



ADVANCED IL MAGIC

Scotty & Marlyse Essentials

FOR YOUR SOUL, HEALTH & JOY
HEALING YOUR SOUL

600 Ailments + Lifestyle Protocols + QR Video Blips

The Magic is in the Protocols

Protocols make it clear. No guessing. Easier to use. More magic.

- > 600 quick reference Ailments & Conditions
- > Uses & oil hacks for Single Oils & Oil Blends
- > Hundreds of recipes, diffuser blends, & DIY's
- > Lifestyle Protocols
- > 105 serious Ailment Protocols
- > Incredible Emotions & Energy usage
- > Gorgeous Essential Oil Science made useful & practical
- > QR Video Blips on your favorite essential oils



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ADVANCED
IL *MAGIC*

Advanced Oil Magic
Advanced Oil Guidebook, Lifestyle Protocols, & QR Video Blips

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contact@oilmagicbook.com

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This book is not intended to be a substitute for medical counseling. Anyone suffering from any illness, injury, or disease should consult a qualified healthcare professional.



About this book

Advanced Oil Magic brings the balance of essential magic and science. The magic is in the protocols. The science backs it up.

The contents of this book have been compiled with influence from the best resources, researchers, doctors, naturopaths, and holistic specialists. While a true relationship with essential oils and natural remedies comes from discovering what works best for your body, following the recommendations in this book will get you off to a perfect start.

Advanced Oil Magic features gorgeous artwork from up-and-coming photographers featured on Unsplash. Visit www.oilmagicbook.com to learn more and find your favorite featured artists.

A most common complaint among essential oil users is that they want more specific instruction. Many people are used to explicit usage instructions from traditional healthcare providers. Advanced Oil Magic provides similar guidance for the natural world.

Use this guide as your first go-to. Turn to nature as your first resort, and remember that you also have the power of western medicine when needed.

Enjoy all the things your oils can do for you. Enjoy the aromas, and have fun blending oils to make your own experiences. Try creative DIY projects found on the individual oil pages. Discover how unlimited the possibilities are.

Most importantly, see what happens to your confidence as you learn to trust nature and yourself with your family's wellness.

Use the [Ailments](#) section as a quick reference guide for your health concerns. Discover the top uses of popular essential oils in the [Single Oils](#) and [Oil Blends](#) sections. Use the [Protocols](#) section to get serious results. Once you've become accustomed to solving health challenges with natural solutions first, uplevel your experience with [Emotions & Energy](#) and [Lifestyle Protocols!](#)

Here's to all the magic you'll create.

Table of Contents

Advanced Usage Guide	7
Ailments & Conditions	17
Single Oils	59
Oil Blends	125
Supplements & Softgels	167
Protocols by Ailment	177
Lifestyle Protocols	207
Emotions & Energy	239
Science & Research	265
References & Credits	303

Start by looking up quick suggestions for your health challenges & needs.

Then get to know your essential oils a bit more.

Commit to a Protocol or a Lifestyle Protocol to get big, long-term results.



QR Video Blips!
Simply flash your smart phone's camera at the QR code on a single oil page to pull up a cool video on that essential oil.

"We do not need magic to transform our world. We carry
all of the power we need inside ourselves already."

-J.K. Rowling

Section 1

Advanced
Usage Guide





What is an Essential Oil?

Volatile Aromatic Compounds

Essential oils are volatile compounds naturally occurring in certain plants. They are extracted from seeds, flowers, bark, resins, leaves, rinds, and roots. The word "volatile" means they easily evaporate at normal temperatures.

Distillation

While many essential oils on the market are extracted using practices that render the oil impure and non-therapeutic, a true essential oil is carefully distilled using either steam distillation or cold pressing (citrus oils).

Benefits

Essential oils provide a number of benefits to plants, and many of those benefits are passed onto the human body with appropriate application:

- Anti-bacterial, anti-fungal, anti-viral, and anti-parasitic protection
- Restoration and regeneration from physical damage
- Communication via chemical signals

Misconceptions

Contrary to occasional misconception, essential oils do not contain vitamins or minerals. The health benefits they provide occur from the interactions of their naturally occurring chemical constituents with the human body in various ways.

Another misconception is that essential oils are the "lifblood of the plant." Oils contribute significantly to a plant's well-being, but they do not keep the plant alive.

Original Medicine

While the term "alternative medicine" is a buzz word frequently used to describe remedies like herbs and essential oils, plant medicine is indeed original medicine.

Plants have been used for medicinal purposes for thousands of years in every culture. Modern science is quickly recognizing and validating the usefulness of plants as medicine (see the Science and Research section).

The Power of Aroma

Essential oils affect the body quickly and powerfully. When used aromatically, aromatic compounds interact with the olfactory system and limbic system to effectively instigate therapeutic chemical changes in the body. When used internally or topically, they interact directly with cells, organs, and entire body systems for health benefits.

Uses

It's hard to go wrong when using essential oils. This book suggests ways to use your oils for specific conditions, but you can try what feels best for your body.

Over time you'll discover your favorite ways to use your oils.



Aromatic

Diffuse

Put 4-8 drops in a diffuser to spread the oil throughout the room.

From Hands

Inhale a couple drops from cupped hands.

From Bottle

Enjoy the aroma directly from the bottle.

Not sure what to do?

Apply oils in ways that make sense for your needs. For example, use oils topically on location for a rash. If it's digestive upset, use them internally (though some people rub oils outside their tummy area!)

Again, you won't do it wrong. Discover and enjoy.



Topical

Neat

Apply certain oils directly to skin without dilution.

Dilute

Dilute with Fractionated Coconut Oil or other carrier oil/lotion as needed.

Roller Bottle

Put 10-20 drops in a roller bottle. Fill the rest with Fractionated Coconut Oil.



Internal

Veggie Capsule

Put oils in an empty veggie cap, and take with water.

Drink with Water

Drink 1-2 drops with water (for oils with a friendly taste).

Sublingually

Place a drop under the tongue for rapid absorption.

**Most brands of oils are not safe for internal use. Be sure yours has undergone strict gas chromatography and mass spectrometry to ensure purity and chemical soundness.*

Safety

Children

Essential oils are safe to use with children in smaller amounts. The smaller the child, the less essential oil needed. Use this chart as a general guideline for use with children.

Age	Topical Dilution Ratio*	Internal Use
Birth - 12 months	1:30	1 drop (3-12 drops in 12 hours)
1-5 years	1:20	1 drop (3-12 drops in 12 hours)
6-11 years	1:15	1-2 drops (3-12 drops in 12 hours)

*essential oil : carrier oil

Medication

Always consult with a physician if you have questions about using an essential oil with a medication. While certain foods may interact with medications, essential oils frequently require less restraint because of the chemical makeup of the oil vs. the food.

Pregnancy

Essential oils are wonderful for pregnancy support. Some women wish to use oils only aromatically during their first trimester.

Oils can be used in smaller doses, and certain oils should be avoided: Birch¹⁷, Cassia¹⁸, Cinnamon¹⁹, Cypress²⁰, Eucalyptus²¹, Rosemary²², Thyme²³, Wintergreen²⁴.

Sensitive Skin

Dilute as needed for sensitive skin. Apply to the bottoms of feet to avoid sensitivity.

What to Keep in Mind

If it Burns

If an oil causes burning or irritation to the skin, immediately dilute it with a carrier oil. You can also use soap to wash the oil off.

Mixing with Water

Oil and water don't mix, and water will usually make discomfort from an essential oil worse.

Avoid Sensitive Areas

Do not put essential oils in your eyes, nose, ears, or other sensitive areas.

If You Use Too Much

If too much oil comes out of the bottle, simply wipe up the excess with a napkin (or give it to someone near you!)



Photosensitivity

Certain oils, like citrus oils, can cause photosensitivity. This means that the skin can be more sensitive in sunlight, and that sunlight can even cause unsightly temporary hyper-pigmentation. Heed photosensitivity warnings in this book.

Lifestyle Habits

Keep your oils accessible. Have favorite ones in your bag, in high-traffic areas of the home, in the car, and at work. The easier they are to find, the more benefit you'll get from them.

How Much Should You Use?

Discover what works best for your body. Take heed of the safety warnings for each oil in this book.

Remember - small amounts more frequently tend to produce the best results.

Reflexology

Reflexology refers to contact points on the feet where nerve endings connect to other parts of the body. This is an ideal way to apply essential oils when the area of concern isn't accessible or when sensitivities limit application methods. It is also an ideal way to expose energy pathways such as those studied in Chinese medicine to the effects of essential oils.



Preferences & Blending

Find the Right Solution for You

Remember that while essential oils have a most useful purpose, you should also enjoy what you use! Enjoying the use of oils makes it easier to create lifestyle habits with them.

If you love the smell of an essential oil, use away! If you don't love the smell, try an application method that limits exposure to the fragrance (like in a veggie cap or on the bottoms of feet), or look for a different oil that has similar properties.

Use oils you have on hand. Sometimes you'll find an oil in this book that you don't have, but that you do have in a blend. Sometimes you'll need to use an oil that has similar chemical properties to another oil you're missing. That's fine!

Blending

You can't break your oils. If you experiment with blending, but don't succeed, try again. You'll learn the smells that resonate best with you.

If you find yourself in need of an oil you may not love, try combining it with another oil to create a new fragrance.

Here are some blending tips:

- Pay attention to low, mid, and high notes in your oils for a well-rounded fragrance. (e.g. Vetiver is a low note, Lavender is a mid note, and Lemon is a high note.)
- Add FCO to your blends to help the fragrance last longer.
- When layering oils topically (using multiple oils one on top of the other), the oils on top will generally smell the strongest.



Purity & Potency

A properly sourced and produced essential oil is both pure and potent.

Purity means that the essential oil has no *contaminants or fillers*. It was cold-pressed or distilled using steam distillation.

Potency (or chemical accuracy) means that the essential oil has an *ideal chemical profile* for that particular plant in order to produce the intended therapeutic benefits. Plant chemistry develops differently based on where the plant is grown, climate, altitude, soil conditions, and growing practices.

You should verify that you are using oils that are scientifically shown to be both pure and potent. Don't take a company's word for it. A trustworthy company will make available the tests performed on every essential oil.

Know what you are putting in, on, and around your body.

Adulteration & Testing

The complexity of essential oils makes adulterating them too easy sometimes. Because some constituents appear in such small amounts, only sophisticated lab equipment with sufficiently comprehensive databases are able to detect skillful adulteration.

Unethical essential oil manufacturers use synthetic agents, fillers, and look-alike oils to produce inferior oils at cheaper costs.

Examples of Adulteration

(Tisserand, 2014)

Grapefruit	Orange terpenes, purified limonene
Jasmine Absolute	Indole, α -amyl cinnamic aldehyde, Ylang Ylang fractions
Lavender	Lavandin, Spike Lavender, Spanish Sage, White Camphor fractions, rectified Ho, acetylated Lavandin
Lemon	Synthetic citral or limonene
Peppermint	Corrmint
Rose	Ethanol, 2-phenylethanol, Geranium fractions, Rhodinol
Sandalwood	Australian Sandalwood, Sandalwood terpenes and fragrance chemicals
Ylang Ylang	Gurjun Balsam, Cananga oil, Benzyl Acetate, <i>p</i> -cresyl methyl ether

Standard Tests to Verify Purity & Potency

- Gas Chromatography
- Mass Spectrometry
- High Performance Liquid Chromatography
- Nuclear Magnetic Resonance Spectroscopy
- Fourier Transform Infrared Spectroscopy
- Chiral GC Testing
- Isotope Carbon 14
- Total Plate or Bacterial Count (TPC)/Microbial



Section 2

Ailments
& Conditions



How to Use *Ailments & Conditions*

Using plant-based medicine is simple:

1. *Look up your ailment.*
2. *Try one or a few oils from the suggested list.*
3. *Decide what works best for your body.*

Each ailment includes the primary oils and supplements that are beneficial for that ailment. You don't need to use all five products listed. Try the ones you have on hand, and consider trying some new ones in the near future.

Every solution listed here is only a recommendation. You may learn of other oils that help with your ailment as well!

Remember that trying essential oils is the same process as trying any remedy; you may go through a few oils, or combinations of oils, before you find what your body responds best to.

Many of the ailments listed reference a protocol found later in the book. While this section is intended to provide quick answers, the protocols give detailed instructions for serious results.

A

Abuse Recovery

Apply 1-3 drops to top of head, forehead, and back of neck 3x daily.



Hopeful Blend^{A,T}
Warmth Monthly Blend^{A,T}
Rose^{A,T}
Sage^{A,T}
Lavender^{A,T}

Protocol on pg. 233

Acne/Blemishes

Apply a drop topically to affected areas 1-2x daily. Add 2-3 drops to facial lotion and apply after cleansing routine.



Malibu^T
Skin Clearing Blend^T
Juniper Berry^T
Ness^T
Lavender^T

Protocol on pg. 180

ADD/ADHD

Apply a few drops on forehead and back of neck; inhale a few drops from cupped hands.



Focus Blend^{A,T}
Vetiver^{A,T}
Essencing Blend^{A,T}
Frankincense^{A,T}
Grounding Blend^{A,T}

Protocol on pg. 181

Addiction: Drugs

Apply a couple drops to chest, temples, and bottoms of feet daily; inhale from cupped hands as needed.



Copala^{A,T}
Detoxification Blend^{A,T}
Cleansing Blend^{A,T}
Black Pepper^{A,T}
Frankincense^{A,T}

Protocol on pg. 210

Abscess

Apply 2-4 drops 3x daily over affected area.



Lavender^T
Melaleuca^T
Roman Chamomile^T
African Violet^T
Ness^T

Aches

Massage 2-4 drops into affected muscles and joints as needed.



Marjoram^{A,T}
Lemongrass^{A,T}
Soothing Blend^{A,T}
Massage Blend^{A,T}
Helichrysum^{A,T}

Protocol on pg. 197

Actinic Keratosis

Apply 3-5 drops to affected area 4x daily.



Frankincense^T
Lavender^T
Melaleuca^T
Ness^T
Apsch^T

Addiction: Alcohol

Apply a couple drops to back of neck, temples, ears, and below chest as often as needed.



Sage^{A,T}
Hopeful Blend^{A,T}
Encouraging Blend^{A,T}
Black Pepper^{A,T}
Lemon^{A,T}

Protocol on pg. 210

Addiction: Food

Apply 3-5 drops as needed to abdomen and inside of legs from knees to ankles.



Sage^{A,T}
Lemon^{A,T}
Cinnamon^{A,T}
Ginger^{A,T}
Custard^{A,T}

Protocol on pg. 210

Absentmindedness

Massage 1-3 drops into forehead, temples, back of neck, and chest as needed; inhale from cupped hands.



Rosemary^{A,T}
Peppermint^{A,T}
Sage^{A,T}
Lavender^{A,T}
Frankincense^{A,T}

Protocol on pg. 218

Acid Reflux

Take 2-4 drops internally or rub over stomach as needed.



Peppermint^T
Digestive Blend^T
Ginger^T
Cardamom^T
Digestion Tonic^T

Protocol on pg. 180



Addiction: Caffeine

Apply a couple drops to back of neck, temples, ears, and below chest as often as needed.



Peppermint^{A,T}
Wild Orange^{A,T}
Jasmine^{A,T}
Encouraging Blend^{A,T}
Lavender^{A,T}

Protocol on pg. 210

Addiction: Internet/ Video Games

Apply 3-5 drops to bottom of feet and outside of legs from knees to ankles.



Lavender^{A,T}
Wild Orange^{A,T}
Sage^{A,T}
Cedarwood^{A,T}
Vetiver^{A,T}

Protocol on pg. 210

Addiction: Pain Medication

Apply a couple drops to back of neck, temples, and outside of ears as often as needed.



Lavender ^{A11}
 Yang Yang ^{A11}
 Cloves ^{A11}
 Hopeful Blend ^{A1}
 Eucalyptus ^{A1}

Protocol on pg. 210

Addiction: Sugar

Apply 3-5 drops as needed to abdomen and inside of legs from knees to ankles. Also add a few drops to water throughout the day.



Metabolic Blend ^{A11}
 Ginger ^{A11}
 Coriander ^{A11}
 Encouraging Blend ^{A11}
 Apple Blend ^{A11}

Protocol on pg. 210

Addison's Disease

Apply 3-5 drops 3x daily to lower back and front of legs near the shins and knees.



Warming Herbal Blend ^{A1}
 Yang Yang ^{A1}
 Lavender ^{A1}
 Cloves ^{A1}
 Bergamot ^{A1}

Age Spots

Apply 3-5 drops diluted to face at bed time.



Frankincense ^T
 Sandalwood ^T
 Helichrysum ^T
 Anti-Aging Blend ^T
 Rose ^T

Protocol on pg. 211

AIDS

Apply 3-5 drops to lower back, back of neck, and bottoms of feet. Also combine a few drops in a veggie cap 2-3x daily.



Oregon ^{A11}
 Sandalwood ^{A11}
 Marsh ^{A11}
 Frankincense ^{A11}
 Helichrysum ^{A11}

Protocol on pg. 181

Addiction: Sex/Pornography

Apply 3-5 drops to back of neck, forehead, and crown of head as often as needed.



Bergamot ^{A1}
 Lavender ^{A1}
 Cedarwood ^{A1}
 Yarrow ^{A1}
 Siberian Fir ^{A1}

Protocol on pg. 210


Adenitis

Apply 3-5 drops to the lower right quadrant of the abdomen and take internally.



Protective Blend ^{A11}
 Oregon ^{A11}
 Helichrysum ^{A11}
 Frankincense ^{A11}
 Lavender ^{A11}

Aging

Apply 1-3 drops to target areas. Combine 2-8 drops with facial lotion or carrier oil and apply after cleansing.



Anti-Aging Blend ^T
 Frankincense ^T
 Cedarwood ^T
 Sandalwood ^T
 Vitality Trio ^T

Protocol on pg. 211

Air Pollution

Diffuse several drops or apply 3-5 drops over the lungs and nose as often as needed.



Neroli ^{A1}
 Lemon ^{A1}
 Patchouli ^{A1}
 Basil ^{A1}
 Lavender ^{A1}

Addiction: Smoking

Ingest 2-4 drops daily; inhale from cupped hands as needed when experiencing cravings.



Black Pepper ^{A11}
 Grapefruit ^{A11}
 Basil ^{A11}
 Bergamot ^{A11}
 Detoxification Blend ^{A1}

Protocol on pg. 202

Addiction: Work

Apply 3-5 drops to bottoms of feet and outside of legs from knees to ankles.



Lavender ^{A1}
 Wild Orange ^{A1}
 Bergamot ^{A1}
 Cedarwood ^{A1}
 Yarrow ^{A1}

Protocol on pg. 237

Adrenal Fatigue

Massage 1-3 drops onto lower back over adrenals, or inhale from cupped hands. Ingest 1-3 drops as needed.



Basil ^{A11}
 Juniper Berry ^{A11}
 Rosemary ^{A11}
 Cardamom ^{A11}
 Peppermint ^{A11}

Protocol on pg. 181

Agitation

Apply 3-5 drops 3x daily over forehead, back of neck, and top of the head. Also use a drop under the tongue.



Bergamot ^{A11}
 Lavender ^{A11}
 Sensful Blend ^{A1}
 Roman Chamomile ^{A11}
 Encouraging Blend ^{A1}

Protocol on pg. 202

Airborne Bacteria

Apply 3-5 drops 3x daily over chest and around the nose. Also diffuse several drops throughout the day.



Protective Blend ^{A1}
 Respiratory Blend ^{A1}
 Black Pepper ^{A1}
 Eucalyptus ^{A1}
 Helichrysum ^{A1}

Alertness

Apply 1-2 drops to forehead, temples, or base of skull as needed; inhale a few drops from cupped hands.



Peppermint^{A,T}
Frankincense^{A,T}
Basil^{A,T}
Rosemary^{A,T}
Buxus Sibirica^{A,T}

Alzheimer's/ Dementia

Massage 1-2 drops into scalp daily; ingest 2-4 drops 1-2x daily; supplement daily.



Frankincense^{A,T}
Rosemary^{A,T}
Cellular Complex^{A,T}
Rose^{A,T}

Protocol on pg. 182

Anemia

Apply 1-3 drops to bottoms of feet and inside of wrists; take a few drops internally; inhale from cupped hands periodically.



Protective Blend^{A,T}
Basil^{A,T}
Lemon^{A,T}
Lavender^{A,T}
Vitality Trio^T

Anger

Apply 1-3 drops to temples and chest; inhale a few drops from cupped hands as needed.



Grounding Blend^{A,T}
Relaxing Blend^{A,T}
Relaxing Blend^{A,T}
Helichrysum^{A,T}
Mugwort^{A,T}

Protocol on pg. 221

Animals: Bleeding

Apply 1-2 drops to affected area every 15-30 minutes until bleeding stops. Dilute for sensitive/small animals.



Helichrysum^T
Geranium^T
Rose^T
Lavender^T
Melaleuca^T

Alkalosis

Apply 3 drops of the oils on hand (preferably all 5 listed) over the chest and ribs.



Lavender^T
Vetiver^T
Sicilian Chamomile^T
Rose^T
Rosemary^T

Amnesia

Diffuse several drops daily and apply 3-5 drops 3x daily to forehead and top of head.



Rosemary^{A,T}
Peppermint^{A,T}
Bergamot^{A,T}
Wild Orange^{A,T}
Frankincense^{A,T}



Angina

Apply 3-5 drops over the chest as needed.



Rose^T
Lavender^T
Bergamot^T
Vetiver^T
Siberian Fir^T

Animals: Bone Pain

Apply 2-5 drops over the affected area. Dilute for sensitive/small animals.



Wintergreen^T
Eucalyptus^T
Peppermint^T
Rosemary^T
Sandalwood^T

Allergies (Seasonal, Pet Dander)

Apply to back of neck, on bridge of nose, or chest as needed; use a drop under the tongue; diffuse several drops.



Lavender^{A,T}
Respiratory Blend^{A,T}
Cleansing Blend^{A,T}
Peppermint^{A,T}
Detoxification Blend^{A,T}

Protocol on pg. 182

Analgesic

Apply 3-5 drops as needed over the affected area. Also use a drop under the tongue.



Frankincense^{A,T}
Lavender^{A,T}
Marjoram^{A,T}
Peppermint^{A,T}
Rosemary^{A,T}

Aneurysm

Diffuse several drops and apply 3-5 drops 3x daily to forehead and top of head.



Frankincense^{A,T}
Rosemary^{A,T}
Holy Basil^{A,T}
Vetiver^{A,T}
Myrrh^{A,T}

Anguish

Apply 3-5 drops 3x daily over forehead, back of neck, and top of the head.



Hopeful Blend^{A,T}
Relaxing Blend^{A,T}
Combining Blend^{A,T}
Vetiver^{A,T}
Siberian Fir^{A,T}

Protocol on pg. 235

Animals: Cancer (skin)

Apply 2-5 drops to affected area 4-5x daily. Dilute for sensitive/small animals.



Frankincense^T
Lavender^T
Sandalwood^T
Hopeful Blend^T
Geranium^T

Animals: Colds & Cough

Apply 2-5 drops over chest, and around ears and throat 3x daily. Dilute for sensitive/small animals.

- Protective Blend^{A,T}
- Lavender^{A,T}
- Melaleuca^{A,T}
- Rosemary^{A,T}
- Oregano^{A,T}

Ankylosing Spondylitis

Apply 2 drops of each to spine, back of the neck, and other affected areas.

- Ginger^T
- Frankincense^T
- Myrrh^T
- Wintergreen^T
- Bergamot^T

Antibacterial

Combine 3 drops of oils on hand into a capsule and take internally 4x daily; apply topically or diffuse as needed.

- Protective Blend^{A,T}
- Oregano^{A,T}
- Clove^{A,T}
- Melaleuca^{A,T}
- Helichrysum^{A,T}

Antifungal

Combine 3-5 drops of oils on hand with carrier oil and rub into affected area.

- Melaleuca^T
- Oregano^T
- Thyme^T
- Clove^T
- Geranium^T

Antiviral

Combine 3 drops of oils on hand into a capsule and take internally 4x daily. Rub 2-3 drops on bottoms of feet. Also diffuse several drops.

- Melaleuca^{A,T}
- Oregano^{A,T}
- Protective Blend^{A,T}
- Melaleuca^{A,T}
- Green Mandarin^{A,T}

Animals: Stress & Anxiety

Apply 2-5 drops over the forehead, back of neck, and top of head as needed. Dilute for sensitive/small animals.

- Resonating Blend^{A,T}
- Rose^{A,T}
- Lavender^{A,T}
- Peaceful Blend^{A,T}
- Neroli^{A,T}

Anorexia

Apply 1-3 drops to stomach area or inhale from cupped hands as needed.

- Cardamom^{A,T}
- Clove^{A,T}
- Integrating Blend^{A,T}
- Joyful Blend^{A,T}
- Uplifting Blend^{A,T}

Anticoagulant

Add 2 drops of each to a capsule and take internally 2x daily.

- Basil^T
- Oregano^T
- Wintergreen^T
- Peppermint^T
- Clove^T

Antioxidant

Apply 3-5 drops to outside of legs and feet. Use a few drops in a capsule.

- Clove^T
- Blue Tansy^T
- Yarrow^T
- Rosemary^T
- Oregano^T

Anxiety

Apply 1-3 drops to bottoms of feet, chest, or temples, or inhale from cupped hands as needed; use a drop under the tongue.

- Calming Blend^{A,T}
- Vetiver^{A,T}
- Resonating Blend^{A,T}
- Bergamot^{A,T}
- Frankincense^{A,T}

Protocol on pg. 182

Ankle Swelling

Massage ankles with 2-4 drops diluted with carrier oil if desired.

- Juniper Berry^T
- Cardamom^T
- Lemongrass^T
- Soothing Blend^T
- Divine Blend^T



Antidepressant

Apply 3-5 drops over the forehead, back of neck, and top of head 3x daily. Also diffuse several drops.

- Joyful Blend^{A,T}
- Magnolia^{A,T}
- Rose^{A,T}
- Frankincense^{A,T}
- Helichrysum^{A,T}

Protocol on pg. 189

Antisocial

Apply 3-5 drops over the forehead and back of neck. Also diffuse several drops.

- Integrating Blend^{A,T}
- Siberian Fir^{A,T}
- Spearmint^{A,T}
- Lavender^{A,T}
- Ginger^{A,T}

Apathy

Apply 1-3 drops to bottoms of feet, chest, or temples, or inhale from cupped hands as needed. Also diffuse several drops.

- Patchouli^{A,T}
- Neroli^{A,T}
- Peppermint^{A,T}
- Young Ylang^{A,T}
- Soothing Blend^{A,T}



Aphrodisiac

Apply 2-4 drops to wrists and neck. Also diffuse several drops.

- Inspiring Blend^{AT}
- Jasmine^{AT}
- Cinnamon^{AT}
- Sensitives^{AT}
- Rose^{AT}

Protocol on pg. 227

Arrhythmia

Apply 1-5 drops to inside of arms and chest 3x daily.

- Lemon^T
- Lavender^T
- Ylang-Ylang^T
- Marjoram^T
- Cypress^T

Arthritic Pain

Apply 1-3 drops and massage into affected areas with lotion or carrier oil as needed.

- Soothing Blend^T
- Capsula^T
- Wingspan^T
- Massage Blend^T
- Cellular Complex^T

Protocol on pg. 183

Athlete's Foot

Apply 1-3 drops to area between toes and around toenails 2-3x daily. Ingest 1-3 drops of melaleuca or oregano once a day (no more than 10 days).

- Melaleuca^{TT}
- Oregano^{TT}
- Skin-Clearing Blend^{AT}
- Geranium^{TT}
- Lemon^{TT}

Protocol on pg. 154

Autointoxication

Apply 1-3 drops to stomach, chest, bottoms of feet, or inside of wrists. Ingest 1-3 drops 2-3x daily for additional support.

- Detoxification Blend^{AT}
- Cilantro^{AT}
- Thyme^{AT}
- Grapefruit^{AT}
- Geranium^{AT}

Appetite Stimulant

Apply 3-5 drops over the abdomen or drink a couple drops in water. Also diffuse several drops.

- Digestive Blend^{AT}
- Ginger^{AT}
- Peppermint^{AT}
- Citrus^{AT}
- Fennel^{AT}

Artery Issues

Apply 3-5 drops to inside of arms and chest 2x daily.

- Red^T
- Clary Sage^T
- Cypress^T
- Ossia^T
- Eucalyptus^T

Asthma

Apply 1-3 drops topically to chest, neck, under nose, and on bridge of nose, or inhale from cupped hands as needed.

- Respiratory Blend^{AT}
- Eucalyptus^{AT}
- Peppermint^{AT}
- Breath-Opening^{AT}
- Lavender^{AT}

Protocol on pg. 183

Autism/Asperger's

Apply 1-3 drops to bottoms of feet and back of neck. Ingest 1-3 drops of Cilantro or Cellular Complex 1-2x daily.

- Frankincense^{AT}
- Focus Blend^{AT}
- Cilantro^{AT}
- Rose^{AT}
- Cellular Complex^{AT}

Protocol on pg. 183

Appetite Suppressant

Apply 1-3 drops to stomach, chest, bottoms of feet, or inside of wrists or take 2-4 drops internally.

- Metabolic Blend^{AT}
- Peppermint^{AT}
- Grapefruit^{AT}
- Ginger^{AT}
- Wild Orange^{AT}

Arteriosclerosis

Place 2 drops of oils on hand in a capsule and take internally 3x daily.

- Frankincense^T
- Ginger^T
- Clary Sage^T
- Citrus^T
- Melaleuca^T

Atherosclerosis

Place 2 drops of oils on hand in a capsule and take internally 3x daily.

- Lemon^T
- Ginger^T
- Clary Sage^T
- Citrus^T
- Grapefruit^T

Autoimmune Disorders

Apply 1-3 drops to stomach, chest, bottoms of feet, or inside of wrists. Ingest 2-4 drops 3x daily.

- Cellular Complex^{TT}
- Detoxification Blend^{TT}
- Frankincense^{TT}
- Anti-Aging Blend^T
- Vitality Trio^T

Protocol on pg. 184

Back Pain

Apply 1-3 drops and massage into affected areas as needed. Use a carrier oil or lotion for increased efficacy. Take 2 capsules of Cellular Complex 2-3x daily.

- Soothing Blend^{AT}
- Massage Blend^{AT}
- Turmeric^{AT}
- Capsula^{AT}
- Polysperal Complex^T

Protocol on pg. 184



Back Stiffness

Combine 3-5 drops of oils on hand and massage into affected area as often as needed.

Scrubbing Blend[†]
Warming[†]
Yang Yang[†]
Peppermint[†]
Cypress[†]

Protocol on pg. 184

Balance Problems

Apply 1-3 drops topically to forehead, temples, back of neck, and behind the ears or inhale from cupped hands. Ingest 1-3 drops of Ginger as needed.

Ascending Blend^{††}
Peppermint^{††}
Ginger^{††}
Basil^{††}
Cypress^{††}

Basal Cell Carcinoma

Combine 3-5 drops of oils on hand and apply directly to affected area.

Frankincense[†]
Cellular Complex[†]
Sandalwood[†]
Myrrh[†]
Vetiver[†]

Protocol on pg. 186

Bed-wetting

Massage 2-4 drops over bladder and kidneys before bedtime.

Cypress[†]
Black Pepper[†]
Yang Yang[†]
Lemongrass[†]
Roman Chamomile[†]

Bipolar Disorder

Apply 1-3 drops to bottoms of feet, chest, or temples, or inhale from cupped hands as needed.

Frankincense^{††}
Ascending Blend^{††}
Vetiver^{††}
Melissa^{††}
Vitality Trio[†]

Protocol on pg. 184

Bacterial Infection

Apply 1-3 drops with a carrier oil to affected areas as needed. Ingest 1-3 drops every 2-3 hours for systemic/internal infections.

Oregano^{†††}
Thyme^{†††}
Protective Blend^{†††}
Melaleuca^{†††}
Pink Pepper^{†††}

Balding

Dilute 5 drops in 20 drops of carrier oil. Massage into scalp every night. Supplement with Cellular Complex and Vitality Trio daily.

Rosemary[†]
Auburnite[†]
Sylvestri[†]
Cellular Complex^{††}
Vitality Trio^{††}

Bed Bugs

Combine 10 drops of oils on hand (preferably all 5 listed oils) into 20 oz glass spray bottle of water and spray on bed or upholstery.

Melaleuca[†]
Lemon[†]
Lavender[†]
Sandalwood[†]
Cinnamon[†]

Beet Sting

Apply 1-2 drops topically to sting or bite several times daily until symptoms cease.

Lavender[†]
Cleansing Blend[†]
Roman Chamomile[†]
Basil[†]
Magnolia[†]

Bites

Apply 2-4 drops to affected area as often as needed.

Lavender[†]
Melaleuca[†]
Eucalyptus[†]
Roman Chamomile[†]
Peppermint[†]

Bags Under Eyes

Combine 2 drops with carrier oil and gently rub under eyes at bedtime.

Basil[†]
Fennel[†]
Roman Chamomile[†]
Lavender[†]
Cypress[†]

**Bed Sores**

Apply 3-6 drops with carrier oil to affected area 3x daily.

Frankincense[†]
Melaleuca[†]
Lavender[†]
Neroli[†]
Helichrysum[†]

Bell's Palsy

Ingest 2-4 drops every 2-3 hours as needed.

Clove[†]
Melissa[†]
Frankincense[†]
Thyme[†]
Vitality Trio[†]

Bladder Control

Apply 1-3 drops topically over bladder and kidneys as needed. Add 1-2 drops to drinking water and sip throughout the day.

Rosemary^{††}
Huckleberry^{††}
Cypress[†]
Marjoram^{††}
Sandalwood^{††}

Bladder Infection

Rub 3-4 drops over bladder. Take 3-5 drops in a capsule after food 3x daily.



Cypress[†]
Oregon^{††}
Clove^{††}
Eucalyptus[†]
Melaleuca^{††}

Protocol on pg. 204



Blocked Tear Ducts

Apply 1-2 drops to bridge of nose; avoid getting in the eyes; dilute if using on an infant.



Lavender[†]
Clary Sage[†]
Melaleuca[†]

Blood Pressure (Low)

Apply 1-3 drops to stomach, chest, bottoms of feet, or inside of wrists, or ingest a few drops as needed.



Helichrysum^{A,††}
Frankincense^{A,††}
Jasmine^{A,†}
Cedarwood^{A,†}
Vitality Trio[†]

Blurred Vision

Mix oils in a roller bottle with carrier oil and carefully apply around eyes 2-4x daily.



Clary Sage[†]
Helichrysum[†]
Anti-Aging Blend[†]
Cellular Complex[†]
Lavender[†]

Bleeding

Apply a drop topically to affected area as needed.



Helichrysum[†]
Cinnamon[†]
Myrrh[†]
Lemon[†]
Melaleuca[†]

Blisters on Feet

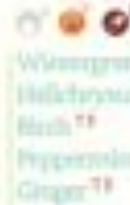
Apply a few drops topically to affected area.



Lavender[†]
Frankincense[†]
Patchouli[†]
Melaleuca[†]
Myrrh[†]

Blood Clotting

Apply 1-3 drops to affected area or ingest a few drops internally as needed.



Winegrass^{††}
Helichrysum^{††}
Rush^{††}
Pygeum^{††}
Ginger^{††}

Blood Sugar (High)

Apply 2-4 drops over pancreas and bottoms of feet daily; take a few drops internally.



Protective Blend^{††}
Metabolic Blend^{††}
Cinnamon^{††}
Corklander^{††}
Ginger^{††}

Body Odor

Take 3-5 drops of Cilantro, Detoxification Blend, or Dill at least once daily. Apply 1-3 drops on bottoms of feet.



Cilantro^{††}
Detoxification Blend^{††}
Dill^{††}
Melaleuca^{††}
Fenugreek^{††}

Protocol on pg. 188

Blisters from Sun

Apply a few drops liberally to affected area.



Frankincense[†]
Lavender[†]
Patchouli[†]
Melaleuca[†]
Myrrh[†]

Protocol on pg. 203

Bloating

Apply 1-3 drops to stomach, rubbing in a clockwise direction. Use 1-3 drops internally as needed.

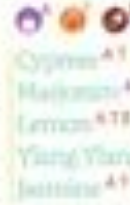


Turmeric^{††}
Digestive Blend^{††}
Ginger^{††}
Fenugreek^{††}
Peppermint^{††}

Protocol on pg. 190

Blood Pressure (High)

Apply 2-4 drops to stomach, chest, bottoms of feet, or inside of wrists; ingest 2-4 drops 2x daily.



Cypress^{A,†}
Mastic^{A,††}
Lemon^{A,††}
Yang Yang^{A,††}
Jasmine^{A,†}

Protocol on pg. 184

Blood Sugar (Low)

Apply 1-3 drops to stomach, chest, bottoms of feet, or inside of wrists, or ingest 1-3 drops as needed.



Cinnamon^{††}
Melissa^{††}
Cloves^{††}
Wild Orange^{††}
Vitality Trio[†]

Boils

Apply 1-3 drops topically to affected areas several times daily.



Melaleuca[†]
Skin-Clearing Blend[†]
Lavender[†]
Myrrh[†]
Bergamot[†]


Bone Pain/Break

Apply 3-5 drops topically to affected areas as needed. Massage with lotion or carrier oil to improve efficacy.

-  Soothing Blend[†]
-  Wintergreen[†]
-  Basil[†]
-  Helichrysum[†]
-  Rose Nutrient Complex[†]

Brain Injury

Apply a few drops to forehead, temples, base of skull, and behind the ears. Diffuse several drops. Take 3-5 drops in a capsule 3x daily.

-  Frankincense^{A11}
-  Cellular Complex^{A11}
-  Cedarwood^{A1}
-  Sandalwood^{A11}
-  Viability Trio[†]

Brittle Nails

Apply 1-2 drops to nail bed once daily. Use supplements consistently for long-term benefits.

-  Lavender[†]
-  Helichrysum[†]
-  Frankincense[†]
-  Rose Nutrient Complex[†]
-  Viability Trio[†]

Bronchitis

Apply 2-4 drops to chest and neck area, gargle hourly, or inhale from cupped hands as needed.

-  Respiratory Blend^{A1}
-  Cardamom^{A11}
-  Lime^{A11}
-  Roman Chamomile^{A11}
-  Eucalyptus^{A1}

Protocol on pg. 185

Bulimia

Apply 3-5 drops to back of neck and back 2x daily.

-  Basil[†]
-  Bergamot[†]
-  Mint[†]
-  Eucalyptus[†]
-  Lavender[†]

Bone Spurs

Add 10 drops of oils on hand to a roller bottle and apply to affected area as often as needed.

-  Eucalyptus[†]
-  Mint[†]
-  Frankincense[†]
-  Wintergreen[†]
-  Peppermint[†]

Protocol on pg. 185

Brain Support

Apply 3-5 drops to the back of neck and backside of legs. Diffuse Several Drops. Take 3-5 drops in a capsule 3x daily.

-  Rosemary^{A11}
-  Frankincense^{A11}
-  Basil^{A11}
-  Cape Citrus^{A11}
-  Lavender^{A11}



Brain Fog

Apply 1-3 drops to forehead, temples, back of neck, and behind ears or inhale from cupped hands as needed.

-  Peppermint^{A11}
-  Frankincense^{A11}
-  Lavender^{A11}
-  Rosemary^{A11}
-  Viability Trio[†]

Protocol on pg. 191

Breastfeeding (Increase Milk)

Massage 1-3 drops with carrier oil over breasts and apply to bottoms of feet or take internally when needed.

-  Fennel[†]
-  Clary Sage[†]
-  Basil[†]
-  Viability Trio[†]
-  Rose Nutrient Complex[†]

Broken Bones

Apply 3-5 drops to the affected area 5x daily.

-  Cypress[†]
-  Wintergreen[†]
-  Helichrysum[†]
-  Frankincense[†]
-  Vetiver[†]

Bruising

Apply 2-4 drops to bruise area. Use carrier oil if desired. Reapply 2-4x daily.

-  Tension Blend[†]
-  Soothing Blend[†]
-  Helichrysum[†]
-  Cypress[†]
-  Anti-Aging Blend[†]

Burns

Apply 2-4 drops to affected area hourly or as needed. For more severe, mix 2-8 drops with 4 oz witch hazel and apply as needed.

-  Lavender[†]
-  Frankincense[†]
-  Helichrysum[†]
-  Anti-Aging Blend[†]
-  Cedarwood[†]

Burping

Apply 3-5 drops to upper abdomen as often as needed. Drink a couple drops in water if desired.



Coriander¹¹
Digestive Blend¹¹
Ginger¹¹
Fennel¹¹
Peppermint¹¹

Calluses

Rub 3-5 drops onto affected area, followed by a pumice stone to remove.



Essential⁷
Helichama⁷
Lemon⁷
Roman Chamomile⁷
Orange⁷

Canker Sores

Apply a drop diluted with carrier oil directly to canker sore or gargle several times daily until sore is gone.



Helichama¹¹
Protective Blend¹¹
Orange¹¹
Melissa¹¹
Frankincense¹¹

Protocol on pg. 186

Cartilage Injury

Apply 1-3 drops to affected area several times daily. Massage with carrier oil or lotion for improved efficacy.



Soothing Blend⁷
Lemongrass⁷
Frankincense⁷
Helichama⁷
Capsule⁷

Cavities

Apply 1-2 drops directly on tooth 2x daily. Dilute with carrier oil if necessary.



Clove¹¹
Protective Blend¹¹
Melaleuca¹¹
Rose Nutrient Complex¹
Vitality Trio¹

Bursitis

Combine 5 drops of oils on hand to carrier oil and apply liberally to affected area as often as desired.



Witchhazel⁷
Soothing Blend⁷
Ylang Ylang⁷
Helichama⁷
Blue Tansy⁷

Cancer

Ingest 3-5 drops 3-5x daily. Apply topically if appropriate. Diffuse several drops. Supplement for added support.



Cellular Complex⁴¹¹
Frankincense⁴¹¹
Sandalwood⁴¹¹
Gestatum⁴¹¹
Vitality Trio¹

Protocol on pg. 186

Cardiovascular Disease

Apply 2-4 drops over chest 3x daily. Ingest 3-5 drops as needed.



Cellular Complex⁷¹
Gestatum⁷¹
Black Pepper⁷¹
Cattail⁷¹
Oregano⁷¹

Cataracts

Apply 1-3 drops under eyes, lower back and temples 3x daily.



Frankincense⁷
Essential⁷
Oregano⁷
Vitality Trio¹

Celiac Disease

Apply 2-4 drops to abdomen as often as needed. Also take 2-5 drops in a capsule.



Ginger¹¹
Peppermint¹¹
Fennel¹¹
Coriander¹¹
Digestive Blend¹¹

Protocol on pg. 187

Candida

Apply 2-4 drops over abdomen and bottoms of feet. Take 3-5 drops in a capsule at least twice daily until symptoms subside.



Orange¹¹
Thyme¹¹
Melaleuca¹¹
Siberian¹¹
GI Cleansing Complex¹

Protocol on pg. 186

Carpal Tunnel

Apply 2-4 drops to affected area several times daily. Massage with carrier oil or lotion for improved efficacy.



Soothing Blend⁷
Witchhazel⁷
Lemongrass⁷
Majesty⁷
Orange⁷

Cats (General Health)

Heavily dilute 1-2 drops and apply topically to paws daily.



Basil⁷
Sud⁷
Rose⁷
Clary Sage⁷
Thyme⁷

Cellulite

Massage 4-8 drops onto target areas daily, especially before exercising. Add to drinking water and consume throughout the day.



Metabolic Blend¹¹
Grapefruit¹¹
Lemon¹¹
Jalapeno Berry¹¹
Cinnamon¹¹

Protocol on pg. 205

Cellulitis

Apply 3-5 drops liberally to affected areas 3x daily. Dilute with carrier oil if needed.



 Lavender^T
 Melaleuca^T
 Helichrysum^T
 Roman Chamomile^T
 Lemon^T

Chest Pain

Apply 1-3 drops topically to chest or ingest at least twice daily.



 Cellular Complex^{TT}
 Protective Blend^{TT}
 Lemon^{TT}
 Wild Orange^{TT}
 Marjoram^{TT}

Cholera

Apply 1-3 drops with a carrier oil to the affected areas as needed. Ingest 1-3 drops every 2-3 hours for systemic/internal infections.



 Thyme^{TT}
 Oregano^{TT}
 Protective Blend^{TT}
 Melaleuca^{TT}
 Arbovitae^{TT}

Chronic Fatigue

Apply 2-4 drops to chest area, bottoms of feet, or inside of wrists; inhale 1-3 drops from cupped hands; supplement regularly for long-term benefits.



 Lemon^{ATT}
 Melissa^{ATT}
 Basil^{ATT}
 Energy & Stamina Complex^T
 Vitality Trio^T
Protocol on pg. 191

Circulation (Poor)

Apply 1-3 drops to bottoms of feet; ingest 1-3 drops twice daily or as needed.



 Cypress^{TT}
 Ginger^{TT}
 Black Pepper^{TT}
 Cellular Complex^{TT}
 Energy & Stamina Complex^T

Chapped Skin

Apply a drop or two to affected area as often as needed. Use a carrier oil to increase efficacy.



 Naranja^T
 Roman Chamomile^T
 Anti-Aging Blend^T
 Cedarwood^T
 Magnolia^T

Chicken Pox

Dilute 2-4 drops with a carrier oil and dab lightly on spots a couple times a day or ingest for immune support.



 Lavender^{TT}
 Thyme^{TT}
 Melaleuca^{TT}
 Cellular Complex^{TT}
 Melissa^{TT}

Charley Horse

Massage 1-3 drops onto area of concern. Use a carrier oil or lotion for improved efficacy.



 Massage Blend^T
 Soothing Blend^T
 Marjoram^T
 Black Pepper^T
 Bergamot^T

Chiggers

Dilute 2-4 drops with a carrier oil and dab lightly on bites a couple times a day.



 Outdoor Blend^T
 Lemongrass^T
 Melaleuca^T
 Detoxification Blend^T
 Arbovitae^T

Cholesterol (High)

Apply 2-4 drops to chest area, bottoms of feet, or inside of wrists; ingest 2-4 drops once daily.



 Cellular Complex^{TT}
 Lemon^{TT}
 Rosemary^{TT}
 Detoxification Blend^{TT}
 Vitality Trio^T
Protocol on pg. 187

Chronic Pain

Apply 1-3 drops to affected areas as needed, using carrier oil for improved efficacy; supplement regularly for long-term care.



 Soothing Blend^{ATT}
 Copaiba^{ATT}
 Cellular Complex^{ATT}
 Turmeric^{ATT}
 Vitality Trio^T


Cirrhosis of the Liver


Apply 3 drops of oils on hand (preferably all 5 listed) with carrier oil over the liver 3x daily.



 Clove^T
 Grapefruit^T
 Geranium^T
 Rosemary^T
 Frankincense^T

Cold (Common)

Ingest 3-5 drops 3-4x daily until symptoms subside. Diffuse several drops. Supplement regularly for long-term benefits.



 Protective Blend^{ATT}
 Respiratory Blend^{ATT}
 Oregano^{ATT}
 Melissa^{ATT}
 Thyme^{ATT}
Protocol on pg. 187

Cold Extremities

Apply 2-4 drops to bottoms of feet, chest area, and inside of wrists; ingest 2-4 drops daily as needed.

- Cypripedium^{A 11}
- Black Pepper^{A 11}
- Cassia^{A 11}
- Protective Blend^{A 11}
- Deep & Sensitizing¹

Colitis

Add 2 drops of oils on hand to capsule and take after eating 3x daily.

- Lemongrass¹
- Clove¹
- Fennel¹
- Ginger¹
- Frankincense¹

Concentration

Apply 3 drops to back of neck and temples. Also diffuse several drops.

- Frankincense^{A 11}
- Peppermint^{A 11}
- Fucus Blend^{A 11}
- Vetiver^{A 11}
- Rosemary^{A 11}

Protocol on pg. 191

Congenital Heart Disease

Place 2 drops of oils on hand (preferably all 5 listed) in a capsule and take internally 3x daily. Rub 2-4 drops over chest.

- Frankincense^{T 1}
- Ginger^{T 1}
- Clary Sage^{T 1}
- Cassia^{T 1}
- Melissa^{T 1}

Connective Tissue Injury

Combine 5 drops to carrier oil and apply liberally to affected area as often as desired.

- Wintergreen^T
- Yang Tang^T
- Soothing Blend^T
- Helichrysum^T
- Blue Tansy^T

Cold Sores

Dilute with carrier oil and apply a drop to affected area as needed.

- Melissa^T
- Protective Blend^T
- Helichrysum^T
- Clove^T
- Frankincense^T

Protocol on pg. 193



Concussion

Apply 2-4 drops to forehead, temples, base of skull, and behind the ears; inhale 1-3 drops from cupped hands; take 2-5 drops internally for a few days.

- Frankincense^{A 11}
- Bergamot^{A 11}
- Cypripedium^{A 11}
- Capsaicin^{A 11}
- Rosemary^{A 11}

Congestion

Apply 1-3 drops to back of neck, under nose, on bridge of nose, or chest; inhale 1-3 drops from cupped hands as needed. Also gargle a drop.

- Eucalyptus Blend^{A 11}
- Lemon^{A 11}
- Rosemary^{A 11}
- Cardamom^{A 11}
- Lime^{A 11}

Constipation

Massage 2-4 drops over abdomen, moving in a clockwise fashion. Repeat as desired every 5-10 minutes as needed. Ingest 2-4 drops for additional support.

- Digestive Blend^{T 1}
- Ginger^{T 1}
- Magnesium^{T 1}
- Clostridium^{T 1}
- Fennel^{T 1}

Protocol on pg. 190

Colic

Dilute 1-2 drops with a carrier oil and apply topically to stomach and back before baby goes to sleep.

- Digestive Blend^T
- Peppermint^T
- Fennel^T
- Vetiver^T
- Roman Chamomile^T

Coma

Massage 3-5 drops onto temples and base of skull 3x daily. Also diffuse several drops.

- Bergamot^{A 11}
- Lavender^{A 11}
- Wintergreen^{A 11}
- Wild Orange^{A 11}
- Siberian Fir^{A 11}

Confusion

Apply 3 drops to back of neck and temples. Also diffuse several drops.

- Lavender^{A 11}
- Peppermint^{A 11}
- Rosemary^{A 11}
- Bergamot^{A 11}
- Lemon^{A 11}

Conjunctivitis (Pink Eye)

Apply 1-3 drops around the eye 4x daily. Do not get directly in eye.

- Melissa^T
- Myrrh^T
- Eucalyptus^T
- Lime^T
- Lavender^T

Control Issues

Apply a few drops as often as needed to back of the neck, temples and ears (not inside ears).

- Vetiver^{A 11}
- Siberian Fir^{A 11}
- Lavender^{A 11}
- Helichrysum^{A 11}
- Cypripedium^{A 11}

Protocol on pg. 221

Convulsions

Apply 2-4 drops to bottoms of feet, spine, and back of neck as needed. Also diffuse several drops.



Frankincense^{A†}
 Warmingginseng^{A†}
 Vetiver^{A†}
 Sandalwood^{A†}
 Rosemary^{A†}

Cough

Apply 1-3 drops to chest, back of neck, under nose, or on bridge of nose, as needed; inhale from cupped hands; gargle a drop.



Respiratory Blend^{A†}
 Rosemary^{A†}
 Peppermint^{A†}
 Lemongrass^{A†}
 Cardamom^{A†}

Protocol on pg. 188

Cramps

Massage 2-4 drops into affected areas as needed. Use with carrier oil to improve efficacy.



Soothing Blend[†]
 Massage Blend[†]
 Arbovitae[†]
 Women's Monthly Blend[†]
 Peppermint[†]

Croup

Dilute with carrier oil and apply 1-3 drops to baby's chest and back as needed. Diffuse several drops.



Respiratory Blend^{A†}
 Eucalyptus^{A†}
 Lemongrass^{A†}
 Sandalwood^{A†}
 Wild Orange^{A†}

Cushing's Syndrome

Apply 3-5 drops 3x daily over the lower back and back of neck.



Clary Sage[†]
 Fennel[†]
 Frankincense[†]
 Juniper Berry[†]
 Helichrysum[†]

Corns

Apply 3-5 drops to affected area 3x daily for a few days, then use pumice stone to remove.



Rosemary[†]
 Melaleuca[†]
 Peppermint[†]
 Eucalyptus[†]
 Oregano[†]

Cow (insect repellent)

Apply or spray 10 drops 3x daily as needed for insect repellent.



Onion Blend[†]
 Rosemary[†]
 Eucalyptus[†]
 Eucalyptus[†]
 Cedarwood[†]

Cramps (Menstrual)

Massage 2-4 drops into abdomen, lower back, and shoulders; apply to a warm compress over uterus area; ingest 2-4 drops as needed.



Women's Monthly Blend[†]
 Clary Sage[†]
 Frankincense[†]
 Peppermint[†]
 Massage Blend[†]

Protocol on pg. 195

Crying

Apply 1-2 drops to front of shirt or sleeve, or diffuse several drops.



