

Used For (Bold are oils generally considered the best choice.)

For children, see Baby/Child for list of recommended oils for each age group to assist you in choosing which listed oils to use.

Do not use neat: Black Pepper, Clove, Fennel, Ginger, Juniper, Lemon, Lemongrass, Peppermint, Rosemary

“Oil” refers to vegetable oil. Usually for a blend you use 5dr per tsp oil.

Abdomen Bloating: Massage, Rub

Fennel, Peppermint

Abdomen Pain (Upper): Compress, Massage, Rub

Chamomile, Clove, Eucalyptus, Fennel, Peppermint

Inst: 1tsp oil + 3dr Peppermint + 2dr Clove

Abdomen Pain (Lower): Compress, Massage, Rub

Eucalyptus, Geranium, Ginger, Patchouli, Peppermint, Rosemary, Thyme

Inst: 1tsp oil + 3 dr Eucalyptus + 2dr Thyme

Abrasions: Undiluted; Dressing, Gauze, Spray, Wash

Bergamot, Chamomile G, Frankincense, **Lavender**, Tea Tree, Thyme (R)

Inst: Clean area well with 5 drops of lavender in a bowl of water. Apply 1 neat drop of lavender. Leave to heal.

Abscess (External/Dry): Apply directly (gently w/o stimulating); undiluted; Compress, Gauze, Rub

Chamomile G/R, Eucalyptus, Helichrysum, Juniper, **Lavender**, Lemon, Palmarosa, Sandalwood, **Tea Tree**, Thyme (R)

Inst: Soak compress in solution of ½ cup water + 3dr Chamomile + 2dr Lavender + 2dr Tea Tree. Apply 2 times a day.

Abscess (External/Weeping): Apply directly (gently w/o stimulating); undiluted; compress, gauze, wash

Bergamot, Frankincense, **Lavender**, **Tea Tree**

Inst: Soak compress in solution of ½ cup water + 3dr Lavender + 2dr Frankincense + 2dr Tea Tree. Apply 2 times a day.

Abscess (Mouth): Cotton, Mouthwash

Bergamot, Chamomile G/R, Fennel, Geranium, Lavender, Lemon, **Tea Tree**

Inst: Pt 1) 1dr Chamomile on cotton applied directly to abscess

Pt 2) 1tsp oil + 3dr Lavender + 2dr Tea Tree. Apply over jaw and cheek area.

Acne: Cotton, Face Oil, Spray, Steam, Wash

General: Basil, **Bergamot**, **Camphor**, **Cedarwood**, **Chamomile G/R**, **Clary Sage**,
Eucalyptus R, Fennel, **Geranium**, Grapefruit, **Helichrysum**, **Jamine**,
Juniper, **Lavender**, **Lemon**, Lemongrass, Litsea Cubeba, Mandarin,
Orange, **Palmarosa**, **Patchouli**, **Peppermint**, Petitgrain, **Rosemary**,
Rosewood, **Sandalwood**, Tangerine, **Tea Tree**, **Thyme L**, Yarrow, Ylang
Ylang (Base=Almond, or Evening Primrose)

Inst: Steam: Add 2dr Chamomile G/R, Clary Sage, Lavender, or Thyme L to a
bowl of boiling water, cover head and bowl with a towel for 5
minutes, coming up for air a few times. Splash with cold water
after.

Wash: Use pure soap only and rinse thoroughly using warm water; add
2Tbsp of cider vinegar to the final rinse water and pat dry.

Oil: 2Tbsp Almond Oil + 10dr Chamomile G + 10dr Palmarosa + 7dr
Chamomile R + 5dr Yarrow (+ 20dr carrot 3dr Myrrh)

w/Pustule: Bergamot, Lemon, **Rosemary**, Tea Tree (no wash), **Thyme L**

w/Redness: Chamomile G/R, **Eucalyptus R**, Geranium, Juniper, **Lavender**

Scarring: Frankincense, **Palmarosa**, Petitgrain

Addiction: Air Diffusion, Bath, Massage

Bergamot, Chamomile R, Clary Sage, Jasmine, **Juniper**, Lavender, Ylang Ylang

Adenoids (Enlarged): Gargle, Massage (outside of neck), Mouthwash

Eucalyptus R, Juniper, **Tea Tree**

Adenoids (Pus Covered): Gargle, Massage (outside of neck), Mouthwash

Clove, Eucalyptus R, **Tea Tree**

Adrenal Gland:

Chamomile G/R

Aging: Bath, Inhalation, Massage, Rub

Geranium, Ginger, Jasmine, **Lemon**, Rosemary, **Thyme L**

Albuminuria:

Juniper

Alertness: Air Diffusion, Bath, Inhalation, Massage, Rub

Hyssop, **Jasmine**, Peppermint, **Petitgrain**, Pine, **Rosemary**

Allergies: Air Diffusion, Bath, Inhalation, Massage

Basil, Chamomile G/R, **Helichrysum**, **Lavender**, **Yarrow**

Anal Fissure: Massage, Rub, Wash

Chamomile, Eucalyptus, Geranium, Lavender, Petitgrain, Tea Tree, Thyme

Inst: Part 1) Bathe area in ½ c warm water + 5dr Lavender + 2dr Lemon

Part 2) Massage around area with 1tsp oil + 3dr Lavender + 2dr Chamomile + 1dr Geranium

Anal Itch: Bath

Bergamot, Geranium, Lavender

Inst: 5dr Geranium + 4dr Lavender + 3dr Bergamot. Add 2dr of Blend to a bowl of water and bath the anus.

Anemia: Bath, Massage, Rub

Black Pepper, **Chamomile R, Lemon, Thyme**

Angina:

Bergamot, Ginger, Lemon, Thyme

Animal Bite: Apply directly (gently w/o stimulating); High Concentrate 1:3 or undiluted, Cotton, dressing, gauze, wash

Bergamot, Chamomile, Eucalyptus, Lavender, Lemon, **Tea Tree, Thyme**

Inst: Part 1) Wash area with mild soap and water that you have added Thyme or Lavender

Part 2) Cover the wound with a bandage or piece of gauze with 4dr Lavender + 3dr Thyme

Part 3) Go get a tetanus shot if necessary

Anorgasmia:

Black Pepper, Clary Sage, Fir, Jasmine, Juniper, Patchouli, Sandalwood (hormonal), Ylang Ylang (emotional)

Anxiety: Air Diffusion, Bath, Inhalation, Massage, Rub

Basil, **Bergamot, Cedarwood, Chamomile R, Citronella, Clary Sage, Clove, Eucalyptus C, Frankincense, Geranium, Grapefruit, Jasmine, Juniper, Lavender, Lemon, Lemongrass, Litsea Cubeba, Orange, Patchouli, Petitgrain, Sandalwood, Ylang Ylang**

Inst: Tissue: 1dr Lavender + 1dr Geranium

Apathy: Air Diffusion, Bath, Inhalation, Massage, Rub

Bergamot, Clary Sage, Jasmine, Patchouli, Peppermint

Aphrodisiac: Air Diffusion, Bath, Massage

Black Pepper, Cinnamon, Clary Sage, Jasmine, Patchouli, Sandalwood, Ylang Ylang

Appetite (to reduce): Bath, Massage, Rub

Bergamot, Fennel, Juniper, Lavender, Litsea Cubeba

Appetite (to increase): Air Diffusion, Bath, Inhalation, Massage, Rub

Black Pepper, Chamomile R, Cinnamon, Ginger, Grapefruit, Hyssop, Lemon, Tangerine

Arrhythmia (Abnormal Heart Rhythm): Bath, Massage, Rub
Litsea Cubeba, **Ylang Ylang**

Arterial Infection:
Lemon

Arteriosclerosis (Hardening of the Arteries): Bath, Massage, Rub
Black Pepper, Ginger, **Juniper, Lemon, Rosemary**, Thyme R, Yarrow
Inst: Massage: 2Tbsp Oil + 10dr Lemon + 10dr Rosemary + 8dr Ginger + 2dr
Thyme R. Massage entire body daily.
Bath: 10dr Lemon + 5dr Black Pepper + 5dr thyme R. 4dr in bath.

Arthritis: Bath, Compress, Massage, Rub
General: **Black Pepper**, Camphor, Cedarwood, Chamomile G/R, Cinnamon, Clove,
Cypress, Eucalyptus C/G/R, Fennel, Ginger, **Helichrysum**, Juniper, Lavender,
Lemon, Nutmeg, Pine, **Rosemary**, Tea Tree, Thyme L
Pain: **Black Pepper**, Chamomile R, Ginger, **Helichrysum**, Lavender, Rosemary
Red w/Heat: **Chamomile G/R**, Juniper, **Lavender**
Swelling: Juniper, Lavender
Inst: Stage 1: All types of arthritis: 2 weeks Detox. Use NO OTHER TREATMENTS
Bath: 30dr Fennel + 16dr Cypress + 10dr Juniper. EVERY DAY
add to your bath 2 handfuls of Epsom Salts and 1 handful of
rock salt, then add 4dr of blend.
Maintenance: Bathe and Massage with one or a combination of: Chamomile
G/R, Eucalyptus R, Ginger, Lavender, Rosemary, or Thyme L.

Arthritis-Osteoarthritis: Bath, Massage, Rub
Black Pepper, Cedarwood, Chamomile G/R, Cypress, Eucalyptus R, Fennel,
Ginger, Juniper, Lavender, Nutmeg, Petitgrain, Pine, Rosemary, Sandalwood,
Thyme L
Inst: Stage 1: See above under arthritis.
Stage 2 Bath: 30dr Ginger + 16dr Rosemary + 10dr Petitgrain. Every
day add to your bath 2 handfuls of Epsom Salts and 1 handful of
rock salt, then add 4dr of blend. Daily x 2 weeks.
Stage 2 Massage: 2Tbsp oil + 13dr Ginger + 8dr Black Pepper + 5dr Cypress
+ 4dr Cedarwood. Massage entire body 2x daily.
Stage 3 Bath: 15dr Rosemary + 8dr Cypress (Marjoram) + 5dr Black Pepper.
4dr per bath. Alternate stage 2 and stage 3 blends for 2 weeks.
Stage 3 Massage: 2Tbsp oil + 15dr Sandalwood + 10dr Nutmeg + 5dr Ginger.
Alternate with stage 2 massage blend and massage affected joints
only.
Maintenance: See above under arthritis.

Arthritis-Rheumatoid (problem affecting connective tissue/joints): Bath, Massage, Rub
Basil, **Black Pepper**, **Camphor**, Cedarwood, **Chamomile G/R**, Cinnamon, **Citronella**,

Clove, **Cypress**, **Eucalyptus** C/G/R, Fennel, **Fir**, Frankincense, **Ginger**, **Helichrysum**, **Juniper**, **Lavender**, **Lemon**, **Lemongrass**, **Nutmeg**, Peppermint, Pine, **Rosemary*****, Tagetes, **Thyme** L, Yarrow

Inst: Stage 1: See above under arthritis.

Stage 2 Bath: 30dr Eucalyptus R + 16dr Chamomile R + 10dr Lavender. Every day add to your bath 2 handfuls of Epsom Salts and 1 handful of rock salt, then add 4dr of blend. Daily x 2 weeks.

Stage 2 Massage: 2Tbsp oil + 10dr Lavender + 8dr Chamomile G + 8dr Eucalyptus + 2dr Peppermint. Massage entire body 2x daily.

Stage 3 Bath: 15dr Rosemary + 8dr Ginger + 5dr Frankincense. 4dr per bath. Alternate stage 2 and stage 3 blends for 2 weeks. Omit Epsom salts.

Stage 3 Massage: 2Tbsp oil + 10dr Frankincense + 8dr Rosemary + 7dr Lavender + 5dr Ginger. Alternate with stage 2 massage blend and massage only the affected joints.

Maintenance: See above under arthritis.

Asthma: Air Diffusion, Bath, Inhalation, Massage, Rub

Basil, Cedarwood, Chamomile G/R, Clary Sage, Clove, Cypress, **Eucalyptus** C/G/R, Fennel, Frankincense, Helichrysum, **Hyssop**, **Lavender**, Lemon, Peppermint, Pine, **Rosemary**, Sandalwood, Tea Tree, Thyme

Inst: <2yrs: 2Tbsp oil + 5dr Lavender or Geranium

2-7yrs: 2Tbsp oil + 5dr Lavender + 3dr Frankincense + 3dr Geranium

7-12yrs: 2Tbsp oil + 5dr Cypress + 5dr Geranium + 5dr Geranium

Massage back beginning base of spine, up back, over shoulders, down sides

Athlete's Foot: Undiluted: Cotton, Foot Bath, Massage, Rub

Cinnamon, Clove, Cypress, Eucalyptus C, Hyssop, **Lavender**, Lemon, Lemongrass, Palmarosa, Patchouli, Petitgrain, **Tagetes**, **Tea Tree**, Thyme

Inst: Part 1) Rub between toes and around nails with cotton infused with 2dr Tea Tree + 1dr Lavender

Part 2) Massage feet with 1tsp oil + 5dr Tea Tree + 1dr Lemon

Child: Part 1) 1C Salt + 5dr Tea Tree. Add to large bowl of water and have child soak feet for at least 5 minutes a day.

Part 2) 1C Talk + 10dr Te Tree. Use as foot powder

Part 3) 2Tbsp oil + 30dr Tagetes. Massage child's feet before bed.

Baby/Child: (0-1yr):

Base Oil: Hazelnut, Sweet Almond

Base Oil Additive (no more than 10% of base oil): Jojoba, Borage, Wheatgerm.

Baby/Child: (0-2mo):

Chamomile G/R, Lavender, Yarrow (1-3dr in 2Tbsp Base Oil)

Baby/Child: (2mo-6mo):

Chamomile G/R, Eucalyptus, Lavender, Mandarin, Yarrow (3-5dr in 2Tbsp Base Oil)

Baby/Child: (6mo-12mo):

Chamomile G/R, Eucalyptus, Grapefruit, Lavender, Mandarin, Palmarosa, Tea Tree, Yarrow (3-5 dr in 2Tbsp Base Oil)

- Baby/Child: (1-5yr): Base Oil: Hazelnut, Sweet Almond
 Base Oil Additive (no more than 10% of base oil): Jojoba, Borage, Carrot, Wheatgerm.
 Chamomile G/R, Eucalyptus, Ginger (1/3 dosage of other oils), Grapefruit, Lavender, Mandarin, Palmarosa, Tea Tree, Yarrow (5-10dr in 2Tbsp Base Oil)
- Baby/Child (5yr – puberty) Base Oil: Apricot, Grapeseed, Hazelnut, Sweet Almond
 Base Oil Additive (no more than 10% of base oil): Jojoba, Borage, Carrot, Wheatgerm
- Baby/Child (5yr-7yr): Chamomile G/R, Eucalyptus, Grapefruit, Lavender, Mandarin, Palmarosa, Tea Tree, Yarrow
 1/3 dosage of other oils: Clary Sage, Geranium, Ginger, Hyssop, Nutmeg, Peppermint, Rosemary, Thyme (5-12dr in 2Tbsp Base Oil)
- Baby/Child (7yr-12yr): Chamomile G/R, Eucalyptus, Grapefruit, Lavender, Mandarin, Palmarosa, Tea Tree, Yarrow
 1/3 dosage of other oils: Basil, Clary Sage, Cypress, Fennel, Frankincense, Geranium, Ginger, Hyssop, Nutmeg, Peppermint, Rosemary, Thyme (5-15dr in 2Tbsp Base Oil)
- Baby/Child (puberty): Basil, Bergamot (Males), Chamomile G/R, Clary Sage, Cypress, Eucalyptus, Fennel, Frankincense, Geranium, Ginger, Grapefruit, Hyssop, Lavender, Mandarin, Nutmeg, Palmarosa, Peppermint, Rosemary, Tea Tree, Thyme, Yarrow (10-20dr in 2Tbsp Base Oil)
- Baby-Bronchiolitis: Inhalation, Massage, Rub
 Chamomile R, **Eucalyptus R**, Hyssop (over 5yrs old), Lavender, Rosemary (over 5yrs old), Tea Tree, Thyme (over 5yrs old)
- Inst: Inhal: <5yrs: 10dr Eucalyptus R + 8dr Tea Tree + 7dr Chamomile R. Use 3dr in diffuser or bowl.
 >5yrs 10dr Thyme (R) + 8dr Tea Tree + 7dr Chamomile R. Use 3dr in diffuser or bowl.
- Massage: <5yrs: 2Tbsp Oil + 10dr each Eucalyptus R, Lavender, Tea Tree. Massage 3x day over chest and back, concentrating on back over lungs.
 >5yrs: 2Tbsp Oil + 15dr each Thyme (R) and Tea Tree
- Baby-Cold/Cough: Air Diffusion, Bath, Massage/Rub (neck/chest)
 Eucalyptus R, Frankincense, **Tea Tree**
- Inst: Part 1) Mix: 10dr Eucalyptus + 10dr Lavender + 10dr Tea Tree
 Part 2) Air: Place 3dr of mix diluted in water in diffuser once at night and day
 If trouble breathing, also put 2dr on cotton ball and place under the Pillow
 Part 3) Bath: 0-1yr 1dr, 2-5yr 2dr Mix added to bath water
 Part 4) Massage: 2tsp oil + 3dr Mix. Massage over chest and back

DO NOT DO THIS PROCESS FOR MORE THAN 7 DAYS

Baby-Colic: Massage, Rub

Chamomile R, Geranium, Ginger, Lavender

Inst: Mild: 2Tbsp Almond Oil + 1dr Chamomile R + 1dr Geranium + 1dr
Lavender. Massage tummy, then massage mid back

Severe: 1Tbsp Almond Oil + 1dr dill. Massage tummy, then massage mid
back

Baby-Cradle Cap: Massage, Rub

Eucalyptus C, Geranium (DO NOT USE LAVENDER)

Inst: 2Tbsp Almond Oil + 1dr Eucalyptus + 1dr Geranium. Massage scalp once daily.

Baby-Cough, Severe (bronchitis, cough, whooping cough, etc..) Air Diffusion

Eucalyptus, Hyssop, Thyme

Inst: 3dr Eucalyptus + 1dr Hyssop + 1dr Thyme. Add to bowl of boiling water placed
under the foot of the bed. Do this 3 nights, break for 2, repeat until
resolved.

Baby-Diaper Rash: Cotton, Wash

Chamomile G, Lavender, Yarrow

Inst: Part 1) Wash: Small bowl of water + 1dr Chamomile G (or Yarrow) + 1dr
Lavender. Use cotton to wash baby's bottom.

Part 2) Ointment: 4tsp Zinc/Castor Oil Cream + 1dr Chamomile G (or Yarrow) +
1dr Lavender.

Baby-Dry, Wrinkled, Flaky skin: Massage, Rub

Chamomile G, Lavender

Inst: Part 1) Base Oil = 8tsp Hazelnut Oil + 1tsp wheatgerm oil + 1tsp pure virgin olive
oil.

Part 2) Essential Oil Blend = 8dr Chamomile G + 1dr Lavender.

Part 3) Massage: 2Tbsp Base Oil Blend + 3dr Essential Oil Blend. Massage
wrinkled, flakey areas of baby.

Baby-Ear Ache: Massage/Rub (down neck/around jawbone)

Chamomile R, Tea Tree

Baby-General Soothing: Bath, Massage, Rub

Chamomile R, Geranium, Lavender, Mandarin, Tangerine

Inst: A) 2Tbsp Sweet Almond Oil + 7dr Tangerine + 2dr Chamomile R

B) 2Tbsp Sweet Almond Oil + 4dr Lavender + 3dr Chamomile R

C) 2Tbsp Sweet Almond Oil + 4dr Chamomile R + 3dr Geranium

D) 2Tbsp Sweet Almond Oil + 7dr Mandarin + 2dr Chamomile R

Baby-Sleeplessness: Air Diffusion, Bath, Massage, Rub

Chamomile R, Geranium, Lavender, Mandarin (>2mo)

Inst: Air Diffusion: Bowl of boiling water + 1dr Chamomile R + 1dr Geranium.
Every other night, place bowl on floor at foot side of bed and almost close the door to retain the molecules in the room.

Baby-Teething: Rub

Chamomile G/R, Lavender, Yarrow

Inst: Part 1) 5tsp oil + 6dr total Chamomile G/R and/or Yarrow. Place 1tsp of mixture in eggcup and fill with ice water. Stir VERY well.

Part 2) Place cotton ball into eggcup mix and wipe baby's gums.

Part 3) using 2dr of the remaining oil mix, massage outside the face along the jaw line.

Baby-Upset Stomach (mild, not projective vomiting): Air Diffusion

Peppermint

Inst: Put 1dr Peppermint on a cotton ball and place at the end of the foot side of baby's bed.

Bad Breath/Halitosis: Gargle, Mouthwash

Bergamot, Clove, Eucalyptus, Fennel, Lavender, Lemon, Peppermint, Tea Tree, Thyme

Inst: Mouthwash: 1tsp brandy + 4dr oil as shown below. Mix with warm water.

Swish, do not swallow. (Digestive Problems use 2dr ea Peppermint and Lemon;

Gum Disease use 2dr ea Tea Tree and Thyme; General use 4dr Lavender)

Balance Body & Mind

Grapefruit, Lavender, Sandalwood

Balance Hormone System: Bath, Massage, Rub

Clary Sage, Fennel, Geranium, Mandarin

Baldness: Massage, Rub, Wash

Lavender, **Litsea Cubeba, Rosemary**

Bed Sores: High Concentrate 1:3; Apply directly (gently w/o stimulating); Compress, Cotton, Gauze

Bergamot, Chamomile G, Frankincense, Geranium, Helichrysum, **Lavender, Tea Tree**

Bed Wetting (stress): Air Diffusion, Bath, Massage

Chamomile R, **Cypress**, Lavender, Mandarin, Petitgrain

Bee/Hornet Sting: Compress (For Wasp Stings, see Wasp Stings)

Chamomile G, Cinnamon, Lavender

Inst: Part 1) Remove the stinger if possible, trying not to squeeze the poison sac if attached.

