Essential Oils

Oregano – External, Diffuser
  ➢ Antimicrobial

Thyme – External, Diffuser
  ➢ Antimicrobial
  ➢ Analgesic
  ➢ Stimulant

Eucalyptus – External, Diffuser
  ➢ Antimicrobial

Horseweed – External
  ➢ Hemostatic

German Chamomile – External
  ➢ Anti-inflammatory

Myrrh – External
  ➢ Anti-inflammatory

Clove – External
  ➢ Antiseptic
  ➢ Anesthetic

Tea Tree – External, Diffuser
  ➢ Antimicrobial, antifungal

Lemon Balm – External
  ➢ Antiviral (herpes simplex)

Peppermint – External, Diffuser
  ➢ Analgesic
  ➢ Antispasmodic

Yarrow – External
  ➢ Wound Healing (circulation)

Lemon – External, Diffuser
  ➢ Antimicrobial
  ➢ Mood Booster
  ➢ Drying

Frankincense – External, Diffuser
  ➢ Anti-inflammatory
  ➢ Respiratory

Rosemary – External, Diffuser
  ➢ Circulation
  ➢ Stimulant

Lavender – External
  ➢ Calming
  ➢ Anti-inflammatory
  ➢ Skin

Lemon Grass – External, Diffuser
  ➢ Bug repellant
  ➢ Cooling
  ➢ Skin

Sandalwood – External, Diffuser
  ➢ Skin
  ➢ Anti-inflammatory

Juniper – External, Diffuser
Antimicrobial

- Pine – External, Diffuser
  - Antimicrobial

- Angelica – External, Diffuser
  - Respiratory
  - Anxiety (physical)

Carrier Oils

- Coconut Oil
  - Suitable for ingestion
  - Hair & Scalp
- Olive Oil
  - All external uses
- Almond Oil
  - Massage
- Sesame Oil
  - Massage
  - BEST for poorly healing wounds and infection

Internal Use: I do not recommend using essential oils internally. If you want to use them in this way, limit your dose to 1 drop mixed into whole milk or coconut oil, water will not dilute the oil. Do not use more than three days.

External Use: Dilute 1 to 4 drops of essential oil into a tablespoon of carrier oil and massage into the affected area. Use up to twice a day for no longer than a week. All essential oils are irritants, some more than others.

Diffuser Use: Follow the instructions on your diffuser for proper use. For a candle diffuser, use 2 to 4 drops. Use distilled water with all diffusers that require water. Use diffused essential oils in the areas you want to treat for a couple hours in the morning and evening. Don’t diffuse oils throughout the day or night.

Steam Diffusion: The classic cold remedy, there are two ways to do this. A bowl with steaming water that the essential oils are added (2 to 4 drops), a towel draped over your head and the bowl while you inhale. This is best for nasty sinus infections. An easier way for upper respiratory infections is to use a cup of steaming water with a lid to cover the cup between inhalations.

Inhalant Sticks: Use several times a day for a few minutes each use. Like all essential oil uses, do not use daily for no reason.

Points to Consider

- Do not use essential oils as a “preventative”, they don’t work this way.
- The best and most effective use is through inhalation and massage.
- Don’t underestimate their use in aromatherapy – the olfactory nerves have direct access to your brain.
- Continuous, daily use of essential oils is NOT good for you. You are ingesting hormone disruptors.
- As a rule, ALWAYS dilute essential oils before using.