Lavender^{A†}
 Wild Orange^{A†}
 Resonating Blend^{A†}
 Eucalyptus^{A†}
 Peppermint^{A†}

Cuts

Dilute 1-2 drops with a carrier oil and apply to affected area a couple times daily.



Melaleuca[†]
 Lavender[†]
 Helichrysum[†]
 Myrrh[†]
 Cedarwood[†]

Cortisol (High/Low)

Apply 1-3 drops to back of neck, under nose, on bridge of nose, or chest as needed; ingest 2-4 drops; inhale from cupped hands.



Lavender^{A†}
 Basil^{A†}
 Bergamot^{A†}
 Myrrh^{A†}
 Fennel^{A†}

Protocol on pg. 202

Cradle Cap

Add 3-5 drops to 30 drops of carrier oil and apply 2x daily.



Melaleuca[†]
 Lavender[†]
 Frankincense[†]
 Lemongrass[†]
 Helichrysum[†]

Crohn's Disease

Apply 2-5 drops with carrier oil over abdomen as often as needed.



Peppermint[†]
 Basil[†]
 Ginger[†]
 Fennel[†]
 Cardamom[†]

Protocol on pg. 188


Cutting/Self-Harm

Gargle a few drops. Apply 2-4 drops as often as needed to back of the neck, temples and ears (not inside ears).



Lavender^{A†}
 Vetiver^{A†}
 Ylang Ylang^{A†}
 Bergamot^{A†}
 Soothing Blend^{A†}

Protocol on pg. 235

Cyst (Ganglion)

Massage 3-5 drops into affected area 3x daily.



Frankincense^T
Oregon^T
Thyme^T
Lemongrass^T
Cypress^T

Protocol on pg. 188

Cysts

Apply 2-4 drops to affected area 3x daily or as needed.



Oregano^T
Frankincense^T
Thyme^T
Tea Tree^T
Cellular Complex^T

Dehydrated Skin

Apply 2-4 drops with carrier oil to affected area as needed. Use with lotion for improved efficacy.



Cedarwood^T
Captivating Blend^T
Myrrh^T
Sandalwood^T
Anti-Aging Blend^T

Deodorant

Add 10 drops with carrier oil to roller bottle or apply a dab with carrier oil to underarms.



Metabolics^T
Aloe Vera^T
Lavender^T
Lemongrass^T
Rosemary^T

Protocol on pg. 188

Diabetes

Apply a couple drops over pancreas and bottoms of feet daily; take a few drops internally.



Protective Blend^T
Metabolic Blend^T
Cinnamon^T
Coriander^T
Ginger^T

Protocol on pg. 189

Cystic Fibrosis

Apply 1-3 drops to chest and under nose; inhale from cupped hands as needed.



Frankincense^{A,T}
Respiratory Blend^{A,T}
Aloesin^{A,T}
Eucalyptus^{A,T}
Helena^{A,T}



Dehydration

Apply 2-4 drops to bottom of feet, spine and back of neck.



Yang Yang^T
Herd^T
Roman Chamomile^T
Sandalwood^T
Lavender^T

Depression

Apply 2-4 drops to forehead and temples; place a drop of Frankincense on thumb and press to roof of mouth; inhale from cupped hands as needed.



Infial Blend^{A,T}
Frankincense^{A,T}
Uplifting Blend^{A,T}
Melissa^{A,T}
Vitality Trio^T

Protocol on pg. 189

Diabetes (Destabilized)

Apply a couple drops over pancreas and bottoms of feet daily; take a few drops internally.



Protective Blend^T
Metabolic Blend^T
Cinnamon^T
Coriander^T
Ginger^T

Cystitis/Infection

Add 3-5 drops of each to an empty capsule and take after food 3x daily.



Clare^T
Metabolics^T
Oregon^T
Eucalyptus^T
Cinnamon^T

Dandruff

Dilute 2-6 drops in carrier oil and massage into scalp. Rinse after 60 minutes.



Metabolics^T
Cedarwood^T
Rosemary^T
Myrrh^T
Peppermint^T

Dementia

Apply 2-4 drops to forehead, temples, base of skull, and behind the ears; take internally as needed; inhale from cupped hands as needed.



Frankincense^{A,T}
Cellular Complex^{A,T}
Rose^{A,T}
Rosemary^{A,T}
Peppermint^{A,T}

Protocol on pg. 182

Detoxification

Apply 3-5 drops to bottoms of feet and inside of wrists; ingest 2-4 drops a few times daily; supplement regularly for improved cleansing.



Detoxification Blend^T
Clare^T
Lemon^T
Cape Citrus^T
Detox Herbal Complex^T

Protocol on pg. 189

Diaper Rash

Dilute 1-3 drops with carrier oil and apply to affected area several times daily until rash disappears.



Lavender^T
Roman Chamomile^T
Yang Yang^T
Coriander^T
Cedarwood^T

Diarrhea

Ingest 2-4 drops; massage 1-3 drops into abdomen clockwise hourly as needed.

- Digestive Blend^{TT}
- Lemon^{TT}
- Ginger^{TT}
- Lavender^{TT}
- Spearmint^{TT}

Diuretic

Add 3-5 drops with carrier oil and apply over the lower back.

- Juniper Berry^T
- Cypress^T
- Rosemary^T
- Cedarwood^T
- Auburnite^T

Dogs: Anxiety

Apply 1-2 drops diluted to pads of paws or outside of ears 2x daily as needed.

- Cedarwood^{AT}
- Spearmint^{AT}
- Frankincense^{AT}
- Lavender^{AT}
- Lemongrass^{AT}

Dogs: Bone Injury

Apply 1-2 drops diluted to affected areas 2x daily as needed.

- Copaiba^T
- Clay^T
- Lemongrass^T
- Wingspan^T
- Rosemary^T

Dogs: Earache

Apply 1-2 drops diluted to outside of ears 2x daily as needed.

- Copaiba^T
- Lavender^T
- Spearmint^T
- Rosemary^T
- Wingspan^T

Digestion Issues

Ingest 2-4 drops; massage 1-3 drops into abdomen clockwise hourly as needed.

- Cedarwood^{TT}
- Fennel^{TT}
- Ginger^{TT}
- Lavender^{TT}
- Cinnamon^{TT}

Protocol on pg. 190

Diverticulitis

Ingest 2-4 drops twice daily for ongoing support; massage 1-3 drops into abdomen clockwise as needed.

- Digestive Blend^{TT}
- Cypress^{TT}
- Lemon^{TT}
- Cellular Complex^{TT}
- Digestive Enzymes^T

Dogs: Arthritis

Apply 1-2 drops diluted to affected areas 2x daily as needed.

- Copaiba^T
- Clay^T
- Lemongrass^T
- Wingspan^T
- Rosemary^T

Dogs: Dermatitis

Apply 1-2 drops diluted to affected areas 2x daily as needed.

- Peppermint^T
- Cedarwood^T
- Roman Chamomile^T
- Lavender^T
- Needs^T

Dogs: Fleas

Add 2-4 drops to dog shampoo and wash 2x daily as needed.

- Outdoor Blend^T
- Heliantha^T
- Lavender^T
- Needs^T
- Rosemary^T

Disinfectant

Add 20 drops to glass spray bottle.

- Heliantha^T
- Protective Blend^T
- Cleaning Blend^T
- Lime^T
- Citrus^T

Dizziness

Apply 1-3 drops to back of neck, under nose, or on temples; inhale from cupped hands; ingest 2-4 drops of Detoxification Blend as needed.

- Detoxifying Blend^{AT}
- Detoxification Blend^{AT}
- Cypress^{AT}
- Cedarwood^{AT}
- Auburnite^{AT}



Dogs: Ear Infection

Apply 1-2 drops diluted to outside of ears 2x daily as needed.

- Copaiba^T
- Lavender^T
- Spearmint^T
- Rosemary^T
- Wingspan^T

Dogs: Heart Issues

Apply 1-2 drops diluted over chest 2x daily as needed.

- Cedarwood^T
- Lavender^T
- Frankincense^T
- Rosemary^T
- Roman Chamomile^T

Dogs: Sleep

Apply 1-2 drops diluted to pads of paws or outside of ears 2x daily as needed.



- Lavender ^{A†}
- Lemongrass ^{A†}
- Russian Chamomile ^{A†}
- Cedarwood ^{A†}
- Rosemary ^{A†}

Dry Mouth

Place 1-2 drops on tongue 2x daily.



- Peppermint [†]
- Lime [†]
- Siberian Fir [†]
- Lemon [†]
- Ginger [†]

Dysphagia

Apply 1-3 drops to neck or ingest a few drops as needed.



- Copaiba ^{††}
- Marjoram ^{††}
- Lemon ^{††}
- Peppermint ^{††}
- Frankincense ^{††}

Ear Infection

Apply 1-3 drops around the opening of the ear or apply to a cotton ball and place over ear opening overnight. Do NOT use essential oils in ear. Ingest 2-4 drops as needed.



- Melaleuca ^{††}
- Lavender ^{††}
- Tea ^{††}
- Helichrysum ^{††}
- Melaleuca ^{††}

Protocol on pg. 192

Eating Disorder

Apply 3-5 drops as needed to abdomen and inside of legs from knees to ankles.



- Bergamot ^{A†}
- Lemon ^{A†}
- Cinnamon ^{A†}
- Ginger ^{A†}
- Coriander ^{A†}

Dogs: Stroke

Apply 1-2 drops diluted to pads of paws and back of neck 2x daily as needed.



- Cedarwood ^{A†}
- Lavender ^{A†}
- Frankincense ^{A†}
- Rosemary ^{A†}
- Russian Chamomile ^{A†}

Dry Skin

Add 3-5 drops to carrier oil and apply to affected area 2-4x daily.



- Cedarwood [†]
- Frankincense [†]
- Ceranium [†]
- Lavender [†]
- Russian Chamomile [†]

Dry Eyes

Dab a drop diluted with a carrier oil around eyes (do not put directly in eyes). Also apply 2 drops to eye reflex points on bottoms of feet.



- Lavender [†]
- Lemon [†]
- Rose [†]
- Rosemary [†]
- Myrror [†]

Dysentery

Massage 1-3 drops into abdomen; ingest 2-4 drops as needed.



- Helichrysum ^{††}
- Digestive Blend ^{††}
- Frankincense ^{††}
- Lavender ^{††}
- Melaleuca ^{††}

E. Coli

Ingest 1-3 drops every 2-3 hours for systemic and/or internal infections.



- Thyme ^{††}
- Oregano ^{††}
- Protective Blend ^{††}
- Melaleuca ^{††}
- Arbutin ^{††}

E

Ear Mites

Apply 2 drops with carrier oil around ear.



- Levonic [†]
- Lavender [†]
- Melaleuca [†]
- Sandalswood [†]
- Cinnamon [†]

Ebola Virus

Apply 3-5 drops to back of neck and spine 3x daily; take 3-5 drops in a capsule 2-3x daily as needed.



- Oregano ^{††}
- Clay ^{††}
- Frankincense ^{††}
- Melaleuca ^{††}
- Arbutin ^{††}

Earsache

Apply 1-3 drops around the opening of the ear or apply to a cotton ball and place over ear opening overnight. Do NOT use essential oils in ear.



- Helichrysum [†]
- Tea [†]
- Lavender [†]
- Melaleuca [†]
- Frankincense [†]

Protocol on pg. 192

Eczeema

Apply 2-4 drops to affected area as needed. For improved efficacy, dilute with carrier oil.



- Skin Soothing Blend [†]
- Helichrysum [†]
- Cedarwood [†]
- Anti-Aging Blend [†]
- Nagavala [†]

Protocol on pg. 190

Edema

Massage 2-4 drops into affected area and on bottoms of feet; ingest a couple times daily or as needed.



Lavender^{TT}
 Eucalyptus^{AT}
 Peppermint^{TT}
 Metabolic Blend^{TT}
 Grapefruit^{TT}

Endurance

Massage 2-4 drops on lower back over adrenals, or inhale from cupped hands. Ingest 2-4 drops as needed.



Basil^{AT}
 Juniper Berry^{AT}
 Rosemary^{AT}
 Geranium^{AT}
 Ylang Ylang^{AT}

Protocol on pg. 212

Epslein-Barr Virus

Apply 3-5 drops 3x daily to outside of legs, spine and back of neck. Also take in a capsule 2x daily.



Bergamot^{TT}
 Ylang Ylang^{TT}
 Lavender^{TT}
 Mandarin^{TT}
 Rosemary^{TT}

Exhaustion

Inhale 1-3 drops from cupped hands; apply a couple drops to feet and back; ingest 2-4 drops Ylang Ylang or Tangerine as needed.



Ylang Ylang^{AT}
 Tangerine^{AT}
 Uplifting Blend^{AT}
 Encouraging Blend^{AT}
 Peppermint^{AT}

Protocol on pg. 191

Emphysema

Apply 1-3 drops to back of neck, under nose, chest, or on bridge of nose as needed; ingest 3-5 drops; inhale from cupped hands.



Respiratory Blend^{AT}
 Frankincense^{AT}
 Rose^{AT}
 Eucalyptus^{AT}
 Lavender^{AT}

Energy (low)

Apply 2-4 drops to bottoms of feet, under nose, on bridge of nose, or chest as needed; inhale from cupped hands as needed.



Wild Orange^{AT}
 Peppermint^{AT}
 Spearmint^{AT}
 Zing & Ruscus Complex[†]
 Vitality Trio[†]

Protocol on pg. 191

Erectile Dysfunction

Apply 2-4 drops to temples, wrists, and back of neck as needed; inhale from cupped hands; add a drop to personal lubricant.



Rose^{AT}
 Ylang Ylang^{AT}
 Respiratory Blend^{AT}
 Clove^{AT}
 Cellular Complex^{AT}

Eye Support

Apply 2-4 drops diluted around eyes (do not get directly in eyes), lower back, and eye reflex points.



Clary Sage[†]
 Frankincense[†]
 Helichrysum[†]
 Cypress[†]
 Vitex[†]

Fainting

Inhale 1-3 drops from cupped hands as needed; apply a drop onto ears and under nose; diffuse several drops.



Peppermint^{AT}
 Frankincense^{AT}
 Wild Orange^{AT}
 Basil^{AT}
 Respiratory Blend^{AT}

Endometriosis

Apply 3-5 drops to lower abdomen 3x daily.



Clary Sage[†]
 Eucalyptus[†]
 Frankincense[†]
 Ylang Ylang[†]
 Patchouli[†]

Protocol on pg. 190

Epilepsy

Apply 1-3 drops to back of neck, under nose, or on temples; inhale from cupped hands; ingest 2-4 drops of Frankincense or Cellular Complex blend 3-5x daily.



Frankincense^{AT}
 Epsom Salt^{AT}
 Capsula^{AT}
 Cellular Complex^{AT}
 Vitality Trio[†]

Estrogen Imbalance

Apply 2-4 drops to feet, abdomen, and lower back; inhale from cupped hands; take 2-4 drops of Clary Sage in a capsule 2x daily.



Clary Sage^{AT}
 Lavender^{AT}
 Basil^{AT}
 Women's Balance Blend^{AT}
 Phytoestrogen Complex[†]

Eyes (swollen)

Apply 1-3 drops around eyes (do not get directly in eyes).



Geranium[†]
 Frankincense[†]
 Rose[†]
 Eucalyptus[†]
 Juniper Berry[†]

Fear

Inhale from cupped hands; apply a couple drops to feet and back.



Black Pepper^{AT}
 Juniper Berry^{AT}
 Grounding Blend^{AT}
 Frankincense^{AT}
 Encouraging Blend^{AT}

F

Fever

Apply 2-4 drops to back of neck, under nose, on bridge of nose, or chest; ingest 2-4 drops Oregano every 2-4 hours until symptoms subside.

- Peppermint ^{A, T1}
- Oregano ^{A, T1}
- Roman Chamomile ^{A, T1}
- Lavender ^{A, T1}
- Frankincense ^{A, T1}

Fibromyalgia

Apply 2-4 drops to affected area; ingest 2-4 drops 3x daily; use full protocol for most profound results.

- Cellular Complex ^{A, T1}
 - Soothing Blend ^{A, T1}
 - Copaiba ^{A, T1}
 - Frankincense ^{A, T1}
 - Yarnark ^{A, T1}
- Protocol on pg. 191*

Food Poisoning

Apply 1-3 drops to stomach and rub clockwise; ingest 2-4 drops every 2-4 hours as needed.

- Oregano ^{T1}
- Digestive Blend ^{T1}
- Pink Pepper ^{T1}
- Protective Blend ^{T1}
- GI-Cleansing Complex ^{T1}

Fungal Skin

Apply 1-3 drops to affected area several times daily.

- Melaleuca ^{T1}
- Skin Clearing Blend ^{T1}
- Oregano ^{T1}
- Achrovia ^{T1}
- Cedarwood ^{T1}

Gallbladder Stones

Apply 2-4 drops over gallbladder several times daily; ingest 2-4 drops as needed.

- Lemon ^{T1}
- Cilantro ^{T1}
- Rosemary ^{T1}
- Bergamot ^{T1}
- Detoxification Blend ^{T1}

Fibrocystic Breasts

Massage 1-3 drops into breasts as needed; ingest 3-5 drops 3x daily.

- Frankincense ^{T1}
- Clove Sage ^{T1}
- Benzoin ^{T1}
- Rose ^{T1}
- Cellular Complex ^{T1}

Flu (Influenza)

Apply 2-4 drops to chest, bottoms of feet, and back over lungs; ingest 2-4 drops every 2-3 hours as desired for antiviral and immune-boosting support.

- Respiratory Blend ^{A, T1}
 - Protective Blend ^{A, T1}
 - Oregano ^{A, T1}
 - Thyme ^{A, T1}
 - Black Pepper ^{A, T1}
- Protocol on pg. 191*

Fragile Hair

Apply 3-5 drops to a carrier oil and apply to hair at bedtime or 30 minutes before showering.

- Lavender ^{T1}
- Peppermint ^{T1}
- Rosemary ^{T1}
- Cedarwood ^{T1}
- Lemongrass ^{T1}



Fibroids (Uterine)

Apply 2-4 drops to abdomen 3x daily; ingest 3-5 drops.

- Scabiosa ^{T1}
- Thyme ^{T1}
- Frankincense ^{T1}
- Cellular Complex ^{T1}
- Helichrysum ^{T1}

Focus

Apply 1-3 drops to forehead, temples, back of neck, and behind the ears; inhale from cupped hands; diffuse several drops.

- Peppermint ^{A, T1}
 - Focus Blend ^{A, T1}
 - Rosemary ^{A, T1}
 - Frankincense ^{A, T1}
 - Green Mandarin ^{A, T1}
- Protocol on pg. 191*

Frozen Shoulder

Apply 2-4 drops to affected area. Massage with carrier oil for improved efficacy.

- Soothing Blend ^{T1}
- Massage Blend ^{T1}
- Cypress ^{T1}
- Siberian Fir ^{T1}
- Lemongrass ^{T1}

Gallbladder Issues

Massage 2-4 drops over gallbladder several times daily; ingest 2-4 drops as needed.

- Juniper Berry ^{T1}
- Detoxification Blend ^{T1}
- Melaleuca ^{T1}
- Helichrysum ^{T1}
- Tangerine ^{T1}

Gas (Flatulence)

Massage 1-3 drops into stomach area; ingest 1-3 drops as needed.

- Digestive Blend ^{T1}
 - Fennel ^{T1}
 - Peppermint ^{T1}
 - Clove ^{T1}
 - Tangerine ^{T1}
- Protocol on pg. 190*

Gangrene

Combine 3-5 drops with a carrier oil and apply to affected area hourly.

- Lavender ^{T1}
- Melaleuca ^{T1}
- Frankincense ^{T1}
- Copaiba ^{T1}
- Achrovia ^{T1}

Gastritis

Massage 1-3 drops into stomach area; ingest 2-4 drops diluted in carrier oil inside a veggie cap as needed.



Protocol on pg. 190

Giardia

Massage 1-3 drops clockwise onto stomach and chest area; ingest 1-3 drops as needed.

**Gluten Sensitivity**

Ingest 1-3 drops as needed. Ingest digestive enzymes 20-30 minutes before eating, or immediately after or during consumption. Rub 2-4 drops over stomach.

**Greasy/Oily Hair**

Apply 3-5 drops to a carrier oil and apply to hair at bedtime or 30 minutes before showering.

**Gums (Bleeding)**

Apply 1-3 drops to gums; gargle a few drops in water as needed.

**Gastroesophageal Reflux Disease**

Apply 3-5 drops to upper chest and back before meals.

**Gingivitis**

Gargle 1-3 drops mixed with water several times daily; ingest 1-3 drops as needed.

**Gout**

Ingest 2-4 drops twice a day; massage 1-3 drops gently into affected joints as needed.



Protocol on pg. 183

Growing Pains

Massage 2-4 drops into affected areas as needed.

**Genital Warts**

Dilute heavily with a carrier oil and apply 1-3 drops to affected area 3x daily.

**Glaucoma**

Dab a drop diluted around eye (do not get directly in eyes); combine 2-5 drops into a capsule and take 3x daily.

**Grave's Disease**

Apply 1-3 drops to front of neck. Dilute with carrier oil for easier application. Ingest 1-3 drops a few times daily or as needed.



Protocol on pg. 203

Gum Disease

Apply 1-3 drops to gums; gargle a few drops in water as needed.

**H. Pylori**

Massage 2-4 drops into stomach area; ingest 1-3 drops as needed.



Hair Loss

Dilute 5 drops in 20 drops of carrier oil. Massage into scalp every night or 30 minutes before showering.

- Essential Oil
- Peppermint
- Rosemary
- Spikenard
- Vitally Tree

Hands Tingling

Apply 3-5 drops to the affected area, lower back, and spine.

- Essential Oil
- Peppermint
- Eucalyptus
- Rosemary
- Frankincense
- Lavender

Hay Fever

Apply 1-3 drops to bridge of nose and over sinuses or chest as needed; use a drop of Lavender under the tongue; inhale from cupped hands; diffuse several drops.

- Essential Oil
 - Respiratory Blend
 - Lavender
 - Peppermint
 - Clearing Blend
 - Sensual Blend
- Protocol on pg. 182

Headache (Sinus)

Massage 2-4 drops into forehead, temples, and back of neck; inhale from cupped hands.

- Essential Oil
 - Tension Blend
 - Respiratory Blend
 - Peppermint
 - Frankincense
 - Rosemary
- Protocol on pg. 201

Hearing Issues

Apply 1-3 drops to temples and around the opening of the ear; apply to a cotton ball and place over ear opening overnight. Do not apply into ear.

- Essential Oil
- Helichrysum
- Basil
- Frankincense
- Rose
- Helianthus

Halitosis

Gargle a few drops mixed with water several times daily or as needed; ingest 1-3 drops Cilantro twice daily.

- Essential Oil
- Protective Blend
- Cilantro
- Peppermint
- Detoxification Blend
- Spearmint

Hangover

Add 4-6 drops to warm bath; massage into back of neck and over liver; ingest 2-4 drops as needed.

- Essential Oil
- Digestive Blend
- Tension Blend
- Deep Relief
- Detoxification Blend
- Lemon



Hand, Foot, & Mouth

Apply 1-3 drops to affected areas (dilute for increased effectiveness); ingest as needed.

- Essential Oil
- Protective Blend
- Rose
- Cellular Corrective
- Citrus
- Helianthus

Hashimoto's

Apply 1-3 drops to front of neck. Dilute with carrier oil for easier application. Ingest 1-3 drops a few times daily or as needed.

- Essential Oil
 - Clove
 - Lemongrass
 - Myrrh
 - Peppermint
 - Rosemary
- Protocol on pg. 203

Head Lice

Dilute 1-3 drops and apply to entire scalp, shampoo, and rinse 30 minutes later. Repeat daily for several days.

- Essential Oil
- Helianthus
- Arbutin
- Outdoor Blend
- Rosemary
- Eucalyptus

Headache (Tension)

Massage 1-3 drops into forehead, temples, and back of neck; inhale from cupped hands.

- Essential Oil
 - Tension Blend
 - Peppermint
 - Frankincense
 - Lavender
 - Massage Blend
- Protocol on pg. 192

Heartburn

Massage 1-3 drops into abdomen; ingest 1-3 drops as needed.

- Essential Oil
 - Digestive Blend
 - Peppermint
 - Metabolic Blend
 - Citrus
 - Fennel
- Protocol on pg. 192

Heat Exhaustion

Apply 1-3 drops to forehead, back of neck, inside of wrists, and bottom of feet; add Lemon or Peppermint to mineral water and sip slowly.



Peppermint^{A11}
Lemon^{A71}
Tensilon Blend^{A7}
Siberian Fir^{A11}
Lavender^{A11}

Hematoema

Apply 1-3 drops to affected areas 2-3x daily or as needed; take 3-5 drops in a capsule 2x daily.



Cypress[†]
Massage Blend[†]
Geranium^{†1}
Marjoram^{†1}
Lemon^{†1}

Hepatitis

Ingest 1-3 drops; use several drops topically with a warm compress over the liver area.



Capsula^{†1}
Myrrh^{†1}
Detoxification Blend^{†1}
Helichrysum^{†1}
Lavender^{†1}

Protocol on pg. 193

Herpes Simplex

Ingest 1-3 drops; use topically with a warm compress over the kidney area; apply on the right and left side of throat daily.



Nelalena^{†1}
Melissa^{†1}
Protective Blend^{†1}
Oregano^{†1}
Rose[†]

Protocol on pg. 193

Hives

Apply 1-3 drops diluted to affected area; ingest 2-4 drops twice daily as needed.



Nelalena^{†1}
Frankincense^{†1}
Lavender^{†1}
Mentha Blend[†]
Magnolia[†]

Heatstroke

Apply 1-3 drops to forehead, temples, back of neck, and chest; ingest 1-3 drops as needed.



Peppermint^{A11}
Frankincense^{A11}
Tensilon Blend^{A1}
Spectra^{A11}
Capsula^{A71}

Hemorrhoids

Dilute 2-4 drops with carrier oil and apply directly to affected areas daily or as needed.



Geranium[†]
Cypress[†]
Rose[†]
Siberian Fir[†]
Myrrh[†]

Protocol on pg. 192

Hernia (Hiatal)

Massage 1-3 drops into affected area as needed.



Helichrysum[†]
Frankincense[†]
Achoyvitae[†]
Digestive Blend[†]
Digestive Enzymes[†]

Hiccups

Inhale 1-3 drops from cupped hands; massage into chest and stomach area as needed.



Achoyvitae^{A7}
Lemon^{A7}
Capsula^{A7}
Digestive Blend^{A7}
Neroli^{A7}

Hoarse Voice

Gargle 1-3 drops in water as needed; apply diluted to outside of throat.



Lemon^{†1}
Myrrh^{†1}
Lavender^{†1}
Protective Blend^{†1}
Achoyvitae[†]

Heavy Metal Detox

Ingest 2-4 drops 2x daily; massage 2-4 drops into bottoms of feet.



Cilantro^{†1}
Frankincense^{†1}
Cellular Complex^{†1}
Detox Herbal Complex[†]
Lemon^{†1}


Herniated Disc

Massage 2-4 drops into affected area as often as needed (at least 3x daily).



Soothing Blend[†]
Massage Blend[†]
Lemongrass[†]
Capsula[†]
Wintergreen[†]

Protocol on pg. 193

HIV

Apply 1-3 drops to bottoms of feet; ingest 3-5 drops 3x daily; inhale from cupped hands for emotional support.



Melissa^{A11}
Oregano^{A11}
Helichrysum^{A71}
Cellular Complex^{A71}
Thyme^{A71}

Protocol on pg. 181

Hormone Balance (Female)

Massage 2-4 drops into abdomen, temples, and bottoms of feet; ingest as needed; inhale from cupped hands.



Women's Healthy Blend^{A7}
Garry Sage^{A71}
Yang Yang^{A71}
Frankincense^{A71}
Santalwood^{A71}

Hormone Balance (Male)

Combine 2-5 drops and apply to bottom of feet and inside of legs; take a few drops in a capsule daily.

- Peppermint** ^{A11}
- Cinnamon** ^{A11}
- Frankincense** ^{A11}
- Clary Sage** ^{A11}
- Sambucus** ^{A11}

Horse: Infection

Apply 3-5 drops to the affected area 5x daily. Dilute for sensitive skin.

- Protective Blend** ^T
- Melaleuca** ^T
- Lawsonia** ^T
- Sumac** ^T
- Thyme** ^T

Horse: Wounds

Allow horse to smell the oil. Apply 3-5 drops to the affected area 2-3x daily. Dilute for sensitive skin.

- Melaleuca** ^{A11}
- Lawsonia** ^{A11}
- Helleboreum** ^{A11}
- Roman Chamomile** ^{A11}
- Myrrh** ^{A11}



Hyperthyroid

Apply 1-3 drops to front of neck. Dilute with carrier oil for easier application. Ingest 3-5 drops a few times daily or as needed.

- Myrrh** ^{T1}
- Frankincense** ^{T1}
- Cellular Complex** ^{T1}
- Detoxification Blend** ^{T1}
- Vitality Trio** ^{T1}

Protocol on pg. 203

Horse: Anxiety/ Nervousness

Allow horse to smell the oil. Massage 3-5 drops into coat.

- Lawsonia** ^{A11}
- Peppermint** ^{A11}
- Ylang** ^{A11}
- Roman Chamomile** ^{A11}
- Vetiver** ^{A11}

Horse: Leg Fracture

Apply 3-5 drops to the affected area 5x daily. Dilute for sensitive skin.

- Cypress** ^T
- Soothing Blend** ^T
- Siberian Fir** ^T
- Helleboreum** ^T
- Frankincense** ^T

Hot Flashes

Massage 2-4 drops into chest, neck, and face as needed; ingest 2-5 drops Clary Sage and Ylang Ylang 2x daily.

- Woman's Health Blend** ^{A11}
- Peppermint** ^{A11}
- Clary Sage** ^{A11}
- Ylang Ylang** ^{A11}
- Woman's Health Blend** ^{A11}

Protocol on pg. 195

Hypertension

Apply 2-4 drops to chest area, bottoms of feet, or inside of wrists; inhale 1-3 drops from cupped hands; supplement regularly for long-term benefits.

- Melissa** ^{A11}
- Lavender** ^{A11}
- Basil** ^{A11}
- Energy & Stamina Complex** ^{T1}
- Vitality Trio** ^{T1}

Hypoglycemia

Apply 1-3 drops to chest, bottoms of feet, and inside of wrists; ingest 2-4 drops a few times daily or as needed.

- Metabolic Blend** ^{T1}
- Cinnamon** ^{T1}
- Coriander** ^{T1}
- Detoxification Blend** ^{T1}
- Cellular Complex** ^{T1}

Horse: Hoof Rot

Mix 3-5 drops in a spray bottle with 16 oz of water. Shake well and spray on hoof 5x daily.

- Peppermint** ^T
- Melaleuca** ^T
- Helleboreum** ^T
- Thyme** ^T
- Vetiver** ^T

Horse: Muscle Tissue

Massage 3-5 drops to the affected area 3x daily. Dilute for sensitive skin.

- Lawsonia** ^T
- Roman Chamomile** ^T
- Frankincense** ^T
- Sumac** ^T
- Soothing Blend** ^T

Hyperactivity

Apply 1-3 drops on back of neck and bottoms of feet; inhale from cupped hands; diffuse several drops.

- Focus Blend** ^{A11}
- Grounding Blend** ^{A11}
- Vetiver** ^{A11}
- Frankincense** ^{A11}
- Lawsonia** ^{A11}

Hypertension

Apply 1-2 drops behind ears; inhale from cupped hands; use a drop under the tongue; diffuse several drops.

- Grounding Blend** ^{A11}
- Lavender** ^{A11}
- Thyme** ^{A11}
- Rose** ^{A11}
- Melissa** ^{A11}

Hypothyroid

Apply 1-3 drops to front of neck. Dilute with carrier oil for easier application. Ingest 3-5 drops a few times daily or as needed.

- Peppermint** ^{T1}
- Lawsonia** ^{T1}
- Cineol** ^{T1}
- Myrrh** ^{T1}
- Vitality Trio** ^{T1}

Protocol on pg. 203

Hysteria

Apply 3-5 drops of each with carrier oil to back of neck, temples and spine; inhale a few drops from cupped hands; diffuse several drops.



Vetiver^{A†}
Lavender^{A†}
Cleansing Blend^{A†}
Sandalwood^{A†}
Cypress^{A†}

Impetigo

Combine 2 drops of each with carrier oil and apply to affected area 5x daily.



Lavender[†]
Melaleuca[†]
Myrrh[†]
Helichrysum[†]
Sandalwood[†]

Indigestion

Massage 1-3 drops into stomach area clockwise as needed; drink 1-3 drops with water or in a capsule.



Digestive Blend^{††}
Ginger^{††}
Lemon^{††}
Cardamom^{††}
Digestive Tablets[†]

Protocol on pg. 154

Infertility

Apply 2-4 drops to abdomen, wrists, and lower back daily; ingest 2-4 drops 2x daily.



Clary Sage^{A††}
Cellular Complex^{A††}
Ylang Ylang^{A††}
Fennel^{A††}
Vitality Trio[†]

Protocol on pg. 192

Ingrown Toenail

Apply 1-3 drops to affected toenail 3x daily.



Melaleuca[†]
Protective Blend[†]
Detoxification Blend[†]
Lavender[†]
Oregano[†]

**Impotence**

Rub 3-5 drops on lower back and outside of legs; add 1-2 drops to personal lubricant; diffuse several drops.



Ylang Ylang^{A†}
Inspiring Blend^{A†}
Rosemary^{A†}
Lavender^{A†}
Cinnamon^{A†}

Protocol on pg. 194

Infant Reflux

Apply 1-2 drops diluted to stomach area and chest as needed.



Digestive Blend[†]
Lavender[†]
Fennel[†]
Frankincense[†]
Ginger[†]

Protocol on pg. 154

Inflammation

Apply 2-4 drops to affected areas as needed. For systemic inflammation, ingest 2-4 drops 2x daily.



Soothing Blend^{A†}
Frankincense^{A††}
Copaiba^{A††}
Turmeric^{A††}
Wingspan^{A†}

Injury (Muscle, Bone)

Apply 3-5 drops liberally to affected area as often as desired. Dilute for sensitive tissues.



Wingspan[†]
Ylang Ylang[†]
Soothing Blend[†]
Helichrysum[†]
Blue Tansy[†]

Immune Boost

Apply 2-4 drops to bottoms of feet; ingest 3-5 drops 2x daily; inhale from cupped hands as needed.



Protective Blend^{A††}
Melaleuca^{A††}
Oregano^{A††}
Black Pepper^{A††}
Clove^{A††}

Incontinence

Massage 2-4 drops over bladder and kidneys before bedtime as needed.



Cypress[†]
Black Pepper[†]
Ylang Ylang[†]
Lemongrass[†]
Roman Chamomile[†]

Infected Wounds

Apply 1-3 drops to affected areas 2-3x daily as needed; dilute for sensitive skin.



Melaleuca[†]
Helichrysum[†]
Frankincense[†]
Lavender[†]
Protective Blend[†]

Protocol on pg. 154

Inflammatory Bowel Disease

Massage 1-3 drops onto stomach; ingest 2-4 drops 2-3x daily.



Digestive Blend^{††}
Frankincense^{††}
Lavender^{††}
Digestive Enzymes[†]
Probiotic Complex[†]

Protocol on pg. 194

Insect Bites

Apply 1-2 drops to insect bite hourly or as needed.



Lavender[†]
Melaleuca[†]
Cleansing Blend[†]
Roman Chamomile[†]
Frankincense[†]

Insect Repellent

Apply liberally over exposed skin areas; combine with carrier oil to spread easily.

-    Cedarwood Essential Oil^T
-    Eucalyptus^T
-    Peppermint^T
-    Rosemary^T
-    Cedarwood^T

Irritable Bowel Syndrome

Apply 1-3 drops to bottoms of feet or over stomach; take 2-4 drops internally as needed.

-    Digestive Blend^T
-    Ginger^T
-    Turmeric^T
-    Frankincense^T
-    Peppermint^T

Protocol on pg. 194

Jaundice

Massage 1-3 drops diluted over the liver; diffuse several drops nearby.

-    Lavender^{A,T}
-    Myrrh^{A,T}
-    Neroli^{A,T}
-    Rose^{A,T}
-    Grapefruit^{A,T}

Joint Pain

Massage 1-3 drops into affected areas as needed; use carrier oil for improved efficacy.

-    Soothing Blend^T
-    Lemongrass^T
-    Wintergreen^T
-    Copaiba^T
-    Frankincense^T

Kidney Stones

Massage 2-4 drops over kidneys 3-5x daily; ingest 1-3 drops 3-5x daily.

-    Lemon^T
-    Juniper Berry^T
-    Helichrysum^T
-    Wintergreen^T
-    Wild Orange^T

Insomnia

Apply 1-3 drops to forehead, temples, base of skull, and behind the ear; diffuse several drops.

-    Roseful Blend^{A,T}
-    Vetiver^{A,T}
-    Lavender^{A,T}
-    Cedarwood^{A,T}
-    Patchouli^{A,T}

Protocol on pg. 201

Itchy Skin

Apply 1-3 drops to affected areas as needed. Use with carrier oil or lotion for improved efficacy.

-    Melaleuca^T
-    Lavender^T
-    Skin-Clearing Blend^T
-    Cedarwood^T
-    Frankincense^T

Jet Lag

Apply 1-3 drops to forehead, temples, back of neck, and chest; inhale from cupped hands as needed.

-    Peppermint^{A,T}
-    Tangerine^{A,T}
-    Lemon^{A,T}
-    Protective Blend^{A,T}
-    Cellular Complex^{A,T}

Insulin Imbalance

Apply 2-4 drops to bottoms of feet; take 3-5 drops internally 2x daily.

-    Citrusen^T
-    Protective Blend^T
-    Lavender^T
-    Clove^T
-    Metabolic Blend^T

Protocol on pg. 189



Jack Itch

Apply 1-3 drops to affected areas as needed with carrier oil; ingest 3-4 drops 3x daily.

-    Melaleuca^T
-    Skin-Clearing Blend^T
-    Lavender^T
-    Clearing Blend^T
-    Thyme^T



Kidney Infection

Apply 2-4 drops over kidneys 3-5x daily; ingest 1-3 drops 3-5x daily.

-    Juniper Berry^T
-    Lemongrass^T
-    Oregano^T
-    Protective Blend^T
-    Clove^T



Lactose Intolerance

Ingest 2-4 drops or massage over stomach as needed.

-    Digestive Blend^T
-    Celastrol^T
-    Lemongrass^T
-    Digestive Enzymes^T
-    Probiotic Complex^T

Laryngitis

Diffuse several drops throughout the day; ingest 3-5 drops 3x daily; massage 1-3 drops onto outside of throat.



Protective Blend^{A, T1}
 Melaleuca^{A, T1}
 Black Pepper^{A, T1}
 Lemongrass^{A, T1}
 Eucalyptus^{A, T1}


Leg Cramps

Massage several drops into legs as needed; use carrier oil for improved efficacy.



Soothing Blend^T
 Cypress^T
 Massage Blend^T
 Marjoram^T
 Black Pepper^T

Lice

Apply 3-5 drops with carrier oil to scalp 4x daily.



Melaleuca^T
 Lavender^T
 Cleansing Blend^T
 Clove^T
 Eucalyptus^T

Lockjaw (Tetanus)

Massage 2-3 drops into jaw joint as needed.



Lavender^T
 Cypress^T
 Frankincense^T
 Clove^T
 Massage Blend^T

Lupus

Ingest 2-4 drops 3-5x daily during flare ups; massage 2-4 drops into inflamed areas; diffuse several drops for emotional support.



Frankincense^{A, T1}
 Cellular Complex^{A, T1}
 Soothing Blend^{A, T}
 Clove^{A, T1}
 Turmeric^{A, T1}

Protocol on pg. 194

Leukemia

Ingest 2-4 drops 3x daily; massage 2-4 drops into bottoms of feet and spine 3-5x daily.



Cellular Complex^{T1}
 Frankincense^{T1}
 Lemongrass^{T1}
 Sandalwood^{T1}
 Myrrh^{T1}

Protocol on pg. 186

Lipoma

Massage 3-5 drops to affected area 3x daily.



Grapefruit^T
 Clove^T
 Patchouli^T
 Frankincense^T
 Melaleuca^T

Lou Gehrig's Disease

Apply 3-5 drops to spine and back of legs 3x daily.



Frankincense^T
 Myrrh^T
 Lavender^T
 Geranium^T
 Melaleuca^T

Lyme Disease

Massage 2-4 drops into lower back 3x daily; take 3-5 drops in a capsule 3x daily.



Melaleuca^{T1}
 Thyme^{T1}
 Oregano^{T1}
 Geranium^{T1}
 Vitality Trio^T

Protocol on pg. 193

Lossy Gut Syndrome

Combine 3-5 drops in a capsule and take 3x daily after food.



Peppermint^T
 Cardamom^T
 Helichrysum^T
 Ginger^T
 Melaleuca^T

Protocol on pg. 223

Libido (low)

Apply 1-3 drops to abdomen, bottoms of feet, and wrists as needed; inhale from cupped hands; diffuse several drops.



Inspiring Blend^{A, T}
 Yang Yang^{A, T}
 Lemongrass^{A, T}
 Women's Monthly Blend^{A, T}
 Rose^{A, T}

Protocol on pg. 194

Liver Disease

Apply 3-5 drops over the liver 3x daily.



Clove^T
 Grapefruit^T
 Camomile^T
 Eucalyptus^T
 Frankincense^T

Lumbago

Apply 3-5 drops liberally to affected area as often as needed; use carrier oil for improved efficacy.



Soothing Blend^T
 Warming^T
 Yang Yang^T
 Helichrysum^T
 Blue Tansy^T

Protocol on pg. 154

Lymphatic Support

Apply 3-5 drops to sides of neck and sides of rib cage 2x daily.



Grapefruit^T
 Lemon^T
 Juniper Berry^T
 Basil^T
 Frankincense^T

Lymphoma (Non-Hodgkin's)

Ingest 3-5 drops 2-4x daily; rub 2-4 drops to sides of throat; supplement for added support

- Cellular Complex^{††}
- Frankincense^{††}
- Sandalwood^{††}
- Ashwagandha[†]
- Healthy Trio[†]

Malaria

Take 3-5 drops in a capsule 4x daily; rub 2-4 drops onto spine and bottoms of feet.

- Ginger^{††}
- Cardamom^{††}
- Cloves^{††}
- Basil^{††}
- Thyme^{††}

Memory Loss

Massage 2-4 drops into forehead, temples, back of neck, and chest as needed; inhale from cupped hands.

- Rosemary^{††}
 - Peppermint^{††}
 - Sage^{††}
 - Lavender^{††}
 - Frankincense^{††}
- Protocol on pg. 195

Menstrual Bleeding

Massage 2-4 drops into abdomen and lower back; apply to a warm compress over uterus area; ingest 2-4 drops as needed.

- Helichrysum^{††}
 - Cassia^{††}
 - Clary Sage^{††}
 - Women's Monthly Blend[†]
 - Lavender^{††}
- Protocol on pg. 195

Mental Fatigue

Massage 1-3 drops into forehead, temples, back of neck, and bottoms of feet; inhale from cupped hands as needed.

- Peppermint^{††}
 - Basil^{††}
 - Green Mandarin^{††}
 - Frankincense^{††}
 - Omega-6 Nerve Complex[†]
- Protocol on pg. 218



Measles

Dab a few drops onto spots several times daily; add several drops to bath and soak for at least 30 minutes as needed.

- Lavender[†]
- Russian Chamomile[†]
- Oregano[†]
- Eucalyptus[†]
- Protection Blend[†]

Meningitis

Ingest 2-4 drops 2x daily; massage 2-4 drops into back of neck with carrier oil daily.

- Protection Blend^{††}
- Lavender^{††}
- Oregano^{††}
- Melissa^{††}
- Cellular Complex^{††}

Menstrual Cycle (irregular)

Massage 2-4 drops into abdomen and lower back; ingest 2-4 drops 2x daily.

- Clary Sage^{††}
 - Women's Monthly Blend[†]
 - Yang Yang^{††}
 - Rose^{††}
 - Lavender^{††}
- Protocol on pg. 195

Metabolism (low)

Apply 1-3 drops to front of neck. Dilute with carrier oil for easier application. Ingest 2-4 drops 3x daily.

- Metabolic Blend^{††}
 - Cane^{††}
 - Lemongrass^{††}
 - Basil^{††}
 - Frankincense^{††}
- Protocol on pg. 205

Macular Degeneration

Apply 2-4 drops to lower back and temples.

- Sandalwood[†]
- Juniper Berry[†]
- Rose[†]
- Lavender[†]
- Frankincense[†]

Melanoma

Apply 2-4 drops to affected areas 3-5x daily; ingest 2-4 drops 3x daily.

- Frankincense^{††}
- Cellular Complex^{††}
- Sandalwood^{††}
- Rose^{††}
- Clove^{††}

Menopause

Apply 2-4 drops topically to abdomen, bottoms of feet, and back of neck daily; ingest 2-4 drops Clary Sage and Siberian Fir as needed.

- Clary Sage^{††}
 - Women's Monthly Blend[†]
 - Siberian Fir^{††}
 - Geranium^{††}
 - Cellular Complex^{††}
- Protocol on pg. 195

Menstrual Pain

Massage 1-3 drops into abdomen, lower back, and shoulders; apply to a warm compress over uterus area; ingest 2-4 drops as needed.

- Women's Monthly Blend[†]
 - Frankincense^{††}
 - Peppermint^{††}
 - Clary Sage^{††}
 - Marjoram^{††}
- Protocol on pg. 195

Migraine

Apply 1-3 drops to forehead, temples, base of skull, back of neck, and bottoms of feet; inhale from cupped hands as needed.

- Tension Blend^{††}
 - Peppermint^{††}
 - Frankincense^{††}
 - Soothing Blend^{††}
 - Capsaicin^{††}
- Protocol on pg. 196

Milk Supply (Low)

Massage 3-5 drops into breast as often as needed.



Radiol[†]
Clary Sage[†]
Geranium[†]
Fennel[†]
Frankincense[†]

Moles

Apply a drop to mole 2-3x daily (avoid surrounding skin with hot oils like Oregano).



Oregano[†]
Frankincense[†]
Cellular Complex[†]
Skin-Clearing Blend[†]
Clearing Blend[†]

Motion Sickness

Apply 1-3 drops behind the ears and over navel; inhale from cupped hands; use a drop under the tongue.



Digestive Blend^{AT}
Peppermint^{AT}
Cinger^{AT}
Grounding Blend^{AT}
Rue^{AT}

Nurses

Apply 3-5 drops over the nose and sinuses (avoid the eyes).



Ashwagandha[†]
Eucalyptus[†]
Peppermint[†]
Melaleuca[†]
Lime[†]

Muscle Cramps

Massage 3-5 drops with carrier oil into affected area as often as desired.



Soothing Blend[†]
Wingspan[†]
Ylang Ylang[†]
Helichrysum[†]
Blue Tansy[†]

Protocol on pg. 197

Miscarriage

Apply 3-5 drops to lower abdomen and lower back as often as needed.



Clary Sage[†]
Geranium[†]
Frankincense[†]
Myrrh[†]
Bergamot[†]

Mononucleosis

Ingest 3-5 drops 3x daily; apply 2-4 drops to bottoms of feet; diffuse several drops.



Thyme^{AT}
Melaleuca^{AT}
Bergamot^{AT}
Oregano^{AT}
Protective Blend^{AT}
Protocol on pg. 196

Mouth Ulcers

Gargle 1-3 drops mixed with water several times daily; apply a dab to affected area 2-3x daily.



Protective Blend^{††}
Clove^{††}
Myrrh^{††}
Sandalwood^{††}
Helianthus^{††}


Muscle Injury

Massage 2-4 drops into affected muscles 3x daily or as needed.



Soothing Blend[†]
Marjoram[†]
Helichrysum[†]
Massage Blend[†]
Tansy[†]

Mold/Mildew

Diffuse several drops where mold is present throughout the day until no longer needed. Mix 20 drops with 4 oz water and apply to area of concern.



Melaleuca[†]
Clearing Blend[†]
Protective Blend[†]
Oregano[†]
Lemon[†]

Mood Swings

Inhale 1-3 drops from cupped hands; apply a few drops to forehead, temples, back of neck, and bottoms of feet; diffuse several drops.



Grounding Blend^{AT}
Uplifting Blend^{AT}
Frankincense^{AT}
Lime^{AT}
Wild Orange^{AT}
Protocol on pg. 196

MRSA

Apply 3-5 drops with carrier oil 3-5x daily to affected areas.



Protective Blend[†]
Detoxification Blend[†]
Patchouli[†]
Geranium[†]
Grapefruit[†]

Multiple Sclerosis

Apply 3-5 drops to the bottoms of feet and spine 3x daily.



Frankincense[†]
Lavender[†]
Rose[†]
Hemp[†]
Black Pepper[†]
Protocol on pg. 196

Muscle Pain

Massage 2-4 drops into affected muscles 3x daily or as needed; use a drop under the tongue for pain relief.



Soothing Blend[†]
Marjoram[†]
Helichrysum[†]
Massage Blend[†]
Capeck^{††}

Protocol on pg. 197

Muscle Spasms

Massage 2-4 drops into affected muscles as needed; use a drop under the tongue.

Black Pepper^{TT}
Soothing Blend^T
Copaliba^{TT}
Blue Tansy^T
Yarrow^{TT}

Muscle Stiffness

Massage 2-4 drops into affected muscles 2-3x daily.

Massage Blend^T
Soothing Blend^T
Cypress^T
Lemongrass^T
Marjoram^T

Muscular Dystrophy

Apply 3-5 drops with carrier oil to spine and back of neck 3x daily.

Frankincense^T
Lavender^T
Rose^T
Neroli^T
Helichrysum^T

N

Nasal Polyps

Apply 1-3 drops over bridge of nose and under nose.

Frankincense^T
Natalina^T
Melissa^T
Respiratory Blend^T
Orange^T

Nausea

Apply 1-3 drops behind ears and over navel hourly; use a drop under the tongue; inhale from cupped hands.

Digestive Blend^{AT}
Ginger^{AT}
Peppermint^{AT}
Cardamom^{AT}
Gingerbread Blend^{AT}

Neck Pain

Massage 2-4 drops onto neck several times daily; use carrier oil to improve efficacy; use a drop of Copaliba under the tongue for pain.

Soothing Blend^{AT}
Lemongrass^{AT}
Copaliba^{AT}
Wistrongras^{AT}
Douglas Fir^{AT}

Protocol on pg. 197

Nervous Fatigue

Inhale from cupped hands; apply 1-3 drops to temples, behind ears, and on back of neck as needed; diffuse several drops.

Circulating Blend^{AT}
Lemon^{AT}
Cedarwood^{AT}
Yarrow^{AT}
Tangerine^{AT}

Nervousness

Apply 1-3 drops over the forehead, back of neck and top of head as needed; diffuse several drops.

Reassuring Blend^{AT}
Rose^{AT}
Lavender^{AT}
Circulating Blend^{AT}
Jasmine^{AT}

Protocol on pg. 182

Neuromuscular Disorders

Apply 3-5 drops with carrier oil to spine and back of neck 3x daily.

Frankincense^T
Cellular Complex^T
Rose^T
Neroli^T
Helichrysum^T

Protocol on pg. 197

Neuropathy

Apply 2-4 drops to affected areas several times daily; ingest 1-3 drops as needed.

Soothing Blend^T
Frankincense^{TT}
Massage Blend^T
Russian Chamomile^{TT}
Peppermint^{TT}

Protocol on pg. 197

Night Sweats

Apply 2-4 drops to abdomen and back of neck before sleeping.

Detoxification Blend^T
Cellular Complex^T
Peppermint^T
Lavender^T
Lime^T

Nightmares

Apply 2-4 drops to abdomen and back of neck before sleeping; diffuse several drops.

Sweet Berry^{AT}
Restful Blend^{AT}
Cedarwood^{AT}
Lavender^{AT}
Reassuring Blend^{AT}

Nosebleeds

Apply 1-3 drops to the bridge and sides of nose and back of neck as needed.



Helichrysum^T
Geranium^T
Frankincense^T
Lavender^T
Cypress^T

Obsessive Compulsive Disorder

Massage 2-4 drops with carrier oil into spine and neck; inhale from cupped hands; diffuse several drops.



Frankincense^{AT}
Lavender^{AT}
Roman Chamomile^{AT}
Ylang Ylang^{AT}
Clary Sage^{AT}

Protocol on pg. 197

Olfactory Loss

Apply 1-2 drops over nose (avoid eyes) and back of neck 3x daily.



Rose^{AT}
Eucalyptus^{AT}
Lemon^{AT}
Vetiver^{AT}
Sagebrush^{AT}

Ovarian Cysts

Blend 1-3 drops with carrier oil and soak tampon to insert overnight; apply 3-5 drops with warm compress over abdomen; take 3-5 drops internally.



Frankincense^{TT}
Clary Sage^{TT}
Cellular Complex^{TT}
Oregon^{TT}
Sandalwood^{TT}

Overeating

Apply 1-3 drops to stomach; take 2-4 drops internally; inhale from cupped hands as needed.