Part 2) Apply a cold compress of Chamomile (4dr in ½ C ice water) for several hours if possible.

Part 3) Apply 1dr neat Chamomile 3 times a day for 2 days.

Child: Blend equal amount Chamomile G and Lavender and apply to sting after removing stinger.

Belching: Massage, Rub
Fennel, Ginger

Bilious Attacks: Inhalation, Massage, Rub
Clove, Fennel, Ginger, Lemon, Peppermint, Rosemary
Inst: Part 1) Inhale from tissue with 1dr Lemon + 1dr Peppermint
Part 2) Rub over gall bladder area (rt low rib cage) and stomach 1tsp oil + 2dr peppermint.

Black Eye: Compress
Chamomile, Geranium, **Lavender**
Inst: Soak cotton in 1Tbsp ice water + 2tsp Witch Hazel + 1dr Geranium + 1dr Chamomile. Apply to eyelid and surrounding area.

Bladder Infection: Bath, Sitz Bath, Massage
Bergamot, Eucalyptus, Fennel, Juniper, Lavender, Sandalwood, Tea Tree, **Thyme**

Bladder-Inflammation of the Mucous Membrane
Bergamot, Cedarwood, Chamomile R, Eucalyptus, Juniper, Lavender, Sandalwood

Bleeding: Compress
Chamomile, **Cypress, Geranium**, Hyssop, **Lemon**, Palmarosa
Inst: On Compress place 1dr Chamomile + 1dr Geranium + 1dr Lemon

Bleeding Nose: Inhalation
Chamomile, Cypress, Lavender, Lemon, Palmarosa, Rosemary
Inst: Inhale from tissue with 3dr Lemon + 1dr Lavender

Blisters: Compress, Cotton, Dressing, Gauze
Chamomile, **Geranium, Lavender**, Lemon, Tea Tree, Tagetes
Inst: A) Drop neat on blister 1dr Lavender + 1dr Chamomile; pat thoroughly but Carefully
B) 2dr Tagetes + 2dr iodine. Apply to blister
PREVENTION: Add a pot of strong tea (cold) to a tub of water and soak feet.

Blisters (Burns & Scalds): Compress, Cotton, Dressing, Gauze
Eucalyptus, Lavender, Tea Tree, Yarrow
Inst: Place 1dr Lavender on blister. Hold ice cube on it for at least 10 minutes. Cover with gauze. Repeat 3 times a day.

Blood-Cleanse and Purify
Eucalyptus, Juniper, Rosemary

Blood-Thinner

Lemon

Body Lice: Undiluted; Bath, Massage, Rub, Wash
Geranium, Lavender, Tea Tree, Thyme

Boils: High Concentrate 1:3; undiluted; Compress, Cottons, Gauze, Wash
Bergamot, **Chamomile** G/R, Cinnamon, **Clary Sage**, Helichrysum, Juniper, **Lavender**,
Lemon, Litsea Cubeba, Nutmeg, **Tea Tree**, **Thyme** L, **Thyme** (R), **Yarrow**
(*Myrrh*)

Inst: Part 1) Bathe area using ½ cup hot water + 2dr Lavender + 2dr Tea Tree, twice a day. If Inflamed: Add 1dr Chamomile
Part 2) A) Hot compress with ½ cup hot water + 1dr Thyme (R) twice a day.
B) After pus is dispelled: twice a day apply 1tsp oil + 3dr Lavender + 2dr Tea Tree + 2dr Thyme (R)

Bowel Disorder: Bath, compress, massage, rub
Chamomile G/R, Fennel, Helichrysum, Juniper, Lavender, Litsea Cubeba, Patchouli, Peppermint

w/Inflammation: Chamomile G/R, **Lavender**, Litsea Cubeba, **Peppermint**

w/Discomfort: **Helichrysum**, **Patchouli**, **Peppermint**

w/Pain: Fennel, **Helichrysum**, **Peppermint**

w/Swelling: **Fennel**, **Juniper**

Breasts-Growth Stimulation:

Geranium, **Ylang Ylang**

Breasts-Toning: Massage, Rub

Clary Sage, Cypress, Fennel, Geranium, Lemongrass

Inst: After Exercise...

Part 1) 1tsp Witch Hazel + 3dr Cypress. Add to bowl of cold water. Splash breasts alternately 10 times each or more.

Part 2) 2Tbsp grapeseed or almond oil + 12dr Fennel + 10dr lemongrass + 5dr Geranium + 3dr Clary Sage

Breathlessness: Massage

Eucalyptus C, Geranium, Hyssop, Juniper, Rosemary, Thyme

Bronchitis: Air Diffusion, Bath, Inhale, Massage, Rub

General: Black Pepper, Bronchitis, **Camphor**, Cedarwood, Chamomile R, Cinnamon, Clove, Cypress, **Eucalyptus** C/G/R, Fennel, **Fir**, Frankincense, Ginger, **Helichrysum**, **Hyssop**, Lavender, **Lemon**, Nutmeg, Orange, **Peppermint**, Pine, Rosemary, **Sandalwood**, Tagetes, Tea Tree, **Thyme** (R)

Acute: **Cinnamon**, Eucalyptus G

Chronic: Eucalyptus R, **Pine**

w/Congestion: **Eucalyptus** G/R, Frankincense, Helichrysum, Tea Tree, Thyme

w/Cough: Sandalwood

Inst: Child: Inhale: <5yrs: 10dr Eucalyptus + 8dr Tea Tree + 7dr Chamomile R
>5yrs: 10dr Thyme (Red) + 8dr Tea Tree + 7dr Chamomile R

Child: Massage: <5yrs: 2Tbsp oil + 10dr Eucalyptus + 10dr Lavender +
10dr Tea Tree
>5yrs: 2Tbsp oil + 15dr Tea Tree + 15dr Thyme (Red)
Massage 3 times a day over chest and back, concentrating on
the back and lung area.

Bruises: Undiluted: Compress, Dressing, Gauze

Black Pepper, **Camphor**, Chamomile G, Clove, Cypress, Fennel, Geranium, Ginger,
Helichrysum, Hyssop, **Lavender**, Lemon, **Rosemary**, Tea Tree

Inst: Part 1) In a bowl of hot water and a bowl of cold water + 3dr Rosemary + 2dr
Lavender + 1dr Geranium. Soak a washcloth in each bowl and apply
alternately to the bruise and surrounding area.

Part 2) Apply to area 1tsp oil + 2dr Geranium + 2dr Rosemary + 1dr Lavender

Bumps: See Bruises

Bunions: Cotton, Foot Bath, Massage, Rub

Chamomile G, Peppermint, Tagetes

Inst: 1Tbsp oil + 30dr Tagetes. Use nightly (can use = pts jojoba oil and Tegetes)

Burns (mild): Undiluted; Compress, Dressing, Gauze

Chamomile G/R, Clove, Eucalyptus G/R, Frankincense, **Geranium**, **Helichrysum**,
Lavender, Peppermint, **Tea Tree**, Yarrow

Inst: A) Part 1) Apply ice water for at least 10 minutes, then immediately put 2dr
Lavender neat directly on the burn. May substitute Eucalyptus

A) Part 2) Put 5dr Lavender on a dry, cold compress and cover the area.
Repeat as necessary.

B) Cigarette Burns: Apply 1dr Lavender neat to burn.

C) Large Burns: 10dr Chamomile G + 10dr Lavender + 5dr
Chamomile R (can also add 2dr blend to 1Tbsp Aloe Gel and
applied 3 times a day). Take 1000mg of Vit C to aid in healing.
Drink plenty of fluids and add honey or sugar.

Bursitis: Compress, Massage, Rub

Chamomile R, Clary Sage, Cypress, Ginger, Hyssop, **Juniper**, Rosemary

Inst: 2Tbsp Oil + 15dr Cypress + 10dr Chamomile R + 5dr Juniper

Bursitis (Foot): Soak, Massage

Peppermint

Inst: Part 1) Soak in cold foot bath 3 times a day

Part 2) Massage with 1tsp oil + 5dr Peppermint

Callus:

Clove, Orange

Calming: Air Diffusion, Bath, Inhalation, Massage, Rub

Bergamot, Chamomile R, Clary Sage, Clove, Eucalyptus C, Frankincense, Geranium
Jasmine, Juniper, **Lavender**, Lemongrass, Litsea Cubeba, Mandarin, Palmarosa,
Patchouli, Petitgrain, Sandalwood, Tangerine (reslessness), Ylang Ylang

Cancer Supportive: Air Diffusion, Bath, Massage, Rub

Cedarwood, Chamomile G/R, **Clove**, **Cypress**, **Eucalyptus**, Frankincense, **Geranium**,
Hyssop, Lavender, Lemon, Tagetes, **Tea Tree**, Yarrow

Inst: Stress: 1tsp Oil + 5dr Cedarwood or Lemon
Skin prep: 2Tbsp Vinca Infused or Marigold Infused Oil + 10dr Lavender +
5dr Chamomile G + 5dr Chamomile R + 5dr Tagetes + 5dr
Yarrow. Apply daily to absolutely clean and dry skin. Cover the
entire area, paying particular attention to the trauma area. Try to
begin at least 2 weeks prior to irradiation treatment, but not on the
day of treatment. Use between treatments and at least a month
after.

Hair Loss: Rub scalp with jojoba oil. Helps hair grow back healthy

Carbuncle (pussy abscess larger than a boil): Compress, Cotton, Gauze, Wash

Bergamot, Chamomile, Cinnamon, Frankincense, Ginger, **Lavender**, Lemon, Tea Tree,
Thyme L

Inst: Bathe area using ½ cup hot water + 2dr Lavender + 2dr Tea Tree, twice a day.
If Inflamed: Add 1dr Chamomile

Catarrh (Inflam of Mucus Membranes): Bath, Inhalation, Massage, Rub

Black Pepper, Cedarwood, Clove, Eucalyptus G/R, **Frankincense**, Ginger, Hyssop,
Jasmine, Lavender, Nutmeg, Peppermint, Pine, Rosemary, Sandalwood, Tagetes,
Tea Tree, Thyme

Inst: A) Part 1) Steam Inhalation: 2dr Peppermint + 1dr Rosemary + 1dr Tea Tree
Part 2) Rub chest and back with 2tsp oil + 5dr Eucalyptus + 2dr Rosemary
+ 2dr Tea Tree + 1dr Thyme
B) Place 2dr of Rosemary, Eucalyptus, or Tea Tree on a tissue. Place in baggie.
Take out and inhale as needed.

Cell Stimulation:

Geranium

Cellulite: Bath, Massage, Rub

Basil, Cedarwood, Chamomile, **Cypress**, **Fennel**, Geranium, **Grapefruit**, **Juniper**,
Lavender, Lemon, Lemongrass, Litsea Cubeba, Mandarin, **Orange**, Patchouli,
Pine, **Rosemary**, Thyme

Inst: Bath: A. 4dr Thyme + 2dr lemon
B. 3dr Juniper + 3dr Rosemary
Massage: A. 3Tbsp Oil + 12dr Grapefruit + 10dr Lemon + 8dr Fennel

B. 3Tbsp Oil + 12dr Grapefruit + 10dr Basil + 8dr Thyme

Chapped Lips: Rub

Chamomile, Eucalyptus, Geranium, Sandalwood

Inst: 2tsp Aloe Vera Gel + 2dr Chamomile + 2dr Geranium. Apply to lips.

Chicken Pox: Apply directly (gently w/o stimulating); Compress, Gauze, Spray, Wash

Bergamot, **Chamomile G/R**, Eucalyptus C/G/R, **Lavender**, Litsea Cubeba, **Tea Tree**

Inst: Part 1) 4oz Calamine Lotion + 10dr Chamomile G + 10dr Lavender.

Part 2) 1C Bicarbonate Soda + 2dr Lavender. Add to bathwater.

Part 3) Spray air with an antiviral mixture.

Chiggers/Jiggers: Undiluted; rub

Lavender, Thyme

Inst: Part 1) Day 1: 1tsp alcohol + 10dr Thyme. Apply every 3 hours.

Part 2) After Day 1: Apply neat lavender 3times a day

Chilblains (ulcers affecting the extremities): Undiluted: Compress, Cotton, Gauze, Rub

General: Black Pepper, Chamomile G/R, Eucalyptus G/R, Geranium, Ginger, Juniper, Lavender, **Lemon**, Rosemary, Tea Tree

Circulation: **Black Pepper**, Geranium, Ginger, Rosemary, Rosewood

Itching/Burning: Black Pepper, **Chamomile G**, Helichrysum, , **Lavender**

Soothing: **Chamomile R**, Sandalwood

Swelling: Helichrysum, **Juniper**, **Lavender**, Litsea Cubeba

Inst: Part 1) Apply 1dr Geranium neat to affected area for 2 days

Part 2) Rub with 1tsp oil + 5dr Geranium + 1dr Lavender + 1dr Rosemary

Chilliness: Massage, Rub

Black Pepper, Clove, Frankincense, **Ginger**

Chills: Massage, Rub

Black Pepper, Camphor, Cinnamon, Clove, Frankincense, **Geranium**, **Ginger**, Grapefruit, Orange

Chlamydia: Bath, Massage, Tampon Soak

Eucalyptus R, Tea Tree, Thyme (R)

Inst: Part 1: Alternating Baths: 5dr oil into warm bath and cold tub. Lower yourself into them alternating 4 times over 20 minutes. 3 x weekly

Part 2: Massage using 5dr Essential Oil per tsp over lower abdomen daily

Tampon: 8oz warm water + 4dr Essential Oil. Soak tampon in water and insert. Take out before bed.

Cholera: Massage, Rub

Camphor, **Eucalyptus**, **Peppermint**

Circulation Problems: Bath, Massage, Rub

Bergamot, Black Pepper, **Camphor (low)**, Cedarwood, **Chamomile G (high)**, **Cinnamon (low)**, **Clary Sage (high)**, **Cypress (unbalanced)**, Frankincense, **Geranium**, Ginger, Grapefruit, Helichrysum, **Hyssop (low/unbalanced)**, **Jasmine (low)**, **Lavender (high)**, Lemon, Lemongrass, **Nutmeg (high)**, Palmarosa, Peppermint, Pine, **Rosemary (low)**, **Thyme L (unbalanced)**, **Ylang Ylang (high)**

Inst: Massage A: General: 2Tbsp oil + 6dr Bergamot + 6dr Hyssop + 6dr Rosemary.
Massage B: Heart: 2Tbsp Oil + 14dr Geranium + 8dr Rosemary + 4dr Hyssop + 4dr Peppermint. Massage over front of torso weekly. If used daily use 3.5oz Oil.
Massage C: Heart: 1tsp Oil + 1dr Bergamot + 1dr Hyssop + 1dr Rosemary
Bath A: General: 10dr Bergamot + 10dr Hyssop + 10dr Rosemary. 5-6 dr in bath.
Bath B: Heart: Use 4dr of blend in Massage B w/o oil.
Bath C: Heart: 1dr Bergamot + 1dr Hyssop + 1dr Rosemary

Cirrhosis of the Liver: Massage
Chamomile G/R, Frankincense, Geranium, Lavender (use only these oils)

Cold: Bath, Inhalation, Massage, Rub

Basil, Bergamot, **Black Pepper**, **Camphor**, **Cinnamon** (Sneezing), Citronella, Clove (shivering/sneezing), **Eucalyptus C/G/R** (G-Sneezing), Fir, Frankincense, **Ginger** (runny nose/shivering), Grapefruit, **Helichrysum**, **Hyssop**, Juniper, **Lavender**, Lemon, **Orange**, **Peppermint**, **Pine** (sneezing), **Rosemary**, Rosewood, **Tea Tree**, **Thyme L** (shivering/flu-like/ sneezing), Thyme (R), Yarrow

Inst: Hot Bath 1: Add 3dr Lemon + 2dr Tea Tree + 2dr Thyme + 1dr Eucalyptus. Lie back, relax, and inhale deeply
Hot Bath 2: Add 2dr Eucalyptus + 2dr Lavender + 2dr Rosemary to 2tsp milk.
Steam Inhalation: use 1dr each Clove, Lavender, Tea Tree and Thyme
Tissue Place on tissue 1dr Peppermint, Eucalyptus, Clove, and Thyme (R). Place in baggie & inhale often.
Massage: Massage chest, neck, forehead, nose, and cheekbones with 1tsp oil + 3dr Rosemary + 2dr Eucalyptus + 1dr Lemon

Cold Sores: Undiluted, Cotton

Bergamot, Chamomile G, Eucalyptus C/G/R, Geranium, Hyssop, Lavender, Lemon, Sandalwood, **Tea Tree**, Thyme

Inst: Part 1) Compress: 8dr Geranium + 8dr Tea Tree + 6dr Chamomile G + 5dr Lavender + 3dr Lemon. Place 1dr on cotton and apply directly to the sore. Repeat 3 times daily.
Part 2) Massage entire body, including face, with 2Tbsp oil + 10dr Geranium + 10dr Lavender + 8dr Lemon + 2dr Thyme

Colic (Adult): Massage, Rub

Bergamot, **Chamomile R**, **Fennel**, Ginger, Hyssop, **Juniper**, **Lavender**, **Peppermint**, Yarrow

Colitis (Inflam of the colon): Massage, Rub

Bergamot, Chamomile R, Cinnamon, Lavender, Lemongrass, Patchouli, Peppermint, Rosemary, Ylang Ylang

Colon Infection:

Helichrysum, Tea Tree, Thyme

Concentration: Air Diffusion, Bath, Inhalation, Massage, Rub

Basil, Bergamot, Black Pepper, Eucalyptus, Ginger, Grapefruit, Lavender, Lemon, Rosemary, Thyme

Inst: 8dr Grapefruit + 5dr Basil + 5dr Bergamot + 2dr Lavender

Inst: 10dr Grapefruit + 8dr Basil + 7dr Lavender + 5dr Rosemary

Inst: Air Diffusion: 1dr each Basil, Black Pepper and Ginger (+ Cardamom)

Cooling: Bath, Compress, Massage, Rub, Splash, Wash

Chamomile R, Eucalyptus, Lavender, Peppermint, Tea tree

Inst: Compress: 1g bowl warm water + 5dr Eucalyptus + 5dr Lavender. Soak acompress in water and wring out.

Confidence Building: Air Diffusion, Bath, Inhalation, Massage, Rub

Bergamot, Jasmine, Lemon, Petitgrain

Congestion: Bath, Inhalation, Massage, Rub

Black Pepper, Eucalyptus G, Frankincense, **Ginger**, Lavender, Peppermint, Tagetes, Tea Tree

Inst: Steam Inhalation with 2dr Eucalyptus + 2dr Lavender + 2dr Tea Tree in a pot of boiling water

Constipation: Bath, Massage, Rub

Basil, Black Pepper, Cedarwood, Chamomile R, Fennel, Geranium, Ginger, Juniper, Lavender, Lemon, Mandarin, Nutmeg, Patchouli, Peppermint, Rosemary, Tangerine, Thyme, Yarrow

Inst: Adult: Massage lower abdomen in clockwise direction with 2Tbsp oil + 15dr Rosemary + 10dr Lemon + 5dr Peppermint. Repeat 3 times a day.

Child: 2Tbsp Oil + 15dt Mandarin + 6dr Patchouli + 4dr Geranium. Massage entire abdomen.

Convalescence: Air Diffusion, Bath, Massage

Basil, Bergamot, Chamomile, Clary Sage, Clove, Eucalyptus C, Geranium, Ginger, Hyssop, Lavender, Lemon, Lemongrass, Litsea Cubeba, Mandarin, Orange, Palmarosa, Petitgrain, Rosemary, Thyme

Convulsions:

Chamomile R, Clary Sage, Lavender, Ylang Ylang

Corns (funnel shaped callus)/Callus: Undiluted; Cotton, Foot Bath

Fennel, Lemon, Peppermint, Tagetes

Inst: 2Tbsp oil + 30dr Tagetes. Bathe feet daily in footbath with 2 handfuls of salt and 2tsp of cider vinegar. Dry feet and apply prepared oil. When corn/callus softens rub away dead skin with a pumice stone. Continue to apply the oil.

Coughs: Air Diffusion, Drink, Inhalation, Rub

Basil, Black Pepper, Camphor, Cedarwood, Chamomile, **Cinnamon**, Cypress, **Eucalyptus** G/R (G=smoker's cough), Fennel, **Fir, Frankincense (Spasmodic/voice loss)**, Ginger, Helichrysum (Cronic/Spasmodic), **Hyssop, Jasmine, Juniper**, Lavender, Lemon (**voice loss**), **Peppermint**, Pine (**smokers**), **Rosemary**, Rosewood, **Sandalwood (Dry/Voice Loss)**, Tagetes, Tea Tree, **Thyme L**, Ylang Ylang

Inst: Dry A: 2Tbsp Honey + 2dr Eucalyptus + 2dr Lemon. Dissolve in warm water and sip slowly.

