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WAYS

TO USE ESSENTIAL OILS

Essential tips for using pure, therapeutic grade essential oils.

Compiled by Tamalu Watkins

MELALEUCA (*MELALEUCA ALTERNIVOLIA*)

94. Massage daily into foot affected with **athlete's foot**.¹³
95. Put 2-5 drops Melaleuca in capsules or add to water and drink for **candida** overgrowth.¹³
96. Apply around and under ears for **ear infection**. Add Rosemary or Eucalyptus radiata for extra strength relief!^{11,13}
97. **Repel insects** by diffusing or apply to yourself while outdoors in insect weather.
98. Diffuse during **cold** and **flu** season. Alternate with a purifying blend (see page 12), a defensive blend (see page 11), or Lemon for some variety.
99. A small spray bottle of distilled water with a defensive blend (see page 11) and Melaleuca can be helpful for **coughs**.
100. Try consistently applying Melaleuca on **warts**!
101. Rub a drop on baby's feet for **thrush**.¹³
102. For **sore throat**, put a trace of Melaleuca on the tongue and outside of the neck under the jaw every minute for 10 minutes, then every 5 minutes 4-5 times, then every 10 minutes 4-5 times, then every 20 minutes 3 times. Swallow the oil between applications.¹⁴
103. Apply to **gum disease** to eliminate bacteria and fungus.^{8,13,14}
104. Apply 2-3 times daily to nails for **fungal infection**.^{13,14}
105. Diffuse or apply topically, especially with Lavender and Peppermint or a defensive blend (see page 11) for **MRSA**.⁷⁻⁸
106. Add to Lavender or Frankincense and apply to **eczema** or **psoriasis**.



ORANGE, WILD (*CITRUS SINENSIS*)

107. Wear as perfume, diffuse or inhale as an **antidepressant**.¹⁷
108. Add to water for terrific **flavor**—assists with water retention.
109. Use as a toner after cleansing skin for **acne**. (Be careful of the sun for a day or two—orange may be photosensitive.)
110. Dilute for infants with **colic**; it helps them sleep.¹¹
111. For **water retention** and discomfort, especially due to radiation and chemotherapy, gently massage on feet and legs.
112. Massage, diluted if necessary, on tired **muscles**.
113. Revive a dull, oily **complexion** in combination with Frankincense and Melaleuca.
114. Dilute and massage on back and feet when combatting **fatigue**.
115. The Chinese treat **anorexia** and body **sores** with Orange oil.¹¹
116. Apply topically to mouth **ulcers** or **cankers**.



PEPPERMINT (*MENTHA PIPERITA*)



117. Apply a drop of Peppermint oil to the abdomen for digestive complaints like **stomach ache, flatulence and diarrhea**.
118. Add 1 drop to tea or water for stomach ache, gas or diarrhea.
119. Apply 1 drop to a **burn** to speed cooling.
120. Apply for quick relief to areas affected by **poison oak or ivy**.
121. A drop rubbed on the temples and back of neck can be helpful for a **headache**.
122. **Deter mice, ants and cockroaches** by sprinkling Peppermint oil at the point of entry, or placing cotton balls with a drop of Peppermint oil on them.
123. A drop in the mouth can ease cold or allergy **congestion**.¹⁻⁴
124. Diffuse or apply to yourself when driving to **keep alert**.
125. To kill **aphids** in garden or houseplants, spray them with Peppermint oil in a spray bottle of distilled water.
126. Breathing Peppermint oil **after a meal** triggers the brain's satiety center to tell you you are finished eating.⁵
127. Add to pure drinking water to **cool off** on a warm day.
128. Add a drop to your pure drinking water for **flavor** and health! This may also improve athletic performance.⁵
129. Apply a drop to aching **joints** to alleviate joint pain.
130. Remove an embedded **tick** by putting a drop of Peppermint oil on a Q-tip and touching it to the tick's rear.
131. Add a drop of Peppermint oil to a bowl or pot of hot water, lean over and inhale to clear **sinus** or relieve a headache.
132. To keep cool on a hot day, apply to the bottoms of your feet.
133. Add to distilled water in a spray bottle for a **breath freshener**.
134. 1 drop in the mouth can freshen the breath.
135. Apply to feet to calm **anxiety** and decrease **nervous tension**.
136. Open the bottle and breathe the vapors to relieve congestion from **cold, asthma** or **allergies**.¹⁻⁴
137. Diffuse in your home or car to **freshen the air**.
138. For sinus **congestion**, apply topically.
139. Apply to wrists and navel for **motion sickness**.
140. Flavor **foods** like ice cream, juice drinks, and more!
141. Diffuse while studying, and inhale to improve **memory recall**.^{5,15}
142. Relieve **muscle pain** by using Peppermint oil with massage.
143. Apply to **cold sores** for quick relief.¹⁶
144. Diffuse or apply topically, especially with Lavender and Melaleuca or a defensive blend (*see page 11*) for **MRSA**.⁷⁻⁸