Metabolic Blend^{ATTT}
Peppermint^{ATTT}
Ginger^{ATTT}
Renewing Blend^{ATTT}
Chamomile^{ATTT}

**Odors**

Diffuse several drops; apply 2-3 drops with a carrier oil to surface odors; ingest 3-5 drops twice daily for body odors.



Cleansing Blend^{AT}
Melaleuca^{ATTT}
Clementine^{ATTT}
Lemon^{ATTT}
Douglas Fir^{AT}

Osteoarthritis

Massage 2-4 drops into affected areas daily; use carrier oil for improved efficacy.



Soothing Blend^T
Frankincense^T
Lemongrass^T
Copaiba^T
Cellular Complex^T

Protocol on pg. 183

Overactive Bladder

Take 2-4 drops internally or apply over abdomen as needed.



Peppermint^{TT}
Digestive Blend^{TT}
Ginger^{TT}
Lavender^{TT}
Lemon^{TT}

Overwhelm

Apply 2-4 drops to back of neck and temples; inhale from cupped hands; diffuse several drops.



Cedarwood^{AT}
Sagebrush^{AT}
Frankincense^{AT}
Lavender^{AT}
Lemongrass^{AT}

Protocol on pg. 220

Obesity

Add 2-5 drops to water to manage cravings and encourage metabolism. Inhale from cupped hands to satisfy cravings.



Metabolic Blend^{ATTT}
Cappuccino^{ATTT}
Peppermint^{ATTT}
Green Mandarin^{ATTT}
Lemon^{ATTT}

Protocol on pg. 205

Oily Skin

Apply 3-5 drops to affected areas at bedtime.



Rose^T
Roman Chamomile^T
Cedarwood^T
Eucalyptus^T
Lemongrass^T

Osteoporosis

Massage 2-4 drops onto spine and affected areas daily; take 2-4 drops Cellular Complex internally 2x daily.



Wormwood^T
Rice^T
Frankincense^{TT}
Cellular Complex^{TT}
Rose Nutrient^T

**Oxytocin Production**

Inhale 1-3 drops from cupped hands 3x daily.



Clary Sage^{AT}
Thyme^{AT}
Sandalwood^{AT}

P

Pancreatitis

Ingest 1-3 drops 3x daily; massage 1-3 drops over abdomen as needed.

- Detoxification Blend^{TT}
- Marjoram^{TT}
- Lemon^{TT}
- Coriander^{TT}
- Rosemary^{TT}

Parasites

Ingest 3-5 drops 3x daily; apply in a warm compress over intestinal area 2-3x daily.

- Detoxification Blend^{TT}
- Oregano^{TT}
- Geranium^{TT}
- Clove^{TT}
- Thyme^{TT}

Pelvic Pain Syndrome

Apply 3-5 drops to lower abdomen 3x daily.

- Clary Sage^T
- Eucalyptus^T
- Frankincense^T
- Ylang Ylang^T
- Peppermint^T

Pernicious Anemia

Take 2-4 drops internally 3x daily; apply to stomach area as needed.

- Lemon^{TT}
- Lime^{TT}
- Helichrysum^{TT}
- Cinnamon^{TT}
- Cellular Complex^{TT}

Pain

Combine 3-5 drops with carrier oil and apply liberally to affected area as often as desired; use a drop under the tongue.

- Soothing Blend^{AT}
- Frankincense^{AT}
- Helichrysum^{AT}
- Copaiba^{AT}
- Turmeric^{AT}

Protocol on pg. 197

Panic Attacks

Inhale 1-3 drops from cupped hands; apply to back and front of neck; diffuse several drops.

- Cedarwood^{AT}
- Eucalyptus^{AT}
- Frankincense^{AT}
- Lavender^{AT}
- Lemongrass^{AT}

Protocol on pg. 182

Parathyroid Disorder

Apply 1-3 drops to front of neck; dilute with carrier oil for easier application; ingest 1-3 drops a few times daily or as needed.

- Frankincense^{TT}
- Myrrh^{TT}
- Cellular Complex^{TT}
- Detoxification Blend^{TT}
- Vitality Trio^T

Perforated Ear Drum

Apply 1-2 drops behind ear 2-3x daily.

- Helichrysum^T
- Beet^T
- Grounding Blend^T
- Essential^T
- Cypress^T

Pests

Apply 3-5 drops with carrier oil to skin; add oils to a 20 cc glass spray bottle and spray pest-ridden areas as needed.

- Peppermint^T
- Eucalyptus^T
- Clove^T
- Beet^T
- Melaleuca^T

Palpitations

Apply 1-3 drops over heart 3x daily; inhale from cupped hands.

- Marjoram^{AT}
- Lavender^{AT}
- Geranium^{AT}
- Ylang Ylang^{AT}
- Wild Orange^{AT}

Paralysis

Apply 3-5 drops to back of neck, spine, bottoms of feet, and crown of head 5x daily.

- Frankincense^{AT}
- Cypress^{AT}
- Ylang^{AT}
- Cellular Complex^{AT}
- Lemongrass^{AT}

Parkinson's Disease

Apply 3-5 drops to spine and back of neck 3x daily; inhale from cupped hands; diffuse several drops throughout the day.

- Frankincense^{AT}
- Lavender^{AT}
- Rose^{AT}
- Neroli^{AT}
- Pink Pepper^{AT}

Perimenopause

Massage 2-4 drops into abdomen, lower back, and shoulders.

- Women's Monthly Blend^{AT}
- Frankincense^{AT}
- Clary Sage^{AT}
- Peppermint^{AT}
- Marjoram^{AT}

Phantom Pains

Combine 3-5 drops with carrier oil and apply liberally to affected area as often as desired; inhale from cupped hands.

- Wormwood^{AT}
- Ylang Ylang^{AT}
- Soothing Blend^{AT}
- Helichrysum^{AT}
- Blue Tansy^{AT}

Pineal Gland

Inhale 1-3 drops for 30 seconds from cupped hands 3x daily; apply to pineal gland reflexology point.



Bergamot^{A,T}
Clary Sage^{A,T}
Lavender^{A,T}
Lemon^{A,T}
Ginger^{A,T}

Plantar Fasciitis

Combine 3-5 drops with carrier oil and apply liberally to affected area. 3x daily or as desired.



Soothing Blend^T
Wintergreen^T
Yang Yang^T
Helichrysum^T
Blue Tansy^T

Pneumonia

Apply 2-4 drops to chest, neck, and bottoms of feet 3-5x daily; gargle a drop hourly; inhale from cupped hands as needed; diffuse several drops.



Respiratory Blend^{A,T}
Protective Blend^{A,T}
Arctostaphylos^{A,T}
Bergamot^{A,T}
Roman Chamomile^{A,T}

Protocol on pg. 183

Polio

Apply 3-5 drops to spine, back of neck, and bottoms of feet; inhale from cupped hands often.



Frankincense^{A,T}
Lavender^{A,T}
Euc^{A,T}
Neroli^{A,T}
Black Pepper^{A,T}

Protocol on pg. 198

Post Traumatic Stress Disorder

Apply 2-4 drops to forehead, temples, back of neck, chest, and bottoms of feet; inhale from cupped hands as needed.



Rejuvenating Blend^{A,T}
Sandalwood^{A,T}
Frankincense^{A,T}
Comforting Blend^{A,T}
Rejuvenating Blend^{A,T}

Pink Eye/**Conjunctivitis**

Apply 1-2 drops around (but not in) eyes 3x daily; dilute for sensitive skin.



Helichrysum^T
Rosemary^T
Arctostaphylos^T
Clary Sage^T
Ginseng Blend^T

Plantar Warts

Apply 1-3 drops to wart several times daily (avoid surrounding skin with hot oils like Oregano.)



Oregano^T
Frankincense^T
Cellular Complex^T
Helichrysum^T
Euc^T

**Polycystic Ovary Syndrome**

Apply 3-5 drops to lower abdomen 3 x daily.



Clary Sage^T
Eucalyptus^T
Frankincense^T
Yang Yang^T
Patchouli^T

Pre-Workout

Massage 2-4 drops with carrier oil into appropriate muscles and joints; apply a drop over the chest; inhale from cupped hands.



Soothing Blend^{A,T}
Bergamot^{A,T}
Lemon^{A,T}
Lime^{A,T}
Rosemary^{A,T}

Protocol on pg. 212

Pituitary Gland

Apply 1-3 drops to front of neck; dilute with carrier oil for easier application; ingest 1-3 drops a few times daily or as needed.



Clove^{A,T}
Frankincense^{A,T}
Sandalwood^{A,T}
Lemongrass^{A,T}
Euc^{A,T}

Pleurisy

Apply 3-5 drops over chest 3x daily; diffuse several drops.



Respiratory Blend^{A,T}
Eucalyptus^{A,T}
Roman Chamomile^{A,T}
Blue Tansy^{A,T}
Clove^{A,T}

Poison Ivy/Oak

Apply 1-3 drops to affected area with carrier oil a couple times daily or as needed.



Lavender^T
Frankincense^T
Geranium^T
Patchouli^T
Peppermint^T

Polyps

Add 4-6 drops to capsule and take after eating 3x daily.



Frankincense^T
Patchouli^T
Myrrh^T
Oregano^T
Peppermint^T

Preclampsia

Apply 3-5 drops to lower back and neck.



Lavender^T
Yang Yang^T
Roman Chamomile^T
Clary Sage^T
Oatswood^T

Pregnancy: Delivery

Apply 1-3 drops to hips, lower back, and back of neck; inhale from cupped hands; diffuse several drops.



Lemon^{AT}
Bergamot^{AT}
Lavender^{AT}
Rosemary^{AT}
Jasmine^{AT}

Pregnancy: Labor (during)

Apply 1-3 drops to hips, lower back, and back of neck; inhale from cupped hands; diffuse several drops.



Lemon^{AT}
Bergamot^{AT}
Lavender^{AT}
Rosemary^{AT}
Jasmine^{AT}

Pregnancy: Lactation

Massage 1-3 drops with carrier oil over breasts and apply to bottoms of feet; ingest 1-3 drops.



Fennel^{AT}
Clary Sage^{AT}
Basil^{AT}
Vitaleo Trio^{AT}
Rose Myrtle^{AT}

Pregnancy: Mastitis

Apply 3-5 drops to affected area 3x daily.



Lavender^{AT}
Sandalwood^{AT}
Melaleuca^{AT}
Arbutin^{AT}
Helichrysum^{AT}

Pregnancy: Sore Nipples

Apply 1-3 drops to affected area 3x daily; dilute for sensitive skin (monitor baby's response and try a different oil if needed).



Lavender^{AT}
Melaleuca^{AT}
Sandalwood^{AT}
Helichrysum^{AT}

Pregnancy: Hemorrhaging

Apply 1-3 drops to spine and abdomen.



Helichrysum^{AT}
Wild Bergamot^{AT}
Birch^{AT}
Peppermint^{AT}
Ginger^{AT}



Pregnancy: Morning Sickness

Apply 1-3 drops behind ears and over navel hourly; inhale from cupped hands; ingest 1-3 drops as needed.



Digestive Blend^{AT}
Peppermint^{AT}
Ginger^{AT}
Fennel^{AT}
Cardamom^{AT}

Protocol on pg. 199

Pregnancy: Tender Breasts

Combine 3-5 drops with carrier oil and massage into affected area as often as needed.



Wild Bergamot^{AT}
Soothing Blend^{AT}
Ylang Ylang^{AT}
Peppermint^{AT}
Yarrow^{AT}

Pregnancy: High Blood Pressure

Apply 2-4 drops to bottoms of feet and behind ears 2x daily; inhale from cupped hands.



Grounding Blend^{AT}
Lemon^{AT}
Yarrow^{AT}
Rose^{AT}
Marula^{AT}

Pregnancy: Labor (post)

Apply 3-5 drops to lower back 3x daily to stimulate regeneration.



Grounding Blend^{AT}
Yarrow^{AT}
Sandalwood^{AT}
Ashwagandha^{AT}
Yarrow^{AT}

Protocol on pg. 199

Pregnancy: Low Libido

Apply 3-5 drops to inside of thighs and calves 2x daily; diffuse several drops.



Rose^{AT}
Jasmine^{AT}
Ylang Ylang^{AT}
Clary Sage^{AT}
Fennel^{AT}

Pregnancy: Postpartum Depression

Apply 1-3 drops to forehead and temples; use a drop of Frankincense under the tongue; inhale from cupped hands.



Joyful Blend^{AT}
Uplifting Blend^{AT}
Invigorating Blend^{AT}
Frankincense^{AT}
Vitaleo Trio^{AT}

Protocol on pg. 199

Pregnancy: Uterine Health

Apply 3-5 drops to lower abdomen 3x daily.



Clary Sage^{AT}
Eucalyptus^{AT}
Frankincense^{AT}
Ylang Ylang^{AT}
Patchouli^{AT}

Premenstrual Syndrome (PMS)

Add 3-4 drops to warm bath; apply to abdomen; inhale from cupped hands; ingest 1-3 drops as needed.



Wormwood Monthly Blend^{A,T}
 Clary Sage^{A,T}
 Geranium^{A,T}
 Frankincense^{A,T}
 Wormwood Perfume Blend^{A,T}

Protocol on pg. 195

Psoriasis

Apply 1-3 drops to affected area a couple times daily with carrier oil; ingest 2-4 drops 2x daily.



Melaleuca^{A,T}
 Demulcation Blend^{A,T}
 Thyme^{A,T}
 Roman Chamomile^{A,T}
 Probiotic Complex[†]

Protocol on pg. 199

Rashes

Dilute 1-3 drops with a carrier oil and apply to affected area as needed.



Melaleuca[†]
 Roman Chamomile[†]
 Lavender[†]
 Cedarwood[†]
 Magnolia[†]

Protocol on pg. 199

Reiter's Arthritis

Massage 1-3 drops into affected areas 3x daily; use a carrier oil for improved efficacy.



Soothing Blend[†]
 Frankincense[†]
 Cellular Complex[†]
 Cypress[†]
 Turmeric[†]

Protocol on pg. 183

Renal Artery Stenosis

Rub 2-4 drops to bottoms of feet and inner thighs 2x daily; use a carrier oil for improved efficacy.



Cypress[†]
 Peppermint[†]
 Grounding Blend[†]
 Lavender[†]
 Douglas Fir[†]

Prolapsed Mitral Valve

Apply 3-5 drops to inside of arms and chest 3x daily.



Lemon[†]
 Lavender[†]
 Yang Yang[†]
 Mayrham[†]
 Turmeric[†]



Raynaud's Disease

Apply 3-5 drops to lower back and abdomen and apply a hot compress daily.



Clove[†]
 Black Pepper[†]
 Geranium[†]
 Lemnisc[†]
 Helios[†]

Relapse

Apply 2-4 drops as often as needed to back of the neck, temples and ears (not inside ears).



Hopetal Blend^{A,T}
 Unstrangling Blend^{A,T}
 Cinnamon^{A,T}
 Rosemary^{A,T}
 Cedarwood^{A,T}

Protocol on pg. 210

Respiratory Issues

Apply 2-4 drops to chest, neck, under nose, and on bridge of nose; inhale from cupped hands as needed; diffuse several drops.



Respiratory Blend^{A,T}
 Eucalyptus^{A,T}
 Douglas Fir^{A,T}
 Caribamom^{A,T}
 Rosemary^{A,T}

Prostatitis

Apply 3-5 drops to lower abdomen and lower back 3x daily or as needed.



Rosemary[†]
 Mayrham[†]
 Thyme[†]
 Frankincense[†]
 Myrrh[†]

Radiation

Ingest 2-4 drops 2x daily; apply 1-3 drops to bottoms of feet with carrier oil as desired.



Sandshwood^{T†}
 Cellular Complex^{T†}
 Cilantro^{T†}
 Peppermint^{T†}
 Petroni^{T†}

Reaction

Apply 3-5 drops to top of head, forehead and back of neck 3x daily.



Hopetal Blend^{A,T}
 Wormwood Monthly Blend^{A,T}
 Rose^{A,T}
 Bergamot^{A,T}
 Lavender^{A,T}

Protocol on pg. 215

Relaxation

Apply 3-5 drops over the forehead, back of neck and top of head as needed; use 3-6 drops in a hot bath; diffuse several drops.



Soothing Blend^{A,T}
 Rose^{A,T}
 Lavender^{A,T}
 Grounding Blend^{A,T}
 Blue Tansy^{A,T}

Protocol on pg. 228

Respiratory Virus

Apply 3-5 drops 3x daily to chest, outside of arms and nose; diffuse several drops; take 2-4 drops in a capsule 3x daily.



Respiratory Blend^{A,T}
 Protective Blend^{A,T}
 Eucalyptus^{A,T}
 Lime^{A,T}
 Arterial^{A,T}

Restless Leg Syndrome

Massage 2-4 drops onto legs and bottoms of feet; diffuse several drops; use 2 drops Yarrow under the tongue.



Soothing Blend^{A1}
Ylang Ylang^{A1}
Cypress^{A1}
Peppermint^{A1}
Yarrow^{A11}

Rheumatoid Arthritis

Apply 1-3 drops to affected areas daily; dilute for sensitive skin and for easier application.



Soothing Blend¹
Frankincense¹
Oregano¹
Lemongrass¹
Copaiba¹

Protocol on pg. 200

Rosacea

Combine 2-3 drops with carrier oil and apply to face at bedtime.



Jasmine¹
Geranium¹
Lavender¹
Patchouli¹
Roman Chamomile¹

Restlessness

Inhale 1-3 drops from cupped hands; apply 2-4 drops to bottoms of feet and back of neck as needed.



Grounding Blend^{A1}
Lavender^{A1}
Sandalwood^{A1}
Vetiver^{A1}
Sphagnum^{A1}

Protocol on pg. 228

Rhinitis

Inhale 1-3 drops from cupped hands several times daily; apply a couple drops to forehead and bridge of nose; ingest 2-4 drops 3x daily; diffuse several drops.



Respiratory Blend^{A1}
Melaleuca^{A11}
Pink Pepper^{A11}
Silestus Fu^{A11}
Oregano^{A11}

Rotator Cuff Issues

Massage 3-5 drops with carrier oil into affected area as often as desired.



Soothing Blend¹
Wintergreen¹
Ylang Ylang¹
Helichrysum¹
Blue Tansy¹

Scabies

Apply 2 drops 2x daily as needed; add 20 drops to glass water bottle and spray furniture as needed.



Peppermint¹
Melaleuca¹
Cedarwood¹
Eucalyptus¹
Roman Chamomile¹

Schmidt's Syndrome

Apply 3-5 drops to back of neck, bottoms of feet, and spine 3x daily; ingest 3-5 drops 2x daily; diffuse several drops throughout the day.



Clove^{A11}
Cedarwood^{A11}
Rosemary^{A11}
Sage^{A11}
Clary Sage^{A11}

Rheumatic Fever

Apply 1-3 drops to bottoms of feet; ingest 1-3 drops twice daily; gargle a few drops mixed with water as needed.



Oregano¹¹
Peppermint¹¹
Melaleuca¹¹
Wintergreen¹
Arbutin¹

Ringworm

Apply 1-3 drops to affected area 3-4x daily; use with carrier oil for improved efficacy; take 2-4 drops in a capsule 3x daily.



Melaleuca¹¹
Eucalyptus¹
Sage Clearing Blend¹
Peppermint¹¹
Cedarwood Blend¹¹

Runner's Knee

Massage 3-5 drops with carrier oil into affected area as often as desired.



Soothing Blend¹
Lemongrass¹
Ylang Ylang¹
Helichrysum¹
Blue Tansy¹

Scarring

Massage 2-4 drops into scarred area 2x daily.



Anti-Aging Blend¹
Frankincense¹
Helichrysum¹
Sandalwood¹
Neroli¹

Sciatica

Massage 1-3 drops into affected area a couple times daily.



Soothing Blend¹
Frankincense¹
Vetiver¹
Copaiba¹
Helichrysum¹

Protocol on pg. 200

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Schizophrenia

Apply 3-5 drops to back of neck and spine 3x daily; diffuse several drops throughout the day.



Frankincense^{A1}
Melaleuca^{A1}
Melaleuca^{A1}
Lavender^{A1}
Grounding Blend^{A1}

Scleroderma

Apply 1-3 drops to affected areas as needed; use with carrier oil for improved efficacy.



Melaleuca^T
 Skin Clearing Blend^T
 Cedarwood^T
 Detoxification Blend^T
 Frankincense^T

Shin Splints

Massage 3-5 drops with carrier oil into affected area as often as desired.



Soothing Blend^T
 Yang Yang^T
 Wintergreen^T
 Helichrysum^T
 Blue Tansy^T

Stress

Apply 1-3 drops on temples, under nose, and on back of neck as needed; inhale from cupped hands; diffuse several drops.



Grounding Blend^{A,T}
 Frankincense^{A,T}
 Helichrysum^{A,T}
 Uplifting Blend^{A,T}
 Renewing Blend^{A,T}

Protocol on pg. 233

Sinus Infection

Apply 1-3 drops over bridge of nose and sinuses (avoid eyes) 3x daily; diffuse several drops; take 3-5 drops in a capsule 3x daily.



Melaleuca^{A,T}
 Melissa^{A,T}
 Oregano^{A,T}
 Respiratory Blend^{A,T}
 Rosemary^{A,T}

Protocol on pg. 201

Sleep

Apply 3-5 drops over the forehead, back of neck, and top of head 30 minutes before sleep; diffuse several drops; use a drop under the tongue.



Sooth Blend^{A,T}
 Lavender^{A,T}
 Relaxing Blend^{A,T}
 Rose^{A,T}
 Vetiver^{A,T}

Protocol on pg. 201

Scabby

Take 3-5 drops in a capsule 3x daily after eating; apply 2-3 drops to bottoms of feet.



Lime^T
 Wild Orange^T
 Bergamot^T
 Jasmine^T
 Lemongrass^T



Skin Tags

Apply a drop to affected areas 3x daily (dilute hot oils like Oregano and avoid surrounding skin).



Frankincense^T
 Oregano^T
 Melaleuca^T
 Rosemary^T
 Tea^T

Snoring

Apply 1-3 drops to chest and under nose; diffuse several drops near bedside; gargle Protective Blend with water to open throat.



Respiratory Blend^{A,T}
 Protective Blend^{A,T}
 Frit grain^{A,T}
 Eucalyptus^{A,T}
 Thieves^{A,T}

Protocol on pg. 202

Seizures

Apply 1-3 drops to back of neck and bottoms of feet; inhale from cupped hands as needed; ingest 2-4 drops 2x daily.



Frankincense^{A,T}
 Grounding Blend^{A,T}
 Spikenard^{A,T}
 Yarrow^{A,T}
 Roman Chamomile^{A,T}

Protocol on pg. 200

Shingles

Apply 2-4 drops to affected areas, on back of neck, and along the spine 3x daily; take 2-4 drops 3x daily.



Melaleuca^T
 Melissa^T
 Black Pepper^T
 Tincture^T
 Geranium^T

Protocol on pg. 201

Sickle Cell Anemia

Combine 3-5 drops of oils on hand (preferably all 5 listed) a capsule and take 3x daily after meals.



Lemon^T
 Rose^T
 Siberian Fir^T
 Rosemary^T
 Geranium^T

Skin Ulcers

Apply 1-3 drops diluted into affected area 2-3x daily.



Lavender^T
 Myrrh^T
 Skin Clearing Blend^T
 Sandalwood^T
 Yarrow^T

Sore Throat

Gargle 1-3 drops with water, then swallow; apply to throat and neck, diluting with carrier oil as needed.



Protective Blend^T
 Oregano^T
 Lemon^T
 AetherVibe^T
 Melissa^T

Protocol on pg. 202

Spasms

Apply 3-5 drops to affected area and bottoms of feet as needed; use a drop under the tongue.

-    Frankincense^{TT}
-   Black Pepper^{TT}
-   Capsaicin^{TT}
-   Ylang Ylang^{TT}
-   Lavender^{TT}

Staph Infection

Apply 2-4 drops to the affected 3-5x daily; dilute if necessary.

-    Detoxification Blend^T
-   Patchouli^T
-   Melaleuca^T
-   Geranium^T
-   Grapefruit^T



Stroke

Apply 2-4 drops to temples, forehead, behind ears, and back of neck 3-5x daily; ingest 2-4 drops 3x daily; diffuse several drops.

-     Cypress^{AT}
-    Frankincense^{ATTT}
-   Basil^{ATTT}
-   Fennel^{ATTT}
-   Helichrysum^{ATTT}

Spina Bifida

Apply 3-5 drops to spine and back of neck 3x daily; inhale from cupped hands.

-    Peppermint^{AT}
-    Roman Chamomile^{AT}
-   Vetiver^{AT}
-   Clove^{AT}
-   Frankincense^{AT}

Stenosis (Vessel Narrowing)

Take 1-2 drops of each oil on hand (preferably all 5 listed) in a capsule 3x daily; apply 2-4 drops to bottoms of feet 3x daily.

-    Frankincense^{TT}
-   Ginger^{TT}
-   Clary Sage^{TT}
-   Cloves^{TT}
-   Melaleuca^{TT}

Stomach Ache

Rub 2-4 drops over stomach as needed; ingest 1-3 drops as needed.

-    Digestive Blend^{TT}
-   Ginger^{TT}
-   Peppermint^{TT}
-   Roman Chamomile^{TT}
-   Wild Orange^{TT}

Protocol on pg. 190

Stress

Apply 3-5 drops over the forehead, back of neck, and top of head as needed; inhale from cupped hands; diffuse several drops.

-    Relaxing Blend^{AT}
-    Calming Blend^{AT}
-   Lavender^{AT}
-   Frankincense^{AT}
-   Euc^{AT}

Protocol on pg. 202

Sunburn

Apply 1-3 drops to affected area hourly or as needed. Blend 2-3 oils, 2-3 drops each with carrier oil for improved results.

-    Lavender^T
-   Helichrysum^T
-   Peppermint^T
-   Frankincense^T
-   Cedarwood^T

Protocol on pg. 203

Sprains

Gently apply 2-4 drops to affected area as needed.

-    Scrubbing Blend^T
-   Helichrysum^T
-   Lemongrass^T
-   Hydrated^T
-   Massage Blend^T

Stings

Apply 1-2 drops topically to sting or bite several times daily until symptoms cease.

-    Lavender^T
-   Melaleuca^T
-   Clearing Blend^T
-   Roman Chamomile^T
-   Basil^T

Strep Throat

Apply 1-3 drops with a carrier oil to outside of throat 3x daily; ingest 2-5 drops in a capsule; gargle a drop with water.

-    Activated^T
-   Oregano^{TT}
-   Thyme^{TT}
-   Protective Blend^{TT}
-   Melaleuca^{TT}

Stretch Marks

Massage 1-3 drops to affected areas 2x daily; use a carrier oil for improved efficacy.

-    Frankincense^T
-   Helichrysum^T
-   Anti-Aging Blend^T
-   Heli^T
-   Yarrow^T

Swimmer's Ear

Apply 2 drops behind ear 2x daily.

-    Capsaicin^T
-   Lavender^T
-   Spearmint^T
-   Rosemary^T
-   Wintergreen^T

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Teeth Grinding

Massage 2-4 drops into jaw joints, back of neck, and top of head as needed.

- Sweetening Blend^{4,7}
- Lavender^{4,7}
- Frankincense^{4,7}
- Rose^{4,7}
- Grounding Blend^{4,7}

Tennis Elbow

Massage 2-4 drops into affected area as needed.

- Lemongrass⁷
- Soothing Blend⁷
- Siberian Fir⁷
- Blue Tansy⁷
- Frankincense⁷

Thrombosis, Deep Vein

Place 1-2 drops of oils on hand (preferably all 5 listed) in a capsule and take 2x daily.

- Frankincense⁷
- Ginger⁷
- Clove⁷
- Cinnamon⁷
- Melaleuca⁷

Thymus Support

Apply 3-5 drops to throat 2x daily; use carrier oil for improved efficacy.

- Frankincense⁷
- Turpentine Berry⁷
- Eucalyptus⁷
- Basil⁷
- Melaleuca⁷

Tachycardia

Apply 3-5 drops to inside of arms and chest 3x daily.

- Yang Tang⁷
- Lavender⁷
- Basil⁷
- Vetiver⁷
- Geranium⁷

Teething Pain

Dilute with carrier oil and gently massage a drop along baby's jawline, reapplying as needed.

- Lavender⁷
- Clove⁷
- Magnolia⁷
- Frankincense⁷
- Spilanthes⁷

Tension

Apply 3-5 drops over the forehead, back of neck and top of head as needed; inhale from cupped hands; diffuse several drops.

- Tension Blend^{4,7}
- Lavender^{4,7}
- Frankincense^{4,7}
- Soothing Blend^{4,7}
- Rose^{4,7}

Protocol on pg. 202



Taste (loss of)

Apply 1-2 drops directly to tongue 2x daily.

- Eucalyptus⁷
- Lemon⁷
- Clove⁷
- Geranium⁷
- Lime⁷

Tendinitis

Massage 2-4 drops into affected areas 4-5x daily, or as needed.

- Lemongrass⁷
- Soothing Blend⁷
- Marjoram⁷
- Cardamom⁷
- Siberian Fir⁷

Testosterone (low)

Apply 2-4 drops to bottoms of feet and inside of thighs 2x daily; inhale from cupped hands as needed.

- Patchouli⁷
- Sandalwood⁷
- Inspiring Blend⁷
- Focus Blend⁷
- Rose⁷

Thrush

Gargle 1-3 drops mixed with water several times daily; apply topically to lower throat and bottoms of feet; ingest 1-3 drops as needed.

- Melaleuca^{7,8}
 - Clove^{7,8}
 - Arbovitae^{7,8}
 - Oregano^{7,8}
 - Protective Blend^{7,8}
- Protocol on pg. 203

Tick Sites

Apply 1-2 drops to bite frequently for the first hour after carefully removing tick. Dilute Oregano if necessary.

- Oregano⁷
- Melaleuca⁷
- Cleansing Blend⁷
- Lavender⁷
- Outdoor Blend⁷

Tingling

Apply 2-4 drops to affected areas several times daily; ingest 1-3 drops as needed.

-    Peppermint^{††}
- Roman Chamomile^{††}
- Massage Blend^{††}
- Soothing Blend^{††}
- Frankincense^{††}



Trauma (Emotional)

Apply 2-4 drops to forehead, temples, back of neck, and chest; inhale from cupped hands as needed; diffuse several drops.

-    Comforting Blend^{††}
- Releasing Blend^{††}
- Releasing Blend^{††}
- Frankincense^{††}
- Ylang^{††}

Protocol on pg. 233

Typhoid

Massage 1-3 drops with carrier oil into spine and neck 2-3x daily; ingest 2-4 drops in a capsule.

-    Protective Blend^{††}
- Cinnamon^{††}
- Melaleuca^{††}
- Frankincense^{††}
- Rosemary^{††}

Tinnitus

Apply 1-2 drops behind ear 2-3x daily.

-    Helichrysum[†]
- Greening Blend[†]
- Resil[†]
- Frankincense[†]
- Rosemary[†]

Protocol on pg. 204

Tonsillitis

Gargle 1-3 drops mixed with water or ingest 3x daily; apply to outside of throat with carrier oil 3x daily.

-    Protective Blend^{††}
- Oregano^{††}
- Ashwagandha[†]
- Melaleuca^{††}
- Melissa^{††}

Tourette's Syndrome

Massage 1-3 drops with carrier oil solution into spine and neck; diffuse several drops.

-    Frankincense^{††}
- Lavender^{††}
- Roman Chamomile^{††}
- Ylang Ylang^{††}
- Clary Sage^{††}

Protocol on pg. 204

Tuberculosis (TB)

Apply 1-3 drops to a carrier solution and massage into spine and neck 3x daily.

-    Protective Blend[†]
- Cinnamon[†]
- Melaleuca[†]
- Frankincense[†]
- Ashwagandha[†]

TMJ (Temporomandibular Joint Dysfunction)

Massage 1-3 drops into jaw joint 3x daily.

-    Soothing Blend[†]
- Wintergreen[†]
- Sandalwood[†]
- Eucalyptus[†]
- Rosemary[†]

Toothache

Apply a drop to gums and directly onto tooth; swish 1-3 drops with water.

-    Clove^{††}
- Protective Blend^{††}
- Helichrysum^{††}
- Copalivite^{††}
- Wintergreen[†]

Toxemia

Gargle a few drops with water several times daily or as needed; take 1-3 drops in a capsule 2x daily; apply 2-4 drops to bottoms of feet 30 minutes before showering.

-    Cilantro^{††}
- Detoxification Blend^{††}
- Oregano^{††}
- Clove^{††}
- Thyme^{††}

Tumor

Apply 3-5 drops over the affected area 3-5x daily.

-    Frankincense[†]
- Cellular Complex[†]
- Sandalwood[†]
- Ashwagandha[†]
- Rosemary[†]

Ulcers (Stomach)

Ingest 1-3 drops at least once daily; massage gently into abdomen as needed.

-    Lemongrass^{††}
- Frankincense^{††}
- Myrrh^{††}
- Detoxification Blend^{††}
- Geranium^{††}



Urinary Support

Massage 1-3 drops over bladder and kidneys before bedtime as needed.

-    
- Cypress^T
- Juniper Berry^T
- Ylang Ylang^T
- Lavender^T
- Roman Chamomile^T

Vaginal Infection

Apply 3-5 drops over lower abdomen and to vaginal area 3x daily.

-     
 - Lavender^T
 - Melaleuca^T
 - Rosemary^T
 - Frankincense^T
 - Achoo-vitae^T
- Protocol on pg. 205

Vertigo

Apply 2-4 drops to forehead and back of neck as needed.

-     
- Ginger^{A,T}
- Lavender^{A,T}
- Clary Sage^{A,T}
- Basil^{A,T}
- Rosemary^{A,T}

Vomiting

Apply 1-3 drops over stomach as needed; drink a few drops in water; inhale from cupped hands.

-     
- Digestive Bland^{A,T}
- Ginger^{A,T}
- Sage^{A,T}
- Peppermint^{A,T}
- Roman Chamomile^{A,T}

Wasp Sting

Apply one drop to sting several times daily or as needed.

-     
- Lavender^T
- Roman Chamomile^T
- Cedarwood^T
- Chamomile Balm^T
- Myrrh^T

Urinary Tract Infection

Massage 1-3 drops over kidneys and on bottoms of the feet; ingest as needed.

-     
 - Cypress^T
 - Basil^T
 - Lavender^T
 - Juniper Berry^T
 - Chamomile Balm^T
- Protocol on pg. 204

Vaginitis

Apply 3-5 drops over lower abdomen and to vaginal area 3x daily.

-     
 - Bergamot^T
 - Cedarwood^T
 - Melaleuca^T
 - Lavender^T
 - Myrrh^T
- Protocol on pg. 205

Viruses

Apply 2-4 drops to bottoms of feet, back of neck, and spine 3-5x daily; ingest 2-5 drops 3x daily.

-     
- Protective Blend^T
- Oregano^T
- Melaleuca^T
- Black Pepper^T
- Lime^T

W

Water Retention

Massage 2-4 drops over bladder and kidneys before bedtime as needed.

-     
- Cypress^T
- Black Pepper^T
- Ylang Ylang^T
- Lavender^T
- Roman Chamomile^T

V

Varicose Veins

Massage 2-4 drops into the affected area several times daily.

-     
- Cypress^T
- Helichrysum^T
- Siberian Fir^T
- Demulcent Blend^T
- Caulophila^T

Vision Loss

Apply 1-3 drops around eyes (do not get in eyes) and lower back 2x daily.

-     
- Clary Sage^T
- Helichrysum^T
- Anti-Aging Blend^T
- Cellular Complex^T
- Yarrow^T

Warts

Apply a drop directly to wart several times daily until the wart disappears. Avoid the surrounding skin with Oregano.

-     
- Oregano^T
- Frankincense^T
- Thymus^T
- Skin Clearing Blend^T
- Nasal^T

Weight Loss

Add 2-4 drops to water to manage cravings and encourage metabolism; inhale from cupped hands to satisfy cravings.

-     
 - Metabolic Blend^{A,T}
 - Cinnamon^{A,T}
 - Peppermint^{A,T}
 - Lemon^{A,T}
 - Orange & Sweet Orange^{A,T}
- Protocol on pg. 205

Wheezing

Rub 2-4 drops over chest with carrier oil; diffuse several drops.

-    Eucalyptus^{A*}
-    Lavender^{A*}
-    Respiratory Blend^{A*}
-    Frankincense^{A*}
-    Bergamot^{A*}

Withdrawal Symptoms

Apply 2-4 drops to wrists, chest, and bottoms of feet as often as needed; diffuse several drops.

-    Detoxification Blend^{A*}
 -    Clarity^{A*}
 -    Cinnamon^{A*}
 -    Juniper Berry^{A*}
 -    Encouraging Blend^{A*}
- Protocol on pg. 210

Wrinkles

Apply 1-3 drops to affected areas as needed 2x daily; add a few drops to facial lotion or use with carrier oil for added benefits.

-    Anti-Aging Blend^{A*}
 -    Frankincense^{A*}
 -    Myrrh^{A*}
 -    Jasmine^{A*}
 -    Yarrow^{A*}
- Protocol on pg. 205

Whiplash

Massage 2-4 drops into affected area 2-3x daily; use with carrier oil to improve efficacy.

-    Soothing Blend^{A*}
-    Siberian Fir^{A*}
-    Marjoram^{A*}
-    Patchouli^{A*}
-    Sandalwood^{A*}



Worms

Apply 2-4 drops over abdomen, bottoms of feet, and back of neck; add 2-4 drops to water or take in capsule.

-    Oregano^{A*}
-    Thyme^{A*}
-    Ginger^{A*}
-    Basil^{A*}
-    Clove^{A*}

Whooping Cough

Apply 2-4 drops over chest and on bottoms of feet with carrier oil; diffuse several drops.

-    Bergamot^{A*}
-    Lavender^{A*}
-    Respiratory Blend^{A*}
-    Peppermint^{A*}
-    Eucalyptus^{A*}

Wounds

Apply 2-4 drops to affected area; use a carrier oil if needed.

-    Helichrysum^{A*}
-    Melaleuca^{A*}
-    Lavender^{A*}
-    Roman Chamomile^{A*}
-    Myrrh^{A*}

Yeast Infection

Apply 3-5 drops over lower abdomen 3x daily; use with a warm compress; ingest 3-5 drops in a capsule 3x daily.

-    Melaleuca^{A*}
 -    Lavender^{A*}
 -    Thyme^{A*}
 -    Clove^{A*}
 -    Oregano^{A*}
- Protocol on pg. 205



Section 3

Single
Oils



Featured Recipes
See www.droplii.com/oilmagic for more.

Arborvitae

Thuja Plicata

Application



Main Properties

Antibacterial
Anticancer
Anti-fungal
Astringent
Expectorant

Chemical Constituents

α, β, γ-thujaplicin
Methyl thujate
Thujic acid

Other Uses

Colds, Cold Sores, Cysts, Fevers, Intestinal Parasites, Meditation, Respiratory Viruses

Top 6

- 1 Strep Throat**
Rub 2 drops over outside of throat, and gargle 2 drops with water.
- 2 Bug Repellent**
Dilute with several drops of carrier oil, and rub over needed areas.
- 3 Skin Cancer**
Apply diluted to the affected area often and in small amounts.
- 4 Candida**
Rub 2 drops over abdomen and bladder several times a day.
- 5 Fungal Issues**
Apply neat to needed areas.
- 6 Furniture Polish**
Combine 4 drops with 4 drops lemon oil, and rub in using a clean rag.



Emotional Use

Essers in Arborvitae (Methyl thujate) make it a restorative oil. Use it to restore spiritual balance and to open receptivity to guidance.



Fireglow Diffuser Blend

1 drop Arborvitae
2 drops Spearmint
2 drops Cinnamon

Arborvitae has a rich, warm, woody fragrance. Use less of this oil than you would other tree oils, because a little goes a long way.

Hardwood Floor Cleaner

2 drops Arborvitae
5 drops Lemon
3 drops Juniper Berry
1/2 tsp Murphy's Oil Soap

Mix ingredients with water in a 16 oz. spray bottle for a refreshing floor cleaner that nourishes the wood and your soul!

Basil

Ocimum Basilicum

Application



Main Properties

Antibacterial
Anti-infectious
Antispasmodic
Carminative
Nervine

Chemical Constituents

Linalool, 1,8-cineole (eucalyptol), bergamotene, Methyl chavicol

Other Uses

Bee Stings, Bronchitis, Dizziness, Frozen Shoulder, Gout, Greasy Hair, Infertility, Lactation (increase milk supply), Loss of Sense of Smell, Migraines, Nausea, Viral Hepatitis

Top Uses

- 1 Strep Throat**
Rub 2 drops over outside of throat, and gargle 2 drops with water.
- 2 Bug Repellent**
Dilute with several drops of carrier oil, and rub over needed areas.
- 3 Skin Cancer**
Apply diluted to the affected area often and in small amounts.
- 4 Candida**
Rub 2 drops over abdomen and bladder several times a day.
- 5 Fungal Issues**
Apply neat to needed areas.
- 6 Furniture Polish**
Combine 4 drops with 4 drops lemon oil, and rub in using a clean rag.



Emotional Use

Alcohols in Basil (Linalool) make it a renewing and calming oil. Use it to feel rejuvenated and renewed in your commitment to a higher life.



Basil Lemonade

1 drop Basil (or less!)
5 drops Lemon
4-5 fresh-squeezed lemons
Liquid stevia to taste

Combine all ingredients and serve very cold. Adjust ratios to taste.

Insect Repellent Luminaries

1 drop Basil
4 drops Lemon

Add essential oils to a burning candle after the wax on the top has melted. For aesthetically pleasing luminaries, place fresh lemon slices and basil leaves in a mason jar with essential oils. Fill with water, and float a tea light candle on the top!

Bergamot

Citrus Bergamia

Application



Main Properties

Antidepressant
Carminative
Neuroprotective
Sedative
Stomachic

Chemical Constituents

d-Limonene, linalyl acetate, linalool, terpinene, β -pinene

Other Uses

Brain Injury, Colic, Depression, Fungus Issues, Irritability, Low Energy, Muscle Cramps, Oily Skin, Stress

Safety

Avoid sun for 12 hours after topical application.

Top 7

- 1 Psoriasis**
Dilute 1-2 drops heavily with carrier oil, and apply frequently to affected area.
- 2 Sadness**
Inhale from cupped hands or diffuse.
- 3 Appetite Loss**
Drink 1-2 drops in 8 oz. water throughout the day, or diffuse.
- 4 Addictions**
Apply to bottoms of feet, or diffuse.
- 5 Acne**
Apply small amount to affected areas. Avoid sun for 12 hours after.
- 6 Self-Confidence/Self-Worth**
Apply over sacral (belly button).
- 7 Insomnia**
Use 1 drop under tongue or in water.



Essential Use

Esters like Linalyl Acetate in Bergamot make it a powerful calming oil, perfect for reflecting on and connecting to Self.



Motion Sickness Relief



2 drops Lime
2 drops Bergamot
2 drops Spearmint or Peppermint

Apply to temples or over stomach, or make a mixture in a roller bottle with a carrier oil and more drops of oil.

Stress Relief Blend



10 drops Lavender
10 drops Wild Orange
5 drops Grounding Blend
5 drops Bergamot

Put all essential oils into a 10 ml roller bottle. Fill remainder with fractionated coconut oil. Rub on your wrists, diffuser bracelet, and back of the neck.

Birch

Betula Lenta

Application



Main Properties

Analgesic
Anti-inflammatory
Antispasmodic
Diuretic
Stimulant

Chemical Constituents

Methyl salicylate
Betulene
Betulinol

Other Uses

Cramps, Gout, Joint Pain, Gallbladder
Stones, Kidney Stones, Ulcers

Safety

Avoid during pregnancy. Not for epileptics.

Top Uses

- 1 Broken bones
Massage 2 drops over and around affected area, avoiding open wounds.
- 2 Arthritis & Rheumatism
Massage 1-2 drops into affected area.
- 3 Muscle Aches
Massage 1-2 drops with carrier oil or lotion into muscles.
- 4 Whiplash
Gently massage with carrier oil. Consider using in Swedish massage.
- 5 Connective Tissue Injury
Apply neat to affected area.
- 6 Fever
Apply neat or diluted to back of neck.
- 7 Bone Spurs
Apply neat to areas of concern.



Emotional Use

Esters like Methyl Salicylate make Birch a restorative oil. Use it to achieve feelings of being supported and strengthened.



Stress & Strain Soother

3 drops Birch
3 drops Lavender
1 drop Marjoram
15ml Unscented lotion

Combine ingredients together and store in glass jar. Massage into stressed or strained muscles as needed.

Smoky Skies Diffuser Blend

2 drops Birch
2 drops Arborvitae
2 drops Cedarwood
2 drops Douglas Fir
1 drop Frankincense
1 drop White Fir
1 drop Protective Blend

Enjoy the feeling of a rich autumn evening.

Black Pepper

Piper Nigrum

Application



Main Properties

Analgesic
Anticatarrhal
Anti-microbial
Antiviral
Immunostimulant

Chemical Constituents

β -caryophyllene, l-limonene, sabinene,
 α -pinene, β -Pinene, δ -3-carene, caryophyl-
lene oxide

Other Uses

Antioxidant, Anxiety, Cellular Oxygenation,
Diarrhea, Digestion, Gas, Emotional Repres-
sion, Inflammation, Laxative

Safety

Dilute for use on sensitive skin.

Top Uses

- 1 Cold & Flu**
Take 2 drops in a capsule, or apply to the bottoms of feet.
- 2 Smoking (quitting)**
Apply to bottoms of feet (big toes) several times a day to curb cravings.
- 3 Circulation**
Apply to bottoms of feet.
- 4 Sprains**
Massage into muscles with carrier oil.
- 5 Congestion**
Apply diluted over chest and upper back.
- 6 Airborne Viruses**
Diffuse to cleanse the air.
- 7 Cooking**
Add a drop to soups, sauces, and other dishes.



Emotional Use

Sesquiterpenes like Caryophyllene make Black Pepper a soothing oil that can unmask repressed emotions.



Smoking Stopper

1 drop Black Pepper
1 drop Clove
5 drops FCO

Combine ingredients and use a drop under the tongue to help with cravings and anxiousness. (Be prepared for a numbing sensation from the Clove!)

Fibromyalgia Massage Blend

12 drops Black Pepper
6 drops Marjoram
6 drops Juniper Berry
6 drops Ginger
2 oz. FCO

Combine ingredients in a roller bottle or small jar. Massage small amounts into affected areas as needed.

Blue Tansy

Tanacetum Annuum

Application



Main Properties

Antihistamine
Anti-parasitic
Anti-rheumatic
Hypotensive
Sedative

Chemical Constituents

Sabinene, Chamazulene, p-Cymene, α -Phellandrene, β -Pinene, Camphor

Other Uses

Bacterial Infection, Constipation, Cramping, Eczema, Fungus, Gas, Gout, Indigestion, Insect Repellent, Psoriasis, Rashes, Rheumatism, Sneezing

Safety

Dilute for use on sensitive skin.

Top 10

- Allergies**
Put 1-2 drops under the tongue, then swallow with water after 30 seconds.
- Arthritis & Muscle Pain**
Add 5-10 drops to a bath, or massage into affected areas with carrier oil.
- Anxiety**
Apply a drop to pulse points, or diffuse.
- Digestive Discomfort**
Massage 2 drops clockwise onto stomach.
- Dry, Itchy, or Inflamed Skin**
Apply heavily diluted to affected skin.
- Headaches**
Rub a drop into temples and back of skull.
- Congestion**
Rub 2 drops onto chest and mid-back.



Essential Note

Monoterpenes like Sabinene make Blue Tansy an uplifting oil to conquer procrastination and take inspired action.



Blue Bath Salt

3 drops Blue Tansy
2 drops Cedarwood
1 drop Ylang Ylang
1 tsp jojoba oil
1/2 cup Epsom salt

Stir together and add to a full tub for a tranquil and soothing soak.

Positive Morning Diffuser Blend

3 drops Blue Tansy
3 drops Lavender
4 drops Copaliba
2 drops Frankincense

What to notice: This diffuser blend helps encourage a sense of peace and cheer as you start your day.

Cardamom

Elettaria Cardamomum

Application



Main Properties

Anti-infectious
Antispasmodic
Aphrodisiac
Decongestant
Expectorant

Chemical Constituents

a-terpinyl acetate, Linalool, Sabinene,
1,8-cineole

Other Uses

Colitis, Constipation, Headaches, Inflammation, Menstrual Pain, Muscle Aches, Nausea, Pancreatitis, Respiratory Issues, Sore Throat, Stomach Ulcers

Top 7

- 1 Digestive Discomfort**
Drink a drop with a glass of water or in a capsule, or rub over stomach.
- 2 Congestion**
Rub with carrier oil over chest, or diffuse.
- 3 Indigestion**
Drink a drop with water or in a capsule.
- 4 Cough**
Rub with carrier oil over chest.
- 5 Motion Sickness**
Put a drop under the tongue.
- 6 Asthma, Shortness of Breath**
Apply to bottoms of feet or over chest.
- 7 Cooking**
Use a toothpick to add to dishes according to taste.



Emotional Use

Ethers like Terpenyl acetate make Cardamom a restoring oil. Use it to replace anger with clear, objective thinking.



Hot Spiced Tea Diffuser Blend

1 drop Cardamom
3 drops Wild Orange
2 drops Cinnamon
1 drop Clove

This blend is invigorating while keeping your mind focused on the task at hand.

Warm Back Rub

3 drops Cardamom
2 drops Clove
3 drops Ginger
5 drops Marjoram
1 oz. FCO

Stir ingredients together and use in a back massage.

Cassia

Cinnamomum Cassia

Application



Main Properties

Antibacterial
Antiviral
Antispasmodic
Cardiotonic
Decongestant

Chemical Constituents

Trans-cinnamaldehyde, Eugenol, Cinnamyl acetate

Other Uses

Antiseptic, Boils, Circulation, Cold Limbs, Upset Stomach, Typhoid

Safety

Dilute heavily for topical use. Avoid during pregnancy.

Top Uses

- 1 Vomiting**
Take 1-2 drops in a capsule to restore proper digestion.
- 2 Viruses & Bacteria**
Diffuse to cleanse the air, or take 1-2 drops in a capsule to combat internally.
- 3 Water Retention**
Apply to bottoms of feet, take 1-2 drops in a capsule, or add 2 drops to bath.
- 4 Blood Sugar Balance**
Take 1-2 drops in a capsule with food.
- 5 Sex Drive**
Use heavily diluted in massage, or diffuse.
- 6 Metabolism Boost**
Apply to adrenal reflex points.
- 7 Cooking**
Use a toothpick to add to dishes.



Emotional Use

Aldehydes like Cinnamaldehyde make Cassia ideal for transforming insecurity and shyness into self-assurance.



Gingerbread Diffuser Blend

2 drops Cassia
3 drops Ginger
2 drops Clove

This diffuser blend has a warm, inviting feel to it. It's also great for combating airborne pathogens.



Oatmeal Cookie Diffuser Blend

2 drops Cassia
2 drops Cedarwood
3 drops Wild Orange

Who would have thought that Cedarwood, Wild Orange, and Cassia could create a cookie smell? Well, they do!



Cedarwood

Juniperus Virginiana

Application



Main Properties

Astringent
Decongestant
Depurative
Diuretic
Sedative

Chemical Constituents

α , β , γ -thujaplicin, α -cedrene, cedrol, thujopsene, methyl thujate, thujic acid

Other Uses

Blemishes, Cough, Dandruff, Gums, Insect Repellent, Respiratory Function, Sinusitis, Vaginal Infection, Tension

Safety

Cedarwood is very mild, and safe for even the most sensitive skin.

Top Uses

- 1 Eczema & Psoriasis**
Apply neat and often to affected areas.
- 2 ADD/ADHD**
Apply to wrists, temples, and back of neck, or diffuse.
- 3 Sleep**
Rub onto bottoms of feet and back of neck, and diffuse. Blend with Lavender.
- 4 Anxiety**
Apply to wrists and temples.
- 5 Cuts & Scrapes**
Apply around wounded area to promote healing.
- 6 Urinary & Bladder Infection**
Apply over bladder.
- 7 Seizures & Stroke**
Apply to back of neck and bottoms of feet.



Emotional Use

Alcohols like Cedrol make Cedarwood a stabilizing oil that takes you from feeling separate to feeling socially connected.



Safe & Sound Sleep Diffuser Blend

2 drops Cedarwood
3 drops Bergamot
1 drop Marjoram

Diffuse this fresh, herbaceous sleep blend to feel comfort and calm at bedtime.

Nighttime Relaxation Blend

2 drops Cedarwood
2 drops Lavender
2 drops Restful Blend

Use this diffuser blend an hour before bedtime to calm things down at home.

Cilantro

Coriandrum Sativum

Application



Main Properties

Antibacterial
Anti-fungal
Antimicrobial
Antioxidant
Detoxifier

Chemical Constituents

Linalool, Methyl chavicol, 1, 8 cineol

Other Uses

Allergies, Antioxidant, Anxiety, Bloating,
Gas, Liver Support, Kidney Support

Top Uses

- 1 Heavy Metal Detox**
Apply to the bottoms of feet morning and night.
- 2 Halitosis**
Take 1-2 drops in a capsule.
- 3 Detox**
Apply over liver, kidneys, and bottoms of feet.
- 4 Fungal Infections**
Take 1-2 drops in a capsule for internal issues, or apply topically for external issues.
- 5 Body Odor**
Use small amounts in food, or take 1-2 drops in a capsule to deodorize internally.
- 6 Cooking**
Use a toothpick to add to dishes according to taste.