Dry B: Massage back and chest with 1tsp oil + 3dr Eucalyptus + 2dr Thyme

Dry C: Steam Inhalation 1: using 3dr Lavender
Steam Inhalation 2: 2dr Eucalyptus + 2dr Lavender
Steam Inhalation 3 (Day): #2 + 2dr Peppermint + 2dr Tea Tree
Steam Inhalation 4 (Night) 2dr Lavender + 2dr Tea Tree

Mucus A: 2Tbsp Honey + 2dr Eucalyptus + 1dr Tea Tree + 1dr Thyme

Mucus B/C See Dry Cough B and C

Courage: Air Diffusion, Bath, Inhalation, Massage, Rub

Fennel, Juniper

Cradle Cap: Massage, Rub

Lavender, Tea Tree

Cuts (minor): Undiluted, Dressing, Gauze, Wash

Chamomile G/R, Clove, Cypress, Eucalyptus, Geranium, Helichrysum, **Lavender**, Lemon, Palmarosa, Pine, Tagetes, **Tea Tree**, Thyme, Yarrow

Inst: Wash: Bathe with 2C warm water + 5dr Lavender + 2dr Tea Tree

Gauze: 3dr Lavender on gauze and cover. Renew 2 times daily. Expose to air on the 3rd day.

Cystic Breast Disease: Massage

Chamomile R, Cypress, Lavender

Inst: 2Tbsp Oil + 15dr Chamomile R + 10dr Lavender + 5dr Cypress.

Cystitis/Inflammation of the bladder: Bath, Massage, Rub, Sitz Bath

General: Basil (no more than 1/3 of blend-Do not use in sitz bath), **Bergamot, Cedarwood**, Chamomile G/R, Cinnamon, Clove, Cypress, **Eucalyptus C/R**, Fennel, Frankincense, Hyssop, **Juniper, Lavender**, Pine, Rosemary, **Sandalwood**, Tea Tree, Thyme, Yarrow

Pain w/Urination: **Cedarwood, Bergamot, Juniper, Sandalwood**

w/Temperature: Chamomile R, **Eucalyptus R**, Lavender, **Sandalwood**

Inst: 2Tbsp Oil + 10dr Basil + 10dr Lavender + 10dr Pine. Massage daily over lower abdomen, hips and lower back.

Cysts: Undiluted; Compress, Cotton, Rub

Basil, Ginger, Juniper, Litsea Cubeba, Patchouli, Thyme L

Inst: 2Tbsp Oil + 10dr Patchouli + 8dr Ginger + 7dr Juniper + 5dr Basil.

Debility (Loss of strength): Air Diffusion, Bath, Massage, Rub

Cinnamon, **Ginger**, Helichrysum, **Petitgrain**, Pine, Rosemary, Thyme L, Ylang Ylang

Dehydration: Drink

Geranium, Ginger, Lemon

Inst: Part 1) 1Qt water + 8tsp Sugar + ½ tsp Salt + 8dr Lemon. Do not substitute or leave out the sugar. Drink a glass at a time.

Part 2) Bath in 4dr Geranium +4dr Ginger

Deoderant: Bath, Massage, Rub, Spray, Wash

Bergamot, Clary Sage, Cypress, Eucalyptus, Fir, Geranium, Juniper, **Lavender**, Lemon, Lemongrass, Peppermint, **Patchouli, Petitgrain, Pine, Rosewood, Tea Tree**, Thyme

Inst: After bath Rub: 2Tbsp oil + 15dr Clary Sage + 10dr Thyme + 5dr Peppermint
Body Splash: Mix 5dr Clary Sage + 5dr Lavender + 5dr Lemon + 5dr Rosemary + 3dr Peppermint (+ 5dr Grapefruit). Add blend to 2tsp Vodka and shake well as long as you can. Let them settle then add to 4oz Vinegar. Add new blend to 2C Spring Water and shake well. Pour mixture through a non-bleached coffee filter. The longer you leave in the Vodka/Vinegar mix before adding to the water the stronger the scent will be.

Depression (mild): Air Diffusion, Bath, Inhalation, Massage, Rub

Basil, Bergamot, Chamomile R, **Clary Sage**, Frankincense, Geranium, Grapefruit, Helichrysum, **Jasmine, Lavender**, Lemon, **Litsea Cubeba**, Patchouli, Peppermint, Petitgrain, Rosemary, **Sandalwood**, Tangerine, Thyme, **Ylang Ylang**

Dermatitis: Massage, Rub

Cedarwood, Chamomile G/R, Cinnamon, Clove, Eucalyptus, Geranium, **Helichrysum, Hyssop, Juniper, Lavender**, Litsea Cubeba, Palmarosa, Patchouli, **Peppermint**, Rosemary, Rosewood, **Sandalwood**, Tea Tree, **Thyme**

Detoxification: Bath, Massage, Rub

Cedarwood, **Fennel, Geranium**, Grapefruit, **Helichrysum, Juniper, Lemon**, Litsea Cubeba, Orange, Patchouli, Rosemary, Thyme

Diabetes: Massage, Rub

Eucalyptus, Geranium, Juniper, Rosemary

Diaper Rash: High Concentrate 1:3; Bath, Compress, Gause, Rub
Chamomile R, **Lavender**, Tea Tree

Diarrhea: Drink, Massage, Rub

Black Pepper, Camphor, Chamomile R (Food/Nerves), Cinnamon, **Clove, Cypress, Eucalyptus C** (Food/Viral), Fennel, Frankincense, **Geranium** (Nerves), **Ginger, Lavender** (Nerves/Viral), Lemon Nerves/Viral), **Nutmeg, Orange, Peppermint** (Food/Nerves), **Rosemary, Sandalwood**, Tea Tree (Food/Viral), Thyme (Food/Viral (R))

- Inst: A) Massage the abdomen area with:
Food: 1tsp oil + 3dr Peppermint + 2dr Chamomile + 1dr Eucalyptus
Nerves: 1tsp oil + 3dr Lavender + 2dr Eucalyptus + 1dr Chamomile
Viral: 1tsp oil + 3dr Thyme + 2dr Lavender + 1dr Tea Tree
- B) Sip a glass of warm water with the following solutions:
Food: 1tsp honey + 1dr Peppermint
Nerves: 1tsp honey + 1dr Peppermint
Viral: 1tsp honey + 1dr Eucalyptus
- C) Drink: 1qt bottled water + 8tsp sugar + 1/2tsp salt + 8dr lemon
- D) Bath: 4dr Geranium + 4dr Ginger
- Child) 2Tbsp oil + 8dr Chamomile R + 8dr Sandalwood + 5dr Ginger. Gently rub the abdomen. Avoid giving child cow dairy products for a week.

Digestive Problems: Massage, Rub

Basil, Bergamot, Black Pepper, Cinnamon, Fennel, Frankincense, Ginger, Grapefruit, Hyssop, Lemon, Lemongrass, Mandarin, Peppermint, Rosemary, Tangerine

Diphtheria:

Bergamot, Eucalyptus, Lavender

Disinfectant: Rub, Wash

Bergamot, Cinnamon, Clove, Eucalyptus, Juniper, Lavender, Lemon, Pine, Tea Tree, Thyme (all are really good)

- Inst: Wash: Blend 20dr Thyme + 10dr Eucalyptus + 10dr Lavender. Add 8dr of blend to a bowl of water.
- Tissue A: 2dr Thyme
- Tissue B: More powerful: 2dr Eucalyptus + 2dr Lavender + 2dr Thyme.
- Mattress: Use tissue with 2dr Lavender + 2dr Lemongrass + 2dr Thyme

Diverticulosis: Drink, Massage, Rub

Chamomile, Clove, Hyssop, Peppermint, Rosemary

- Inst: Part 1) Rub abdomen twice a day with 1tsp oil + 3dr Rosemary + 2dr Peppermint + 1dr Chamomile + 1dr Clove
- Part 2) Mix 1tsp honey + 1dr Peppermint and dissolve in cup of hot water, sip.

Dizziness: Air Diffusion, Inhalation

Clove, Chamomile R, **Lavender**

Drowsiness: Inhalation, Rub

Eucalyptus G, Pine, **Rosemary**

Ear Ache (Adult/Child): Compress, Cotton, Massage, Rub

Basil, Chamomile G, Eucalyptus, Hyssop, Lavender, Tea Tree

Inst: Part 1) Plug ear with a piece of cotton soaked in 1tsp Olive Oil + 1dr Chamomile G + 1dr Lavender. Change twice a day.

Part 2) Massage around ear, up neck, across cheek bones with 1tsp oil + 3dr Chamomile + 1dr Lavender + 1dr Tea Tree

Ear Infection: Compress, Cotton, Massage, Rub

Chamomile, Eucalyptus, Juniper, Lavender, Tea Tree, Thyme

Inst: Part 1) Plug ear with a piece of cotton soaked in 1tsp Olive Oil + 3dr Tea Tree + 2dr Lavender.

Part 2) Massage around ear, up neck, across cheek bones with 1tsp oil + 3dr Tea Tree + 2dr Lavender + 1dr Thyme

Eczema: Apply directly (gently w/o stimulating); Bath, Compress, Gauze, Rub
(weeping=dressing but no bath or rub)

General: **Bergamot, Chamomile G/R, Geranium, Helichrysum, Hyssop, Juniper, Lavender, Palmarosa, Patchouli, Sandalwood, Tea Tree, Yarrow**

Burning & Hot: Bergamot, **Chamomile G, Lavender**

Itching: Chamomile G, **Lavender, Sandalwood**

Nervous: Bergamot, **Lavender**

Sensitive to Touch: **Chamomile R, Geranium, Lavender**

Weeping: **Bergamot, Frankincense, Lavender**

Inst: 2Tbsp oil + 30dr Jojoba oil + 10dr Evening Primrose Oil + 10dr Chamomile G + 5dr Tagetes + 5dr Yarrow. Apply twice a day.

Edema: Compress, Massage

Eucalyptus, **Geranium, Lavender, Rosemary**

Inst: Part 1) Wet a small hankie and put 5dr of Lavender on it. Apply the compress to your feet and ankles and gently massage them in an upward direction.

Part 2) Massage feet and ankles in an upward direction using 1tsp oil + 5dr Lavender.

Emotional Crisis: Air Diffusion, Bath, Inhalation, Massage, Rub

Bergamot

Emotional Fatigue:

Geranium, Grapefruit, Lavender, Rosemary

Emotional Stability: Air Diffusion, Bath, Inhalation, Massage, Rub

Geranium

Energy (lack of): Air Diffusion, Bath, Massage, Rub

Basil, **Grapefruit**, **Juniper**, Lemon, **Lemongrass**, Orange, **Rosemary**, Rosewood

Epilepsy

Basil, Lavender, Rosemary (NOT Camphor, Hyssop, Sage)

Exhaustion (physical): Air Diffusion, Bath, Massage, Rub

Basil, Black Pepper, Chamomile, Clary Sage, Frankincense, Geranium, **Grapefruit**,
Lavender, Lemon, Mandarin, Orange, **Palmarosa**, Peppermint, Petitgrain,
Rosemary, **Thyme**, Ylang Ylang

Eyes-Conjunctivitis: Compress

Chamomile R, Clary Sage, Lavender

Inst: Mix well 1tsp Witch Hazel + 1dr Chamomile. Add 2Tbsp Rosewater and let rest for at least 7 hours. Strain through a paper coffee filter. Soak compress in solution & place on eyelids.

Eyes-Foggy:

Clary Sage

Eyes-Eyelid Infection:

Chamomile R, Clary Sage, Geranium, Lemon

Eyes-Sties: Compress

Chamomile, Eucalyptus, Geranium, Lavender, Peppermint, Rosemary

Inst: Part 1) 2tsp boiled rosewater + 1dr Chamomile. Strain through filter and cool.

Part 2) 1dr neat Lavender on cotton. Smear on cheekbone under the sty

Part 3) Soak compress in the rosewater solution and put on closed eyelid.

Repeat 1-3 twice a day for 3 days.

Part 4) Massage: Blend 5dr Rosemary + 5dr Geranium + 3dr Peppermint + 2dr Eucalyptus. Add 5dr mixture to 1tsp oil. Massage neck, behind and in front of ears, over cheekbone, nose and forehead.

Eyes-Tired:

Chamomile R, Clary Sage, Lavender

Faintness: Air Diffusion, Inhalation

Basil, Bergamot, Camphor, Chamomile R, Fir, Lavender, Peppermint, Pine, Rosemary

Inst: Part 1) Lie down, loosen clothing, raise legs higher than head

Part 2) If Unconscious: Place under nose open bottle of Lavender, Peppermint or Rosemary

Part 3) When conscious: Mix 1tsp honey + 1dr Lemon and dissolve in cup of hot water, sip

Part 4) Place on tissue 2dr Lavender and sniff

Part 5) If From Exhaustion or Fatigue: take a bath to which you've added 2dr Chamomile + 1dr Lavender + 1dr Geranium. Then go to bed.

Fallen Arch: Massage, Rub

Black Pepper, Clary Sage, Ginger, Rosemary

Inst: 2tsp oil + 10d Ginger + 10dr Rosemary + 5dr Black Pepper + 5dr Clary Sage.
Massage instep toward heal.

Fatigue-Physical: Air Diffusion, Bath, Massage, Rub

Eucalyptus C, Geranium, Grapefruit, Lavender, Lemon, Litsea Cubeba, Palmarosa, Peppermint, Rosemary

Inst: 8dr Eucalyptus + 7dr Grapefruit + 5dr Lavender + 4dr Rosemary (4-6dr bath, 5dr/tsp oil)

Fear: Air Diffusion, Bath, Inhalation, Massage, Rub

Bergamot, Chamomile R, **Frankincense**, Ginger, **Lavender**, Sandalwood

Feet (Care): Massage, Rub, Soak

Geranium, Lavender, Peppermint, Rosemary, Tagetes, Thyme

Dancers: Geranium, Rosemary, **Tagetes**

Inst: 2tsp oil + 5dr Tagetes + 3dr Geranium + 3dr Rosemary

Athletes: Lavender, Thyme, Rosemary

Inst: 2tsp oil + 5dr Lavender + 4dr Rosemary + 3dr Thyme

Walk/Jog/Run: Lavender, Peppermint, Rosemary

Inst: 2tsp oil + 5dr Rosemary + 4dr Lavender + 3dr Peppermint

Feet (Ganglion/Synovial Cyst): Compress, Massage, Rub

Rosemary, Tagetes, Thyme

Inst: Part 1) Apply hot compress with 1dr Thyme

Part 2) Massage very firmly with 2Tbsp oil + 15dr Tagetes + 10dr Rosemary + 5dr Thyme.

Feet (Hard Skin): Rub

Tagetes

Feet (painful): Footbath, Massage, Rub

Eucalyptus C, Geranium, Lavender, Peppermint, Rosemary, Tagetes, Thyme

Inst: Blend 3dr Geranium + 3dr Peppermint + 2dr Tagetes + 1dr Rosemary. Add 3dr blend to footbath + 1Tbsp Epsom Salts + 1tsp Rock Salt.

Feet (stinky): Foot Bath, Massage, Rub

Clary Sage, Juniper, **Lemon**, **Tea Tree**

Inst: in a baggie combine 2dr Clary Sage (Sage) + 1Tbsp baking powder, foot powder, or talcum powder. Allow to dry and separate using a rolling pin. Use to dust feet regularly and leave ½ a tsp in your shoes overnight. Tap the powder out in the morning.

Feet (sweaty): Air Diffusion, Bath, Massage, Rub

Clary Sage, Eucalyptus C/G/R, Geranium, Peppermint, **Tea Tree**

Feet (swollen): Footbath

Chamomile, Cypress, Fennel, Lavender

Inst: A: Footbath with iced water + 3dr Lavender

B pt 1: Footbath with warm water and pebbles on the bottom + 1dr Cypress + 1dr Lavender. Roll feet over pebbles a few minutes, dry your feet and do pt 2.

B pt 2: 2Tbsp Oil + 15dr Cypress + 15dr Fennel. Massage from feet to knees.

Feet (tired): Foot Bath, Massage, Rub

Chamomile, Eucalyptus C, Fennel, Geranium, Lavender, **Peppermint**, **Rosemary**, Tagetes

Inst: FootbathA: Place smooth pebbles in bottom of footbath, fill with warm water To cover ankles. Add 2dr lavender. Immerse feet and rub on pebbles.

FootbathB: 1Tbsp Baking Soda + 3dr Rosemary

FootbathC1: 3dr of: 3dr Geranium + 3dr Peppermint + 2dr Tagetes + 1dr Rosemary

FootbathC2: Blend in blender the above in 3Tbsp Epson Salt + 3tsp salt. Use as needed.

Fever: Air Fresener, Compress, Inhalation, Rub

Basil, **Bergamot**, **Black Pepper**, **Camphor**, **Chamomile** G/R, **Eucalyptus** C/G/R, Fir, Geranium, **Ginger**, Helichrysum, **Hyssop**, Lavender, **Lemon**, Lemongrass, **Peppermint**, Rosewood, **Tea Tree**, Thyme Yarrow

Inst: Part 1) Drink plenty of liquids

Part 2) Cool body by sponge bath with 1dr each Eucalyptus, Lavender and Peppermint.

Part 3) Spray room with 4dr Thyme in 1C water

Fertility: Air Diffusion, Bath, Massage

Clary Sage, Fennel, **Geranium**, Jasmine,

Fibrositis: Bath, Compress, Massage, Rub

Black Pepper, Chamomile R, Clary Sage, Cinnamon, Clove, Eucalyptus R, Frankincense, Ginger, Hyssop, Lavender, Nutmeg, Peppermint, Rosemary, Thyme

Inst: Massage 1: Take bath with, or massage area with 1tsp oil + 2dr Rosemary + 1dr Clove + 1dr Lavender + 1dr Peppermint.

Massage 2: 2Tbsp Oil + 10dr Eucalyptus R + 10dr Ginger + 5dr Nutmeg + 3dr Rosemary + 2dr Cinnamon. Massage chest and back.

Fidgety Children: Massage, Rub

Chamomile

Inst: 2Tbsp light nut or vegetable oil + 15dr Chamomile. Massage legs.

Fish Bites: Undiluted; Rub

Lavender

Inst: Immediately dry area, then apply 1dr neat Lavender. Continue applying 1dr at a time every 5 min (or when you see it's been absorbed) until 10dr have been applied.

Fistula (abnormal passage from abscess to skin surface)

Lavender, Tea Tree

Flatulence/Gas: Massage, Rub

Basil, **Bergamot, Black Pepper, Chamomile G/R, Cinnamon, Clary Sage, Clove, Eucalyptus R, Fennel, Ginger, Hyssop, Juniper, Lavender, Lemon, Litsea Cubeba, Nutmeg, Orange, Peppermint, Petitgrain, Rosemary, Sandalwood, Yarrow**

Inst: Massage: 2Tbsp oil + 30dr Fennel

Flea/Bed Bug Bites: Undiluted; Rub

Eucalyptus, Lavender, Thyme

Inst: A) Bathe the area and apply neat Lavender or Eucalyptus
B) 1tsp Cider Vinegar + 3dr Thyme. Apply over bitten area.

Flu: Bath, Inhalation, Massage, Rub

Basil, Bergamot, Black Pepper, Camphor, Chamomile, Cinnamon, Citronella, Clove (shivering/sneezing), **Eucalyptus C/G/R** (G-Sneezing), Frankincense, Ginger (runny nose/shivering), Helichrysum, Hyssop, Juniper, **Lavender, Lemon, Orange, Peppermint, Pine, Rosemary, Tea Tree, Thyme L** (shivering/flu-like/sneezing), Yarrow

Inst: Part 1) Bath: 5dr Tea Tree + 2dr Lavender + 2dr Thyme
Part 2) Massage: 1tsp oil + 3dr Eucalyptus + 2dr Tea Tree
Part 3) Drink: 2dr Lavender + 1dr Clove. Mix 1dr mixture in 1tsp honey. Mix honey/oil mixture in 1C hot water.
Part 4) Sleep: Air Diffusion Thyme + Lavender

Fluid Retention: Bath, Massage, Rub

Black Pepper, Cypress, **Fennel**, Geranium, Grapefruit, Hyssop, Juniper, Lemon, Lemongrass, Mandarin, Orange, Rosemary, Sandalwood, Tangerine, Thyme

Inst: Swollen Feet & Ankles: Compress with 5dr Lavender, and massage in upward direction

Food Poisoning: Bath, Drink, Massage, Rub

Black Pepper, Geranium, Ginger, Lavender, Lemon, Peppermint, Thyme

Inst: Part 1) 1Qt water + 8tsp Sugar + ½ tsp Salt + 8dr Lemon. Do not substitute or leave out the sugar. Drink a glass at a time. (Rehydrate)
Part 2) Massage body with 1Tbsp oil + 5dr Geranium + 5dr Lavender
Part 3) Bathe with 2dr Geranium + 2dr Ginger (circulatory shock from vomiting)
Part 4) After bath cover abdomen with 5dr Ginger + 1tsp oil

Part 5) Drink 1-2Tbsp Castor Oil + 1-2dr Peppermint + glass water (or dissolve the castor oil in a glass of water and lemon juice)

Fractures: Compress, Gauze, Rub
Geranium, Ginger, Lavender, Thyme

Frigidity: Air Diffusion, Bath, Massage, Rub
Black Pepper, Cinnamon, Clary Sage, **Jasmine**, Nutmeg, Patchouli, Rosewood,
Sandalwood, **Ylang Ylang**

Frostbite: Massage, Rub (never massage until warm)
Clove, Geranium, Ginger, Hyssop, Lavender, Thyme
Inst: Part 1) Rub up to 5dr Ginger or Lavender neat into the affected area
Part 2) When warm, massage area with 1tsp oil + 4dr Geranium + 2dr Clove

Fungal Infection: Undiluted, Cotton
Clove, Eucalyptus C, **Lavender**, Palmarosa, Patchouli, **Tea Tree**

Gall Bladder-Infection/Inflammation
Fire, Rosemary

Gall Bladder-Stimulate Bile Flow
Chamomile R, Peppermint, Rosemary

Gall Bladder-Stimulate Function:
Grapefruit, Lavender, Rosemary

Gallstones:
Bergamot, Chamomile, Eucalyptus, Geranium, Lavender, Peppermint, Rosemary

Gangrene:
Cinnamon

Gastritis: Bath, Massage, Rub
Chamomile (R), Lavender, **Peppermint**, Tea Tree

Gastroenteritis: Massage, Rub
Lemongrass

Genitals-Male:
Infection: Eucalyptus R, Lavender, Patchouli, Tea Tree
Inflammation: Chamomile G/R, Hyssop, Lavender, Yarrow
Lack of Erection: **Fir, Jasmine, Juniper**
Mucus Discharge: **Bergamot, Cedarwood, Eucalyptus, Frankincense, Geranium, Juniper, Lavender, Patchouli, Sandalwood, Tea Tree**
Swelling: Chamomile G, Cypress, Eucalyptus R, Hyssop, Juniper, Lavender, Rosemary

Abrasions: 3dr Lavender in a bowl of water. Wash twice daily.
Balanitis (Inflammation between glans and foreskin). Bowl of warm water + 5dr Lavender + 5dr Chamomile G. Also 2Tbsp Jojoba Oil + 3dr Thyme L around the area.
Cooling: 1C Water + 4dr Chamomile G/R or Yarrow (or 2dr of one and 2dr of Lavender)
Hydrocele (fluid in tissue around testicle). 2Tbsp Almond Oil + 10dr Juniper + 10dr Lemon + 5dr Fennel + 5dr Hyssop. Massage daily x 15 days.
Orchitis (inflammation of the testes): 2Tbsp Oil + 10dr Chamomile G + 10dr Lavender + 5dr Cypress + 5dr Palmarosa. Massage twice a day
Swollen Scrotum: 2Tbsp Almond Oil + 10dr Cypress + 10dr Lavender + 5dr Hyssop + 5dr Juniper. Massage twice a day.
Swollen Testicles 1: 6dr Hyssop in a sitz bath or in 1pt of water for sponging.
Swollen Testicles 2: 2Tbsp Jojoba/Almond Oil + 15dr Lavender + 15dr (Chamomile G/R or Yarrow)
Varicocele: Part 1) 2Tbsp Oil + 15dr Geranium + 10dr Cypress + 5dr Chamomile R. Massage around the lower abdomen and sacrum daily.
Part 2) Apply ice cup to swelling once a day, then massage with 1tsp Evening Primrose Oil + 5dr Cypress + 2dr Hyssop.