BALANCING BLEND (CONTAINS SOME OR ALL OF THE FOLLOWING OILS: SPRUCE, ROSEWOOD, FRANKINCENSE, BLUE TANSY AND FRACTIONATED COCONUT OIL)

145. Inhale to help calm and **relax**.¹¹
146. Apply to temples, heart and bottoms of feet to **calm** and relax.
147. Massage a drop on neck and/or back to help **alignment**.
148. Apply to jammed **joints** (toes, fingers, etc).
149. Use on bottom of feet with a respiratory blend (*see page 13*) on chest to increase results.
150. Use on bottoms of feet when using any other essential oils for greater results.



CALMING BLEND (CONTAINS SOME OR ALL OF THE FOLLOWING OILS: LAVENDER, SWEET MARJORAM, ROMAN CHAMOMILE, YLANG YLANG, SANDALWOOD AND VANILLA)

151. Inhale for **anxiety**.
152. Diffuse for restful **sleep**.
153. Wear behind ears and on wrists as a beautiful **perfume**.
154. Apply to chest and bottoms of feet for **asthma**.¹¹
155. Apply to palms and smooth on pillow for restful **sleep**.
156. To calm a **fussy baby**, apply to baby or mother's chest.
157. Dilute 1 drop of a calming blend in 1 drop fractionated coconut oil and apply to face to prevent or repair **wrinkles**.¹¹
158. Dilute and apply topically for various **skin conditions**.¹¹

DIGESTIVE BLEND (CONTAINS SOME OR ALL OF THE FOLLOWING OILS: GINGER, PEPPERMINT, TARRAGON, FENNEL, CARAWAY, CORIANDER AND ANISE)

159. Apply 1-2 drops to abdomen for stomach upset, **nausea**, or **motion sickness**.
160. Add 1-2 drops to milk, rice milk, or bread for **stomach upset** or nausea.
161. Rub a drop of on the bottom of each foot to combat digestive upset or **heartburn**.
162. Apply a drop to your own hands, rub together and massage gently on bottoms of a baby's feet for **colic**.
163. Place a drop on the bottom of each of the feet of a medium-sized **dog** to help him/her expel **worms** and **parasites**. Adjust according to the size of the dog.
164. Apply to the abdomen of a colicky **horse** before walking.

DEFENSIVE BLEND (CONTAINS SOME OR ALL OF THE FOLLOWING OILS: WILD ORANGE, CLOVE BUD, CINNAMON, EUCALYPTUS AND ROSEMARY)

165. Add a drop to natural toothpaste or baking soda to clean and disinfect mouth and **teeth**.
166. Apply to the bottoms of feet at first sign of **illness** to minimize “sick time”.^{6-8,17}
167. Add to a spray bottle of distilled water to **sanitize** doorknobs, telephones, and countertops.
168. Apply a drop to the mouth (inside or out) for a **toothache**.
169. Apply topically to an infected **wound**. Reapply every 2-3 hours for 2-3 days.
170. For **bladder** infection, 2-3 drops in milk or rice milk daily.⁶⁻⁸
171. Diffuse in a sickroom or to prevent **sickness** when someone has been exposed.^{6-8,17}
172. Apply to stubborn **splinters** and cover with a bandage to aid the body in pushing splinters out.
173. Dilute and apply to throat or add a drop to pure drinking water and gargle for a **sore throat**.
174. Put a drop on a **canker sore** for quick relief and to speed healing.
175. For babies’ **ear infections**, dilute and put on bottoms of feet.
176. Add a few drops to a small spray bottle of distilled water and keep handy as a **breath freshener**.

INVIGORATING BLEND (CONTAINS SOME OR ALL OF THE FOLLOWING OILS: WILD ORANGE, LEMON, GRAPEFRUIT, MANDARIN, BERGAMOT, TANGERINE, CLEMENTINE AND VANILLA)

177. Diffuse to calm children with **hyperactivity** or learning differences.
178. Add a drop to pure drinking water for **flavor**, fluid retention.
179. Apply to feet to assist **relaxation**.
180. Apply to feet for **anxiety attacks**.^{11,17}
181. 1-2 drops on the fingers and rubbed into the hair will soften and **remove gum** from kids’ hair.
182. **Remove adhesive** or gum from surfaces by dripping 1-2 drops on area and gently wiping with a clean cloth.
183. To help **calm children**, massage on bottoms of feet before meetings.

MY ACHING BODY BATH SALTS

Add 5-7 drops Marjoram oil and 5-7 drops of a pain relief blend to ½ cup Epsom salts and ½ cup baking soda. Mix well and pour in hot bathwater. Soak and relax!

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