Emotional Use

Alcohols like Linalool make Cilantro a calming oil, perfect for releasing control issues and obsessive compulsive tendencies.



Spring Cleaning Spray

2 drops Cilantro
2 drops Siberian Fir
1 drop Lime
1 Tbs vinegar
16 oz spray bottle with water

Mix together and use on counter tops, trash cans, and other surfaces for a fresh cleaning experience.



Carpet Freshener

5 drops Cilantro
10 drops Siberian Fir
10 drops Melaleuca
10 drops Lime
5 drops Cleansing Blend
2 Cups Baking Soda

Work mixed ingredients into stinky carpet. Vacuum thoroughly after 12-24 hours.



Cinnamon

Cinnamomum Zeylanicum

Application



Main Properties

Antidepressant
Antimicrobial
Antioxidant
Anti-parasitic
Immune stimulant

Chemical Constituents

Transcinnamaldehyde, cinnamyl acetate, eugenol, Linalool

Other Uses

Airborne Bacteria, Cholesterol, Diverticulitis, Fungal Infections, General Tonic, Immune Support, Pancreas Support, Pneumonia, Typhoid, Vaginitis

Safety

Dilute heavily. Avoid during pregnancy. Repeated use can cause sensitivity.

Top Uses

- 1 High Blood Sugar**
Take 1-2 drops in capsule, or drink with large glass of water.
- 2 Bacterial Infection**
Apply heavily diluted for external infection, or take 1-2 drops in a capsule for internal infection.
- 3 Sex Drive**
Use heavily diluted in massage, or diffuse.
- 4 Cavities**
Swish a drop with water as a mouthwash.
- 5 Diabetes**
Take 1-2 drops in a capsule daily.
- 6 Alkalinity**
Drink in water to promote alkalinity.
- 7 Cooking**
Use a toothpick to achieve desired flavor.



Emotional Use

Aldehydes like Cinnamaldehyde make Cinnamon a restoring oil. Use it to restore sexual harmony and expression.



Cinnamon Breath Spray

10 drops Cinnamon
10 drops Peppermint
10ml FCO
Empty oil bottle with spray top

Combine ingredients and shake well. Use as needed for cinnamon fresh breath.

Pumpkin Pie Diffuser Blend

2 drops Cinnamon
4 drops Cardamom
1 drop Clove
1 drop Wild Orange

Enjoy the warmth of the holidays with this nostalgic diffuser blend.

Clary Sage

Salvia Sclarea

Application



Main Properties

Anticonvulsant
Antiseptic
Antispasmodic
Nerve tonic
Tonic

Chemical Constituents

Linalyl acetate, Linalool, sclareol

Other Uses

Aneurysm, Breast Enlargement, Cholesterol, Convulsions, Endometriosis, Epilepsy, Fragile Hair, Hot Flashes, Impotence, Lactation, Parkinson's, Premenopause, Seizure

Top Uses

- Hormone Balance**
Apply to wrists and behind ears.
- PMS**
Apply to bottoms of feet, or take 1-2 drops in capsule.
- Postpartum Depression**
Diffuse or apply over heart area.
- Abdominal Cramps**
Massage over abdomen.
- Pink Eye**
Apply carefully around edge of eye.
- Infertility**
Apply to abdomen & uterine reflex points, or take 1-2 drops in capsule.
- Breast Cancer**
Apply diluted to breasts, or take 1-2 drops in capsule to regulate estrogen levels.



Essential Use

Esters like Linalyl Acetate make Clary Sage a calming oil, ideal for calming confusion and bringing about clarified vision.



Epilepsy Diffuser Blend

1 drop Clary Sage
1 drop Cedarwood
1 drop Patchouli
1 drop Peppermint
1 drop Grounding Blend
1 drop Frankincense
1 drop Vetiver

Diffuse this throughout the day.



Fresh Start Diffuser Blend

2 drops Clary Sage
2 drops Ylang Ylang
2 drops Sandalwood
2 drops Lavender

Use this blend to begin your week with the right mindset and energy.



Clove

Eugenia Caryophyllata

Application



Main Properties

Analgesic
Anti-infectious
Anti-parasitic
Antiviral
Antioxidant

Chemical Constituents

Eugenol, eugenyl acetate, β -caryophyllene

Other Uses

Addictions, Blood Clots, Candida, Cataracts, Fever, Herpes Simplex, Hodgkin's Disease, Glaucoma, Gingivitis, Lipoma, Lupus, Lyme Disease, Macular Degeneration, Memory Loss, Parasites, Termites

Safety

Can irritate sensitive skin. Use with caution during pregnancy.

Top Uses

- 1 **Thyroid (hypo, Hashimoto's)**
Apply diluted over thyroid or to thyroid reflex point, or take 1-2 drops in capsule.
- 2 **Toothache**
Apply directly to problematic tooth.
- 3 **Smoking Addiction**
Rub onto bottom of big toe.
- 4 **Immune Support**
Take 1-2 drops in a capsule.
- 5 **Antioxidant**
Take 1-2 drops in a capsule, or use in cooking.
- 6 **Liver Detox**
Rub over liver or on liver reflex point.
- 7 **Rheumatoid Arthritis**
Massage diluted into affected area.



Essential Use

Phenols like Eugenol make Clove a restoring oil, perfect for defeating victim mentality and holding healthy boundaries.



Blood Clot Releaser



3 drops Clove
4 drops Grapefruit
3 drops Lemon
2 drops Helichrysum
Fractionated Coconut Oil

Combine oils in 10ml roller bottle, and top off with FCO. Apply to painful areas as needed.

Immune Booster Diffuser Blend

1 drop Clove
1 drop Rosemary
1 drop Eucalyptus
1 drop Cinnamon
1 drop Wild Orange

Diffuse if you run out of Protective Blend, especially during cold and flu season.

Copaiba

Copaifera Officinalis

Application



Main Properties

Analgesic
Anti-fungal
Anti-inflammatory
Diuretic
Expectorant

Chemical Constituents

β -caryophyllene, d-Limonene, γ -terpinene, linalyl acetate

Other Uses

Anxiety, Congestion, Infection, Mood Disorders, Nail Fungus, Skin Strengthening

Top 6

- 1 Headache & Migraine**
Massage gently onto temples, scalp, and the back of the neck.
- 2 Pain & Inflammation**
Inhale or diffuse, or apply topically to affected areas.
- 3 Wrinkles, Pimples, Blisters**
Apply daily with a carrier oil.
- 4 High Blood Pressure**
Apply to the bottoms of feet twice daily.
- 5 Athlete's Foot**
Apply several drops to clean, dry feet.
- 6 Detox**
Apply over bladder to stimulate detox through urination.



Emotional Use

Sesquiterpenes like β -caryophyllene make Copaiba a soothing oil, powerful for unveiling the falseness in shame and guilt.



Pain-away Cream

15 drops Copaiba
15 drops Soothing Blend
1/2 cup coconut oil (in solid state)

Beat coconut oil with hand mixer until fluffy. Add essential oils, and stir in slowly. Store in small glass jars in a cool room.

Mind Cleanse Diffuser Blend

5 drops Copaiba
4 drops Rosemary
2 drops Peppermint
2 drops Clary Sage

Enjoy the mental clarity that comes with this diffuser blend. It's the perfect combination of calm and insightful.



Coriander

Coriandrum Sativum

Application



Main Properties

Anti-rheumatic
Carminative
Regenerative
Sedative
Stomachic

Chemical Constituents

Linalool, a-pinene, Geranyl

Other Uses

Alzheimer's, Itchy Skin, Joint Pain, Low Energy, Measles, Muscle Tone, Muscle Spasms, Nausea, Neuropathy, Stiffness, Whiplash

Top 7

- 1 Diabetes (high blood sugar)**
Combine with 1 drop Cinnamon & Juniper Berry in capsule daily.
- 2 Food Poisoning**
Drink 2 drops in water, or take in capsule.
- 3 Body Odor**
Drink 2 drops in water, or take in a capsule.
- 4 Cartilage Injury**
Massage into affected area with carrier oil.
- 5 Rashes**
Apply diluted to affected area.
- 6 Muscle Aches**
Take a drop in a capsule, or massage with carrier oil onto affected muscles.
- 7 Cooking**
Use a toothpick to add desired flavor.



Essential Oils

Alcohols like Linalool make Coriander a calming oil. Use it to turn self-betrayal into integrity.



Constipation Relief

5 drops Coriander
2 drops Ginger
4 drops Lemon
4 drops Digestive Blend
7 drops Wild Orange

Combine oils in roller bottle and top with FCO. Rub over stomach 2-3 times daily.

Tommy Calming Bath Salt

3 drops Coriander
10 drops Digestive Blend
1 cup Epsom Salt

Combine ingredients and add to hot bath. Soak for at least 20 minutes to soothe digestive upset.

Cumin

Cuminum Cyminum

Application



Main Properties

Antibacterial
Anti-carcinogenic
Antimicrobial
Antiviral
Sedative

Chemical Constituents

Cuminaldehyde, Beta-pinene, Para-cymene

Other Uses

Skin Warming

Safety

Possible skin sensitivity. Avoid sun for 12 hours after topical application.

Top Uses

- 1 Flatulence**
Take 1-2 drops in a capsule.
- 2 Cooking**
Use a toothpick to add to dishes according to taste. Especially good for stews, soups, dressings, and sauces.
- 3 Digestive Discomfort**
Take 1-2 drops in a capsule.
- 4 Organ Detox**
Take 1-2 drops in a capsule daily for 3-5 days.
- 5 Mouth Rinse**
Swish a drop with water as a natural mouthwash.



Emotional Use

Aldehydes like Cuminal make Cumin a restoring oil, fostering a sense of balanced ambition and non-attachment to success.



Spicy Ribs Rub

12 drops Cumin
1 drop Cilantro
1 drop Ginger
1 Tbsp cayenne & chili powder
1 tsp white pepper, black pepper, salt, & crushed red pepper

Combine ingredients and rub onto ribs before grilling.



Enchilada Sauce

1-2 drops Cumin 1 tsp sugar
1 Tbsp flour & butter 1/2 tsp salt
1-3 tsp chili powder 1 tsp chopped onion
1 cup tomato juice

Heat butter and flour in saucepan. Add other ingredients and bring to a boil. Stir, and simmer for a few minutes.

Cypress

Cupressus Sempervirens

Application



Main Properties

Antibacterial
Anti-infectious
Diuretic
Lymphatic
Vasoconstrictor

Chemical Constituents

α -pinene, cedrol, α -terpinyl acetate

Other Uses

Aneurysm, Bunions, Edema, Hemorrhoids, Flu, Incontinence, Lou Gehrig's Disease, Ovary Issues, Prostate Issues, Raynaud's Disease, Tuberculosis, Varicose Veins, Whooping Cough

Safety

Can irritate sensitive skin. Use with caution during pregnancy.

Top Uses

- 1 Circulation (poor)
Apply 2 drops to the bottoms of each foot morning and night.
- 2 Bladder/Urinary Tract Infection
Massage 2 drops with carrier oil over bladder. Repeat every 2 hours as needed.
- 3 Bone Spurs
Apply directly onto affected area.
- 4 Concussion
Massage 2 drops with carrier oil into back of neck, back of skull, and shoulders.
- 5 Restless Leg Syndrome
Massage 2 drops with carrier oil into bottoms of feet, calves, and upper legs.
- 6 Bed Wetting
Apply 2 drops neat over bladder before bed.



Emotional Use

Monoterpenes like α -Pinene make Cypress a restoring oil. It creates motion and flow where energy was once stuck or stagnant.



Laundry Softener

3 drops Cypress
3 drops Siberian Fir
2 drops Wintergreen
1/4 cup baking soda

Combine ingredients and add to laundry before starting the washing machine.

Positive Thinking

2 drops Cypress
2 drops Frankincense
2 drops Ylang Ylang

Use this diffuser blend while journaling or during morning meditation.

Dill

Anethum Graveolens

Application



Main Properties

Anti-putrescent
Antispasmodic
Calmative
Cholagogue
Hepatic

Chemical Constituents

δ -limonene, δ -carvone, α & β -phellandrene

Other Uses

Colic, Dyspepsia, Electrolyte Imbalance,
Flatulence, Indigestion, Insulin Imbalance,
Liver Deficiency, Nervousness, Pancreas
Support

Safety

Use with caution when epileptic.

Top 6

- 1 Cholesterol**
Apply to arches of feet, or take 1-2 drops in a capsule.
- 2 Flavoring**
Use a toothpick to achieve desired flavor in dips and sauces.
- 3 Constipation**
Take 1-2 drops in a capsule.
- 4 Lactation (increase milk supply)**
Take 1-2 drops in a capsule, or massage with carrier oil around breast.
- 5 Missing Menstrual Cycle**
Rub 1 drop with carrier oil over abdomen.
- 6 Muscle Spasms**
Massage with carrier oil over agitated or overactive muscles.



Emotional Use

Ketones like Carvone make Dill an energizing oil, providing mental alertness to incite learning and engagement.



Dill Vinaigrette

2 drops Dill
1/4 cup apple cider vinegar
1/4 cup extra virgin olive oil
1/2 cup Greek yogurt
1/4 tsp onion & garlic powder
Pinch of salt

Blend all ingredients together until smooth.

Sensational Diffuser Blend

1 drop Dill
2 drops Lemon
3 drops Tangerine

This diffuser blend adds a burst of herbaceous and citrusy fun to any day at home.

Douglas Fir

Pseudotsuga Menziesii

Application



Main Properties

Antioxidant
Analgesic
Diuretic
Expectorant
Tonic

Chemical Constituents

β -pinene, α -pinene, δ -3-carene, sabinene

Other Uses

Arthritis, Constipation, Depression, Emotional Congestion, Energy, Generational Patterns, Weight Gain, Sinus Issues

Top 7

- 1 Muscle Soreness**
Rub 2-4 drops with carrier oil onto sore muscles.
- 2 Congestion**
Rub 1-2 drops over chest, or diffuse.
- 3 Headache & Migraine**
Rub a drop into temples.
- 4 Focus & Mental Clarity**
Inhale from cupped hands, or diffuse.
- 5 Skin Irritations**
Apply heavily diluted to irritated skin.
- 6 Household Cleansing**
Use with Lemon oil for a refreshing household cleaner.
- 7 Cough**
Apply 1-2 drops to chest or lung reflex points.



Essential Use

Monoterpenes like β -pinene make Douglas Fir an uplifting oil that lifts you from dysfunctional generational patterns.



Super Chills



3 drops Douglas Fir
1 drop Restful Blend
1 drop Grounding Blend

Apply oils to your hands, graze your pillows, rub onto your neck, and brush your hairline. Also diffuse all three oils to fall asleep and stay asleep.

Namaste Breathing



2 drops Douglas Fir
2 drops Juniper Berry
2 drops Grapefruit

Rub oils onto your chest, and take deep breaths from cupped hands.

Eucalyptus

Eucalyptus Radiata

Application



Main Properties

Antiphlogistic
Antispasmodic
Antitussive
Antiviral
Vermifuge

Chemical Constituents

Eucalyptol, 1,8 cineole, α & β -pinenes,
 α -terpineol

Other Uses

Colds, Fever, Flu, Headache, Earaches, Insect
Bites & Stings, Kidney Stones, Muscle Aches,
Neuralgia, Rheumatism, Rhinitis

Safety

Not for use topically on newborns.

Top Uses

- 1 Congestion & Cough
Apply 2-4 drops to chest, or diffuse.
- 2 Bronchitis & Pneumonia
Apply 2-4 drops to chest & mid-back, or diffuse.
- 3 Sinusitis
Apply heavily diluted to sinuses, carefully avoiding eyes.
- 4 Asthma
Inhale 2 drops from cupped hands, and apply to lung reflex points.
- 5 Menstrual Cramps
Rub 1-2 drops with carrier oil over abdomen.
- 6 Mental Fatigue
Inhale 1-2 drops from cupped hands, or diffuse.



Emotional Use

Ethers like 1,8-Cineole make Eucalyptus a restoring oil. It's perfect to release attachment to illness, and to shift into a sense of wellness.



Headache Relief

- 1 drop Eucalyptus
- 2 drops Peppermint
- 2 drops Lavender
- 1 drop Rosemary

Place oils in palms, and massage onto back of neck and into scalp to relieve headaches.

Freshen Up Diffuser Blend

- 2 drops Eucalyptus
- 3 drops Lime
- 2 drops Thyme

This diffuser blend awakens the senses, stimulates creative thinking, and adds a sense of freshness to the present moment.

Fennel

Foeniculum Vulgare

Application



Main Properties

Carminative
Depurative
Diuretic
Emmenagogue
Stomachic

Chemical Constituents

Trans-anethole, trans-ocimene, fenchone

Other Uses

Blood Sugar Imbalance, Constipation, Digestive Disorders, Edema, Fertility Issues, Fluid Retention, Intestinal Parasites, Menopause, PMS, Spasms, Stroke

Safety

Use with caution if pregnant. Avoid if epileptic.

Top Uses

- 1 Flatulence**
Rub 1-2 drops over outside of stomach, or drink with water.
- 2 Milk Supply (low)**
Massage 1 drop diluted around nipples 2-3 times daily.
- 3 Digestive Disorders**
Drink 1-2 drops in water or a capsule.
- 4 Nausea**
Rub 1-2 drops over stomach, or drink a drop in water.
- 5 Menstrual Discomfort**
Rub a drop over abdomen.
- 6 Parasites**
Drink 2-4 drops in a capsule.
- 7 Colic**
Rub a drop diluted over stomach.



Essential Use

Phenylpropenes like Anethole make Fennel an energizer to bring life to sluggish desires and embolden a sense of responsibility.



Ease Gut Cramps

3 drops Fennel
1 drop Peppermint
6 drops Rosemary

Add oils to a bowl of hot water, and soak a flannel to make a hot compress. Rest over stomach as needed.

Power Diffuser Blend

3 drops Fennel
3 drops Clary Sage
2 drops Ginger

This blend is invigorates while keeping your mind focused on the task at hand.

Frankincense

Boswellia Frereana

Application



Main Properties

Analgesic
Antidepressant
Antiseptic
Cicatrizing
Cytophylactic

Chemical Constituents

α -phellandrenes, Geranial, Neral, Geraniol, B-clemene, Cis-verbenol

Other Uses

ADHD, Aneurysm, Asthma, Balance, Brain Health, Coma, Concussion, Fibroids, Genital Warts, Immune Support, Lou Gehrig's Disease, Memory, Moles, MRSA, Multiple Sclerosis, Scarring, Sciatica, Warts, Wrinkles

Top Uses

- 1 Depression & Anxiety
Use a drop under the tongue, apply to pulse points, or diffuse.
- 2 Alzheimer's & Dementia
Apply 2 drops to bottoms of feet and base of skull twice daily.
- 3 Cellular Function
Take 1-2 drops in a capsule.
- 4 Pain & Inflammation
Use a drop under the tongue, or massage into inflamed areas.
- 5 Parkinson's
Apply 1-2 drops to brain reflex points, and diffuse.
- 6 Cancer
Take 1-2 drops in a capsule, and apply close to the affected area frequently.



Emotional Use

Monoterpenes like α -Pinene make Frankincense a restoring oil, revealing falseness and restoring awareness of the truth.



Virus Stopper



3 drops Frankincense
5 drops Oregano
5 drops Protective Blend

Place all oils in a veggie capsule. Take twice a day to combat viral infections or to boost immune system. Do not take more than 10 days in a row.

Emotion Potion



15 drops Frankincense
15 drops Grounding Blend
15 drops Joyful Blend
FCO

Put ingredients in a 10ml roller bottle and fill the rest with FCO. Apply to pulse points as needed throughout the day.

Geranium

Pelargonium Graveolens

Application



Main Properties

Antidepressant
Carminative
Diaphoretic
Vermifuge
Hypertensive

Chemical Constituents

Citronellol, citronellyl formate, isomenthone, geraniol

Other Uses

Bleeding, Circulation, Depression, Diarrhea, Gastric Ulcers, Hernia, Low Libido, Menstrual Cramps, Menopause, Neuralgia, Raynaud's Disease, Spasms, Vertigo

Safety

Possible skin sensitivity.

Top Uses

- 1 Liver & Kidney Support**
Rub a drop directly over liver and kidneys.
- 2 Autism**
Apply 1-2 drops to bottoms of feet, or diffuse.
- 3 Jaundice**
Apply 1 drop diluted to bottoms of feet, and diffuse.
- 4 PMS & Hormone Balance**
Apply a drop to pulse points.
- 5 Hemorrhoids**
Apply heavily diluted to affected areas.
- 6 Reproductive Disorders (female)**
Apply 1-2 drops to reproductive reflex points.
- 7 Varicose Veins**
Massage diluted into affected areas.



Emotional Use

Alcohols like Geraniol make Geranium a clarifying oil, reopening the heart to healing, love, and trust.



Heart Healing



5 drops Geranium
15 drops Ylang Ylang
12 drops Copaiba
20 drops Cypress
9 drops Litsea
1 oz FCO

Combine in glass spritzer bottle. Apply to chest and heart area, and bottoms of feet.

Fungal Blend



5 drops Geranium
25 drops Melaleuca
15 drops Lavender
5 drops Peppermint
1 oz FCO

Blend all together and apply 2 times a day to the affected areas. This should be dabbed onto lesions with a cotton swab.

Ginger

Zingiber Officinale

Application



Main Properties

Antiseptic
Antispasmodic
Antitussive
Expectorant
Stomachic

Chemical Constituents

α -zingiberene, beta-sesquiphellandrene, zingiberene, camphene, nonanol

Other Uses

Aneurysm, Breast Enlargement, Cholesterol, Convulsions, Endometriosis, Epilepsy, Fragile Hair, Hot Flashes, Impotence, Lactation, Parkinson's, Premenopause, Seizure

Safety

Possible skin sensitivity.

Top Uses

- 1 Nausea & Stomach Upset
Drink 1-2 drops in a capsule.
- 2 Vomiting
Rub a drop heavily diluted over stomach.
- 3 Constipation
Apply 1-2 drops diluted over stomach, or take in a capsule.
- 4 Immune Support
Apply 1-2 drops to bottoms of feet, or drink in a capsule.
- 5 Congestion & Cough
Diffuse 3-6 drops.
- 6 Cold & Flu
Apply 1-2 drops to bottoms of feet, or drink in a capsule.
- 7 Cooking
Use toothpick to achieve desired taste.



Essential Use

Sesquiterpenes like Zingiberene make Ginger a calming oil to soothe victim mentality and revitalize a sense of empowerment.



Lactase & Gastric Aches Blend

10 drops Ginger
4 drops Coriander
10 drops Fennel
4 drops Wild Orange
10 drops Peppermint
FCO

Add oils to a roller bottle and top with FCO. Apply over stomach as needed.

Energizing Sugar Scrub

5 drops Ginger
5 drops Lemongrass
10 drops Lime
1 cup sugar

Combine ingredients in a glass jar. Use in the shower or bath, finishing with an essential oil-infused lotion.

Grapefruit

Citrus X Paradisi

Application



Main Properties

Anti-infectious
Cholagogue
Depurative
Digestive
Tonic

Chemical Constituents

d-Limonene, nonanal, nootketone

Other Uses

Anorexia, Bulimia, Dry Throat, Edema,
Energy, Hangovers, Jet Lag, Lymphatic
Congestion, Miscarriage Recovery, Obesity,
Overeating

Safety

Avoid sun exposure for 12 hours after topical use.

Top 7

- 1 Detox**
Drink 1-3 drops in water.
- 2 Weight Loss**
Apply 10 drops diluted with carrier oil over cellulite and fatty areas.
- 3 Smoking Addiction**
Drink 1-3 drops in water after meals.
- 4 Antiviral Support**
Apply 1-2 drops to bottoms of feet, or drink in water.
- 5 Appetite Suppressant**
Diffuse several drops, or drink in water.
- 6 Gallbladder Stones**
Drink 1-3 drops in water 3 times daily.
- 7 Food & Cooking**
Use in smoothies, dressings, and sauces.



Emotional Use

Monoterpenes like Limonene make Grapefruit an uplifting oil to lift one out of body shame and into honoring the body.



Skinny Wraps

20 drops Grapefruit
20 drops Metabolic Blend
15 drops Cypress
10 drops Lemon
10 drops Detoxification Blend
45 drops FCO

Rub oils over fatty areas and wrap with BPA-free plastic for 1-2 hours.

Spirit-Lifting Blend



15 drops Grapefruit
15 drops Bergamot
15 drops Grapefruit
10 drops Wild Orange
8 drops Frankincense

Combine oils in a 16 oz. spray bottle with water. Use to brighten a room or as a perfume.

Green Mandarin

Citrus Nobilis

Application



Main Properties

Nervine
Digestive
Sedative
Antiseptic
Immunostimulant

Chemical Constituents

δ -limonene, γ -terpinene, linalool, myrcene

Other Uses

Antibacterial, Anti-viral, Depression, Numbness, Regenerative, Skin Toner

Safety

Excessive dosing may cause indigestion. Unlike other citrus oil, there is no photo-sensitivity with Green Mandarin.

Top 7 Uses

- 1 Nerve Damage**
Apply 2-4 drops to bottoms of feet and along spine.
- 2 Sensation Loss in Extremities**
Massage with carrier oil into affected areas.
- 3 Pain**
Massage 2 drops into affected areas.
- 4 Simple Antibiotic**
Take 2-4 drops in a capsule 3-5x daily as needed.
- 5 Mood Lift**
Diffuse 3-6 drops or inhale from cupped hands as needed.
- 6 Ageless Skin**
Apply 2 drops with carrier oil to fine lines and wrinkles before bed.



Emotional Use

Monoterpenes like γ -terpinene make Green Mandarin an uplifting oil. It helps the heart feel light and easy-going.



Citrus Power Water

2 drops Green Mandarin
1 drop Lemon
1 drop Peppermint
Splash of orange juice

Add oils to 44oz of water with a splash of orange juice. Only use stainless steel or glass water bottles (no plastic!).

Skin Tightening Serum

2 drops Green Mandarin
1 drop Melaleuca
1 drop Frankincense
1 drop Hawaiian Sandalwood

Combine oils and massage into face and neck after removing makeup at night.

Helichrysum

Helichrysum Italicum

Application



Main Properties

Antibacterial
Anticatarhal
Anticoagulant
Antispasmodic
Muscolytic

Chemical Constituents

neryl Acetate, alpha pinene, italidione,
γ-curcumene

Other Uses

AIDS/HIV, Broken Blood Vessels, Bruises,
Cuts, Earache, Fibroids, Gallbladder Infection,
Hemorrhaging, Hernias, Herpes, Lymphatic
Drainage, Nose Bleed, Sciatica, Staph
Infection, Stretch Marks, Wrinkles

Top Uses

- 1 Tissue Repair
Apply neat or diluted to wounds.
- 2 Bleeding
Apply to clean wound to stop bleeding.
- 3 Eczema & Psoriasis
Apply 1-2 drops diluted to affected areas.
- 4 Shock
Diffuse 3-6 drops.
- 5 Tinnitus
Apply a drop behind ear.
- 6 Viral Infections
Take 1-2 drops in capsule, or diffuse.
- 7 Cholesterol
Take 1-3 drops in a capsule, and apply to bottoms of feet.



Emotional Use

Esters like Neryl acetate make Helichrysum a restoring oil that ease emotional pain, anguish, and trauma.



Stretch Marks Remover



20 drops Helichrysum
20 drops Lavender
FCO

Add oils to a roller bottle and top off with FCO. Apply topically on stretch marks twice daily.



High Blood Pressure Roller



12 drops Helichrysum
12 drops Ylang Ylang
8 drops Cassia
8 drops Frankincense
FCO

Add oils to a roller bottle and top off with FCO. Apply to bottoms of feet, wrists, and over heart twice daily.

Jasmine

Jasminum Grandiflorum

Application



Main Properties

Antidepressant
Antispasmodic
Calmative
Nervine
Sedative

Chemical Constituents

benzyl acetate, benzyl benzoate, phytol, squalene

Other Uses

Apathy, Anxiety, Dry Skin, Insecurity, Labor & Delivery, Low Libido, Menstrual Cramps, Nervous Tension, Nervousness, Ovulation, Stress

Top 7 Uses

- 1 Depression & Self-Esteem Issues**
Inhale 1-2 drops from cupped hands, or apply over heart.
- 2 Wrinkles & Fine Lines**
Apply directly to desired areas.
- 3 Pink Eye**
Apply carefully around affected eye, avoiding the eye itself.
- 4 Infertility**
Apply to pulse points and reproductive reflex points.
- 5 Cramps & Spasms**
Apply 1-2 drops to needed areas.
- 6 Lethargy & Fatigue**
Inhale from cupped hands, or diffuse.
- 7 Sleep & Relaxation**
Apply to bottoms of feet and temples.



Emotional Use

Esters like Benzyl acetate make jasmine a restoring oil that helps bring back a sense of purity and innocence.



Spring Sunset Perfume

1 drop Jasmine
2 drops Ylang Ylang
2 drops Cedarwood

This floral perfume is soft and bright at the same time. Best of all, it helps keeps hormones in check.

Girl's Night Out

6 drops Jasmine
3 drops Patchouli
1 drop Cinnamon
15 ml PCO

Use this blend sparingly on the base of the neck and spine to bring feelings of assertiveness and confidence.

Juniper Berry

Juniperus Communis

Application



Main Properties

Analgesic
Anthelmintic
Antiseptic
Emmenagogue
Nervine

Chemical Constituents

α -pinene, β -caryophyllene, bornyl acetate, sabinene

Other Uses

Acne, Anxiety, Bacteria, Bloating, Cellulite, Cystitis, Detoxifying, Fluid Retention, Heavy Legs, Jaundice, Menstrual Cramps, Mental Exhaustion, Stress, Ulcers, Viruses

Top Uses

- 1 Kidney Detox & Infections**
Rub 1-2 drops over kidneys, or take in a capsule.
- 2 Diabetes**
Take 1-2 drops in a capsule daily.
- 3 Kidney Stones**
Apply 1-2 drops over kidneys.
- 4 Urinary Tract Infection**
Apply 1-2 drops over bladder.
- 5 High Cholesterol**
Take 1-2 drops in a capsule, or apply to bottoms of feet.
- 6 Tinnitus**
Apply a drop behind affected ear.
- 7 Chronic Fatigue**
Apply 1-2 drops to pulse points, or diffuse.



Emotional Use

Monoterpenes like α -Pinene make Juniper Berry a restoring oil that helps resolve irrational fears and recurring nightmares.



Kidney Support Roll-on

4 drops Juniper Berry
4 drops Geranium
4 drops Lemongrass
4 drops Copaliba
FCO

Mix ingredients in a roller bottle and top with FCO. Apply to kidney area every few hours to support detox and relief.

Mindful Relaxation

4 drops Juniper Berry
3 drops Cedarwood
2 drops Frankincense
3 drops Jasmine
2 Tbsp FCO

Massage onto neck, muscles, and temples. Close your eyes and take several slow, deep breaths to relax.

Kumquat

Fortunella Japonica

Application



Main Properties

Antidepressant
Antioxidant
Cholagogue
Hypotensive
Sedative

Chemical Constituents

Limonene, Myrcene, α -Pinene

Other Uses

Antioxidant, Calming, Detoxification, Mental Stimulation, Revitalization, Shampoo & Conditioner Enhancer, Weight Loss

Top Uses

- 1 Immune Support**
Drink 1-3 drops in water, or apply to bottoms of feet.
- 2 Metabolism Boost**
Drink 1-3 drops in water, or diffuse.
- 3 Mood Boost**
Inhale 1-2 drops from cupped hands, or diffuse.
- 4 Energy**
Drink 1-3 drops in water, or diffuse.
- 5 Household Cleaning**
Use several drops in glass spray bottle with water.
- 6 Cardiovascular Health**
Apply 1-2 drops to heart reflex points.
- 7 Nervous System Health**
Apply 1-2 drops to bottoms of feet.



Emotional Use

Monoterpenes like Limonene make Kumquat an uplifting oil, perfect for bringing you to a space of authentic presence.



Toothpaste Booster

1 drop Kumquat
Protective Blend enhanced or other fluoride-free toothpaste

Use a drop of Kumquat to enhance the cleansing qualities of your regular toothpaste.

Sunny Forest Diffuser Blend

3 drops Kumquat
2 drop Cedarwood
2 drop Douglas Fir
2 drops Lime

This diffuser blend brings you back to the mountains on a bright, sunny day. Use it to refresh your spirits and to breathe freely.

Lavender

Lavandula Angustifolia

Application



Main Properties

Antibacterial
Anti-inflammatory
Anti-venomous
Calmative
Cytophylactic

Chemical Constituents

linalool, linalyl acetate, B-ocimene, ocimene

Other Uses

Allergies, Bee Stings, Bites, Blisters, Chicken Pox, Club Foot, Colic, Convulsions, Crying, Dandruff, Diaper Rash, Gangrene, Giardia, Impetigo, Insomnia, Poison Ivy & Oak, Seizures, Stings, Tachycardia, Teething Pain, Ticks

Top Uses

- 1 Stress & Anxiety
Apply 1-2 drops to temples, or diffuse.
- 2 Sleep
Apply 2 drops to bottoms of feet and temples, or diffuse near bedside.
- 3 Skin Irritations & Burns
Apply 1-2 drops with carrier oil.
- 4 Allergies & Hay Fever
Put a drop under tongue for 30 seconds, then swallow with water.
- 5 Cuts, Blisters, & Scrapes
Apply diluted to affected areas.
- 6 Irritability
Apply 1-2 drops to pulse points.
- 7 Headaches & Migraines
Apply 1-2 drops to temples and base of skull.



Emotional Use

Alcohols like Linalool make Lavender a calming oil. Use it to feel certain and collected through challenging communication.



Soothing Bath Salt



5 drops Lavender
5 drops Melaleuca
1 cup Epsom salt

Combine ingredients in a ceramic bowl.
Add to a hot bath and relax!

Rest-Well Diffuser Blend



2 drops Lavender
2 drops Cedarwood
2 drops Frankincense

Use this diffuser blend next to your bedside while falling asleep to calm active thoughts.

Lemon

Citrus Limon

Application



Main Properties

Antimicrobial
Antiseptic
Antiviral
Astringent
Stimulant

Chemical Constituents

d-Limonene, citral, β -pinene, γ -terpinene

Other Uses

Anxiety, Cold Sores, Colds, Concentration, Constipation, Depression, Disinfectant, Dysentery, Flu, Furniture Polish, Greasy Hair, High Blood Pressure, Kidney Stones, MRSA, Pancreatitis, Parasites, Tonsillitis

Safety

Avoid sun exposure for 12 hours after topical use.

Top Uses

- 1 Energy**
Inhale 1-2 drops from cupped hands.
- 2 Detox**
Drink 1-3 drops in water, or apply to bottoms of feet.
- 3 Permanent Marker**
Rub several drops with clean rag.
- 4 Sore Throat**
Take 1-2 drops with a spoonful of honey.
- 5 Increase Alkalinity**
Drink 1-3 drops in water.
- 6 Household Cleaner**
Use several drops with water in glass spray bottle.
- 7 Food & Cooking**
Use in smoothies, juices, and sauces.



Emotional Use

Monoterpenes like Limonene make Lemon an uplifting oil, making it easier to overcome mental fatigue and focus.



Sunny Green Smoothie

4 drops Lemon
1 cup mixed greens
1/2 cup frozen strawberries
1/2 apple
1 cup almond milk

Blend all ingredients in high speed blender.
Add a plant-based protein if desired.

Good Gut Health



1 drop Lemon
2 drops Peppermint
1 drop Protective Blend

Take this blend daily to regulate gut patterns, health, and restore regularity.

Lemon Myrtle

Backhousia Citriodora

Application



Main Properties

Antimicrobial
Antiseptic
Antiviral
Mood lifting
Sedative

Chemical Constituents

Geranial, Neral, Isogeranial, Isoneral,
6-Methyl-5-hepten-2-one

Other Uses

Antiseptic, Antidepressant, Common Cold,
Digestive Issues, Infection, Influenza, Slu-
gish Digestion

Safety

Avoid during pregnancy. Do not use on
broken skin.

Top Uses

- 1 Air Purification**
Diffuse several drops to help with heavy
air pollution.
- 2 Cold & Flu Prevention**
Diffuse several drops during cold & flu
season. Apply 2 drops to bottoms of feet.
- 3 Easy Breathing**
Rub 3 drops with carrier oil over chest.
- 4 Restful Sleep**
Diffuse several drops 30 minutes before
bedtime. Rub 2 drops on bottoms of feet.
- 5 Antimicrobial House Cleaning**
Add a few drops to a rag while cleaning
household surfaces.
- 6 Air Freshener**
Add several drops to a glass spritzer bottle
to use in the bathroom or kitchen.



Essential Use

Aldehydes like Ger-
anial make Lemon
Myrtle a restoring oil,
useful in bringing a
scattered mind back
to concentration.



Home Surface Cleaner

5 drops Lemon Myrtle
5 drops Lemon
5 drops Cinnamon
5 drops Lime

Combine oils in a 24 oz glass spray bottle
and top with water. Shake before spraying.

Cold & Flu Bomb Diffuser Blend

2 drops Lemon Myrtle
2 drops Cinnamon
2 drops Wild Orange
2 drops Peppermint

Diffuse daily to ward off viruses and air-
borne pathogens.

Lemongrass

Cymbopogon Flexuosus

Application



Main Properties

Analgesic
Anthelmintic
Antiseptic
Astringent
Tonic

Chemical Constituents

Geraniol, neral, Geraniol, a-terpineol

Other Uses

Airborne Bacteria, Bladder Infection, Carpal Tunnel, Charley Horses, Connective Tissue Injury, Constipation, Frozen Shoulder, Lymphatic Drainage, Paralysis, Sprains, Urinary Tract Infection

Safety

Possible skin sensitivity. Do not use internally more than 10 days in a row.

Top Uses

- 1 **Thyroid Support (hypo & hyper)**
Apply a drop diluted over thyroid.
- 2 **High Cholesterol**
Take 1-2 drops in a capsule.
- 3 **Ligament & Tendon Issues**
Apply 1-2 drops diluted to painful areas.
- 4 **Stomach Ulcers**
Take 1 drop in a capsule.
- 5 **Immune Support**
Apply 1-2 drops to bottoms of feet.
- 6 **Lactose Intolerance**
Take 1 drop in a capsule.
- 7 **Cooking**
Use toothpick to achieve desired flavor.



Emotional Use

Aldehydes like Geraniol make Lemongrass a restoring oil, ideal for cleansing toxic and negative energy.



Keloid Scarring



1 drop Lemongrass
1 drop Basil
1 dab protective salve

Combine oils into a dab of protective salve (like a beeswax salve) and rub onto scarring area twice daily.

Pain Killing Bomb



1 drop Lemongrass
2 drops Frankincense
1 drop Marjoram

Take oils in a veggie capsule every 4 hours as needed. Discontinue use after 10 days.

Lime

Citrus Aurantifolia

Application



Main Properties

Anthelmintic
Antimicrobial
Antiviral
Digestive
Restorative

Chemical Constituents

d-Limonene, 1,8 cineol, β -pinene, γ -terpinene, geraniol

Other Uses

Antiviral Support, Blood Pressure, Cellulite, Depression, Detox, Energy, Exhaustion, Fever, Gallstones, Gum Removal, Herpes, Memory, Water Purification

Safety

Avoid sun exposure for 12 hours after topical use.

Top Uses

- Chronic Cough**
Apply 2-4 drops over chest, mid-back, and lung reflex points.
- Colds**
Drink 1-3 drops in water, and diffuse.
- Sore Throat**
Gargle 2 drops with water.
- Cold Sores**
Apply 1 drop diluted to affected area.
- Antioxidant**
Drink 1-3 drops in water.
- Bacterial Infections**
Apply 1-2 drops with carrier oil to affected area.
- Mental Clarity**
Diffuse 3-6 drops, or inhale from cupped hands.



Emotional Use

Monoterpenes like Limonene make Lime an uplifting oil that dissipates apathy and restores a zest for life.



Focus Enhancer

5 drops Lime
5 drops Patchouli
5 drops Frankincense
5 drops Ylang Ylang
5 drops Roman Chamomile
3-5 drops Peppermint

Combine in roller bottle and top with FCO.
Apply to back of neck and bottoms of feet.

Don't Worry Diffuser Blend

2 drops Lime
2 drops Peppermint
2 drops Wild Orange
2 drops Frankincense

Use this diffuser blend to go to your happy place.

Litsea

Litsea Cubeba

Application



Main Properties

Antibacterial
Antidepressant
Antiseptic
Antiviral
Hypotensive

Chemical Constituents

Geranial, Neral, Limonene, Methyl heptenone, β -Myrcene

Other Uses

Anxiety, Cold, Cough, Disinfectant, Household Cleaning, Insect Repellent, Odors, Perspiration, Sleep, Stress

Safety

Possible skin sensitivity. Use with caution during pregnancy.

Top Uses

- 1 Emotional Balance**
Diffuse several drops, or wear on scarf or sleeve throughout the day.
- 2 Mental Rejuvenation**
Inhale 1-2 drops from cupped hands.
- 3 Postpartum Depression**
Diffuse, or apply over heart area.
- 4 E. Coli**
Apply 1-2 drops diluted to affected areas.
- 5 Internal Bacterial Infections**
Drink 2-4 drops in water or in a capsule.
- 6 Aging**
Apply 1-2 drops in facial lotion to combat age-promoting free radicals.
- 7 Athlete's Foot**
Apply 1-2 drops to clean feet.



Emotional Use

Alcohols like Geranial make Litsea a clarifying oil. Use it to clear self-doubt and fear of rejection, and to expedite manifestations.



Mermaid Salt Scrub

5 drops Litsea
1 drop Patchouli
1 drop Lavender
1 cup sea salt
1/2 cup coconut oil
Blue food coloring

Mix ingredients in a glass jar and use in the shower.

Zingy Face Scrub

5 drops Litsea
5 drops Lemon
1 Tbsp coarse sugar
1 Tbsp grape seed oil

Combine all ingredients. Scrub face for 1-2 minutes, then wash. Follow with essential oil-infused skincare products.

Magnolia

Michelia X Alba

Application



Main Properties

Analgesic
Anti-Inflammatory
Calming
Expectorant
Sedative

Chemical Constituents

Linalool, β -caryophyllene, Selinene,
(E)- β -Ocimene

Other Uses

Anger Issues, Bronchitis, Excess Mucus,
Heart Health, Motion Sickness, Nervous
System Support

Top 7

- 1 Stress & Anxiety**
Apply to wrists and temples, taking deep breaths.
- 2 Menstrual Cramping**
Apply over lower abdomen and to wrists.
- 3 Sore Muscles**
Massage onto affected muscles with carrier oil.
- 4 Depression**
Apply over heart in the morning and afternoon.
- 5 Hives & Rashes**
Apply with carrier oil to affected skin.
- 6 Cough**
Apply over chest and mid-back.
- 7 Chronic Pain**
Diffuse 3-6 drops or apply to wrists, spine, and bottoms of feet.



Essential Use

Alcohols like Linalool make Magnolia a calming oil that enhances the heavenly feeling of genuine connection with others.



Home Spa Night

4 drops Magnolia
2 drops Lavender
1 tsp pomegranate seed oil

Combine ingredients and stir into hot bath to melt away stress and treat yourself to a little luxury.

Peaceful Surrender Diffuser Blend

3 drops Magnolia
1 drop Tangerine
1 drop Cedarwood
1 drop Geranium

This diffuser blend helps release feelings of upset, grudges, and difficulty forgiving. It helps you surrender to the progression life is calling you to.

Manuka

Leptospermum Scoparium

Application



Main Properties

Cytophylactic
Expectorant
Immunostimulant
Spasmolytic
Vulnerary

Chemical Constituents

eugenol, eugenyl acetate, β-caryophyllene

Other Uses

Athlete's Foot, Bronchitis, Catarrh, Contusions, Cough, Fungal Skin Infections, Head Lice, Influenza, Scabies, Skin Infection, Ulceration

Safety

Possible skin sensitivity. Use with caution when pregnant.

Top Uses

- 1 Blemishes & Complexion**
Add a couple drops to skincare products, or apply diluted to affected areas.
- 2 Hypertension**
Apply 1-2 drops to pulse points, or diffuse.
- 3 Air Purification**
Diffuse 4-8 drops.
- 4 Sleep**
Graze pillows with a drop of oil, and diffuse near bedside.
- 5 Bronchial Infection**
Inhale 1-2 drops from cupped hands, or diffuse.
- 6 Ringworm & Parasites**
Apply 1-2 drops diluted to affected areas.



Essential Use

Phenols like Eugenol make Manuka a restoring oil, providing energetic safety and protection so you never feel abandoned.



Herbaceous Mouth Wash

3 drops Manuka
3 drops Peppermint
3 drops Melaleuca
1 cup glycerin

Combine ingredients and store in a glass jar or bottle in the bathroom.

Deep Meditation Blend

1 drop Manuka
2 drops Sandalwood
2 drops Jasmine

Use as a perfume or diffuse during meditation to clear the influence of the ego and invite divine support.

Marjoram

Origanum Majorana

Application



Main Properties

Analgesic
Antibacterial
Antispasmodic
Circulatory
Nervine

Chemical Constituents

α & γ -terpinenes, α -terpineol, terpinen-4-ol, trans-sabinene hydrate

Other Uses

Arterial Vasodilator, Bruises, Colic, Constipation, Croup, Headache, Gastrointestinal Disorders, Insomnia, Menstrual Problems, Parkinson's, Prolapsed Mitral Valve, Ringworm, Sprains, Whiplash

Safety

Use with caution during pregnancy.

Top Uses

- 1 Muscle Injury**
Massage 2 drops with carrier oil into injured muscles.
- 2 Carpal Tunnel & Arthritis**
Apply 1-2 drops neat to affected area.
- 3 High Blood Pressure**
Apply 2 drops to bottoms of feet, or take in a capsule.
- 4 Irritable Bowel Syndrome**
Take 1-2 drops in a capsule, or rub over abdomen.
- 5 Diverticulitis**
Take 1-2 drops in a capsule.
- 6 Pancreatitis**
Apply 1-2 drops neat over pancreas area.
- 7 Chronic Stress**
Rub 1-2 drops onto back of neck.



Essential Use

Alcohols like Terpinen-4-ol make Marjoram a clarifying oil, bringing closeness and connection where distrust may have been.



High Blood Pressure Mix

2 drops Marjoram
2 drops Lemon
2 drops Cypress
2 drops Ylang Ylang

Take oils in a veggie capsule twice daily. Also rub a drop of each oil to the bottoms of feet.

Muscle Mend

2 drops Marjoram
1 drop Helichrysum
1 drop Wintergreen

Massage oils into injured muscles 2-3 times daily as needed. Add FCO to use on larger muscle groups.

Melaleuca

Melaleuca Alternifolia

Application



Main Properties

Anthelmintic
Anti-fungal
Antiseptic
Immunostimulant
Vulnerary

Chemical Constituents

α - & γ -terpinenes, terpinen-4-ol, α - & δ -cadinenes

Other Uses

Aneurysm, Bacterial Infections, Cankers, Candida, Cavities, Cold Sores, Cuts, Dermatitis, Ear Infections, Fungal Infections, Hepatitis, Infected Wounds, MRSA, Nail Fungus, Pink Eye, Rubella, Thrush

Safety

Possible skin sensitivity.

Top Uses

- 1 Rashes & Eczema
Apply 1-2 drops diluted to affected areas.
- 2 Dandruff
Add 2 drops to shampoo daily.
- 3 Athlete's Foot
Apply 1-2 drops neat to clean feet.
- 4 Acne & Blemishes
Apply a dab to affected areas.
- 5 Staph Infections
Take 1-2 drops in a capsule.
- 6 Strep Throat & Tonsillitis
Gargle 2 drops with water, and rub 1-2 drops diluted to outside of throat.
- 7 Herpes
Apply 1 drop diluted to affected areas.



Essential Oils

Alcohols like Terpen-4-ol make Melaleuca a clarifying oil, powerful for protecting energetic boundaries.



Mold & Mildew Remover

10 drops Melaleuca
10 drops Lemon
2 cups white vinegar

Combine ingredients in a glass spray bottle. Spray and leave for a half hour before scrubbing and rinsing.

Shower Cleaner

20 drops Melaleuca
15 drops Geranium
20 drops Lemon
2 cups white vinegar

Add ingredients to a 16 oz glass spray bottle, filling the remainder with water. Spray shower curtain, walls, and floor liberally to prevent mold and mildew.

Red Mandarin

Citrus Reticulata

Application



Main Properties

Antiseptic
Antispasmodic
Digestive
Stomachic
Tonic

Chemical Constituents

Limonene, Gamma-Terpinene

Other Uses

Household Cleaning, Intestinal Spasm, Irritability, Nervous Spasm, Sleeping Disorders, Stomachache, Stress

Safety

Avoid sun exposure for 12 hours after topical use.

Top Uses

- 1 Skin Cleansing**
Add a drop to facial cleanser.
- 2 Uplift & Energize**
Inhale 1-2 drops from cupped hands, drink in water, or diffuse.
- 3 Digestive Conditions & IBS**
Drink 1-3 drops in water.
- 4 Cellulite**
Massage several drops with carrier oil over cellulite.
- 5 Antioxidant**
Drink 1-3 drops in water, or apply over lymph nodes.
- 6 Constipation**
Rub 2-4 drops clockwise over abdomen.
- 7 Convalescence**
Diffuse and wear on pulse points.



Emotional Use

Monoterpenes like Limonene make Red Mandarin an uplifting oil to bring playfulness and child-like perspective back to life.



Relax Water

2 drops Red Mandarin
1 drop Lemon
1 drop Lime
1 drop Grapefruit

Add oils to a 20oz glass or stainless steel water bottle and drink throughout the day.

Ignite Diffuser Blend

4 drops Red Mandarin
2 drops Inspiring Blend
2 drops Douglas Fir

This diffuser blend ignites passion and excitement. Use at the beginning of a creative project.

Roman Chamomile

Anthemis Nobilis

Application



Main Properties

Analgesic
Anti-neuralgic
Antispasmodic
Immunostimulant
Sedative

Chemical Constituents

Isobutyl, a- & B-pinene, Pinocarvone

Other Uses

Allergies, Anorexia, Bee/Hornet Stings, Club Foot, Dysentery, Hyperactivity, Menopause, Muscle Spasms, Neuralgia, Rashes, Shock, Sore Nipples

Top 7 Uses

- 1 Sleep & Insomnia**
Apply 1-2 drops to temples and wrists, or diffuse next to bedside.
- 2 Panic Attacks**
Carry on person and breathe a drop deeply from cupped hands as needed.
- 3 Diaper Rash**
Apply 1 drop heavily diluted with carrier oil to baby skin.
- 4 Crying**
Add a drop to front of shirt or sleeve, or diffuse.
- 5 PMS & Cramps**
Apply a drop over abdomen.
- 6 Parasites & Worms**
Apply 1-2 drops over abdomen, and take in a capsule.



Essential Oil

Esters like Methyl-amylangelate make Roman Chamomile a calming oil that beautifully reminds one of spiritual purpose and the greater good.



Itchy Bite Remedy



8 drops Roman Chamomile
8 drops Lavender
4 drops Eucalyptus
2 drop Melaleuca
45 drops FCO

Add ingredients to a 10ml roller bottle. Use on itchy bug bites as needed.

Tummy Trouble Capsule



1 drop Roman Chamomile
1 drop Peppermint
1 drop Thyme

Place oils in a veggie cap for a severe stomach upset. Take every 5 hours, not exceeding 5 capsules in a 24-hour period.

Rose

Rosa Damascena

Application



Main Properties

Antidepressant
Astringent
Cytophylactic
Hypnotic
Nervine

Chemical Constituents

Citronellol, Stearoptene, Nonadecane

Other Uses

Anxiety, Astringent, Dysmenorrhea, Endometriosis, Grief, Facial Redness, Impotency, Infertility, Irregular Ovulation, Menstrual Cramping, Phobias

Safety

Use with caution during pregnancy.

Top Uses

- 1 Aging Skin**
Add a drop to toner or moisturizer, or apply with carrier oil over fine lines, wrinkles, and age spots.
- 2 Low Libido**
Apply 1-2 drops to pulse points, or to reproductive reflex points.
- 3 Scar Tissue**
Massage into scar tissue 3 times daily.
- 4 Self-Esteem & Depression**
Apply 1-2 drops over heart, or diffuse.
- 5 Aphrodisiac**
Diffuse a few drops, or wear on pulse points.
- 6 Poison Ivy/Oak**
Apply 1-2 drops diluted to irritated areas.



Emotional Use

Alcohols like Citronellol make Rose a clarifying oil that help connect the mind and soul to divine love and grace.



Feel the Romance Salve

5 drops Rose
3 drops Ylang Ylang
2 drops Bergamot
1 drop Sandalwood
Unscented salve (like beeswax salve)

Combine oils with salve and use in sensual massage.

