
 Detoxification Blend<sup>T</sup>  
 Celery Seed<sup>T</sup>

## Vision Loss

Apply 1-3 drops around eyes (do not get in eyes) and lower back 2x daily.



Clary Sage<sup>T</sup>  
 Helichrysum<sup>T</sup>  
 Anti-Aging Blend<sup>T</sup>  
 Cellular Complex Blend<sup>T</sup>  
 Yarrow<sup>T</sup>



Aromatic



Topical



Internal



N/A

## Vomiting

Apply 1-3 drops over stomach as needed; drink a few drops in water; inhale from cupped hands.



Digestive Blend<sup>A T I</sup>  
 Ginger<sup>A T I</sup>  
 Bergamot<sup>A T I</sup>  
 Peppermint<sup>A T I</sup>  
 Roman Chamomile<sup>A T I</sup>

## Warts (common)

Apply a drop directly to wart several times daily until the wart disappears. Avoid the surrounding skin with Oregano.



Oregano<sup>T</sup>  
 Frankincense<sup>T</sup>  
 Thyme<sup>T</sup>  
 Skin Clearing Blend<sup>T</sup>  
 Neroli<sup>T</sup>

## Wasp Sting

Apply one drop to sting several times daily or as needed.



Lavender<sup>T</sup>  
 Roman Chamomile<sup>T</sup>  
 Cedarwood<sup>T</sup>  
 Cleansing Blend<sup>T</sup>  
 Myrrh<sup>T</sup>

## Weight Loss

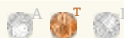
Add 2-4 drops to water to manage cravings and encourage metabolism; inhale from cupped hands to satisfy cravings.



Metabolic Blend<sup>A T I</sup>  
 Grapefruit<sup>A T I</sup>  
 Peppermint<sup>A T I</sup>  
 Lemon<sup>A T I</sup>  
 Energy & Stamina Complex<sup>I</sup>  
*Protocol on pg. 181*

## Whiplash

Massage 2-4 drops into affected area 2-3x daily; use with carrier oil to improve efficacy.



Soothing Blend<sup>T</sup>  
 Siberian Fir<sup>T</sup>  
 Marjoram<sup>T</sup>  
 Patchouli<sup>T</sup>  
 Sandalwood<sup>T</sup>

## Withdrawal Symptoms

Apply 2-4 drops to wrists, chest, and bottoms of feet as often as needed; diffuse several drops.



Detoxification Blend<sup>A T</sup>  
 Cilantro<sup>A T</sup>  
 Cinnamon<sup>A T</sup>  
 Juniper Berry<sup>A T</sup>  
 Encouraging Blend<sup>A T</sup>

## Worms

Apply 2-4 drops over abdomen, bottoms of feet, and back of neck; add 2-4 drops to water or take in capsule.



Oregano<sup>T I</sup>  
 Thyme<sup>T I</sup>  
 Ginger<sup>T I</sup>  
 Basil<sup>T I</sup>  
 Clove<sup>T I</sup>

## Wrinkles

Apply 1-3 drops to affected areas as needed 2x daily; add a few drops to facial lotion or use with carrier oil for added benefits.



Anti-Aging Blend<sup>T</sup>  
 Frankincense<sup>T</sup>  
 Myrrh<sup>T</sup>  
 Jasmine<sup>T</sup>  
 Yarrow<sup>T</sup>





### Section 3

## Emotional *Uses*



# Emotional Uses

The chemical constituents in oils can trigger a quick change in brain chemistry, and a fast improvement in emotions. This emotional use guide groups three related emotions, and pairs them with three oils to promote a healthier emotional state.

Use one or more of the suggested oils with these methods of application. Find what feels best for you.



Inhale from cupped hands.



Diffuse 5-10 drops.



Wear as perfume or cologne.

Abused  
Traumatized  
Abandoned

Jasmine  
Frankincense  
Restful Blend

Addicted  
Trapped  
Needy

White Fir  
Vetiver  
Lavender

Anxious  
Panicking  
Flustered

Grounding Blend  
Tension Blend  
Neroli

Apathetic  
Disinterested  
Bored

Lemongrass  
Detoxification Blend  
Lime

Bitter  
Angry  
Resentful

Cardamom  
Magnolia  
Siberian Fir

Confused  
Distracted  
Purposeless

Roman Chamomile  
Focus Blend  
Peppermint

Controlled	Blue Tansy	Depressed	Joyful Blend
Powerless	Clove	Discouraged	Hopeful Blend
Shameful	Grapefruit	Disheartened	Melissa

Distressed	Tangerine	Gloomy	Uplifting Blend
Worried	Reassuring Blend	Sad	Invigorating Blend
Fearful	Black Pepper	Somber	Respiratory Blend

Grieving	Helichrysum	Insecure	Inspiring Blend
Wounded	Ylang Ylang	Unconfident	Bergamot
Hurt	Comforting Blend	Self-conscious	Coriander

Materialistic	Cilantro	Pessimistic	Bergamot
Inauthentic	Fennel	Irritable	Women's Monthly Blend
Irresponsible	Ginger	Self-loathing	Metabolic Blend

Prideful	Cinnamon	Stubborn	Wintergreen
Jealous	Oregano	Unyielding	Juniper Berry
Controlling	Sandalwood	Inflexible	Arborvitae

Uncertain	Copaiba	Unloving	Geranium
Self-deceiving	Patchouli	Withholding	Rose
Over Stimulated	Spearmint	Unforgiving	Renewing Blend

Unmotivated	Encouraging Blend	Unsupported	Birch
Discontented	Wind Orange	Lonely	Lemon
Lethargic	Cypress	Indecisive	Cedarwood



## Section 4

# Single *Oils*



# Arborvitae

*Thuja Plicata*

## Application



## Main Properties

Antibacterial

Anticancer

Anti-fungal

Astringent

Expectorant

## Other Uses

Colds, Cold Sores, Cysts, Fevers, Intestinal  
Parasites, Meditation, Respiratory Viruses

## Top Uses

- 1 Strep Throat**  
*Rub 2 drops over outside of throat, and gargle 2 drops with water.*
- 2 Bug Repellent**  
*Dilute with several drops of carrier oil, and rub over needed areas.*
- 3 Skin Cancer**  
*Apply diluted to the affected area often and in small amounts.*
- 4 Candida**  
*Rub 2 drops over abdomen and bladder several times a day.*
- 5 Fungal Issues**  
*Apply neat to needed areas.*
- 6 Furniture Polish**  
*Combine 4 drops with 4 drops lemon oil, and rub in using a clean rag.*

# Basil

*Ocimum Basilicum*

## Application



## Main Properties

Antibacterial  
Anti-infectious  
Antispasmodic  
Carminative

## Other Uses

Bee Stings, Bronchitis, Dizziness, Frozen Shoulder, Gout, Greasy Hair, Infertility, Lactation (increase milk supply), Loss of Sense of Smell, Migraines, Nausea, Viral Hepatitis



## Top Uses

- 1 Adrenal Fatigue**  
*Apply 1-2 drops directly to the adrenal areas or to the bottoms of the feet.*
- 2 Mental Fatigue**  
*Inhale from cupped hands, or diffuse.*
- 3 Earache**  
*Place a drop on a cotton ball, and rest over the ear for 15 minutes.*
- 4 Muscle Spasms**  
*Massage into muscles with carrier oil.*
- 5 Carpal Tunnel**  
*Massage into wrists & joints.*
- 6 Cramps (abdominal)**  
*Rub a drop clockwise over abdomen.*
- 7 Cooking**  
*Use a toothpick to add to dishes according to taste.*

# Bergamot

*Citrus Bergamia*

## Application



## Main Properties

Antidepressant  
Carminative  
Neuroprotective  
Sedative  
Stomachic

## Other Uses

Brain Injury, Colic, Depression, Fungus  
Issues, Irritability, Low Energy, Muscle  
Cramps, Oily Skin, Stress

## Safety

Avoid sun for  
12 hours after  
topical appli-  
cation.

## Top Uses

- 1 Psoriasis**  
*Dilute 1-2 drops heavily with carrier oil, and apply frequently to affected area.*
- 2 Sadness**  
*Inhale from cupped hands or diffuse.*
- 3 Appetite Loss**  
*Drink 1-2 drops in 8 oz. water throughout the day, or diffuse.*
- 4 Addictions**  
*Apply to bottoms of feet, or diffuse.*
- 5 Acne**  
*Apply small amount to affected areas. Avoid sun for 12 hours after.*
- 6 Self-Confidence/Self-Worth**  
*Apply over sacral (belly button).*
- 7 Insomnia**  
*Use 1 drop under tongue or in water.*





# Black Pepper

*Piper Nigrum*

## Application



## Main Properties

Analgesic

Anticatatrrhal

Anti-microbial

Antiviral

Immunostimulant

## Other Uses

Antioxidant, Anxiety, Cellular Oxygenation, Diarrhea, Digestion, Gas, Emotional Repression, Inflammation, Laxative

## Safety

Dilute for use on sensitive skin.

## Top Uses

- 1 Cold & Flu**  
*Take 2 drops in a capsule, or apply to the bottoms of feet.*
- 2 Smoking (quitting)**  
*Apply to bottoms of feet (big toes) several times a day to curb cravings.*
- 3 Circulation**  
*Apply to bottoms of feet.*
- 4 Sprains**  
*Massage into muscles with carrier oil.*
- 5 Congestion**  
*Apply diluted over chest and upper back.*
- 6 Airborne Viruses**  
*Diffuse to cleanse the air.*
- 7 Cooking**  
*Add a drop to soups, sauces, and other dishes.*



# Black Spruce

*Picea Mariana*

## Application



## Main Properties

Analgesic

Antifungal

Anti-inflammatory

## Other Uses

Analgesic, Airborne Diseases, Cystitis, Diarrhea, Dry Skin, Emotional Release, Energy, Gingivitis, Leucorrhoea, Mental Stress, Metabolism Regulation, Mucous Colitis, Pharyngitis, Relaxation, Restlessness, Stomatitis

## Safety

Use with caution on sensitive skin and during pregnancy.

## Top Uses

- 1 Memory**  
*Apply 1-2 drops over forehead and behind ears; diffuse several drops.*
- 2 Muscle Tension**  
*Massage 2-4 drops with carrier oil.*
- 3 Immune Support**  
*Apply 1-3 drops to bottoms of feet; diffuse several drops.*
- 4 Respiratory Infection**  
*Rub 2-4 drops over chest and upper back; diffuse several drops.*
- 5 Mental Stress**  
*Apply 1-2 drops to wrists and temples.*
- 6 Adrenal Fatigue**  
*Massage 1-2 drops with 1-2 drops of Siberian Fir over kidneys.*



# Blue Tansy

*Tanacetum Annuum*

## Application



## Main Properties

Antihistamine  
Anti-parasitic  
Anti-rheumatic  
Hypotensive

## Other Uses

Bacterial Infection, Constipation, Cramping, Eczema, Fungus, Gas, Gout, Indigestion, Insect Repellent, Psoriasis, Rashes, Rheumatism, Sneezing

## Safety

Dilute to avoid temporary skin colorizing. Dilute for use on sensitive skin.

## Top Uses

- 1 Allergies**  
*Put 1-2 drops under the tongue for 30 seconds, then swish and spit.*
- 2 Arthritis & Muscle Pain**  
*Add 5-10 drops to a bath, or massage into affected areas with carrier oil.*
- 3 Anxiety**  
*Apply a drop to pulse points, or diffuse.*
- 4 Digestive Discomfort**  
*Massage 2 drops clockwise onto stomach.*
- 5 Dry, Itchy, or Inflamed Skin**  
*Apply heavily diluted to affected skin.*
- 6 Headaches**  
*Rub a drop into temples and back of skull.*
- 7 Congestion**  
*Rub 2 drops onto chest and mid-back.*

# Cardamom

*Elettaria Cardamomum*

## Application



## Main Properties

Anti-infectious  
Antispasmodic  
Aphrodisiac  
Decongestant

## Other Uses

Colitis, Constipation, Headaches, Inflammation, Menstrual Pain, Muscle Aches, Nausea, Pancreatitis, Respiratory Issues, Sore Throat, Stomach Ulcers

## Top Uses

- 1 Digestive Discomfort**  
*Drink a drop with a glass of water or in a capsule, or rub over stomach.*
- 2 Congestion**  
*Rub with carrier oil over chest, or diffuse.*
- 3 Indigestion**  
*Drink a drop with water or in a capsule.*
- 4 Cough**  
*Rub with carrier oil over chest.*
- 5 Motion Sickness**  
*Put a drop under the tongue.*
- 6 Asthma, Shortness of Breath**  
*Apply to bottoms of feet or over chest.*
- 7 Cooking**  
*Use a toothpick to add to dishes according to taste.*



# Cassia

*Cinnamomum Cassia*

## Application



## Main Properties

Antibacterial  
Antiviral  
Antispasmodic  
Cardiotonic  
Decongestant

## Other Uses

Antiseptic, Boils, Circulation, Cold Limbs,  
Upset Stomach, Typhoid



## Safety

Dilute heavily  
for topical use.  
Avoid during  
pregnancy.

## Top Uses

- 1 Vomiting**  
*Take 1-2 drops in a capsule to restore proper digestion.*
- 2 Viruses & Bacteria**  
*Diffuse to cleanse the air, or take 1-2 drops in a capsule to combat internally.*
- 3 Water Retention**  
*Apply to bottoms of feet, take 1-2 drops in a capsule, or add 2 drops to bath.*
- 4 Blood Sugar Balance**  
*Take 1-2 drops in capsule with food.*
- 5 Sex Drive**  
*Use heavily diluted in massage, or diffuse.*
- 6 Metabolism Boost**  
*Apply to adrenal reflex points.*
- 7 Cooking**  
*Use a toothpick to add to dishes.*

# Cedarwood

*Juniperus Virginiana*

## Application



## Main Properties

Astringent  
Decongestant  
Depurative  
Diuretic  
Sedative

## Other Uses

Blemishes, Cough, Dandruff, Gums, Insect Repellent, Respiratory Function, Sinusitis, Vaginal Infection, Tension

## Safety

Cedarwood is very mild, and safe for even the most sensitive skin.

## Top Uses

- 1 Eczema & Psoriasis**  
*Apply neat and often to affected areas.*
- 2 ADD/ADHD**  
*Apply to wrists, temples, and back of neck, or diffuse.*
- 3 Sleep**  
*Rub onto bottoms of feet and back of neck, and diffuse. Blend with Lavender.*
- 4 Anxiety**  
*Apply to wrists and temples.*
- 5 Cuts & Scrapes**  
*Apply around wounded area to promote healing.*
- 6 Urinary & Bladder Infection**  
*Apply over bladder.*
- 7 Seizures & Stroke**  
*Apply to back of neck and bottoms of feet.*



# Celery Seed

*Apium Graveolens*

## Application



## Main Properties

Antiseptic  
Calmative  
Circulatory  
Depurative

## Other Uses

Congestion, Depression, Digestive Issues,  
Gastric Ulcers, Heavy Legs, High Blood Pressure,  
Hypertension, Inflammation, Insect  
Repellent, Menstrual Pain



## Top Uses

- 1 Acid Reflux**  
*Add 1-2 drops with 1-2 drops of Lemon or Lime to morning juice or smoothie.*
- 2 Varicose Veins**  
*Massage 1 drop with 1 drop Cypress diluted into affected areas.*
- 3 Congestion**  
*Take 2-4 drops in a capsule. Rub with Rosemary or Cardamom over chest.*
- 4 Hemorrhoids**  
*Apply a dab heavily diluted to affected area 3x daily.*
- 5 Detox & Urinary Support**  
*Apply 2 drops with 2 drops Cassia over kidneys and the bottoms of feet 30 minutes before showering.*
- 6 Cooking**  
*Add conservitatively to soups and when preparing poultry.*



# Cilantro

*Coriandrum Sativum*

## Application



## Main Properties

Antibacterial  
Anti-fungal  
Antimicrobial  
Antioxidant  
Detoxifier

## Other Uses

Allergies, Antioxidant, Anxiety, Bloating,  
Gas, Liver Support, Kidney Support

## Top Uses

- 1 Heavy Metal Detox**  
*Apply to the bottoms of feet morning and night.*
- 2 Halitosis**  
*Take 1-2 drops in capsule.*
- 3 Detox**  
*Apply over liver, kidneys, and bottoms of feet.*
- 4 Fungal Infections**  
*Take 1-2 drops in a capsule for internal issues, or apply topically for external issues.*
- 5 Body Odor**  
*Use small amounts in food, or take 1-2 drops in a capsule to deodorize internally.*
- 6 Cooking**  
*Use a toothpick to add to dishes according to taste.*





# Cinnamon

*Cinnamomum Zeylanicum*

## Application



## Main Properties

Antidepressant

Antimicrobial

Antioxidant

Anti-parasitic

## Other Uses

Airborne Bacteria, Cholesterol, Diverticulitis, Fungal Infections, General Tonic, Immune Support, Pancreas Support, Pneumonia, Typhoid, Vaginitis

## Safety

Dilute heavily. Avoid during pregnancy. Repeated use can cause sensitivity.

## Top Uses

- 1 High Blood Sugar**  
*Take 1-2 drops in capsule, or drink with large glass of water.*
- 2 Bacterial Infection**  
*Apply heavily diluted for external infection, or take 1-2 drops in capsule for internal infection.*
- 3 Sex Drive**  
*Use heavily diluted in massage, or diffuse.*
- 4 Cavities**  
*Swish a drop with water as a mouthwash.*
- 5 Diabetes**  
*Take 1-2 drops in a capsule daily.*
- 6 Alkalinity**  
*Drink in water to promote alkalinity.*
- 7 Cooking**  
*Use a toothpick to achieve desired flavor.*



# Citronella

*Cymbopogon Nardus*

## Application



## Main Properties

Antibacterial  
Antifungal  
Anti-inflammatory

## Other Uses

Athlete's Foot, Cholesterol, Circulation Issues, Colds, Dry Skin, Flu, Fungus, Gas, Immunity Boost, Liver Support, Pain, Parasites, Spasms, Surface Cleaning, Swelling, Weight Loss, Wounds

## Safety

May irritate sensitive skin.  
Topical use recommended during pregnancy.

## Top Uses

- 1 Insect Repellent**  
*Rub or spray several drops with carrier oil over exposed skin every hour; diffuse several drops.*
- 2 Airborne Bacteria**  
*Diffuse 3 drops with 3 drops Rosemary.*
- 3 Lice**  
*Work 3-5 drops into scalp with shampoo 3x daily.*
- 4 Toenail Fungus**  
*Apply 1 drop with 1 drop Tea tree to affected areas 2x daily.*
- 5 Body Odor**  
*Apply 2-4 drops with carrier oil to underarms and bottoms of feet.*
- 6 Healthy Hair**  
*Massage 2 drops with 2 drops Lavender into hair with conditioner to protect against sun damage and remove tangles.*



# Clary Sage

*Salvia Sclarea*

## Application



## Main Properties

Anticonvulsant  
Antiseptic  
Antispasmodic  
Nerve tonic

## Other Uses

Aneurysm, Breast Enlargement, Cholesterol, Convulsions, Endometriosis, Epilepsy, Fragile Hair, Hot Flashes, Impotence, Lactation, Parkinson's, Premenopause, Seizure

## Safety

Use with caution during pregnancy.

