

Reference Guide for Essential Oils

MINI REFERENCE CARD



CONDITION	ESSENTIAL OILS	APPLICATION
Acne	Tea tree	T: Apply on location. Add 1-2 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, Peace & Calming	A: Diffuse or inhale. T: Massage into the skin. Apply to back of neck or temples.
Arthritis	Frankincense, Rosemary, Marjoram, Pain Away	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, Pain Away	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.
Corns	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, Clove, Thieves	A: Diffuse. T: Apply on throat and chest.
Cuts/Wounds	Helichrysum, Lavender, Tea tree, 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. 1-2 drops in capsule. 1-2 drops in 8 oz. distilled water.
Diarrhea	Peppermint, Ginger, Geranium, Di-Gaze	1-2 drops in capsule. T: Apply to abdomen. Warm compress.
Earache	Basil, Tea tree, Helichrysum	T: Apply to surface of ear (not in ear canal), behind ear, or small 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, Pain Away, Aroma-Sooz	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.

Reference Guide For Essential Oils

Mike Jess



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