Bloom Diffuser Blend

3 drops Rose
3 drops Wild Orange
3 drops Lavender

This diffuser blend has a graceful aroma that brings a soothing and refreshing air to any day.

Rosemary

Rosmarinus Officinalis

Application



Main Properties

Antimicrobial
Decongestant
Depurative
Restorative
Stimulant

Chemical Constituents

1, 8-cineole, a-pinene, camphor

Other Uses

Alcohol Addiction, Adenitis, Arthritis, Bell's Palsy, Cellulite, Club Foot, Constipation, Headaches, Kidney Infection, Lice, Muscular Dystrophy, Osteoarthritis, Schmidt's Syndrome, Sinusitis

Safety

Avoid during pregnancy, if epileptic, or with high blood pressure.

Top Uses

- Chronic Cough**
Apply 2-4 drops to lung reflex points or diluted over chest, or diffuse.
- Mental & Adrenal Fatigue**
Inhale 1-2 drops from cupped hands, or take in a capsule.
- Focus & Memory Issues**
Apply a drop over forehead, or diffuse.
- Cold & Flu**
Apply 1-2 drops diluted over chest.
- Low Blood Pressure**
Massage with carrier oil into legs and on bottoms of feet.
- Jet Lag**
Apply 1-2 drops to temples after flying.
- Hair Loss**
Work 2 drops into scalp before washing.



Emotional Use

Ethers like 1,8-Cineole make Rosemary a restoring oil that can fortify knowledge and assist in transitioning to new phases of life.



Cellulite & Water Retention Reduction



16 drops Rosemary
20 drops Grapefruit
21 drops Cypress
4 drops Oregano
8 drops Black Pepper
12 drops Geranium
4 oz FCO

Lather onto tummy, thighs, buns, etc.



Bright-Eyed Diffuser Blend

5 drops Rosemary
4 drops Lemon
2 drops Peppermint
2 drops Wild Orange
1 drop Eucalyptus

This diffuser blend helps with critical thinking and being open to the future.

Sandalwood

Santalum Album

Application



Main Properties

Antidepressant
Antispasmodic
Calmative
Cicatrizing
Tonic

Chemical Constituents

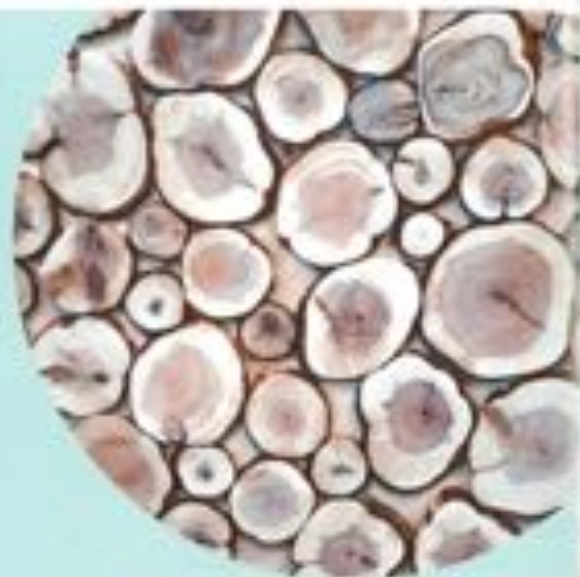
α & β -santalols, α & β -santalenes, norticycloekasantalic acid, cis-lanceol

Other Uses

Aphrodisiac, Back Pain, Blemishes, Calming, Cartilage Repair, Coma, Dry Skin/Scalp, Exhaustion, Hiccups, Laryngitis, Lou Gehrig's Disease, Moles, Multiple Sclerosis, UV Radiation, Yoga

Top 6

- 1** Rashes & Skin Conditions
Apply 1-2 drops with carrier oil to affected areas.
- 2** Cancer & Tumors
Take 1-2 drops in a capsule, apply diluted to affected area, or diffuse.
- 3** Meditation
Apply a drop to temples during meditation.
- 4** Low Testosterone
Take 1-2 drops in a capsule, or apply to pulse points and lower abdomen.
- 5** Scars
Massage 1-2 drops into scars often.
- 6** Alzheimer's Disease
Apply 1-2 drops to base of skull, or take 1-2 drops in a capsule daily.



Emotional Use

Alcohols like Santalol make Sandalwood a stabilizing oil that grounds one to a higher consciousness and sense of spirituality.



Uplift-Me Spray



12 drops Sandalwood
8 drops Jasmine
8 drops Ylang Ylang
1 tbsp alcohol
4 oz distilled water

Mix oils and alcohol together. Pour into 4 oz spray bottle. Top off with distilled water.

Non-Oil Wrinkles



2 drops Sandalwood
3 drops Frankincense
1 Myrrh
2 Tbsp carrier oil

Mix ingredients and massage into face at nighttime to reduce fine lines and wrinkles and even skin tone.

Siberian Fir

Abies Sibirica

Application



Main Properties

Analgesic
Antiseptic
Antitussive
Expectorant
Tonic

Chemical Constituents

Bornyl Acetate, Terpinyl Acetate, δ -3-Carene, α -Pinene, Camphene

Other Uses

Anxiety, Bronchitis, Catarrh, Fever, Sinusitis, Sluggish Nerves, Tension, Urinary Infection

Safety

Use with caution during pregnancy. Possible skin sensitivity.

Top 7

- 1 Asthma**
Apply 1-2 drops with carrier oil over chest or to lung reflex points.
- 2 Immune Stimulant**
Apply 1-2 drops to bottoms of feet.
- 3 Dry Cough, Cold, & Flu**
Inhale 1-2 drops from cupped hands, or apply with carrier oil over chest.
- 4 Muscle Cramps & Spasms**
Massage several drops with carrier oil into affected areas.
- 5 Emotional Overwhelm**
Inhale 1-2 drops from cupped hands.
- 6 Rheumatism**
Apply 1-2 drops neat to affected areas.
- 7 Mucus**
Apply 1-2 drops to throat and chest.



Emotional Use

Esters like Bornyl Acetate make Siberian Fir a restoring oil that illuminates the wisdom and purpose of progressing through life.



Knee Easy Rub



2 drops Siberian Fir
2 drops Copaiba
6 drops FCO

Massage oils with FCO into knees, focusing on connective tissue and muscles around the knee. Repeat as needed.



Seasonal Twist Diffuser Blend

3 drops Siberian Fir
4 drops Protective Blend
2 drops Spearmint

Put an earthy-minty twist on the autumn-like aroma of Protective Blend with this diffuser blend.

Spearmint

Mentha Spicata

Application



Main Properties

Antiseptic
Decongestant
Digestive
Nervine
Spasmolytic

Chemical Constituents

l-carvone, l-limonene, Carveol, 1, 8-cineole, β -myrcene

Other Uses

Acne, Bronchitis, Headaches, Focus, Migraines, Nervous Fatigue, Respiratory Infection, Sores, Scars

Top 6

- 1 Indigestion**
Drink 1-2 drops in water or in a capsule.
- 2 Colic**
Apply a drop heavily diluted to baby's stomach.
- 3 Nausea**
Inhale 1-2 drops from cupped hands, or rub over stomach.
- 4 Muscle Aches**
Massage 1-2 drops diluted over achy muscles.
- 5 Bad Breath**
Swish 1-2 drops in water as a mouthwash.
- 6 Heavy Menstruation**
Apply 1-2 drops over back of neck and abdomen, or diffuse.



Emotional Use

Ketones like Carvone make Spearmint an energizing oil. Use it to feel energized when public speaking and voicing opinions.



Sea Breeze Diffuser Blend

1 drop Spearmint
3 drops Lavender
3 drops Lime

Return to the seaside with this cool and easy going diffuser blend.

Mint Blast Tongue Scrub

1 drop Spearmint
1 drop Peppermint
1 tsp baking soda

Mix ingredients together. Wet toothbrush and tap into powder. Use to brush tongue (your tongue is where the bad breath is!)

Spikenard

Nardostachys jatamansi

Application



Main Properties

Analgesic
Anti-inflammatory
Nervine
Regenerative
Soporific

Chemical Constituents

Jatamansone, Nardol, α -Selinene

Other Uses

Constipation, Depression, Estrogen Imbalance, Fungal Issues, Mental Fatigue, Pink-eye, PMS Cramping, Progesterone Imbalance, Uterus & Ovaries Detox

Safety

Use with caution during pregnancy.

Top Uses

- 1 Chronic Fatigue Syndrome
Apply 1-2 drops to adrenals and pulse points, or take in a capsule.
- 2 Insomnia
Put a drop under the tongue, or take in a capsule.
- 3 Toenail Fungus
Apply neat to affected toenail often.
- 4 Digestive Inflammation
Take 1-2 drops in a capsule.
- 5 Pancreatitis
Apply 1-2 drops neat over pancreas.
- 6 Immune Stimulant
Apply 1-2 drops to bottoms of feet.
- 7 Hair Loss
Add 2 drops to shampoo, and take 1-2 drops in a capsule.



Essential Use

Ketones like jatamansone make Spikenard a stabilizing oil that creates a safe space to indulge in deep, luxurious gratitude.



Forest Rain Diffuser Blend

2 drops Spikenard
3 drops Wild Orange
2 drops Juniper Berry

Wake up your senses with this fresh, clean diffuser blend.

Woodland Spice Diffuser Blend

2 drops Spikenard
3 drops Frankincense
4 drops Lavender

This diffuser blend grounds your energy and focus. It's perfect for gratitude journaling.

Melissa

Melissa Officinalis

Application



Main Properties

Antibacterial
Antidepressant
Antiviral
Nervine
Soporific

Chemical Constituents

Geraniol, Germacrene-D, Neral

Other Uses

Allergies, Anxiety, Blisters, Colds, Dysentery, Erysipelas, Hypertension, Nervousness, Sleep Disorders, Sterility, Viral Outbreak

Safety

Dilute for sensitive skin.

Top Uses

- 1** Viral Infections
Take 1-2 drops in a capsule.
- 2** Cold Sores & Herpes
Apply a drop to affected areas.
- 3** Depression
Use thumb to hold a drop to the roof of the mouth.
- 4** Bronchitis, Asthma
Apply 1-2 drops diluted over chest.
- 5** Neurotonic
Apply a drop to the bottoms of feet.
- 6** Shock
Apply a drop diluted to back of neck, or diffuse.
- 7** Insomnia
Apply a drop to big toe, or use thumb to hold a drop to the roof of mouth.



Emotional Use

Aldehydes like Neral make Melissa a restoring oil. It sparks enthusiasm and shines light where there was despair or darkness.



Calming Balm

6 drops Melissa
10 drops Geranium
10 drops Lavender
Unscented lotion

Combine oils with lotion according to aroma preference. Massage onto back of neck and lower spine.

Anxiety Relief Diffuser Blend

1 drop Melissa
2 drops Frankincense
2 drops Cedarwood
1 drop Lavender

Use this blend to remedy anxiety - especially anxiety accompanied by despair or fear of moving forward.

Myrrh

Commiphora Myrrha

Application



Main Properties

Antimicrobial
Antiseptic
Astringent
Cicatrizing
Expectorant

Chemical Constituents

Lindrestrene, Methoxyfurogermacrene,
Curzenone

Other Uses

Cancer, Chapped Skin, Congestion, Dysentery, Gum Bleeding, Hepatitis, Liver Cirrhosis, Scabies, Stretch Marks

Safety

Use with caution during pregnancy.

Top Use

- 1 **Wrinkles & Fine Lines**
Massage into needed areas as desired.
- 2 **Gum Disease & Issues**
Apply 1-2 drops to gums, or swish with water as mouth rinse.
- 3 **Thyroid Support**
Rub 1-2 drops over thyroid.
- 4 **Anxiety & Depression**
Inhale 1-2 drops from cupped hands, or diffuse.
- 5 **Mucus & Bronchitis**
Apply 1-2 drops to chest, or diffuse.
- 6 **Eczema & Skin Infections**
Apply 1-2 drops to affected areas.
- 7 **Nail Fungus**
Apply a drop to affected nails.



Emotional Use

Esters like Curzenone make Myrrh a soothing oil, giving it a maternal nurturing quality. It facilitates trust and safety.



Herbal Mouthwash



5 drops Myrrh
10 drops Peppermint
5 drops Spearmint
5 drops Cinnamon
5 drops Clove
10 oz water
2 Tbsp glycerin

Combine ingredients and store in a glass jar.

Mother's Love Diffuser Blend

2 drops Myrrh
4 drops Wild Orange
1 drop Frankincense
2 drops Lavender

This diffuser blend brings a sense of comfort and safety. Use it when you need the emotional support of a caring world.

Neroli

Citrus Aurantium

Application



Main Properties

Antidepressant
Calmative
Circulatory
Cytophylactic
Regenerative

Chemical Constituents

Linalool
Geraniol
Limonene

Other Uses

Convalescence, Indigestion, Insomnia,
Intestinal Cramping, Menopausal Anxiety,
Sleep Disorders, Tension

Top Uses

- 1 Scar Tissue & Stretch Marks
Massage a few drops with carrier oil into needed areas.
- 2 Perfume
Apply 1-2 drops to pulse points.
- 3 Cramps & Spasms
Apply neat to affected areas.
- 4 Emotional Exhaustion
Inhale from cupped hands, or diffuse.
- 5 Nervousness
Apply a drop to pulse points.
- 6 Depression
Wear as perfume, inhale from cupped hands, or diffuse.
- 7 Skin Regeneration
Apply generously to damaged or worn skin.



Emotional Use

Alcohols like Linalool make Neroli a calming oil that brings intimacy, trust, and partnership to relationships.



Scar Smoothing

1 drop Neroli
1 drop Lavender
1 drop Basil
2 drops Ylang Ylang

Massage oils into scar tissue 2-3 times daily until scar begins to fade.

Peaceful Dreams Diffuser Blend

3 drops Neroli
4 drops Lavender
2 drops Patchouli
1 drop Ylang Ylang

Use this diffuser blend during sleep to enhance the mood and quality of your dreams.

Oregano

Origanum Vulgare

Application



Main Properties

Antibacterial
Anti-fungal
Antiseptic
Antiviral
Rubefacient

Chemical Constituents

carvacrol, B-caryophyllene, rosmarinic acid

Other Uses

Athlete's Foot, Calluses, Canker Sores, Carpal Tunnel, Control Issues, Ebola, Fungal Infections, Intestinal Parasites, MRSA, Nasal Polyps, Plague, Ringworm

Safety

Heavily dilute for topical use. Do not use internally for more than 10 days in a row.

Top Uses

- 1 Bacterial & Viral Infection**
Take 1-3 drops in a capsule for internal issues.
- 2 Warts**
Apply directly to wart with toothpick, avoiding surrounding skin.
- 3 Candida & Staph Infection**
Take 1-3 drops in a capsule.
- 4 Pneumonia & Whooping Cough**
Diffuse 1-3 drops, sitting nearby the diffuser for several minutes. Also rub onto bottoms of feet.
- 5 Rheumatoid Arthritis**
Massage 1 drop heavily diluted into affected area. Also take in a capsule.
- 6 Strep Throat & Tonsillitis**
Gargle a drop in water. Also take 1-3 drops in a capsule.



Emotional Use

Phenols like Carvacrol make Oregano a restoring oil. It brings with it the power of humility and being unattached.



Warts Be Gone

18 drops Oregano
18 drops Clove
13 drops Melaleuca
5 drops Frankincense

Mix oils in an empty oil bottle. Apply to wart with a toothpick 3-5 times a day, avoiding surrounding skin.

Soothing Joints

10 drops Oregano
10 drops Cypress
10 drops Lemongrass
FCO

Combine oils in a 10ml roller bottle, filling the rest with FCO. Roll onto painful joints as needed.

Patchouli

Pogostemon Cablin

Application



Main Properties

Antiseptic
Astringent
Cicatrizing
Cytophylactic
Nervine

Chemical Constituents

α -bulesene, Patchoulol, Pathoulenone

Other Uses

Abscess, Cellulite, Chapped Skin, Depression, Dermatitis, Hemorrhoids, Hives, Irritability, Mastitis, Parasitic Skin Infection, PMS, Weeping Wounds

Top Uses

- 1 Diuretic**
Apply 1-2 drops over lower abdomen.
- 2 Wrinkle Prevention**
Add a drop to toner or moisturizer.
- 3 Shingles**
Take 1-2 drops in a capsule, or apply to bottoms of feet.
- 4 Dopamine Shortage**
Diffuse 2-4 drops, or apply to pulse points.
- 5 Dandruff**
Massage 1-2 drops into clean, dry scalp after showering.
- 6 Weight Loss**
Take 1-2 drops with other weight loss essential oils in a capsule.



Essential Use

Alcohols like Patchoulol make Patchouli a stabilizing oil, which helps with feelings of grounding and body confidence.



Athlete's Foot Soak



4 drops Patchouli
5 drops Melaleuca
2 drop Myrrh
1 cup Epsom salts

Combine oils with salts, and then add to hot foot bath. Soak feet for 15 minutes.



Appetite Suppressant Tummy Rub



4 drops Patchouli
4 drops Fennel
5 drops Grapefruit
2 oz FCO

Combine ingredients in a glass jar. Rub a small amount over stomach to ease cravings.

Peppermint

Menta Piperita

Application



Main Properties

Analgesic
Anti-inflammatory
Carminative
Stomachic
Tonic

Chemical Constituents

Menthol, a & B-pinenes, germacrene-D

Other Uses

Alertness, Allergies, Autism, Burns, Cravings, Gastritis, Hangover, Hot Flashes, Hypothyroidism, Loss of Sense of Smell, Memory, Milk Supply (Decrease), Osteoporosis, Sciatica, Sinusitis, Typhoid

Safety

Possible skin sensitivity.

Top 10

- 1 Headache & Migraine
Massage 1-2 drops into temples and base of skull, avoiding the eyes.
- 2 Digestive Upset
Drink 1-2 drops in water, or massage directly over stomach.
- 3 Asthma & Cough
Apply 2 drops with carrier oil over chest and lung reflex points, or diffuse.
- 4 Bad Breath
Lick a dab from your finger.
- 5 Low Energy & Mental Fog
Drink 1-2 drops in water, or diffuse.
- 6 Muscle & Joint Pain
Rub a drop diluted into affected areas.
- 7 Fevers
Apply 1-2 drops to back of neck.



Essential Use

Alcohols like Menthol make Peppermint an energizing oil. It brings new life to the heart, and reminds you that life can be happy.



Tender Tummy Roller

4 drops Peppermint
4 drops Copaiba
4 drops Rose
FCO

Combine oils in a 10ml roller bottle. Fill the rest with FCO. Roll over tummy as needed.

Allergy Diffuser Blend

2 drops Peppermint
2 drops Lavender
2 drops Lemon

Diffuse during allergy season to purify the air, reduce histamine response, and support easy breathing.

Petitgrain

Citrus Aurantium

Application



Main Properties

Antidepressant
Antispasmodic
Cicatrizing
Nervine
Relaxant

Chemical Constituents

linalyl acetate, linalool, alpha-terpineol

Other Uses

Abdominal Cramps/Spasms, Aches, Acne, Convalescence, Depression, Hysteria, Infected Wounds, Nausea, Nervous Asthma, Oily Hair, Shock, Stress-Related Conditions, Tension

Safety

Use with caution during pregnancy.

Top 6

- 1 Nervous & Muscular Spasms**
Apply 1-2 drops to bottoms of feet, or to area of spasm.
- 2 Seizures**
Apply 1-2 drops to bottoms of feet and back of neck.
- 3 Insomnia**
Use a drop under tongue, or on pulse points. Also diffuse.
- 4 Irritability & Stress**
Apply a drop behind ears, or wear as cologne on pulse points.
- 5 Bacterial Infections**
Apply topically to affected area, or take 1-3 drops in a capsule.
- 6 Spastic Coughing**
Apply 1-2 drops with carrier oil over chest and mid-back, or diffuse.



Essential Oil

Esters like Linalyl acetate make Petitgrain a calming oil, providing a space to form new and healthy traditions.



Citrus Blossom Diffuser Blend

3 drops Petitgrain
1 drop Wild Orange
2 drops Bergamot
2 Lime
2 Lavender

This blend is the perfect balance between fresh and calming, right between feminine and masculine.

Winter Blues Diffuser Blend

4 drops Petitgrain
2 Juniper Berry
2 drops Wild Orange

Rejuvenate your spirits during long winter days with this diffuser blend.

Pink Pepper

Schinus Molle

Application



Main Properties

Digestive
Circulatory
Anti-tumoral
Antispasmodic
Antimicrobial

Chemical Constituents

B-Myrcene, α -Phellandrene, p-Cymene,
d-Cadinene, Limonene, B-Phellandrene

Other Uses

Arthritis, Bee Stings, Cancer, Chest Pain,
Colds, Emotional Upset, Flu, Seizures

Top Uses

- 1 Cancer Prevention**
Take 2-4 drops in a veggie capsule or
massage with carrier oil 2x daily.
- 2 Muscle Spasms**
Massage 2-3 drops with carrier oil into
affected areas.
- 3 Circulatory Disorders**
Massage 2 drops with carrier oil into legs.
- 4 Pain Relief**
Take 2 drops in a capsule as needed.
- 5 Convulsions**
Use 2-4 drops on the bottoms of feet, or
take 5 drops in a capsule.
- 6 High Blood Pressure**
Apply 3 drops with a carrier oil to chest.
- 7 Cough Suppressant**
Apply 5 drops with carrier oil to chest and
upper back.



Essential Use

Monoterpenes like
Myrcene make Pink
Pepper an uplifting oil
that stimulates capac-
ity to continue giving
generously of one's self.



Post-Workout Massage

2 drops Pink Pepper
2 drops Roman Chamomile
2 drops Ginger
2 drops Marjoram
15 drops FCO

Combine oils with FCO and massage into
muscles and joints after working out.

Pink Spice Salad Dressing

2 drops Pink Pepper
2 drops Basil
2 drops Lemon Oil
1 cup olive oil
Freshly ground black pepper

Combine ingredients in salad dressing
shaker, adding ground black pepper to
taste.

Essential Oils



winter

Star Anise

Illicium Verum

Application



Main Properties

Digestive
Anti-rheumatic
Vermifuge
Sedative
Decongestant

Chemical Constituents

(E)-anethol, Foeniculin, Methyl chavicol, Limonene, Linalool, Nerolidol, Cinnamyl acetate

Other Uses

Arthritis, Cold, Congestion, Cough, Flu, Indigestion, Intestinal Cramps

Safety

Contraindicated in pregnancy and breast-feeding.

Top Uses

- 1 Digestive Stimulant**
Apply 2 drops to abdomen after an excessive meal.
- 2 Joint Pain**
Apply 2-4 drops to aching joints for pain relief.
- 3 Intestinal Cramps**
Apply 2 drops to abdomen to relieve cramps.
- 4 Diarrhea**
Take 2 drops in a capsule every 30-60 minutes.
- 5 Gas & Bloating**
Massage 4 drops over stomach with carrier oil.
- 6 Cold (Common)**
Apply 2 drops to chest at the earliest signs of cold or flu development.



Emotional Use

Esters like Cinnamyl Acetate make Star Anise a restoring oil. Use it to improve confidence in intimacy and vulnerable connection.



Swave Date Breath Freshener

1 drop Star Anise
1 drop Peppermint
1 drop Lemon Myrtle

Combine oils with 10 drops of FCO and swish for 30 seconds before date night.

Knockout Digestive Roller

3 drops Star Anise
3 drops Coriander
3 drops Ginger
3 drops Basil
3 drops Peppermint
FCO

Combine oils in a 10ml roller bottle and top off with FCO. Use over stomach after meals.

Tangerine

Citrus Reticulata

Application



Main Properties

Antiseptic
Cytophylactic
Depurative
Digestive
Tonic

Chemical Constituents

d-limonene, B-carotene, Linalool

Other Uses

Anxious Feelings, Chronic Fatigue, Circulation, Detox, Digestive Problems, Muscle Aches, Muscle Spasms, Parasites, Water Retention

Safety

Avoid sun exposure for 12 hours after topical use.

Top 6

- 1 Stress-Induced Insomnia**
Inhale 1-2 drops during stressful times of the day. Use a drop under the tongue before bedtime.
- 2 Cellulite**
Massage several drops with carrier oil into cellulite areas.
- 3 Nervous Exhaustion**
Diffuse 4-8 drops, or wear a drop on pulse points.
- 4 Congestion**
Rub 2-4 drops over chest and mid-back.
- 5 Discouragement**
Inhale 1-2 drops from cupped hands. Also add 1-3 drops to water.
- 6 Flatulence & Constipation**
Rub 1-2 drops clockwise over stomach, or drink with water.



Emotional Use

Monoterpenes like Limonene make Tangerine an uplifting oil. Use it to bring more cheer and creativity to your day.



Tropical Shower

2 drops Tangerine
2 drops Eucalyptus

Drop essential oils onto the wall of your hot shower to make an ordinary shower luxurious and invigorating.

Summer Sweet Diffuser Blend

4 drops Tangerine
1 drop Spearmint
1 drop Lime
2 drops Lavender

This diffuser blend brings back the inspiring feel of a cool summer sunset.

100% Pure



and top meals.

Thyme

Thymus Vulgaris

Application



Main Properties

Anthelmintic
Antimicrobial
Antiputrescent
Immunostimulant
Vermifuge

Chemical Constituents

Thymol, p-cymene, Linalool, Paracymene

Other Uses

Antioxidant, Asthma, Bites/Stings, Blood Clots, Croup, Eczema/Dermatitis, Fragile Hair, Fungal Infections, Greasy Hair, Hair Loss, Laryngitis, Mold, Numbness, Parasites, Prostatitis, Tendinitis, Tuberculosis

Safety

Possible skin sensitivity. Use with caution during pregnancy or with high blood pressure.

Top Uses

- Bacterial Infection**
Take 1-2 drops in a capsule, or apply to bottoms of feet.
- Mononucleosis**
Take 2 drops in a capsule 3 times daily. Also apply to bottoms of feet.
- Cough, Cold, & Flu**
Diffuse 1-2 drops, and take in a capsule.
- Bronchitis**
Apply 1-2 drops heavily diluted over chest and lung reflex points.
- Skin Infections**
Apply a drop heavily diluted to affected area.
- Chronic Fatigue**
Take 1-2 drops in a capsule, or apply heavily diluted over adrenal glands. Also use one drop in a hot bath.



Emotional Use

Phenols like Thymol make Thyme a restoring oil that can aid in releasing grudges and injured feelings. Use it to release and forgive.



Simple Foot Powder

2 drops Thyme
5 drops Rosemary
2 drops Melaleuca
5 oz talc powder

Shake well and let it sit for 24 hours. Shake again and use daily on your feet.

Thyme to Uplift

1 drop Thyme
2 drops Eucalyptus
3 drops Lime

This diffuser blend is useful in easing anxious feelings caused by unresolved relationship issues with people or with life in general.

Turmeric

Curcuma Longa

Application



Main Properties

Analgesic
Anti-inflammatory
Antimutagenic
Anti-parasitic
Anti-rheumatic

Chemical Constituents

α -Phellandrene, Terpinolene, 1,8-Cineole, p-Cymene, 2-Octanol

Other Uses

Arthritis, Blood Sugar, Memory Loss, Weight Loss, Wound Healing

Safety

Contraindicated in pregnancy and infants.

Top Uses

- Chronic Pain & Inflammation**
Take 2-4 drops under the tongue or in a veggie capsule. Or rub directly onto location.
- Heart Palpitations**
Rub 2-4 drops over chest; ingest 1-3 drops in a capsule.
- Tumors**
Take 5 drops in a capsule for assistance with tumorous conditions.
- Brain Function**
Take 5 drops in a capsule; rub a drop on the bottoms of big toes.
- Detoxification**
Apply 2 drops to lower back and rib cage.
- Anxiety & Depression**
Diffuse 5 drops to improve mood and obsessive thoughts.



Emotional Use

Monoterpenes like α -Phellandrene make Turmeric a restoring oil that helps absorb the seriousness of heavy emotions.



Bright Brain Boost

2 drops Turmeric
2 drops Frankincense
2 drops Rosemary
2 drops Peppermint

Combine in capsule and take two times daily to support healthy brain function.

Cancer Smasher Blend

2 drops Turmeric
2 drops Frankincense
2 drops Sandalwood
2 drops Lemongrass

Combine in a capsule and take two times daily to assist with inflammation and promote healthy cellular apoptosis while combating cancer.

Vetiver

Vetiveria Zizanioides

Application



Main Properties

Antimicrobial
Astringent
Cytophylactic
Diuretic
Soporific
Stimulant

Chemical Constituents

Isovalencenol, α - & β -vetivones, Vitivene, Khusimol

Other Uses

Breast Enlargement, Depression, Irritability, Learning Difficulties, Memory Retention, Muscular Pain, Nerve Issues, Nervous Tension, PMS, Postpartum Depression, Restlessness, Termites, Workaholism

Top Uses

- 1 ADD/ADHD**
Apply 1-2 drops behind ears and on the back of the neck.
- 2 Sleep & Insomnia**
Apply 1-2 drops along spine.
- 3 Skin Irritation**
Apply 1-2 drops with carrier oil to affected area.
- 4 Neuropathy**
Apply 1-2 drops to bottoms of feet, or along spine.
- 5 Balance Issues**
Apply 1-2 drops behind ears.
- 6 Stress-Related Menstrual Issues**
Apply 1-2 drops to lower abdomen.
- 7 PTSD & Anxiety**
Apply 1-2 drops behind ears, or diffuse.



Essential Use

Alcohols like Isovalencenol make Vetiver a stabilizing oil. It centers the mind and makes space for prioritizing and focus.



Stress Less Roller Bottle

8 drops Vetiver
12 drops Bergamot
8 drops Lavender
8 drops Frankincense
FCO

Combine oils in a 10ml roller bottle and top off with FCO. Apply to wrists and back of neck (be careful of photo-sensitivity).

Focus & Concentrate Diffuser Blend

3 drops Vetiver
3 drops Frankincense
1 drop Cedarwood

This diffuser blend helps the mind stay focused on the task at hand, easily setting aside distractions and non-priorities.

Wild Orange

Citrus Sinensis

Application



Main Properties

Antibacterial
Antiseptic
Depurative
Sedative
Stimulant

Chemical Constituents

d-Limonene, B-carotene, Citral

Other Uses

Cellulite, Colds, Creativity, Depression, Detox, Fear, Fluid Retention, Heart Palpitations, Insomnia, Menopause, Nervousness, Scurvy, Sluggish Digestion, Withdrawal Issues

Safety

Avoid sun exposure for 12 hours after topical use.

Top Uses

- 1 Energy**
Drink 1-3 drops in water, or inhale from cupped hands.
- 2 Cheering & Mood Enhancer**
Inhale 1-2 drops from cupped hands, or diffuse.
- 3 Anxiety & Depression**
Inhale 1-2 drops from cupped hands, or diffuse 5-10 drops.
- 4 Immune Support**
Gargle 2 drops with water, or apply to bottoms of feet.
- 5 Sleep Issues**
Put a drop under the tongue before bed.
- 6 Smoothies, Dressings, & Sauces**
Add according to taste.



Emotional Use

Monoterpenes like Limonene make Wild Orange an uplifting oil. Use it to lift a scarcity mindset into an abundance mentality.



Blend

Stay
settling
th.



Refreshing Room Spray

3 drops Wild Orange
2 drops Peppermint
1 drop Rosemary

Add essential oils to a 2 oz spray bottle, then fill with distilled water. Shake well before use.

Orange Tree Hand Sanitizer

10 drops Wild Orange
10 drops Melaleuca
3 oz aloe

Combine ingredients in a 4 oz glass spray bottle. Shake before use.

Wintergreen

Gaultheria Procumbens

Application



Main Properties

Analgesic
Anti-inflammatory
Antirheumatic
Antiseptic
Stimulant

Chemical Constituents

Methyl Salicylate, Salicylic Acid

Other Uses

Bone Spurs, Cartilage Injury, Circulation,
Muscle Development, Rheumatism

Safety

Potential skin sensitivity.

Top 7 Uses

- 1 Muscle Pain & Inflammation**
Massage 1-2 drops with carrier oil into affected areas.
- 2 Arthritis & Gout**
Massage 1-2 drops into inflamed joints, diluting if needed.
- 3 Broken Bones**
Apply 1-2 drops gently over injury, avoiding open wounds.
- 4 Frozen Shoulder & Rotator Cuff**
Massage 1-2 drops with carrier oil into affected area.
- 5 Teeth Whitening**
Brush with a drop of oil and baking soda.
- 6 Dandruff**
Add a drop to shampoo, or massage 1-2 drops directly into scalp before shampooing.



Emotional Use

Esters like Methyl Salicylate make Wintergreen a restoring oil. It transitions control issues and the need to be right into a state of safe surrender.



Pain Blast Roller Bottle

5 drops Wintergreen
15 drops Copaiba
10 drops Frankincense
5 drops Clove
FCO

Combine oils in a 10ml roller bottle. Top off with FCO. Apply to painful muscles and joints every 3 hours as needed.

Claim Your Truth Diffuser Blend

2 drops Wintergreen
2 drops Spearmint
2 drops Lavender
1 drop Arbovitae
1 drop Helichrysum
1 drop Cardamom

Use this diffuser blend to bring confidence to voicing what you know to be right.

Yarrow

Achillea Millefolium

Application



Main Properties

Antispasmodic
Carminative
Cicatrizing
Circulatory
Expectorant

Chemical Constituents

Azuleme, Caryophyllene, Pinene

Other Uses

Congestion, Brain Health, Detox, Excess Sodium, Digestive Discomfort, Flatulence, Gallbladder Pain, Headache, Heart Attack, Inflammation, Metabolism, Muscle Spasms, PMS, Weight Loss

Safety

Contraindicated in pregnancy and with infants.

Top 6m

- 1 High Blood Pressure**
Massage 2-4 drops to wrists and bottoms of feet 2x daily.
- 2 High Cholesterol**
Use 2-4 drops under the tongue or in a veggie capsule 2x daily.
- 3 Heart Health**
Rub 2-3 drops over heart and wrists.
- 4 Insulin Resistance**
Rub 2-3 drops onto wrists, and take under tongue or in a veggie capsule.
- 5 Varicose Veins**
Apply 1-2 drops neat to affected areas.
- 6 Hemorrhoids**
Apply 1-2 drops heavily diluted to affected area.
- 7 Eczema & Skin Irritation**
Apply 1-2 drops diluted to affected area.



Emotional Use

Sesquiterpenes like Caryophyllene make Yarrow a soothing oil, granting protection to the courageous warrior.



Luxury Body Cream

5 drops Yarrow
5 drops Geranium
3 drops Cedarwood
5 drops Lavender
8 oz unscented cream base

Combine ingredients in a glass jar. Apply liberally to body daily after showering.

Cramp Relief Diffuser Blend

2 drops Yarrow
1 drop Clary Sage
3 drops Bergamot
1 drop Siberian Fir

Breathe in this graceful diffuser blend to help manage pain and cramping.

Ylang Ylang

Cananga Odorata

Application



Main Properties

Antidepressant
Antiphlogistic
Antispasmodic
Nervine
Sedative

Chemical Constituents

B-caryophyll, Benzyl Acetate & Benzoate,
Linalool

Other Uses

Anxiety, Arterial Hypertension, Balance
Issues, Chronic Fatigue, Circulation, De-
pression, Diabetes, Exhaustion, Hair Loss,
Hypertension, Insomnia, Intestinal Spasms,
Tachycardia

Safety

Dilute for highly sensitive skin.

Top Uses

- Hormone Balance**
Apply 1-2 drops to wrists and behind ears.
- Low Libido**
Apply 1-2 drops to pulse points and reproductive reflex points. Diffuse 4-8 drops during intimacy, or use in massage.
- High Blood Pressure**
Apply 2 drops to bottoms of feet, and take in a capsule daily.
- Infertility**
Massage 1-2 drops over abdomen and reproductive reflex points.
- Heart Palpitations**
Apply 1-2 drops over heart, and diffuse.
- Oily Skin**
Add a drop to toner or facial moisturizer, or take 1-2 drops in a capsule daily.



Emotional Use

Sesquiterpenes like Germacrene D make Ylang Ylang a soothing oil that brings out the simplicity and joy of your inner child.



Hair & Scalp Rejuvenation

10 drops Ylang Ylang
10 drops Geranium
10 drops Rosemary
10 drops Melaleuca
2 oz Almond Oil

Combine ingredients in a glass bottle with a dropper. Apply a few drops to your hair a few hours before washing.

Migraine Buster

2 drops Ylang Ylang
3 drops Basil
1 drop Marjoram

Apply to the back of the neck, occipital bone and temples. Also use in the diffuser.



tal bone



Featured Recipes
See www.droplii.com/oilmagic for more

Section 4

Oil *Blends*



Anti-Aging Blend



Application



Main Ingredients

Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum, Rose

Other Uses

Aging, Blisters, Chapped Skin, Cuts, Dry Skin, Eczema, Hyper-pigmentation, Psoriasis, Sunburns

"This is my nighttime routine. I swear by this blend! My skin looks more even, and those fine lines are disappearing."

-Emily

"Yeah, guys use this one too. We also like looking young!"

-Marty

Top Uses

- 1 Wrinkles & Fine Lines**
Apply to desired areas morning and night.
- 2 Age Spots**
Apply to affected areas 3x daily.
- 3 Scarring**
Massage for 30 seconds into scar tissue 2-3x daily until desired appearance.
- 4 Skin Cancer**
Apply neat to affected area 3x daily.
- 5 Skin Discoloration**
Apply to affected areas 3x daily.
- 6 Meditation**
Apply to pulse points during meditation.
- 7 Bleeding**
Apply neat to stop minor bleeding.



Emotional Use

Sacred trees and woody oils in this blend make it ideal for inviting spiritual insight during prayer and meditation.



Ageless Serum

20 drops Anti-Aging Blend
10 drops Yarrow
1 tsp jojoba oil
1 tsp coconut oil

Combine ingredients in a glass jar. Massage gently into face using circular motions each night before bed.

Stretch Mark Relief

Anti-Aging Blend
Essential oil body wash
Oscillating facial device

Spread a generous amount of Anti-Aging Blend over stretch marks. Then add a bit of body wash to your oscillating facial device and scrub over stretch marks in the shower. Repeat daily until desired results achieved.

Captivating Blend



Application



Main Ingredients

Lime, Osmanthus, Bergamot, Frankincense

Other Uses

Addictions behavior, Cold Sores, Cough, Cramps, Depression, Eczema, Herpes, Psoriasis, Scurvy

Safety

Can irritate sensitive skin. Lime may cause photosensitivity. FCF Bergamot does not cause photo sensitivity.

"I almost die when I use this blend because I love it so much. It smells like Skittles and rainbows, and it just feels so good."

-Tracey

Top Uses

- 1 Self Concept Boost**
Roll over wrists and over heart.
- 2 Energy**
Apply to back and sides of neck, wrists, and temples.
- 3 Viral Infections**
Apply generously to bottoms of feet 3-5x daily until symptoms subside.
- 4 Third Chakra Balance**
Apply over naval area.
- 5 Morning Ritual**
Apply to wrists and inhale deeply from cupped hands first thing in the morning while setting intentions for the day.
- 6 Grief & Trauma Recovery**
Apply generously over heart and hip joints while taking deep cleansing breaths.



Emotional Use

The balance between bright and grounding aromas in this blend help anchor your perception of self while rising to new levels of self-respect.



Eczema Be-Gone

Captivating Blend
Colloidal silver
Probiotic Complex

Apply Captivating Blend to eczema 3-5x daily. Use 1 tsp colloidal silver under the tongue 2x daily. Take 1 Probiotic Complex with each meal.

Beautiful Day Diffuser Blend

5 drops Captivating Blend
2 drops Douglas Fir
1 drop Lavender

This diffuser blend sets the emotional temperature of the room to self-care, appreciation, and acceptance. It's also useful when overcoming a virus.

Cellular Complex



Application



Main Ingredients

Frankincense, Wild Orange, Lemongrass, Thyme, Summer Savory, Clove, Niaouli

Other Uses

Addictions, Blood Clots, Candida, Cataracts, Fever, Herpes Simplex, Hodgkin's Disease, Glaucoma, Gingivitis, Lipoma, Lupus, Lyme

Safety

Can irritate sensitive skin. Use with caution during pregnancy.

"My Autism Spectrum Disorder/non verbal almost 3-year old son said his first word within 10 minutes after applying this blend over his brain stem. He hasn't stopped talking since!" -Jill

Top Uses

- 1 Damaged DNA Repair**
Apply 2-4 drops to bottoms of feet and spine morning and night.
- 2 Thyroid (hypo, Hashimoto's)**
Apply diluted over thyroid or to thyroid reflex point, or take 1-2 drops in capsule
- 3 Smoking Addiction**
Rub onto bottom of big toe.
- 4 Immune Support**
Take 1-2 drops in a capsule.
- 5 Antioxidant**
Take 1-2 drops in a capsule, or use in cooking.
- 6 Liver Detox**
Rub over liver, or on liver reflex point.
- 7 Rheumatoid Arthritis**
Massage diluted into affected area.



Emotional Use

Just as this blend helps transform health at a cellular and DNA level, it is also useful in emotional transformation. Use it to turn toxicity into a rebirth.



Inflammation Melter

5 drops Cellular Complex
5 drops Copaliba
5 drops Turmeric

Combine oils together. Use a couple drops under the tongue, on the spine, and the bottoms of feet 3x daily to combat inflammation.

Heavy Metal Detox

2 drops Cellular Complex
2 drops Cilantro
1 drop Frankincense

Apply oils to the bottoms of feet 30 minutes before showering. Use a hot shower to allow your body to release toxins through your feet. Repeat daily as needed.

Centering Blend



Application



Main Ingredients

Bergamot, Coriander, Marjoram, Peppermint, Geranium, Basil, Rose, Jasmine

Other Uses

Body Odors, Dizziness, Mood Disorders, Muscle Injury, Nausea, Neuralgia, Vertigo

Safety

May cause photosensitivity. Use with caution during pregnancy.

"I used to get anxious during yoga. I know it's stupid, but I care a lot of what others think of me when I practice. This oil helps me come back to the person my yoga is really for - ME."

-jeneax

Top Uses

- 1** Warrior II, Triangle, & Gate Yoga Pose
Apply 2 drops over heart, turning your attention within. Reach inside for power, identity, and assurance.
- 2** Completeness, Calmness, Courage
Apply 1-3 drops over heart, pulse points, and naval area.
- 3** Hyperactivity
Apply a drop to temples; diffuse several drops.
- 4** Addictions
Apply 2-4 drops to bottoms of feet, focusing on big toes; diffuse several drops.
- 5** Hormone Balancing
Apply 2-4 drops to wrists and inner thighs 2x daily.
- 6** Neuropathy
Apply 2-4 drops to bottoms of feet 3x daily.



Emotional Use

This yoga blend encourages a sense of harmony and calm progress. Release feelings of hastiness and know that growth happens most often in a subtle, ongoing process.



Centering Ritual

2-4 drops Centering Blend
3 affirmation statements
1 journal page

Use Centering Blend on your pulse points as you speak self-affirming statements. Say 3 statements to encourage self-respect. Then spend 5 minutes journaling what you appreciate about yourself.

Embrace Yourself Diffuser Blend

2 drops Centering Blend
2 drops Lime
1 drop Blue Tansy

Find the sweet spot where you can't wait to venture into life's adventures exactly as you are with this deep, meaningful diffuser blend.

Cleansing Blend



Application



Main Ingredients

Lime, Lemon, Siberian Fir, Citronella, Melaleuca, Cilantro

Other Uses

Airborne Bacteria & Viruses, Boils, Household Cleaning, Insect Repellent, Mice Repellent, Skin Ulcers

Safety

Can irritate sensitive skin. Avoid direct sun exposure 12 hours after application.

"I love using this blend in my laundry. It's never been fresher, and my grown kids literally fight over my bottle!"
-Debbie

Top Uses

- 1 Air Freshener**
Add 10 drops to glass spray bottle with water. Spray as needed.
- 2 Foot Odors**
Apply neat to feet. Spray inside shoes.
- 3 Laundry**
Add 4-5 drops to detergent.
- 4 Disinfectant**
Add 20 drops to glass spray bottle with water and 1 Tbsp rubbing alcohol.
- 5 Deodorant**
Apply 1-2 drops with carrier oil to armpits.
- 6 Mildew**
Use several drops with a clean sponge.
- 7 Bites & Stings**
Apply 1 drop neat to bite or sting.



Emotional Use

The purifying effects of this blend assist in releasing trapped, unhealthy emotions. It can clear negative energy from a room so that goodness can be noticed and felt.



Shoe Deodorant



4 drops Cleansing Blend
8 drops Melaleuca
8 drops Lavender
4 Tbsp baking soda
4 Tbsp corn starch

Mix ingredients and store in airtight container. Sprinkle lightly into shoes and let sit overnight.

No-Energy Vampire Diffuser Blend

4 drops Cleansing Blend
2 drops Melaleuca
1 drop Melissa

Use this diffuser blend to help clear unwanted energy and negative emotions from your space.

Comforting Blend



Application



Frankincense, Ylang Ylang, Patchouli, Labdanum, Sandalwood, Rose, Osmanthus

Other Uses

Anger, Brain Health, Bladder Infection, Emotional Processing, Heart Health, Resentment

"I discovered this blend the week after my dad passed away. The timing was incredible. I felt like these oils helped me process my grief in a beautiful way."

-Drew

Top Uses

- 1 Grief, Sorrow, Despair**
Apply 1-2 drops over heart, or diffuse.
- 2 Hormone Balance**
Apply 1-3 drops to pulse points before bed.
- 3 Self-Esteem**
Inhale from cupped hands, or diffuse during meditation.
- 4 Perfume**
Wear on pulse points for a floral aroma.
- 5 Anti-Aging**
Apply 1-3 drops with carrier oil to wrinkles, sun spots, and fine lines.
- 6 Nightmares**
Diffuse 3-6 drops next to bedside.
- 7 Rheumatoid Arthritis**
Massage diluted into affected area.



Emotional Use

The soothing qualities of this blend assist in processing grief, loss, and trauma. It facilitates a sense of being whole and knowing that the greater good is unfolding.



Anti-Anxiety Roller Blend



5 drops Comforting Blend
9 drops Wild Orange
9 drops Peppermint
3 drops Melissa
FCO

Add oils to a 10ml roller bottle and top off with FCO. Apply to pulse points as needed.

Worries Be-Gone Diffuser Blend

3 drops Comforting Blend
3 drops Tangerine
1 drop Douglas Fir

This diffuser blend brings a sense of child-like playfulness where heavy emotions may have been dominant.

Detoxification Blend *Top Uses*



Application



Main Ingredients

Tangerine, Geranium, Rosemary, Juniper Berry, Cilantro

Other Uses

Hangover, Hormone Balance, Gallbladder Detox, Urinary Infection, Weight Loss

Safety

Can irritate sensitive skin. Avoid sun exposure for 12 hours after topical use.

"A lot of detox products are obnoxious to use. I love this blend because you can use it many ways, and you're using the power of essential oils."

-Tabatha

- 1 Detoxification**
Take 2-4 drops in a capsule, or apply to bottoms of feet.
- 2 Allergies**
Apply 2-4 drops to bottoms of feet, or diffuse.
- 3 Smoking Cravings**
Rub onto bottom of big toe, or drink 1-3 drops in water after meals.
- 4 Liver & Kidney Support**
Massage 1-3 drops over liver or kidneys.
- 5 Antioxidant**
Take 1-2 drops in a capsule.
- 6 Heavy Metal Detox**
Apply 2-4 drops to bottoms of feet.
- 7 Adrenal Fatigue**
Massage 1-3 drops over lower back.



Emotional Use

Purging physical toxins also sets the stage for emotional detox. Use this blend to purge self-sabotage and apathy, and transition to vitality.



Detox Week

4 drops Detoxification Blend
6 Cellular Complex Softgels

Rub 4 drops of Detoxification Blend onto the bottoms of feet 30 minutes before a hot shower. Take 2 Cellular Complex Softgels 3x daily. Minimize or eliminate dairy, sugars, and GMO grains for 1 week.

Detox Bath

10 drops Detoxification Blend
1 cup coconut milk
2 cups Epsom salt
1 cup baking soda

Four ingredients into a hot bath and soak for 20 minutes to support hormone balance, liver and kidney function, and toxin discharge. Shower after bath.



Digestive Blend



Application



Main Ingredients

Peppermint, Ginger, Caraway, Coriander, Anise, Tarragon

Other Uses

Abdominal Cramps, Acid Reflux, Colitis, Crohn's Disease, Gastritis, Heartburn, Morning Sickness, Motion Sickness, Parasites, Sinusitis

Safety

Can irritate sensitive skin. Use with caution during pregnancy.

"Sometimes I get tummy trouble. Digestive Blend to the rescue! 1-2 drops under the tongue or 3-4 drops right on my stomach...happy tummy in usually 5-7 minutes. So fast!" -Louise

Top Uses

- 1 Stomach Upset**
Drink 1-3 drops in water, or take in a capsule.
- 2 Gas & Bloating**
Massage 2-4 drops over stomach, or take in a capsule.
- 3 Diarrhea & Constipation**
Massage 2-4 drops over stomach, or take in a capsule.
- 4 Irritable Bowel Syndrome**
Massage 2-4 drops over stomach, or take in a capsule.
- 5 Food Poisoning**
Drink 3-5 drops in water, or take in a capsule.
- 6 Nausea**
Put a drop under the tongue, or rub over stomach.



Emotional Use

The digestion oils in this blend make it useful for digesting difficult emotions, assimilating new information, and achieving a state of feeling nourished.



Daily Gut Protocol

- 2 drops Digestive Blend
- 2 drops Turmeric
- 3 Digestive Enzymes
- 3 Probiotic Complex

Drink Digestive Blend and Turmeric oils in water with heaviest meal of the day. Take 1 Digestive Enzyme and 1 Probiotic Complex with each meal.

Mucus Reduction

- 3 drops Digestive Blend
- Water

Gargle 2 drops of Digestive Blend with water for 30 seconds, then swallow. Rub 1 drop of Digestive Blend over the bridge of nose and sinuses every 30 minutes until mucus lessens.

Encouraging Blend



Application



Main Ingredients

Clementine, Peppermint, Coriander, Basil, Melissa, Rosemary

Other Uses

Asthma, Confusion, Creativity, Fatigue, Loneliness, Overwhelm, Uncertainty

Safety

Can irritate sensitive skin. Use with caution during pregnancy.

"My son-in-law has been struggling with a job he doesn't feel inspired by. We sent a diffuser and Encouraging Blend to his office. It is remarkable how much he felt his attitude shift just from the oils."

-Maryane



Top Uses

- 1 Discouragement, Low Confidence, Low Motivation
Inhale 1-2 drops from cupped hands, or diffuse.
- 2 Detox
Apply 1-2 drops to bottoms of feet, or massage over endocrine organs.
- 3 Adrenal Fatigue
Massage 1-2 drops with carrier oil over lower back.
- 4 Flatulence
Rub 1-2 drops with carrier oil over stomach.
- 5 Depression
Diffuse 5-10 drops, or rub 1-2 drops onto temples.
- 6 Respiratory Issues
Apply 1-2 drops over chest, or diffuse.



Emotional Use

The combination of citrus and herbs in this blend make it a powerful motivator. It turns lethargic energy into enthusiasm and a sense of "I can do this!"

Motivation Monday

5 drops Encouraging Blend
Tart citrus juice (like grapefruit)
Dance music

Most people start their week dreading work. Start your week by dropping a few drops of Encouraging Blend in your shower while waking your senses with a tart fruit juice and dancing to music you love!

Have Courage Diffuser Blend

3 drops Encouraging Blend
3 drops Tangerine
1 drop Spearmint

Add a big splash of aroma-color to your day with this happy, courage-inspiring diffuser blend.

Enlightening Blend *Top Uses*



Application



Main Ingredients

Lemon, Grapefruit, Siberian Fir, Osmanthus, Melissa

Other Uses

Depression, Fear, Respiratory Infection, Sinus Infection, Toxicity, Viral Infection

Safety

Avoid sun exposure for 12 hours after topical application.

"I don't just use this blend for yoga. It's my every-day mood boost. I think it helps me see more opportunities because I feel so inspired by it."

-Libby

- 1** Standing Arms High, Standing Side Stretch, & Half Moon Yoga Pose
Apply 2-4 drops to inside of arms and wrists. Feel light entering the crown of your head as your own energy rises to meet it.
- 2** Lacking Motivation
Apply 1-3 drops to temples and back of neck.
- 3** Mental Clarity & Illumination
Apply 1-3 drops to temples and forehead.
- 4** Cold & Flu
Massage 2-4 drops into bottoms of feet and spine; diffuse several drops.
- 5** Overeating
Massage 2-4 drops over stomach; diffuse several drops.
- 6** Cold Sores
Apply a drop to affected area 5x daily.



Emotional Use

The Enlightening Blend inspires a sense of freedom. It reminds the user that stability and freedom are the paradoxical duo that allows creativity and inspiration to abound.



Happy Dish Scrub

10 drops Enlightening Blend
10 drops Lemon
1/4 cup baking soda
5 Tbsp glycerin

Combine ingredients in glass storage container. Wet dish scrub brush and dip into mixture.