## Top Uses

- 1 Hormone Balance**  
*Apply to wrists and behind ears.*
- 2 PMS**  
*Apply to bottoms of feet, or take 1-2 drops in capsule.*
- 3 Postpartum Depression**  
*Diffuse or apply over heart area.*
- 4 Abdominal Cramps**  
*Massage over abdomen.*
- 5 Pink Eye**  
*Apply carefully around edge of eye.*
- 6 Infertility**  
*Apply to abdomen & uterine reflex points, or take 1-2 drops in capsule.*
- 7 Breast Cancer**  
*Apply diluted to breasts, or take 1-2 drops in capsule to regulate estrogen levels.*

# Clove

*Eugenia Caryophyllata*

## Application



## Main Properties

Analgesic

Anti-infectious

Anti-parasitic

## Other Uses

Addictions, Blood Clots, Candida, Cataracts, Fever, Herpes Simplex, Hodgkin's Disease, Glaucoma, Gingivitis, Lipoma, Lupus, Lyme Disease, Macular Degeneration, Memory Loss, Parasites, Termites

## Safety

Can irritate sensitive skin. Use with caution during pregnancy.

## Top Uses

- 1 **Thyroid (hypo, Hashimoto's)**  
*Apply diluted over thyroid or to thyroid reflex point, or take 1-2 drops in capsule.*
- 2 **Toothache**  
*Apply directly to problematic tooth.*
- 3 **Smoking Addiction**  
*Rub onto bottom of big toe.*
- 4 **Immune Support**  
*Take 1-2 drops in a capsule.*
- 5 **Antioxidant**  
*Take 1-2 drops in a capsule, or use in cooking.*
- 6 **Liver Detox**  
*Rub over liver or on liver reflex point.*
- 7 **Rheumatoid Arthritis**  
*Massage diluted into affected area.*



# Copaiba

*Copaifera Officinalis*

## Application



## Main Properties

Analgesic  
Anti-fungal  
Anti-inflammatory  
Diuretic  
Expectorant

## Other Uses

Anxiety, Congestion, Infection, Mood Disorders, Nail Fungus, Skin Strengthening



## Top Uses

- 1 Headache & Migraine**  
*Massage gently onto temples, scalp, and the back of the neck.*
- 2 Pain & Inflammation**  
*Inhale or diffuse, or apply topically to affected areas.*
- 3 Wrinkles, Pimples, Blisters**  
*Apply daily with a carrier oil.*
- 4 High Blood Pressure**  
*Apply to the bottoms of feet twice daily.*
- 5 Athlete's Foot**  
*Apply several drops to clean, dry feet.*
- 6 Detox**  
*Apply over bladder to stimulate detox through urination.*

# Coriander

*Coriandrum Sativum*

## Application



## Main Properties

Anti-rheumatic

Carminative

Regenerative

Sedative

Stomachic

## Other Uses

Alzheimer's, Itchy Skin, Joint Pain, Low Energy, Measles, Muscle Tone, Muscle Spasms, Nausea, Neuropathy, Stiffness, Whiplash

## Top Uses

- 1 Diabetes (high blood sugar)  
*Combine with 1 drop Cinnamon & Juniper Berry in capsule daily.*
- 2 Food Poisoning  
*Drink 2 drops in water, or take in capsule.*
- 3 Body Odor  
*Drink 2 drops in water, or take in capsule.*
- 4 Cartilage Injury  
*Massage into affected area with carrier oil.*
- 5 Rashes  
*Apply diluted to affected area.*
- 6 Muscle Aches  
*Take a drop in a capsule, or massage with carrier oil onto affected muscles.*
- 7 Cooking  
*Use a toothpick to add desired flavor.*



# Cypress

*Cupressus Sempervirens*

## Application



## Main Properties

Antibacterial

Anti-infectious

Vasodilator

## Other Uses

Aneurysm, Bunions, Edema, Hemorrhoids, Flu, Incontinence, Lou Gehrig's Disease, Ovary Issues, Prostate Issues, Raynaud's Disease, Tuberculosis, Varicose Veins, Whooping Cough

## Safety

Can irritate sensitive skin. Use with caution during pregnancy.

## Top Uses

- 1 Circulation (poor)**  
*Apply 2 drops to the bottoms of each foot morning and night.*
- 2 Bladder/Urinary Tract Infection**  
*Massage 2 drops with carrier oil over bladder. Repeat every 2 hours as needed.*
- 3 Bone Spurs**  
*Apply directly onto affected area.*
- 4 Concussion**  
*Massage 2 drops with carrier oil into back of neck, back of skull, and shoulders.*
- 5 Restless Leg Syndrome**  
*Massage 2 drops with carrier oil into bottoms of feet, calves, and upper legs.*
- 6 Bed Wetting**  
*Apply 2 drops neat over bladder before bed.*





# Douglas Fir

*Pseudotsuga Menziesii*

## Application



## Main Properties

Antioxidant

Analgesic

Diuretic

Expectorant

Tonic

## Other Uses

Arthritis, Constipation, Depression, Emotional Congestion, Energy, Generational Patterns, Weight Gain, Sinus Issues

## Top Uses

- 1 Muscle Soreness**  
*Rub 2-4 drops with carrier oil onto sore muscles.*
- 2 Congestion**  
*Rub 1-2 drops over chest, or diffuse.*
- 3 Headache & Migraine**  
*Rub a drop into temples.*
- 4 Focus & Mental Clarity**  
*Inhale from cupped hands, or diffuse.*
- 5 Skin Irritations**  
*Apply heavily diluted to irritated skin.*
- 6 Household Cleansing**  
*Use with Lemon oil for a refreshing household cleaner.*
- 7 Cough**  
*Apply 1-2 drops to chest or lung reflex points.*





# Eucalyptus

## *Eucalyptus Radiata*

### Application



### Main Properties

Antiphlogistic  
Antispasmodic  
Antiuissive  
Antiviral  
Vermifuge

### Other Uses

Colds, Fever, Flu, Headache, Earaches, Insect Bites & Stings, Kidney Stones, Muscle Aches, Neuralgia, Rheumatism, Rhinitis

### Safety

Not for use  
topically on  
newborns.

## Top Uses

- 1 Congestion & Cough**  
*Apply 2-4 drops to chest, or diffuse.*
- 2 Bronchitis & Pneumonia**  
*Apply 2-4 drops to chest & mid-back, or diffuse.*
- 3 Sinusitis**  
*Apply heavily diluted to sinuses, carefully avoiding eyes.*
- 4 Asthma**  
*Inhale 2 drops from cupped hands, and apply to lung reflex points.*
- 5 Menstrual Cramp**  
*Rub 1-2 drops with carrier oil over abdomen.*
- 6 Mental Fatigue**  
*Inhale 1-2 drops from cupped hands, or diffuse.*



# Fennel

*Foeniculum Vulgare*

## Application



## Main Properties

Carminative

Depurative

Diuretic

Emmenagogue

## Other Uses

Blood Sugar Imbalance, Constipation, Digestive Disorders, Edema, Fertility Issues, Fluid Retention, Intestinal Parasites, Menopause, PMS, Spasms, Stroke

## Safety

Use with caution if pregnant. Avoid if epileptic.

## Top Uses

- 1 Flatulence**  
*Rub 1-2 drops over outside of stomach, or drink with water.*
- 2 Milk Supply (low)**  
*Massage 1 drop diluted around nipples 2-3 times daily.*
- 3 Digestive Disorders**  
*Drink 1-2 drops in water or capsule.*
- 4 Nausea**  
*Rub 1-2 drops over stomach, or drink a drop in water.*
- 5 Menstrual Discomfort**  
*Rub a drop over abdomen.*
- 6 Parasites**  
*Drink 2-4 drops in a capsule.*
- 7 Colic**  
*Rub a drop diluted over stomach.*



# Frankincense

*Boswellia Frereana*

## Application



## Main Properties

Analgesic

Antidepressant

Antiseptic

## Other Uses

ADHD, Aneurysm, Asthma, Balance, Brain Health, Coma, Concussion, Fibroids, Genital Warts, Immune Support, Lou Gehrig's Disease, Memory, Moles, MRSA, Multiple Sclerosis, Scarring, Sciatica, Warts, Wrinkles



## Top Uses

- 1 Depression & Anxiety**  
*Use a drop under the tongue, apply to pulse points, or diffuse.*
- 2 Alzheimer's & Dementia**  
*Apply 2 drops to bottoms of feet and base of skull twice daily.*
- 3 Cellular Function**  
*Take 1-2 drops in capsule.*
- 4 Pain & Inflammation**  
*Use a drop under the tongue, or massage into inflamed areas.*
- 5 Parkinson's**  
*Apply 1-2 drops to brain reflex points, and diffuse.*
- 6 Cancer**  
*Take 1-2 drops in capsule, and apply close to the affected area frequently.*

# Geranium

*Pelargonium Graveolens*

## Application



## Main Properties

Antidepressant

Carminative

Vermifuge

Hypertensive

## Other Uses

Bleeding, Circulation, Depression, Diarrhea, Gastric Ulcers, Hernia, Low Libido, Menstrual Cramps, Menopause, Neuralgia, Raynaud's Disease, Spasms, Vertigo

## Safety

Possible skin sensitivity.

## Top Uses

- 1 Liver & Kidney Support**  
*Rub a drop directly over liver and kidneys.*
- 2 Autism**  
*Apply 1-2 drops to bottoms of feet, or diffuse.*
- 3 Jaundice**  
*Apply 1 drop diluted to bottoms of feet, and diffuse.*
- 4 PMS & Hormone Balance**  
*Apply a drop to pulse points.*
- 5 Hemorrhoids**  
*Apply heavily diluted to affected areas.*
- 6 Reproductive Disorders (female)**  
*Apply 1-2 drops to reproductive reflex points.*
- 7 Varicose Veins**  
*Massage diluted into affected areas.*



# Ginger

*Zingiber Officinale*

## Application



## Main Properties

Antiseptic  
Antispasmodic  
Antitussive  
Expectorant

## Other Uses

Aneurysm, Breast Enlargement, Cholesterol, Convulsions, Endometriosis, Epilepsy, Fragile Hair, Hot Flashes, Impotence, Lactation, Parkinson's, Premenopause, Seizure



## Safety

Possible skin sensitivity.

## Top Uses

- 1 Nausea & Stomach Upset  
*Drink 1-2 drops in capsule.*
- 2 Vomiting  
*Rub a drop heavily diluted over stomach.*
- 3 Constipation  
*Apply 1-2 drops diluted over stomach, or take in capsule.*
- 4 Immune Support  
*Apply 1-2 drops to bottoms of feet, or drink in capsule.*
- 5 Congestion & Cough  
*Diffuse 3-6 drops.*
- 6 Cold & Flu  
*Apply 1-2 drops to bottoms of feet, or drink in capsule.*
- 7 Cooking  
*Use toothpick to achieve desired taste.*

# Grapefruit

*Citrus X Paradisi*

## Application



## Main Properties

Anti-infectious  
Cholagogue  
Depurative  
Digestive

## Other Uses

Anorexia, Bulimia, Dry Throat, Edema,  
Energy, Hangovers, Jet Lag, Lymphatic  
Congestion, Miscarriage Recovery, Obesity,  
Overeating

## Safety

Avoid sun  
exposure for  
12 hours after  
topical use.

## Top Uses

- 1 Detox**  
*Drink 1-3 drops in water.*
- 2 Weight Loss**  
*Apply 10 drops diluted with carrier oil over cellulite and fatty areas.*
- 3 Smoking Addiction**  
*Drink 1-3 drops in water after meals.*
- 4 Antiviral Support**  
*Apply 1-2 drops to bottoms of feet, or drink in water.*
- 5 Appetite Suppressant**  
*Diffuse several drops, or drink in water.*
- 6 Gallbladder Stones**  
*Drink 1-3 drops in water 3 times daily.*
- 7 Food & Cooking**  
*Use in smoothies, dressings, and sauces.*



# Green Mandarin

*Citrus Nobilis*

## Application



## Main Properties

Nervine  
Digestive  
Sedative  
Antiseptic  
Immunostimulant

## Other Uses

Antibacterial, Anti-viral, Depression,  
Numbness, Regenerative, Skin Toner

## Safety

Excessive dosing may cause indigestion.  
Does not cause photosensitivity.

## Top Uses

- 1 Nerve Damage**  
*Apply 2-4 drops to bottoms of feet and along spine.*
- 2 Sensation Loss in Extremities**  
*Massage with carrier oil into affected areas.*
- 3 Pain**  
*Massage 2 drops into affected areas.*
- 4 Simple Antibiotic**  
*Take 2-4 drops in a capsule 3-5x daily as needed.*
- 5 Mood Lift**  
*Diffuse 3-6 drops or inhale from cupped hands as needed.*
- 6 Ageless Skin**  
*Apply 2 drops with carrier oil to fine lines and wrinkles before bed.*



# Helichrysum

*Helichrysum Italicum*

## Application



## Main Properties

Antibacterial

Anticatatrrhal

Anticoagulant

## Other Uses

AIDS/HIV, Broken Blood Vessels, Bruises, Cuts, Earache, Fibroids, Gallbladder Infection, Hemorrhaging, Hernias, Herpes, Lymphatic Drainage, Nose Bleed, Sciatica, Staph Infection, Stretch Marks, Wrinkles

## Top Uses

- 1 Tissue Repair  
*Apply neat or diluted to wounds.*
- 2 Bleeding  
*Apply to clean wound to stop bleeding.*
- 3 Eczema & Psoriasis  
*Apply 1-2 drops diluted to affected areas.*
- 4 Shock  
*Diffuse 3-6 drops.*
- 5 Tinnitus  
*Apply a drop behind ear.*
- 6 Viral Infections  
*Take 1-2 drops in capsule, or diffuse.*
- 7 Cholesterol  
*Take 1-3 drops in capsule, and apply to bottoms of feet.*





# Jasmine

*Jasminum Grandiflorum*

## Application



## Main Properties

Antidepressant  
Antispasmodic  
Calmative  
Nervine

## Other Uses

Apathy, Anxiety, Dry Skin, Insecurity, Labor & Delivery, Low Libido, Menstrual Cramps, Nervous Tension, Nervousness, Ovulation, Stress



## Top Uses

- 1 Depression & Self-Esteem Issues**  
*Inhale 1-2 drops from cupped hands, or apply over heart.*
- 2 Wrinkles & Fine Lines**  
*Apply directly to desired areas.*
- 3 Pink Eye**  
*Apply carefully around affected eye, avoiding the eye itself.*
- 4 Infertility**  
*Apply to pulse points and reproductive reflex points.*
- 5 Cramps & Spasms**  
*Apply 1-2 drops to needed areas.*
- 6 Lethargy & Fatigue**  
*Inhale from cupped hands, or diffuse.*
- 7 Sleep & Relaxation**  
*Apply to bottoms of feet and temples.*

# Juniper Berry

*Juniperus Communis*

## Application



## Main Properties

Analgesic  
Anthelmintic  
Antiseptic  
Emmenagogue

## Other Uses

Acne, Anxiety, Bacteria, Bloating, Cellulite, Cystitis, Detoxifying, Fluid Retention, Heavy Legs, Jaundice, Menstrual Cramps, Mental Exhaustion, Stress, Ulcers, Viruses

## Top Uses

- 1 Kidney Detox & Infections**  
*Rub 1-2 drops over kidneys, or take in capsule.*
- 2 Diabetes**  
*Take 1-2 drops in capsule daily.*
- 3 Kidney Stones**  
*Apply 1-2 drops over kidneys.*
- 4 Urinary Tract Infection**  
*Apply 1-2 drops over bladder.*
- 5 High Cholesterol**  
*Take 1-2 drops in capsule, or apply to bottoms of feet.*
- 6 Tinnitus**  
*Apply a drop behind affected ear.*
- 7 Chronic Fatigue**  
*Apply 1-2 drops to pulse points, or diffuse.*



# Lavender

*Lavandula Angustifolia*

## Application



## Main Properties

Antibacterial  
Anti-inflammatory  
Anti-venomous

## Other Uses

Allergies, Bites, Blisters, Chicken Pox, Club Foot, Colic, Convulsions, Crying, Dandruff, Diaper Rash, Gangrene, Giardia, Impetigo, Insomnia, Poison Ivy & Oak, Seizures, Stings, Tachycardia, Teething Pain, Ticks



## Top Uses

- 1 Stress & Anxiety**  
*Apply 1-2 drops to temples, or diffuse.*
- 2 Sleep**  
*Apply 2 drops to bottoms of feet and temples, or diffuse near bedside.*
- 3 Skin Irritations & Burns**  
*Apply 1-2 drops with carrier oil.*
- 4 Allergies & Hay Fever**  
*Put a drop under tongue for 30 seconds, then swallow with water.*
- 5 Cuts, Blisters, & Scrapes**  
*Apply diluted to affected areas.*
- 6 Irritability**  
*Apply 1-2 drops to pulse points.*
- 7 Headaches & Migraines**  
*Apply 1-2 drops to temples and base of skull.*

# Lemon

*Citrus Limon*

## Application



## Main Properties

Antimicrobial  
Antiseptic  
Antiviral

## Other Uses

Anxiety, Cold Sores, Colds, Concentration, Constipation, Depression, Disinfectant, Dysentery, Flu, Furniture Polish, Greasy Hair, High Blood Pressure, Kidney Stones, MRSA, Pancreatitis, Parasites, Tonsillitis

## Safety

Avoid sun exposure for 12 hours after topical use.

## Top Uses

- 1 Energy**  
*Inhale 1-2 drops from cupped hands.*
- 2 Detox**  
*Drink 1-3 drops in water, or apply to bottoms of feet.*
- 3 Permanent Marker**  
*Rub several drops with clean rag.*
- 4 Sore Throat**  
*Take 1-2 drops with a spoonful of honey.*
- 5 Increase Alkalinity**  
*Drink 1-3 drops in water.*
- 6 Household Cleaner**  
*Use several drops with water in glass spray bottle.*
- 7 Food & Cooking**  
*Use in smoothies, juices, and sauces.*



# Lemon Eucalyptus

*Eucalyptus Citriodora*

## Application



## Main Properties

Analgesic  
Antibacterial  
Antifungal  
Antiseptic  
Antispasmodic

## Other Uses

Asthma, Bacterial Skin Infection, Fever,  
Insect Bites, Respiratory Infection, Skin  
Fungus, Sores, Wounds



## Top Uses

- 1 Bathroom Odors**  
*Drop 2 drops into toilet bowl before use.*
- 2 Mosquito Repellent**  
*Apply 2-4 drops with FCO over exposed skin ever 2 hours for 97% mosquito coverage.*
- 3 Candida**  
*Apply 1 drop with 1 drop Tea Tree and 1 drop Clove diluted over lower abdomen 6x daily.*
- 4 Surface Cleaner**  
*Combine 5 drops with 10 drops Lemon in 10oz glass spray bottle with water.*
- 5 Air Purifier**  
*Diffuse 2 drops with 2 drops Cleansing Blend.*
- 6 Muscle Injury**  
*Massage 1-2 drops diluted into affected areas.*

# Lemongrass

*Cymbopogon Flexuosus*

## Application



## Main Properties

Analgesic  
Antiseptic  
Astringent

## Other Uses

Airborne Bacteria, Bladder Infection, Carpal Tunnel, Charley Horses, Connective Tissue Injury, Constipation, Frozen Shoulder, Lymphatic Drainage, Paralysis, Sprains, Urinary Tract Infection

## Safety

Possible skin sensitivity. Use with caution when using internally more than 10 days in a row.