Glands-Swollen: Rub
Eucalyptus, Lavender, Tea Tree
Inst: 1Tbsp oil + 5dr ea Eucalyptus, Lavender, Tea Tree. Rub gently into the glands/ Neck/groin once every hour.

Gnat and Midge Bites: Undiluted; Rub
Lavender, Thyme
Inst: A) 1tsp Cider Vinegar or Lemon Juice + 3dr Thyme. Apply to bites.
B) Dab on neat Lavender

Gonorrhea Effects:
Bergamot, Cedarwood, Eucalyptus, Frankincense, Jasmine, Lavender, Lemon, Sandalwood

Gout/Podagra (Big Toe) (acute inflammatory arthritis): Bath, Foot Bath, Massage, Rub
Basil, **Camphor, Fir, Geranium**, Helichrysum, **Juniper, Lemon**, Nutmeg, Peppermint, **Pine, Rosemary, Thyme L**

Grazes: Undiluted; Dressing, Gauze, Spray, Wash
Bergamot, Chamomile G, Eucalyptus, Frankincense, **Lavender**, Tea Tree, Thyme
Inst: Clean area well with 5 drops of lavender in a bowl of water. Apply 1 neat drop of lavender. Leave to heal.

Gums:
Fennel, Lemon, Tea Tree, Thyme

Gums-Bleeding: Mouthwash

Clove, Cypress, Eucalyptus, Lavender, **Lemon**, Rosemary, Tea Tree, **Thyme**

Inst: In tumbler of warm water add 1tsp brandy + 2dr Lemon + 2dr Eucalyptus + 1dr Lavender. Swish around your gums but do not swallow.

Gums-Infection: Gargle, Mouthwash, Rub

Bergamot, Chamomile, Eucalyptus, Lavender, Peppermint, Tea Tree, Thyme

Inst: Adult) Mouthwash: 1tsp brandy + 3dr Thyme + 3dr Chamomile + 3dr Peppermint + 2dr Eucalyptus. Mix solution in glass of warm water. Swish but do not swallow.

Child) 1dr Lavender or Chamomile R in a tumbler of warm water. Swish but do not swallow once a day until problem improves.

Gums-Inflammation:

Clove, Cypress, Lemon, Thyme

Hair-Beard: Massage

Cypress, Lavender, Lemon, Rosemary Thyme L

Inst: 4tsp Almond oil + 2tsp Jojoba oil + 10dr Lemon + 10dr Rosemary + 5dr Lavender + 5dr Thyme L. Massage into beard area and wipe off excess. Use while growing and after it is grown.

Hair-Dandruff: Massage, Rub, Wash

Basil, **Cedarwood, Clary Sage**, Cypress, **Eucalyptus C/R, Frankincense**, Grapefruit, Juniper, Lavender, Lemon, **Patchouli, Rosemary** (dry), **Tea Tree (Oily)**, Thyme L (**Jojoba**, Evening Primrose)

Inst: Shampoo A: 4oz gentle shampoo + 18dr Rosemary + 10dr Thyme + 8dr Clary Sage (Sage)
Shampoo B: 5% dilution in your shampoo, leave on for 3 minutes before rinsing.
Massage/Overnight: 15dr Jojoba Oil + 15dr Evening Primrose + 3dr Cypress.
Dip your fingers and massage your scalp

Hair-Dry; Massage, Rub, Wash

Chamomile, Frankincense, Geranium, Lavender, Rosemary, Sandalwood, Yarrow

(Almond, Evening Primrose, Jojoba)

Inst: Shampoo: Add 2dr Essential oil to gentle shampoo before applying.
Rinse: 1tsp Cider Vinegar + 1dr Sandalwood. Add to 1C boiled water. Add to bowl of water to be used as your final rinse. Rinse your hair in this water, repeatedly pouring water over hair not immersed in the water.

Hair-Falling: Massage, Rub, Wash

Chamomile, Clary Sage, **Lavender**, Lemon, **Rosemary** (Base=Jojoba Oil)

Inst: Shampoo A: Add 1dr Lemon + 1dr Rosemary to gentle shampoo before applying.
Shampoo B: 4oz shampoo + 5dr Jojoba Oil + 3dr Rosemary + 2dr Lemon
Shampoo C: 4oz shampoo + 4dr Jojoba Oil + 3dr Palmarosa + 2dr Chamomile

Conditioner: Add 2dr Clary Sage to gentle conditioner before applying
Rinse: 4oz Spring Water + 1oz Cider Vinegar + 10dr Lemon (or 3dr Rosemary + 3dr lavender). Add to 1C boiled water. Add to bowl of water to be used as your final rinse. Rins your hair in this water, repeatedly pouring water over hair not immersed in the water.

Hair-Fragile: Massage, Rub, Wash

Chamomile, Clary Sage, Lavender, **Rosemary**, Sandalwood, Thyme (Almond, Evening Primrose, **Jojoba**)

Inst: Shampoo A: Add 2dr Essential oil to gentle shampoo before applying.

Shampoo B: 4oz shampoo + 2dr Lavender + 2dr Yarrow

Hair-Greasy: Massage, Rub, Wash

Basil, **Bergamot, Cypress, Eucalyptus C, Juniper, Lavender, Lemon, Lemongrass, Patchouli, Petitgrain, Rosemary, Thyme, Yarrow** (Evening Primrose)

Inst: Shampoo A: Add 2dr Essential oil to gentle shampoo before applying.

Shampoo B: 4oz shampoo + 15dr Lemon + 3dr Rosemary + 2dr Cypress + 1dr Basil

Shampoo Shine: 4oz shampoo + 7dr Eucalyptus R + 6dr Thyme + 4dr Rosemary + 3dr Lavender

Dry mid-shampoo Mix: Blend in bullet 1oz purified talc + 10dr lemon + 2dr Rosemary. Use 1tsp on a real bristle brush and brush through your hair.

Hair Loss/Alopecia: Massage, Rub, Wash

Basil, **Cedarwood, Chamomile R, Clary Sage, Cypress, Geranium, Ginger, Grapefruit, Hyssop, Juniper, Lavender, Lemon, Palmarosa, Rosemary, Tea Tree, Thyme, Yarrow, Ylang Ylang** (Base=**Jojoba**, or Evening Promrose)

Inst: Massage A: mix 1tsp Vodka + 5dr Lavender + 3dr Rosemary. Add mixture to 1Tbsp water. Dip fingers and massage scalp.

Massage B: Mix 5dr Lavender + 4dr Cypress + 4dr Geranium + 3dr Rosemary + 2dr Juniper + 2dr Cinnamon. Mix 1dr with 1/4tsp water and rub into your head

Shampoo: 4oz gentle shampoo + 12dr Jojoba oil + 10dr Lavender + 6dr Rosemary (+6dr Carrot)

Rinse: 1dr Rosemary to a cold water rinse. Do not rinse Rosemary out.

Hair – Normal: Massage, Rub, Wash

Cedarwood, Chamomile (blonds only), Clary Sage, Cypress, Eucalyptus C, Geranium, Juniper, Lavender, Lemon (blonds only), Patchouli, Rosewood, Rosemary (Base=Almond, or Evening Primrose Oil)

Inst: 4oz hair product + 7dr Eucalyptus L + 4dr Lemon + 2dr Rosemary

Hair-Split Ends:

Rosemary

Hangover: Bath, Inhalation, Massage, Rub

Fennel, Ginger, Grapefruit, **Juniper**, Lemon, Peppermint, Pine, **Rosemary**

Hay Fever: Air Diffusion, Bath, Inhalation, Massage

Chamomile G, Clove, **Eucalyptus C**, Geranium, **Hyssop**, Juniper, Lavender, Lemon, Peppermint, Rosemary

Inst: Tissue: 1dr Chamomile +1dr Lemon
Bath: 2dr Chamomile +3dr Lemon +1dr Lavender
Massage: 1tsp oil + 2dr Chamomile + 1dr Geranium + 1dr Lemon. Massage neck, chest and back.

Head Lice: Massage, Rub, Wash

Cinnamon, Clove, **Eucalyptus**, Geranium, Lavender, Lemon, Lemongrass, Pine, **Rosemary**, Tea Tree, **Thyme** (Preventive: Eucalyptus, Geranium, Lavender, Lemon, Rosemary)

Inst: Preventive: 10dr Lavender + 10dr Lemon + 10dr Rosemary. Add 2dr of blend to rinse water.
Infested: 2Tbsp Oil + 10dr Geranium + 10dr Lavender + 10dr Rosemary. Rub into head and leave overnight.

Headache: Air Diffusion, Bath, Inhalation, Massage, Rub

General: Chamomile G/R, Citronella, Clary Sage, Clove, **Eucalyptus G/R**, Grapefruit, **Jasmine**, Lavender, Lemon, Lemongrass, **Peppermint**, **Rosemary**, Rosewood, Thyme, Yarrow

Inst: Make neat mixture of 3dr Lavender + 1dr Peppermint. With 1dr of mix massage around temples, base of skull and along hairline. Mix 3 remaining drops with 1dr oil.

w/Cold: Clove, Eucalyptus G, **Peppermint**

Congestive: **Eucalyptus R**, Lavender, **Peppermint**

Gastric: Chamomile, Lavender, Peppermint, Rosemary

Tea: 1tsp honey + 1dr Peppermint. Dissolve in glass of warm water. Sip.

Massage: 2dr lavender undiluted on back of skull and temples

Massage/Inhale: Part 1A) 2dr Peppermint + 1dr Lavender + 1dr Rosemary.

Part 1B) Use 1 dr of mixture to massage back of the neck

Part 1C) 1dr of mixture on tissue or 3dr steam inhalation

Part 2) 1tsp oil + 3dr Lavender + 2dr Lemon +1dr

Geranium. Massage over the upper abdomen in a clockwise direction.

Sinus Congestion: Eucalyptus G, **Peppermint**

Sinusitis: **Eucalyptus R**

Tension/Nervous: Chamomile R, Clove, Lavender, Lemon, Rosemary (no best)

Inst: Part 1A) Make neat mixture of 3dr Lavender + 1dr Chamomile.

Part 1B) With 1dr of mix massage around temples, base of skull and along hairline.

Part 1C) Mix 3 remaining drops with 1dr oil.

Part 2) Massage over solar plexus using 1tsp oil + 3dr Lavender + 2dr Lemon + 1dr Geranium.

Travel: Chamomile R, Lavender (no best)

Heart-Palpatations/Abnormal Heart Beats: Bath, Massage, Rub

Chamomile R, Geranium, **Lavender**, Lemon, Orange, **Peppermint**, Rosemary, **Ylang Ylang (diluted)**

Inst: Part 1) Tissue: 2dr Geranium + 2dr Lavender + 1 dr Chamomile
Part 2) Massage 2Tbsp oil + 10dr Lavender + 10dr Chamomile + 7dr Lemon + 3dr Rosemary. Massage torso every night.
Part 3) Before bed bathe with 2dr Chamomile + 2dr Lemon.

Heart-Failure:

Camphor, Lavender, Peppermint, **Rosemary**, Ylang Ylang

Heart-Stimulant:

Camphor, **Citronella**, **Hyssop**, **Rosemary**

Heart-Tonic:

Hyssop, **Lavender**, **Peppermint**, **Rosemary**

Heartburn: Massage, Rub

Black Pepper, Chamomile G, Clove, Eucalyptus, Lavender, **Litsea Cubeba**, **Peppermint**

Inst: Part 1) 1tsp Honey + 1dr Peppermint. Dissolve in warm water. Sip.
Part 2) 1tsp oil + 3dr Peppermint + 2dr Eucalyptus. Rub upper abdominal area.

Heat Cramps: Massage, Rub

Eucalyptus, Geranium

Inst: Part 1) Drink 1qt water with 1/2tsp salt added
Part 2) Massage area with 1tsp oil + 3dr Eucalyptus + 2dr Geranium

Heat Stroke: Bath, Wash

Chamomile, Eucalyptus, Lavender, Peppermint

Inst: Part 1) Immerse body in cold water to which you have added 4dr each Eucalyptus and Lavender. Or: Pour water over the body and apply neat Eucalyptus to the temples and back of the neck. Apply ice to underarms, groin, wrists and neck if possible.
Part 2) Get person indoors ASAP and sponge down repeatedly with ice-cold water and Eucalyptus for at least 48 hours. Sponging must be frequent and prolonged.
Part 3) Add ½ tsp salt per quart of water. He should drink at least 3 quarts.

Hemorrhoids: Apply directly (gently w/o stimulating); Bath, Cotton, Cream, Lotion, Rub, Sitz Bath

Chamomile, **Cypress**, **Frankincense**, **Geranium**, **Juniper**, Patchouli, Peppermint, Rosemary, **Tea Tree**, Yarrow

Inst: A) 2Tbsp oil + 15dr Geranium + 5dr Cypress. Massage in.
B) 1oz KY Jelly + 2dr Cypress + 2dr Geranium + 2dr Peppermint. Apply

several times a day.

Hepatic Disorders: Bath, Compress, Massage, Rub
Rosemary

Hepatitis: Massage
Chamomile G/R, Cinnamon, Cypress, Eucalyptus C/R, Patchouli, Tea Tree, Thyme,
Yarrow
Inst: Part A: First 2 weeks: 2Tbsp oil + 10dr Chamomile G + 10dr Tea Tree + 5dr
Thyme + 3dr Patchouli + 2dr Cinnamon.
Part B: After first 2 weeks: 2Tbsp oil + 10dr Eucalyptus C + 10dr Eucalyptus R +
5dr Chamomile G + 5dr Tea Tree.

Hernia-Hiatus (diaphragm): Massage
Basil, Fennel, Ginger, Lavender, Rosemary
Inst: 2Tbsp oil + 10dr Lavender (Coriander) + 8dr Ginger + 7dr Rosemary + 5dr
Fennel.

Hernia-Incisional (scar): Massage
Geranium, Ginger, Lavender, Lemon, Palmarosa, Tea Tree
Inst: 2Tbsp oil + 10dr Lavender + 10dr Palmarosa + 5dr Ginger + 5dr Tea Tree
(Neroli)

Hernia-Inguinal (abdomen): Massage
Basil, Cypress, Geranium, Ginger, Hyssop, Lavender, Rosemary
Inst: 2Tbsp oil + 10dr Ginger + 8dr Lavender + 7dr Rosemary + 5dr Basil.

Herpes Simplex: Apply directly (gently w/o stimulating); Undiluted; Bath, Cotton
Basil, Bergamot, Camphor, Eucalyptus C/G/R, Geranium, Grapefruit, Lemon, Tea Tree

Hiccough: Inhalation
Basil, Chamomile, Fennel, Lavender, Lemon, Mandarin, Tangerine
Inst: 1dr Chamomile in brown paper bag. Hold bag over your nose and breathe deeply
and slowly through your nose.

High Blood Pressure/Hypertension: Bath, Massage, Rub
Bergamot, Chamomile G/R, Clary Sage, Hyssop, Lavender, Lemon, Litsea Cubeba,
Nutmeg, Rosemary, Yarrow, Ylang Ylang
Inst: Massage: 2Tbsp oil + 6dr Bergamot + 6dr Hyssop + 6dr Rosemary.
Bath: 10dr Bergamot + 10dr Hyssop + 10dr Rosemary. 5-6 dr in bath.

High Cholesterol:
Rosemary

Human Bite: Apply directly (gently w/o stimulating); undiluted; Cotton, Dressing, Gauze, Wash
Bergamot, Lavender, Tea Tree, Thyme L

Hyperventilation:

Frankincense, Ylang Ylang

Hysteria: Air Diffusion, Bath, Inhalation, Massage, Rub

Bergamot, Chamomile R, **Lavender**

Immune Stimulant: Air Diffusion, Bath, Inhalation, Massage, Rub

Eucalyptus, Geranium, **Lavender**, Rosemary, **Tea Tree**, Thyme

Immune Deficiency (with recurrent infections): Air Diffusion, Bath, Inhalation, Massage, Rub

Cinnamon, Fir, Geranium, **Lemon**, **Orange**, **Peppermint**, **Pine**, Rosemary, **Tea Tree**

Impetigo (highly contagious bacterial skin infection): Bath, Rub

Lavender, Patchouli, Tagetes, Tea Tree, **Thyme L**

Inst: Part 1) boil and cool 4oz of water. Add 10dr Lavender. Using the water and cotton, clean the sores thoroughly, removing ALL the pus.

Part 2) Blend equal parts Tagetes and Thyme L (Myrrh). Soak cotton in water and put 2dr of the blend in the center. Fold ends over so that when you place the cotton on the sore the oils are not directly on the sore. Bandage the cotton to the body and remove after an hour to expose sores to the air. If the sores do not clear, keep repeating the process.

Impotence (male): Air Diffusion, Bath, Massage, Rub

Black Pepper, Cinnamon, Clary Sage, Fir, **Ginger**, Jasmine, Juniper, Nutmeg, Patchouli, Sandalwood, Ylang Ylang

Indigestion/Dyspepsia (abdominal pain and/or gas, heartburn, and sometimes nausea):

Compress, Massage, Rub

Basil, Bergamot, **Black Pepper**, **Chamomile R**, Cinnamon, Clary Sage, Clove, Eucalyptus, **Fennel**, Frankincense, Ginger, Hyssop, Juniper, Lavender, Lemon, Lemongrass, Litsea Cubeba, Mandarin, Nutmeg, Orange, **Peppermint**, Petitgrain, Tangerine, **Rosemary**, Yarrow

Infection:

Chamomile, Cinnamon, Citronella, Eucalyptus, **Helichrysum**, Lavender, **Lemon**, Pine, Rosewood, **Tea Tree**, **Thyme**

Infertility-Female:

Chamomile R, Clary Sage, Cypress, Fennel, **Geranium**, Jasmine, Nutmeg, Thyme

Inst: Begin on the last day of your period.

Part 1: Bath: 6-8dr single or blend in bath.

Part 2: Oil: 5dr single or blend in 1tsp oil. Rub oil over abdomen, hips, lower back into crease of buttocks but not to anus.

Infertility-Male:

Basil, Cedarwood, Clary Sage, Thyme

Inst: Perform daily for at least 3 months.

Part 1: Bath: 6-8dr single or blend in bath.

Part 2: Oil: 5dr single or blend in 1tsp oil. Rub oil over abdomen, hips, lower back into crease of buttocks but not to anus.

Inflammation: Apply directly (gently w/o stimulating); Bath, Compress, Dressing, Gauze, Rub Camphor, **Chamomile G/R**, **Clary Sage**, **Eucalyptus**, Fennel, **Helichrysum**, Juniper, **Lavender**, **Peppermint**, Nutmeg, **Sandalwood**, Yarrow

Insect Bites/Stings: Apply directly (gently w/o stimulating); undiluted; Cotton, Dressing, Gauze, Wash

Basil, Chamomile G/R, **Clove**, Eucalyptus G/R, Geranium, Helichrysum, **Lavender**, **Lemon**, Patchouli, **Peppermint**, **Tea Tree**, Thyme, Ylang Ylang

Inst: Apply 1dr neat Lavender after removing the stinger (do not squeeze poison sac if it's attached. Continue applying 1dr at a time every 5 min (or when you see it's been absorbed) until you have applied 10dr.

