

# 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 repellent
- 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.