## Top Uses

- 1 **Thyroid Support** (hypo & hyper)  
*Apply a drop diluted over thyroid.*
- 2 **High Cholesterol**  
*Take 1-2 drops in capsule.*
- 3 **Ligament & Tendon Issues**  
*Apply 1-2 drops diluted to painful areas.*
- 4 **Stomach Ulcers**  
*Take 1 drop in capsule.*
- 5 **Immune Support**  
*Apply 1-2 drops to bottoms of feet.*
- 6 **Lactose Intolerance**  
*Take 1 drop in capsule.*
- 7 **Cooking**  
*Use toothpick to achieve desired flavor.*



# Lime

*Citrus Aurantifolia*

## Application



## Main Properties

Anthelmintic  
Antimicrobial  
Antiviral  
Digestive

## Other Uses

Antiviral Support, Blood Pressure, Cellulite, Depression, Detox, Energy, Exhaustion, Fever, Gallstones, Gum Removal, Herpes, Memory, Water Purification

## Safety

Avoid sun exposure for 12 hours after topical use.

## Top Uses

- 1 Chronic Cough**  
*Apply 2-4 drops over chest, mid-back, and lung reflex points.*
- 2 Colds**  
*Drink 1-3 drops in water, and diffuse.*
- 3 Sore Throat**  
*Gargle 2 drops with water.*
- 4 Cold Sores**  
*Apply 1 drop diluted to affected area.*
- 5 Antioxidant**  
*Drink 1-3 drops in water.*
- 6 Bacterial Infections**  
*Apply 1-2 drops with carrier oil to affected area.*
- 7 Mental Clarity**  
*Diffuse 3-6 drops, or inhale from cupped hands.*

# Litsea

## *Litsea Cubeba*

### Application



### Main Properties

Antibacterial  
Antidepressant  
Antiseptic  
Antiviral  
Hypotensive

### Other Uses

Anxiety, Cold, Cough, Disinfectant, Household Cleaning, Insect Repellent, Odors, Perspiration, Sleep, Stress

### Safety

Possible skin sensitivity.  
Use with caution during pregnancy.

## Top Uses

- 1 Emotional Balance**  
*Diffuse several drops, or wear on scarf or sleeve throughout the day.*
- 2 Mental Rejuvenation**  
*Inhale 1-2 drops from cupped hands.*
- 3 Postpartum Depression**  
*Diffuse, or apply over heart area.*
- 4 E. Coli**  
*Apply 1-2 drops diluted to affected areas.*
- 5 Internal Bacterial Infections**  
*Drink 2-4 drops in water or in a capsule.*
- 6 Aging**  
*Apply 1-2 drops in facial lotion to combat age-promoting free radicals.*
- 7 Athlete's Foot**  
*Apply 1-2 drops to clean feet.*





# Magnolia

*Michelia X Alba*

## Application



## Main Properties

Analgesic  
Anti-Inflammatory  
Calming  
Expectorant  
Sedative

## Other Uses

Anger Issues, Bronchitis, Excess Mucus,  
Heart Health, Motion Sickness, Nervous  
System Support



## Top Uses

- 1 Stress & Anxiety**  
*Apply to wrists and temples, taking deep breaths.*
- 2 Menstrual Cramping**  
*Apply over lower abdomen and to wrists.*
- 3 Sore Muscles**  
*Massage onto affected muscles with carrier oil.*
- 4 Depression**  
*Apply over heart in the morning and afternoon.*
- 5 Hives & Rashes**  
*Apply with carrier oil to affected skin.*
- 6 Cough**  
*Apply over chest and mid-back.*
- 7 Chronic Pain**  
*Diffuse 3-6 drops or apply to wrists, spine, and bottoms of feet.*

# Manuka

*Leptospermum Scoparium*

## Application



## Main Properties

Cytophylactic

Expectorant

Immunostimulant

Spasmolytic

## Other Uses

Athlete's Foot, Bronchitis, Catarrh, Contusions, Cough, Fungal Skin Infections, Head Lice, Influenza, Scabies, Skin Infection, Ulceration

## Safety

Possible skin sensitivity.  
Use with caution when pregnant.

## Top Uses

- 1 Blemishes & Complexion**  
*Add a couple drops to skincare products, or apply diluted to affected areas.*
- 2 Hypertension**  
*Apply 1-2 drops to pulse points, or diffuse.*
- 3 Air Purification**  
*Diffuse 4-8 drops.*
- 4 Sleep**  
*Graze pillows with a drop of oil, and diffuse near bedside.*
- 5 Bronchial Infection**  
*Inhale 1-2 drops from cupped hands, or diffuse.*
- 6 Ringworm & Parasites**  
*Apply 1-2 drops diluted to affected areas.*

# Marjoram

*Origanum Majorana*

## Application



## Main Properties

Analgesic  
Antibacterial  
Antispasmodic

## Other Uses

Arterial Vasodilator, Bruises, Colic, Constipation, Croup, Headache, Gastrointestinal Disorders, Insomnia, Menstrual Problems, Parkinson's, Prolapsed Mitral Valve, Ringworm, Sprains, Whiplash

## Safety

Use with caution during pregnancy.



## Top Uses

- 1 Muscle Injury**  
*Massage 2 drops with carrier oil into injured muscles.*
- 2 Carpal Tunnel & Arthritis**  
*Apply 1-2 drops neat to affected area.*
- 3 High Blood Pressure**  
*Apply 2 drops to bottoms of feet, or take in a capsule.*
- 4 Irritable Bowel Syndrome**  
*Take 1-2 drops in a capsule, or rub over abdomen.*
- 5 Diverticulitis**  
*Take 1-2 drops in a capsule.*
- 6 Pancreatitis**  
*Apply 1-2 drops neat over pancreas area.*
- 7 Chronic Stress**  
*Rub 1-2 drops onto back of neck.*

# Melissa

*Melissa Officinalis*

## Application



## Main Properties

Antibacterial  
Antidepressant  
Antiviral  
Nervine  
Soporific

## Other Uses

Allergies, Anxiety, Blisters, Colds, Dysentery, Erysipelas, Hypertension, Nervousness, Sleep Disorders, Sterility, Viral Outbreak

## Safety

Dilute for sensitive skin.

## Top Uses

- 1 Viral Infections**  
*Take 1-2 drops in a capsule.*
- 2 Cold Sores & Herpes**  
*Apply a drop to affected areas.*
- 3 Depression**  
*Use thumb to hold a drop to the roof of the mouth.*
- 4 Bronchitis, Asthma**  
*Apply 1-2 drops diluted over chest.*
- 5 Neurotonic**  
*Apply a drop to the bottoms of feet.*
- 6 Shock**  
*Apply a drop diluted to back of neck, or diffuse.*
- 7 Insomnia**  
*Apply a drop to big toe, or use thumb to hold a drop to the roof of mouth.*

# Myrrh

## *Commiphora Myrrha*

### Application



### Main Properties

Antimicrobial  
Antiseptic  
Astringent  
Cicatrizing  
Expectorant

### Other Uses

Cancer, Chapped Skin, Congestion, Dysentery, Gum Bleeding, Hepatitis, Liver Cirrhosis, Scabies, Stretch Marks

### Safety

Use with caution during pregnancy.



## Top Uses

- 1 Wrinkles & Fine Lines**  
*Massage into needed areas as desired.*
- 2 Gum Disease & Issues**  
*Apply 1-2 drops to gums, or swish with water as mouth rinse.*
- 3 Thyroid Support**  
*Rub 1-2 drops over thyroid.*
- 4 Anxiety & Depression**  
*Inhale 1-2 drops from cupped hands, or diffuse.*
- 5 Mucus & Bronchitis**  
*Apply 1-2 drops to chest, or diffuse.*
- 6 Eczema & Skin Infections**  
*Apply 1-2 drops to affected areas.*
- 7 Nail Fungus**  
*Apply a drop to affected nails.*

# Neroli

*Citrus Aurantium*

## Application



## Main Properties

Antidepressant  
Calmative  
Circulatory  
Cytophylactic  
Regenerative

## Other Uses

Convalescence, Indigestion, Insomnia,  
Intestinal Cramping, Menopausal Anxiety,  
Sleep Disorders, Tension



## Top Uses

- 1 Scar Tissue & Stretch Marks**  
*Massage a few drops with carrier oil into needed areas.*
- 2 Perfume**  
*Apply 1-2 drops to pulse points.*
- 3 Cramps & Spasms**  
*Apply neat to affected areas.*
- 4 Emotional Exhaustion**  
*Inhale from cupped hands, or diffuse.*
- 5 Nervousness**  
*Apply a drop to pulse points.*
- 6 Depression**  
*Wear as perfume, inhale from cupped hands, or diffuse.*
- 7 Skin Regeneration**  
*Apply generously to damaged or worn skin.*

# Oregano

## Origanum Vulgare

### Application



### Main Properties

Antibacterial  
Anti-fungal  
Antiseptic  
Antiviral

### Other Uses

Athlete's Foot, Calluses, Canker Sores, Carpal Tunnel, Control Issues, Ebola, Fungal Infections, Intestinal Parasites, MRSA, Nasal Polyps, Plague, Ringworm

### Safety

Heavily dilute for topical use. Do not use internally for more than 10 days in a row.

## Top Uses

- 1 Bacterial & Viral Infection**  
*Take 1-3 drops in a capsule for internal issues.*
- 2 Warts**  
*Apply directly to wart with toothpick, avoiding surrounding skin.*
- 3 Candida & Staph Infection**  
*Take 1-3 drops in a capsule.*
- 4 Pneumonia & Whooping Cough**  
*Diffuse 1-3 drops, sitting nearby the diffuser for several minutes. Also rub onto bottoms of feet.*
- 5 Rheumatoid Arthritis**  
*Massage 1 drop heavily diluted into affected area. Also take in a capsule.*
- 6 Strep Throat & Tonsillitis**  
*Gargle a drop in water. Also take 1-3 drops in capsule.*

# Patchouli

*Pogostemon Cablin*

## Application



## Main Properties

Antiseptic  
Astringent  
Cicatrizing  
Cytophylactic

## Other Uses

Abscess, Cellulite, Chapped Skin, Depression, Dermatitis, Hemorrhoids, Hives, Irritability, Mastitis, Parasitic Skin Infection, PMS, Weeping Wounds

## Top Uses

- 1 Diuretic  
*Apply 1-2 drops over lower abdomen.*
- 2 Wrinkle Prevention  
*Add a drop to toner or moisturizer.*
- 3 Shingles  
*Take 1-2 drops in capsule, or apply to bottoms of feet.*
- 4 Dopamine Shortage  
*Diffuse 2-4 drops, or apply to pulse points.*
- 5 Dandruff  
*Massage 1-2 drops into clean, dry scalp after showering.*
- 6 Weight Loss  
*Take 1-2 drops with other weight loss essential oils in a capsule.*





# Peppermint

*Menta Piperita*

## Application



## Main Properties

Analgesic

Anti-inflammatory

Carminative

## Other Uses

Alertness, Allergies, Autism, Burns, Cravings, Gastritis, Hangover, Hot Flashes, Hypothyroidism, Loss of Sense of Smell, Memory, Milk Supply (Decrease), Osteoporosis, Sciatica, Sinusitis, Typhoid

## Safety

Possible skin sensitivity.

## Top Uses

- 1 Headache & Migraine**  
*Massage 1-2 drops into temples and base of skull, avoiding the eyes.*
- 2 Digestive Upset**  
*Drink 1-2 drops in water, or massage directly over stomach.*
- 3 Asthma & Cough**  
*Apply 2 drops with carrier oil over chest and lung reflex points, or diffuse.*
- 4 Bad Breath**  
*Lick a dab from your finger.*
- 5 Low Energy & Mental Fog**  
*Drink 1-2 drops in water, or diffuse.*
- 6 Muscle & Joint Pain**  
*Rub a drop diluted into affected areas.*
- 7 Fevers**  
*Apply 1-2 drops to back of neck.*



# Petitgrain

## *Citrus Aurantium*

### Application



### Main Properties

Antidepressant  
Antispasmodic  
Cicatrizing

### Other Uses

Abdominal Cramps/Spasms, Aches, Acne, Convalescence, Depression, Hysteria, Infected Wounds, Nausea, Nervous Asthma, Oily Hair, Shock, Stress-Related Conditions, Tension

### Safety

Use with caution during pregnancy.

## Top Uses

- 1 Nervous & Muscular Spasms**  
*Apply 1-2 drops to bottoms of feet, or to area of spasm.*
- 2 Seizures**  
*Apply 1-2 drops to bottoms of feet and back of neck.*
- 3 Insomnia**  
*Use a drop under tongue, or on pulse points. Also diffuse.*
- 4 Irritability & Stress**  
*Apply a drop behind ears, or wear as cologne on pulse points.*
- 5 Bacterial Infections**  
*Apply topically to affected area, or take 1-3 drops in a capsule.*
- 6 Spastic Coughing**  
*Apply 1-2 drops with carrier oil over chest and mid-back, or diffuse.*



# Pink Pepper

*Schinus Molle*

## Application



## Main Properties

Digestive  
Circulatory  
Anti-tumoral  
Antispasmodic  
Antimicrobial

## Other Uses

Arthritis, Bee Stings, Cancer, Chest Pain,  
Colds, Emotional Upset, Flu, Seizures

## Safety

Use with  
caution during  
pregnancy.



## Top Uses

- 1 Cancer Prevention**  
*Take 2-4 drops in a veggie capsule or massage with carrier oil 2x daily.*
- 2 Muscle Spasms**  
*Massage 2-3 drops with carrier oil into affected areas.*
- 3 Circulatory Disorders**  
*Massage 2 drops with carrier oil into legs.*
- 4 Pain Relief**  
*Take 2 drops in a capsule as needed.*
- 5 Convulsions**  
*Use 2-4 drops on the bottoms of feet, or take 5 drops in a capsule.*
- 6 High Blood Pressure**  
*Apply 3 drops with a carrier oil to chest.*
- 7 Cough Suppressant**  
*Apply 5 drops with carrier oil to chest and upper back.*

# Roman Chamomile

*Anthemis Nobilis*

## Application



## Main Properties

Analgesic  
Anti-neuralgic  
Antispasmodic  
Immunostimulant

## Other Uses

Allergies, Anorexia, Bee/Hornet Stings, Club Foot, Dysentery, Hyperactivity, Menopause, Muscle Spasms, Neuralgia, Rashes, Shock, Sore Nipples

## Top Uses

- 1 Sleep & Insomnia**  
*Apply 1-2 drops to temples and wrists, or diffuse next to bedside.*
- 2 Panic Attacks**  
*Carry on person and breathe a drop deeply from cupped hands as needed.*
- 3 Diaper Rash**  
*Apply 1 drop heavily diluted with carrier oil to baby skin.*
- 4 Crying**  
*Add a drop to front of shirt or sleeve, or diffuse.*
- 5 PMS & Cramps**  
*Apply a drop over abdomen.*
- 6 Parasites & Worms**  
*Apply 1-2 drops over abdomen, and take in a capsule.*



# Rose

*Rosa Damascena*

## Application



## Main Properties

Antidepressant

Astringent

Cytophylactic

Hypnotic

## Other Uses

Anxiety, Astringent, Dysmenorrhea, Endometriosis, Grief, Facial Redness, Impotency, Infertility, Irregular Ovulation, Menstrual Cramping, Phobias

## Safety

Use with caution during pregnancy.

## Top Uses

- 1 Aging Skin**  
*Add a drop to toner or moisturizer, or apply with carrier oil over fine lines, wrinkles, and age spots.*
- 2 Low Libido**  
*Apply 1-2 drops to pulse points, or to reproductive reflex points.*
- 3 Scar Tissue**  
*Massage into scar tissue 3 times daily.*
- 4 Self-Esteem & Depression**  
*Apply 1-2 drops over heart, or diffuse.*
- 5 Aphrodisiac**  
*Diffuse a few drops, or wear on pulse points.*
- 6 Poison Ivy/Oak**  
*Apply 1-2 drops diluted to irritated areas.*



# Rosemary

*Rosmarinus Officinalis*

## Application



## Main Properties

Antimicrobial  
Decongestant  
Depurative

## Other Uses

Alcohol Addiction, Adenitis, Arthritis, Bell's Palsy, Cellulite, Club Foot, Constipation, Headaches, Kidney Infection, Lice, Muscular Dystrophy, Osteoarthritis, Schmidt's Syndrome, Sinusitis

## Safety

Avoid during pregnancy, if epileptic, or with high blood pressure.

## Top Uses

- 1 Chronic Cough**  
*Apply 2-4 drops to lung reflex points or diluted over chest, or diffuse.*
- 2 Mental & Adrenal Fatigue**  
*Inhale 1-2 drops from cupped hands, or take in a capsule.*
- 3 Focus & Memory Issues**  
*Apply a drop over forehead, or diffuse.*
- 4 Cold & Flu**  
*Apply 1-2 drops diluted over chest.*
- 5 Low Blood Pressure**  
*Massage with carrier oil into legs and on bottoms of feet.*
- 6 Jet Lag**  
*Apply 1-2 drops to temples after flying.*
- 7 Hair Loss.**  
*Work 2 drops into scalp before washing.*



# Sandalwood

*Santalum Album*

## Application



## Main Properties

Antidepressant  
Antispasmodic  
Calmative

## Other Uses

Aphrodisiac, Back Pain, Blemishes, Calming, Cartilage Repair, Coma, Dry Skin/Scalp, Exhaustion, Hiccups, Laryngitis, Lou Gehrig's Disease, Moles, Multiple Sclerosis, UV Radiation, Yoga



## Top Uses

- 1 Rashes & Skin Conditions**  
*Apply 1-2 drops with carrier oil to affected areas.*
- 2 Cancer & Tumors**  
*Take 1-2 drops in capsule, apply diluted to affected area, or diffuse.*
- 3 Meditation**  
*Apply a drop to temples during meditation.*
- 4 Low Testosterone**  
*Take 1-2 drops in a capsule, or apply to pulse points and lower abdomen.*
- 5 Scars**  
*Massage 1-2 drops into scars often.*
- 6 Alzheimer's Disease**  
*Apply 1-2 drops to base of skull, or take 1-2 drops in capsule daily.*

# Siberian Fir

*Abies Sibirica*

## Application



## Main Properties

Analgesic  
Antiseptic  
Antitussive  
Expectorant  
Tonic

## Other Uses

Anxiety, Bronchitis, Catarrh, Fever, Sinusitis, Sluggish Nerves, Tension, Urinary Infection

## Safety

Use with caution during pregnancy. Possible skin sensitivity.