Insect Repellant: Air Diffusion

Basil, Camphor, **Cedarwood**, **Citronella**, **Clove**, Eucalyptus C (+fles), Geranium (+fles, monquito), **Lavender**, **Lemon (fleas)**, Lemongrass, Litsea Cubeba, **Orange**, **Patchouli**, **Peppermint**, **Rosemary (+fleas)**, Sandalwood, Tagetes, **Tea Tree (fleas)**, Thyme, **Thyme (R)**

Inst: Gen Purpose: 8dr Lemongrass + 4dr Lavender + 4dr Peppermint + 4dr Thyme. Place 2dr on **tissue** and place where you want to discourage insects. Place 2dr in 2tsp **oil or lotion** and apply to your body. Make a **splash** using 5dr + 1Tbsp Witch Hazel + 4Tbsp water

Body: 30dr Lavender + 2Tbsp oil. Rub on exposed skin.

Insomnia: Air Diffusion, Bath, Massage, Rub

General: **Basil**, **Bergamot**, **Camphor**, **Chamomile G/R** (low dose), Clary Sage, Geranium, **Lavender (low dose)**, Lemon, Mandarin, Nutmeg (low dose), **Orange**, Palmarosa, Petitgrain, **Sandalwood**, Tangerine, Yarrow, **Ylang Ylang**

Inst: Bath 1: 2tsp oil + 4dr Chamomile R + 3dr Clary Sage + 3dr Lemon.

Massage over body with solution, then pour 1tsp in warm bath.

Bath 2: 6dr Geranium + 4dr Sandalwood + 3dr Lemon + 2dr Chamomile R. 6dr in bath, and 5dr in 2tsp Oil for massage.

Bath 1yr-3yr: 1dr Chamomile R, Lavender, Mandarin or Palmarosa per yr

Bath 4yr-12yr: Clary Sage, Chamomile R, Geranium, Lavender, Mandarin, Nutmeg, or Palmarosa (3dr up to 6yr, 4dr 7yr-10yr, 4dr 11yr-12yr)

Child Foot Massage A: 4Tbsp oil + 10dr Palmarosa + 7dr Chamomile R + 5dr Mandarin

Child Foot Massage B: 4Tbsp oil + 10dr Chamomile R + 8dr Geranium + 4dr Nutmeg

Depression: Lavender, Sandalwood, **Ylang Ylang**

Nightmares: Chamomile R, **Frankincense**
Over-Tired: **Clary Sage**, Lavender
Physical Cause: Chamomile R, **Lavender**
Restlessness: **Chamomile R**, Lavender, Mandarin
Worry: Clary Sage, Ylang Ylang

Intertrigo (Soreness/Inflammation from skin against skin in damp/sweaty area or from incontinence).

Inst: Part 1) Wash area twice daily with 2 ½ C Water + 10dr Eucalyptus R + 5dr Lavender
Part 2) Make talk using 4oz Pure Talc + 10dr Chamomile G + 10dr Lavender + 10dr Rosemary. Use after bathing.

Intestinal Infection:

Bergamot, Black Pepper, Chamomile R, Cinnamon, **Lavender**, Mandarin, Palmarosa, **Rosemary, Tea Tree**

Intestinal Putrefaction:

Cinnamon, Lemon, Tea Tree

Irritability: Air Diffusion, Bath, Inhalation, Massage, Rub

Chamomile R, Clary Sage, **Frankincense**, Geranium, **Lavender**, Mandarin, Petitgrain, Sandalwood, **Ylang Ylang**

Inst: Tissue: 1dr Lavender + 1dr Geranium

Jaundice: Massage, Rub

Geranium, Rosemary

Jet Lag: Air Diffusion, Bath, Inhalation, Massage, Rub

Bergamot, Eucalyptus, Frankincense, Geranium, **Grapefruit. Juniper, Lavender**, Lemongrass, Peppermint, Rosemary

Inst: Part 1) Before leaving: Bathe w/2dr Peppermint + 2dr Eucalyptus
Part 2) After Arriving: Stay up until local bedtime. Place 2dr Grapefruit on hankie and sniff to help keep awake.
Part 3) Bathe w/ 1dr Lavender + 1dr Geranium (or add 1tsp oil and massage upper chest, neck, upper back) repeat am and pm
Part 4) After returning from your trip: Inhale from a tissue with 2dr Peppermint + 2dr Geranium

Jock Itch: Bath, Massage, Rub

Cypress, Lavender, Patchouli, Tea Tree

Inst: Part 1) Bowl of water plus 2dr oil. Wash area and dry well.
Part 2) 1tsp oil + 2dr oil. Apply to area morning and night.

Joints: Bath, Compress, Massage, Rub

Painful: **Black Pepper**, Cedarwood, Chamomile G/R, Clove, Fennel, Geranium, Ginger,

Helichrysum, Hyssop, Lavender, Lemon, Peppermint, **Pine**, Rosemary, Thyme, Yarrow

Inst: Part 1) 2Tbsp Oil + 10dr Black Pepper + 10dr Fennel + 10dr Thyme.

Massage into joints before taking a bath.

Part 2) 10dr Black Pepper + 10dr Fennel + 10dr Thyme. 4 drops of mix in bath water. Massage joints while in bath.

Strained: **Black Pepper, Cedarwood, Clary Sage, Ginger, Helichrysum, Lavender, Rosemary**

Swollen: Chamomile R, Eucalyptus, Fennel, Ginger, Helichrysum, **Juniper**, Lavender, **Litsea Cubeba**, Peppermint, Rosemary, Tea Tree, Yarrow

Inst: Massage with 2Tbsp oil + 10dr Chamomile +7dr Peppermint + 5dr Eucalyptus +5dr Rosemary + 3dr Lavender

Joggers Nipple: Rub

Geranium

Inst: 1tsp oil + 5dr Geranium

Kidney Inflammation

Cedarwood, Chamomile R, Eucalyptus, Frankincense, Sandalwood

Kidney Stones:

Chamomile R, Fennel, Geranium, Juniper, Peppermint

Laryngitis: Gargle, Mouthwash

General: Bergamot, Chamomile, Eucalyptus, **Frankincense**, Geranium, Ginger, Grapefruit, Jasmine, Lavender, **Lemon**, Lemongrass, Pine, **Sandalwood, Thyme**

L

Inst: Steam Inhalation: 3dr Lavender + 2dr Chamomile + 1dr Thyme

Massage: 1tsp oil + 5dr Chamomile + 2dr Lemon + 1dr Thyme. Massage neck and behind ears.

Loss of Voice: **Cypress, Geranium, Grapefruit, Lavender, Lemon, Thyme**

Tickling Throat: Clove, Grapefruit, **Lemon**

Inst: 2tsp Honey + 2dr Lemon + 1dr Lavender. Dissolve into glass of boiled rosewater.

Lethargy: Air Diffusion, Bath, Inhalation, Massage, Rub

Eucalyptus, Grapefruit, Helichrysum, **Juniper**, Lemon, **Lemongrass, Rosemary**

Leukorrhea: Bath, Douche, Massage

Cinnamon, Clary Sage, Juniper, Thyme (R)

Inst: 2dr Clary Sage + 2dr Juniper + 1dr Thyme (R)

Douche: 4dr in 2.5C warm water, daily for 3 days a week only.

Leukocytosis Stimulant:

Bergamot, Chamomile R, Lavender

Ligaments: Compress, Massage, Rub

Black Pepper, **Lemongrass**, **Rosemary**

Liver Problems: Bath, Compress, Massage, Rub

Chamomile R, **Fennel**, Geranium, Juniper, **Lemon**, Mandarin, Peppermint, Rosemary,
Thyme L

Low Blood Pressure/Hypotension: Bath, Massage, Rub

Camphor, **Cinnamon**, Clove, Ginger, **Hyssop**, **Jasmine**, Lemon, **Pine**,
Rosemary, Thyme (Red)

Low Blood Sugar/hypoglycemia:

Eucalyptus, **Fennel**

Lumbago/Lower Back Pain: Bath, Massage, Rub

Black Pepper, Chamomile, Clove, Eucalyptus, **Ginger**, Helichrysum, Juniper, **Lavender**,
Lemon, Nutmeg, Peppermint, **Rosemary**, Thyme, **Ylang Ylang**

Inst: Hot Compress: 3dr Rosemary + 1dr Clove + 1dr Eucalyptus. Replace when cold.
Repeat 3 times a day.

Massage: 2tsp oil + 5dr Rosemary + 3dr Peppermint + 2dr Chamomile.
Massage lower back and buttocks.

Lung Congestion: Air Diffusion, Bath, Inhalation, Massage, Rub

Eucalyptus

Lymph Node Inflammation:

Eucalyptus, **Juniper**, **Lavender**

Lymphatic Congestion: Bath, Massage, Rub

Fennel, **Geranium**, Juniper, Lavender

Lymphatic Stimulant:

Cypress, **Fennel**, **Helichrysum**, **Lemon**, **Rosemary**

Measles: Apply directly (gently w/o stimulating); Bath, Compress, Inhalation, Rub

Bergamot, **Chamomile G**, **Eucalyptus C/G/R**, Geranium, Lavender, **Tea Tree**, Thyme

Inst: Sponge Bath: 16oz tepid water + 3dr Chamomile G + 3dr Lavender.

Lotion: 1 bottle calamine lotion + 5dr ea Chamomile G and Lavender

Meditation Aid: Air Diffusion

Cedarwood, Frankincense, Sandalwood

Memory Enhancement: Air Diffusion, Inhalation

Basil, Bergamot, Grapefruit, Lavender, **Rosemary**, Thyme

Inst: 10dr Grapefruit + 8dr Basil + 7dr Lavender + 5dr Rosemary

Menopause: Air Diffusion, Bath, Massage, Rub

General: Bergamot, Chamomile R, **Clary Sage**, **Cypress**, Fennel, **Geranium**, Jasmine, Lavender, Nutmeg, Sandalwood, Thyme (R), Yarrow

Depression: Bergamot, **Geranium**

Hormonal Balancing: Chamomile (R)

Hot Flashes: **Chamomile R**, **Clary Sage**, Eucalyptus R, **Fennel**, **Geranium**, Lavender

Inst: Mix: 12dr Clary Sage (10 Clary Sage + 2 Sage) + 11dr Geranium + 7dr Lemon.

Massage: Use 5dr blend in 1tsp oil and massage all over your body.

Bath: 5dr in bath water.

Insomnia: Chamomile R, Clary Sage

Sweating-Excessive: Clary Sage, Thyme

Inst: Mix: 10dr Grapefruit + 10dr Lemon (Lime) + 5dr Sage + 5dr Thyme

Massage: Use 5dr blend in 1tsp oil and massage all over your body.

Bath: 5dr in bath water.

Water Retention/Bloating: Fennel, Juniper, Lemon, Peppermint

Inst: Mix: 15dr Lemon + 5dr Fennel + 5dr Juniper + 5dr Peppermint

Massage: 5dr in 1tsp. Massage abdomen and lower back.

Bath: 5dr in bath water.

Menstrual Problems: Bath, Massage, Rub

Bleeding-Absence/Amenorrhea: **Chamomile G/R**, **Cinnamon**, **Clary Sage (Bath)**, **Clove**, **Cypress**, **Fennel (Bath)**, **Geranium (Bath)**, **Hyssop**, **Jasmine**, **Juniper**, **Lavender**, **Nutmeg**, **Rosemary**, Yarrow

Inst: Massage: 2Tbsp oil + 15dr Chamomile R + 11dr Geranium + 4dr Yarrow. Massage over abdomen and lower back for 2 weeks.

Bath Pt 1: Place 6-8dr of Chamomile, Clary Sage, or Geranium into hot Bath and soak for 10 min.

Pt 2: Add 6-8dr in bowl of cold water and immerse for 5 minutes.

Pt 3: Repeat 3 times, alternating hot/cold.

Bleeding-Excessive/Menorrhagia: Chamomile R, **Cinnamon**, **Cypress**, **Frankincense**, Geranium, Jasmine, Lemon

Inst: Bath: Equal parts Geranium and Lemon added to bath water daily.

Massage: 2Tbsp oil + 10dr Chamomile R + 10dr Geranium + 10dr Lemon

Bleeding-Irregular/Very Light: Basil, **Clary Sage**, Fennel, Geranium, Thyme, Yarrow

Cramps: Basil, **Chamomile R**, Clary Sage, Fennel, Geranium, **Lavender** (plus Compress), Yarrow

Pain/Dysmenorrhea: **Bergamot**, Chamomile G/R, **Clary Sage** (Bath), Clove, **Cypress**, Fennel, Frankincense, **Geranium** (Bath), **Ginger**, Helichrysum, **Jasmine**, Juniper, Lavender, Nutmeg, Palmarosa, **Peppermint**, **Rosemary**, Thyme (R), Yarrow (plus sitz bath)

Inst: Stressful Congestive Pain: 2Tbsp Oil + 15dr Thyme (R) + 10dr Chamomile R + 5dr Clary Sage. Massage daily.

Spasmodic Pain: 2Tbsp Oil + 10dr Nutmeg + 10dr Peppermint + 5dr

Cypress + 5dr Lavender. Massage daily.

Bath: 4dr Clary Sage, Geranium, or Palmarosa in bath 2 days with one day between the 2.

PMS-General: Bergamot (Apathetic, Depression, Irritability, **Moodiness**, Violent, Weepy), Chamomile G/R (R: Apathetic, Irritability), **Clary Sage** (Apathetic, Depression, Irritability, **Moodiness**, Weepy), Fennel (Apathetic), Frankincense, **Geranium** (Apathetic, Depression, Irritability, **Moodiness**, Violent, Weepy), Grapefruit (apathetic/Moodiness), Jasmine (**Moodiness**), Juniper, Lavender, Mandarin (Moodiness), Nutmeg (Aggressive, Depression, Irritability, Violent, Weepy), Palmarosa (Violent), **Patchouli (Moodiness)**, Petitgrain, Rosemary, **Rosewood (Moodiness)**, Sandalwood, **Tangerine (Moodiness)**, Ylang Ylang (**Moodiness**)

Inst: Violent: 2Tbsp Oil + 10dr Bergamot + 10dr Geranium + 10dr Palmarosa.

Depression/Weeping: 2Tbsp Oil + 12dr Clary Sage + 9dr Bergamot + 9dr Geranium (Rose)

Irritability: 2Tbsp Oil + 15dr Bergamot + 10dr Nutmeg + 5dr Geranium

Apathetic: 2Tbsp Oil + 18dr Grapefruit + 10dr Clary Sage + 2dr Geranium (Jonquil)

Tender Breasts: **Chamomile R**, Geranium, Lavender (plus compress)

Water Retention: **Cypress, Fennel, Geranium, Grapefruit, Juniper, Rosemary**

Mental Confusion: Air Diffusion, Bath, Inhalation, Massage, Rub
Sandalwood

Mental Exhaustion: Air Diffusion, Bath, Inhalation, Massage, Rub
Basil, Citronella, Clary Sage, Eucalyptus C/G/R, Juniper, Lemon, Lemongrass, Peppermint, Pine, Rosemary, Thyme

Mental Fatigue: Air Diffusion, Bath, Inhalation, Massage, Rub
Basil, Citronella, Clary Sage, Frankincense, Grapefruit, Hyssop, Lavender, Peppermint, Rosemary

Migraine: Undiluted; Compress, Rub

General: **Basil, Chamomile R, Citronella, Clary Sage, Eucalyptus, Grapefruit, Jasmine, Lavender, Lemon, Peppermint, Rosemary**

Allergy: **Juniper, Lavender**

Tension: Chamomile R, Lavender, **Peppermint**

Inst: <7yrs/4oz or >7yrs/2oz Oil + 10dr Grapefruit + 5dr Chamomile R + 5dr Peppermint + 3dr Rosemary.

Mood Swings:

Bergamot, Clary Sage, Fennel, Frankincense, Geranium, Jasmine, Rosewood

Mosquito/Sandflea Bites: Undiluted; Rub

Lavender

Inst: Dab with neat Lavender

Mouse Repellant: Cotton, Diffusion

Peppermint

Mouth Infections: Massage (outer jaw), Mouthwash

Geranium, Peppermint, **Tea Tree**

Mouth Ulcers: Cotton

Camphor, Chamomile, Geranium, Lavender, Lemon, Orange, Peppermint, **Tea Tree**,
Thyme

Inst: Mouthwash: 2tsp Brandy + 4dr Lemon + 2dr Geranium + 2dr Peppermint + 2dr
Thyme. Add to glass of warm water. Swish, but do not swallow.

Rub: 1Tbsp Aloe Vera Gel or Liquid + 2dr Chamomile + 1dr Thyme

Mouthwash: Mouthwash

Clove

Mucous Congestion: Air Freshener, Bath, Inhalation, Massage, Rub

Eucalyptus C/G/R, Frankincense, Peppermint, Rosemary, Thyme L

Mumps: Compress, Massage, Rub

Chamomile G, Helichrysum, **Lavender**, **Litsea Cubeba**, Tea Tree, Thyme L

Inst: 2.5C Water + 5dr Tea Tree or Lavender. Use as a room spray.

Muscle: Bath (6-8), Compress (8dr), Massage (5/tsp), Rub(5/tsp)

Inst: Cold should be applied immediately after an injury. Heat should not be applied
while inflammation is present, and no earlier than 12 hours after an injury.

Rest – Ice – Compress – Elevation

Ointment Carrier: 4Tbsp anhydrous lanolin + 2Tbsp Almond Oil = 3oz. Heat
in double boiler and cool before adding essential oils.

Aches: Basil, **Black Pepper**, camphor, **Chamomile R**, Cinnamon, **Clary Sage**,
Eucalyptus C/G/R, Fir, Frankincense, **Ginger**, Helichrysum, **Juniper**,
Lavender, **Lemon**, Nutmeg, Peppermint, **Pine**, **Rosemary**, **Tangerine**, Tea
Tree, Thyme L

Inst: 1Tbsp Oil + 5dr Lavender + 5dr Peppermint + 5dr Rosemary (2Tbsp for
child)

Aerobic Conditioning: Eucalyptus, Geranium, Palmarosa, Peppermint, Rosemary

After Workout (shower): Bergamot, Eucalyptus C/?, Juniper, Lavender, Lemon,
Rosemary

Inst: Part 1) rub with washcloth with 1dr Lemon + 1dr Eucalyptus + 1dr
Rosemary

Part 2) Shower with 3dr of one of the essential oils above

After Workout (sauna): Bergamot, Cypress, Eucalyptus C, Grapefruit, Lavender,

Lemon, Pine, Rosemary

Inst: Relaxing: 4dr of: 10dr Sandalwood + 5dr lemon + 2dr Geranium
 Stimulating: 4dr of: 10dr Grapefruit + 3dr Pine + 3dr Rosemary + 2dr Eucalyptus

Athletic Competition (Increased Performance) Basil, Black Pepper, Ginger, Grapefruit, Lavender, Peppermint, Rosemary, Thyme.

Inst: 2dr in bath or 10dr to 2Tbsp oil (decreased concentration is for long term use)

Athletic Competition (Pre-Post): Black Pepper, Chamomile, Clary Sage, Eucalyptus, Ginger, Juniper, Lavender, Lemon, Nutmeg, Orange, Patchouli, Rosemary, Tea Tree, Thyme R

Inst: Pre: Part 1) Rub: 1tsp oil + 3dr Lemon + 1dr Patchouli + 1dr Thyme R
 Part 2) Bath: 4dr Lemon + 3dr Lavender + 3dr Rosemary + 2dr Chamomile
 Post: Part 3) Bath: 4dr of: 4dr Clary Sage + 4dr Lemon + 2dr Nutmeg + 2dr Orange

Pre: Bath: Bath with Ginger and Black Pepper
 Rub: 4Tsp oil + 2dr Rosemary + 1dr Eucalyptus + 1dr Lavender
 Post: Bath or Massage: Eucalyptus, Rosemary, and/or Tea Tree
 Rub: 4Tsp oil + 2dr Lavender + 1dr Juniper + 1dr Rosemary

Conditioning (Running): Basil, Eucalyptus, Rosemary, Thyme

Inst: Beginning Runners: 2Tbsp oil + 10dr Eucalyptus + 10dr Rosemary + 10dr Thyme. Before running rub oil into legs, buttocks, back, and arms.

Build Up: 2Tbsp Oil + 15dr Eucalyptus + 15dr Rosemary. Apply after shower and after run.

Day Of: 2tsp oil + 5dr Basil + 5dr Bergamot

Cramps: Black Pepper, **Chamomile R**, Clary Sage, Cypress, Geranium, Ginger, **Basil, Bergamot, Camphor, Clary Sage, Cypress, Eucalyptus, Fennel Helichrysum, Hyssop, Juniper, Lavender, Peppermint, Rosemary** (also Compress), **Sandalwood**, Thyme

Inst: Compress with 5dr Geranium and massage

Debility: **Ginger**, Juniper, Lavender, Thyme L

Fatigue: **Black Pepper**, Clary Sage, Cypress, Eucalyptus, Ginger, Grapefruit, Hyssop **Juniper**, Lavender, Lemongrass, Peppermint, **Pine**, Rosemary, Thyme R

Inst: 1Tbsp oil + 5dr Eucalyptus + 5dr Ginger + 5dr Peppermint
 Inst: 1Tbsp oil 5dr Lavender + 5dr Peppermint + 5dr Rosemary (best for Children, but use 2Tbsp oil)

Inst: 2Tbsp Oil+ 10dr Eucalyptus + 10dr Rosemary + 5dr Cypress + 5dr Thyme

Numbness: **Black Pepper**, Cinnamon, Clove, Geranium, Ginger, Helichrysum (also Compress)

Pain: Black Pepper, Camphor, Clove, Eucalyptus G/R, Ginger, Grapefruit, **Helichrysum**, Lavender, Lemongrass, Nutmeg, **Peppermint**, Pine, Rosemary, Tea Tree, **Thyme L** (also Compress)

Inst: Ointment: (2oz Anhydrous Lanolin + 6tsp Rosewater ..heat in dbl boiler,

then cool) + 20dr Clove + 20dr Eucalyptus + 10dr Thyme (for stiffer ointment + ½ oz beeswax when mixing lanolin and rosewater.)

