

Reference Guide for Essential Oils

MINI REFERENCE CARD



CONDITION	ESSENTIAL OILS	APPLICATION
Acne	Tea tree	T: Apply on location. Add 2-3 drops to 1 oz. distilled water, and mist on face.
Allergies	Tea tree, Lavender	T: Apply on sinuses and bottoms of feet.
Anxiety	Lavender, Orange, Lemon, Ylang Ylang, Patchouli	A: Diffuse or inhale. T: Massage into the skin. Apply to back of neck or temples.
Arthritis	Frankincense, Rosemary, Eucalyptus, Peppermint	T: Apply on location. Warm compress. Massage. Warm bath. A: Diffuse.
Asthma	Eucalyptus, Frankincense, Peppermint, Euc	A: Diffuse. Inhale directly. T: Apply to chest, throat, or back.
Bacterial Infection	Tea tree, Thyme, Clove, 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, Euc	A: Diffuse, or inhale directly. T: Apply to chest, sinuses, neck, or feet.
Bruises	Helichrysum, Geranium, Fennel, Patchouli	T: Apply on location.
Burns	Lavender, Geranium	T: Apply on location.
Colds	Thyme, Lemon, Thieves, Tea tree	A: Diffuse. Inhale from water vapor. T: Apply to throat, temples, forehead, or sinuses.
Cones	Clove	T: Apply on location.
Congestion	Eucalyptus, Peppermint, Euc	T: Apply to chest, neck, back, feet. A: Diffuse. Inhale directly or from water vapor.
Cooling Oils	Peppermint, Eucalyptus, Tea tree	T: Apply on location. Add to bathwater. A: Diffuse.
Coughs	Euc, Tea tree, Eucalyptus, Thieves	A: Diffuse. T: Apply on throat and chest.
Cuts/Wounds	Helichrysum, Lavender, Tea tree, Basil, Thieves	T: Apply on location.
Dandruff	Lavender, Wintergreen	T: Massage 2-3 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. 1-2 drops in capsule. 2-3 drops in 8-oz. distilled water.
Diarrhea	Peppermint, Ginger, Geranium, Di-Gize	1-2 drops in capsule. T: Apply to abdomen. Warm compress.
Ears/Chills	Basil, Tea tree, Helichrysum	T: Apply to surface of ear (not in ear canal), behind ear, or oval 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	1-2 drops in capsule. T: Apply to back or to bottoms of feet. A: Diffuse.
Fungal Infection	Tea tree, Oregano, Thyme, Clove, Thieves	T: Apply on location. Warm compress.
Gas/Flatulence	Lavender, Ginger	T: Apply on stomach, abdomen, or feet.
Headaches	Peppermint, Rosemary, Patchouli, Aroma Sin	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	Tea tree, Peppermint	T: Apply on location. Massage on location.
Indigestion	Peppermint, Ginger	1-2 drops 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 2-10 drops of essential oil inside a capsule or adding 1 drop of essential oil to 1-4 cups of rice milk, almond milk, or water before drinking.

A=Anromatic

Anromatic 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 2-4 drops of essential oil to a humidifier and inhaling the water vapor.

CONDITION	ESSENTIAL OILS	APPLICATION
Inflammation	Frankincense, Tea tree, Eucalyptus, Patchouli	T: Apply on location or back of neck. Massage. A: Diffuse. Inhale water vapor.
Influenza (Flu)	Euc, Tea tree, Peppermint, Rosemary, Thieves	A: Diffuse. T: Apply to throat, 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	Peppermint, Marjoram, Patchouli	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, Patchouli	T: Apply on location. Massage. Warm compress. A: Diffuse. Inhale.
Parasites	Oregano, Thyme, Fennel, 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	Euc, 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, Tea tree, Joy	T: Apply on location. Massage on location. T: Apply on neck, feet, or over heart. A: Inhale aroma. Diffuse.
Sore Throat	Tea tree, 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, Tea tree, Clove, Thieves, Euc	T: Apply on location or on bottoms of feet. A: Diffuse. Inhale directly.
Warts	Frankincense, Thieves, Tea tree, Oregano, Clove	T: Apply on location daily.



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Fragrance Oils Reference Guide

Emilie Sanchez



Fragrance Oils Reference Guide:

The book delves into Fragrance Oils Reference Guide. Fragrance Oils Reference Guide is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Fragrance Oils Reference Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Fragrance Oils Reference Guide
 - Chapter 2: Essential Elements of Fragrance Oils Reference Guide
 - Chapter 3: Fragrance Oils Reference Guide in Everyday Life
 - Chapter 4: Fragrance Oils Reference Guide in Specific Contexts
 - Chapter 5: Conclusion
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 4. In chapter 3, this book will examine the practical applications of Fragrance Oils Reference Guide in daily life. The third chapter will showcase real-world examples of how Fragrance Oils Reference Guide can be effectively utilized in everyday scenarios.
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 6. In chapter 5, this book will draw a conclusion about Fragrance Oils Reference Guide. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Fragrance Oils Reference Guide.

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Table of Contents Fragrance Oils Reference Guide

1. Understanding the eBook Fragrance Oils Reference Guide
 - The Rise of Digital Reading Fragrance Oils Reference Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Fragrance Oils Reference Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fragrance Oils Reference Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Fragrance Oils Reference Guide
 - Personalized Recommendations
 - Fragrance Oils Reference Guide User Reviews and Ratings
 - Fragrance Oils Reference Guide and Bestseller Lists
5. Accessing Fragrance Oils Reference Guide Free and Paid eBooks
 - Fragrance Oils Reference Guide Public Domain eBooks
 - Fragrance Oils Reference Guide eBook Subscription Services
 - Fragrance Oils Reference Guide Budget-Friendly Options
6. Navigating Fragrance Oils Reference Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Fragrance Oils Reference Guide Compatibility with Devices
 - Fragrance Oils Reference Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Fragrance Oils Reference Guide
 - Highlighting and Note-Taking Fragrance Oils Reference Guide
 - Interactive Elements Fragrance Oils Reference Guide

8. Staying Engaged with Fragrance Oils Reference Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Fragrance Oils Reference Guide
9. Balancing eBooks and Physical Books Fragrance Oils Reference Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Fragrance Oils Reference Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Fragrance Oils Reference Guide
 - Setting Reading Goals Fragrance Oils Reference Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Fragrance Oils Reference Guide
 - Fact-Checking eBook Content of Fragrance Oils Reference Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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