

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, Frankincense	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, Eucalyptus	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, Eucalyptus	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, Eucalyptus	A: Diffuse. Inhale from water vapor. T: Apply to throat, temples, forehead, or sinuses.
Cones	Clove	T: Apply on location.
Congestion	Eucalyptus, Peppermint, Eucalyptus	T: Apply to chest, neck, back, feet. A: Diffuse. Inhale directly or from water vapor.
Cooling Oils	Peppermint, Eucalyptus, Eucalyptus	T: Apply on location. Add to bathwater. A: Diffuse.
Coughs	Eucalyptus, Eucalyptus, Eucalyptus, Thieves	A: Diffuse. T: Apply on throat and chest.
Cuts/Wounds	Helichrysum, Lavender, Eucalyptus, 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, Ylang	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, Dill Seed	1-2 drops in capsule. T: Apply to abdomen. Warm compress.
Ears/Chills	Basil, Eucalyptus, Helichrysum	T: Apply to surface of ear (not in ear canal), behind ear, or oval around ear canal.
Energy	White fir, Joy, Ylang	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, Eucalyptus, 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, Rosemary	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 2-3 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=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 2-3 drops of essential oil to a humidifier and inhaling the water vapor.

CONDITION	ESSENTIAL OILS	APPLICATION
Inflammation	Frankincense, Eucalyptus, Patchouli	T: Apply on location or back of neck. Massage. A: Diffuse. Inhale water vapor.
Influenza (Flu)	Eucalyptus, Eucalyptus, 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, Peppermint, Eucalyptus, 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	Rosemary, Eucalyptus, Roman chamomile	T: Apply on location. Massage. Bath.
Pain	Lavender, Eucalyptus, Patchouli	T: Apply on location. Massage. Warm compress. A: Diffuse. Inhale.
Parasites	Orange, Thyme, Eucalyptus, 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	Eucalyptus, Thieves, Thyme, Eucalyptus, Eucalyptus	A: Diffuse. Inhale water vapor. T: Apply to chest, back, and feet. Warm compress.
Poison/Dark/ry Shock	Lavender, Joy, Peppermint, Helichrysum, Eucalyptus, Joy	T: Apply on location. Massage on location. T: Apply on neck, feet, or over heart. A: Inhale aroma. Diffuse.
Sore Throat	Eucalyptus, 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, Eucalyptus, Clove, Thieves, Eucalyptus, Eucalyptus, Eucalyptus	T: Apply on location or on bottoms of feet. A: Diffuse. Inhale directly.
Warts	Frankincense, Thieves, Eucalyptus, Eucalyptus, Eucalyptus	T: Apply on location daily.



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