## Top Uses

- 1 Asthma**  
*Apply 1-2 drops with carrier oil over chest or to lung reflex points.*
- 2 Immune Stimulant**  
*Apply 1-2 drops to bottoms of feet.*
- 3 Dry Cough, Cold, & Flu**  
*Inhale 1-2 drops from cupped hands, or apply with carrier oil over chest.*
- 4 Muscle Cramps & Spasms**  
*Massage several drops with carrier oil into affected areas.*
- 5 Emotional Overwhelm**  
*Inhale 1-2 drops from cupped hands.*
- 6 Rheumatism**  
*Apply 1-2 drops neat to affected areas.*
- 7 Mucus**  
*Apply 1-2 drops to throat and chest.*





# Spearmint

*Mentha Spicata*

## Application



## Main Properties

Antiseptic  
Decongestant  
Digestive  
Nervine  
Spasmolytic

## Other Uses

Acne, Bronchitis, Headaches, Focus, Migraines, Nervous Fatigue, Respiratory Infection, Sores, Scars



## Top Uses

- 1 Indigestion**  
*Drink 1-2 drops in water or in a capsule.*
- 2 Colic**  
*Apply a drop heavily diluted to baby's stomach.*
- 3 Nausea**  
*Inhale 1-2 drops from cupped hands, or rub over stomach.*
- 4 Muscle Aches**  
*Massage 1-2 drops diluted over achy muscles.*
- 5 Bad Breath**  
*Swish 1-2 drops in water as a mouthwash.*
- 6 Heavy Menstruation**  
*Apply 1-2 drops over back of neck and abdomen, or diffuse.*

# Spikenard

*Nardostachys Jatamansi*

## Application



## Main Properties

Analgesic

Anti-inflammatory

Nervine

Regenerative

## Other Uses

Constipation, Depression, Estrogen Imbalance, Fungal Issues, Mental Fatigue, Pink-eye, PMS Cramping, Progesterone Imbalance, Uterus & Ovaries Detox

## Safety

Use with caution during pregnancy.

## Top Uses

- 1 Chronic Fatigue Syndrome**  
*Massage 1-2 drops diluted into adrenals and pulse points.*
- 2 Insomnia**  
*Massage a drop onto bottom of big toe.*
- 3 Toenail Fungus**  
*Apply neat to affected toenail often.*
- 4 Digestive Inflammation**  
*Rub 1-2 drops diluted clockwise over abdomen.*
- 5 Pancreatitis**  
*Apply 1-2 drops neat over pancreas.*
- 6 Immune Stimulant**  
*Apply 1-2 drops to bottoms of feet.*
- 7 Hair Loss**  
*Massage 2 drops into scalp with shampoo daily.*



# Tangerine

*Citrus Reticulata*

## Application



## Chemical Constituents

Antiseptic  
Cytophylactic  
Depurative  
Digestive

## Other Uses

Anxious Feelings, Chronic Fatigue, Circulation, Detox, Digestive Problems, Muscle Aches, Muscle Spasms, Parasites, Water Retention



## Safety

Avoid sun exposure for 12 hours after topical use.

## Top Uses

- 1 Stress-Induced Insomnia**  
*Inhale 1-2 drops during stressful times of the day. Use a drop under the tongue before bedtime.*
- 2 Cellulite**  
*Massage several drops with carrier oil into cellulite areas.*
- 3 Nervous Exhaustion**  
*Diffuse 4-8 drops, or wear a drop on pulse points.*
- 4 Congestion**  
*Rub 2-4 drops over chest and mid-back.*
- 5 Discouragement**  
*Inhale 1-2 drops from cupped hands. Also add 1-3 drops to water.*
- 6 Flatulence & Constipation**  
*Rub 1-2 drops clockwise over stomach, or drink with water.*

# Tea Tree

*Tea Tree Alternifolia*

## Application



## Main Properties

Anthelmintic

Anti-fungal

Antiseptic

## Other Uses

Aneurysm, Bacterial Infections, Cankers, Candida, Cavities, Cold Sores, Cuts, Dermatitis, Ear Infections, Fungal Infections, Hepatitis, Infected Wounds, MRSA, Nail Fungus, Pink Eye, Rubella, Thrush

## Safety

Possible skin sensitivity.

## Top Uses

- 1 Rashes & Eczema  
*Apply 1-2 drops diluted to affected areas.*
- 2 Dandruff  
*Add 2 drops to shampoo daily.*
- 3 Athlete's Foot  
*Apply 1-2 drops neat to clean feet.*
- 4 Acne & Blemishes  
*Apply a dab to affected areas.*
- 5 Staph Infections  
*Take 1-2 drops in capsule.*
- 6 Strep Throat & Tonsillitis  
*Gargle 2 drops with water, and rub 1-2 drops diluted to outside of throat.*
- 7 Herpes  
*Apply 1 drop diluted to affected areas.*



# Thyme

*Thymus Vulgaris*

## Application



## Main Properties

Anthelmintic  
Antimicrobial  
Antiputrescent  
Immunostimulant

## Other Uses

Antioxidant, Asthma, Bites/Stings, Blood Clots, Croup, Eczema/Dermatitis, Fragile Hair, Fungal Infections, Greasy Hair, Hair Loss, Laryngitis, Mold, Numbness, Parasites, Prostatitis, Tendinitis, Tuberculosis

## Safety

Possible skin sensitivity. Use with caution during pregnancy or with high blood pressure.

## Top Uses

- 1 Bacterial Infection**  
*Take 1-2 drops in a capsule, or apply to bottoms of feet.*
- 2 Mononucleosis**  
*Take 2 drops in a capsule 3 times daily. Also apply to bottoms of feet.*
- 3 Cough, Cold, & Flu**  
*Diffuse 1-2 drops, and take in a capsule.*
- 4 Bronchitis**  
*Apply 1-2 drops heavily diluted over chest and lung reflex points.*
- 5 Skin Infections**  
*Apply a drop heavily diluted to affected area.*
- 6 Chronic Fatigue**  
*Take 1-2 drops in a capsule, or apply heavily diluted over adrenal glands. Also use one drop in a hot bath.*



# Turmeric

## *Curcuma Longa*

### Application



### Main Properties

Analgesic  
Anti-inflammatory  
Antimutagenic  
Anti-parasitic  
Anti-rheumatic

### Other Uses

Arthritis, Blood Sugar, Memory Loss,  
Weight Loss, Wound Healing

### Safety

Contraindicated in pregnancy and infants.

## Top Uses

- 1 Chronic Pain & Inflammation**  
*Take 2-4 drops under the tongue or in a veggie capsule. Or rub directly onto location.*
- 2 Heart Palpitations**  
*Rub 2-4 drops over chest; ingest 1-3 drops in a capsule.*
- 3 Tumors**  
*Take 5 drops in a capsule for assistance with tumorous conditions.*
- 4 Brain Function**  
*Take 5 drops in a capsule; rub a drop on the bottoms of big toes.*
- 5 Detoxification**  
*Apply 2 drops to lower back and rib cage.*
- 6 Anxiety & Depression**  
*Diffuse 5 drops to improve mood and obsessive thoughts.*



# Vetiver

*Vetiveria Zizanioides*

## Application



## Main Properties

Antimicrobial  
Cytophylactic  
Soporific

## Other Uses

Breast Enlargement, Depression, Irritability, Learning Difficulties, Memory Retention, Muscular Pain, Nerve Issues, Nervous Tension, PMS, Postpartum Depression, Restlessness, Termites, Workaholism



## Top Uses

- 1 ADD/ADHD**  
*Apply 1-2 drops behind ears and on the back of the neck.*
- 2 Sleep & Insomnia**  
*Apply 1-2 drops along spine.*
- 3 Skin Irritation**  
*Apply 1-2 drops with carrier oil to affected area.*
- 4 Neuropathy**  
*Apply 1-2 drops to bottoms of feet, or along spine.*
- 5 Balance Issues**  
*Apply 1-2 drops behind ears.*
- 6 Stress-Related Menstrual Issues**  
*Apply 1-2 drops to lower abdomen.*
- 7 PTSD & Anxiety**  
*Apply 1-2 drops behind ears, or diffuse.*



# Wild Orange

*Citrus Sinensis*

## Application



## Main Properties

Antibacterial

Antiseptic

Depurative

## Other Uses

Cellulite, Colds, Creativity, Depression, Detox, Fear, Fluid Retention, Heart Palpitations, Insomnia, Menopause, Nervousness, Scurvy, Sluggish Digestion, Withdrawal Issues

## Safety

Avoid sun exposure for 12 hours after topical use.

## Top Uses

- 1 Energy**  
*Drink 1-3 drops in water, or inhale from cupped hands.*
- 2 Cheering & Mood Enhancer**  
*Inhale 1-2 drops from cupped hands, or diffuse.*
- 3 Anxiety & Depression**  
*Inhale 1-2 drops from cupped hands, or diffuse 5-10 drops.*
- 4 Immune Support**  
*Gargle 2 drops with water, or apply to bottoms of feet.*
- 5 Sleep Issues**  
*Put a drop under the tongue before bed.*
- 6 Smoothies, Dressings, & Sauces**  
*Add according to taste.*





# Wintergreen

*Gaultheria Procumbens*

## Application



## Main Properties

Analgesic  
Anti-inflammatory  
Antirheumatic  
Antiseptic  
Stimulant

## Other Uses

Bone Spurs, Cartilage Injury, Circulation,  
Muscle Development, Rheumatism

## Safety

Potential skin  
sensitivity.



## Top Uses

- 1 Muscle Pain & Inflammation**  
*Massage 1-2 drops with carrier oil into affected areas.*
- 2 Arthritis & Gout**  
*Massage 1-2 drops into inflamed joints, diluting if needed.*
- 3 Broken Bones**  
*Apply 1-2 drops gently over injury, avoiding open wounds.*
- 4 Frozen Shoulder & Rotator Cuff**  
*Massage 1-2 drops with carrier oil into affected area.*
- 5 Teeth Whitening**  
*Brush with a drop of oil and baking soda.*
- 6 Dandruff**  
*Add a drop to shampoo, or massage 1-2 drops directly into scalp before shampooing.*

# Yarrow

## *Achillea Millefolium*

### Application



### Main Properties

Antispasmodic  
Carminative  
Cicatrizing

### Other Uses

Congestion, Detox, Excess Sodium, Digestive Discomfort, Flatulence, Gallbladder Pain, Headache, Heart Attack, Inflammation, Metabolism, Muscle Spasms, PMS, Weight Loss

### Safety

Can irritate sensitive skin.  
Avoid long-term use in high doses.

## Top Uses

- 1 Rheumatism & Arthritis**  
*Massage 1-2 drops with carrier oil into affected area.*
- 2 Muscle Injury & Cramps**  
*Massage 1-2 drops into affected area, diluting if needed.*
- 3 Scars**  
*Massage 1-2 drops into scar tissue.*
- 4 Acne**  
*Add a drop to toner or facial cleanser.*
- 5 Varicose Veins**  
*Apply 1-2 drops neat to affected areas.*
- 6 Hemorrhoids**  
*Apply 1-2 drops heavily diluted to affected area.*
- 7 Eczema & Skin Irritation**  
*Apply 1-2 drops diluted to affected area.*



# Ylang Ylang

*Cananga Odorata*

## Application



## Main Properties

Antidepressant

Antiphlogistic

Antispasmodic

## Other Uses

Anxiety, Arterial Hypertension, Balance Issues, Chronic Fatigue, Circulation, Depression, Diabetes, Exhaustion, Hair Loss, Hypertension, Insomnia, Intestinal Spasms, Tachycardia

## Safety

Dilute for highly sensitive skin.



## Top Uses

- 1 Hormone Balance**  
*Apply 1-2 drops to wrists and behind ears.*
- 2 Low Libido**  
*Apply 1-2 drops to pulse points and reproductive reflex points. Diffuse 4-8 drops during intimacy, or use in massage.*
- 3 High Blood Pressure**  
*Apply 2 drops to bottoms of feet, and take in capsule daily.*
- 4 Infertility**  
*Massage 1-2 drops over abdomen and reproductive reflex points.*
- 5 Heart Palpitations**  
*Apply 1-2 drops over heart, and diffuse.*
- 6 Oily Skin**  
*Add a drop to toner or facial moisturizer, or take 1-2 drops in a capsule daily.*



## Section 5

### Oil *Blends*



# Anti-Aging Blend



other name

## Application



## Main Ingredients

Frankincense, Sandalwood, Lavender,  
Myrrh, Helichrysum, Rose

## Other Uses

Aging, Blisters, Chapped Skin, Cuts, Dry  
Skin, Eczema, Hyper-pigmentation, Psoria-  
sis, Sun Burns

## Top Uses

- 1 Wrinkles & Fine Lines**  
*Apply to desired areas morning and night.*
- 2 Age Spots**  
*Apply to affected areas 3 times daily.*
- 3 Scarring**  
*Massage for 30 seconds into scar tissue  
2-3 times a day until desired appearance.*
- 4 Skin Cancer**  
*Apply neat to affected area 3x/day.*
- 5 Skin Discoloration**  
*Apply to affected areas 3 times daily.*
- 6 Meditation**  
*Apply to pulse points during meditation.*
- 7 Bleeding**  
*Apply neat to stop minor bleeding.*



# Calming Blend



other name

## Application



## Main Ingredients

Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, Sweetgum

## Other Uses

Behavioral Issues, Mood Disorders, Postpartum Depression, Seasonal Depression, Sleep Issues, Social Anxiety



## Top Uses

- 1 Anxiety**  
*Apply 2 drops onto webs of hands and base of skull. Diffuse throughout the day.*
- 2 Depression**  
*Massage 1-3 drops onto the base of skull and over solar plexus.*
- 3 PTSD**  
*Rub 1-2 drops onto insides of arms and onto base of skull.*
- 4 Hyperactivity**  
*Diffuse several drops. Also rub 2 drops onto bottoms of feet.*
- 5 Bipolar**  
*Apply 2-4 drops to temples and inner thighs 2x daily.*
- 6 Adjustment Disorder**  
*Apply 1-2 drops to child's stuffed toy or take-along comfort item.*

# Cellular Complex Blend



other name

## Application



## Main Ingredients

Frankincense, Wild Orange, Lemongrass,  
Thyme, Summer Savory, Clove, Niaouli

## Other Uses

Addictions, Blood Clots, Candida, Cataracts,  
Fever, Herpes Simplex, Hodgkin's Disease,  
Glaucoma, Gingivitis, Lipoma, Lupus, Lyme

## Safety

Can irritate  
sensitive  
skin. Use with  
caution during  
pregnancy.

## Top Uses

- 1** **Thyroid (hypo, Hashimoto's)**  
*Apply diluted over thyroid or to thyroid reflex point, or take 1-2 drops in capsule.*
- 2** **Toothache**  
*Apply directly to problematic tooth.*
- 3** **Smoking Addiction**  
*Rub onto bottom of big toe.*
- 4** **Immune Support**  
*Take 1-2 drops in a capsule.*
- 5** **Antioxidant**  
*Take 1-2 drops in a capsule, or use in cooking.*
- 6** **Liver Detox**  
*Rub over liver, or on liver reflex point.*
- 7** **Rheumatoid Arthritis**  
*Massage diluted into affected area.*





# Centering Blend



other name

## Application



## Main Ingredients

Bergamot, Coriander, Marjoram, Peppermint, Geranium, Basil, Rose, Jasmine

## Other Uses

Body Odors, Dizziness, Mood Disorders, Muscle Injury, Nausea, Neuralgia, Vertigo



## Safety

May cause photosensitivity. Use with caution during pregnancy.

## Top Uses

- 1** Warrior II, Triangle, & Gate Yoga Pose  
*Apply 2 drops over heart, turning your attention within. Reach inside for power, identity, and assurance.*
- 2** Completeness, Calmness, Courage  
*Apply 1-3 drops over heart, pulse points, and navel area.*
- 3** Hyperactivity  
*Apply a drop to temples; diffuse several drops.*
- 4** Addictions  
*Apply 2-4 drops to bottoms of feet, focusing on big toes; diffuse several drops.*
- 5** Hormone Balancing  
*Apply 2-4 drops to wrists and inner thighs 2x daily.*
- 6** Neuropathy  
*Apply 2-4 drops to bottoms of feet 3x daily.*

# Cleansing Blend



other name

## Application



## Main Ingredients

Lime, Lemon, Siberian Fir, Citronella, Tea Tree, Cilantro

## Other Uses

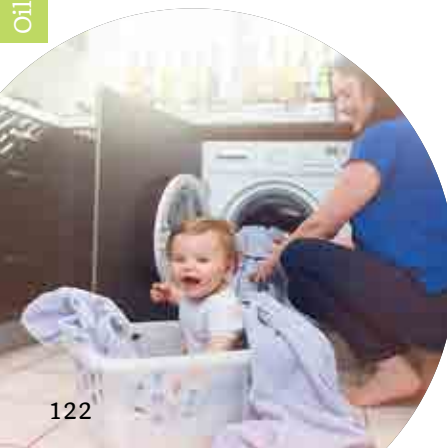
Airborne Bacteria & Viruses, Boils, Household Cleaning, Insect Repellent, Mice Repellent, Skin Ulcers

## Top Uses

- 1 Air Freshener**  
*Add 10 drops to glass spray bottle with water. Spray as needed.*
- 2 Foot Odors**  
*Apply neat to feet. Spray inside shoes.*
- 3 Laundry**  
*Add 4-5 drops to detergent.*
- 4 Disinfectant**  
*Add 20 drops to glass spray bottle with water and 1 Tbs rubbing alcohol.*
- 5 Deodorant**  
*Apply 1-2 drops with carrier oil to armpits.*
- 6 Mildew**  
*Use several drops with a clean sponge.*
- 7 Bites & Stings**  
*Apply 1 drop neat to bite or sting.*

## Safety

Can irritate sensitive skin. Avoid direct sun exposure 12 hours after application.



# Comforting Blend



other name \_\_\_\_\_

## Application



## Main Ingredients

Frankincense, Ylang Ylang, Patchouli, Labdanum, Sandalwood, Rose, Osmanthus

## Other Uses

Anger, Brain Health, Bladder Infection, Emotional Processing, Heart Health, Resentment



## Top Uses

- 1** Grief, Sorrow, Despair  
*Apply 1-2 drops over heart, or diffuse.*
- 2** Hormone Balance  
*Apply 1-2 drops to pulse points before bed.*
- 3** Self-Esteem  
*Inhale from cupped hands, or diffuse during meditation.*
- 4** Perfume  
*Wear on pulse points for a floral aroma.*
- 5** Anti-Aging  
*Apply 1-2 drops with carrier oil to wrinkles, sun spots, and fine lines.*
- 6** Nightmares  
*Diffuse 3-6 drops next to bedside.*
- 7** Rheumatoid Arthritis  
*Massage diluted into affected area.*

# Detoxification Blend



other name

## Application



## Main Ingredients

Tangerine, Geranium, Rosemary, Juniper Berry, Cilantro

## Other Uses

Hangover, Hormone Balance, Gallbladder Detox, Urinary Infection, Weight Loss

## Top Uses

**1** Detoxification  
*Take 1-2 drops in a capsule, or apply to bottoms of feet.*

**2** Allergies  
*Apply 1-2 drops to bottoms of feet, or diffuse.*

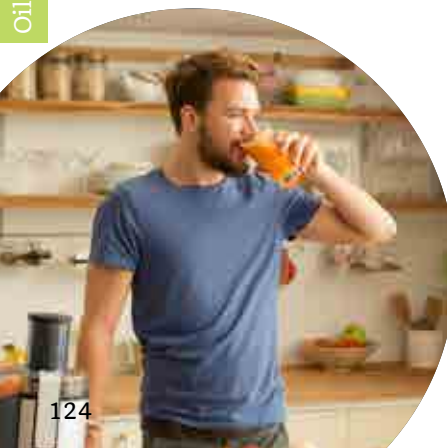
**3** Smoking Cravings  
*Rub onto bottom of big toe, or drink 1-3 drops in water after meals.*

**4** Liver & Kidney Support  
*Massage 1-2 drops over liver or kidneys.*

**5** Antioxidant  
*Take 1-2 drops in a capsule.*

**6** Heavy Metal Detox  
*Apply 1-2 drops to bottoms of feet.*

**7** Adrenal Fatigue  
*Massage 1-2 drops over lower back.*



## Safety

Can irritate sensitive skin. Avoid sun exposure for 12 hours after topical use.