Massage: 1Tbsp oil + 15dr Lavender + 15dr Rosemary

Relaxant: **Black Pepper, Chamomile R, Clary Sage, Eucalyptus, Lavender, Tangerine, Ylang Ylang**

Spasm: **Basil, Bergamot, Black Pepper, Camphor, Chamomile G/R, Clary Sage, Cinnamon, Clove, Cypress, Eucalyptus, Fennel, Frankincense, Geranium (after exercise/recurring), Helichrysum, Hyssop, Jasmine, Juniper (Recurring), Lavender, Orange, Peppermint, Petitgrain, Rosemary, Thyme L (also Compress)**

Sprains: Black Pepper, **Camphor, Chamomile G/R, Clove, Eucalyptus, Ginger, Helichrysum, Jasmine, Lavender, Rosemary, Thyme** (soak or compress, no massage)

Inst: Part 1) Days 1-3: Apply ice 3 times a day. Follow with a massage using 2Tbsp oil + 20dr Ginger + 17dr Lavender + 3dr Cloves

Part 2) Keep bandaged to prevent further damage

Part 3) Days 4 on: If still painful, alternate steaming hot and ice cold wash cloths (4dr Peppermint on each) several times, 3 times a day.

Toning: Basil, **Black Pepper, Cypress, Ginger, Grapefruit, Juniper, Lavender, Orange, Peppermint, Petitgrain, Rosemary, Thyme**

Weakness: Lavender, Rosemary (no compress)

Weakness-Connective Tissue: Rosewood

Abdominal Wall Strain: Ginger, Rosemary, Thyme

Inst: Part 1) Ice pack for the first day

Part 2) 2nd day on – 4dr Rosemary on a hot compress and place over the affected area. Repeat 3 times a day.

Part 3) 2nd day on – Massage with 2tsp oil + 5dr Ginger + 5dr Thyme

Achilles Tendinitis: Chamomile, Ginger, Lavender

Inst: Part 1) for 3 days use a clay poultice to which you've added 3dr Chamomile + 3dr Lavender.

Part 2) day 4 on – massage with 1tsp oil + 3dr Chamomile + 2dr Lavender

Part 3) day 4 on – hot clay poultice to which you've added 3dr Ginger + 2dr Chamomile.

Ankle Sprain: Clove, Ginger, Nutmeg

Inst: Part 1) ice for 3 days 3 times a day

Part 2) if pain continues, alternate steamy/icy washcloths with 4dr peppermint on them 3 times a day

Part 3) massage with 2Tbsp oil+ 20dr Ginger + 17dr Nutmeg + 3dr Cloves

Arm Strain: Black Pepper, Ginger, Nutmeg

Inst: Part 1) Ice

Part 2) 2Tbsp oil + 20dr Ginger + 5dr Black Pepper + 5dr Nutmeg for 2 days 3 times a day

Back Pain: Basil, Black Pepper, Camphor, Chamomile G/R, Clary Sage, Cypress,

- Eucalyptus, Ginger, **Helichrysum**, Juniper, Lavender, Peppermint, Rosemary, Thyme
- Inst: Oil 1: 2Tbsp Oil + 10dr Eucalyptus + 10dr Ginger + 10dr Lavender.
 Massage with ice.
 Oil 2: 2Tbsp Oil + 10dr Basil + 10dr Peppermint + 10dr Rosemary
- Back: Slipped or Erupted Disk:
 Inst: Part 1) Get treatment by a doctor
 Part 2) day 1-3: Ice pack over the affected area to reduce inflammation
 Part 3a) day 4 on: Alternate Hot/Cold compresses with 2dr Basil + 2dr Peppermint 3 times a day
 Part 3b) gently apply 2Tbsp oil + 10dr Peppermint + 10dr Rosemary + 5dr Eucalyptus + 5dr Ginger 3 times a day
- Breast Bruise: Chamomile, Cypress, Geranium, Hyssop
 Inst: Part 1) day 1-2: Ice Massage the are 4 times a day, follow by applying 2Tbsp oil + 10dr Cypress + 10dr Geranium + 5dr Chamomile + 5dr Hyssop
 Part 2) day 3 on: apply hot compresses with 2dr chamomile, followed by applying the oil in part 1.
- Buttock Bruise: Cypress, Geranium, Hyssop, Rosemary
 Inst: Part 1) day 1-3: Ice compress 4-6 times a day, follow by applying 2Tbsp oil + 10dr Cypress + 10dr Rosemary + 5dr Geranium + 5dr Hyssop
 Part 2) day 4 on: apply hot compresses, followed by applying the oil in part 1.
- Carpal Tunnel: Eucalyptus, Lavender
 Inst: Massage hands, arms and shoulders 2 times a day using 2tsp oil + 5dr Eucalyptus + 5dr Lavender (no Marjoram)
- Chest Muscle Strain: Eucalyptus, Ginger, Lavender, Nutmeg, Peppermint, Rosemary
 Inst: Part 1) Bathe with 2dr Lavender + 2dr Rosemary
 Part 2) Day 1-2: Ice compress the area 4-6 times a day. 2 times a day massage with 2Tbsp oil + 10dr ginger + 10dr Eucalyptus + 5dr Peppermint + 5dr Nutmeg
 Part 3) day 3 on: apply hot compresses and continue massage
- Elbow Bruise: Cypress, Eucalyptus, Ginger, Hyssop
 Inst: Part 1: Day 1- 3: Ice compress 4-6 times a day. Follow by massaging using 2Tbsp oil + 10dr Cypress + 9dr Eucalyptus + 6dr Ginger + 5dr Hyssop
 Part 2) Day 4 on: Hot compress with 2dr Eucalyptus. Continue massage.
- Elbow Sprain: Clove, Ginger, Lavender, Nutmeg, Rosemary
 Inst: Part 1) Day 1-3: Rest elbow in ice pack for 15 min, 3 times a day. Massage with 2Tbsp oil + 15dr Ginger + 8dr Nutmeg + 6dr Clove
 Part 2) Day 4 on: Alternate Hot/Cold baths with 2dr Lavender + 2dr Rosemary in each. Continue Massage
- Elbow Tendonitis/Tennis Elbow: Chamomile R, Cypress, Eucalyptus, Ginger, Hyssop, Peppermint, **Rosemary**
 Inst: Part 1) Soak a washcloth in 1qt hot water + 5dr Peppermint and apply 3 times a day.

- Part 2A) Massage entire arm with 2Tbsp oil + 10dr Chamomile R + 10dr Eucalyptus + 10dr Peppermint
- Part 2B) Or massage with 2Tbsp oil + 10dr Eucalyptus + 10dr Ginger + 10dr Rosemary
- Facial Bruise: Chamomile, Cypress, Geranium, Hyssop, Lavender, Rosemary
 Inst: Part 1) Ice pack for 15 min 3 times a day then massage in 2Tbsp oil + 10dr Geranium + 5dr Cypress + 5dr Hyssop + 5dr Lavender + 5dr Rosemary
 Part 2) Morning and night apply compress with 3dr Chamomile
- Finger Sprain: Black Pepper, Ginger, Nutmeg
 Inst: Part 1) Immerse in ice for 10 min, then massage entire hand with 1tsp oil + 4dr Ginger + 1dr Black Pepper + 1dr Nutmeg.
 Part 2) Day 2 on: Apply alternating hot/cold compresses 4 times a day, followed by massage with the oil in Part 1.
- Foot Bruise: Cypress, Geranium, Hyssop
 Inst: Part 1) Soak foot in cold bath 3 times a day
 Part 2) Massage foot with 2Tbsp oil + 15dr Cypress + 10dr Geranium + 5dr Hyssop
- Frozen Shoulder: Black Pepper, Chamomile, Clove, Ginger, Lavender, Nutmeg, Rosemary, Thyme
 Inst: Part 1) Iron the outer leaf of a cabbage and apply hot to area for 15 min every day
 Part 2) Massage with 2tsp oil + 3dr each Clove, Chamomile and Thyme
- Groin Strain: Chamomile, Geranium, Hyssop
 Inst: Ice pack over the area. Massage Lower abdomen, groin, and thighs with 2Tbsp oil + 10dr Chamomile + 10dr Geranium + 10dr Hyssop
- Hand Bruise: Peppermint
 Inst: Soak in ice water for 10 min 3 times a day for 2 days. Massage the whole hand as often as possible with 2Tbsp oil + 30dr Peppermint
- Heel/Ankle Contusion: Cypress, Geranium, Hyssop, Lavender
 Inst: 2Tbsp oil + 10dr Cypress + 10dr Hyssop + 8dr Geranium + 2dr Lavender
- Hip Strain: Clove, Ginger, Nutmeg
 Inst: Part 1) Day 1-2: Take a cold sitz bath 3 times a day. Apply ice and massage with 2Tbsp Oil + 10dr Clove + 10dr Ginger + 10dr Nutmeg
 Part 2) Day 3on: Alternate Hot/Cold Sitz baths for 10 minutes each with 4dr Rosemary + 2dr Lavender.
- Knee Ache: Lavender
 Inst: Wet handkerchief and add 5dr Lavender. Press against sore knee.
- Knee Cartilage Injury: Clove, Ginger, Nutmeg
 Inst: Part 1) Bandage and keep elevated
 Part 2) Use an ice compress 3 times a day, alternating with hot compresses, then massage with 2Tbsp oil + 12dr Ginger + 10dr Nutmeg + 8dr Clove
- Leg Sprain (lower leg): Eucalyptus, Lavender, Peppermint, Rosemary
 Inst: Part 1) Day 1-2: Use an ice pace 4 times a day for 20 minutes. Afterward

massage with 2Tbsp oil + 10dr Eucalyptus + 10dr Peppermint + 10dr Rosemary

Part 2) Day 3 on : Use hot compresses with 2dr Lavender + 2dr Rosemary

Part 3) Between treatments keep the leg wrapped with an elastic bandage and periodically massage the whole leg.

Leg Strain (Lower Calf): Chamomile R, Clove, Ginger, Lavender Nutmeg, Rosemary

Inst: Part 1) Day 1-2: Use an ice pack 4 times a day for 20 minutes. Afterward massage with 2Tbsp oil + 10dr Chamomile R + 10dr Ginger + 5dr Clove + 5dr Nutmeg

Part 2) Day 3 on : Use hot compresses with 2dr Lavender + 2dr Rosemary

Part 3) Between treatments keep the leg wrapped with an elastic bandage and periodically massage the whole leg.

Neck Sprain: Black Pepper, Ginger, Peppermint, Rosemary

Inst: Part 1) Consult a doctor

Part 2) Use an ice pack around the neck for at least 15 minutes and massage the neck and shoulders 3 times a day using 2Tbsp oil + 10dr Ginger + 10dr Rosemary + 5dr Black Pepper + 5dr Peppermint.

Part 3) An ice cup can be used to massage. If you get a headache, use 1tsp oil + 5dr Peppermint and massage back of neck up to the hairline.

Shoulder Strain: Chamomile, Ginger, Nutmeg

Inst: Part 1) Day 1-2. Use ice compress for 10 minutes at a time

Part 2) Day 3 on: Use hot compress 3 times a day and massage the arm and shoulder with 2Tbsp oil + 10dr Chamomile + 10dr Ginger + 10dr Nutmeg

Tendonitis: Massage, Rub

Eucalyptus C, Ginger, Lavender, Peppermint, Rosemary

Inst: 2Tbsp Oil + 10dr Lavender + 10dr Peppermint + 10dr Rosemary

Tenosynovitis/Infl of Sheath of the Tendon: Massage, Rub

Chamomile G/R, Eucalyptus C, Lavender, Peppermint

Inst: 2Tbsp Oil + 10dr Eucalyptus + 10dr Lavender + 10dr Peppermint

Thigh Injury/Hamstrings: Chamomile, Eucalyptus, Lavender, Rosemary

Inst: Use ice compress for at least 10 minutes 4 times a day. Massage 3 times a day using 2Tbsp oil + 10dr Eucalyptus + 10dr Rosemary + 5dr Chamomile + 5dr Lavender

Wrist Sprain: Clove, Ginger, Nutmeg

Inst: Part 1) Apply an ice pack 3-4 times a day, then massage with 2Tbsp oil + 20dr Ginger + 17dr Nutmeg + 3dr Clove

Part 2) use an elastic bandage between treatments.

Nail Care: Cotton, Rub

Cypress, Grapefruit, Lavender, Lemon, Rosemary, Sandalwood (Base=Almond, Apricot, Evening Primrose, Grapeseed, or Jojoba Oil)

Nail (Brittle): Cotton, Rub

Cypress, Lemon, Rosemary

Inst: 1tsp Avocado oil + 2dr Rosemary + 3dr Cypress + 8dr Lemon. Rub into fingers and nails and toes and nails.

Nail (Bruised): Neat, Rub
Hyssop

Inst: Part 1) 1dr Hyssop neat as far under the nail as possible for 3 days.
Part 2) 1tsp oil + 5dr Hyssop and massage

Nail (Cuticle/bed): Cotton, Rub
Tagetes, Tea Tree

Inst: 2tsp oil + 5dr Tagetes + 5dr Tea Tree.

Nail Cuticle Infection/Whitlows: Neat

Chamomile, Eucalyptus R, Lavender, Lemon, Patchouli, Tagetes, Tea Tree, Thyme

Inst: 2Tbsp Jojoba Oil + 10dr Tagetes + 10dr Tea Tree + 5dr Eucalyptus R + 5dr Patchouli. Apply around the nail bed three times a day. Massage in well.

Nail Fungus: Cotton, Rub
Tagetes, **Tea Tree**

Inst: Apply tea tree neat to the nail bed

Nail Growth: Cotton, Rub

Cypress, Lavender, Lemon, Rosemary

Nail (Ingrown): Cotton, Rub
Lavender, Tea Tree

Inst: 1Tbsp oil + 10dr Lavender + 10dr Tea Tree

Nausea: Air Diffusion, Inhalation, Massage, Rub

General: **Basil**, Black Pepper, Chamomile G, Clove, **Fennel**, **Ginger**, **Lavender**,
Nutmeg, **Peppermint**, Rosewood, Sandalwood

Inst: Tea: Blend 1dr Fennel in 1Tbsp honey. Add 1tsp blend to ½ cup warm water. Up to 4 times a day for no more than 6 days.

Inhalation: 1dr Ginger per pint of boiling water. Cover head and bowl with towel and inhale for 5 minutes.

Migraine: Lavender, **Peppermint**

Nervous: **Fennel**

Overeating: **Fennel**

Traveling: **Ginger**, Peppermint

Inst: Drink: 1dr Peppermint + 1C Hot Water and Sugar or
1dr Peppermint + 1tsp Honey + 1C Hot Water

To Go: smear Peppermint on sugar cube and put in baggie

Tissue: 2dr Ginger on tissue. Sniff

Rub: 1tsp oil + 5dr Ginger rubbed over upper abdomen

Vomiting: **Basil**, **Chamomile (R)**, **Ginger**, **Lavender**, Nutmeg, **Peppermint**, **Sandalwood**

Nervous Exhaustion/Fatigue: Air Diffusion, Bath, Inhalation, Massage, Rub

Bergamot, Black Pepper, Chamomile R, Cinnamon, Clary Sage, Clove, **Eucalyptus C/G/R, Frankincense**, Geranium, Ginger, Helichrysum, jasmine, **Lavender**, Lemon, Lemongrass, Palmarosa, Patchouli, Petitgrain, Rosemary, Sandalwood

Inst: Part 1) Massage every evening until you can sleep well and stop thinking of your To Do List. Use 2Tbsp Oil + 8dr Eucalyptus R (Marjoram) + 5dr Bergamot + 5dr Chamomile R + 5dr Clary Sage + 5dr Frankincense + 2dr Lavender

Part 2) Continue Part 1, but also massage in the morning using 2Tbsp Oil + 10dr Lemon + 10dr Rosemary + 8dr Ginger + 2dr Lavender.

Nervous Tension: Air Diffusion, Bath, Inhalation, Massage, Rub

Basil, Bergamot, Camphor, Cedarwood, **Chamomile R**, Clary Sage, **Cypress**, Frankincense, **Geranium, Grapefruit, Jasmine, Juniper, Lavender, Lemon, Lemongrass**, Litsea Cubeba, Mandarin, **Orange, Patchouli, Petitgrain, Pine, Rosemary, Rosewood, Sandalwood, Tangerine, Ylang Ylang**

Nervousness: Air Diffusion, Bath, Inhalation, Massage, Rub

Bergamot, Camphor, Chamomile R, Clary Sage, Geranium, Jasmine, **Lavender, Lemon, Lemongrass, Litsea Cubeba, Mandarin, Orange, Palmarosa, Petitgrain, Tangerine, Ylang Ylang**

Inst: Bath1: 1tsp milk + 4dr Lavender in bath water.

Bath2: 5dr Lavender + 5dr Mandarin + 3dr Chamomile + 3dr Geranium. Use 2-4dr in bath.

Nettle Rash: Undiluted; Rub

Chamomile G/R, Eucalyptus, **Lavender**, Tea Tree, Yarrow

Inst: Part 1) 2dr neat over stung area ASAP.

Part 2) Rub on 1Tbsp Aloe Vera Gel or Liquid + 5dr ea Lavender & Chamomile.

Part 3) Warm baths with handful of Epsom salts + 4dr Chamomile

Neuralgia/Recurring pain along the pathway of a nerve: Bath, Compress, Massage, Rub

Black Pepper, Chamomile G/R, Citronella, Clary Sage, Clove, **Eucalyptus R, Geranium**, Helichrysum, Juniper, Lavender, Nutmeg, **Peppermint**, Rosemary, Thyme

Inst: Part 1) Numb with cold compress or ice

Part 2) Massage with 2tsp oil + 5dr Lavender + 5dr Chamomile + 2dr Clove
(If it's the face, substitute Rosemary for the Clove)

Nose Injury: Compress, Massage, Rub

Chamomile, Geranium, Lavender, Rosemary

Inst: Part 1) Immediately apply an icepack. If nose is bleeding use gauze with 1dr lavender to plug nostrils. If the nose is broken, consult a doctor and rub the following oil gently over the forehead and cheekbones: 2Tbsp oil + 10dr Chamomile + 10dr Lavender + 5dr Geranium + 5dr Rosemary

Part 2) If not broken, apply ice 3 times a day and massage the nose, forehead, and

cheeks with the above oil.

Nose Bleed: Compress

Chamomile, **Cypress**, **Frankincense**, Lavender, **Lemon**, Rosemary (no best)

Inst: On a tissue, place 3dr Lemon + 1dr Lavender. Lie flat on your back, pinch nostrils and inhale from the tissue.

Nose (Stuffy): Inhalation

Camphor, Rosemary, Tea Tree

Pain Relief: Bath, Compress, Gauze, Massage, Rub

Bergamot, Black Pepper, **Camphor**, **Chamomile R**, Clove, **Eucalyptus**, Frankincense, **Geranium**, Ginger, **Helichrysum**, Juniper, **Lavender**, Lemongrass, **Peppermint**, **Rosemary**

Parasitic Infection: Apply directly (gently w/o stimulating); High Concentrate 1:3; Bath, Rub, Wash

Lavender, **Patchouli**, Peppermint, Tagetes, Tea Tree

Parkinson's Disease: Bath, Massage

Basil, Bergamot, Geranium, Lavender, Lemon, Nutmeg, Orange, Rosemary, Thyme
(alleviate muscle stiffness and work on the central nervous system)

Inst: Bath: 10dr Lavender + 5dr Bergamot + 5dr Orange. 4-6dr in bath.

Massage: 2Tbsp oil + 18dr Rosemary + 5dr Nutmeg + 5dr Geranium + 2dr Thyme (Valerian)

Pelvic Inflammatory Disease: Bath, Massage

Bergamot, Chamomile G, Lavender, Peppermint

Inst: 10dr Chamomile G + 10dr Peppermint + 5dr Bergamot + 5dr Lavender

Pelvic Pain Syndrome: Bath, massage

Bergamot, Black Pepper, Clove, Geranium, Ginger, Nutmeg, Thyme

Inst: Part A. Massage: 2Tbsp Oil + 15dr Geranium + 5dr Black Pepper + 5dr Ginger + 5dr Nutmeg. Massage twice a day from waist to knees, front and back. Begin 10 days prior to period and continue for 2 months.

Part B. Bath: 8dr Bergamot + 5dr Ginger + 2dr Geranium (Rose). 3dr each in alternating hot and cold sitz baths, 2 times each. Repeat 3 times a week.

Plant Stings: Undiluted; Rub

Eucalyptus, Lavender

Inst: Part 1) Apply 1dr neat Eucalyptus or Lavender

Part 2) Wash with cold water and soap

Part 3) Apply another neat drop

Pneumonia: Bath, Inhalation, Massage, Rub

Camphor, Eucalyptus C, **Fir**, Peppermint, Tea Tree (Inhalation), Thyme

Poison Ivy/Oak/Etc.: Undiluted; Compress, Rub

Chamomile, Eucalyptus, Lavender

Inst: Upon Contact

Part 1) Place clothes directly in washer to avoid recontamination when you pick the dirty clothes up later.

Part 2) Wash well with soap and water any part of your body that could have come in contact with the plant or that you may have touched with a contaminated part or piece of clothing.

