

GUIDE TO Using Essential Oils Topically

Temples

APPLY:



Peppermint



Lavender



Basil

HELPS: Stress, nausea, motion sickness, insomnia, headaches

Outside of Ears

APPLY:



Juniper



Lavender



Basil

HELPS: Earache and swimmer's ear

Chest

APPLY:



Eucalyptus



Peppermint



Lemon

HELPS: Chest congestion, coughs, asthma, bronchitis

Abdomen

APPLY:



Ylang ylang



Bergamot

HELPS: Depression, high blood pressure, stress

Heels

APPLY:



Clary sage



Myrtle

HELPS: Ovaries and reproductive system

Shoulders

APPLY:



Ylang ylang



Clove



Wintergreen

HELPS: Shoulder and joint pain

Over Heart

APPLY:



Ylang ylang



Bergamot

HELPS: Depression, high blood pressure, stress

Wrists

APPLY:



Vetiver



Basil



Lemongrass



Myrrh

HELPS: Carpal tunnel syndrome

Base of Big Toe

APPLY:



Myrtle

HELPS: Metabolism, thyroid and pituitary gland



Essential Oil Usage Guide

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Essential Oils Comprehensive Therapeutic Topical Use Cheat Sheet Guide Christopher Lively, 2025-07-14

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