Numinous Diffuser Blend

4 drops Enlightening Blend
2 drops Lemon
1 drop Yarrow

Diffuse this blend to inspire new ideas and to see new possibility.

Focus Blend



Application



Main Ingredients

Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Sandalwood, Chamomile

Other Uses

Alzheimer's, Emotional Balance, Hormone Balance, Memory, Parkinson's, Relaxation, Sleep

Safety

Repeated use can irritate highly sensitive skin.

"My little boy had been struggling in school. His grades suffered, the teacher was frustrated. When we started using this oil, literally nobody could believe how much better he started doing."

-Suzanne D

Top Uses

- 1 ADD & ADHD**
Apply to back of neck and behind ears.
- 2 Focus & Concentration**
Apply to back of neck and behind ears.
- 3 Anxiety**
Apply to pulse points, or inhale from cupped hands.
- 4 Hyperactivity**
Apply to pulse points, or inhale from cupped hands.
- 5 Seizures**
Apply to bottoms of feet and back of neck.
- 6 Skin Irritations**
Apply with carrier oil to affected areas.
- 7 Sedative**
Apply to pulse points or bottoms of feet.



Emotional Use

The bright citrus and deep woody fragrance combo in this blend facilitates happily living in the present moment. It promotes indulging in the goodness of the here and now.



Subtle Focus Rollers

1 bottle of Focus Blend
3 10ml roller bottles
FCO

Make a gentler form of Focus Blend by diluting one bottle into three with FCO. It has the same powerful benefits, but with a softer aroma for places like work where strong scents may be inappropriate.

Reading Hour Diffuser Blend

2 drops Focus Blend
2 drops Ylang Ylang
2 drops Lemon

Use this diffuser blend when diving into a good book or during study time.

Fortifying Blend

Application



Main Ingredients

Buddha Wood, Balsam Canada, Black Pepper, Hinoki, Patchouli, Cocoa

Other Uses

Acne, Anxiety, Dry Skin, Eczema, Fungal Infections, Premature Aging, Rashes

Safety

Use with caution if pregnant or nursing.

"When people talk about their 'soul oil,' this one is mine. I remember who I am and the real purpose I serve in my life when I meditate with this oil, or just use it throughout the day."

-Andrew

Top Uses

- 1 Deep Meditation**
Apply to temples and wrists before beginning meditation. If you slip from a meditative state, focus on the deep aroma.
- 2 Balding**
Massage several drops into scalp every night before bed for at least 4 months.
- 3 Anxiousness**
Apply to pulse points; diffuse several drops.
- 4 Work Pressure**
Take a 30-second reset during intense moments at work; inhale deeply from cupped hands.
- 5 Spasms and Twitches**
Apply generously to bottoms of feet each morning, and to specific affected areas.
- 6 Aftershave**
Apply directly to face after shaving.



Emotional Use

The spicy aroma of pepper with the intense grounding fragrance of wood oils make this blend ideal for soul-searching. It invites the user to explore the true beauty of one's self in all aspects.



Dream Calibration

Fortifying Blend
List of 3-5 goals & dreams
15 minutes of undisturbed time

Apply Fortifying blend to wrists, temples, and back of neck. Spend 15 minutes vividly visualizing what it looks, feels, sounds, and smells like to experience each goal and dream. Do this exercise daily for 21 days.

Dry Elbow Patch

5 drops Fortifying Blend
2 drops Cedarwood
1 drop Magnolia
Coconut oil or other hydrating salve

Mix essential oils with the coconut oil or salve. Massage into elbows in the morning and before going to bed.

Grounding Blend



Application



Main Ingredients

Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile

Other Uses

Anger, Back Pain, Brain Integration, Bursitis, Comas, Confusion, Convulsions, Diabetic Sores, Grief, Herniated Discs, Hyperactivity, Lou Gehrig's Disease, Parkinson's Disease, Tranquility

"I use this blend during meditation to really calm down and focus, aligning head and heart to go deep into the meditation practice. It feels so renewing."

-Thomas

Top Uses

- 1 Emotional Grounding**
Inhale 1-3 drops from cupped hands, or apply to bottoms of feet daily.
- 2 Focus & Concentration**
Apply 1-3 drops to temples and pulse points, or diffuse.
- 3 Stress & Anxiety**
Apply 1-3 drops to pulse points and temples, or to bottoms of feet.
- 4 Meditation**
Apply 1-2 drops to wrists and temples.
- 5 Neurological Issues**
Apply 2-4 drops to bottoms of feet.
- 6 Stress-Induced Inflammation**
Inhale 2-4 drops from cupped hands, apply to bottoms of feet, or diffuse.
- 7 Balance**
Apply 1-2 drops behind ears.



Emotional Use

The earthy character of this blend help bring scattered energy and emotions into a space of stability, consistency, and safety.



Talua Rising

2 drops Grounding Blend
3 drops Cypress
3 drops Lemon
2 drops Cardamom

Rise out of anger and detach yourself from hyper-focus with Talua (Sanskrit for "rising"). Massage these oils upward and inward from ankles toward pelvic region.

Epilepsy Diffuser Blend

1 drop Grounding Blend
1 drop Cedarwood
1 drop Patchouli
1 drop Clary Sage
1 drop Peppermint
1 drop Frankincense
1 drop Vetiver

Diffuse throughout the day as needed.

Holiday Joyful Blend... Top Uses

Application



Main Ingredients

Siberian Fir, Orange, Clove, Cinnamon, Douglas Fir, Vanilla, Nutmeg

Other Uses

Arthritis, Blood Sugar Balance, Muscle Tension, Respiratory Conditions

Safety

Can irritate sensitive skin.

"It literally smells like Christmas. I can't describe it any other way! The fragrance brings that holiday feeling to the air for me, which I associate with joy and happiness."

-Betsy

- 1 Joyful Feelings**
Diffuse 5-10 drops, or inhale 1-2 drops from cupped hands.
- 2 Cover Burnt Food Smell**
Diffuse 5-10 drops.
- 3 Stress & Tension**
Apply 1-2 drops with carrier oil to pulse points; inhale from cupped hands.
- 4 Family Contention**
Diffuse 5-10 drops.
- 5 Cold & Flu**
Apply 2-4 drops to bottoms of feet.
- 6 Airborne Pathogens**
Diffuse 5-10 drops.



Emotional Use

This warm blend of holiday oils brings with it a reminder to celebrate with love and with healthy boundaries for the people you love.



Sanitizing Holiday Soap

15 drops Holiday Joyful Blend
4oz unscented Castile soap
Tap water

Combine oils with unscented soap and water in a foaming hand soap dispenser. The oils in this blend are naturally antibacterial.

Scented Pine Cones

10 drops Holiday Joyful Blend
10 drops FCO
10 pine cones

Mix oils in a small ramekin. Apply to pine cones with a small paint brush. Reapply every couple weeks as needed.

Holiday Peaceful Blend *Top Uses*



Application



Main Ingredients

Siberian Fir, Grapefruit, Douglas Fir, Himalayan Fir, Frankincense, Vetiver

Other Uses

Arthritis, Bronchitis, Focus, Frozen Shoulder, Joint Pain, Muscle Fatigue, Muscle Pain, Pneumonia, Respiratory Infection, Sprains, Varicose Veins

Did You Know?

The Douglas Fir in this blend is distilled from young trees. It takes an entire tree to make one 5ml bottle, which means there's a lot of holiday tree in your bottle!

1 Peaceful Feelings
Apply 1-2 drops to temples and back of neck; diffuse several drops.

2 Shopping Anxiety
Apply 1-2 drops to pulse points to ease pressure of holiday shopping.

3 Artificial Tree Remedy
Diffuse several drops next to the artificial Christmas tree or add a couple drops to clay ornaments on the tree.

4 Cold Weather Cough
Apply 1-3 drops over chest with carrier oil before venturing into cold weather.

5 Winter Inversion
Diffuse several drops throughout the day to purify the air.

6 Holiday Greet
Inhale 1-2 drops from cupped hands during moments of thanksgiving.



Emotional Use

The many kinds of fir needles in this blend make it an oil for renewing the peace of the holidays. It replaces stress with feelings of freshness to welcome the new year.



Holiday Peaceful Blend d.i.g.

8 drops Siberian Fir
7 drops Douglas Fir
7 drops Grapefruit
2 drops Frankincense
1 drop Vetiver

Whip up a mock-version of this blend if supplies are scarce and you still need some peace with your holidays.

True Christmas Tree Diffuser Blend

4 drops Holiday Peaceful Blend
4 drops Douglas Fir
1 drop Arborvitae

This diffuser blend has the perfect balance of fresh fir needles and the cool aroma of a freshly cut wooden trunk.

Hopeful Blend



Application



Main Ingredients

Bergamot*, Ylang Ylang, Frankincense, Vanilla

Other Uses

Addictions, Alzheimer's, Appetite Loss, Autism, Discouragement, Parkinson's, Self-Worth Issues

Safety

Use with caution during pregnancy.

Did You Know?

FCF Bergamot is distilled with steam distillation, rather than the usual cold pressing of citrus oils. It does not cause photosensitivity.

Top Uses

- 1 Emotional Trauma**
Apply to pulse points, and inhale from cupped hands.
- 2 Grief & Trust Issues**
Apply to pulse points, and inhale from cupped hands.
- 3 Hormone Balance**
Apply to wrists and bottoms of feet.
- 4 Perfume**
Apply 1-2 drops to pulse points.
- 5 Adrenal Fatigue**
Apply to neck and lower back.
- 6 Stress**
Apply to temples, and inhale from cupped hands.
- 7 Focus & Concentration**
Apply to temples.



Emotional Use

This blend facilitates renewing trust in people and self after experiencing abuse or trauma. It helps regenerate the ability to connect in safe, healthy, and consensual ways.



Heart Balancing

Hopeful Blend
Magnolia
Rose

Apply each oil over the heart in turns. Hopeful Blend says it's safe to be you. Magnolia says unseen greater powers have your best interest at heart. Rose says there is genuine love to be given and received.

Cracked Heels Repair

Hopeful Blend
4 drops Cedarwood
Coconut oil
Unscented Lotion

Apply Hopeful Blend and Cedarwood generously with the lotion to heels. Follow with the coconut oil. Cover feet with socks until the oil is absorbed. Repeat nightly.

Inspiring Blend



Application



Main Ingredients

Cardamom, Cinnamon, Ginger, Sandalwood, Jasmine, Damiana

Other Uses

Depression, Hormone Balance, Menopause, PMS Discomfort, Slow Bowel Movements

Safety

Can irritate sensitive skin. Avoid topical use during pregnancy.

Did You Know?

Cinnamon, Ginger, Sandalwood, Jasmine, and Damiana are all natural aphrodisiacs. This blend can really turn up the heat.

Top Uses

- 1 Apathy & Boredom**
Inhale 1-2 drops from cupped hands, or diffuse.
- 2 Low Sex Drive**
Apply 1-2 drops with carrier oil to pulse points, or use diluted in massage.
- 3 Digestive Issues**
Apply 1-2 drops to stomach reflex points, or apply diluted over stomach.
- 4 Aphrodisiac**
Apply 1-2 drops to pulse points.
- 5 Slow Digestion**
Apply 1-2 drops with carrier oil over stomach.
- 6 Lack of Creativity**
Diffuse 5-10 drops.



Emotional Use

The passion-inspiring oils in this blend are all about coming out of self-denial and finding the vitality and love of taking risks and being more playful with life.



Love Bomb

5 drops Inspiring Blend
3 drops Douglas Fir
FCO

Combine oils with desired amount of FCO and use during intimate massage. Also diffuse several drops of Inspiring Blend with Douglas Fir.

Citrus Summer Remix Diffuser Blend

1 drop Passion
2 drops Bergamot
2 drops Lime
2 drops Green Mandarin

This diffuser blend is filled with both passion and creativity. Use it at parties or at the beginning of a creative project.

Invigorating Blend



Application



Main Ingredients

Orange, Lemon, Grapefruit, Mandarin, Bergamot, Clementine, Vanilla

Other Uses

Air Freshener, Household Cleaning, Eating Disorders, Laundry Freshener, Low Appetite, Mastitis

Safety

Avoid sun exposure for 24 hours after topical use.

Did You Know?

Citrus oils are comprised primarily of *d-Limonene*, a natural dopaminergic. You feel happy with this oil blend because it stimulates your happy neurotransmitters.

Top Uses

- 1 Lack of Creativity & Inspiration**
Inhale 2 drops from cupped hands, or diffuse.
- 2 Low Energy**
Apply 2 drops to pulse points, or diffuse.
- 3 Morning Moodiness**
Diffuse 5-10 drops next to bedside in the morning, or inhale from cupped hands.
- 4 Lymphatic Drainage**
Apply 3-4 drops to bottoms of feet.
- 5 Stress & Anxiety**
Inhale 2 drops from cupped hands, or apply to pulse points.
- 6 Depression & Gloom**
Inhale 2 drops from cupped hands, or diffuse 5-10 drops.



Emotional Use

The blissful aromas of this blend inspire creativity. They help bring out artistic expression and daringness to be bold in what you create.



Citrus Grove Bliss Balls

10 drops Invigorating Blend 2 Tbsp coconut oil
1 cup almond meal 2 Tbsp raw honey
1 cup shredded coconut 2 Tbsp lemon juice

Mix ingredients in a bowl, and roll spoonfuls into balls. Roll extra coconut onto balls. Refrigerate for a few hours until firm.

Anthropology Diffuser Blend

4 drops Citrus Bliss
3 drops Grapefruit
2 drops Siberian Fir

Feel like you're treating yourself to a luxurious lifestyle with this blend that smells like everything new and exciting.

Joyful Blend



Application



Main Ingredients

Lavandin, Lavender, Sandalwood, Tangerine, Melissa, Ylang Ylang, Osmanthus, Lemon Myrtle

Other Uses

Cushing's Syndrome, Lethargy, Postpartum Depression, Sadness, Shock, Weight Loss

Safety

Can irritate sensitive skin. Avoid sun exposure for 12 hours after topical use.

"It was love at first sniff! Life was stressful, but after a few inhaleds, I felt happy again. I felt physically centered and in my heart."

-Louise

Top Uses

- 1 Depression**
Carry on your person, and inhale 1-2 drops from cupped hands as needed.
- 2 Stress & Anxiety**
Diffuse 4-8 drops, or inhale 1-2 drops from cupped hands.
- 3 Abuse Recovery**
Apply 1-2 drops to back of neck and over heart.
- 4 Grief & Sorrow**
Apply 1-2 drops to pulse points, or diffuse.
- 5 Poison Oak/Ivy**
Apply 1-2 drops with carrier oil to affected areas.
- 6 Lupus & Fibromyalgia**
Inhale 1-2 drops from cupped hands, and apply diluted to inflamed areas.



Emotional Use

This floral-citrusy aroma brings with it true joy. It elevates the heavy-hearted into an optimistic and care-free state of being.



Emotion Potion

10 drops Joyful Blend
10 drops Grounding Blend
8 drops Frankincense
FCO

Combine oils in a 10ml roller bottle and top with FCO. Apply to navel and wrists to experience the healthy paradox of both grounded and elevated emotions.

Spa Elevated Diffuser Blend

1 drop Joyful Blend
2 drops Bergamot
2 drops Wild Orange

Feel like you're in a high-end spa with this bright and classy diffuser blend.



Kids: Courage Blend *Top Uses*



Application



Main Ingredients

Wild Orange, Amyris, Osmanthus, Cinnamon

Other Uses

Anxiety, Fear, Immune Support, Motivation, Nervousness, Reassurance, Self-Doubt

Safety

Avoid sun exposure for 12 hours after topical use.

"We're using Courage Blend for anything new that might seem hard - like making new friends or potty training!"
-Emily

1 Making New Friends

Apply to wrists and inhale from cupped hands. Speak out loud a few reasons you make a great friend for others!

2 Team Sports

Apply over chest to bring the courage to do your best and be a team player.

3 Potty Training

Apply over lower back and back of neck to feel excited about being a big kid.

4 Electronics Addiction

Apply to wrists and temples to find ambition to experience new adventures.

5 Imagination Sparks

Apply to the back of neck and temples to spur creativity and new ideas.

6 Trying New Things

Apply to the naval and chest to feel brave when trying new things.



Emotional Use

This blend brings out the bravery in every kid. It reminds kids the value of self-expression, and what it means to be yourself and hold strong to values.



Funny-Again Blend

Kid's Courage Blend
2 drops Tangerine
1 drop Lime

Apply oils over naval and back of neck when things get too serious. This blend helps bring laughter back into the game of life.

Kid-Approved Respiration

Kid's Courage Blend
1 drop Peppermint

Apply Kid's Courage Blend to chest, followed by a drop of Peppermint to open airways and help with things like panic, shortness of breath, or asthma.

Kids: Focus Blend



Application



Main Ingredients

Vetiver, Peppermint, Clementine, Rosemary

Other Uses

Autism, Asperger's, Hyperactivity, Mental Handicaps, Nervous Disorders

Safety

Can irritate sensitive skin. Avoid sun exposure for 12 hours after topical use.

Did You Know?

Peppermint and Rosemary enhance memory retention. They make it easier to recall information when they're used first during study time and then during test-taking.

Top Uses

- 1 Homework**
Apply to back of neck at the beginning of homework time to boost concentration.
- 2 ADD/ADHD**
Apply to the back of neck 3x daily or as needed.
- 3 Creative Writing**
Apply to temples to incite new ideas during writing projects.
- 4 Household Chores**
Apply to naval and wrists to stay focused during chore time so that playtime can come sooner.
- 5 Test Taking**
Apply to temples while studying for a test, and again while taking the test.
- 6 Confusion & Distractions**
Apply to temples and inhale from cupped hands to promote mental clarity.



Emotional Use

This blend is the oil for peaceful thoughts. It helps turn agitation and frustration into centered thinking that is both realistic and useful.



Stressed Thoughts After

Kid's Focus Blend
1 drop Copaiba

Apply Copaiba with Kid's Focus Blend for added stress relief.

Little Rashes Blend

Kid's Focus Blend
1 drop Cedarwood
1 drop Lavender

Apply Kid's Focus Blend, followed by Cedarwood and Lavender to rashes 3x daily. Dilute for sensitive skin.

Kids: Grounding Blend *Top Uses*



Application



Main Ingredients

Amyris, Balsam Fir, Coriander, Magnolia

Other Uses

Chronic Pain, Circulation Issues, Cough, Cramps, Depression, Procrastination, Scrapes, Stress

"It took just seconds for the whole family to fall in love with this blend. Everyone feels more steady and confident with it."
-Shilpi

- 1 Social Anxiety**
Apply to wrists and lower back to add a feeling of steadiness to social situations.
- 2 Frazzled School Mornings**
Start the morning right by applying to bottoms of feet and the back of the neck.
- 3 Useful Time-Outs**
Turn time-outs from unhelpful punishment to a time of valuable reflection on the importance of keeping your word and contributing value to the family.
- 4 Superhero Confidence**
Apply over chest and the back of neck.
- 5 Waaaah-Baby**
Apply to temples and wrists to calm temper tantrums.
- 6 Bad News Buster**
Apply over chest to help ease disappointment or discouragement.



Emotional Use

This blend brings a sense of steadiness to every day. It fosters feelings of safety in the present moment, reminding the user everything can eventually work out.



Overwhelm Rescue

Kid's Grounding Blend
1 drop Cedarwood
1 drop Pink Pepper

Apply Kid's Grounding Blend to base of skull, followed by Cedarwood and Pink Pepper. Inhale deeply from cupped hands to manage overwhelm.

Skin Infection Fighter

Kid's Grounding Blend
1 drop Melaleuca
FCO

Apply Kid's Grounding Blend, followed by Melaleuca and a drop of FCO to a rash or skin infection. Repeat 3-5x daily.

Kids: Protective Blend *Top Uses*



Application



Main Ingredients

Cedarwood, Litsea, Frankincense, Rose

Other Uses

Athlete's Foot, Dandruff, Fungal Infection, Heartache, Ingrown Toenail

Safety

Can irritate highly sensitive skin.

Did You Know?

Rose is the unanticipated plant with a profound ability to combat serious types of bacteria like MRSA. Yet it's also gentle enough for even the most sensitive skin.

1 Playtime-Ready

Rub on hands, back of neck, and under nose to ward off germs during play with other kids.

2 Cold & Flu

Apply to chest, spine, and bottoms of feet 5x daily.

3 Super Hero Immunity

Apply to bottoms of feet each morning for immune system boost.

4 Zombie Attacks (Bacteria, Virus, Fungus)

Apply 3-5x daily to infected areas.

5 Fatigue

Apply over kidneys and adrenals 2x daily to improve stamina.

6 Inner Circle Friends

Inhale from cupped hands to remember maintaining healthy boundaries and respect in friendships.



Emotional Use

This blend brings strong heart into social interactions. It helps fortify boundaries of love, promoting a sense of true community.



Kiddie Blood Pressure Blend

Kid's Protective Blend
1 drop Lavender

Apply Kid's Protective Blend followed by a drop of Lavender to the bottoms of feet to lower blood pressure, a fast heart rate, and high temperature.

Back to School Immunity

Kid's Protective Blend
1 drop Turmeric

Apply oils to the bottoms of feet before school every day to minimize down-time and stay your strongest.

Kids: Restful Blend



Application



Main Ingredients

Lavender, Cananga, Buddha Wood, Roman Chamomile

Other Uses

Behavioral Disorders, Bee Sting, Crying, Diaper Rash, Hyperactivity, Hyper-pigmentation, Neuralgia, Shock, Spider Bite, Sunburn, Worms

"This is my go-to blend when my daughter is fussing. It has a quick soothing effect on her and she enjoys the smell!"

-Kaelin

Top Uses

- 1 Easy Sleeping**
Apply to bottoms of feet and back of neck 30 minutes before bedtime for an easier time falling asleep.
- 2 Monsters in the Closet**
Apply over chest and wrists to ease nighttime fears.
- 3 Argument Diffuser**
Apply to temples and back of neck to ease contention.
- 4 Tornado Thoughts**
Apply to temples, wrists, and back of neck to soothe runaway and irrational thoughts.
- 5 Grown-Up Relaxation**
Apply liberally to temples and chest before getting into a warm bath to let go of a stressful day of kid's duties.



Emotional Use

The gentle floral aromas of this blend invite purposeful communication. It reminds the wearer to choose words that uplift and edify over words that make you right.



Nightmare Buster

Kid's Restful Blend
1 drop Juniper Berry
1 drop Wild Orange

Apply oils along spine before bed to promote deep, meaningful sleep that's free of nightmares and disturbances.

Chillin' in the Evening

Kid's Restful Blend
1 drop Vetiver

Apply oils to the bottoms of feet after dinner to spend a pleasant and calm evening with the family.

Kids: Soothing Blend *Top Uses*



Application



Main Ingredients

Copaiba, Lavender, Spearmint, Zanthoxylum

Other Uses

Charley Horse, Growing Pains, Headache, Lethargy, Joint Pain, Muscle Pain, Muscle Tension

Safety

Can irritate sensitive skin. Use with caution during pregnancy.

"I got bumped hard (totally not my fault), and it killed. So we put on the oil. And like by the next morning, I was ready to play hard again. It's awesome."

-Toby

- 1 Battle Wounds**
Apply liberally to ease pain and injury that happen with the dangers of being an active kid.
- 2 Sports Injury**
Apply to injured muscles, joints, and connective tissue 5x daily.
- 3 Bumps & Bruises**
Apply every couple hours to reduce the appearance of bruises or bumps.
- 4 Self-Trust**
Apply to the back of neck and temples to remember the power of trusting your good instincts.
- 5 Stinky Feet**
Apply to feet before and after school.
- 6 Mighty Muscles**
Apply to legs, arms, and shoulders as a pre-workout before sports and exercise.



Emotional Use

This blend provides the refresh and reprieve needed for soul-soothing. It turns trouble into a pathway to move forward better and wiser.



De-Battering Ram

Kid's Soothing Blend
1 drop Helichrysum
Dab of Wintergreen

Apply oils to sore and inflamed muscles after sports or injury. Repeat every few hours until pain is gone.

Crash Remedy

Kid's Soothing Blend
1 drop Marjoram
1 drop Frankincense

Gently apply to severe muscle or tissue injury to promote rapid tissue mend. Repeat every few hours as needed.

Massage Blend



Application



Main Ingredients

Cypress, Peppermint, Marjoram, Basil, Grapefruit, Lavender

Other Uses

Arthritis, Circulation, Ligament Damage, Muscular Dystrophy, Relaxation, Tension

Safety

Can irritate sensitive skin. Use with caution during pregnancy.

Did You Know?

Marjoram and Cypress are a power duo for muscle-mend. They increase circulation and promote faster muscle repair.

Top Uses

- 1 Muscle Tension & Aches**
Massage 2-4 drops with carrier oil into tight muscles.
- 2 Adrenal Fatigue & Lethargy**
Apply 1-2 drops to lower back.
- 3 Back, Neck, & Shoulder Pain**
Massage 2-4 drops with carrier oil into affected muscles, or add to hot bath.
- 4 Post-Work Stress**
Massage 2 drops into back of neck to relieve stress from work.
- 5 Neuropathy**
Apply 1-2 drops to bottoms of feet.
- 6 High Blood Pressure**
Apply 1-2 drops to bottoms of feet.
- 7 Headache**
Apply 1-2 drops to temples, avoiding eyes.



Emotional Use

This blend assists in releasing the tension of the day and shifting into a state of well-deserved relaxation. It opens the mind and heart to the possibility of releasing unnecessary stress.



Monday's



2 drops Massage Blend
2 drops Lime
2 drops Siberian Fir

Massage oils into neck and shoulders after a long day of work on Mondays to make sure you've got stamina for the remaining week.

Fresh Air Diffuser Blend

3 drops Massage Blend
3 drops Lime
3 drops Grapefruit
1 drop Green Mandarin

Diffuse this blend to clear stale odors from the family area, play room, or anywhere that needs a burst of fresh air.

Metabolic Blend



Application



Main Ingredients

Grapefruit, Lemon, Ginger, Peppermint, Cinnamon

Other Uses

Colds, Congestion, Detox, Energy, Food Addiction, Gallbladder Stones, High Cholesterol, Lymphatic Stimulation, Obesity, Over-Eating

Safety

Can irritate sensitive skin. Use with caution during pregnancy. May cause photosensitivity.

"A new eating plan made me hungry and cranky, and find myself missing chocolate and carbs. After using this blend, I'm now not hungry or cranky, my cravings are gone, and I have even more energy!" -Lou

Top Uses

- 1 Weight Loss**
Take 2-4 drops in capsule or drink in water 3-5x daily.
- 2 Appetite Control**
Drink 2-4 drops in water throughout the day, or diffuse.
- 3 Blood Sugar Regulation**
Take 1-2 drops in water or in a capsule.
- 4 Cellulite & Visceral Fat**
Massage several drops with carrier oil into needed areas.
- 5 Antioxidant**
Take 1-2 drops in a capsule.
- 6 Eating Disorders**
Take a drop under the tongue, or diffuse 4-8 drops.



Emotional Use

The Metabolic Blend invites the user to release self-criticism, judgment and shame. It turns focus inward where true beauty originates from.



Craving Buster Smoothie

2-3 drops Metabolic Blend
1 cup mixed greens
1/2 cup frozen strawberries
1 tsp lemon juice
1 cup almond or coconut milk
Pinch of sea salt

Combine ingredients in a high powered blender before lunch time.

Skinny Wrap

10 drops Metabolic Blend
8 drops Cypress
8 drops Grapefruit
5 drops Basil
5 drops Lavender
40 drops FCO

Apply all ingredients to fatty areas and wrap with BPA-free plastic for 60 minutes.

Outdoor Blend



Application



Main Ingredients

Catnip, Skimmia Laureola, Amyris, Balsam, Orange, White Fir, Eucalyptus, African Sandalwood, Genet, Rose

Other Uses

Ants, Flies, Mites, Mosquitoes, Termites, Tics

"It's that time of year, and this blend is AMAZING! These are the best essential oils for insect and pest repellent."

-Jen

"OK. Chemicals are not my favorite, but it's hard to repel mosquitoes without them... Until I found this blend that does it so well! Bye mosquitoes."

-Sandy

Top Uses

- 1 Insect Repellent**
Apply directly to exposed skin, and diffuse if possible
- 2 Fly Infestation**
Diffuse 10 drops, or apply lightly over clothing.
- 3 Energetic Toxicity**
Use 1-3 drops during meditation, journaling, or prayer.



Emotional Use

Just as Outdoor Blend shields you from pests, so can it shield you from relationships or situations where your boundaries may be breached. It lets others be responsible for their energy, and you for yours.



Repellent Booster

4 drops Outdoor Blend
2 drops Arborvitae
2 drops Renewing Blend

Bugs still loving you, even with the Outdoor Blend? Give it a boost with extra Arborvitae and Renewing Blend! Reapply every 5 hours.

Spider Repellent

10 drops Outdoor Blend
10 drops Peppermint
10 drops FCO

Paint bottoms of doorways, ventilation openings, windowsills, and other cracks into the house. Reapply every 1-2 weeks as needed, especially at the beginning of fall.

Protective Blend



Application



Main Ingredients

Orange, Clove, Cinnamon, Rosemary, Eucalyptus

Other Uses

Autoimmune Disorders, Cough, Germs, Household Cleaning, Hypoglycemia, Laundry Booster, Mold, Pneumonia, Staph Infection, Strep Throat, Warts

Safety

Can irritate sensitive skin. Use with caution during pregnancy.

"My niece uses this blend, along with Melaleuca and Oregano, in a capsule for UTIs. Saves a trip to the doctor."
-Sharon

Top Uses

- 1 Immune Support**
Take 1-2 drops in capsule as daily supplement, or apply to bottoms of feet.
- 2 Colds & Flu**
Apply 1-2 drops to bottoms of feet, and take with water or in a capsule.
- 3 Airborne Viruses**
Diffuse 5-10 drops.
- 4 Mouthwash**
Rinse mouth with 2 drops and water.
- 5 Cold Sores**
Apply a drop with carrier oil to needed areas.
- 6 MRSA**
Apply 1-2 drops diluted to affected areas.
- 7 Gum Disease & Cavities**
Rinse mouth with 2 drops and water.



Emotional Use

The protective properties of this blend extend from harmful pathogens to harmful energy. It promotes feelings of being independently capable and strong.



Sanitizing Household Cleaner

10 drops Protective Blend
10 drops Siberian Fir
10 drops Lemon
1 Tbsp white vinegar

Combine oils with white vinegar, then add to 20 oz. glass spray bottle. Shake before use.

Welcome Fall Diffuser Blend

4 drops Protective Blend
2 drops Douglas Fir
2 drops Wild Orange
1 drop Clove

Combine oils in your diffuser for a warm, welcoming aroma that also keeps the family healthy and well.

Reassuring Blend



Application



Main Ingredients

Vetiver, Lavender, Ylang Ylang, Frankincense, Marjoram, Spearmint, Labdanum

Other Uses

Addictive Personality, Postpartum Recovery, Social Anxiety

Safety

Use with caution during beginning of pregnancy.

"Sometimes I have a lot of stress my life. You never ask for it, but it's there. So I use this blend to calm things down. Just a bit under my nose turns the frenzy into peace and simplicity."

-Cori

Top Uses

- 1 Fear & Insecurity**
Apply 1-2 drops over temples or chest.
- 2 Worry**
Inhale 1-2 drops from cupped hands.
- 3 Restlessness & Irritability**
Apply 1-2 drops to temples or bottoms of feet, or diffuse.
- 4 Sleep Issues**
Diffuse 4-8 drops near bedside, or apply 1-2 drops to temples.
- 5 Focus Issues**
Apply 1-2 drops to back of neck or temples.
- 6 Social Disorders**
Inhale 1-2 drops from cupped hands, or rub onto back of neck.



Emotional Use

The peaceful oils in this blend help one move from feeling attacked or controlled by people or life to a place of understanding, lightness, and freedom.



Liquid Anti-Anxiety Roller

10 drops Reassuring Blend
10 drops Grounding Blend
5 drops Vetiver

Combine oils in a 10ml roller bottle and top off with FCO. Apply to pulse points and sides of neck during anxiety attacks.

New Hope Diffuser Blend

3 drops Reassuring Blend
3 drops Grounding Blend
2 drops Bergamot
1 drop Black Pepper

Use this diffuser blend when you need to remember that the best opportunities aren't in the past, but on their way to you.

Renewing Blend



Application



Main Ingredients

Spruce, Bergamot, Juniper Berry, Myrrh, Arborvitae, Citronella, Thyme, Nootka

Other Uses

Bitterness, Emotional Stagnation, Kidney Stones, Liver Issues, Muscle Pain, Sadness, Shame, Skin Infection

Safety

Can irritate sensitive skin. Avoid sun exposure for 12 hours after topical use.

Did You Know?

Arborvitae and Nootka oils come from sustainable harvesting in British Columbia. The oils are procured from sawdust residue so that not one extra tree is cut down. Even the pulp is recycled into paper.

Top Uses

- 1 Anger, Resentment, Guilt**
Apply 1-2 drops to pulse points, and inhale from cupped hands.
- 2 Attachment Issues**
Apply 1-2 drops to pulse points, and diffuse.
- 3 Critical Thinking**
Apply 1-2 drops to temples and back of neck, and diffuse.
- 4 Circulation**
Apply 2-4 drops to bottoms of feet.
- 5 Insect Repellent**
Apply with carrier oil over exposed skin.
- 6 Prostate Issues**
Apply 1-2 drops over lower abdomen.
- 7 Irritability**
Inhale 1-2 drops from cupped hands.



Emotional Use

This oil blend brings the promise of peace that comes with forgiving others and self. It turns resentment and judgment into allowing and acceptance, the two ingredients critical for growth.



Shame & Guilt Release



2 drops Renewing Blend
2 drops Clary Sage
2 drops Myrrh

Release blockages in your solar plexus by applying these oils to your naval and using the mantra, "I'm sorry. Forgive me. Thank you. I love you."

Raindrop Meadows Diffuser Blend

2 drops Renewing Blend
2 drops Grounding Blend
2 drops Invigorating Blend

This blend brings the feeling of sunshine right after a cleansing rainstorm.

Respiratory Blend



Application



Main Ingredients

Laurel, Eucalyptus, Peppermint, Melaleuca, Lemon, Cardamom, Ravintsara, Ravensara

Other Uses

Constricted Breathing, Emphysema, Exercise-Induced Asthma, Nasal Polyps, Respiratory Infections, Sinusitis, Tuberculosis

Safety

Can irritate sensitive skin. Use with caution during pregnancy.

"I used to suffer from exercise-induced asthma. Now that I have this oil, I can now run more than a mile without an asthma episode!"

-Cassi

Top Uses

- 1 Cough, Bronchitis, Pneumonia**
Inhale 2-4 drops from cupped hands, and apply diluted over chest.
- 2 Asthma**
Inhale 2-4 drops from cupped hands, and apply to lung reflex points.
- 3 Cold & Flu**
Diffuse 5-10 drops, or apply with carrier oil over chest.
- 4 Allergies**
Apply 1-2 drops over bridge of nose and sinuses, avoiding eyes.
- 5 Snoring**
Apply 1-2 drops over throat and bridge of nose, avoiding eyes.
- 6 Closed off from Love**
Rub a few drops over heart.



Emotional Use

Rather than being suffocated by sadness or other constricting emotions, this blend helps one exhale that which no longer serves and inhale the support and embrace to make life rich.



Respiratory Fortifier

2 drops Respiratory Blend
2 drops Protective Blend
2 drops Black Pepper

Combine oils and rub with FCO onto chest and mid back to fight respiratory infections and spastic issues (chronic cough). Use 3-5x daily.

Pollen Relief Diffuser Blend

3 drops Respiratory Blend
3 drops Lavender
2 drops Peppermint
2 drops Lemon

When the trees start blooming and the sneezes start looming, this is the blend to bring relief. Diffuse often.

Restful Blend



Application



Main Ingredients

Lavender, Sweet Marjoram, Chamomile, Ylang Ylang, Sandalwood, Cedarwood, Vetiver, Vanilla

Other Uses

Addictions, Hyperactivity, Insomnia, Lock Jaw, Mental Fatigue, Temporomandibular Joint Disorder (TMJ), Tension

Safety

Use with caution during pregnancy.

"My son with special needs often has a hard time settling down for bed time. A drop on his feet and diffused in his room throughout the night ensures a peaceful and restful sleep for him."

-Thuvan

Top Uses

- 1 Sleep Issues**
Apply 1-2 drops to temples and bottoms of feet, and diffuse near bedside.
- 2 Stress & Anxiety**
Apply 1-2 drops to pulse points, and inhale from cupped hands.
- 3 ADD & ADHD**
Apply 1-2 drops to back of neck, and diffuse.
- 4 Itchy Skin**
Apply 1-2 drops with carrier oil to affected areas.
- 5 Anger & Restlessness**
Massage 1-2 drops into back of neck.
- 6 Hormone Balance & Mood Swings**
Apply 1-2 drops to pulse points, or diffuse.



Emotional Use

This oil of tranquility has incredible sedative properties for the mind and heart. It soothes agitation and restlessness to make room for peace, compassion, and connection.



Deep Relief Salt Bath



7 drops Restful Blend
4 drops Soothing Blend
1 cup Epsom Salt
1 cup baking soda

Add ingredients to a hot bath and soak for 20 minutes before bed to soothe fatigued muscles and promote meaningful sleep.

Grounding & Gleeeful Diffuser Blend

3 drops Restful Blend
3 drops Lime

When you're not quite ready for bed but also want to ground yourself after a long day, this diffuser blend brings about both serenity and liveliness.

Skin Clearing Blend *Top Uses*



Application



Main Ingredients

Black Cumin, Ho Wood, Melaleuca, Geranium, Eucalyptus, Litsea

Safety

May irritate sensitive skin with continued use.

"I had eczema for about 8 years, and no lotion or steroid helped. It started clearing up within a couple weeks of applying this topical blend to it."

-James

"I love this because it's so easy to put on my face when I have a breakout. It seriously saves me a lot of embarrassment."

-Sophia

1 Acne & Blemishes
Apply directly to areas of concern.

2 Skin Impurities
Rub into skin before washing.

3 Oily Skin
Apply to areas of concern.

4 Eczema & Dermatitis
Apply with carrier oil to affected areas.

5 Bacterial Infection
Apply to affected areas.



Emotional Use

This topical blend helps suppressed feelings of anger and blame resolve before they boil to the surface. It's all about understanding the gift of imperfections.



Eczema Salve

10 drops Skin Clearing Blend 5 drops Myrrh
10 drops Frankincense 1/2 cup coconut oil
10 drops Melaleuca 1 Tbsp beeswax pellets
15 drops Lavender 1 Tbsp organic honey

Melt raw ingredients in a double boiler. Let cool slightly, then add the essential oils. Pour into a glass jar.

Breakout Prevention

Skin Clearing Blend
Skin Clearing Face Wash
Skin Clearing Lotion

Wash face first. Then apply a thin layer of Skin Clearing Blend, focusing on blemishes. Wait 5 minutes and then apply lotion.

Soothing Blend



Application



Main Ingredients

Wintergreen, Camphor, Peppermint, Blue Tansy, Helichrysum, Blue Chamomile

Other Uses

Back Pain, Bursitis, Frozen Shoulder, Growing Pains, Injured Joints, Tendinitis, Tennis Elbow, Workout (Pre and Post)

Safety

Can irritate sensitive skin. Use with caution during pregnancy.

"After a car accident, my left hip and ribs were very sore and painful. I had no idea essential oils could be anti-inflammatory! I noticed relief within 10 minutes. I'm so grateful!"

-Amy

Top Uses

- 1 Muscle Pain & Inflammation**
Massage 2-4 drops with carrier oil or lotion into affected areas.
- 2 Joint Pain & Arthritis**
Apply 1-2 drops to affected areas.
- 3 Lupus & Fibromyalgia**
Apply 1-2 drops with carrier oil when experiencing flare-ups.
- 4 Whiplash**
Apply 2-4 drops to affected areas.
- 5 Bruises**
Gently apply 1-2 drops to bruising.
- 6 Headache**
Apply 1-2 drops to temples and back of neck.
- 7 Bone Pain**
Apply 2-4 drops directly over pain.



Emotional Use

Sometimes growth is restricted because pain must first be surrendered. This blend encourages the individual to embrace and move through difficulties in order to find the joy that lies beyond pain.



Light Blue Pain Roller

25 drops Soothing Blend
15 drops Frankincense
FCO

Combine oils in a 10ml roller bottle and top off with FCO. Use when straight Soothing Blend is too intense for sensitive tissues.

Pre-Workout Magic

2 drops Soothing Blend
1 drop Lemongrass
2 drops Lime

Apply each oil one at a time and in order to muscle groups before working them out. Massage with carrier oil if needed.



Emotional Use

Sometimes growth is restricted because pain must first be considered. This blend encourages the individual to embrace and move through difficulties in order to find the joy that lies beyond pain.

Pre-Workout Magic

2 drops Steadying Blend
1 drop Lemongrass
2 drops Lime

Apply with oil one at a time and in order to muscle groups before working them out. Massage with carrier oil if needed.

Steadying Blend



Application



Main Ingredients

Lavender, Cedarwood, Frankincense, Cinnamon, Sandalwood, Black Pepper, Patchouli

Other Uses

Agitation, Bipolar Disorder, Calming, Courage, Muscle Fatigue, Sleep Issues

Safety

Can irritate sensitive skin. Use with caution during pregnancy.

"As a yoga instructor, you'd think I have it all together all the time. But even yoga instructors need balancing. This blend is so powerful for not only helping with physical balance, but energetic stability too!"

-Suzanne



Top 10s

- 1 Seated Meditation, Seated Twist, & Extra Madras yoga poses
Apply a couple drops to hair, over ears, and the base of skull.
- 2 Circulation Issues
Apply 2-4 drops to the bottoms of feet morning and evening.
- 3 Muscle Spasms
Massage 2-4 drops into the bottoms of feet and into affected muscles.
- 4 Energetic Focus
Apply a drop to temples and inhale from cupped hands to center your attention.
- 5 Emotional Numbness
Massage 2-4 drops into sacral area and lower spine.
- 6 Crawled or Chopped Skin
Massage 2-4 drops with extra PCO into affected areas.



Emotional Use

This is the oil of anchoring to earth. Use this blend to connect to your inner wisdom and what is true to you, independent of social or cultural expectations or changes.

Panayama Niguel Blend

2 drops Steadying Blend
2 drops Juniper Berry
2 drops Grapefruit
1 drop Douglas Fir

Use this blend to stabilize nerves or agitated systems while taking deep, intentional breaths.

Anchor Away Niguel Blend

4 drops Steadying Blend
2 drops Wild Orange
1 drop Yarrow

This diffuser blend encourages steady emotions that will feel firm and plural.

Tension Blend



Application



Main Ingredients

Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Chamomile, Rosemary

Other Uses

Alertness, Calming, Inflammation, Muscle Cramps, Swelling

Safety

Can irritate sensitive skin. Use with caution during pregnancy.

"This blend is magic! My daughter and I both suffer from cluster headaches and we both swear by it. As a matter of fact, we don't leave home without it."

-Amy

Top Uses

- 1 Headache & Migraine**
Massage into temples and forehead, avoiding eyes.
- 2 Muscle Tension**
Massage into areas of concern.
- 3 Hot Flashes**
Apply to back of neck.
- 4 Fevers**
Apply to back of neck.
- 5 Bruises**
Apply gently over bruises.
- 6 Hangover**
Apply to temples and over stomach.
- 7 Arthritis**
Massage into aching joints.



Emotional Use

This blend of relief brings equilibrium and calm where there was nervousness and burnout. It helps relieve stress before it becomes a setback.



Throbbing Head Relief

Tension Blend
1-3 drops Soothing Blend

Apply tension blend to temples and neck. Then alternate with 1-3 drops of Soothing Blend after 15 minutes. Continue alternating until pain subsides.

Tension in the Past Diffuser Blend

2 drops Tension Blend
2 drops Siberian Fir
1 drop Thyme

This herbaceous diffuser blend helps old patterns of tension and control fall away with ease.



Emotional Use

This blend of relief brings equilibrium and calm where there was nervousness and burnout. It helps relieve stress before it becomes a setback.

Tension in the Past Diffuser Blend

2 drops Tension Blend
2 drops Siberian Fir
1 drop Thyme

This herbaceous diffuser blend helps old patterns of tension and control fall away with ease.

Uplifting Blend



Application



Main Ingredients

Orange, Clove, Star Anise, Lemon Myrtle, Nutmeg, Ginger, Cinnamon, Zedaira

Other Uses

Digestive Discomfort, Food Addiction, Jaw Pain, Lock Jaw, Low Energy

Safety

Can irritate sensitive skin. Use with caution during pregnancy.

Did You Know?

Spice essential oils are typically high in antioxidants. Application to the bottom of the feet is a great way to eliminate free radicals.



Top 7

- 1. Glucosinase**
Inhale 1-2 drops from cupped hands.
- 2. Self-Sabotage**
Apply 1-2 drops over navel, and diffuse.
- 3. Low Energy**
Apply 1-2 drops over adrenal on lower back, and diffuse.
- 4. Fearfulness**
Apply 1-2 drops to pulse points, and diffuse.
- 5. Demotivation**
Apply 3-4 drops to bottoms of feet.
- 6. Emotional Discontent**
Apply 1-2 drops to temples or over heart.
- 7. Headiness**
Apply 1-2 drops to pulse points, or diffuse.



Emotional Use

This oil of cheer and hope is supportive for optimistic thoughts and laughter. It reminds the soul that fun can happen for no reason other than that life is meant to be cheerful.

Refresh in the Shower Blend

2 drops Citrus
1 drop Tangerine
1 drop Sandalwood

Use this blend in a diffuser or as a casual cologne/perfume to refresh a hectic day at the beach.

Rediscover Candy Diffuser Blend

2 drops Citrus
1 drop Cinnamon
2 drops Cumin

This blend brings back memories of a favorite childhood treat.

Women's Monthly Blend



Application



Main Ingredients

Clary Sage, Lavender, Bergamot, Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, Vitex

Other Uses

Aphrodisiac, Sedative, Sleep Issues

Safety

Avoid sun exposure for 24 hours after topical use.

"I use this on my face every night and it has made the dark circles under my eyes disappear!"

-Kimberly

"Nothing helps my cramps like this blend."

-Lakota

Top Uses

- 1 PMS**
Apply to wrists and over lower abdomen.
- 2 Cramping**
Apply to lower abdomen.
- 3 Hormone Balance**
Apply to wrists and over lower abdomen.
- 4 Hot Flashes**
Apply to wrists and back of neck.
- 5 Mood Swings**
Inhale from cupped hands, and apply to pulse points.
- 6 Self-Confidence**
Inhale from cupped hands, and apply to pulse points.
- 7 Heavy Menstruation**
Apply to lower abdomen.



Emotional Use

This oil of vulnerability helps ease fear of rejection and need to constantly meet expectations. It opens a space to feel accepted, nurtured, and enough at any given moment.



Keep Calm & Clary On Blend

10 drops Women's Monthly Blend
5 drops Tangerine
5 drops Lime
FCO

Combine oils in a 10ml roller bottle and top off with FCO. Use on pulse points to ease emotions during menstruation.

Firty Party Divviver Blend

3 drops Women's Monthly Blend
2 drops Cinnamon
1 drop Melissa

Use this blend to turn an emotionally trying time into something a little fun and sexy.



Emotional Use

This oil of vulnerability helps ease fear of rejection and need to constantly meet expectations. It opens a space to feel accepted, nurtured, and enough at any given moment.

Women's Perfume Blend *Top Use*



Application



Main Ingredients

Bergamot, Ylang Ylang, Fuchsia, Jasmine, Vanilla, Cinnamon, Labdanum, Vetiver, Cocoa, Base

Other Uses

Loss of Vision, Skin Irritation

Did You Know?

Cocoa absolute oil is a well-known aphrodisiac. Besides being good for feelings of contentment and well-being, it has always been associated with indulgence, love, and sensuality.

1 **Perfume**
Apply 1-2 drops to pulse points.

2 **Hormone Balance**
Apply 1-2 drops to pulse points and back of neck.

3 **Aphrodisiac**
Apply 1-2 drops to neck and wrists.

4 **Sedative & Calming**
Inhale 1-2 drops from capped bottle.

5 **Low Sex Drive**
Apply 1-2 drops to pulse points.

6 **Hypertension**
Apply 1-2 drops to pulse points.



Emotional Use

This blend brings out the best of femininity. Where an expressed feminine or overtly masculine energy may be a pattern, this blend brings balance to embracing your sexuality.

Wily Party Dancer Blend

2 drops Women's Monthly Blend
2 drops Cinnamon
1 drop Ylang

Use this blend to turn an emotionally trying time into something a little fun and sexy.



Latin Night Out

2 drops Women's Perfume Blend
2 drops Inspiring Blend
1 drop Tangerine

Combine oils and apply to pulse points before a fun night out with the girls.

Woodstone Whispers Dancer Blend

1 drop Women's Perfume Blend
1 drop Siberian Fir
2 drops Inspiring Blend

Indulge yourself with a meditative visit to the woods through this cool and collected blend.

Section 5

Supplements
& Softgels



Vitality Supplement Trio



Components

- Cellular Vitality Complex
- Essential Oil • Omegas
- Food Nutrient Complex

Key Uses

- Vitality & Wellness
- Immune System Support
- Pain & Inflammation
- Sleep
- Mood, Depression, Anxiety
- Energy
- Hormone Balance
- Provides bioavailable crucial nutrients to cells for building healthy organs, tissues, and body systems.

Every protocol starts with the trio!

Every ailment and disease has roots in inflammation, and every real solution happens at the cellular level. Essential oil protocols should always include the vitality trio.



Adjust by Weight

A full dose of the trio is intended for an average-size adult. Try increasing or decreasing dosage for bigger or small body sizes!

Every protocol starts with the Diet!

Every ailment and disease has roots in inflammation, and every real solution happens at the cellular level. Essential oil protocols should always include the vitality trio.



Adjust by Weight

A full dose of the trio is intended for an average-size adult. Try increasing or decreasing dosage for bigger or small body sizes!