# Digestive Blend



other name

## Application



## Main Ingredients

Peppermint, Ginger, Caraway, Coriander, Anise, Tarragon

## Other Uses

Abdominal Cramps, Acid Reflux, Colitis, Crohn's Disease, Gastritis, Heartburn, Morning Sickness, Motion Sickness, Parasites, Sinusitis



## Safety

Can irritate sensitive skin. Use with caution during pregnancy.

## Top Uses

- 1 Stomach Upset**  
*Drink 1-2 drops in water, or take in a capsule.*
- 2 Gas & Bloating**  
*Massage 1-2 drops over stomach, or take in a capsule.*
- 3 Diarrhea & Constipation**  
*Massage 1-2 drops over stomach, or take in a capsule.*
- 4 Irritable Bowel Syndrome**  
*Massage 1-2 drops over stomach, or take in a capsule.*
- 5 Food Poisoning**  
*Drink 1-2 drops in water, or take in a capsule.*
- 6 Nausea**  
*Put a drop under the tongue, or rub over stomach.*

# Encouraging Blend



other name

## Application



## Main Ingredients

Clementine, Peppermint, Coriander, Basil, Melissa, Rosemary

## Other Uses

Asthma, Confusion, Creativity, Fatigue, Loneliness, Overwhelm, Uncertainty

## Top Uses

**1** Discouragement, Low Confidence, Low Motivation  
*Inhale 1-2 drops from cupped hands, or diffuse.*

**2** Detox  
*Apply 1-2 drops to bottoms of feet, or massage over endocrine organs.*

**3** Adrenal Fatigue  
*Massage 1-2 drops with carrier oil over lower back.*

**4** Flatulence  
*Rub 1-2 drops with carrier oil over stomach.*

**5** Depression  
*Diffuse 5-10 drops, or rub 1-2 drops onto temples.*

**6** Respiratory Issues  
*Apply 1-2 drops over chest, or diffuse.*

## Safety

Can irritate sensitive skin. Use with caution during pregnancy.



# Enlightening Blend



other name \_\_\_\_\_

## Application



## Main Ingredients

Lemon, Grapefruit, Siberian Fir, Osmanthus, Melissa

## Other Uses

Depression, Fear, Respiratory Infection, Sinus Infection, Toxicity, Viral Infection



## Safety

Avoid sun exposure for 12 hours after topical application.

## Top Uses

- 1** Standing Arms High, Standing Side Stretch, & Half Moon Yoga Pose  
*Apply 2-4 drops to inside of arms and wrists. Feel light entering the crown of your head as your own energy rises to meet it.*
- 2** Lacking Motivation  
*Apply 1-3 drops to temples and back of neck.*
- 3** Mental Clarity & Illumination  
*Apply 1-3 drops to temples and forehead.*
- 4** Cold & Flu  
*Massage 2-4 drops into bottoms of feet and spine; diffuse several drops.*
- 5** Overeating  
*Massage 2-4 drops over stomach; diffuse several drops.*
- 6** Cold Sores  
*Apply a drop to affected area 5x daily.*

# Focus Blend



other name

## Application



## Main Ingredients

Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Sandalwood, Chamomile

## Other Uses

Alzheimer's, Emotional Balance, Hormone Balance, Memory, Parkinson's, Relaxation, Sleep

## Safety

Repeated use can irritate highly sensitive skin.

## Top Uses

- 1 ADD & ADHD**  
*Apply to back of neck and behind ears.*
- 2 Focus & Concentration**  
*Apply to back of neck and behind ears.*
- 3 Anxiety**  
*Apply to pulse points, or inhale from cupped hands.*
- 4 Hyperactivity**  
*Apply to pulse points, or inhale from cupped hands.*
- 5 Seizures**  
*Apply to bottoms of feet and back of neck.*
- 6 Skin Irritations**  
*Apply with carrier oil to affected areas.*
- 7 Sedative**  
*Apply to pulse points or bottoms of feet.*





# Grounding Blend



other name \_\_\_\_\_

## Application



## Main Ingredients

Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile

## Other Uses

Anger, Back Pain, Brain Integration, Bursitis, Comas, Confusion, Convulsions, Diabetic Sores, Grief, Herniated Discs, Hyperactivity, Lou Gehrig's Disease, Parkinson's Disease, Tranquility



## Top Uses

- 1 Emotional Grounding**  
*Inhale 1-2 drops from cupped hands, or apply to bottoms of feet daily.*
- 2 Focus & Concentration**  
*Apply 1-2 drops to temples and pulse points, or diffuse.*
- 3 Stress & Anxiety**  
*Apply 1-2 drops to pulse points and temples, or to bottoms of feet.*
- 4 Meditation**  
*Apply 1-2 drops to wrists and temples.*
- 5 Neurological Issues**  
*Apply 1-2 drops to bottoms of feet.*
- 6 Stress-Induced Inflammation**  
*Inhale 1-2 drops from cupped hands, apply to bottoms of feet, or diffuse.*
- 7 Balance**  
*Apply 1-2 drops behind ears.*

# Hopeful Blend



other name

## Application



## Main Ingredients

Bergamot\*, Ylang Ylang, Frankincense, Vanilla

## Other Uses

Addictions, Alzheimer's, Appetite Loss, Autism, Discouragement, Parkinson's, Self-Worth Issues

## Safety

\*FCF Bergamot does not cause photo sensitivity.

## Top Uses

- 1 Emotional Trauma**  
*Apply to pulse points, and inhale from cupped hands.*
- 2 Grief & Trust Issues**  
*Apply to pulse points, and inhale from cupped hands.*
- 3 Hormone Balance**  
*Apply to wrists and bottoms of feet.*
- 4 Perfume**  
*Apply 1-2 drops to pulse points.*
- 5 Adrenal Fatigue**  
*Apply to neck and lower back.*
- 6 Stress**  
*Apply to temples, and inhale from cupped hands.*
- 7 Focus & Concentration**  
*Apply to temples.*



# Inspiring Blend



other name

## Application



## Main Ingredients

Cardamom, Cinnamon, Ginger, Sandalwood, Jasmine

## Other Uses

Depression, Hormone Balance, Menopause, PMS Discomfort, Slow Bowel Movements



## Safety

Can irritate sensitive skin. Avoid topical use during pregnancy.

## Top Uses

- 1 Apathy & Boredom**  
*Inhale 1-2 drops from cupped hands, or diffuse.*
- 2 Low Sex Drive**  
*Apply 1-2 drops with carrier oil to pulse points, or use diluted in massage.*
- 3 Digestive Issues**  
*Apply 1-2 drops to stomach reflex points, or apply diluted over stomach.*
- 4 Aphrodisiac**  
*Apply 1-2 drops to pulse points.*
- 5 Slow Digestion**  
*Apply 1-2 drops with carrier oil over stomach.*
- 6 Lack of Creativity**  
*Diffuse 5-10 drops.*

# Invigorating Blend



other name \_\_\_\_\_

## Application



## Main Ingredients

Orange, Lemon, Grapefruit, Mandarin, Bergamot, Clementine, Vanilla

## Other Uses

Air Freshener, Household Cleaning, Eating Disorders, Laundry Freshener, Low Appetite, Mastitis

## Safety

Avoid sun exposure for 12 hours after topical use.

## Top Uses

- 1 Lack of Creativity & Inspiration**  
*Inhale 2 drops from cupped hands, or diffuse.*
- 2 Low Energy**  
*Apply 2 drops to pulse points, or diffuse.*
- 3 Morning Moodiness**  
*Diffuse 5-10 drops next to bedside in the morning, or inhale from cupped hands.*
- 4 Lymphatic Drainage**  
*Apply 3-4 drops to bottoms of feet.*
- 5 Stress & Anxiety**  
*Inhale 2 drops from cupped hands, or apply to pulse points.*
- 6 Depression & Moodiness**  
*Inhale 2 drops from cupped hands, or diffuse 5-10 drops.*



# Joyful Blend



other name

## Application



## Main Ingredients

Lavandin, Lavender, Sandalwood, Tangerine, Melissa, Ylang Ylang, Osmanthus, Lemon Myrtle

## Other Uses

Cushing's Syndrome, Lethargy, Postpartum Depression, Sadness, Shock, Weight Loss



## Safety

Can irritate sensitive skin. Avoid sun exposure for 12 hours after topical use.

## Top Uses

- 1 Depression**  
*Carry on your person, and inhale 1-2 drops from cupped hands as needed.*
- 2 Stress & Anxiety**  
*Diffuse 4-8 drops, or inhale 1-2 drops from cupped hands.*
- 3 Abuse Recovery**  
*Apply 1-2 drops to back of neck and over heart.*
- 4 Grief & Sorrow**  
*Apply 1-2 drops to pulse points, or diffuse.*
- 5 Poison Oak/Ivy**  
*Apply 1-2 drops with carrier oil to affected areas.*
- 6 Lupus & Fibromyalgia**  
*Inhale 1-2 drops from cupped hands, and apply diluted to inflamed areas.*

# Kid's Courage Blend



other name \_\_\_\_\_

## Application



## Main Ingredients

Wild Orange, Amyris, Osmanthus, Cinnamon

## Other Uses

Anxiety, Fear, Immune Support, Motivation, Nervousness, Reassurance, Self-Doubt

## Top Uses

- 1 Making New Friends**  
*Apply to wrists and inhale from cupped hands. Speak out loud a few reasons you make a great friend for others!*
- 2 Team Sports**  
*Apply over chest to bring the courage to do your best and be a team player.*
- 3 Potty Training**  
*Apply over lower back and back of neck to feel excited about being a big kid.*
- 4 Electronics Addiction**  
*Apply to wrists and temples to find ambition to experience new adventures.*
- 5 Imagination Sparks**  
*Apply to the back of neck and temples to spur creativity and new ideas.*
- 6 Trying New Things**  
*Apply to the naval and chest to feel brave when trying new things.*

## Safety

Avoid sun exposure for 12 hours after topical use.



# Kid's Digestive Blend



other name \_\_\_\_\_

## Application



## Main Ingredients

Spearmint, Japanese Peppermint, Ginger, Parsley Seed, Black Pepper

## Other Uses

Acid Reflux, Colic, Croup, Flu, Food Poisoning, Heart Burn, Loss of Appetite, Nausea, Sour Stomach, Sunburn

## Safety

Can irritate highly sensitive skin.



## Top Uses

- 1 Tummy Bugs**  
*Rub a few drops worth clockwise over stomach several times throughout the day.*
- 2 Car Sick-Speedster**  
*Apply 1-2 drops to bottoms of feet or temples for car sickness.*
- 3 Food Allergies**  
*Massage 1-2 drops over lower back after exposure to allergens.*
- 4 Grown-Up Food Envy**  
*Rub over stomach with a drop of Ginger after eating foods that cause stomach upset.*
- 5 Theme Park Junkie**  
*Rub clockwise onto stomach and wrists before activities that cause motion sickness.*
- 6 Summer Burn-up**  
*Rub over back of neck to cool overheated skin.*

# Kid's Focus Blend



other name \_\_\_\_\_

## Application



## Main Ingredients

Vetiver, Peppermint, Clementine, Rosemary

## Other Uses

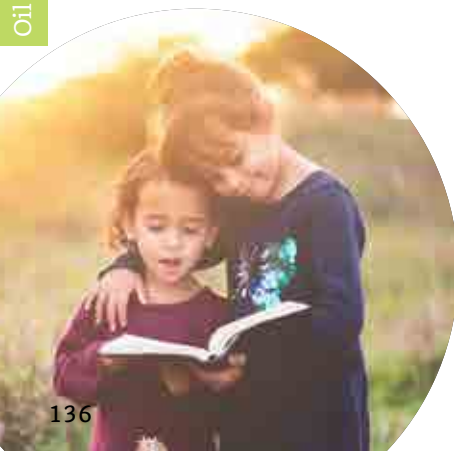
Autism, Asperger's, Hyperactivity, Mental Handicaps, Nervous Disorders

## Safety

Can irritate sensitive skin.  
Avoid sun exposure for 12 hours after topical use.

## Top Uses

- 1 Homework Booster**  
*Apply to back of neck at the beginning of homework time to boost concentration.*
- 2 ADD/ADHD**  
*Apply to the back of neck 3x daily or as needed.*
- 3 Creative Writing**  
*Apply to temples to incite new ideas during writing projects.*
- 4 Household Chores**  
*Apply to naval and wrists to stay focused during chore time so that playtime can come sooner.*
- 5 Test Taking**  
*Apply to temples while studying for a test, and again while taking the test.*
- 6 Confusion & Distractions**  
*Apply to temples and inhale from cupped hands to promote mental clarity.*





# Kid's Grounding Blend



other name \_\_\_\_\_

## Application



## Main Ingredients

Amyris, Balsam Fir, Coriander, Magnolia

## Other Uses

Chronic Pain, Circulation Issues, Cough, Cramps, Depression, Procrastination, Scrapes, Stress



## Top Uses

- 1 Social Anxiety**  
*Apply to wrists and lower back to add a feeling of steadiness to social situations.*
- 2 Frazzled School Mornings**  
*Start the morning right by applying to bottoms of feet and the back of the neck.*
- 3 Useful Time-Outs**  
*Turn time-outs from unhelpful punishment to a time of valuable reflection on the importance of keeping your word and contributing value to the family.*
- 4 Superhero Confidence**  
*Apply over chest and the back of neck.*
- 5 Waaaah-Baby**  
*Apply to temples and wrists to calm temper tantrums.*
- 6 Bad News Buster**  
*Apply over chest to help ease disappointment or discouragement.*

# Kid's Protective Blend



other name \_\_\_\_\_

## Application



## Main Ingredients

Cedarwood, Litsea, Frankincense, Rose

## Other Uses

Athlete's Foot, Dandruff, Fungal Infection, Heartache, Ingrown Toenail

## Top Uses

- 1 Playtime-Ready**  
*Rub on hands, back of neck, and under nose to ward off germs during play with other kids.*
- 2 Cold & Flu**  
*Apply to chest, spine, and bottoms of feet 5x daily.*
- 3 Super Hero Immunity**  
*Apply to bottoms of feet each morning for immune system boost.*
- 4 Zombie Attacks (Bacteria, Virus, Fungus)**  
*Apply 3-5x daily to infected areas.*
- 5 Fatigue**  
*Apply over kidneys and adrenals 2x daily to improve stamina.*
- 6 Inner Circle Friends**  
*Inhale from cupped hands to remember maintaining healthy boundaries and respect in friendships.*

## Safety

Can irritate highly sensitive skin.



# Kid's Restful Blend



other name \_\_\_\_\_

## Application



## Main Ingredients

Lavender, Cananga, Buddha Wood, Roman Chamomile

## Other Uses

Behavioral Disorders, Bee Sting, Crying, Diaper Rash, Hyperactivity, Hyper-pigmentation, Neuralgia, Shock, Spider Bite, Sunburn, Worms



## Top Uses

- 1 Easy Sleeping**  
*Apply to bottoms of feet and back of neck 30 minutes before bedtime for an easier time falling asleep.*
- 2 Monsters in the Closet**  
*Apply over chest and wrists to ease night-time fears.*
- 3 Argument Diffuser**  
*Apply to temples and back of neck to ease contention.*
- 4 Tornado Thoughts**  
*Apply to temples, wrists, and back of neck to soothe runaway and irrational thoughts.*
- 5 Grown-Up Relaxation**  
*Apply liberally to temples and chest before getting into a warm bath to let go of a stressful day of kid's duties.*

# Kid's Soothing Blend



other name \_\_\_\_\_

## Application



## Main Ingredients

Copaiba, Lavender, Spearmint, Zanthoxylum

## Other Uses

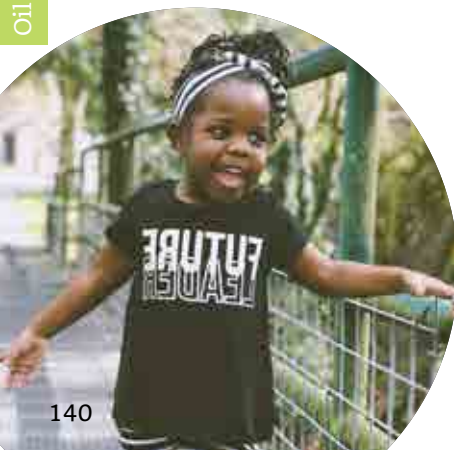
Charley Horse, Growing Pains, Headache, Lethargy, Joint Pain, Muscle Pain, Muscle Tension

## Top Uses

- 1 Battle Wounds**  
*Apply liberally to ease pain and injury that happen with the dangers of being an active kid.*
- 2 Sports Injury**  
*Apply to injured muscles, joints, and connective tissue 5x daily.*
- 3 Bumps & Bruises**  
*Apply every couple hours to reduce the appearance of bruises or bumps.*
- 4 Self-Trust**  
*Apply to the back of neck and temples to remember the power of trusting your good instincts.*
- 5 Stinky Feet**  
*Apply to feet before and after school.*
- 6 Mighty Muscles**  
*Apply to legs, arms, and shoulders as a pre-workout before sports and exercise.*

## Safety

Can irritate sensitive skin. Use with caution during pregnancy.



# Massage Blend



other name

## Application



## Main Ingredients

Cypress, Peppermint, Marjoram, Basil, Grapefruit, Lavender

## Other Uses

Arthritis, Circulation, Ligament Damage, Muscular Dystrophy, Relaxation, Tension



## Safety

Can irritate sensitive skin. Use with caution during pregnancy.

## Top Uses

- 1 Muscle Tension & Aches**  
*Massage 2-4 drops with carrier oil into tight muscles.*
- 2 Adrenal Fatigue & Lethargy**  
*Apply 1-2 drops to lower back.*
- 3 Back, Neck, & Shoulder Pain**  
*Massage 2-4 drops with carrier oil into affected muscles, or add to hot bath.*
- 4 Post-Work Stress**  
*Massage 2 drops into back of neck to relieve stress from work.*
- 5 Neuropathy**  
*Apply 1-2 drops to bottoms of feet.*
- 6 High Blood Pressure**  
*Apply 1-2 drops to bottoms of feet.*
- 7 Headache**  
*Apply 1-2 drops to temples, avoiding eyes.*

# Metabolic Blend



other name

## Application



## Main Ingredients

Grapefruit, Lemon, Ginger, Peppermint, Cinnamon

## Other Uses

Colds, Congestion, Detox, Energy, Food Addiction, Gallbladder Stones, High Cholesterol, Lymphatic Stimulation, Obesity, Over-Eating

## Safety

Can irritate sensitive skin. Use with caution during pregnancy.

