

Reference Guide for Essential Oils

MINI REFERENCE CARD



CONDITION	ESSENTIAL OILS	APPLICATION
Acne	†metaleuca	T: Apply on location. Add 1-2 drops to 1 oz. distilled water, and mist on face.
Allergies	†metaleuca, †lavender	T: Apply on sinuses and bottoms of feet.
Anxiety	†lavender, †orange, †lemon, †peace & calming	A: Diffuse or inhale. T: Massage into the skin. Apply to back of neck or temples.
Arthritis	†frankincense, †rosemary, †marjoram, †fennel	T: Apply on location. Warm compress. Massage. Warm bath. A: Diffuse.
Asthma	†eucalyptus, †frankincense, †peppermint, †RC	A: Diffuse. Inhale directly. T: Apply to chest, throat, or back.
Bacterial Infection	†metaleuca, †thyme, †cinnamon, †peppermint, †thieves	T: Apply on location or to liver area or bottoms of feet. A: Diffuse.
Bee Sting	†Roman chamomile, †basil, †Purification	T: Apply on location. Cool compress on location.
Bleeding	†helichrysum, †geranium	T: Apply on location.
Blisters	†lavender	T: Apply on location.
Bronchitis	†eucalyptus, †thyme, †white fir, †basil, †RC	A: Diffuse, or inhale directly. T: Apply to chest, sinuses, neck, or feet.
Bruises	†helichrysum, †geranium, †fennel, †Patchway	T: Apply on location.
Burns	†lavender, †geranium	T: Apply on location.
Colds	†thyme, †lemon, †Thieves, †metaleuca	A: Diffuse. Inhale from water vapor. T: Apply to throat, temples, forehead, or sinuses.
Cones	†clove	T: Apply on location.
Congestion	†eucalyptus, †peppermint, †RC	T: Apply to chest, neck, back, feet. A: Diffuse. Inhale directly or from water vapor.
Cooling Oils	†peppermint, †eucalyptus, †metaleuca	T: Apply on location. Add to bathwater. A: Diffuse.
Coughs	†RC, †metaleuca, †eucalyptus, †Thieves	A: Diffuse. T: Apply on throat and chest.
Cuts/Wounds	†helichrysum, †lavender, †metaleuca, †basil, †Thieves	T: Apply on location.
Dandruff	†lavender, †wintergreen	T: Massage 1-2 drops into hair before shower; then shampoo as normal.
Depression	†lemon, †frankincense, †lavender, †Joy, †valor	A: Diffuse. Inhale directly. T: Apply to forehead. Massage. Bath. In 1-2 drops in capsule. 1-2 drops in 8-oz. distilled water.
Diarrhea	†peppermint, †ginger, †geranium, †Di-Gize	In 1-2 drops in capsule. T: Apply to abdomen. Warm compress.
Ears/Chs	†basil, †metaleuca, †helichrysum	T: Apply to surface of ear (not in ear canal), behind ear, or swirl around ear canal.
Energy	†white fir, †Joy, †valor	A: Inhale directly, or diffuse. T: Massage. Bath. Apply to temples or back of neck.
Fever	†peppermint, †lemon, †eucalyptus, †clove	In Swallow in capsule. T: Apply to back or to bottoms of feet. A: Diffuse.
Fungal Infection	†metaleuca, †oregano, †thyme, †clove, †Thieves	T: Apply on location. Warm compress.
Gas/Flatulence	†lavender, †ginger	T: Apply on stomach, abdomen, or feet.
Headaches	†peppermint, †rosemary, †Patchway, †Aroma Sing	T: Apply to temples, back of neck, forehead. A: Diffuse, or inhale directly.
High Blood Pressure	†ylang-ylang, †marjoram	T: Apply on location or on feet and hands. A: Diffuse. Inhale.
Hives	†metaleuca, †peppermint	T: Apply on location. Massage on location.
Indigestion	†peppermint, †ginger	In Take in capsule. T: Apply on stomach or feet. A: Diffuse.

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T=Topical

Topical application is the process of placing an essential oil directly on the area of concern. This may include applying or massaging the oil, either diluted or neat (undiluted), on location, adding a few drops of oil to warm bathwater before bathing, or using essential oils in a warm compress.

I=Internal

Internal use is the process of consuming or otherwise internalizing the essential oil into the body. Internal use often includes swallowing 1-2 drops of essential oil inside a capsule or adding 1 drop of essential oil to 1-2 cups of rice milk, almond milk, or water before drinking.