Cellular Vitality Triad

Main Ingredients

Calcium (from calcium), Vitamin C, Vitamin D-3, Boron, Magnesium, Zinc, Copper, Manganese, Boron

Key Uses

- Promotes Bone Health
- Prevents age-related calcium loss
- Maintains bone mineralization
- Maximizes calcium utilization



Take 1-2 capsules twice daily for:

- Osteoporosis
- Weak bones
- Fragile hips
- Aggressive sports

Cellular Vitality Triad

Main Ingredients

Zonitaceae, Orange, Lemongrass, Thyme, Summer Savory, Niacin, Clove

Key Uses

- Aids in elimination of unhealthy cells
- Facilitates DNA repair
- Promotes healthy cellular functions
- Useful for cancer, tumors, inflammation, infections, nervous system issues, immune system issues



Take 1 softgel 1-2x/day for:

- Cancer prevention
- Ligas & Fibrosyalgia
- Genetic disorders
- Damaged DNA repair
- Other auto-immune issues

Cellular Vitality Triad

Main Ingredients

Burdock is Root, Scutellaria Root, Milk Thistle, Pineapple Extract, Polygonum Cognatum, Turmeric Root, Red Raspberry, Grape Seed, Marigold Flower, Tomato Fruit

Key Uses

- Protects body against free radicals
- Maintains proper cellular functions
- Improves cellular vitality & energy
- Reduces inflammation



Take 2 twice daily for:

- Food-based nutrition
- Supplementing imperfect diet
- Cellular fuel
- Low energy

Children's Chewable



Main Ingredients

Vitamins A, C, D, E, B1, B2, B3, B6, B12, B5, Folic Acid, Biotin, Calcium, Iron, Iodine, Magnesium, Zinc, Copper, Manganese, Superfood Blend, Cellular Vitality Blend

Key Uses

- Complete daily nutrient for children
- Food-derived nutrients
- Easy to ingest
- Pairs perfectly with other supplements



Take twice daily for:

- Supplementing imperfect diet
- Supporting proper development

Children's Omega-3



Main Ingredients

Fish Oil (EPA, DHA), Vitamin D, Vitamin E, Vitamin C, Orange Essential Oil

Key Uses

- Provides benefits of fish oil without fishy taste
- Easy to take plain, or add to juice
- Supports brain, joint, and cardiovascular development



Take 1-2 Tbs twice daily for:

- Heart support
- Brain support & development
- Joint support
- Healthy skin
- Use extra for ADD/ADHD, Autism, and developmental issues

Children's Probiotic



Main Ingredients

Lactobacillus Rhamnosus, Lactobacillus Salivarius, Lactobacillus Plantarum LPO1 & LPO2, Bifidobacterium Breve, Bifidobacterium Lactis

Key Uses

- 5 billion live cells of 6 strains of flora
- Supports healthy digestive, neurological, immune, and brain function
- Shelf-stable unique delivery process
- Special micro-encapsulation protects probiotics until they reach the gut



Take twice daily for:

- Healthy immune system
- Proper digestive function
- Healthy mood balance

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Main Ingredients

Lactobacillus Rhamnosus, Lactobacillus Salvarius, Lactobacillus Plantarum LP01 & LP02, Bifidobacterium Breve, Bifidobacterium Lactis

Key Uses

- 3 billion live cells of 6 strains of flora
- Supports healthy digestive, neurological, immune, and brain function
- Shell-stable unique delivery process
- Special micro-encapsulation protects probiotics until they reach the gut



Take twice daily for:

- Healthy immune system
- Proper digestive function
- Healthy mood balance



Main Ingredients

Food Nutrient Complex, Essential Oil • Omega

Key Uses

- Provides complete daily nutrients derived from whole foods
- Complete omega-3 without standard preservatives, combined with essential oils
- Bioavailable nutrients to support body systems, organs, and cellular health



Take 2 of each bottle twice daily for:

- Cellular fuel & support
- Founding omega-3 for brain, heart, joint, and integumentary support
- Starting point for other regimens



Main Ingredients

Pyllium Seed Husk, Barberry Leaf, Turkish Rhubarb, Kelp, Milk Thistle, Osha Root, Safflower, Anacia Gum, Burdock Root, Clove, Enzyme Assimilation Complex

Key Uses

- Natural detoxification herbal blend
- Promotes healthy endocrine system
- Promotes toxin filtration
- Complements Detoxification Oil Blend



Take 1-3x daily for:

- Liver & kidney issues
- Fatigue
- Toxicity-related acne & skin issues
- Toxicity from medications
- Toxicity from food, air, or other environmental factors



Main Ingredients

Tangerine, Rosemary, Geranium, Juniper Berry, Clove

Key Uses

- Endocrine Support
- Promotes release of toxins
- Hormone Balance
- Anticodart
- Stimulates adrenal
- Cleanses filtration organs



Take 1-3x daily for:

- Complementing the Detox Herbal Complex
- Adrenal fatigue
- Parasites

Digestion Comfort Tablets



Main Ingredients

Calcium Carbonate, Ginger, Fennel, Coriander, Peppermint, Tarragon, Anise, Caraway

Key Uses

- Soothes GI discomfort
- Relieves heartburn and indigestion
- Relieves sour stomach
- Reduces belching and bloating



Take 1-2 as needed for:

- Excessive gas
- Stinky gas
- Diarrhea
- Gurgling stomach
- Acid reflux

Digestive Enzymes



Main Ingredients

Protease, Amylase, Lipase, Alpha Galactosidase, Cellulase, Maltase, Sucrase, Tummy Taming Blend, Enzyme Assimilation Blend

Key Uses

- Facilitates breakdown of food
- Increases nutrient absorption
- Promotes comfortable digestion
- Increases usability of nutrients
- Facilitates proper gut function



Take 1-3x daily with meals for:

- Digestive comfort after eating out
- Increasing nutrient absorption
- Gluten sensitivities
- Lactose sensitivities
- Restoring proper digestive function

Digestive Blend Softgel



Main Ingredients

Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, Anise

Key Uses

- Soothes digestive discomfort
- Reduces gas and flatulence
- Reduces nausea
- Reduces diarrhea and constipation



Take 1-3 as needed (up to 5-8 daily) for:

- Queasiness
- Motion sickness
- Stomach upset
- Diarrhea & constipation
- Heartburn



Main Ingredients

Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, Anise

Key Uses

- Soothes digestive discomfort
- Reduces gas and flatulence
- Reduces nausea
- Reduces diarrhea and constipation



Take 1-3 as needed (up to 5-8 daily) for:

- Queasiness
- Motion sickness
- Stomach upset
- Diarrhea & constipation
- Heartburn



Main Ingredients

Acetyl-L-Carnitine, Alpha-Lipoic Acid, Coenzyme Q10, Lychee Fruit, Green Tea Leaf, Quercetin Dihydrate, Cordyceps Mycelium, Ginseng, Ashwagandha

Key Uses

- Increases cellular energy
- Improves micro-circulation
- Stimulates mitochondria
- Improves stamina



Take 1-2 capsules 1-2x daily for:

- Low energy
- Pre-workout
- Exhaustion
- Cold extremities
- Inflammation

Essential Oil + Omega



Main Ingredients

Fish Oil (EPA/DHA), Ashwagandha, Flaxseed Oil, Evening Primrose Oil, Cranberry Seed Oil, Rosehip Seed Oil, Vitamin D

Key Uses

- Promotes heart, brain, joint, eye, skin, and circulatory health
- Protects against lipid oxidation
- Molecularely filtered fish oil combined with internal dose of 9 essential oils



Take 2 twice daily for:

- Brain support
- Depression, Anxiety, & ADHD
- Heart support
- Joint support
- Healthier skin

Food Nutrient Complex



Main Ingredients

Vitamin A, C, D, E, K, B6, B12, Thiamin, Riboflavin, Niacin, Potassium, Biotin, Pantothenic Acid, Calcium, Iron, Iodine, Magnesium, Zinc, Selenium, Copper, Manganese

Key Uses

- Whole-food comprehensive vitamin and mineral nutrient
- Provides bioavailable crucial nutrients to body systems, organs, and cells



Take 2 twice daily for:

- Sustainable energy
- Fuel for your cells & body systems
- Supplementing more veggies & fruits into your diet

Fruit & Veggie Drink Mix

**Main Ingredients**

Kale, Dandelion, Collard Greens, Wheat Grass, Alfalfa, Barley Grass, Goji Berry, Mangosteen, Lemon & Ginger Oil

Key Uses

- Provides essential nutrients
- Supports Immune Health
- Supports Digestive Health
- Supports Weight Loss
- All natural ingredients



Use 1-2 servings daily for:

- Supplementing low produce consumption
- Higher energy
- Enhancing smoothies & juices
- Better nutrition while traveling

E-Learning Complex

**Main Ingredients**

Caprylic Acid; Oregano, Melaleuca, Lemon, Lemongrass, and Thyme Oils

Key Uses

- Helps rid gut of parasites, Candida, and other harmful agents
- Supports healthy digestive environment
- Helps improve microbial balance



Take 1 capsule with each meal (no more than 10 days*) for:

- Candida & parasite cleanse
- Removing biofilm in gut

* Begin with 1 capsule/day. Work your way up to 3.

Phytoestrogen Complex

**Main Ingredients**

Soy Extract (64% isoflavones, 50% Genistein), Flaxseed Extract (40% Lignan), Pomegranate Extract (40% Ellagic Acid)

Key Uses

- Promotes hormone balance by blocking estrogen binding to cells
- Manages harmful metabolite byproducts of hormone metabolism



Take 1-2 capsules daily for:

- Pre-menopausal hormone balance (take 1-2)
- Post-menopausal hormone balance (take 2)

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and
ment.



Main Ingredients
Soy Extract (64% Isoflavones, 10% Genistein), Flavanol Extract (60% Lignan), Pomegranate Extract (40% Ellagic Acid)

Key Uses
- Promotes hormone balance by blocking estrogen binding to cells
- Manages harmful metabolite byproducts of hormone metabolism



↑
↑
Take 1-2 capsules daily for:
- Pre-menopausal hormone balance (take 1-2)
- Post-menopausal hormone balance (take 2)



Main Ingredients
Frankincense Extract, Turmeric, Ginger, Green Tea Extract, Pomegranate Extract, Grape Seed Extract, Resveratrol

Key Uses
- Reduces inflammation and pain
- Provides relief to tension headaches, as well as back, neck, and shoulder pain
- Anticancer support
- Internal complement to Soothing Blend



↑
Take 1-3 daily for:
- Chronic pain (take 2 twice daily)
- Headaches & migraines (take 3)
- Lupus, Fibromyalgia, and other inflammatory issues (take 2 twice daily)
- Post-workout recovery



Main Ingredients
L. acidophilus, B. lactis, L. salivarius, L. casei, B. longum, B. bifidum

Key Uses
- 6 billion CFUs
- Supports digestive & immune systems
- Unique double-encapsulated delivery
- Shelf stable with probiotics to sustain probiotics
- Helps digestion of food nutrients



↑
Take 2-3x daily for:
- Healthy immune system
- Replenishing flora after antibiotics
- Hormone balance
- Improve digestive functions
- Higher absorption rates than other probiotic delivery forms



Main Ingredients
Cloves, Wild Orange, Black Pepper, Cinnamon, Eucalyptus, Oregano, Rosemary, Melissa

Key Uses
- Supercharged Protective Blend
- Combats viral and bacterial infections
- Supports immune system



↑
Take 1-2 softgels as needed for:
- Combating cold & flu
- Preventing illness
- Immune system boost
- Anticancer support

Restful Complex

Main Ingredients

Lavender, L-theanine, Lemonbalm, Passion Flower, Chamomile

Key Uses

- Promotes falling asleep faster
- Supports more meaningful sleep
- Promotes waking up feeling refreshed



Take 2 30 minutes before bed for:

- Falling asleep more easily
- Waking feeling more refreshed
- Use in addition to Restful essential oil blend (diffuse & rub 2 drops on bottoms of feet)

Seasonal Blend Softgels

Main Ingredients

Lemon, Lavender, & Peppermint Essential Oils

Key Uses

- Reduces histamine response
- Opens airways
- Relieves itchiness
- Eases sinus congestion
- Useful for seasonal and pet allergies



Take 1-2 as needed:

- Hayfever
- Pet allergies
- Constricted airways

* Let 1 softgel dissolve under the tongue for faster results.

Trim Shake

Main Ingredients

Whey & Egg White Protein, Fiber Blend, Stevia, Annatto, Ashwagandha, Potato Protein, Trim Complex

Key Uses

- Meal replacement shake
- Reduces cortisol levels to reduce fat retention
- Manages appetite and cravings
- Healthy protein-carb-fat ratio



Use 1-2 servings daily for:

- Enhanced appetite control
- Weight loss program support
- Smoothie & shake enhancement
- Added protein for diets

Main Ingredients

Whey & Egg White Protein, Fiber Blend, Stevia, Amla, Ashwagandha, Potato Protein, Trim Complex

Key Uses

- Meal replacement shake
- Reduces cortisol levels to reduce fat retention
- Manages appetite and cravings
- Healthy protein-carb-fat ratio



↑ Use 1-2 servings daily for:

- Enhanced appetite control
- Weight loss program support
- Smoothie & shake enhancement
- Added protein for diets

Section 6

Ailment Protocols



How to Use *Ailment Protocols*

While using plant-based medicine to remedy a health challenge is very much an individual process, this chapter offers protocols that provide more specific direction.

Each protocol gives detailed instructions on which essential oils and supplements to use, including dosage, frequency, and duration.

It is recommended that you use the protocols as they are written in order to achieve the best results. Consistency creates greatest impact.

How to Stay Consistent

- Set recurring reminders in your phone
- Place your oils and supplements where you'll see them
- Take products you need when you leave the house
- Commit to fully experiencing the protocol

Safety & Dosage

These protocols are not intended to replace instruction or care from your physician. Consult your physician before changing medications or other prescribed routines.

If the recommended dosage of oils or supplements feels off to you, adjust how much you're using. Certain protocols suggest using oils internally. The maximum recommended daily limit is *12-24 drops* for adults, and *3-12 drops* for children. Listen to your body.

Build from the *Trio*

The Vitality Supplement *Trio* is recommended as the basis for all protocols. Every health challenge will involve at least one of the main focuses of the *Trio*: *Inflammation, Immune Response, Energy, and Hormones*.



Protocols

Acid Reflux	180	Deodorant (body)	188	Neuropathy	197
Acne (bacterial)	180	Depression	189	Nerve Damage	197
Acne (hormones)	180	Detox (full body)	189	Obsessive Compulsive Disorder	197
Acne (toxicity)	180	Diabetes (type 1)	189	Pets (anxiety)	198
ADD/ADHD	181	Diabetes (type 2)	189	Pets (fleas & bugs)	198
Adrenal Fatigue	181	Digestive Issues	190	Plantar Fasciitis	198
AIDS/HIV	181	Ear Ache	190	Polio	198
Allergies (food)	181	Eczema/Dermatitis	190	Pregnancy (postnatal)	199
Allergies (seasonal/pet)	182	Endometriosis	190	Pregnancy (prenatal)	199
Allergies (skin)	182	Energy (low)	191	Psoriasis	199
Alzheimer's	182	Fibromyalgia	191	Rash	199
Anxiety	182	Flu/Influenza	191	Rheumatoid Arthritis	200
Arthritis	183	Focus & Concentration	191	Scarring (uterine)	200
Asperger's	183	Gout	192	Sciatica	200
Asthma	183	Headache	192	Seizures (myoclonic)	200
Autism	183	Heartburn	192	Shingles	201
Autoimmune	184	Hemorrhoids	192	Sinusitis	201
Back Pain	184	Hepatitis C	193	Sleep (insomnia)	201
Bipolar Disorder	184	Herniated Disc	193	Sleep Apnea	201
Blood Pressure (high)	184	Herpes Simplex	193	Smoking	202
Bone Spurs	185	Immune Boost	193	Snoring	202
Bronchitis	185	Infertility	194	Sore Throat	202
Calluses	185	Irritable Bowels	194	Stress	202
Cancer	186	Libido (low)	194	Sunburn	203
Cancer (Leukemia)	186	Lupus	194	Thrush	203
Candida	186	Lyme Disease	195	Thyroid (hyper/Grave's)	203
Canker Sores	186	Memory Issues	195	Thyroid (hypo/Hashimoto's)	203
Celiac's	187	Menopause	195	Tinnitus	204
Cholesterol (high)	187	Menstruation (PMS)	195	Toenail Fungus	204
Colds (common)	187	Migraine	196	Tourette's	204
Constipation	187	Mononucleosis	196	Urinary Tract Infection	204
Cough (chronic)	188	Mood Balance	196	Weight Loss (skin conditions)	205
Crohn's Disease	188	Multiple Sclerosis	196	Weight Loss	205
Cysts (ganglion)	188	Muscle Aches	197	Wrinkles	205
				Yeast Infection	205

Acid Reflux

Condition in which acidic gastric fluid is regurgitated into the esophagus.

Description

Improves the integrity of gut cell junctions and repairs the intestinal mucosa. Doing so will reduce the symptoms of acid reflux.

Suggested Duration

3-6 months

Digestive Blend (1), Turmeric (1), Yarrow (2)

Combine oils in an empty capsule and take 3x daily on an empty stomach.

Apply a drop of each to upper abdomen 3x daily at the same time the capsule is taken.

Digestive Blend Softgels
Take 2 capsules with food.

Notes

Additional Support

- Probiotic Complex (take 2 capsules 2x daily on an empty stomach)
- Digestive Enzymes (take 1 capsule with each meal)

Acne (bacteria)

Inflamed sebaceous glands and pimples due to bacteria trapped in pores.

Description

Combats bacterial overgrowth that becomes trapped in pores.

Suggested Duration

Ongoing

Skin Clearing Blend

Apply a small amount evenly over clean skin after showering daily.

Melaleuca & Lavender

Apply a dab to blemishes.

Frankincense

Apply a dab to healing blemishes to prevent scarring.

Notes

Additional Support

- Anti-Aging Blend
- Helichrysum

Acne (hormones)

Inflamed sebaceous glands and pimples due to hormonal imbalance.

Description

Balances hormone production and maintenance throughout the body, including the gut.

Suggested Duration

Until desired appearance is achieved, then as needed

Vitality Supplement Trio

Take 2 of each supplement twice daily.

Phytoestrogen Complex

Take 1 capsule with each dose of Vitality Supplements (for men and women).

Clary Sage

Rub 1 drop on pulse points before bed.

Skin Clearing Blend

Apply a small amount to blemishes daily as needed.

Notes

Additional Support

- Melaleuca
- Helichrysum

Acne (toxicity)

Outbreak occurring when the skin is used as a detoxifier to draw from the body.

Description

Alleviates toxicity overload by detoxing organs and skin.

Suggested Duration

3-5 weeks

Detoxification Softgels

Take 1 softgel with each meal.

Detox Herbal Complex

Take 1 capsule with breakfast and dinner.

Cellular Complex Softgels

Take 1 softgel with each meal.

Skin Clearing Blend

Apply small amount to blemishes daily as needed.

Notes

Additional Support

- GI Cleansing Complex
- Helichrysum
- Detoxification Blend (use on bottoms of feet)

ADD/ADHD

Behavioral disorder with symptoms of poor concentration and hyperactivity.

Description

Designed to activate the parasympathetic nervous system and induce a more calm and focused mental state.

Suggested Duration

6 months, then as needed

Vetiver, Frankincense, Rose

Apply 1-2 drops of each oil to back of neck, spine and bottoms of feet 2x daily.

Focus Blend

Carry in your pocket, and roll a small amount on back of neck as needed for focus.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Notes

Additional Support

- Ylang Ylang
- Sandalwood
- Siberian Fir
- Roman Chamomile

Adrenal Fatigue

Stress-related dysfunction of adrenal glands/ADH to produce hormones.

Description

Supports healthy adrenal function.

Suggested Duration

4-8 weeks

Lemon (8), Basil (3), Rosemary (3), Frankincense (3)

Combine in roller bottle. Fill the rest with carrier oil. Massage into neck and kidneys daily as often as needed.

Rosemary & Peppermint

Breathe a drop of each from cupped hands, or diffuse for energy as needed.

Vitality Supplement Trio

Take 2 of each bottle 2x daily.

Energy & Stamina Complex

Take 2 capsules 2x daily.

Notes

Additional Support

- Invigorating Blend
- Detoxification Blend

AIDS/HIV

Sexually transmitted retrovirus that can become opportunistic infection.

Description

Provides emotional support, promotes a properly functioning immune system.

Suggested Duration

6 months, then as needed

Cellular Complex Blend

Rub 3-5 drops onto spine morning & night.

Cellular Complex Softgels

Take 2 softgels 3x daily.

Vitality Supplement Trio

Take 2 of each bottle 2x daily.

Protective Blend & Melissa

Rub 2 drops each on bottoms of feet 2x daily.

Joyful Blend

Carry with you, and inhale from hands for emotional support throughout the day.

Notes

Additional Support

- Helichrysum
- Pink Pepper
- Detoxification Blend

Allergies (food)

Abnormal immune response to certain foods.

Description

Lowers histamine response triggered by food allergies and creates calm in the gut.

Suggested Duration

4 weeks to begin, then as needed

Lavender

Put 1 drop under tongue. Drink water after 30 seconds.

Probiotic Complex

Take 1 capsule 3x daily on an empty stomach.

Polyphenol Complex

Take 1 capsule 3x daily.

Digestive Enzyme Complex

Take 1 with each meal.

Notes

Additional Support

- Do a 14-day bone broth cleanse
- Detox Herbal Complex
- Detoxification Blend

Allergies (seasonal/

pet) (normalization of the immune response to environmental allergens)

Description

Reduces histamine response and boosts immune response.

Suggested Duration

4-8 weeks, then as needed

Lemon, Lavender, Peppermint

Put 1 drop each under tongue. Drink water after 30 seconds.

Respiratory Blend

Inhale from cupped hands when experiencing attack.

Probiotic Complex

Take 1 capsule 3x daily on an empty stomach.

Protective Blend

Gargle 2 drops with water nightly, then swallow.

Notes

Additional Support

- Seasonal Blend Softgels
- Siberian Fir
- Vitality Supplement Trio

Allergies (skin)

Hypersensitivity to typically harmless substances that cause an allergic skin rash.

Description

Calms irritation due to skin contact with allergens.

Suggested Duration

As needed

Lavender, Helichrysum, Frankincense, Lemon

Combine 10 drops of each in a roller bottle. Fill the rest with carrier oil. Roll onto affected area often.

Lavender

Put a drop under tongue. Drink water after 30 seconds.

Probiotic Complex

Take 1 capsule 3x daily on an empty stomach.

Notes

Additional Support

- Detox Herbal Complex
- Detoxification Blend

Alzheimer's

Progressive mental deterioration due to degeneration of the brain.

Description

Supports healthy mental activity, boosts alertness.

Suggested Duration

Ongoing

Vitality Supplement Trio

Take 2 of each bottle 2x daily.

Cellular Complex Blend

Rub 3-5 drops along spine and bottoms of feet 3x daily.

Cellular Complex Softgels

Take 1 softgel 3x daily.

Peppermint & Rosemary

Massage a drop each into scalp and diffuse several drops daily to increase alertness & memory.

Notes

Additional Support

- Cilantro
- Frankincense
- Extra Omega Complex
- Grounding Blend

Anxiety

Condition of worry, nervousness, or stress.

Description

Increases a general calming state due to the interaction of oils with neurotransmitters.

Suggested Duration

3 months, then as needed

Roman Chamomile, Lavender, Vetiver

Apply a drop of each to back of neck, spine, and bottoms of feet 3x daily.

Focus Blend

Apply to temples and sides of neck 3x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Magnolia

Roll over back of neck 1x daily and as needed.

Notes

Additional Support

- Frankincense
- Rose
- Sandalwood

Arthritis

Joint inflammation and stiffness of the joints

Description

Decreases the inflammatory response within the joint tissues.

Suggested Duration

6 months, then as needed

Copaiba, Turmeric, Frankincense

Apply a drop of each to affected areas 3x daily.

Soothing Blend

Massage lotion into affected areas after above oils 3x daily.

Polyphenol Complex

Take 2 capsules in the evening with food.

Notes

Additional Support

- Marjoram
- Lemongrass
- Wintergreen
- Myrrh

Asperger's

Developmental disorder impacting social interactions and communication

Description

Increases the integrity of the gut lining and promote brain health.

Suggested Duration

1 to 3 years

Frankincense, Vetiver, Turmeric, Clary Sage

Apply a drop of each to back of neck and bottoms of feet 3x daily.

Cellular Complex

Apply 2 drops to spine 3x daily.

Focus Blend

Apply roller blend to temples and sides of neck 3x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Notes

Additional Support

- Digestive Softgels (2x daily)
- Restful Complex (2 at bedtime)
- Yarrow (under the tongue)
- Lavender
- Sandalwood

Asthma

Respiratory condition marked by spasms in the bronchi of the lungs

Description

Promotes open airways and easy breathing.

Suggested Duration

As needed

Respiratory Blend

Inhale 2 drops from cupped hands during attacks.

Lavender

Massage a drop behind and over ears to promote calm.

Cardamom

Gargle a drop for 30 seconds, then swallow as needed.

Probiotic Complex

Take 1 capsule 2x daily.

Notes

Additional Support

- Rosemary
- Siberian Fir
- Eucalyptus

Autism

Developmental disorder impacting social interactions and communication

Description

Increases the integrity of the gut lining and promotes brain health.

Suggested Duration

1 to 3 years

Frankincense, Vetiver, Turmeric, Clary Sage

Apply a drop of each diluted to back of neck and bottoms of feet 3x daily.

Cellular Complex & Rose

Apply 2 drops each diluted to spine 2x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Lavender, Melaleuca, Frankincense, Digestive Blend, Copaiba
Roll diluted clockwise over stomach 2x daily.

Digestive Enzymes

Take 1 capsule with each meal.

Notes

Additional Support

- Digestive Softgels (2x daily)
- Restful Complex (2 at bedtime)
- Yarrow (under the tongue)

Auto-Immune

Condition in which the immune system turns on healthy cells.

Description

Induces the parasympathetic nervous system, eliminates antigens and latent infections, and reduces the immune response.

Suggested Duration

1 to 3 years

Frankincense, Yarrow, Turmeric, Clary Sage

Apply a drop of each to back of neck and bottoms of feet 2x daily.

Cellular Complex

Apply 2-4 drops to spine 2x daily. Also take 2 softgels 2x daily.

Detoxification Blend

Apply 2 drops to sides of neck 2x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Notes

Additional Support

- Vitality Supplement Trio
- Copalba
- Sandalwood
- Detox Herbal Complex
- Restful Complex

Back Pain

Stiffness and pain in the back due to injury, aging, or other issues.

Description

Increases circulation, reduces scar tissue, promotes healing.

Suggested Duration

6-12 months

Frankincense, Turmeric, Copalba

Take a drop of each in a capsule or under the tongue 3x daily.

Polyphenol Complex

Take 2 capsules 2x daily on an empty stomach.

Marjoram, Frankincense, Lemongrass, Siberian Fir, Soothing Blend (lotion)

Apply a drop of each onto spine and painful areas 3x daily.

Notes

Additional Support

- Yarrow
- Sandalwood
- Wintergreen
- Fennel

Bipolar Disorder

Mood disorder resulting in mania, depression, and psychotic states.

Description

Normalizes brain activity and regulates nervous system.

Suggested Duration

12 months

Frankincense, Vetiver, Turmeric, Clary Sage

Apply a drop of each to back of neck and bottoms of feet 2x daily.

Cellular Complex

Apply 2-4 drops to spine 2x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Grounding Blend

Carry throughout the day and apply to temples as needed.

Notes

Additional Support

- Siberian Fir
- Rosemary
- Cedarwood
- Sandalwood
- Lavender

Blood Pressure (high)

Hypertension resulting in healthy pressure on artery walls.

Description

Regulates blood pressure by dilation of blood vessels and reducing the viscosity of the blood.

Suggested Duration

6-12 months

Cypress, Marjoram, Ylang Ylang, Lemon

Apply a drop of each over the chest and bottom of feet 2x daily.

Marjoram, Ylang Ylang, Lemon, Yarrow

Take 2 drops each in a capsule 2x daily.

Notes

Additional Support

- Clary Sage
- Lavender
- Cellular Complex

Bone Spurs

New bone material that develops along the edges of existing bones.

Description

Alleviates agitation of surrounding tissue and decreased functionality by decreasing pain and inflammation.

Suggested Duration:
2-3 months

Frankincense & Turmeric
Massage a drop of each into affected area 3x daily.

Soothing Blend
Massage lotion into affected areas after above oils 3x daily.

Cellular Complex Softgels
Take 2 softgels or apply 2 drops oil onto spine 3x daily.

Notes

Additional Support

- Rosemary
- Yarrow
- Wintergreen
- Eucalyptus

Bronchitis

Inflammation of the mucous membrane in the bronchial tubes.

Description

Increases immune response to address possible infections and open the airways for symptomatic relief.

Suggested Duration:
1-2 weeks

Cardamom, Black Pepper, Rosemary, Lime
Apply drop of each to chest and bottoms of feet 3-5x daily.

Respiratory Blend
Diffuse several drops; inhale 2 drops from cupped hands as needed.

Protective Blend Softgels +
Take 2 softgels 2x daily until symptoms subside.

Notes

Additional Support

- Arbovitae
- Oregano
- Melissa
- Eucalyptus

Calluses

Thickened or hardened part of the skin due to pressure/friction.

Description

Softens thickened skin for easy removal.

Suggested Duration:
1-2 weeks

Melaleuca, Peppermint, Roman Chamomile
Apply a drop each to callused area 3x daily for 3 days.

After 3 days place feet in a cold water soak with 10 drops of each and use a pumice stone to remove the calluses.

Notes

Additional Support

- Oregano
- Basil
- Rosemary
- Lavender

Cancer

Abnormal mass composed of abnormal cell growth resulting in a complex disease.

Description

Increases the immune response and slows the growth of abnormal cell proliferation.

Suggested Duration:
1-3 years

Cellular Complex
Apply 2-4 drops to back of neck, spine, and bottoms of feet 4x daily.

Frankincense, Sandalwood, Turmeric, Lemongrass
Take a drop of each in a capsule 4x daily.

Detoxification Blend
Apply 2 drops diluted to sides of neck 3x daily.

Probiotic Complex
Take 2 capsules in the morning on an empty stomach.

Notes

Additional Support

- Detoxification Blend Softgels
- Detox Herbal Complex
- Digestive Blend Softgels
- Vitality Supplement Trio

Cancer (Leukemia)

Malfunction of white blood cells in the body's blood. Often affects the bone marrow and lymphatic system.

Description

Improves the immune response and reduces a hyperactive immune system.

Suggested Duration

1-3 years

Cellular Complex

Apply 2-4 drops to back of neck, spine, and bottoms of feet 4x daily.

Frankincense, Sandalwood, Turmeric, Lemongrass

Take a drop of each in a capsule 4x daily.

Detoxification Blend

Apply 2 drops diluted to sides of neck 3x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Notes

Additional Support

- Detoxification Blend Softgels
- Detox Herbal Complex
- Digestive Blend Softgels
- Vitality Supplement Trio

Candida

Fungal infection, commonly known as yeast, in the mouth, throat, vagina, and rectum.

Description

Combats fungus overgrowth in gut, restores healthy flora.

Suggested Duration

2-3 months

Melaleuca, Lavender, Thyme, Clove

Dilute with a carrier oil and apply a drop of each to vaginal area 6x daily. (Follow the same protocol if infection is on the face or body.)

Probiotic Complex

Take 2 capsules in the morning and evening on an empty stomach.

Digestive Blend

2 softgels 2x daily after food.

Notes

Additional Support

- Arborvitae
- Yarrow
- Green Mandarin

Canker Sores

Viral infections that appear inside the mouth but can also affect the lips.

Description

Decreases the expression of the virus and maintains a preventative regimen.

Suggested Duration

2-4 weeks

Melaleuca, Oregano, Clove

Dilute a drop each with FCO and apply directly to canker sore. Hold in mouth for 3 minutes. Apply 6x daily.

Combine 3 drops each to 20 drops of carrier oil and swish for 2 minutes daily for ongoing prevention.

Probiotic Complex

Take 2 capsules in the morning and evening on an empty stomach.

Protective Blend Softgels +

Take 2 softgels 2x daily.

Notes

Additional Support

- Digestive Blend Softgels
- Thyme

Celiac's

Autoimmune disorder affecting the small intestine.

Description

Promotes nutrient absorption, calms digestive system.

Suggested Duration

Ongoing

Digestive Enzymes

Take 2-3 capsules with meals.

Probiotic Complex

Take 2 capsules morning and evening on an empty stomach.

Digestive Blend

Rub on outside of stomach at onset of pain.

Metabolic Blend Softgels

Take 1-2 softgels 2-3x daily.

Notes

Additional Support

- Cinnamon
- Grapefruit
- Frankincense

Cholesterol (high)

Excess lipid molecules found in the blood, often the result of aging, poor diet, heart disease, and heart attacks.

Description

Reduces the amount of cholesterol in the blood to prevent the formation of clots that may lead to heart conditions.

Suggested Duration

6-12 months

Yarrow, Rosemary, Frankincense

Take 2 drops each in a capsule 2x daily.

Vitality Trio

Take 2 of each bottle 2x daily.

Cellular Complex

Apply 2-4 drops to bottoms of feet 2x daily.

Probiotic Complex

Take 2 capsules morning and evening on an empty stomach.

Notes

Additional Support

- Digestive Blend Softgels
- Turmeric
- Lavender

Cold Sores

Inflamed tissue in or near the mouth caused by herpes simplex virus.

Description

Combats viral infection, and promotes skin healing and pain relief.

Suggested Duration

As needed

Melaleuca & Melissa

Apply a drop of each diluted several times a day to combat the virus.

Helichrysum

Apply a drop diluted at night to help tissue heal.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Notes

Additional Support

- Arbovitae
- Black Pepper
- Protective Blend
- Frankincense

Colds (common)

Respiratory infection resulting in acute nasal, cough, and sore throat.

Description

Provides antiviral and respiratory support.

Suggested Duration

5-10 days

Protective Blend Softgels +

Take 2 softgels 3x daily.

Protective Blend, Black Pepper, Melaleuca

Rub 2 drops each on bottoms of feet 3x daily.

Respiratory Blend

Rub onto chest and diffuse as needed.

Vitality Supplement Trio

Take 2 of each bottle 2x daily.

Notes

Additional Support

- Rosemary
- Cardamom
- Lime
- Litsea
- Energy & Stamina Complex

Constipation

Difficulty emptying bowels, usually associated with hardened feces.

Description

Stimulates proper digestive function and elimination.

Suggested Duration

2-3 months, then as needed

Digestive Enzymes

Take 2-3 capsules with meals.

Probiotic Complex

Take 2 capsules morning and evening on an empty stomach.

Clary Sage & Petitgrain

Rub 2-3 drops over stomach in a clockwise motion 3x daily.

Notes

Additional Support

- Bergamot
- Digestive Blend
- Cassia

Cough (chronic)

Chronic and inflammatory respiratory infection

Description

Increases immune response to address possible infections; opens the airways for symptomatic relief.

Suggested Duration

1-2 weeks

Cardamom & Lime

Gargle a drop each with water for 30 seconds, then swallow 3x daily.

Respiratory Blend, Rosemary, Black Pepper

Apply 2 drops each to chest and bottoms of feet 2x daily. Also diffuse several drops throughout the day.

Protective Blend Softgels +

Take 2 softgels 2x daily until symptoms subside.

Notes

Additional Support:

- Oregano
- Melissa
- Arbovitae
- Eucalyptus

Crohn's Disease

Inflammatory disease of intestines, colon, and rectum

Description

Reduces inflammation and swelling in the bowels.

Suggested Duration

6 months

GI Cleansing Complex

Take 1 softgel 1-2x daily for 2 weeks.

Peppermint, Basil, Frankincense

Take 1-2 drops each in capsule daily for 2 weeks after GI Cleansing Complex.

Probiotic Complex

Take 1 capsule w/each meal.

Digestive Blend

Take 1 softgel to ease discomfort 3-5x daily.

Notes

Additional Support

- Vitality Supplement Trio
- Ginger
- Marjoram

Cysts (ganglion)

Non-cancerous lumps that most commonly develop along the tendons or joints of your wrists or hands

Description

Reduces the size or eliminates the cyst by softening the cyst and allowing the fluid to be absorbed and dispersed into the surrounding tissue.

Suggested Duration

2-4 weeks

Lemongrass, Oregano, Thyme, Cypress

Massage a drop of each diluted into the cyst 2x daily.

Then apply a small cloth soaked in castor oil over the cyst. Wrap tightly with tape or saran wrap overnight.

Notes

Additional Support

- Cellular Complex
- Yarrow
- Green Mandarin
- Lavender

Deodorant (body)

Underarm smell from pheromones or bacterial or yeast development

Description

Helps manage bacteria and odor-causing toxicity.

Suggested Duration

4 weeks, then as needed

Cilantro

Take 2 drops in a capsule daily.

Detoxification Softgels

Take 1 softgel 2x daily.

Cleansing Blend

Use diluted with carrier oil under arms after showering.

Notes

Additional Support

- Joyful Blend
- Melaleuca
- Arbovitae
- Petitgrain

Depression

Experiencing of a more depressed mood and loss of interest in previously interesting activities.

Description

Increases mood by stimulation through senses.

Suggested Duration

3 months, then as needed

Bergamot, Melissa, Frankincense

Apply a drop of each to back of neck, spine and bottoms of feet 3x daily.

Joyful Blend

Diffuse several drops daily and inhale from cupped hands as needed.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Vitality Supplement Trio

Take 2 of each bottle 2x daily.

Notes

Additional Support

- Uplifting Blend
- Enlightening Blend
- Tangerine
- Hawaiian Sandalwood

Detox (full body)

Elimination of toxic substances accumulated in organs and tissues.

Description

Helps the body eliminate toxicity and free up filtering organs.

Suggested Duration

4 weeks

GI Cleansing Complex

Take 1 softgel w/each meal for 10 days (start with 1 a day, and work up to 3).

Detoxification Softgels

Take 1 softgel w/each meal.

Detox Herbal Complex

Take 1 capsule 2x daily.

Probiotic Complex

Take 1 capsule w/each meal during last 10 days.

Vitality Supplement Trio

Take 2 of each bottle 2x daily.

Notes

Additional Support

- Lemon (in water)
- Cilantro
- Grapefruit

Diabetes (type 1)

Autoimmune condition in which little or no insulin is produced by the pancreas.

Description

Stimulates cellular maintenance, helps balance blood sugar.

Suggested Duration

3-6 months, then as needed

Vitality Supplement Trio

Take 2 of each bottle 2x daily.

Rosemary, Cypress, Cassia

Take 1 drop each in capsule daily. Also rub diluted onto pancreas reflex points.

Geranium & Rosemary

Add 3 drops of each to a hot bath.

Notes

Additional Support

- Cellular Complex Blend
- Coriander
- Juniper Berry
- Bergamot

Diabetes (type 2)

Condition in which the body becomes resistant to insulin.

Description

Helps balance blood sugar, supports pancreas.

Suggested Duration

3-6 months, then as needed

Coriander, Cinnamon, Juniper Berry

Take 1-2 drops each in capsule daily.

Cellular Vitality Complex

Take 2 of each bottle 2x daily.

Detoxification Blend

Rub 2 drops onto pancreas reflex point or over pancreas daily.

Notes

Additional Support

- Cassia
- Metabolic Blend

Digestive Issues

Symptoms of gas, stomach ache, bloating, indigestion, and cramping.

Description

Relieves inflammation, gas, and discomfort in digestive system.

Suggested Duration

4 weeks, then as needed

Digestive Blend

Drink 1-2 drops with water, or rub over stomach to ease discomfort.

Digestive Enzymes

Take 1 capsule w/each meal.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Frankincense & Cardamom

Rub a drop of each onto stomach reflex points in the morning.

Notes

Additional Support

- Ginger
- Fennel
- Peppermint
- Yarrow

Ear Ache

Inflammation or infection of the middle ear usually caused by bacteria or virus.

Description

Provides assistance in dispersing the infection and draining the surrounding tissue.

Suggested Duration

2 weeks

Lavender, Basil, Melaleuca, Frankincense, Helichrysum

Apply a dab of each diluted around ear (do not place oils inside of ear).

Protective Blend Softgels +

Take 2 softgels 3x daily with food.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Notes

Additional Support

- Ginger
- Oregano

Eczema/Dermatitis

A condition of the skin causing patches of scales and dryness, often caused by bacterial infection.

Description

Reduces the infection, increases moisture, and promotes new skin cell growth.

Suggested Duration

3 months, then as needed

Arborvitae, Melaleuca, Frankincense

Combine 1-2 drops each with FCO and apply to the affected area 5x daily.

Apply a warm towel compress over the area after oils are applied in the evening.

Protective Blend Softgels +

Take 2 softgels 3x daily with food

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Notes

Additional Support

- Myrrh
- Hawaiian Sandalwood

Endometriosis

A condition where uterine lining grows outside the uterus.

Description

Provides relief from pain and discomfort by increasing blood flow and circulation to the area.

Suggested Duration

1 year, then as needed

Clary Sage, Eucalyptus, Frankincense, Ylang Ylang

Apply a drop of each to lower abdomen 3x daily.

Cover with a hot compress towel after application in the evening.

Cellular Complex

Apply to abdomen 2x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Notes

Additional Support

- Yarrow
- Hawaiian Sandalwood
- Myrrh
- Patchouli

Energy (low)

Fatigue caused by lack of sleep, stress, or over-exercising, or hypoglycemic issues.

Description

Increases energy by stimulation of the sympathetic nervous system, eliminating toxins, and inducing cellular pruning and regeneration.

Suggested Duration

6 months, then as needed

Peppermint, Bergamot, Lemongrass

Apply a drop of each to back of neck, spine and bottom of feet 3x daily.

Energy & Stamina Complex

Take 2 capsules 2x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Omega Complex

Take 2 capsules 2x daily.

Notes

Additional Support

- Vitality Supplement Trio
- Frankincense
- Peppermint
- Tangerine
- Joyful Blend

Fibromyalgia

Condition where one experiences widespread muscle pain and tenderness.

Description

Decreases inflammation, promotes healthy cellular function.

Suggested Duration

1-3 years

Frankincense, Yarrow, Copaliba, Turmeric

Apply a drop of each to back of neck and bottoms of feet 2x daily.

Cellular Complex

Apply 2-4 drops to spine 2x daily. Also take 2 softgels 2x daily.

Soothing Blend

Massage lotion into inflamed areas 3x daily or as needed.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Melissa

Use 1 drop under tongue daily.

Notes

Additional Support

- Vitality Supplement Trio
- Energy & Stamina Complex
- Digestive Blend Softgels
- Detoxification Blend

Flu/Influenza

Viral infection of the respiratory passages.

Description

Combats viruses, boosts immune system, supports respiratory system.

Suggested Duration

5-10 days

Protective Blend, Melaleuca, Black Pepper

Rub 2 drops each on bottoms of feet 3x daily.

Protective Blend Softgels +

Take 2 softgels 3x daily.

Digestive Blend

Drink 1-3 drops in water, or rub over stomach to ease nausea & vomiting.

Respiratory Blend

Diffuse 8-10 drops. Sit/sleep near the diffuser. Also rub 2 drops over chest as needed.

Notes

Additional Support

- Melissa
- Cardamom
- GI Cleansing Complex

Focus & Concentration

Need for improved ability to remain on task and mentally centered.

Description

Activates the parasympathetic nervous system and induces a more calm and focused mental state.

Suggested Duration

6 months

Vetiver, Frankincense, Wild Orange, Peppermint

Apply a drop of each to back of neck, spine and bottom of feet 3x daily.

Focus Blend

Apply to forehead and temples 2x daily and as needed.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Notes

Additional Support

- Sandalwood
- Ylang Ylang
- Roman Chamomile
- Siberian Fir

Gout

Excess buildup of uric acid in the blood, often caused by poor dietary habits.

Description

Relieves pain, and disperse and dilutes the excess uric acid.

Suggested Duration

1 week

Frankincense, Turmeric, Lavender

Apply a drop of each to painful areas 3x daily.

Soothing Blend

Massage lotion into affected areas after above oils 3x daily.

Polyphenol Complex

Take 2 capsules 2x daily on an empty stomach.

Cellular Complex

Apply 2 drops to painful areas before bed each night.

Notes

Additional Support

- Yarrow
- Coriander
- Fennel
- Wintergreen

Headache

Continuous pain in the head or around

Description

Increases circulation and relieves pain.

Suggested Duration

As needed

Tension Blend

Apply roller regularly to forehead, neck and temples. Add a drop of Helichrysum if needed.

Polyphenol Complex

Take 2 capsules 2x daily on an empty stomach.

Cellular Complex

Rub 1-2 drops into bottoms of feet and spine 3x daily.

Notes

Additional Support

- Peppermint
- Frankincense
- Lavender
- Copaiba

Heartburn

Indigestion, often a burning sensation in the chest.

Description

Balances stomach acid, eases pain of indigestion.

Suggested Duration

As needed

Digestive Blend

Drink 1-2 drops in water.

Digestive Enzymes

Take 1-3 capsules with each meal.

Cardamom

Rub 1-2 drops over stomach.

Notes

Additional Support

- Ginger
- Fennel
- Coriander

Hemorrhoids

Swollen veins that often lead to the formation of a small blood clot inside or outside the anus.

Description

Reduces the inflammatory response to the veins, shrinks the size of the clot, and reduces pain.

Suggested Duration

8 weeks to 12 months

Melaleuca, Geranium, Juniper Berry, Frankincense

Apply a drop of each to the location of the hemorrhoids 3x daily. Dilute for sensitive skin.

Cellular Complex

Apply 2-4 drops with carrier oil to inside of legs from ankles to inner thighs 2x daily.

Notes

Additional Support

- Cypress
- Myrrh
- Sandalwood
- Patchouli

Hepatitis C

Viral infection that attacks the liver over several years.

Description

Combats bacterial overgrowth that becomes trapped in pores.

Suggested Duration

2-3 months

Helichrysum, Frankincense, Oregano

Apply a drop of each diluted to the sides of the lower back 6x daily. (If infection is on the face or body, follow the same protocol.)

Probiotic Complex

Take 2 capsules in the morning and evening on an empty stomach.

Digestive Blend

Take 2 softgels 2x daily after food.

Notes

Additional Support

- Neroli
- Thyme
- Greenland Moss
- Carrot Seed

Herniated Disc

Bulging of the central portion of a disc beyond the damaged outer ring.

Description

Increases circulation, reduces scar tissue, promotes healing.

Suggested Duration

6-12 months

Frankincense, Turmeric, Lavender

Apply 1 drop of each to painful areas 3x daily.

Soothing Blend

Apply lotion to affected area after above oils 3x daily.

Polyphenol Complex

Take 2 capsules 2x daily on an empty stomach.

Cellular Complex

Apply 2-4 drops to affected area before bed each night.

Notes

Additional Support

- Yarrow
- Copaiba
- Coriander
- Wintergreen

Herpes Simplex

Viral infection that often occurs in the mouth but can also affect the eye.

Description

Decreases the expression of the virus and maintains a preventative regimen.

Suggested Duration

1 week to 3 months

Cardamom, Melissa, Melaleuca

Apply a drop of each diluted directly to blister sore 6x daily.

Probiotic Complex

Take 2 capsules in the morning and evening on an empty stomach.

Omega Complex

2 softgels 2x daily.

Helichrysum

Apply a dab at night to help tissues heal.

Notes

Additional Support

- Clary Sage
- Geranium
- Lemon Myrtle

Immune Boost

Used for improved immune response to combat bacteria, viruses, and pathogens.

Description

Provides bacteria and virus-fighting agents, boosts immune system.

Suggested Duration

4 weeks

Protective Blend, Black Pepper, Melaleuca

Rub 2-4 drops each on bottoms of feet daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Vitality Supplement Trio

Take 2 of each bottle 2x daily.

Notes

Additional Support

- Frankincense
- Melissa
- Thyme

Infertility

Inability to conceive children

Description

Supports the reproductive system and proper hormone production.

Suggested Duration

2-6 months

Full Body Detox

Follow instructions for Detox (full body).

Vitality Supplement Trio

Take 2 of each bottle 2x daily.

Clary Sage

Apply to reproductive reflex points 2x daily.

Yarrow

Take 2 drops under tongue 2x daily.

Notes

Additional Support

- Oil Touch Technique (receive weekly)
- Detoxification Blend

Irritable Bowels

A collection of symptoms relating to the GI tract often attributed to possible infection or damage to the intestinal tissues.

Description

Relieves symptoms of gas, bloating, constipation, diarrhea, and belching.

Suggested Duration

3-6 months

Digestive Blend

Take 1 softgel after 2 meals.

Cardamom & Turmeric

Drink a drop each in water to soothe discomfort as needed.

Probiotic Complex

Take 2 capsules in the morning and evening on an empty stomach.

Omega Complex

2 softgels 2x daily.

Lavender, Melaleuca, Frankincense, Digestive Blend

Apply a drop of each diluted over stomach 2x daily.

Notes

Additional Support

- Fennel
- Coriander
- Basil
- Lemongrass
- Caraway

Libido (low)

Decreased sex drive or sexual desire

Description

Inspires an uninhibited sex drive.

Suggested Duration

2 weeks, then as needed

Inspiring Blend

Use a few drops diluted in massage, and diffuse several drops to inspire intimacy.

Ylang Ylang

Rub 1-2 drops on pulse points.

Clary Sage

Take 1-2 drops in capsule daily.

Notes

Additional Support

- Vitality Supplement Trio
- Energy & Stamina Complex
- Women's Perfume Blend

Lupus

Autoimmune disease marked by inflammation of the skin and organs

Description

Induces the parasympathetic nervous system, eliminates antigens and latent infections, and reduces the immune response.

Suggested Duration

1-3 years

Frankincense, Yarrow, Copaiba, Turmeric

Apply a drop of each to back of neck and bottoms of feet 2x daily.

Cellular Complex

Apply 2-4 drops to spine 2x daily. Also take 2 softgels 2x daily.

Soothing Blend

Massage lotion into inflamed areas 3x daily or as needed.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Notes

Additional Support

- Vitality Supplement Trio
- Yarrow
- Detox Herbal Complex
- Digestive Blend Softgels
- Restful Complex

Lyme Disease

Inflammatory disease caused by bacteria transmitted by ticks.

Description

Induces the parasympathetic nervous system, eliminates antigens and latent infections, and reduces the immune response.

Suggested Duration

1-3 years

Cellular Complex

Apply 2-4 drops to spine, back of neck, and bottoms of feet 3x daily.

Cinnamon, Sandalwood, Turmeric, Clary Sage

Take a drop of each in a capsule 2x daily.

Detoxification Blend

Apply 2 drops to sides of neck 2x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Copaiba Softgels

Take 1 softgel 3x daily.

Notes

Additional Support

- Vitality Supplement Trio
- Yarrow
- Detoxification Complex
- Restful Complex

Memory Issues

Difficulty recalling thoughts, names, news, and experiences.

Description

Increase the integrity of the gut lining and promote brain health.

Suggested Duration

1-3 years

Frankincense, Vetiver, Lavender, Rose

Apply a drop of each to back of neck 3x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Cellular Complex

Apply 2-4 drops to spine and bottoms of feet 3x daily.

Copaiba Softgels

Take 1 softgel daily.

Notes

Additional Support

- Yarrow
- Rosemary
- Turmeric
- Sandalwood
- Clary Sage

Menopause

The ending of menstruation, typically between 41 and 50 years of age.

Description

Aids in hormone and mood balance, calms hot flashes.

Suggested Duration

4 months, then as needed

Women's Monthly Blend

Rub onto pulse points twice daily (avoid sun exposure for 12 hours after application).

Phytoestrogen Complex

Take 1 capsule 3x daily.

Peppermint

Apply a drop to back of neck to ease hot flashes.

Notes

Additional Support

- Vitality Supplement Trio
- Ylang Ylang
- Geranium

Menstruation (PMS)

The discharge of blood and uterine mucus from the lining of the uterus.

Description

Balances mood and hormones during menstruation.

Suggested Duration

2 weeks as needed

Women's Monthly Blend

Rub onto pulse points and over ovaries (avoid sun exposure for 12 hours after application).

Balance

Rub behind ears to balance mood.

Phytoestrogen

Take 1 capsule 3x daily.

Notes

Additional Support

- Clary Sage
- Restful Blend
- Tension Blend

Migraine

Recurrent throbbing headache accompanied by nausea and disturbed vision.

Description

Increases circulation and relieves pain.

Suggested Duration

1 day to 3 months

Tension Blend & Helichrysum

Apply roller and a drop of Helichrysum to forehead, neck, and temples at the early onset of discomfort.

Cellular Complex

Rub 2 drops onto bottoms of feet and spine 2x daily.

Frankincense, Turmeric, Lavender

Take a drop of each in a capsule 2x daily or as needed.

Polyphenol Complex

Take 2 capsules 2x daily on an empty stomach.

Notes

Additional Support

- Copaiba
- Marjoram
- Roman Chamomile
- Wintergreen

Mononucleosis

Viral disease with swelling of the lymph glands and prolonged fatigue.

Description

Provides antiviral support.

Suggested Duration

8-16 weeks

Thyme, Oregano, Protective Blend

Take 1-2 drops each in a capsule 3x daily.

Frankincense, Black Pepper

Rub 2 drops each to bottoms of feet.

Energy & Stamina Complex

Take 1-2 capsules twice daily.

Notes

Additional Support

- Vitality Supplement Trio
- Melissa
- Cassia

Mood Balance

Need for stabilized emotional state, often related to stress or hormone levels.

Description

Activates the parasympathetic nervous system and induces a more calm and focused mental state.

Suggested Duration

6 months

Frankincense, Lavender, Siberian Fir, Sandalwood

Apply a drop of each to back of neck, spine and bottom of feet 3x daily.

Focus Blend

Apply roller blend to temples and sides of neck 3x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Restful Complex

Take 2 softgels before bed.

Notes

Additional Support

- Grounding Blend
- Ylang Ylang
- Roman Chamomile

Multiple Sclerosis

Chronic degeneration including the breakdown of the myelin sheath.

Description

Reduces symptoms of muscle weakness, muscle spasm and chronic pain.

Suggested Duration

1-3 years

Frankincense, Sandalwood, Turmeric, Clary Sage

Take a drop of each in a capsule 3x daily.

Detoxification Blend

Apply 2 drops to sides of neck 2x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Cellular Complex

Apply 2-4 drops to spine, back of neck, and bottoms of feet 3x daily.

Notes

Additional Support

- Vitality Supplement Trio
- Yarrow
- Lavender
- Restful Complex
- Detox Herbal Complex

Muscle Aches

Inflammation and pain in one or more muscle regions.

Description

Reduces inflammation, spasms, and pain in muscles.

Suggested Duration

2 weeks, then as needed

Massage Blend

Massage 2-4 drops into aching muscles 3x daily.

Polyphenol Complex

Take 1 capsule 3x daily.

Frankincense, Lemon

Take 1-2 drops each in capsule 2x daily.

Magnolia

Apply to affected muscles as needed throughout the day.

Notes

Additional Support

- Soothing Blend
- Cypress
- Douglas Fir
- Black Pepper

Neuropathy

Condition of weakness, numbness and tingling due to nerve damage.

Description

Increases blood flow, reduces pain and assists in repair of damaged nerves.

Suggested Duration

1-3 years

Cellular Complex & Vetiver

Apply 2-4 drops each to spine and bottoms of feet 4x daily.

Soothing Blend

Massage lotion into affected area after above oils 4x daily.

Frankincense, Copaiba, Turmeric, Black Pepper

Take a drop of each in a capsule 2x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Notes

Additional Support

- Detox Herbal Complex
- Polyphenol Complex
- Rosemary
- Lavender

Nerve Damage

Dysfunction or breakdown of selected nerves of the nervous system.

Description

Increases blood flow, reduces pain and assists in repair of damaged nerves.

Suggested Duration

3-6 months

Cellular Complex

Apply 2-4 drops to spine, bottom of feet, and affected areas 4x daily.

Vetiver & Frankincense

Apply 2 drops of each to bottoms of feet 2x daily.

Yarrow

Use 3-6 drops under the tongue 3x daily.