## Top Uses

- 1 Weight Loss**  
*Take 2-4 drops in capsule or drink in water.*
- 2 Appetite Control**  
*Drink 2-4 drops in water throughout the day, or diffuse.*
- 3 Blood Sugar Regulation**  
*Take 1-2 drops in water or in a capsule.*
- 4 Cellulite & Visceral Fat**  
*Massage several drops with carrier oil into needed areas.*
- 5 Antioxidant**  
*Take 1-2 drops in a capsule.*
- 6 Eating Disorders**  
*Take a drop under the tongue, or diffuse 4-8 drops.*



# Outdoor Blend



other name

## Application



## Main Ingredients

Catnip, Skimmia Laureola, Amyris, Balsam, Orange, White Fir, Eucalyptus, African Sandalwood, Genet, Rose

## Other Uses

Ants, Mites, Termites, Tics

## Top Uses

- 1 Insect Repellent**  
*Apply directly to exposed skin, and diffuse if possible*
- 2 Fly Infestation**  
*Diffuse 10 drops, or apply lightly over clothing.*
- 3 Energetic Toxicity**  
*Use 1-3 drops during meditation, journaling, or prayer.*



# Protective Blend



other name

## Application



## Main Ingredients

Orange, Clove, Cinnamon, Rosemary, Eucalyptus

## Other Uses

Autoimmune Disorders, Cough, Germs, Household Cleaning, Hypoglycemia, Laundry Booster, Mold, Pneumonia, Staph Infection, Strep Throat, Warts

## Safety

Can irritate sensitive skin. Use with caution during pregnancy.

## Top Uses

- 1 Immune Support**  
*Take 1-2 drops in capsule as daily supplement, or apply to bottoms of feet.*
- 2 Colds & Flu**  
*Apply 1-2 drops to bottoms of feet, and take with water or in a capsule.*
- 3 Airborne Viruses**  
*Diffuse 5-10 drops.*
- 4 Mouthwash**  
*Rinse mouth with 2 drops and water.*
- 5 Cold Sores**  
*Apply a drop with carrier oil to needed areas.*
- 6 MRSA**  
*Apply 1-2 drops diluted to affected areas.*
- 7 Gum Disease & Cavities**  
*Rinse mouth with 2 drops and water.*





# Reassuring Blend



other name

## Application



## Main Ingredients

Vetiver, Lavender, Ylang Ylang, Frankincense, Marjoram, Spearmint, Labdanum

## Other Uses

Addictive Personality, Postpartum Recovery, Social Anxiety



## Safety

Use with caution during beginning of pregnancy.

## Top Uses

- 1 Fear & Insecurity**  
*Apply 1-2 drops over temples or chest.*
- 2 Worry**  
*Inhale 1-2 drops from cupped hands.*
- 3 Restlessness & Irritability**  
*Apply 1-2 drops to temples or bottoms of feet, or diffuse.*
- 4 Sleep Issues**  
*Diffuse 4-8 drops near bedside, or apply 1-2 drops to temples.*
- 5 Focus Issues**  
*Apply 1-2 drops to back of neck or temples.*
- 6 Social Disorders**  
*Inhale 1-2 drops from cupped hands, or rub onto back of neck.*

# Renewing Blend



other name

## Application



## Main Ingredients

Spruce, Bergamot, Juniper Berry, Myrrh, Arborvitae, Citronella, Thyme, Nootka

## Other Uses

Bitterness, Emotional Stagnation, Kidney Stones, Liver Issues, Muscle Pain, Sadness, Shame, Skin Infection

## Top Uses

- 1 Anger, Resentment, Guilt**  
*Apply 1-2 drops to pulse points, and inhale from cupped hands.*
- 2 Attachment Issues**  
*Apply 1-2 drops to pulse points, and diffuse.*
- 3 Critical Thinking**  
*Apply 1-2 drops to temples and back of neck, and diffuse.*
- 4 Circulation**  
*Apply 2-4 drops to bottoms of feet.*
- 5 Insect Repellent**  
*Apply with carrier oil over exposed skin.*
- 6 Prostate Issues**  
*Apply 1-2 drops over lower abdomen.*
- 7 Irritability**  
*Inhale 1-2 drops from cupped hands.*



# Respiratory Blend



other name \_\_\_\_\_

## Application



## Main Ingredients

Laurel, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara

## Other Uses

Constricted Breathing, Emphysema, Exercise-Induced Asthma, Nasal Polyps, Respiratory Infections, Sinusitis, Tuberculosis

## Safety

Can irritate sensitive skin. Use with caution during pregnancy.

## Top Uses

- 1** Cough, Bronchitis, Pneumonia  
*Inhale 2-4 drops from cupped hands, and apply diluted over chest.*
- 2** Asthma  
*Inhale 2-4 drops from cupped hands, and apply to lung reflex points.*
- 3** Cold & Flu  
*Diffuse 5-10 drops, or apply with carrier oil over chest.*
- 4** Allergies  
*Apply 1-2 drops over bridge of nose and sinuses, avoiding eyes.*
- 5** Snoring  
*Apply 1-2 drops over throat and bridge of nose, avoiding eyes.*
- 6** Closed off from Love  
*Rub a few drops over heart.*



# Restful Blend



other name

## Application



## Main Ingredients

Lavender, Sweet Marjoram, Chamomile, Ylang Ylang, Sandalwood, Cedarwood, Vetiver, Vanilla

## Other Uses

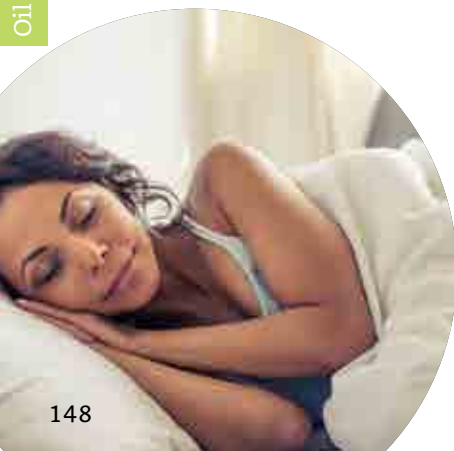
Addictions, Hyperactivity, Insomnia, Lock Jaw, Mental Fatigue, Temporomandibular Joint Disorder (TMJ), Tension

## Safety

Use with caution during pregnancy.

## Top Uses

- 1 Sleep Issues**  
*Apply 1-2 drops to temples and bottoms of feet, and diffuse near bedside.*
- 2 Stress & Anxiety**  
*Apply 1-2 drops to pulse points, and inhale from cupped hands.*
- 3 ADD & ADHD**  
*Apply 1-2 drops to back of neck, and diffuse.*
- 4 Itchy Skin**  
*Apply 1-2 drops with carrier oil to affected areas.*
- 5 Anger & Restlessness**  
*Massage 1-2 drops into back of neck.*
- 6 Hormone Balance & Mood Swings**  
*Apply 1-2 drops to pulse points, or diffuse.*



# Skin Clearing Blend



other name

## Application



## Main Ingredients

Black Cumin, Ho Wood, Tea Tree, Geranium, Eucalyptus, Litsea

## Top Uses

- 1 Acne & Blemishes**  
*Apply directly to areas of concern.*
- 2 Skin Impurities**  
*Rub into skin before washing.*
- 3 Oily Skin**  
*Apply to areas of concern.*
- 4 Eczema & Dermatitis**  
*Apply with carrier oil to affected areas.*
- 5 Bacterial Infection**  
*Apply to affected areas.*

## Safety

Possible skin irritation.



# Soothing Blend



other name

## Application



## Main Ingredients

Wintergreen, Camphor, Peppermint, Blue Tansy, Helichrysum, Blue Chamomile

## Other Uses

Back Pain, Bursitis, Frozen Shoulder, Growing Pains, Injured Joints, Tendinitis, Tennis Elbow, Workout (Pre and Post)

## Safety

Can irritate sensitive skin. Use with caution during pregnancy.

## Top Uses

- 1 Muscle Pain & Inflammation**  
*Massage 2-4 drops with carrier oil or lotion into affected areas.*
- 2 Joint Pain & Arthritis**  
*Apply 1-2 drops to affected areas.*
- 3 Lupus & Fibromyalgia**  
*Apply 1-2 drops with carrier oil when experiencing flare-ups.*
- 4 Whiplash**  
*Apply 2-4 drops to affected areas.*
- 5 Bruises**  
*Gently apply 1-2 drops to bruising.*
- 6 Headache**  
*Apply 1-2 drops to temples and back of neck.*
- 7 Bone Pain**  
*Apply 2-4 drops directly over pain.*



# Steadying Blend



other name \_\_\_\_\_

## Application



## Main Ingredients

Lavender, Cedarwood, Frankincense, Cinnamon, Sandalwood, Black Pepper, Patchouli

## Other Uses

Agitation, Bipolar Disorder, Calming, Courage, Muscle Fatigue, Sleep Issues



## Safety

Can irritate sensitive skin. Use with caution during pregnancy.

## Top Uses

- 1 Seated Meditation, Seated Twist, & Bhu Mudra yoga poses  
*Apply a couple drops to heels, over ears, and the base of skull.*
- 2 Circulation Issues  
*Apply 2-4 drops to the bottoms of feet morning and evening.*
- 3 Muscle Spasms  
*Massage 2-4 drops into the bottoms of feet and into affected muscles.*
- 4 Energetic Focus  
*Apply a drop to temples and inhale from cupped hands to center your attention.*
- 5 Emotional Numbness  
*Massage 2-4 drops into sacral area and lower spine.*
- 6 Cracked or Chapped Skin  
*Massage 2-4 drops with extra FCO into affected areas.*

# Tension Blend



other name

## Application



## Main Ingredients

Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Chamomile, Rosemary

## Other Uses

Alertness, Calming, Inflammation, Muscle Cramps, Swelling

## Safety

Can irritate sensitive skin. Use with caution during pregnancy.

## Top Uses

- 1 Headache & Migraine**  
*Massage into temples and forehead, avoiding eyes.*
- 2 Muscle Tension**  
*Massage into areas of concern.*
- 3 Hot Flashes**  
*Apply to back of neck.*
- 4 Fevers**  
*Apply to back of neck.*
- 5 Bruises**  
*Apply gently over bruises.*
- 6 Hangover**  
*Apply to temples and over stomach.*
- 7 Arthritis**  
*Massage into aching joints.*





# Uplifting Blend



other name

## Application



## Main Ingredients

Orange, Clove, Star Anise, Lemon Myrtle, Nutmeg, Ginger, Cinnamon, Zdravetz

## Other Uses

Digestive Discomfort, Food Addiction, Jaw Pain, Lock Jaw, Low Energy



## Safety

Can irritate sensitive skin. Use with caution during pregnancy.

## Top Uses

- 1** Gloominess  
*Inhale 1-2 drops from cupped hands.*
- 2** Self-Sabotage  
*Apply 1-2 drops over naval, and diffuse.*
- 3** Low Energy  
*Apply 1-2 drops over adrenals on lower back, and diffuse.*
- 4** Pessimism  
*Apply 1-2 drops to pulse points, and diffuse.*
- 5** Detoxification  
*Apply 2-4 drops to bottoms of feet.*
- 6** Emotional Disconnect  
*Apply 1-2 drops to temples or over heart.*
- 7** Moodiness  
*Apply 1-2 drops to pulse points, or diffuse.*

# Women's Monthly Blend



other name \_\_\_\_\_

## Application



## Main Ingredients

Clary Sage, Lavender, Bergamot, Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, Vitex

## Other Uses

Aphrodisiac, Sedative, Sleep Issues

## Top Uses

- 1 PMS**  
*Apply to wrists and over lower abdomen.*
- 2 Cramping**  
*Apply to lower abdomen.*
- 3 Hormone Balance**  
*Apply to wrists and over lower abdomen.*
- 4 Hot Flashes**  
*Apply to wrists and back of neck.*
- 5 Mood Swings**  
*Inhale from cupped hands, and apply to pulse points.*
- 6 Self-Confidence**  
*Inhale from cupped hands, and apply to pulse points.*
- 7 Heavy Menstruation**  
*Apply to lower abdomen.*

## Safety

Avoid sun exposure for 12 hours after topical use.



# Women's Perfume Blend



other name

## Application



## Main Ingredients

Bergamot, Ylang Ylang, Patchouli, Jasmine, Vanilla, Cinnamon, Labdanum, Vetiver, Cocoa, Rose

## Other Uses

Loss of Vision, Skin Irritation



## Top Uses

- 1 Perfume**  
*Apply 1-2 drops to pulse points.*
- 2 Hormone Balance**  
*Apply 1-2 drops to pulse points and back of neck.*
- 3 Aphrodisiac**  
*Apply 1-2 drops to neck and wrists.*
- 4 Sedative & Calming**  
*Inhale 1-2 drops from cupped hands.*
- 5 Low Sex Drive**  
*Apply 1-2 drops to pulse points.*
- 6 Menopause**  
*Apply 1-2 drops to pulse points.*



Section 6

Supplements  
& Softgels



# Vitality Supplement Trio

place  
sticker

other name

## Components

- Cellular Vitality Complex
- Essential Oil + Omegas
- Food Nutrient Complex

## Key Uses

- Vitality & Wellness
- Immune System Support
- Pain & Inflammation
- Sleep
- Mood, Depression, Anxiety
- Energy
- Hormone Balance
- Provides bio-available crucial nutrients to cells for building healthy organs, tissues, and body systems.



## Bone Nutrient Complex

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

Calcium (coral calcium), Vitamin C, Vitamin D-2, Biotin, Magnesium, Zinc, Copper, Manganese, Boron

### Key Uses

- Promotes Bone Health
- Prevents age-related calcium loss
- Maintains bone mineralization
- Maximizes calcium utilization

## Calming Blend Complex

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

Lavender oil, Coriander oil, Wild Orange oil, Fennel oil, Ahiflower® oil, Gamma aminobutyric acid, Sceletium extract

### Key Uses

- Provides neurotransmitter support
- Provides fatty acids to the brain
- Provides neurological and bio-chemical improvements through systemic pathways.

## Cellular Vitality Complex

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

Boswellia Serrata, Scutellaria Root, Milk Thistle, Pineapple Extract, Polygonum Capsudatum, Tumeric Root, Red Raspberry, Grape Seed, Marigold Flower, Tomato Fruit

### Key Uses

- Protects body against free radicals
- Maintains proper cellular function
- Improves cellular vitality & energy
- Reduces inflammation

## Children's Chewable

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

Vitamins A, C, D, E, B1, B2, B3, B6, B12, B5, Folic Acid, Biotin, Calcium, Iron, Iodine, Magnesium, Zinc, Copper, Manganese, Superfood Blend, Cellular Vitality Blend

### Key Uses

- Complete daily nutrient for children
- Food-derived nutrients
- Easy to ingest
- Pairs perfectly with other supplements

## Children's Omega-3

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

Fish Oil (EPA, DHA), Vitamin D, Vitamin E, Vitamin C, Orange Essential Oil

### Key Uses

- Provides benefits of fish oil without fishy taste
- Easy to take plain, or add to juice
- Supports brain, joint, and cardiovascular development

## Children's Probiotic

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

Lactobacillus Rhamnosus, Lactobacillus Salivarius, Lactobacillus Plantarum LP01 & LP02, Bifidobacterium Breve, Bifidobacterium Lactis

### Key Uses

- 5 billion live cells of 6 strains of flora
- Supports healthy digestive, neurological, immune, and brain function
- Shelf-stable unique delivery process

## Detox Herbal Complex

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

Psyllium Seed Husk, Barberry Leaf, Turkish Rhubarb, Kelp, Milk Thistle, Osha Root, Safflower, Acacia Gum, Burdock Root, Clove, Enzyme Assimilation Complex

### Key Uses

- Whole-food Detox Herbal Complex
- Promotes healthy endocrine system
- Promotes toxin filtration
- Compliments Detoxification Blend

## Digestive Enzymes

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

Protease, Amylase, Lipase, Alpha Galactosidase, Cellulase, Maltase, Sucrase, Tummy Taming Blend, Enzyme Assimilation Blend

### Key Uses

- Facilitates breakdown of food
- Increases nutrient absorption
- Promotes comfortable digestion
- Increases usability of nutrients
- Facilitates proper gut function



## Digestive Tablet

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

Calcium Carbonate, Ginger, Fennel, Coriander, Peppermint, Tarragon, Anise, Caraway

### Key Uses

- Soothes GI discomfort
- Relieves heartburn and indigestion
- Relieves sour stomach
- Reduces belching and bloating

## Energy & Stamina Complex

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

Acetyl-L-Carnitine, Alpha-Lipoic Acid, Co-enzyme Q10, Lychee Fruit, Green Tea Leaf, Quercetine Dihydrate, Cordyceps Mycelium, Ginseng, Ashwagandha

### Key Uses

- Increases cellular energy
- Improves micro-circulation
- Stimulates mitochondria
- Improves stamina

## Essential Oil + Omegas

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

Fish Oil (EPA DHA), Astaxanthin, Flaxseed Oil, Borage Seed Oil, Cranberry Seed Oil, Pomegranate Seed Oil, Vitamin D

### Key Uses

- Promotes heart, brain, joint, eye, skin, and circulatory health
- Protects against lipid oxidation
- Molecularly filtered fish oil combined with internal dose of 9 essential oils

## Food Nutrient Complex

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

Vitamins A, C, D, E, K, B6, B12, Thiamin, Riboflavin, Niacin, Folate, Biotin, Pantothenic Acid, Calcium, Iron, Iodine, Magnesium, Zinc, Selenium, Copper, Manganese

### Key Uses

- Whole-food comprehensive vitamin and mineral nutrient
- Provides bioavailable crucial nutrients to body systems, organs, and cells

## Fruit & Veggie Drink Mix

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

Kale, Dandelion, Collard Greens, Wheat Grass, Alfalfa, Barley Grass, Goji Berry, Mangosteen, Lemon & Ginger Oil

### Key Uses

- Provides essential nutrients
- Supports Immune Health
- Supports Digestive Health
- Supports Weight Loss
- All natural ingredients

## GI Cleansing Complex

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

Caprylic Acid; Oregano, Tea Tree, Lemon, Lemongrass, and Thyme Oils

### Key Uses

- Helps rid gut of parasites, Candida, and other harmful agents
- Supports healthy digestive environment
- Helps improve microbial balance

## Phytoestrogen Complex

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

Soy Extract (64% isoflavones, 50% Genistein), Flaxseed Extract (40% Lignan), Pomegranate Extract (40% Ellagic Acid)

### Key Uses

- Promotes hormone balance by blocking estrogen binding to cells
- Manages harmful metabolite byproducts of hormone metabolism

## Probiotic Complex

place  
sticker

other name \_\_\_\_\_

### Main Ingredients

L. acidophilus, B. lactis, L. salivarius, L. casei, B. longum, B. bifidum

### Key Uses

- 6 billion CFUs
- Supports digestive & immune systems
- Unique double-encapsulated delivery
- Shelf stable with prebiotics to sustain probiotics
- Helps digestion of food nutrients

## Protective Blend+ Softgels

place  
sticker

other name

### Main Ingredients

Clove, Wild Orange, Black Pepper, Cinnamon, Eucalyptus, Oregano, Rosemary, Melissa

### Key Uses

- Supercharged Protective Blend
- Combats viral and bacterial infections
- Supports immune system

## Restful Blend Complex

place  
sticker

other name

### Main Ingredients

Lavender, L-theanine, Lemonbalm, Passion Flower, Chamomile

### Key Uses

- Promotes falling asleep faster
- Supports more meaningful sleep
- Promotes waking up feeling refreshed

## Seasonal Blend Softgels

place  
sticker

other name

### Main Ingredients

Lemon, Lavender, & Peppermint Essential Oils

### Key Uses

- Reduces histamine response
- Opens airways
- Relieves itchiness
- Eases sinus congestion
- Useful for seasonal and pet allergies

## Soothing Blend Complex

place  
sticker

other name

### Main Ingredients

Frankincense Extract, Turmeric, Ginger, Green Tea Extract, Pomegranate Extract, Grape Seed Extract, Resveratrol

### Key Uses

- Reduces inflammation and pain
- Provides relief to tension headaches, as well as back, neck, and shoulder pain
- Antioxidant support
- Internal compliment to Soothing Blend

## Trim Shake

place  
sticker

other name

### Main Ingredients

Whey & Egg White Protein, Fiber Blend, Stevia, Annatto, Ashwagandha, Potato Protein, Trim Complex

### Key Uses

- Meal replacement shake
- Reduces cortisol levels to reduce fat retention
- Manages appetite and cravings
- Healthy protein-carb-fat ratio

## Turmeric Capsules

place  
sticker

other name

### Main Ingredients

Curcuminoids (from Turmeric Root Extract), Turmeric Rhizome Oil

### Key Uses

- Unique dual chamber delivery method with botanicals and essential oil
- Disrupts inflammation communication pathways
- Improved bioavailability by combining curcuminoids with turmerones

## Yarrow + Pom Complex

place  
sticker

other name

### Main Ingredients

Pomegranate Seed Oil, Grape Seed Extract, Yarrow Oil, Frankincense Oil, Celery Seed Oil, Palmarosa Oil, Turmeric Oil, Melon Fruit Concentrate, Melissa Oil

### Key Uses

- Promotes healthy tissue remodeling
- Reduces appearance of aging signs
- Combats oxidative stress
- Supports healthy skin from the inside-out

Build from the *Trio*



Vitality Supplement Trio is recommended as the basis for all protocols. Every health challenge will involve at least one of the main focuses of the Trio: ***Inflammation, Immune Response, Energy, and Hormones.***

## Section 7

# Protocols



## Acne (bacteria)

### Description

Combats bacterial overgrowth that becomes trapped in pores.