A=Aromatic

Aromatic use is the process of breathing in the oil through the nasal passage. This can be done by using an essential oil diffuser to disperse oil into the air, by inhaling the essential oil directly from the bottle, or by adding 1-2 drops of essential oil to a humidifier and inhaling the water vapor.

CONDITION	ESSENTIAL OILS	APPLICATION
Inflammation	†frankincense, †metaleuca, †eucalyptus, †Patchway	T: Apply on location or back of neck. Massage. A: Diffuse. Inhale water vapor.
Influenza (Flu)	†RC, †metaleuca, †peppermint, †rosemary, †Thieves	A: Diffuse. T: Apply to thymus, chest, back, sinuses. I: Take in capsule.
Insect Repellent	†citronella, †Purification, †patchouli, †lavender	T: Apply to feet or exposed skin. Massage. Mist onto skin. A: Diffuse.
Insomnia	†lavender, †orange, †Peace & Calming, †Roman chamomile	A: Diffuse. Mist on linens, or place on pillow. T: Apply on feet or neck. Massage.
Low Blood Pressure	†rosemary	A: Diffuse. Inhale. T: Apply on location, feet, hands, and over heart.
Memory	†rosemary, †peppermint, †frankincense	A: Diffuse. Inhale directly. T: Apply to temples or back of neck.
Muscle Cramps	†lemongrass with peppermint, †marjoram, †Patchway	T: Apply on location. Massage. Bath.
Nausea	†ginger, †peppermint	A: Inhale directly. Diffuse. I: Take in capsule. T: Apply to feet, temples, or wrists.
Neuralgia	†marjoram, †eucalyptus, †Roman chamomile	T: Apply on location. Massage. Bath.
Pain	†lavender, †eucalyptus, †Patchway	T: Apply on location. Massage. Warm compress. A: Diffuse. Inhale.
Parasites	†oregano, †thyme, †lemon, †Roman chamomile	I: Take in capsule or with beverage. T: Warm compress. Apply to abdomen and feet.
PMS	†clary sage	T: Apply on abdomen, lower back, shoulders, or feet. Massage. Warm compress.
Pneumonia	†RC, †Thieves, †thyme, †cinnamon, †oregano	A: Diffuse. Inhale water vapor. T: Apply to chest, back, and feet. Warm compress.
Poison/Dark/ry Shock	†lavender, †Joy, †peppermint, †helichrysum, †metaleuca, †Joy	T: Apply on location. Massage on location. T: Apply on neck, feet, or over heart. A: Inhale aroma. Diffuse.
Sore Throat	†metaleuca, †Thieves	T: Apply on throat or feet. Gargle. A: Diffuse. Inhale. I: Drink with beverage.
Stress	†lavender, †lemon, †ylang-ylang	A: Diffuse. Inhale. T: Massage. Bath salts. Apply to neck, back, or bottoms of feet.
Toothache	†clove, †Purification	T: Apply on location or along jawbone. Warm compress on jaw.
Viral Infection	†helichrysum, †metaleuca, †clove, †Thieves, †RC	T: Apply on location or on bottoms of feet. A: Diffuse. Inhale directly.
Warts	†frankincense, †Thieves, †metaleuca, †oregano, †clove	T: Apply on location daily.



**ABUNDANT
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Please see this book for more information on using essential oils.
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velocity squared Potential and Kinetic Energy Worksheet. Kinetic Energy (KE) = $\frac{1}{2}$ mass times velocity squared. $KE = \frac{1}{2} mv^2$. Potential Energy (PE) = mass times the acceleration ... Kinetic and potential energy worksheet answer key o myaiu kinetic and potential energy worksheet classify the following as type of potential energy or kinetic energy (use the letters or bicyclist pedaling up ... Kinetic and Potential Energy Worksheet Walkthrough - YouTube kinetic and potential energy worksheet Flashcards A. How much kinetic energy does the ball have? B. How much potential energy does the ball have when it reaches the top of the ascent? KINETIC AND POTENTIAL ENERGY WORKSHEET Answer the following: a. What is the kinetic energy of a 1-kilogram ball is thrown into the air with an initial velocity of 30 m/sec? Kinetic vs Potential Energy Practice KEY Page 1. Scanned by CamScanner. Page 2. Scanned by CamScanner. Potential and kinetic energy worksheet and answer key This easy to read, one page passage about potential energy :explains potential energy as stored energygives examples such as a car ...