Part 3) Apply neat Chamomile, Eucalyptus, or Lavender

Upon Eruption of Rash

Part 1) Apply Chamomile, Eucalyptus, or Lavender either neat or 2dr on a cold compress.

Post Natal Depression: Air Diffusion, Bath, Face Oil, Massage, Rub, Spray

Bergamot, Chamomile R, Geranium, Jasmine

Pregnancy: Air Diffusion, Bath (2-4dr), Massage, Rub

Chamomile R, Geranium, Grapefruit, Jasmine, Lavender, Mandarin, Tangerine, Ylang Ylang

Breast Abscess: Chamomile G, Eucalyptus, Lavender

Inst: Compress: 15dr Chamomile G + 10dr Lavender + 5dr Eucalyptus.
10dr blend in saucer of warm Chamomile Tea. Soak compress in solution and place over breast. Twice a day for 5 days.

Oil: 2Tbsp oil + 30dr blend. Massage over breasts twice a day.

Breast Engorgement: **Geranium, Peppermint**

Breast Feeding: Clary Sage, **Fennel, Geranium, Jasmine (no Air Diffusion)**

Inst: Massage with 2Tbsp oil + 15dr Fennel or 15dr Geranium or 10dr Clary Sage.

Constipation: Patchouli

Inst: 2Tbsp Oil + 30dr Patchouli. Rub clockwise over entire abdominal area.

Contraction Stimulation: Cinnamon

Edema: Cypress, Fennel, Ginger, Lavender

Inst: Tea: 1dr Fennel in 1Tbsp honey. Mix 1tsp mixture in ½ cup warm water.

Massage: 2Tbsp oil + 3 Ginger + 2dr Cypress + 2dr Lavender.

Massage body except the abdomen once a day. Massage toward the heart.

Flatulence: Fennel

Inst: 2Tbsp oil + 10dr Fennel. Rub over abdomen several times a day.

Hemorrhoids: Geranium

Inst: 2Tbsp KY Jelly + 15dr Geranium + 5dr Cypress

Labor (strengthen contraction/relieve pain): **Clary Sage, Jasmine, Lavender**

Leg Cramps: Cypress, Geranium, Lavender

Inst: 10dr Lavender + 5dr Geranium + 2dr Cypress. Add to footbath of hot

water.

- Morning Sickness: **Ginger**, Peppermint (also inhalation; not bath or massage)
Inst: Tea: Blend 3dr Lavender in 1Tbsp honey. Add 1tsp blend to ½ cup warm water. Up to 4 times a day for no more than 6 days.
Inhalation: 1dr Ginger per pint of boiling water. Cover head and bowl with towel and inhale for 5 minutes.
- Nausea: **Cinnamon**, Fennel, Lavender
Inst: 1Tbsp Honey + 3dr Lavender or 1dr Fennel. Dissolve into 1C warm water with Lemon or Lime juice. Sip when needed. (do not gulp)
- Post-Natal: **Bergamot**, Clary Sage, Fennel, Frankincense, Geranium, Grapefruit, Lavender, Mandarin, Nutmeg, Patchouli
Breast Milk Production: **Fennel**
- Depression: **Bergamot**, Clary Sage, Geranium, Grapefruit, Mandarin
Blend: 10dr Geranium + 10dr Grapefruit + 5dr Mandarin
Oil: 2Tbsp Oil + blend or 30dr single oil in list.
Air: 2-3dr of blend or single oil in list in diffuser
Bath: 4-6dr of blend or single oil in bath
Neat: dab blend or single oil like perfume
- Genital Wash: Lg bowl of warm water + 1dr Chamomile G/R + 1dr Lavender.
- For Infection: 20dr Lavender + 10dr Chamomile G/R + 10dr Yarrow.
Wash: Bowl of warm water + 3dr blend and submerge for 5 minutes, 3 times a day.
Wounds: 1pt warm water + 2dr blend. Soak gauze and use to bathe the area.
Rash: 1Tbsp of rash cream + 1dr blend
Slow Recovery: 1tsp oil + 5dr blend. Massage over entire body.
- Prenatal: Chamomile R, Geranium, Grapefruit, Jasmine, Lavender, Mandarin, **Sandalwood**, Tangerine, Ylang Ylang
- Refreshing: Chamomile R, Geranium, **Grapefruit, Lavender**, Litsea Cubeba, (**no Air Diffusion**)
- Sleep Disturbance: Chamomile R, **Lavender**
- Stretch Marks: Geranium, **Helichrysum, Jasmine**, Mandarin, Petitgrain, Tangerine, (no Air Diffusion or Bath)
- Varicose Veins: Cypress, Geranium, Lavender
Inst: Massage: 2Tbsp Oil + 15dr Geranium + 5dr Cypress
Inst: Bath: 2dr Cypress + 2dr Geranium + 2dr Lavender
- Prickly Heat: Bath, Spray
Chamomile, Eucalyptus, Geranium, Lavender
Inst: Part 1) Expose to air if possible. Only cover with light cotton clothing.
Part 2) Spray: 1Cup water + 1tsp alcohol + 6dr Chamomile + 6dr Eucalyptus + 6dr Lavender
Part 3) Bath: Add Lavender to baking soda, mix before putting in bath as

follows: Baby under 2yrs 1/4C baking soda + 2dr Lavender; 2-7 yrs 1/2C + 2dr; 8-10 1/2C + 3dr; 11 yrs and UP 1C + 4dr.

Prostatitis: Massage, Rub

Cypress, Eucalyptus R, **Fir, Jasmine**, Lavender, Thyme L

Inst: 2Tbsp oil + 10dr Cypress + 10dr Eucalyptus R + 5dr Lavender + 5dr Thyme L.
Massage around lower abdomen, over lower back and around the sacrum up to 3 times a day.

Pruritus/Itch: Bath, Compress, Gauze, Massage, Rub, Spray

Bergamot, Chamomile R, Clary Sage, Lavender, Peppermint, Tea Tree

Psoriasis: Compress, Gauze, Massage, Rub

Bergamot, Chamomile R, Geranium, Juniper, Lavender

Pyorrhea/Inflammation and Degeneration of the Gums and Surrounding Tissue: Mouthwash,
Rub

Fennel, Tea Tree

Rashes: Bath, Compress, Dressing, Gauze, Rub

Chamomile G/R, Eucalyptus G/R, **Lavender**, Tea Tree, Yarrow

Raynaud's Disease (extremities numb/cool from cold or stress): Bath, Massage, Rub

Black Pepper, Clove, Fennel, **Geranium**, Lavender, Nutmeg, Palmarosa, Rosemary

Inst: Blend: 15dr Nutmeg + 10dr Geranium + 5dr Lavender.

Bath: 6-8 drops in bath. Massage fingers and toes in bath.

Massage: 5dr Blend in 1tsp oil. Massage entire body except face daily. If currently suffering from it, massage as often as you like, doubly on fingers and toes.

*If your fingers/toes are always extremely painful: Make a new Blend as above, add to 2Tbsp oil, then add 50dr Tagetes. Use for 2 weeks.

*Better if you alternate formulas 1 week each. Formula #2 = 10dr Black Pepper + 10dr Geranium + 10dr Nutmeg

Refreshing: Air Diffusion, Bath, Inhalation, Massage, Rub

Bergamot, Cinnamon, Lavender, Lemongrass, Orange

Relaxing: Air Diffusion, Bath, Inhalation, Massage, Rub

Bergamot, Cedarwood, Chamomile R, Clary Sage, Eucalyptus C, Frankincense, Geranium (small dose or a stimulant), Jasmine, Juniper, Lavender (small dose or a stimulant), Lemon (sm dose or a stimulant), Litsea Cubeba, Palmarosa, Sandalwood, Ylang Ylang

Inst: 9dr Lemon + 8dr Sandalwood + 5dr Palmarosa. (4-6dr in bath, 5dr/1tsp oil)

Reptile Bite: Apply directly (gently w/o stimulating); Undiluted, Cotton, Dressing, Gauze, Wash
Clove, **Lavender**, Tea Tree, **Thyme**

Respiratory Problems: Bath, Inhalation, Massage, Rub

Cedarwood, Eucalyptus G, Frankincense, **Peppermint, Pine**, Rosemary, Sandalwood, Thyme

Restoring: Air Diffusion, Bath, Inhalation, Massage, Rub
Geranium

Ringworm/Tinea (fungal Infection): Apply directly (gently w/o stimulating); undiluted;
Compress, Cotton, Wash

Bergamot, Cinnamon, Clove, Geranium, **Lavender, Patchouli, Peppermint, Tea Tree, Thyme L**

Inst: Part 1) 1dr Tea Tree over affected area 3 times a day until clear

Part 2) After it clears: 2Tbsp oil + 30dr Tea Tree rubbed over area every day

Road Rage: Air Diffusion

Eucalyptus, Lavender, Peppermint

Inst: Place in back window, a piece of cotton with 1dr Eucalyptus, Lavender or Peppermint.

Rosacea: Cotton, Face Oil, Spray, Steam, Wash

Chamomile G, Cypress, Eucalyptus R, Geranium, Hyssop, Yarrow

Scabies (skin mites): Apply directly (gently w/o stimulating); Bath, Compress, Cotton, Wash

Bergamot, Cinnamon, Clove, Lavender, Lemon, Lemongrass, **Peppermint, Pine, Rosemary, Tea Tree, Thyme L**

Scalp Disorders: Massage, Rub

Cedarwood, Lavender, Rosemary, **Tea Tree**

Scarlet Fever:

Eucalyptus

Scars: Face Oil, Massage, Rub

Frankincense, Geranium, **Helichrysum**, Hyssop, Jasmine, Lavender, Mandarin, Rosewood, ***Sandalwood***, Tangerine, Yarrow, Ylang Ylang (***Myrrh***)

Sciatica: Undiluted, Compress, Massage, Rub

Black Pepper, **Chamomile G/R**, Ginger, Helichrysum, Juniper, **Lavender**, Peppermint, Rosemary, Thyme

Seborrhea: Facial Steam Bath

Clary Sage, Juniper, Thyme L

Inst: Add 2dr Clary Sage, Juniper, or Thyme L to a bowl of boiling water, cover head and bowl with a towel for 5 minutes, coming up for air a few times. Splash face with water afterward.

Shaving Rash: Bath

Chamomile G, Lavender

Inst: 4tsp Evening Primrose Oil + 10dr Chamomile G + 10dr Lavender. Apply and leave on for a few moments then wipe off excess.

Shingles/Herpes Zoster (skin rash after affect of chicken pox): Apply directly (gently w/o stimulating); Undiluted; Bath, Cotton

Bergamot, Eucalyptus G/R, Geranium, **Lavender**, Tea Tree

Shock: Air Diffusion, Bath, Inhalation, Massage, Rub

Camphor, Chamomile, Geranium, **Lavender (mental & physical)**, Lemon, Palmarosa, **Peppermint** (physical only), Tea Tree

Inst: Part 1) Lie down, loosen clothing, raise legs higher than head

Part 2) When conscious: Mix 1tsp honey + 1dr Lemon and dissolve in cup of hot water, sip

Part 3) Place on tissue 2dr Lavender and sniff

Part 4) Before bed, massage with 2tsp oil + 3dr lemon + 2dr Geranium + 1dr Lavender

Sinusitis: Undiluted; Inhalation, Massage, Rub

Basil, Camphor, Clove, **Eucalyptus C/G/R**, **Fir**, Geranium, Ginger, Hyssop, Juniper, **Lavender**, **Lemon**, **Peppermint**, **Pine (w/catarrh)**, **Rosemary**, **Tea Tree**, **Thyme**, Ylang Ylang

Inst: Steam Inhalation 1: 3dr Rosemary + 1dr Peppermint + 1dr Thyme

Steam Inhalation 2: 2dr Eucalyptus + 2dr Peppermint + 2dr Tea Tree

Tissue: 2dr Rosemary + 1dr Geranium + 1dr Eucalyptus

Massage: Blend 5dr Rosemary + 5dr Geranium + 3dr Peppermint + 2dr Eucalyptus. Add 5dr mixture to 1tsp oil. Massage neck, behind and in front of ears, over cheekbone, nose and forehead.

Skin Care:

General: Compress, Cream, Face Mask, Face Oil, Face Tonic, Lotions, Soak

Chamomile G/R, Fennel, Frankincense, Jasmine, Lavender, Lemon, Lemongrass, Litsea Cubeba, Mandarin, Orange, Palmarosa, Petitgrain, Rosemary, Sandalwood, Ylang Ylang

After Sun: Cream, Lotion, Oil, Soak

Bergamot, Chamomile, Geranium, Lavender, Peppermint

Inst: Oil: 2oz Almond Oil + 2Tbsp Sesame Oil + 10dr Lavender + 5dr

Chamomile + 2dr Geranium + 1dr Bergamot

Oil2: For more extreme weather exposure: 1Tbsp Almond Oil + 1tsp Evening Primrose Oil + 1tsp Jojoba Oil + 1tsp Sesame Seed Oil + 10dr Chamomile + 10dr Geranium + 10dr Lavender

Bath: 1Tbsp Jojoba Oil + 4dr Chamomile + 3dr Geranium + 1dr Peppermint

Aging: Creams, Face Mask, Face Oil, Face Tonic, Lotions, Soak
 Chamomile G, Clary Sage, **Cypress, Fennel, Frankincense**, Geranium, Hyssop,
Lavender, Lemon, Orange, Palmarosa, Patchouli, Petitgrain, Rosemary,
Sandalwood, Thyme, Yarrow

Inst: Bath: 6dr Geranium
 Face Oil: 2Tbsp light nut oil + 30dr Geranium
 Body Oil: 2Tbsp light oil or nut oil + 30dr Geranium
 Steam: Add 2dr oils to a bowl of boiling water, cover head and bowl with
 A towel for 5 minutes, coming up for air a few times.
 Splash with cold water afterward.
 Normal Skin: Fennel, Lavender, Lemon
 Dry Skin: Chamomile G/R,

Allergies: Compress, Face Oil, Face Tonic, Soak
Chamomile G/R, Lavender

Blackheads: Compress, Cream, Face Mask, Face Oil, Face Tonic, Lotions, Soak, Wash
 Bergamot, Clary Sage, Cypress, Lavender, Lemongrass, **Rosemary, Tea Tree**,
 Thyme

Inst: Steam: Part 1) 1dr Lavender in a bowl of steaming water, cover face with
 towel and steam for 10 minutes. Rinse face with 1tsp cider
 vinegar in hot water. If the blackhead is loose, gently
 squeeze (be careful not to damage the skin).
 Part 2) Splash face with 2oz mineral water + 2tsp cider vinegar +
 1tsp witch hazel + 2dr Bergamot + 2dr Cypress
 Part 3) Dab the skin dry, then massage with 2Tbsp Almond Oil
 + (5dr Violet Leaf/Sub Rosemary) + 5dr Jojoba oil + 5dr
 Lemongrass + 5dr Thyme L+ 2dr Clary Sage+2dr Lavender

Blotches: Compress, Cream, Face Oil, Face Tonic, Lotion, Soak
 Chamomile R, Geranium, **Lavender**

Broken Veins: Compress, Cream, Face Oil, Face Tonic, Lotion, Soak
Chamomile G/R, Cypress, Geranium, **Sandalwood** (Base=Almond, or Apricot
 Oil; Addition=Evening Primrose)

Burning Sensation: Compress, Cream, Face Oil, Face Tonic, Lotion, Soak
Chamomile G/R, Lavender

Chapped: Cream, Face Oil, Lotion, Rub
Chamomile, Geranium, Helichrysum, Lavender, Lemon, Patchouli, Sandalwood
 Inst: 2tsp oil + 10dr Geranium + 10dr Chamomile + 5dr Lemon + 5dr Lavender

Cleansing:
Basil, Juniper, Lemon, Peppermint

Cracked: Compress, Cream, Face Oil, Lotion, Rub
Frankincense, Patchouli

Dry: Cream, Face Mask, Face Oil, Lotions
Cedarwood, Chamomile G/R, Frankincense, **Geranium, Helichrysum**, Hyssop,
Jasmine, Lavender, Orange, Palmarosa, Patchouli, Rosemary, Rosewood,
Sandalwood, Ylang Ylang (Base=Almond, Apricot or Olive oil;
 Addition=Evening Primrose, Jojoba)

Eyes: Compress, Cream, Face Oil, Lotion

Chamomile G, Fennel, Lavender, Lemon, Palmarosa (Base=Almond; Addition= Evening Primrose, or Jojoba)

Inst: 1tsp Almond Oil + 10dr Evening Primrose Oil + 6dr Chamomile G + 3dr Lavender + 1dr Lemon. Apply around eye, not on eyelid.

Greasy: Compress, Cream, Face Mask, Face Oil, Face Tonic, Lotion, Soak, Wash
Bergamot, Geranium, Jasmine, Lavender, Lemon, Litsea Cubeba (no best)

Hands: Cream, Lotion, Oil, Rub
Geranium (dry, neglected), Lavender, Lemon (neglected), Patchouli (dry, neglected), Rosemary, Sandalwood (dry)

Infection: Compress, Face Oil, Soak, Wash
Bergamot, **Chamomile G/R, Eucalyptus (G/R), Lavender**, Litsea Cubeba, **Rosemary**, Tagetes, **Tea Tree**, Ylang Ylang

Inflamed: Compress, Cream, Face Oil, Face Tonic, Lotion, Soak
Bergamot, Chamomile G/R, Cedarwood, Clary Sage, Eucalyptus, Frankincense, Geranium, Helichrysum, Hyssop, Jasmine, Lavender, Patchouli, Peppermint, Sandalwood, Tea Tree

Irritated: Compress, Cream, Face Oil, Lotion, Soak
Chamomile G/R, Geranium, Helichrysum, Jasmine, Lavender, Peppermint, Sandalwood

Itchy: Cream, Face Oil, Lotion
Bergamot, **Chamomile R, Frankincense, Jasmine, Lavender, Peppermint**, Sandalwood

Neck: Cream, Lotion, Oil, Massage
Basil, Black Pepper, Clary Sage, Geranium, Lemon, Lemongrass, Orange, Palmarosa, Petitgrain (Base=Evening Primrose, or Jojoba)

Inst: Cleansing: Add 1dr of one of the above to each 3/4tsp of your usual cleansing cream.

Oil: 2Tbsp Jojoba Oil + 14dr Palmarosa + 8dr Petitgrain + 5dr Lemon + 3dr Orange. Apply, leave on a few minutes, wipe off excess with tissue.

Normal: Compress, Face Mask, Face Oil, Face Tonic, Soak
Bergamot, Cedarwood, Chamomile G/R, Cypress, Fennel, Frankincense, Geranium, Hyssop, Jasmine, Juniper, Lavender, Lemon, Orange, Palmarosa, Patchouli, Petitgrain, Rosemary, Sandalwood, Ylang Ylang (Base=Almond, Apricot, Grapeseed, or Olive oil; Addition=Evening Primrose, Jojoba)

Inst: Night Oil: 2Tbsp Apricot Kernel oil + 10dr Evening Primrose Oil + 10dr Geranium + 10dr Palmarosa + 5dr Fennel + 5dr Lemon
Day Balance: 2Tbsp base oil = 10dr Geranium + 10 dr Lemon + 8dr Juniper + 2dr Rosemary

Oily: Compress, Cream, Face Mask, Face Oil, Lotion, Soak
Bergamot, Camphor, Cedarwood, Chamomile G, Citronella, Clary Sage, Cypress, Eucalyptus, Fennel, Frankincense, Geranium*, Grapefruit, Jasmine, **Juniper, Lavender, Lemon, Lemongrass, Mandarin, Orange, Palmarosa, Patchouli, Peppermint, Petitgrain, Rosemary, Sandalwood, Tangerine, Tea**

Tree, Thyme, **Ylang Ylang** (Base=Almond, Apricot Kernel, Grapeseed; Addition=Evening Primrose)

Inst: Day Balance: 2Tbsp base oil = 10dr Geranium + 10 dr Lemon + 8dr Juniper + 2dr Rosemary

Puffiness: Compress, Cream, Face Oil, Face Tonic, Lotion, Soak
Cypress, Fennel, Hyssop, Juniper, Lavender, Lemon, Palmarosa, Patchouli, Sandalwood (Base=Almond, or Apricot oil; Addition=Evening primrose)

Inst: Oil: 3Tbsp Almond Oil + 10dr Fennel + 10dr Lavender + 5dr Cypress + 5dr Sandalwood

Redness: Compress, Cream, Face Oil, Face Tonic, Lotion, Soak

Chamomile G/R, Lavender, Peppermint

Rejuvenation:

Frankincense, Jasmine, Lavender, Patchouli, Rosemary, Sandalwood, Tea Tree

Sensitive: Cream, Face Mask, Face Oil, Lotion

Chamomile R, Geranium, **Jasmine**, Lavender, **Orange**

Slack: Cream, Face Mask, Face Oil, Face Tonic, Lotion, Massage, Rub, Wash

Frankincense, Rosemary

Inst: Arms:

Part 1) Make a blend of 10dr Lavender + 8dr Fennel + 7dr Juniper + 5dr Cypress. Use in the following steps.

Part 2) Hold one arm straight up and with the other stroke it firmly Downward

Part 3) Repeat using a washcloth soaked in 8dr of your blend in 4oz water

Part 4) Dry, then massage each arm toward the armpit using 1tsp oil + 5dr of your blend.