### Suggested Duration

Ongoing

### Essential Oil Facial Cleanser

Cleanse skin morning and night before bed.

### Skin Clearing Blend

Apply a small amount evenly over clean skin after showering daily.

### Citronella & Cedarwood

Apply a dab to blemishes.

### Frankincense

Apply a dab to healing blemishes to prevent scarring.

### Additional Support

- Tea Tree
- Anti-Aging Blend
- Helichrysum

## Acne (hormones)

### Description

Balances hormone production and maintenance throughout the body, including the gut.

### Suggested Duration

Until desired appearance is achieved, then as needed.

### Phytoestrogen Complex

Take 1 capsule 2x daily (for men and women).

### Clary Sage

Rub 1 drop on pulse points before bed.

### Skin Clearing Blend

Apply a small amount to blemishes daily as needed.

## Acne (toxicity)

### Description

Alleviates toxicity overload by detoxing organs and skin.

### Suggested Duration

3-5 weeks

### Detoxification Blend Softgels

Take 1 softgel with each meal.

### Detox Herbal Complex

Take 1 capsule with breakfast and dinner.

### Cellular Complex Blend Softgels

Take 1 softgel with each meal.

### Skin Clearing Blend

Apply small amount to blemishes daily as needed.

### Additional Support

- GI Cleansing Complex
- Helichrysum
- Detoxification Blend (use on bottoms of feet)

*Vitality Supplement Trio Necessary*

## ADD/ADHD

### Description

Activates the parasympathetic nervous system and induces a more calm and focused mental state.

### Suggested Duration

6 months, then as needed

### Probiotic Complex (or Children's Probiotic)

Take 2 capsules in the morning on an empty stomach.

### Vetiver, Frankincense, Rose

Apply 1-2 drops of each oil to back of neck, spine and bottoms of feet 2x daily.

### Focus Blend

Carry in your pocket and roll a small amount on back of neck as needed for focus.

### Additional Support

- Ylang Ylang
- Sandalwood
- Siberian Fir
- Roman Chamomile

## Adrenal Fatigue

### Description

Supports healthy adrenal function.

### Suggested Duration

4-8 weeks

### Lemon (22), Rosemary (9), Frankincense (9), Basil (9)

Combine in roller bottle. Fill the rest with carrier oil. Massage into neck and kidneys 2-3x daily.

### Rosemary & Peppermint

Breathe a drop of each from cupped hands, or diffuse for energy as needed.

### Energy & Stamina Complex

Take 2 capsules 2x daily.

### Additional Support

- Invigorating Blend
- Detoxification Blend

Vitality Supplement Trio Necessary

## AIDS/HIV

### Description

Provides emotional support, promotes a properly functioning immune system.

### Suggested Duration

6 months, then as needed

### Cellular Complex Blend

Rub 3-5 drops onto spine morning & night.

### Cellular Complex Blend Softgels

Take 2 softgels 3x daily.

### Protective Blend & Melissa

Rub 2 drops each on bottoms of feet 2x daily.

### Joyful Blend

Carry with you, and inhale from hands for emotional support throughout the day.

### Additional Support

- Helichrysum
- Pink Pepper
- Detoxification Blend

Vitality Supplement Trio Necessary

## Allergies (food)

### Description

Lowers histamine response triggered by food allergies and creates calm in the gut.

### Suggested Duration

4 weeks to begin, then as needed

### Probiotic Complex

Take 1 capsule 3x daily on an empty stomach.

### Soothing Blend Complex

Take 1 capsule 3x daily.

### Digestive Enzymes

Take 1 with each meal.

### Lavender

Put 1 drop under tongue. Drink water after 30 seconds.

### Additional Support

- Do a 14-day bone broth cleanse
- Detox Herbal Complex
- Detoxification Blend

## Allergies (pet/seasonal)

### Description

Reduces histamine response and boosts immune response.

### Suggested Duration

4-8 weeks, then as needed

### Probiotic Complex

Take 1 capsule 3x daily on an empty stomach.

### Lemon, Lavender, Peppermint

Put 1 drop each under tongue. Drink water after 30 seconds.

### Respiratory Blend

Inhale from cupped hands when experiencing attack.

### Protective Blend

Gargle 2 drops with water nightly, then swallow.

### Additional Support

- Seasonal Blend Softgels
- Siberian Fir

## Allergies (skin)

### Description

Calms irritation due to skin contact with allergens.

### Suggested Duration

As needed

### Lavender, Helichrysum, Frankincense, Lemon

Combine 10 drops of each in a roller bottle. Fill the rest with carrier oil. Roll onto affected area often.

### Lavender

Put a drop under tongue. Drink water after 30 seconds.

### Probiotic Complex

Take 1 capsule 3x daily on an empty stomach.

### Additional Support

- Detox Herbal Complex
- Detoxification Blend
- Yarrow



# Alzheimer's

## Description

Supports healthy mental activity, boosts alertness.

## Suggested Duration

Ongoing

### Cellular Complex Blend

Rub 3-5 drops along spine and bottoms of feet 3x daily.

### Cellular Complex Blend Softgels

Take 1 softgel 3x daily.

### Peppermint & Rosemary

Massage a drop each into scalp and diffuse several drops daily to increase alertness & memory.

## Additional Support

- Cilantro
- Frankincense
- Extra Essential Oil + Omegas
- Grounding Blend

Vitality Supplement Trio Necessary

# Anxiety

## Description

Systemically addresses GABA receptors, neurotransmitters, & emotions.

## Suggested Duration

3 months, then as needed

### Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

### Calming Blend Complex \*

Take 2 capsules daily.

### Calming Blend

Apply to web of hands and base of skull. Diffuse throughout the day.

### Magnolia

Apply to the bottoms of feet 2-3x daily.

*\*Avoid Calming Blend Complex when taking GABA inhibiting medication.*

Vitality Supplement Trio Necessary

# Arthritis

## Description

Decreases the inflammatory response within joint tissues.

## Suggested Duration

6 months, then as needed

### Turmeric Capsules

Take 2 capsules in the morning.

### Turmeric & Copaiba

Massage 1-2 drops each into affected area in the morning.

### Soothing Blend Rub

Massage into affected areas as needed throughout the day.

### Copaiba Softgels

Take 2 capsules in the evening before bed.

## Additional Support

- Soothing Blend Complex
- Marjoram
- Lemongrass

<h2>Asthma</h2> <p><b>Description</b> Promotes open airways and easy breathing.</p> <p><b>Suggested Duration</b> As needed</p> <p><b>Respiratory Blend</b> Rub 2 drops on chest and inhale from cupped hands during attacks.</p> <p><b>Lavender</b> Massage a drop behind and over ears to promote calm.</p> <p><b>Cardamom</b> Gargle a drop for 30 seconds, then swallow as needed.</p> <p><b>Probiotic Complex</b> Take 1 capsule 2x daily.</p> <p><b>Additional Support</b></p> <ul style="list-style-type: none"><li>• Rosemary</li><li>• Siberian Fir</li><li>• Eucalyptus</li></ul>	<h2>Autism</h2> <p><b>Description</b> Increases the integrity of the gut lining and promotes brain health.</p> <p><b>Suggested Duration</b> 1 to 3 years</p> <p><b>Probiotic Complex or Children's Probiotic</b> Take 2 capsules in the morning on an empty stomach.</p> <p><b>Digestive Enzymes</b> Take 1 capsule with each meal.</p> <p><b>Cellular Complex Blend &amp; Rose</b> Apply 2 drops each diluted to spine 2x daily.</p> <p><b>Vetiver, Turmeric, Clary Sage</b> Apply a drop of each diluted to back of neck and bottoms of feet 3x daily.</p> <p><b>Lavender, Tea Tree, Copaiba, Frankincense, Digestive Blend</b> Combine 10 drops each with FCO in roller bottle. Roll clockwise over stomach 2x daily.</p>	<h2>Back, Neck, Shoulder Pain</h2> <p><b>Description</b> Increases circulation, reduces scar tissue, promotes healing.</p> <p><b>Suggested Duration</b> 6-12 months</p> <p><b>Turmeric Capsules</b> Take 2 capsules in the morning.</p> <p><b>Turmeric &amp; Copaiba</b> Massage 1-2 drops each into affected area in the morning.</p> <p><b>Marjoram, Siberian Fir, Soothing Blend</b> Apply a drop of each onto spine and painful areas 3x daily.</p> <p><b>Copaiba Softgels</b> Take 2 capsules in the evening before bed.</p>
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## Bipolar Disorder

### Description

Normalizes brain activity and regulates the nervous system.

### Suggested Duration

12 months

### Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

### Calming Blend Complex

Take 2 capsules daily.

### Cellular Complex Blend

Apply 2-4 drops to spine 2x daily.

### Calming Blend & Vetiver

Apply to web of hands and base of skull. Diffuse throughout the day.

### Additional Support

- Grounding Blend
- Clary Sage

*Vitality Supplement Trio Necessary*

## Blood Pressure (high)

### Description

Regulates blood pressure by dilation of blood vessels and reducing the viscosity of the blood.

### Suggested Duration

6-12 months

### Cypress, Marjoram, Ylang Ylang, Lemon

Apply a drop of each over the chest and bottom of feet 2x daily.

### Marjoram, Ylang Ylang, Lemon, Yarrow

Take 2 drops each in a capsule 2x daily.

### Additional Support

- Clary Sage
- Lavender
- Cellular Complex Blend

## Bronchitis/Pneumonia

### Description

Increases immune response to address possible infections and open the airways for symptomatic relief.

### Suggested Duration

1-2 weeks

### Cardamom, Black Pepper, Rosemary, Lime

Apply drop of each to chest and bottoms of feet 3-5x daily.

### Respiratory Blend

Diffuse several drops; inhale 2 drops from cupped hands as needed.

### Protective Blend+ Softgels

Take 2 softgels 2x daily until symptoms subside.

### Additional Support

- Black Pepper
- Oregano

# Cancer

## Description

Increases the immune response and slows the growth of abnormal cell proliferation.

## Suggested Duration

1-3 years

## Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

## Cellular Complex Blend

Apply 2-4 drops to back of neck, spine, and bottoms of feet 4x daily.

## Frankincense, Sandalwood, Turmeric, Lemongrass

Take a drop of each in a capsule 4x daily.

## Detoxification Blend

Apply 2 drops diluted to sides of neck 3x daily.

*Vitality Supplement Trio Necessary*

# Candida (Yeast)

## Description

Combats fungus overgrowth, restores healthy flora.

## Suggested Duration

2-3 months

## GI Cleansing Complex

Take 1 softgel 3x daily with meals for 10 days (start with 1 daily and work your way up).

## Probiotic Complex

Take 2 capsules in the morning and evening on an empty stomach.

## Lemon Eucalyptus, Clove, Tea Tree

Apply a drop of each diluted over lower abdomen or affected area 6x daily.

## Detoxification Blend Softgels

2 softgels 2x daily after food.

## Additional Support

- Arborvitae
- Thyme

# Canker Sores

## Description

Decreases the expression of the virus and maintains a preventative regimen.

## Suggested Duration

2-4 weeks

## Tea Tree, Oregano, Clove

Apply a dab of each with FCO directly to canker sore. Hold in mouth for 3 minutes. Apply 6x daily.

Combine 3 drops each to 20 drops of carrier oil and swish for 2 minutes daily for ongoing prevention.

## Probiotic Complex

Take 2 capsules in the morning and evening on an empty stomach.

## Protective Blend+ Softgels

Take 2 softgels 2x daily.

## Carpet Deodorizer

### Description

Eliminates carpet odors from food and pets.

### Suggested Duration

As needed

### Cleansing Blend, Lemon, Lime, Tea Tree

Combine 5 drops each with 1 cup baking soda. Rub evenly throughout carpet, and let sit for 12-24 hours before vacuuming.

### Additional Support

- Grapefruit
- Bergamot
- Douglas Fir

## Celiac's

### Description

Promotes nutrient absorption, calms digestive system.

### Suggested Duration

Ongoing

### Probiotic Complex

Take 2 capsules morning and evening on an empty stomach.

### Digestive Enzymes

Take 2-3 capsules with meals.

### Digestive Blend

Rub on outside of stomach at onset of pain.

### Metabolic Blend Softgels

Take 1-2 softgels 2-3x daily.

### Additional Support

- Cinnamon
- Grapefruit
- Frankincense

## Cholesterol (high)

### Description

Reduces the amount of cholesterol in the blood to prevent the formation of dangerous clots.

### Suggested Duration

6-12 months

### Yarrow, Frankincense, Rosemary

Take 2 drops each in a capsule 2x daily.

### Probiotic Complex

Take 2 capsules morning and evening on an empty stomach.

### Cellular Complex Blend

Apply 2-4 drops to bottoms of feet 2x daily.

### Additional Support

- Citronella
- Turmeric
- Lavender

<h2>Cold Sores</h2> <p><b>Description</b> Combats viral infection, promotes skin healing and pain relief.</p> <p><b>Suggested Duration</b> 5-10 days</p> <p><b>Tea Tree &amp; Melissa</b> Apply a dab of each diluted 3-5x daily.</p> <p><b>Probiotic Complex</b> Take 2 capsules in the morning on an empty stomach.</p> <p><b>Protective Blend+ Softgels</b> Take 2 softgels 2x daily.</p> <p><b>Helichrysum</b> Apply a dab diluted at night to help tissue heal.</p> <p><b>Additional Support</b></p> <ul style="list-style-type: none"> <li>• Arbovitae</li> <li>• Black Pepper</li> <li>• Frankincense</li> </ul>	<h2>Colds</h2> <p><b>Description</b> Provides antiviral and respiratory support.</p> <p><b>Suggested Duration</b> 5-10 days</p> <p><b>Protective Blend+ Softgels</b> Take 2 softgels 2-3x daily.</p> <p><b>Protective Blend, Black Pepper, Tea Tree</b> Rub a drop each on bottoms of feet 3x daily.</p> <p><b>Celery Seed &amp; Lime</b> Add 2 drops each to morning juice or smoothie.</p> <p><b>Respiratory Blend</b> Rub 2 drops onto chest and diffuse several drops as needed.</p> <p><b>Additional Support</b></p> <ul style="list-style-type: none"> <li>• Rosemary</li> <li>• Cardamom</li> <li>• Lemon Eucalyptus</li> <li>• Litsea</li> </ul>	<h2>Cough</h2> <p><b>Description</b> Increases immune response to address possible infections; opens the airways for symptomatic relief.</p> <p><b>Suggested Duration</b> 1-2 weeks</p> <p><b>Cardamom &amp; Lime</b> Gargle a drop each with water for 30 seconds, then swallow 3x daily.</p> <p><b>Respiratory Blend, Rosemary, Black Pepper</b> Apply 1-2 drops each to chest and bottoms of feet 2x daily. Also diffuse several drops throughout the day.</p> <p><b>Protective Blend+ Softgels</b> Take 2 softgels 2x daily until symptoms subside.</p> <p><b>Additional Support</b></p> <ul style="list-style-type: none"> <li>• Oregano</li> <li>• Melissa</li> <li>• Arbovitae</li> </ul>
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## Crohn's

### Description

Reduces inflammation and swelling in the bowels.

### Suggested Duration

6 months

### GI Cleansing Complex

Take 1 softgel 1-2x daily with food for 2 weeks.

### Peppermint, Frankincense, Basil

Take 1-2 drops each in capsule daily for 2 weeks after GI Cleansing Complex.

### Probiotic Complex

Take 1 capsule w/each meal.

### Digestive Blend Softgels

Take 1 softgel to ease discomfort 3-5x daily.

### Additional Support

- Ginger
- Marjoram
- Copaiba Softgels
- Turmeric Capsules

## Deodorant (body)

### Description

Helps manage bacteria and odor-causing toxicity.

### Suggested Duration

4 weeks, then as needed

### Detoxification Blend

Apply 2 drops to bottoms of feet 30 minutes before showering daily.

### Cilantro

Take 2 drops in a capsule daily 2x daily.

### Cleansing Blend

Use diluted with carrier oil under arms after showering.

### Additional Support

- Joyful Blend
- Tea Tree
- Arborvitae
- Petitgrain
- Detoxification Blend Softgels

## Depression

### Description

Increases mood by stimulation through senses.

### Suggested Duration

3 months, then as needed

### Calming Blend

Apply to web of hands and base of skull. Diffuse throughout the day.

### Calming Blend Complex \*

Take 2 capsules daily.

### Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

### Melissa or Frankincense

Use a drop under the tongue 2x daily.

*\*Avoid Calming Blend Complex when taking GABA inhibiting medication.*

Vitality Supplement Trio Necessary

<h2>Detox (full body)</h2> <p><b>Description</b> Helps the body eliminate toxicity and free up filtering organs.</p> <p><b>Suggested Duration</b> 30 days (in 10 day segments)</p> <p><b>GI Cleansing Complex</b> Take 1 softgel w/each meal for 10 days (start with 1 a day, and work up to 3).</p> <p><b>Detoxification Blend Softgels &amp; Detox Herbal Complex</b> Take 1 w/each meal.</p> <p><b>Digestive Enzymes</b> Take 1 capsule w/each meal.</p> <p><b>Cellular Complex Blend Softgels</b> Take 1 softgel 2x daily.</p> <p><b>Probiotic Complex</b> Take 1 capsule w/each meal during last 10 days.</p> <p><i>Vitality Supplement Trio Necessary</i></p>	<h2>Diabetes (type 1)</h2> <p><b>Description</b> Stimulates cellular maintenance, helps balance blood sugar.</p> <p><b>Suggested Duration</b> 3-6 months, then as needed</p> <p><b>Rosemary, Siberian Fir, Cassia</b> Take 1 drop each in capsule daily. Also rub diluted onto pancreas reflex points.</p> <p><b>Geranium &amp; Rosemary</b> Add 3 drops of each to a hot bath nightly.</p> <p><b>Additional Support</b></p> <ul style="list-style-type: none"><li>• Cellular Complex Blend</li><li>• Coriander</li><li>• Juniper Berry</li><li>• Bergamot</li></ul> <p><i>Vitality Supplement Trio Necessary</i></p>	<h2>Diabetes (type 2)</h2> <p><b>Description</b> Helps balance blood sugar, supports pancreas.</p> <p><b>Suggested Duration</b> 3-6 months, then as needed</p> <p><b>Coriander, Cinnamon, Juniper Berry</b> Take 1-2 drops each in capsule daily.</p> <p><b>Cellular Complex Blend Softgels</b> Take 2 softgels 2x daily.</p> <p><b>Detoxification Blend</b> Rub 2 drops onto pancreas reflex point or over pancreas daily.</p> <p><b>Additional Support</b></p> <ul style="list-style-type: none"><li>• Cassia</li><li>• Metabolic Blend</li></ul> <p><i>Vitality Supplement Trio Necessary</i></p>
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## Digestive Issues

### Description

Relieves inflammation, gas, and discomfort in digestive system.

### Suggested Duration

4 weeks, then as needed

### Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

### Frankincense & Cardamom

Rub a drop of each onto stomach reflex points in the morning.

### Digestive Blend

Drink 1-2 drops with water, or rub over stomach to ease discomfort.

### Digestive Enzymes

Take 1 capsule w/each meal.

### Additional Support

- Ginger
- Fennel
- Peppermint Softgels

## Eczema/Dermatitis

### Description

Reduces the infection, increases moisture, and promotes new skin cell growth.

### Suggested Duration

3 months, then as needed

### Arborvitae, Tea Tree, Frankincense

Combine 1-2 drops each with FCO and apply to the affected area 5x daily.

Apply a warm towel compress over the area after oils are applied in the evening.

### Protective Blend+ Softgels

Take 2 softgels 3x daily with food

### Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

### Additional Support

- Myrrh
- Hawaiian Sandalwood

## Fatigue (low energy)

### Description

Increases energy by stimulation of the sympathetic nervous system, eliminating toxins, and inducing cellular pruning and regeneration.

### Suggested Duration

6 months, then as needed

### Peppermint, Bergamot, Lemongrass

Apply a drop of each to back of neck and bottoms of feet 2-3x daily.

### Energy & Stamina Complex

Take 2 capsules 2x daily.

### Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

### Essential Oil + Omegas

Take 2 capsules 2x daily.

*Vitality Supplement Trio Necessary*

## Fibromyalgia

### Description

Decreases inflammation, promotes healthy cellular function.

### Suggested Duration

1-3 years

### Frankincense, Yarrow, Copaiba, Turmeric

Apply a drop of each to back of neck and bottoms of feet 2x daily.

### Cellular Complex Blend & Softgels

Apply 2-4 drops to spine 2x daily. Also take 2 softgels 2x daily.

### Soothing Blend Rub

Massage into inflamed areas 3x daily or as needed.

### Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

### Melissa

Use 1 drop under tongue daily.

*Vitality Supplement Trio Necessary*

## Flu Bomb

### Description

Combats viruses, boosts immune system, supports respiratory system.

### Suggested Duration

5-10 days

### Protective Blend, Tea Tree, Black Pepper

Rub 2 drops each on bottoms of feet 3x daily.

### Protective Blend+ Softgels

Take 2 softgels 3x daily.

### Digestive Blend

Drink 1-3 drops in water, or rub over stomach to ease nausea & vomiting.

### Respiratory Blend

Diffuse 8-10 drops. Sit/sleep near the diffuser. Also rub 2 drops over chest as needed.

### Additional Support

- Melissa
- GI Cleansing Complex

## Heartburn

### Description

Balances stomach acid, eases pain of indigestion.

### Suggested Duration

As needed

### Digestive Tablet

Chew 2 tablets as needed.

### Digestive Blend

Drink 1-2 drops in water.

### Digestive Enzymes

Take 1-3 capsules with each meal.

### Cardamom

Rub 1-2 drops over stomach.

### Additional Support

- Ginger
- Fennel
- Coriander

## Immune Boost

### Description

Provides bacteria and virus-fighting agents, boosts immune system.

### Suggested Duration

4 weeks

### Protective Blend, Black Pepper, Tea Tree

Rub 2-4 drops each on bottoms of feet daily.

### Celery Seed & Lime

Add 2 drops each to morning juice or smoothie.

### Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

### Additional Support

- Frankincense
- Melissa
- Thyme
- Protective Blend+ Softgels

Vitality Supplement Trio Necessary

## Infertility

### Description

Supports the reproductive system and proper hormone balance.

### Suggested Duration

2-6 months

### Full Body Detox

Follow protocol for Detox (full body).

### Massage Blend Technique

Receive from a certified practitioner weekly.

### Clary Sage & Geranium

Apply a drop each to reproductive reflex points 2x daily.

### Yarrow

Take 2 drops under tongue 2x daily.

### Cellular Complex Blend Softgels

Take 2 softgels 2x daily.

Vitality Supplement Trio Necessary

## Irritable Bowels (IBS)

### Description

Relieves symptoms of gas, bloating, constipation, diarrhea, and belching.

### Suggested Duration

3-6 months

### Peppermint Softgels

Take 2 softgels with meals.

### Digestive Enzymes

Take 1-3 capsules w/each meal.

### Probiotic Complex

Take 2 capsules in the morning and evening.

### Cardamom & Turmeric

Drink a drop each in water to soothe discomfort as needed.

### Lavender, Tea Tree, Frankincense, Digestive Blend

Combine 10 drops each w/FCO in 10ml roller. Apply over stomach 3x daily.

### Additional Support

- Fennel
- Coriander

## Libido (sex drive)

### Description

Inspires an uninhibited sex drive.

### Suggested Duration

2 weeks, then as needed

### Inspiring Blend

Diffuse several drops and use a few drops diluted in intimate massage.

### Ylang Ylang

Rub 1-2 drops on pulse points.

### Clary Sage

Take 1-2 drops in capsule daily.

### Additional Support

- Energy & Stamina Complex
- Women's Perfume Blend
- Cinnamon

## Lupus

### Description

Induces the parasympathetic nervous system, eliminates antigens and latent infections, and reduces the immune response.

### Suggested Duration

1-3 years

### Frankincense, Yarrow, Copaiba, Turmeric

Apply a drop of each to back of neck and bottoms of feet 2x daily.

### Cellular Complex Blend

Apply 2-4 drops to spine 2x daily. Also take 2 softgels 2x daily.

### Soothing Blend Rub

Massage into inflamed areas 3x daily or as needed.

### Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

## Lyme Disease

### Description

Induces the parasympathetic nervous system, eliminates antigens and latent infections, and reduces the immune response.

### Suggested Duration

1-3 years

### Cellular Complex Blend

Apply 2-4 drops to spine, back of neck, and bottoms of feet 3x daily.

### Cinnamon, Sandalwood, Turmeric, Clary Sage

Take a drop of each in a capsule 2x daily.

### Detoxification Blend

Apply 2 drops to sides of neck 2x daily.

### Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

### Copaiba Softgels

Take 1 softgel 3x daily.

## Menopause

### Description

Aids in hormone and mood balance, calms hot flashes.

### Suggested Duration

4 months, then as needed

### Women's Monthly Blend

Rub onto pulse points 2x daily (avoid sun exposure for 12 hours after application).

### Phytoestrogen Complex

Take 1 capsule 3x daily.

### Peppermint

Apply a drop to back of neck to ease hot flashes.

### Women's Perfume Blend

Wear as perfume daily.

### Additional Support

- Ylang Ylang
- Rose
- Geranium

*Vitality Supplement Trio Necessary*

## Menstruation

### Description

Balances mood and hormones during menstruation.

### Suggested Duration

2 weeks as needed

### Women's Monthly Blend

Rub onto pulse points and over ovaries. Apply to calm cramping as needed (avoid sun exposure for 12 hours after application).

### Grounding Blend

Rub behind ears to balance mood.

### Phytoestrogen

Take 1 capsule 3x daily.

### Additional Support

- Clary Sage
- Restful Blend
- Tension Blend

## Mononucleosis

### Description

Provides antiviral support.

### Suggested Duration

8-16 weeks

### Oregano, Protective Blend, Thyme

Take 1-2 drops each in a capsule 3x daily.

### Frankincense, Black Pepper

Rub 2 drops each to bottoms of feet.

### Energy & Stamina Complex

Take 1-2 capsules 2x daily.

### Additional Support

- Melissa
- Cassia

*Vitality Supplement Trio Necessary*

# Muscle Aches

## Description

Reduces inflammation, spasms, and pain in muscles.

## Suggested Duration

2 weeks, then as needed

## Massage Blend

Massage 2-4 drops into aching muscles 3x daily.

## Soothing Blend Complex

Take 1 capsule 3x daily.

## Frankincense, Lemon

Take 1-2 drops each in capsule 2x daily.

## Magnolia

Apply to affected muscles as needed throughout the day.

## Additional Support

- Soothing Blend
- Cypress
- Douglas Fir
- Black Pepper

# Pregnancy (postnatal)

## Description

Promotes pain relief, tissue healing, and emotional support after giving birth.

## Suggested Duration

4-8 weeks

## Helichrysum, Myrrh, Frankincense, Lavender

Apply a drop each diluted to areas with tearing and over stretch marks 3x daily.

## Ylang Ylang or Calming Blend

Diffuse for mood balancing.

## Phytoestrogen

Take 1 capsule 3x daily.

## Calming Blend Complex

Take 1 capsule 2x daily.

## Women's Monthly Blend

Apply over lower abdomen.

## Additional Support

- Geranium

Vitality Supplement Trio Necessary

# Pregnancy (prenatal)

## Description

Relieves pregnancy sickness, provides vital nutrients, provides emotional support.

## Suggested Duration

9 months

## Digestive Blend

Drink 2 drops to ease nausea.

## Bone Nutrient Complex

Take 2 capsules 2x daily.

## Digestive Enzymes

Take 1 capsule w/meals.

## Black Spruce

Rub a drop diluted over lower abdomen daily to improve immunity at the placenta.

## Lavender & Lemon

Add a drop each to a glass of water daily to minimize pregnancy complications.

Vitality Supplement Trio Necessary

## Psoriasis

### Description

Relieves itchy, swollen skin, and promotes proper immune system function.

### Suggested Duration

4-8 weeks

### Helichrysum, Frankincense, Tea Tree, Lavender

Combine 10 drops each with carrier oil in roller bottle. Apply 3x daily.

### Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

### Digestive Enzymes

Take 1-3 w/each meal.

### Cellular Complex Blend

Take 1-2 softgels 3x daily.

### Additional Support

- Copaiba
- Anti-Aging Blend
- Cedarwood

## Shingles

### Description

Decreases the expression of the viral infection, alleviates pain, and maintains a preventative regiment.

### Suggested Duration

1 week to 3 months

### Melissa & Tea Tree

Apply a drop of each with carrier oil to blisters 6x daily.

### Probiotic Complex

Take 2 capsules morning and evening on an empty stomach.

### Protective Blend+ Softgels

Take 2 softgels 2x daily after food.

### Essential Oil + Omegas

Take 2 softgels 2x daily.

### Additional Support

- Protective Blend
- Siberian Fir

*Vitality Supplement Trio Necessary*

## Sinusitis

### Description

Clears the bacterial infections and assists in the remediation of the symptoms.

### Suggested Duration

1-4 weeks

### Myrrh & Melissa

Apply a drop of each with carrier oil over the maxillary sinus region 6x daily.

### Probiotic Complex

Take 2 capsules morning and evening on an empty stomach.

### Protective Blend+ Softgels

Take 2 softgels 2x daily after food.

### Essential Oil + Omegas

Take 2 softgels 2x daily.

### Additional Support

- Cardamom
- Rosemary
- Oregano

## Sleep (Insomnia)

### Description

Induces a calming state that allows one to fall and stay asleep.

### Suggested Duration

3 months, then as needed

### Restful Blend Complex

Take 2 softgels 30 minutes before bed.

### Restful Blend

Apply 2 drops to temples and bottoms of feet. Diffuse 4-8 drops near bedside.

### Vetiver & Wild Orange

Take a drop of each under the tongue before bed.

### Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

### Additional Support

- Frankincense
- Sandalwood
- Grounding Blend

## Sleep Apnea

### Description

Promotes open airways and more meaningful sleep.

### Suggested Duration

Ongoing

### Respiratory Blend

Diffuse 5-10 drops next to bedside at night. Also apply over bridge of nose and to sinus reflex points.

### Protective Blend

Gargle 2 drops with water for 30 seconds, then swallow right before bed.

### Restful Blend Complex

Take 2 softgels 30 minutes before bed.

### Additional Support

- Peppermint
- Rosemary
- Wintergreen

## Smoking

### Description

Helps curb cravings and smoking addiction, aids in detox.

### Suggested Duration

6-12 weeks

### Grapefruit

Drink 1-3 drops in water throughout the day.

### Protective Blend

Swish 2 drops with water when cravings arise, especially after eating.

### Black Pepper

Apply 1 drop to big toes 2x daily. Also inhale or diffuse throughout the day.

### Detoxification Blend

Apply 2-4 drops to bottoms of feet 30 minutes before showering.

### Additional Support

- Detox Herbal Complex



# Snoring

## Description

Promotes open airways during sleep.

## Suggested Duration

Ongoing

## Respiratory Blend

Diffuse 5-10 drops near bedside at night. Also apply to bridge of nose, throat, and lung reflex points.

## Protective Blend

Gargle 2 drops with water for 30 seconds, then swallow.

## Lemon

Drink 1-3 drops in water before bed.

## Additional Support

- Eucalyptus
- Rosemary
- Peppermint

# Sore Throat

## Description

Relieves pain and soreness in throat, provides antiviral and antibacterial support.

## Suggested Duration

5-10 days

## Lemon 20, Protective Blend 15, Helichrysum 4

Combine in 15ml glass spray bottle with carrier oil. Spray toward back of throat as needed.

## Lavender, Arborvitae

Massage 1-2 drops with carrier oil to outside of throat.

## Additional Support

- Melissa
- Black Pepper
- Petitgrain

# Stress

## Description

Increases a general calming state due to the interaction of oils with neurotransmitters.

## Suggested Duration

4-8 weeks, then as needed

## Calming Blend

Apply to web of hands and base of skull. Diffuse throughout the day.

## Calming Blend Complex

Take 1-2 capsules daily.

## Grounding Blend

Apply 1-2 drops to temples during 10 minute daily meditation.

## Restful Blend Complex

Take 2 softgels 30 minutes before bed.

## Additional Support

- Rose
- Roman Chamomile

## Sunburn

### Description

Relieves discomfort from sunburn, promotes healing.

### Suggested Duration

3-7 days

### Lavender, Yarrow, Helichrysum

Apply 2-4 drops with carrier oil or aloe to sunburnt skin 3-5x daily.

### Peppermint

Add 5 drops to small glass spray bottle with water. Spritz to cool skin.

### Additional Support

- Cedarwood
- Copaiba
- Roman Chamomile

## Thrush

### Description

Provides anti-fungal support, eases oral discomfort.

### Suggested Duration

1-3 weeks

### Lemon, Tea Tree, Children's Omega-3

Combine 2 drops of each essential oil with 1 Tbs of omegas. Apply with clean finger to child's gums and tongue 2-3x daily.

### Tea Tree & Lavender

Massage a drop into bottoms of child's feet 1x daily.

### Additional Support

- Geranium
- Helichrysum

## Thyroid: Hyper (Grave's)

### Description

Assists with regulating the metabolism, detoxifying the body, and restoring balance.

### Suggested Duration

1-3 years

### Vetiver (10), Turmeric (10), Myrrh (10), Siberian Fir (5)

Combine oils in a 10ml roller with FCO. Apply over thyroid 3-5x daily.

### Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

### Grounding Blend

Apply 2-4 drops to bottoms of feet morning and night.

### Detoxification Blend

Take 2 softgels 2x daily.

*Vitality Supplement Trio Necessary*

## Thyroid: Hypo (Hashimoto's)

### Description

Assists with regulating the metabolism, detoxifying the body, and restoring balance.

### Suggested Duration

1-3 years

**Myrrh (10), Turmeric (10), Clove (6), Lemongrass (6), Copaiba (10)**

Combine oils in a 10ml roller with FCO. Apply over thyroid 3-5x daily.

### Energy & Stamina Complex

Take 2 capsules 2x daily.

### Detoxification Blend Softgels

Take 2 softgels 2x daily.

### Cellular Complex Blend & Softgels

Apply 2 drops to bottoms of feet 2x daily. Also take 1-2 softgels 2x daily.

Vitality Supplement Trio Necessary

## Weight loss

### Description

Assists with burning glucose and glycogen supplies at a faster rate in order to access the ketotic fat burning state.

### Suggested Duration

3-6 months

### Metabolic Blend

Apply 10-15 drops with carrier oil to abdomen and fatty areas at night.

Also drink 3-5 drops in water throughout the day.

### Cellular Complex Blend

Apply 2-4 drops of oil to lower abdomen 2x daily. Take 2 softgels 2x daily.

### Detoxification Blend Softgels

Take 2 softgels 2x daily.

### Additional Support

- Metabolic Blend Softgels
- Coriander

Vitality Supplement Trio Necessary

## Workout

### Description

Provides pre- and post-workout support, increases energy, supports muscle tone.

### Suggested Duration

Ongoing

### Massage Blend

Apply 1-3 drops to muscles to stimulate circulation before workout.

### Respiratory Blend

Apply 2-4 drops to chest to open airways.

### Energy & Stamina Complex

Take 2 capsules before workout.

### Soothing Blend Rub

Rub into muscles and joints after workout. Add Marjoram if injured.

### Additional Support

- Lemongrass

Vitality Supplement Trio Necessary

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