Spots: Cream, Lotion, Massage, Rub

Camphor, Lavender, **Lemon**, Mandarin, Tangerine

Inst: 6dr Evening Primrose Oil + 1dr Camphor + 1dr Lavender + 1dr Lemon

Toning: Cream, Face Oil, Face Tonic, Lotion, Massage, Rub, Soak, Wash

Basil, **Chamomile**, Cypress, Fennel, **Grapefruit**, Juniper, **Lavender**, Lemon, Lemongrass, **Orange**, Petitgrain, **Rosemary**, **Thyme**

Inst: Bath: A. Fat Attack: 8dr Grapefruit + 5dr Cypress + 4dr Basil + 4dr Lavender + 3dr Juniper. Use 6dr in bath.

B. Diuretic: 6dr Lemon + 2dr Juniper

C. Diuretic: 5dr Fennel + 3dr Cypress

D. 5dr Grapefruit + 3dr Basil

E. 5dr Rosemary + 3dr Petitgrain

F. 4dr Lavender + 4dr Lemongrass

G. 6dr Orange + 2dr Thyme

Massage:

A. Fat Attack: 10dr Cypress + 10dr Grapefruit + 10dr Rosemary

B. Diuretic: 3Tbsp Oil + 12dr Grapefruit + 10dr Fennel + 8dr Juniper

C. Diuretic: 3Tbsp Oil + 15dr Cypress + 15dr Lemon + 5dr Juniper

D. 15dr Lavender + 10dr Basil + 5dr Lemongrass

E. 15dr Orange + 10dr Rosemary + 5dr Thyme

Splash: 10dr Lavender + 8dr Fennel + 7dr Juniper + 5dr Cypress. Add 8dr to 4oz water.

Tonic (Normal Skin): Face Tonic, Splash, Wash

Lavender, Rosemary

Inst: 3oz Rosewater + 1dr Palmarosa + 1dr Sandalwood

Wrinkles:

Cypress, Fennel, Frankincense

Whiteheads/Milia: Cream, Rub, Wash

Bergamot, Thyme L

Inst: New Whiteheads: 1Tbsp oil + 5dr Bergamot + 5dr Thyme L. Massage in the morning and at night until it is reabsorbed into the skin. If it's been there a while, you will most likely have to have it removed.

Snake Bite: Undiluted

Lavender

Inst: Part 1) Do not move the bitten limb

Part 2) Wash with whatever is available

Part 3) Tourniquet to slow down circulation

Part 4) Apply Lavender as much and as often as you want until you get help

Soothe Body & Mind: Air Diffusion, Bath, Inhalation, Massage, Rub

Chamomile R, Frankincense

Sores: Apply directly (gently w/o stimulating); Compress, Cotton, Dressing, Gauze

Eucalyptus C, Lavender, Palmarosa, Patchouli, Pine, Tea Tree

Spastic Colon: Bath, Massage, Rub

Peppermint

Spider Bites: Rub

Chamomile, Lavender

Inst: Common: 1tsp alcohol + 3dr Lavender + 2dr Chamomile. Dab on 3 times over 1 day.

Black Widow: Apply 10dr neat Lavender every 2 or 3 min until you get to the hospital.

Stale Air: Air Diffusion

Eucalyptus C, Lavender, Lemon, Rosemary

Stiff Neck: Bath, Massage, Rub

Lavender, Peppermint, Rosemary

Stimulating: Air Diffusion, Bath, Inhalation, Massage, Rub

Basil (mild), Bergamot, Black Pepper, Camphor, Clove, Eucalyptus G/R, Fennel,

Geranium (mild), **Juniper**, Lavender (mild) **Lemon**, Lemongrass, **Peppermint**, **Rosemary**, Tea Tree, **Thyme**

Stomachache: Bath, Massage, Rub

Bergamot, **Black Pepper**, Clove, Eucalyptus (R), Fennel, Geranium, Ginger, **Lavender**, **Peppermint**, **Rosemary**

Inst: 1Tbsp oil (2 for children) + 15dr of one of the oils. Massage belly & back.

Stomach Cramps: Bath, Massage, Rub

Basil, **Black Pepper**, Chamomile R, Clary Sage, **Fennel**, Lavender, **Peppermint**

Strep/Staph Infections:

Sandalwood, **Tea Tree**

Stress: Air Diffusion, bath, Inhalation, Massage, Rub

Basil (environmental, mental), **Bergamot** (emotional, environmental, mental, performance, physical), Cedarwood (environmental), **Chamomile G/R*** (emotional, environmental, physical), Cinnamon, **Clary Sage** (chemical, emotional, performance), Clove, Cypress (environmental), Fennel (physical), **Frankincense**, **Geranium*** (chemical, emotional, environmental, mental, physical), Ginger, (performance), **Grapefruit** (chemical, mental, performance), **Jasmine**, Juniper, **Lavender** (chemical, mental, physical), Lemon (chemical, performance), Litsea Cubeba, Mandarin (performance), Nutmeg (performance), Palmarosa (emotional, performance), Patchouli (chemical, mental), Petitgrain (chemical), **Pine**, Rosemary (chemical, performance, physical), Sandalwood (emotional, mental), Thyme (physical), Yarrow, Ylang Ylang

Performance: Adult: 2Tbsp oil + 15dr Palmarosa + 10dr Bergamot + 5dr Clary Sage

Children: Bath: 3dr Clary Sage + 3dr Geranium + 3dr Mandarin. 3dr of blend in bath.

Inst: Use oil below for Massage or rub, or use 6-8dr neat blend in a bath, 3dr on a tissue to inhale before stressful event, or use in air diffuser. Better yet, do all 3 and put 5dr of the blend in a tsp of oil for massage/rub. For lvl 3, use 7 dr per tsp oil.

Level 1: Starts as tiredness and develops into irritability, headaches, and insomnia (Low levels only or they are stimulants: Geranium, Lavender, Lemon), Chamomile, Clary Sage, Nutmeg, Petitgrain, Sandalwood

WARNING: Do not use where it can affect others

General: 2Tbsp oil + 15dr Clary Sage + 10dr Lemon + 5dr Lavender

Irritability: 2Tbsp oil + 12dr Petitgrain + 10dr Nutmeg + 8dr Sandalwood

Tiredness: 2Tbsp oil + 15dr Lavender + 10dr Lemon + 5dr Clary Sage

Headaches: 2Tbsp oil + 10dr each Chamomile, Geranium, Lavender

Guilt: 2Tbsp oil + 20dr Sandalwood + 5dr Chamomile R + 5dr Clary Sage

Level 2: Depression, anxiety, muscle pain, chronic aches, persistent infections, guilt, apathy, helplessness.

Bergamot, Cypress, Geranium, Ginger, Grapefruit, Lavender, Lemon, Palmarosa, Rosemary

General 1: 2Tbsp oil + 11dr Geranium + 10dr Ginger + 9dr Bergamot

General 2: 2Tbsp oil + 15dr Grapefruit + 11dr Rosemary + 5dr Palma Rosa

Anxiety: 2Tbsp oil + 10dr each Geranium, Lavender, Palmarosa

Apathy/Helplessness: 2Tbsp oil + 15dr Grapefruit + 10dr Rosemary + 5dr Lavender

Depression/Guilt: 2Tbsp oil + 15dr Geranium + 10dr Bergamot + 5dr Lavender

Level 3: Persecution complex, agoraphobia, claustrophobia, despair, increasing guilt and depression, susceptibility to viral infection and bacterial invasion.

(Low levels only or they are stimulants: Geranium, Lavender, Lemon), Chamomile, Clary Sage, Sandalwood

See Level one blends, but increase 15dr to 20dr, 10dr to 13dr, 5dr to 7dr and apply more often

Level 4: Unexplained pain, heart problems, stroke, high blood pressure, ulcers
Jasmine

Sweating (excessive): Air Diffusion, Bath, Massage, Rub

Citronella, **Clary Sage**, Cypress, Lemongrass, Litsea Cubeba, Petitgrain, Pine

Synovitis: Massage, Rub

Chamomile, Eucalyptus, Ginger, Juniper, Lavender, Peppermint, Rosemary, Tea Tree, Yarrow

Inst: Massage with 2Tbsp oil + 10dr Chamomile + 7dr Peppermint + 5dr Eucalyptus + 5dr Rosemary + 3dr Lavender

Syphilis:

Lemon

Thaw Emotional Coldness

Black Pepper, Clary Sage, Ginger, Grapefruit, Jasmine, Orange, Patchouli, Ylang Ylang

Throat: Compress, Gauze, Mouthwash, Rub

Burning: Chamomile R, Eucalyptus C, Frankincense, **Lavender**, Lemon

Dry: Grapefruit, Lavender, Lemon, **Sandalwood**

Hoarseness: **Cypress, Jasmine, Lemon, Thyme**

Infections: Clary Sage, Geranium, Lavender, **Lemon**, Sandalwood, **Tea Tree**, Thyme L

Irritated: **Frankincense**, Geranium, Lemon

Sore: **Clary Sage, Eucalyptus C/G/R**, Fennel, **Geranium**, Ginger, **Hyssop, Lavender, Lemon**, Lemongrass, Pine, **Sandalwood, Tea Tree, Thyme**

Adult: 2tsp Honey + 2dr Lemon + 1dr Lavender. Dissolve into glass of boiled rosewater.

Child: Part 1) Gargle: 3Tbsp Cider Vinegar + 1Tbsp Honey + 5dr Lemon + 3dr

Ginger. Add 1tsp mixture to a tumbler of warm water and gargle or use as mouthwash if too young to gargle twice a day. Follow with 1tsp honey.

Part 2) 15dr Tea Tree + 10dr Lavender + 5dr Ginger + 2dr Lemon.

Part 3) 4dr on compress over the throat twice a day.

Part 4) 5dr in 2tsp oil and massage upper abdomen and back

Thrush/Candidiasis: Bath, Douche, Tampon Soak

Chamomile G, **Cinnamon**, Eucalyptus, **Geranium**, Lavender, **Patchouli**, Rosemary, **Tea Tree**, **Thyme**, Yarrow

Inst: Yogurt: 4oz yogurt (whole milk, natural, white, unpasteurized, w/live acidophilus culture) + 5dr Chamomile G + 5dr Lavender + 5dr Tea Tree. Insert into vagina using empty tampon applicator. Use daily until cleared.

Vinegar: 2Tbsp Vinegar (natural w/NO sugar) + 2dr Lavender + 2dr Rosemary + 2dr Tea Tree. Mix well then (A) add to 2 ½ cups warm water. Soak a tampon in solution and insert in the morning, removing at night. Repeat daily until 3 days. Or (B) Add solution to bath at hip level and add 1Tbsp rock salt.

Tampon: 2.5C warm water + 1/2Tbsp bicarbonate of soda. Mix 1Tbsp oil + 2dr Lavender + 2dr Yarrow. Add blend to soda water and mix as well as practical. Soak tampon in water and insert, taking out before bed and using new tampon daily.

Douche: Use the solution for tampon, but use as a douche daily x 3 days.

Bath: Use the solution for tampon, but pour into a warm sitz bath.

Itching: 2dr ESSIONIAL Oil + 1tsp Vitamin E Oil or KY Jelly.

Men's: Part 1: 5dr Patchouli + 5dr Tea Tree. Bowl of warm water + 1dr blend. Wash under foreskin 2x a day.

Part 2: 2tsp oil + 5dr Patchouli + 5dr Tea Tree. Massage under foreskin daily.

Thyroid:

Lemon, **Palmarosa**

Ticks: Undiluted; Rub

Lavender, Thyme

Inst: Part 1) Remove the tick (NOT by pulling it out) by using a cigarette or 1dr thyme.

Part 2) Apply 1dr neat Lavender every 5 min for a total of 10dr.

Tiredness-Physical: Bath, Massage, Rub

Clary Sage, Lavender, **Rosemary**

Tissue Regeneration:

Helichrysum, **Lavender**, **Palmarosa**, **Tea Tree**

Tonic: Bath, Massage, Rub

Basil, Black Pepper, Cedarwood, Chamomile R, Eucalyptus C, Fennel, Frankincense, Geranium, Helichrysum, Hyssop, Jasmine, Juniper, Lavender, Lemongrass, Litsea Cubeba, Nutmeg, Orange, Rosemary, Sandalwood, Tea Tree

Tonic-Bladder: Bath, Massage, Rub
Pine

Tonic-Brain: Bath, Massage, Rub
Hyssop (medulla oblongata), Lavender, Pine (adrenal cortex)

Tonic-Endocrine Glands: Bath, Massage, Rub
Patchouli

Tonic-Gall Bladder: Bath, Massage, Rub
Grapefruit, Rosemary

Tonic-Kidney: Bath, Massage, Rub
Cedarwood, Clary Sage, Eucalyptus, Juniper, Pine, Sandalwood

Tonic-Liver: Bath, Massage, Rub
Juniper, Rosemary

Tonic-Lymphatic: Bath, Massage, Rub
Grapefruit, Lemon

Tonic-Nerve:
Clary Sage, Cypress, Lavender, Petitgrain, Rosemary, Thyme

Tonic-Spleen:
Black Pepper, Chamomile (R), Fennel

Tonic-Stomach:
Basil, Black Pepper, Chamomile (R), Clary Sage, Fennel, Juniper, Lemongrass, Peppermint, Tangerine

Tonic-Uterine: Bath, Massage, Rub
Frankincense, Jasmine, Patchouli, Ylang Ylang

Tonsillitis: Gauze, Mouthwash, Rub
Bergamot, Chamomile R, Ginger, Hyssop, Lavender, Lemon, Tea Tree, Thyme
Inst: A) Gargle: 3Tbsp Cider Vinegar + 1Tbsp Honey + 5dr Lemon + 3dr Ginger.
Add 1tsp mixture to a tumbler of warm water and gargle or use as mouthwash if too young to gargle twice a day. Follow with 1tsp honey.
B) Mix: 15dr Tea Tree + 10dr Lavender + 5dr Ginger + 2dr Lemon.
Part 1) Compress: 4dr on compress over the throat twice a day.
Part 2) Massage: 5dr in 2tsp oil and massage upper abdomen and back

Toothache: Compress, Cotton, Massage (outer jaw), Mouthwash

Chamomile R, Clary Sage, **Clove**, Lavender, Lemon, Peppermint, Tea Tree

Inst: Part 1) Put 1dr Clove on cotton and apply to gum around tooth

Part 2) Massage jawbone and cheek with 1tsp oil + 3dr Chamomile + 1dr Clove + 1dr Lemon

Part 3) If severe: Compress soaked 3dr Chamomile + Hot Water

Torticollis/Wry-Neck: Massage, Rub

Basil, Chamomile R, Rosemary, Thyme

Trichomonas: Bath, Cream, Douche, Massage, Tampon Soak

Cinnamon, Clary Sage, Cypress, Eucalyptus, Hyssop, Juniper, Lavender, Rosemary, Tea Tree, Thyme (R)

Inst: 8dr Lavender + 5dr Tea Tree + 4dr Cypress + 3dr Thyme (R)

Bath: 8dr in sitz bath daily

Douche: A. 4dr in 2.5C water with 1/2Tbsp bicarbonate soda

B. 4dr in 2.5C water with 2Tbsp Vinegar

Daily 3 times a week only.

Tampon: 2dr in 2.5C Water, soak tampon, take out before bed. (may also add 2Tbsp Vinegar)

Cream: 15dr to 4oz Vitamin E Ointment or KY Jelly

Massage: 30dr to 2Tbsp Oil

Ulcerations: Apply directly (gently w/o stimulating); Compress, Cotton, Dressing, Gauze, Soak, Wash

Cedarwood, Chamomile G, **Clove**, Eucalyptus G/R, Geranium, Juniper, **Lavender**, Tea Tree (***Myrrh***)

Uplifting Spirits: Air Diffusion, Bath, Inhalation, Massage, Rub

Bergamot, Geranium, Juniper, Lavender, Lemon, Mandarin, Sandalwood, Tangerine

Urinary Tract Infections: Bath, Massage, Sitz Bath

Bergamot, Cedarwood, Eucalyptus, Fennel, Frankincense, Juniper, Lavender, Pine, Sandalwood, Tea Tree

Uterine Disorders: Bath, Compress, Massage, Rub

Jasmine, Palmarosa

Uterine Prolapse: Bath, Massage

Lemon, Nutmeg, Rosemary

Inst: Massage: 2Tbsp Oil + 10dr lemon + 10dr Nutmeg + 10dr Rosemary. Rub over lower abdomen and back 2x daily.

Bath: 2dr Lemon + 2dr Nutmeg every bath.

Vaginal Discharge: **Bergamot, Clary Sage, Eucalyptus, Frankincense, Hyssop, Lavender,**

Rosemary, Sandalwood, Tea Tree, Thyme

Vaginalis Gardenerella: Douche, Tampon Soak

Lavender, Tea Tree

Inst: 1dr Lavender + 1dr Tea Tree. Add to 1tsp vinegar + 1/2tsp lemon juice. Add to 2.5C warm water.

Douche: daily for 3 days a week only

Tampon: soak tampon and insert. Remove before bed and replace with new.

Vaginitis: Bath, Cream, Douche, Massage, Tampon Soak, Wash

Chamomile G/R, Eucalyptus, Lavender, Palmarosa, Tea Tree, Yarrow

Inst: 8dr Lavender + 5dr Tea Tree + 4dr Cypress + 3dr Thyme (R)

Bath: 8dr in sitz bath daily

Douche: A. 4dr in 2.5C water with 1/2Tbsp bicarbonate soda

B. 4dr in 2.5C water with 2Tbsp Vinegar

Daily 3 times a week only.

Tampon: 2dr in 2.5C Water, soak tampon, take out before bed. (may also add 2Tbsp Vinegar)

Cream: 15dr to 4oz Vitamin E Ointment or KY Jelly

Massage: 30dr to 2Tbsp Oil

Vaginitis-Antropic: Cream, Massage, Tampon Soak

Chamomile G, Clary Sage, Lavender, Yarrow

Inst: Massage/Tampon: 2Tbsp Almond Oil + 5dr Chamomile G + 5dr Clary Sage + 5dr Lavender. Use at least 2tsp a day.

Cream: 4oz vaginal cream + 5dr Clary Sage + 5dr Lavender + 5dr Yarrow. Insert into vagina.

Varicose Ulcer: Dressing, Wash

Chamomile G, Eucalyptus R, Geranium, Lavender, Tea Tree, Thyme L

Inst: Pt 1: 10dr Eucalyptus R + 10dr Lavender + 5dr Geranium + 5dr Thyme L. Add 2dr to 1C water and wash, the unaffected area first, then the ulcerated area.

Pt 2: 2dr one of the essential oils to a compress and dress the ulcer.

Varicose Veins: Apply directly (gently w/o stimulating); Bath, Compress, Rub

Bergamot, Cypress, Geranium, Hyssop, Juniper, Lemon, Peppermint, Rosemary, Yarrow

Inst: Massage A) 2Tbsp oil + 15dr Geranium + 5dr Cypress. Massage

Massage B) 2Tbsp oil + 10dr Cypress + 10dr Geranium + 5dr lemon + 5dr Peppermint. Massage

Massage C) 2Tbsp oil + 15dr Cypress + 10dr Geranium + 5dr Hyssop.

Foot Bath: Tub of hot water with 2dr Geranium. Tub of cold water with ice cubes and 2dr Lavender. Put both feet in the cold water for 5 minutes, then the hot water for 5 minutes.

Vertigo: Air Diffusion, Inhalation

Lavender, Peppermint

Viral Infection:

Bergamot, Eucalyptus, Tea Tree, Thyme

Warts: Apply directly (gently w/o stimulating); Undiluted; Compress, Cotton (Plantar Wart also diluted in Foot Bath or Wash)

Cinnamon, **Clove**, Cypress, **Lavender, Lemon**, Tagetes, Tea Tree, Thyme

Inst: Child: 2tsp Cider Vinegar + 10dr Lemon + 5dr Cypress. Apply 2 times a day to affected area. (If over 12, can apply neat w/o Vinegar). Using Cotton, apply 2 times a day to affected area, avoiding anything else.

Wasp Sting: Compress (For Bee or Hornet Stings, see Bee Stings)

Basil, Chamomile

Inst: 1tsp Cider/Wine Vinegar + 2dr Lavender + 2dr Chamomile. Dab on several times a day.

Whooping Cough: Air Diffusion, Bath, Inhalation, Massage, Rub

Basil, Cypress, Helichrysum, Hyssop, Lavender, Rosemary, Tea Tree, Thyme L

Windburn: Face Oil, Soak

Chamomile G/R, Eucalyptus, Lavender

Worms: Air Diffusion, Bath, Massage

Bergamot, Chamomile R, Cinnamon, **Eucalyptus C**, Fennel, **Hyssop, Juniper**, Lavender, **Lemon, Peppermint**, Thyme (R)

Inst: Massage A: 2Tbsp Oil + 60dr (30dr/children) of Chamomile R, Eucalyptus C, or Lavender.

Massage B: 2Tbsp Oil + 30dr (15dr/children) Cinnamon, Fennel, or Thyme (R)

Wounds: Undiluted; Compress, Soak, Wash

Bergamot, Camphor, Chamomile G/R, Clary Sage, Clove, Eucalyptus C, Frankincense, Geranium, Helichrysum, Hyssop, Juniper, Lavender, Patchouli, Rosemary, Rosewood, Tagetes (weeping), Tea Tree, Yarrow (*Myrrh*)

Inst: Wash: Bathe with 2C warm water + 5dr Lavender + 2dr Tea Tree

Gauze: 3dr Lavender on gauze and cover. Renew 2 times daily. Expose to air on the 3rd day.

Writer's Cramp: Massage, Rub

Cypress, Geranium, Hyssop, Rosemary

Inst: 2Tbsp Oil + 15dr Cypress + 10dr Geranium + 5dr Hyssop

Yeast Infection/Candida: Bath, Massage, Rub, Sitz Bath

Chamomile G, Eucalyptus C, **Tea Tree, Thyme**

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