Notes

Additional Support

- Frankincense
- Copaiba
- Wintergreen

Obsessive Compulsive Disorder

Excessive or obsessive thoughts that lead to compulsive behaviors.

Description

Increases a general calming state due to the interaction of oils with neurotransmitters.

Suggested Duration

12 months

Roman Chamomile, Rose, Vetiver

Apply a drop of each to back of neck, spine and bottoms of feet 3x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Melissa

Use a drop under the tongue daily.

Protective Blend

Drink 1 drop in water 2x daily.

Notes

Additional Support

- Frankincense
- Siberian Fir
- Sandalwood
- Lavender

Pets (anxiety)

Excessive nervousness due to a variety of causes.

Description

Increases a general calming state due to the interaction of oils with neurotransmitters.

Suggested Duration

3 weeks, then as needed

Roman Chamomile, Lavender, OR Vetiver

Apply a drop-diluted to coat of animal 2x daily.

Grounding Blend

Diffuse several drops during the day.

Restful Blend

Diffuse several drops at night.

Notes

Additional Support

- Frankincense
- Siberian Fir
- Sandalwood

Pets (fleas & bugs)

Fleas, ticks, and other pests.

Description

Prevents, removes, and repels fleas and various insects.

Suggested Duration

3 months, then as needed

Rosemary, Peppermint, Eucalyptus, Melaleuca

Add 10 drops of each to 20 oz spray bottle of water. Spray the solution on the coat of pet 3x daily.

Outdoor Blend

Combine 15 drops with carrier oil and apply to coat of pet 2x daily.

Notes

Plantar Fasciitis

Inflammation of the fascia attached to the heel from the heel to the metatarsal base of the foot.

Description

Reduces inflammation and decreases pain.

Suggested Duration

Ongoing

Cellular Complex & Turmeric

Apply 2 each to affected area 3x daily.

Soothing Blend

Apply lotion to affected area 3x daily.

Polyphenol Complex

Take 2 capsules 2x daily on an empty stomach.

Notes

Additional Support

- Frankincense
- Rosemary
- Yarrow
- Wintergreen

Polio

Post-disease symptoms that include muscle weakness, fatigue and joint pain.

Description

Reduces pain, improves energy, and assists in cellular regeneration.

Suggested Duration

1-5 years

Cellular Complex Softgels

Take 2 softgels 2x daily.

Frankincense, Turmeric, Lavender

Apply a drop of each to spine, back of neck, and bottom of feet 3x daily.

Polyphenol Complex

Take 2 capsules 2x daily on an empty stomach.

Energy & Stamina Complex

Take 2 capsules 2x daily.

Notes

Additional Support

- Rosemary
- Yarrow
- Lemon Myrtle
- Sandalwood
- Wintergreen

Pregnancy (postnatal)

Care for mother after giving birth.

Description

Promotes pain relief, tissue healing, and emotional support after giving birth.

Suggested Duration

4-8 weeks

Helichrysum, Frankincense, Lavender

Apply 2 drops each diluted to areas with tearing 3x daily.

Ylang Ylang

Diffuse for mood balancing.

Phytoestrogen

Take 1 capsule 3x daily.

Helichrysum, Myrrh, Lavender

Massage 2 drops each diluted into stretch mark areas.

Notes

Additional Support

- Geranium
- Vitality Supplement Trio

Pregnancy (prenatal)

Care for mother during pregnancy.

Description

Relieves pregnancy sickness, provides vital nutrients, and provides emotional support.

Suggested Duration

9 months

Digestive Blend

Drink 2 drops or rub 2 drops over stomach to ease nausea.

Digestive Enzymes

Take 1-3 w/each meal.

Vitality Supplement Trio

Take 2 of each bottle 2x daily.

Bone Nutrient Complex

Take 1 capsule 3x daily.

Joyful Blend

Diffuse or wear daily.

Notes

Additional Support

- Ginger
- Grounding Blend
- Metabolic Blend
- Rose

Psoriasis

Skin disease marked by red, itchy, scaly patches.

Description

Relieves itchy, swollen skin, and promotes proper immune system function.

Suggested Duration

4-8 weeks

Helichrysum, Frankincense, Melaleuca, Lavender

Combine 10 drops each with carrier oil in roller bottle. Apply 3x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Digestive Enzymes

Take 1-3 w/each meal.

Cellular Complex Blend

Take 1-2 softgels 3x daily.

Notes

Additional Support

- Copaiba
- Anti-Aging Blend
- Cedarwood

Rash

Patches of sores, dryness, pustules or redness of the skin.

Description

Reduces infection, calms inflammatory response, and promotes new skin cell growth.

Suggested Duration

2-4 weeks, then as needed

Arborvitae, Melaleuca, Frankincense

Combine a drop of each with carrier oil and apply 3-5x daily.

Apply a warm towel compress over the area after oils are applied in the evening.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Protective Blend Softgels +

Take 2 softgels 2x daily.

Notes

Additional Support

- Myrrh
- Sandalwood

Rheumatoid Arthritis

Often hereditary condition involving inflammation of the fingers, joints, and soft tissue.

Description

Combats bacterial overgrowth that becomes trapped in pores.

Suggested Duration

Ongoing

Copaiba, Turmeric, Frankincense

Apply a drop of each to affected areas 3x daily.

Soothing Blend

Massage lotion into affected areas after above oils 3x daily.

Polyphenol Complex

Take 2 capsules in the evening with food.

Cellular Complex Softgels

Take 2 softgels 3x daily.

Copaiba Softgels

Take 1 softgel daily.

Notes

Additional Support

- Marjoram
- Lemongrass

Scarring (uterine)

Condition where scarred lining grows inside the uterus.

Description

Relieves pain and discomfort by increasing blood flow and circulation to the area.

Suggested Duration

1 year, then as needed

Clary Sage, Frankincense, Ylang Ylang

Apply a drop of each to lower abdomen 2x daily. Cover with a hot compress towel with evening application.

Cellular Complex

Apply 2-4 drops to abdomen 2x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Notes

Additional Support

- Yarrow
- Sandalwood
- Myrrh
- Patchouli

Sciatica

Condition often caused by injury, overuse, or general degeneration to the sciatic nerve.

Description

Increases circulation, reduces scar tissue, promotes healing.

Suggested Duration

6-12 months

Cellular Complex

Apply 2-4 drops to bottoms of feet 2x daily.

Frankincense, Turmeric, Lavender

Massage a drop each into painful areas 2x daily.

Soothing Blend

Massage lotion into painful areas throughout the day as needed.

Polyphenol Complex

Take 2 capsules 2x daily on an empty stomach.

Notes

Additional Support

- Yarrow
- Copaiba
- Massage Blend

Seizures (myoclonic)

Disorder where nerve cell activity is disturbed in the brain.

Description

Reduces the duration and frequency of seizures.

Suggested Duration

6-12 months, then as needed

Cellular Complex

Apply 2-4 drops to spine and bottoms of feet 4x daily.

Frankincense, Vetiver, Copaiba

Take a drop of each in a capsule or hold to the roof of mouth for 30 seconds 2x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Immediately apply 4 drops of Frankincense to back of neck and bottoms of feet during seizure.

Notes

Additional Support

- Vitality Supplement Trio
- Yarrow
- Turmeric

Shingles

Viral infection that often occurs on the face or intercostal region.

Description

Decreases the expression of the viral infection, alleviates pain, and maintains a preventative regimen.

Suggested Duration

1 week to 3 months

Cardamom, Melissa, Lemon Myrtle, Melaleuca

Apply a drop of each with carrier oil to blisters 6x daily.

Probiotic Complex

Take 2 capsules morning and evening on an empty stomach.

Protective Blend

Take 2 capsules 2x daily after food.

Omega Complex

Take 2 softgels 2x daily.

Notes

Additional Support

- Seasonal Blend Softgels
- Siberian Fir
- Vitality Supplement Trio

Sinusitis

Bacterial infection resulting in pressure in the face, mucus discharge, and fatigue.

Description

Clears the bacterial infections and assists in the remediation of the symptoms.

Suggested Duration

1-4 weeks

Cardamom, Rosemary, Arborvitae, Melissa

Apply a drop of each with carrier oil over the maxillary sinus region 6x daily.

Probiotic Complex

Take 2 capsules morning and evening on an empty stomach.

Protective Blend

Take 2 capsules 2x daily after food.

Omega Complex

Take 2 softgels 2x daily.

Notes

Additional Support

- Myrrh
- Oregano
- Helichrysum

Sleep (insomnia)

Inability to fall or stay asleep.

Description

Induces a calming state that allows one to fall and stay asleep.

Suggested Duration

3 months, then as needed

Restful Blend Complex

Take 2 softgels 30 minutes before bed.

Restful Blend

Apply 2 drops to temples and bottoms of feet. Diffuse several drops near bedside.

Vetiver & Wild Orange

Take a drop of each under the tongue before bed.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Notes

Additional Support

- Frankincense
- Sandalwood
- Wild Orange

Sleep Apnea

Disorder with pauses in or periods of shallow breathing during sleep.

Description

Promotes open airways and more meaningful sleep.

Suggested Duration

Ongoing

Respiratory Blend

Diffuse 5-10 drops next to bedside at night. Also apply to sinus reflex points.

Protective Blend

Gargle 2 drops with water for 30 seconds, then swallow.

Restful Complex

Take 2 softgels 30 minutes before bed.

Notes

Additional Support

- Peppermint
- Rosemary
- Wintergreen

Smoking (stop)

Addiction to smoking cigarettes, pipe, cigars, or other forms of nicotine

Description

Helps curb cravings and smoking addiction, aids in detox.

Suggested Duration

6-12 weeks

Grapefruit

Drink 1-3 drops in water throughout the day.

Protective Blend

Swish 2 drops with water when cravings arise, especially after eating.

Black Pepper

Apply 1 drop to big toes 2x daily. Also inhale or diffuse throughout the day.

Detoxification Blend

Apply 2-4 drops to bottoms of feet 30 minutes before showering.

Notes

Additional Support

- Clove
- Detox Herbal Complex

Snoring

Disturbed vibrating or growling sound in a person's breathing during sleep.

Description

Promotes open airways during sleep.

Suggested Duration

Ongoing

Respiratory Blend

Diffuse 5-10 drops near bedside at night. Also apply to chest, throat, and lung reflex points.

Protective Blend

Gargle 2 drops with water for 30 seconds, then swallow.

Lemon

Drink 1-3 drops in water before bed.

Notes

Additional Support

- Eucalyptus
- Rosemary
- Peppermint

Sore Throat

Pain in the throat due to inflammation from a virus or bacteria.

Description

Relieves pain and soreness in throat, provides antiviral and antibacterial support.

Suggested Duration

5-10 days

Lemon 10, Protective Blend 8, Helichrysum 2

Combine in small glass spray bottle with carrier oil. Apply as needed.

Lavender, Arborvitae

Massage 1-2 drops with carrier oil to outside of throat.

Notes

Additional Support

- Melissa
- Black Pepper
- Petitgrain

Stress

Emotional upset, physical malfunction, and mental strain.

Description

Increases a general calming state due to the interaction of oils with neurotransmitters.

Suggested Duration

4-8 weeks, then as needed

Grounding Blend

Apply 1-2 drops to back of ears, temples, and wrists often as needed.

Grapefruit, Tangerine, or Wild Orange

Diffuse several drops daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Restful Blend

Apply 2-4 drops to temples and bottoms of feet at bedtime. Diffuse several drops.

Notes

Additional Support

- Rose
- Roman Chamomile
- Siberian Fir
- Sandalwood

Sunburn

Swelling, inflammation, and some blisters following from over-exposure.

Description

Relieves discomfort from sunburn, promotes healing.

Suggested Duration

3-7 days

Lavender, Yarrow, Helichrysum

Apply 2-4 drops with carrier oil or aloe to sunburnt skin 3-5x daily.

Peppermint

Add 5 drops to small glass spray bottle with water. Spritz to cool skin.

Notes

Additional Support

- Cedarwood
- Copaiba
- Roman Chamomile

Thrush

Infection of the mouth and throat from yeast (the fungus causing white patches).

Description

Provides anti-fungal support, eases oral discomfort.

Suggested Duration

1-3 weeks

Lemon, Melaleuca, Children's Omega-3

Combine 2 drops of each essential oil with 1 Tbs of omegas. Apply with clean finger to child's gums and tongue 2-3x daily.

Melaleuca & Lavender

Massage a drop into bottoms of child's feet 1x daily.

Notes

Additional Support

- Geranium
- Helichrysum

Thyroid (Hyper/Grave's)

Autoimmune disorder resulting in excess of thyroid hormone

Description

Assists with regulating the metabolism, detoxifying the body, and restoring balance.

Suggested Duration

1-3 years

Vetiver, Siberian Fir, Turmeric, Myrrh

Apply a drop of each to back of neck, spine, and throat 3x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Grounding Blend

Apply 2-4 drops to bottoms of feet morning and night.

Detoxification Blend

Take 2 softgels 2x daily.

Notes

Additional Support

- Sandalwood
- Basil
- Detox Herbal Complex

Thyroid (Hypo/Hashimoto's)

Autoimmune disorder resulting in insufficient thyroid hormone

Description

Assists with regulating the metabolism, detoxifying the body, and restoring balance.

Suggested Duration

1-3 years

Myrrh, Turmeric, Clove, Lemongrass, Copaiba

Apply a drop of each to back of neck, spine, and throat 3x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Energy & Stamina Complex

Take 2 capsules 2x daily.

Detoxification Blend

Take 2 softgels 2x daily.

Cellular Complex Softgels

Take 2 softgels 2x daily.

Notes

Additional Support

- Lemon Myrtle
- Rosemary
- Basil
- Vitality Supplement Trio

Tinnitus

The feeling of noise or ringing in the ears.

Description

Soothes auditory canal and neurological auditory triggers.

Suggested Duration

3 months, then as needed

Frankincense, Lemongrass, Turmeric, Helichrysum

Apply a dab each to back of neck, spine, and around outside of ears 3x daily.

Energy & Stamina Complex

Take 2 capsules 2x daily.

Cellular Complex Softgels

Take 2 softgels 2x daily.

Notes

Additional Support

- Helichrysum
- Siberian Fir
- Sandalwood

Toenail Fungus

Infection often caused by the invasion of psoriasis.

Description

Combats fungus growth and provides preventative regimen.

Suggested Duration

1-3 months

Melaleuca, Arborvitae, Thyme

Combine oils in equal parts and apply a drop to affected area 3x daily (avoid surrounding skin.)

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Protective Blend Softgels +

Take 2 softgels 2x daily.

Cellular Complex Softgels

Take 2 softgels 2x daily.

Notes

Additional Support

- Neroli
- Oregano
- Clove

Tourette's

Nervous system disorder that leads to repetitive vocalizations, tics or facial movements.

Description

Lessens the severity and occurrence of tics.

Suggested Duration

1-5 years

Rose, Clary Sage, Vetiver

Apply a drop each to back of neck, spine, and bottoms of feet 3x daily.

Focus Blend

Apply to temples and sides of neck 3x daily.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Cellular Complex Softgels

Take 2 softgels 2x daily.

Notes

Additional Support

- Frankincense
- Siberian Fir
- Roman Chamomile
- Vitality Supplement Trio

Urinary Tract Infection

Infection of the system from the bladder to the bladder.

Description

Aids in combating bacterial infection and restoring regular immune defenses.

Suggested Duration

1-4 weeks

Oregano, Clove, Lemongrass, Frankincense

Take a drop each in a capsule 3-5x daily (discontinue Oregano and Lemongrass if more than 10 days).

Cellular Complex & Cypress

Rub 2 drops each over lower abdomen 2x daily. Dilute for sensitive skin.

Probiotic Complex

Take 2 capsules in the morning on an empty stomach.

Notes

Additional Support

- Arborvitae
- Thyme
- Protective Blend
- Melissa

Weight Loss (skin conditions)

Stretch marks and sagging skin after weight loss.

Description

Improves appearance of scar tissue and helps restore skin elasticity.

Suggested Duration

8-12 weeks

Myrrh, Helichrysum, Frankincense, Yarrow

Massage 2 drops each with carrier oil into stretch marks 2x daily.

Metabolic Blend & Myrrh

Rub 3-5 drops each with carrier oil onto sagging skin. Cover oils with warm towel compress for 30 minutes before bed.

Notes

Additional Support

• Essential oil skincare line

Weight Loss

Excess weight usually due to the body's inability to access fat.

Description

Assists with burning glucose and glycogen supplies at a faster rate in order to access the ketotic fat burning state.

Suggested Duration

3-6 months

Metabolic Blend

Apply 10-15 drops with carrier oil to abdomen and fatty areas at night.

Also drink 3-5 drops in water throughout the day.

Cellular Complex

Apply 2-4 drops of oil to lower abdomen 2x daily. Take 2 softgels 2x daily.

Detoxification Blend Softgels

Take 2 softgels 2x daily.

Notes

Additional Support

• Beegamot
• Coriander
• Fennel
• Lemon Myrtle

Wrinkles

Age affects or causes to the overall integrity of the skin.

Description

Restores skin integrity and appearance of fine lines and wrinkles.

Suggested Duration

Ongoing

Green Mandarin, Frankincense, Rose

Massage a drop of each into affected areas morning and night.

Anti-Aging Blend

Apply over wrinkles 2x daily.

Omega Complex

Take 2 softgels 2x daily.

Cellular Complex Softgels

Take 2 softgels 2x daily.

Notes

Additional Support

• Sandalwood
• Arborvitae
• Myrrh
• Blue Tansy
• Essential oil skincare line

Yeast Infection

Fungal infections often caused by the absence of antibiotics.

Description

Combats fungal infection and restores balance in the gut and affected areas.

Suggested Duration

2-3 months

Melaleuca, Lavender, Thyme, Clove

Apply 1 drop of each diluted to vaginal area 6x daily. (If infection is on the face or body follow the same protocol.)

Probiotic Complex

Take 2 capsules morning and evening on an empty stomach.

Protective Blend Softgels •

Take 2 softgels 2x daily after food.

Notes

Additional Support

• Arborvitae
• Green Mandarin
• Yarrow

Section 7

Lifestyle
Protocols



Lifestyle Protocols

Take your wellness experience to the next level with Lifestyle Protocols.

You've used the Ailments section and the Protocols by Ailments to troubleshoot health challenges. Now use Lifestyle Protocols to uplevel the parts of your life you want to enhance.

Choose a Lifestyle Protocol that matches where you want to go next with your wellness. Do the protocol for the suggested time, then evaluate your progress.

If you're satisfied, move onto the next Lifestyle Protocol that stands out to you. If you feel you have more work to do, stick with the one you're on!

You can't go wrong with choosing a Lifestyle Protocol. Each one will take you in a positive direction.

After all, anything that points you toward a natural solutions lifestyle is the right direction!

BTW - if things are good right now, use the *Good Life* protocol!

Abundance Generator

Sometimes life calls you to focus on more abundance. Whether it's abundance in money, health, or life-satisfaction, this protocol will help you draw good things to you.

Protocol Benefits

- Opens your first chakra (money & stability)
- Grounds your energy to the present moment
- Opens your mind to the story of new possibilities
- Creates an emotional set point for gratitude in your day



Time frame

Do this protocol for 4 weeks. Then reevaluate or switch to another Lifestyle Protocol.

First Chakra

Grounding Blend

Massage 2 drops into the heels of your feet each morning and night.

Vetiver & Rosemary

Add a drop of each to floor of your shower in the morning.

Dreamstorm

Get a special notebook to dream-storm in once a day. It's best to do it first thing in the morning before the world takes over your attention.

Spend 10-15 minutes writing what you're grateful for and what you're excited to see unfold in your life.

Then review what you've written just before going to bed.

Abundant Atmosphere

Wild Orange

Diffuse 6-8 drops every day.

Joyful Blend

Breathe a couple drops from your palms while focusing on your abundant future periodically each day.

Addiction Recovery

Regain the satisfaction of being in control of your desires, cravings, and where you derive satisfaction in life with this protocol.

Protocol Benefits

- Helps curb cravings
- Uses activity as a healthy distraction
- Fortifies self-concept



Craving Control

Black Pepper

Rub a drop on bottoms of feet (especially big toes), morning and night.

Grapefruit

Drink 4-8 drops in a glass or stainless steel water bottle throughout the day.

Cleansing Blend

Diffuse 4-6 drops daily.

Time frame

Use this protocol for 8 weeks. Then reevaluate to determine if you'll continue or move onto another Lifestyle Protocol.

Active Distraction

Daily Physical Activity

Use walking, running, weight lifting, yoga, or other daily physical activity to keep endorphins and spirits high.

Energy & Stamina Complex

Take 2 capsules 30 minutes before physical activity.

Respiratory Blend

Rub 2 drops onto chest before and during physical activity.

Confident Reflection

Centering Blend

Rub a drop over your heart during times of weakness.

Visualizing

Visualize yourself whole and complete while using the Centering Blend each day.

Age Defier

Aging is nothing more than the process of returning to childhood in many cultures. For those who choose youth over the temptation to slow down, this protocol keeps vitality from fading too quickly.

Protocol Benefits

- Decrease pain & inflammation
- Support cellular & organ health
- Improve digestion & elimination
- Reverse the appearance of aging



Pain Reducer

Polyphenol Complex

Take 2 capsules whenever pain arises, or take 1 capsule 3x daily.

Soothing Blend

Massage a few drops into sore areas as often as needed.

Frankincense

Take a drop under the tongue. Also diffuse several drops.

Time frame

Use this protocol for 12 weeks, then as desired for continued anti-aging benefits.

Energy & Cellular Health

Vitality Supplement Trio

Take 2 of each bottle 2x daily.

Energy & Stamina Complex

Take 2 capsules 30 minutes before yoga or working out.

Invigorating Blend

Inhale 2-4 drops from cupped hands as needed. Also diffuse several drops.

Youthful Skin & Complexion

Anti-Aging Blend

Roll on this blend daily to reduce age spots and wrinkles.

Essential Oil Skincare

Use oil-infused skincare products daily to provide anti-aging nutrients.

Brain & Memory Booster

Cellular Complex

Take 2 softgels 2x daily.

Peppermint & Rosemary

Diffuse several drops of each daily. Also massage a couple drops onto back of neck.

The Athlete

Life is about the hustle. For athletes of any kind, the hustle is sustainable when you care for your body and all the systems that make the machine work.

Protocol Benefits

- Eases stress on joints and connective tissue
- Soothes sore muscles & speeds recovery
- Provides full-body energy
- Boosts mood and motivation to increase likelihood of sticking with your routine



212

Muscle & Joint Support

Polyphenol Complex

Take 2 capsules before working out.

Soothing Blend

Massage a few drops into muscles as a pre-workout. Also massage into sore areas post-workout.

Lemongrass

Rub 2 drops diluted into ligaments & joints that have been worked hard.

Respiratory System Support

Respiratory Blend

Rub 2 drops onto chest before and during exercise.

Eucalyptus

Add 2 drops onto your shower floor during your post-workout shower.

Time frame

Use this protocol for 12 weeks during training, then as desired to continually support your active lifestyle.

Full Body Energy Supply

Vitality Supplement Trio

Take 2 of each bottle 2x daily.

Energy & Stamina Complex

Take 2 capsules 30 minutes before yoga or working out.

Lemon & Grapefruit

Drink 4-6 drops in a glass or stainless steel water bottle.

Mood & Motivation Elevator

Encouraging Blend

Inhale 2 drops from your palms to prepare mentally for your routine.

Peppermint

Put a small dab on your tongue.

Auto-Immune Recovery

This protocol facilitates DNA repair, addresses unhealthy inflammatory issues, and gently supports regular immune function.

Protocol Benefits

- Focuses on long-term damaged DNA repair
- Helps balance and calm unhealthy inflammation
- Supports healthy immune function without stimulating hyper immune activity.



Damaged DNA Repair

Cellular Complex Softgels
Take 2 softgels 2-3x daily.

Cellular Complex
Rub 2-4 drops into spine and/or the bottoms of your feet every night before bed.

Time frame
Do this protocol for 12 weeks. Then reevaluate or switch to another Lifestyle Protocol.

Inflammation Regulation

Vitality Supplement Trio
Take 2 of each bottle twice daily.

Polyphenol Complex
Take 1 capsule 3x daily.

Frankincense, Turmeric & Copaiba
Use a drop of each under your tongue 2-3x daily. Also rub on the bottoms of feet as needed.

Grounding Blend
Rub 2 drops on the bottoms of feet daily.

Immune System Fortification

Probiotic Complex
Take 1 capsule 3x daily with meals.

Protective Blend
Diffuse 4-6 drops daily, and rub 2 drops onto bottoms of feet in the morning.

Babies: *Healthy & On Track*

A healthy and happy baby brings happiness to the whole home. Use this protocol to address the basic elements of infant health.

Protocol Benefits

- Boosts baby's immune system
- Calms tummy troubles & solves digestive issues
- Keeps skin soothed and soft
- Helps baby feel calm and peaceful



Bolstered Immune System

Protective Blend

Diffuse 4-6 drops in the home daily to keep baby's immune system high. Rub a dab onto feet once a day for immune boost.

Lemon

Use as a gentle sanitizer on your hands and on commonly used objects.

Time frame

Use this protocol on an ongoing basis to maintain baby's health. Troubleshoot specific ailments in the other sections of this book as needed.

Healthy Tummy

Digestive Blend

Massage a drop diluted with 1Tbs coconut oil onto baby's tummy to calm digestive trouble (diarrhea, constipation, and tummy ache).

Bergamot

Rub a drop onto baby's feet 1-2x a day to stimulate healthy digestive function.

Happy Skin & Bums

Lavender & Roman Chamomile

Combine a drop of each with 1 Tbsp coconut oil, and rub onto baby's bum 2-3x daily.

Also combine a drop of each into lotion to soothe baby's skin.

Peaceful Mood

Lavender & Wild Orange

Let baby breathe a drop of each from your hands to soothe crying.

Reassuring Blend

Diffuse 4-6 drops in baby's room to calm baby's temper.

Babies: *Healthy Connections*

Sometimes baby can be inconsolable, detached, or overly attached. Healthy emotional connections set baby up for better overall health and a calmer home experience.

Protocol Benefits

- Promotes healthy maternal bond
- Promotes healthy paternal bond
- Calms anxiety and increases peaceful environment at home



Soothing Maternal Bond

Myrrh & Geranium
Diffuse 2 drops of each during cuddle time with mom. Also rub a drop of each diluted over baby's back.

This is especially powerful during nursing or while singing to baby.

Time frame
Do this protocol for 2 weeks. Then reevaluate or switch to another Lifestyle Protocol.

Soothing Paternal Bond

Patchouli & Frankincense
Diffuse 2 drops of each during cuddle time with dad. Also rub a drop of each diluted over baby's back.

This can be especially important if dad works out of the home.

Peaceful & Soothing Home

Reassuring Blend or Comforting Blend
Diffuse 4-6 drops of either blend to promote a peaceful atmosphere.

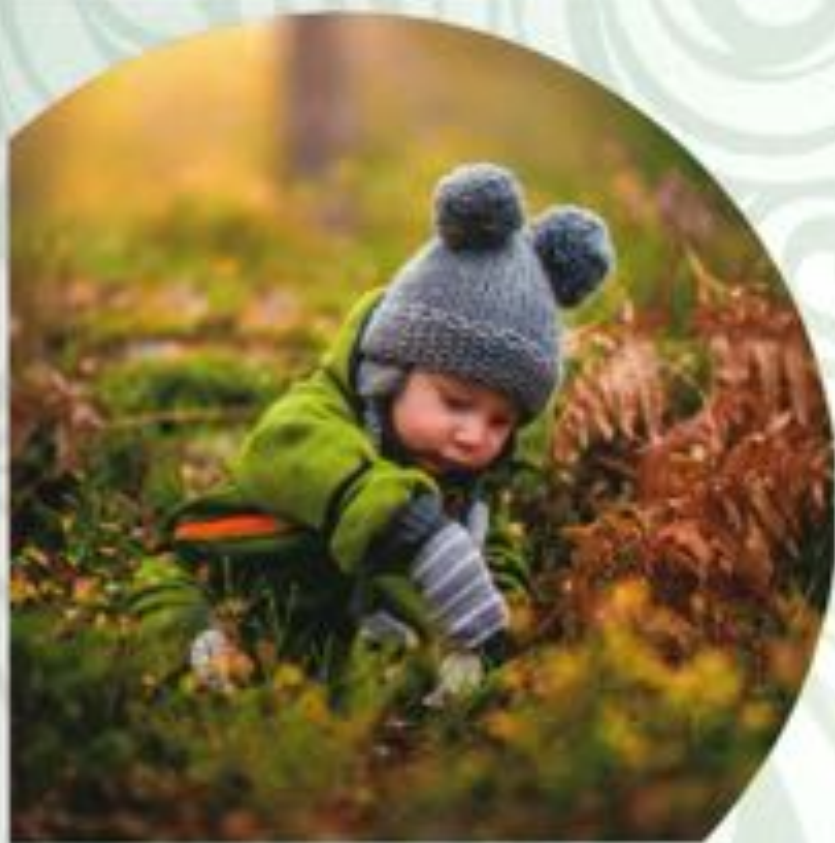
Combine with the power of music (classical music or new age piano) for powerful impact.

Babies: Immunity-boosting

This protocol is focused on babies who need extra support in developing a strong immune system.

Protocol Benefits

- Combats harmful pathogens in the air
- Sanitizes common surfaces naturally
- Improves immune system at the gut level
- Supercharges immune system through direct application



Clean & Safe Environment

Cleansing Blend

Diffuse 4-6 drops to cleanse impurities from the air.

Lemon & Protective Blend

Combine several drops of each with water and a Tbs rubbing alcohol in a glass spray bottle to make a natural sanitizing surface cleaner.

Time frame

Do this protocol for 8 weeks. Then reevaluate or switch to a different protocol.

Healthy Gut for Healthy Immunity

Bergamot

Rub a drop neat onto baby's feet 1-2x daily.

Children's Probiotic

Dissolve 1/2 sachet into baby's bottle once a day to improve immune system at the gut level (do not heat).

Immunity Supercharge

Protective Blend & Melaleuca

Dilute a drop of each in 1 Tbs FCO. Rub onto baby's spine and bottoms of feet 2-3x daily.

Frankincense

Rub a drop into baby's spine nightly for full-body cellular support.

Beautifying

Beauty is a concept that starts from an internal perception. Use this protocol to nourish beauty on the outside and a healthy self-concept on the inside.

Protocol Benefits

- Uses oil-infused skincare to maintain healthy skin
- Repairs sun damage and signs of aging
- Provides extra nourishment to skin
- Encourages a healthy internal self-concept

Beautiful Self-Concept

Captivating Blend

Apply to wrists and over heart during meditation, journaling, or while speaking positive affirmations in the mirror when you first wake up and right before bed.

Neroli & Rose

Wear as a perfume, remembering a few things you like about yourself each time you notice the fragrance.

Time frame

Do this protocol for 12 weeks. Then reevaluate, considering whether to continue your line of skincare products or to try another line of oil-infused skincare.

Skin Enhancement

Anti-Aging Blend

Massage into age spots, fine lines, and wrinkles daily as needed.

Omegas + Essential Oils

Double your daily dose of the omega + essential oil complex to provide extra nourishment to your skin.

Natural Skincare

Oil-Infused Skincare

Use essential oil-infused skincare products daily to naturally protect skin from premature aging, to maintain suppleness, and to improve skin color.

Cleanser: Use during morning shower and to remove makeup before bed.

Toner: Apply to restore skin nutrients after cleansing.

Moisturizer: Apply directly after toner.

Serum: Apply to improve fine lines and wrinkles as needed.



Brainiacs: *Mental Health*

This protocol supports healthy brains of all ages. It focuses on stimulating healthy neurological activity, brain chemistry, and a general sense of alertness.

Protocol Benefits

- Provides nutrients for brain and gut health
- Activates healthy neurological activity
- Stimulates mental activity aromatically
- Enhances memory



Lifestyles

Brain 1 & Brain 2 Fuel

Vitality Supplement Trio
Take 2 of each bottle 2x daily.

Cellular Complex Softgels
Take 2 softgels 2-3x daily.

Probiotic Complex
Take 1 capsule 3x daily to enhance the gut (the 2nd brain) and support neurotransmitter production.

Aromatic Stimulant

Basil, Lavender, & Lime
Diffuse 2 drops of each to stimulate the mind and senses in the afternoons.

Time frame

Use this protocol for **12 weeks**. Then reevaluate to continue use or switch to a different Lifestyle Protocol.

Neurological Activator

Vetiver
Rub a drop onto bottoms of feet and behind ears daily.

Cellular Complex
Massage 2 drops into spine or bottoms of feet daily.

Memory Enhancement

Rosemary & Peppermint
Diffuse several drops of each daily. Also massage a couple drops onto back of neck.

Peppermint
Use a drop of Peppermint on the tongue to awaken the mind as needed.

Frankincense
Hold a drop on your thumb to the roof of your mouth once daily.

Cancer Combat

The body has the power to heal itself. While essential oils do not cure cancer, they facilitate a healthy alkaline environment, encourage proper cellular apoptosis, and support morale while combating cancer. These add up to a powerful cancer regimen.

Protocol Benefits

- Facilitates damaged DNA repair
- Promotes alkalinity & anti-carcinoma support
- Provides crucial and alkalizing nutrition
- Boosts morale & encouragement



Damaged DNA Repair

Cellular Complex Softgels
Take 2 softgels 2-3x daily.

Cellular Complex
Massage 2 drops into spine and bottoms of feet twice daily.

Time frame
Do this protocol for 16 weeks. You may increase the frequency of any of the components. Reevaluate and continue as needed.

Alkalinity & Anti-carcinoma Assist

Frankincense
Rub 2-4 drops Frankincense over or close to affected areas 4-8 times daily.

Sandalwood, Frankincense, & Siberian Fir: Diffuse 2 drops of each throughout the day.

Cinnamon & Lemon
Drink 1 drop Cinnamon & 4 drops Lemon in water throughout the day.

Cellular Nutrition & Fuel

Vitality Supplement Trio
Take 2 capsules of each bottle twice daily.

Plant-Based Diet
Move to a completely plant-based diet. Avoid processed foods. Consume as much raw produce as possible.

Morale Booster

Joyful Blend
Diffuse several drops or inhale from cupped hands as often as needed.

Confidence Overhaul

Self-confidence comes not from external validation, but from within. Use this protocol to process self-defeating emotions and patterns, to center your self-perception, and to reinforce a strong self-concept.

Protocol Benefits

- Grounds and centers your energy
- Opens your heart to vulnerability and possibility
- Redefines your perception of yourself and your future



Grounding & Centering

Grounding Blend

Apply 2 drops to the bottoms of your feet each morning. Begin the day with prayer or gratitude, even if it's brief.

Centering Blend

Diffuse 4-6 drops in the home or office to keep your attention focused within.

Time frame

Use this protocol for 21 days. Then reevaluate and decide to continue or switch to a different Lifestyle Protocol.

Heart Opener

Captivating Blend

Apply over your heart 2-3x daily. Place your hand over your heart, and speak out loud a few things you appreciate about yourself.

Renewing or Comforting Blend

Inhale a couple drops of either blend when you need to surrender old self-defeating patterns.

Self-Concept Reinforcement

Redefining Your Future Self

Spend 15 minutes each day visualizing or journaling about your ideal future self. Learn to define yourself not by what you see now, but by whom you know you're growing into.

Your Favorite Oil or Blend

Reinforce your concept of the new self by enjoying your favorite oil each time you do this exercise.

21 days
decide
to a
protocol.

Emotional Detox

There are seasons to renew, and there are seasons to detox. Use this protocol to protect your energetic boundaries, purge pain and negativity from your body and energy, and to claim a more joyful state.

Protocol Benefits

- Cleanses the energy in your environment
- Trains your mind and soul to expect a new emotional set point
- Purges negativity from your physical body



Purified Environment

Cleansing Blend

Diffuse 4-6 drops daily, especially during meditation and journaling.

Melaleuca

Apply a drop to wrists after interactions with less-than-healthy relationships. This oil assists with "energetic vampirism."

Time frame

Use this protocol for 21 days. Then reevaluate and decide to continue or switch to a different Lifestyle Protocol.

Joy Infusion

Joyful Blend

Add a couple drops to the floor of your shower each morning.

Encouraging Blend

Diffuse 4-6 drops or inhale a couple drops from your palms to elevate your mood.

Lemon, Lime, Grapefruit, Tangerine

Add 2 drops each to a glass or stainless steel water bottle. Contemplate a joyful emotional set point as you enjoy.

Negativity Purge

Soothing Blend

Use a few drops during daily exercise, focusing on allowing your body to release old pain and negative emotions.

Exercise that gets your heart rate up is ideal for this kind of release.

The Good Life

This is the master of all the Lifestyle Protocols. It addresses the fundamentals of continued health and wellness. Use it on its own or in addition to any other protocol.

Protocol Benefits

- Provides crucial nutrients to cells, organs, & body systems
- Promotes a sustainable healthy emotional state
- Allows the body to rejuvenate through meaningful sleep
- Increases energy naturally



Physical Wellness First

Vitality Supplement Trio
Take 2 of each bottle 2x daily.

Digestive Enzymes
Take 1-3 capsules with each meal.

Probiotic Complex
Take 1 capsule with each meal.

Cellular Complex Softgels
Take 1 softgel with each meal.

Time frame
Treat this as an ongoing protocol. Use it in conjunction with any other protocol.

Emotional Well-Being

Grounding Blend
Rub a drop onto the bottoms of feet each morning.

Invigorating or Joyful Blend
Give yourself 60-second emotional resets throughout the day as you pause to breathe a couple drops from your palms.

Meaningful Relaxation & Sleep

Restful Blend
Diffuse several drops, and rub a drop onto your temples before bed each night.

Restful Complex
Take 2 softgels 30 minutes before bed.

Energy Enhancement

Lemon
Drink a few drops in water throughout the day.

Peppermint & Rosemary
Put a dab on your tongue for a quick pick-me-up.

Gut Repair

Every body function is connected to the gut. A large part of the immune system is housed there, crucial neurotransmitters are produced, and nutrient assimilation happens. Repairing the gut repairs the mind and body.

Protocol Benefits

- Tames discomfort like gas, bloating, and indigestion
- Decreases inflammation
- Promotes internal tissue healing
- Encourages long-term mending and health



Tummy Tamer

Digestive Blend

Drink a few drops in water or in a capsule, or rub two drops on the outside of the stomach for any stomach discomfort.

Digestive Enzymes

Take 1-3 capsules with each meal to experience easier digestive function.

Time frame

Use the Tummy Tamer on an ongoing basis. Use the Inflammation Challenger and the Long-term repair during separate 10-day sprints.

Inflammation Challenger

Frankincense & Lemongrass

Take 2 drops each in a capsule 1-3 times a day. Only use Lemongrass internally for 10 days at a time (taking 2 week break before continuing).

Helichrysum

Drink 2 drops in water or a capsule, or rub outside stomach to ease inflammation and promote internal tissue healing.

Long-term Repair

GI Cleansing Complex

Purge the gut of Candida, fungus overgrowth, and unhealthy bacteria by taking 1 softgel with each meal for 10 days. Start with only 1 a day, and work your way to 3.

Bone Broth

Make homemade bone broth or buy from the health food store. Sip warm in a mug morning and night to nourish the gut. It's wise to cut inflammatory foods during this process as well (dairy, sugar, etc.)

Home Holistic Nurse

Being the healer in your home means having the confidence to remedy the small things that can take away from enjoying life. Be prepared with this protocol to feel more empowered with your family's wellness.

Protocol Benefits

- Help the family feel peaceful and happy
- Remedy life's little emergencies
- Keep everyone's immune systems high



Happy Moods All Around

Wild Orange

Diffuse several drops or let your child inhale from his/her own hands.

Reassuring Blend

Apply a dab to the temples to calm quarrels and upset.

Time frame

This protocol is meant to be used on an ongoing basis. It can be used in conjunction with other protocols geared toward more specific wellness goals.

Life's Little Emergencies

Melaleuca

Use as an antiseptic and disinfectant for cuts and scrapes.

Lavender

Use to soothe rashes, bumps, bruises, and tears.

Digestive Blend

Use to ease tummy aches and pain.

Helichrysum

Use to help cuts and scrapes heal.

Preventative Wisdom

Protective Blend

Massage 2 drops diluted into sore joints and connective tissue.

Lemon

Add a few drops to a pitcher of water at dinner time to gently cleanse impurities.

Kids: *Focused Energy*

Kids need energy to grow, play, and enjoy. Sometimes that energy simply needs to be focused in the right place at the right time. Use this protocol to help your child enjoy being a kid while also learning to focus in the right times.

Protocol Benefits

- Provides crucial nutrients to the brain and gut
- Grounds child's energy and improves focus & concentration
- Encourages energy that isn't hyperactive



Kid's Brain Fuel

Children's Omega-3

Use a double dose of Omegas to provide the brain with plenty of healthy fatty acids.

Children's Probiotic

Use 1-2 sachets daily to provide the gut (the 2nd brain) with plenty of healthy flora.

Time frame

Use this protocol for 4 weeks. Then reevaluate and determine whether to continue or switch to another Lifestyle Protocol.

Powerful Focus

Focus Blend

Roll onto the back of your child's neck when attention spans are short and focus is needed.

Grounding Blend

Rub a drop onto your child's feet each morning.

Balanced Energy

Wild Orange & Lavender

Diffuse 3 drops of each to stimulate a healthy level of energy that doesn't feel hyperactive.

Also combine 10 drops of each with FCO in a roller bottle for your child to use during playtime.

Kids: Healthy & On-Track

Healthy is an easier state to maintain when you've got the right components to support continued health! Use this protocol as a regular lifestyle standard to keep kids healthy and happy.

Protocol Benefits

- Provides crucial nutrients easy to miss in many modern diets
- Boost encouragement and focus
- Increase immunity



Amazing Kid's Nutrition

Children's Chewable

Take 1 daily for fundamental nutrients and a healthy body.

Children's Omega-3

Take 1-2 Tbs daily by spoon, or mix into juice or a smoothie.

Children's Probiotic

Consume 1 sachet daily to support healthy digestive & immune function.

Time frame

Treat this as an ongoing protocol. It can be used in conjunction with other protocol targeted at more specific wellness goals.

Healthy Mind & Mood

Invigorating Blend

Let your child breathe a couple drops from cupped hands to encourage a positive outlook and happy countenance.

Focus Blend

Roll onto the back of your child's neck to improve focus, especially during study and chore time.

Healthy Immunity

Protective Blend

Rub a drop onto the bottoms of feet each morning to keep your child's immune system high.

Also diffuse several drops after school, and use Protective Blend surface cleaner to keep common areas germ-free naturally.

Love Life Boost

Whether seeking new love or fortifying an existing relationship, this protocol is designed to help you view yourself as beautiful and desirable, and to turn up the heat and attraction too.

Protocol Benefits

- Reinforces a positive self-concept
- Plumps lips to be more irresistible
- Leverages natural aphrodisiacs to boost attraction



Positive Self-Reflection

Captivating Blend

Roll over heart daily. Enjoy the aroma as you speak out loud a few things you appreciate about yourself that you believe others will value too.

Rose

Roll over your wrists and heart while journaling about or visualizing your ideal relationship.

Time frame

Use this protocol for 2 weeks. Then reevaluate or switch to a different Lifestyle Protocol.

Tempting Aphrodisiacs

Fat Lips

Combine 2 drops each of Cinnamon, Geranium, and Cardamom with FCO in a small roller or empty 5ml bottle. This will plump your lips and make kissing a new adventure.

Inspiring Blend

This blend is full of natural aphrodisiacs. Use it as a perfume, diffuse in the bedroom, or use with FCO in an intimate massage.

Ylang Ylang

This natural aphrodisiac serves as a beautiful perfume or cologne for men and women. Wear daily for increased sex appeal.

Mindfulness

To find your true self, go within. Turn anxiety & stress into peaceful introspection. This protocol takes your attention away from the outside world and to your inner world for self-discovery and more authentic personal expression.

Protocol Benefits

- Centers your mind and heart for meditation
- Turns your focus inward
- Clarifies the energy in your environment



Centered Meditation

Vetiver & Ginger

Massage a drop of each onto the bottoms of feet, especially the big toes before meditation.

Steadying Blend

Use a drop on wrists and temples during meditation, personal development reading, and journaling.

Time frame

Do this protocol for 4 weeks. Then reevaluate or switch to another Lifestyle Protocol.

Focused Introspection

Grapefruit & Siberian Fir

Rub a drop of each over your heart as you breathe deeply, taking your attention within. Use these moments to remind yourself what is real and what is perceived about yourself.

Sandalwood

Diffuse 4-6 drops during prayer, meditation, yoga, or chants.

Clarified Energy

Purify & Lemongrass

Diffuse 3-4 drops each daily to keep the energy in your space clean and open to new opportunity and discovery.

Musclemen: *trimming, toning, bulking*

Building muscle happens from breaking down muscle tissue and refortifying it with the right macros, and this protocol supports components that make this process happen smoothly.

Protocol Benefits

- Manage inflammation while building muscle
- Cut body fat efficiently
- Support muscle development and recovery



Inflammation Manager

Polyphenol Complex

Take 2 capsules before working out.

Soothing Blend

Massage a few drops into sore areas as often as needed.

Lemongrass

Take a drop under the tongue. Also diffuse several drops.

Time frame

Use this protocol for 4 weeks, then reevaluate or switch to another Lifestyle Protocol.

Body Fat Eliminator

Trim Shake

Use as directed in a shake or smoothie twice daily. Use in tandem with your preferred protein powder.

Grapefruit

Drink 4 drops in a glass or stainless steel water bottle daily to activate fat-burning enzymes produced by the liver.

Metabolic Blend

Drink a few drops in water or chew Metabolic Blend Gum to address cravings.

Muscle Longevity

Siberian Fir & Marjoram

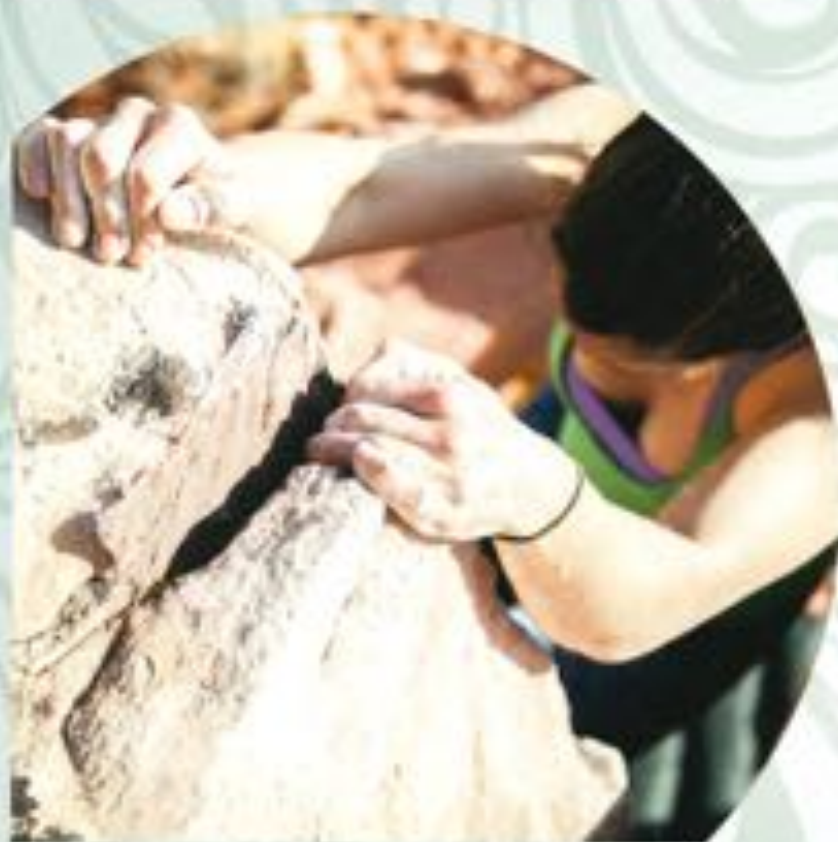
Massage a couple drops of each with FCO into fatigued muscles to restore and recover quickly.

Pain & Inflammation-away

Turn pain into peace by addressing inflammation at every level. This protocol is ideal for people with both temporary and chronic conditions.

Protocol Benefits

- Ease inflammation from the inside-out
- Soothe muscles, joints, & connective tissue
- Support healthy inflammatory response at a cellular and nervous system level



230

Internal Inflammation Reduction

Polyphenol Complex

Take 2 capsules whenever pain arises, or take 1 capsule 3x daily.

Frankincense & Copaiba

Use a drop of each under the tongue 2-3x daily.

Cellular Complex Softgels

Take 1 softgel with each meal.

Muscle, Joint, & Connective Tissue Help

Soothing Blend

Massage a few drops into painful areas as often as needed.

Massage Blend

Massage a few drops with FCO to pull tension out of muscles.

Lemongrass

Rub a couple drops with FCO to soothe painful joints and ligaments.

Body Restoration

Vitality Supplement Trio

Take 2 of each bottle twice daily to powerfully address inflammation on a cellular level.

Vetiver

Rub a drop into the bottoms of feet or spine for nervous system support.

Time frame

Do this protocol for 8 weeks. Then reevaluate or switch to another Lifestyle Protocol.

Teens: *Clear Skin*

Acne and blemishes arise from bacterial issues, hormone imbalance, or toxicity overload. This protocol addresses all three simultaneously.

Protocol Benefits

- Addresses bacterial issues on the surface
- Uses oil-infused skincare to safely address cosmetic issues
- Pulls toxicity overwhelm from endocrine system
- Helps balance hormone levels



Topical Repair

Skin Clearing Blend

Apply a dab to affected areas.

Melaleuca

Alternate the Skin Clearing Blend with Melaleuca to see which oil your skin responds best to.

Helichrysum

Gently apply a dab to damaged skin.

Time frame

Use this protocol for 8 weeks. Then reevaluate and continue use as needed.

Oil-Infused Skincare Products

Use an essential oil-infused skincare face wash and moisturizer to help skin recover from acne and blemishes.

Toxicity Reduction

Detoxification Softgels

Take 1-2 softgels with each meal.

Detoxification Blend

Rub a drop onto bottoms of feet 20 minutes before showering to pull toxins out of the body.

Hormone Balance

Ylang Ylang & Jasmine

Apply a dab of each to pulse points in the evening or in stressful moments.

Full Body Detox

Consider doing the 30-day Full Body Detox in this book to reset hormone balance in the body.

Teens: *Studious*

Students thrive when focus becomes easy. This protocol helps students laser in on what's important so they can keep priorities and also enjoy life outside of study.

Protocol Benefits

- Encourages focus & concentration
- Fuels the brain and body for optimal performance
- Fosters an environment conducive to productive studying



Focus Promoter

Focus Blend

Roll onto the back of neck and temples to improve state concentration.

Grounding Blend

Rub a couple drops onto the bottoms of feet after showering each morning.

Time frame

Do this protocol for 4 weeks. Then reevaluate or continue on an ongoing basis.

Brain & Body Fuel

Vitality Supplement Trio

Take 2 of each bottle 2x daily.

Energy & Stamina Complex

Take 1-2 capsules 30 minutes before study time.

Probiotic Complex

Take 1 capsule with each meal.

Studious Environment

Rosemary, Peppermint, & Lime

Diffuse 3 drops of each to promote memory retention and focus during study.

Trauma Recovery

Trauma of any kind - abuse, injury, or abrupt life transitions - can leave a sense of being broken or incomplete. Use this protocol to begin the process of realizing your wholeness, your perfection, and your possibility.

Protocol Benefits

- Provides body and mind with essential nutrients for physical and emotional recovery
- Boosts endorphins and positive mood neurotransmitters
- Facilitates the creation of a new story for the future



Whole Body Support

Vitality Supplement Trio

Take 2 of each bottle twice daily to provide crucial bio-available nutrients to cells, organs, and body systems.

Polyphenol Complex

Take 1 capsule 3x daily to support a healthy inflammatory response.

Cellular Complex Blend

Massage 2 drops into the spine each night.

Time frame

Do this protocol for 8 weeks. Then reevaluate or switch to another Lifestyle Protocol.

Return To True Self

Encouraging Blend

Diffuse several drops and inhale from cupped hands to return to a healthy sense of self.

Melissa

Use a drop under the tongue each day to improve serotonin production.

Writing A New Story

Enlightening Blend

Rub a couple drops over your heart and apply to pulse points.

Use this blend while journaling. Identify any self-defeating stories you might be telling yourself, and transform them into a story that empowers you to move into a future of new and improved possibility.

Consider working with a coach or counselor to guide your thoughts and processes.

Weight Loss

Remember that healthy weight is subjective, not universal. Determine a weight goal you'll feel highly encouraged by, and use this protocol to help you achieve it.

Protocol Benefits

- Curb cravings naturally
- Keep your spirits & motivation high
- Release toxicity overload to eliminate the need for toxin-protecting fat stores



Lifestyles

Craving Control

Metabolic Blend Softgels

Take 2-3 softgels 2-3x daily. Also chew Metabolic Blend gum.

Metabolic Blend

Massage several drops with FCO over fatty areas 30 minutes before showering.

Grapefruit

Drink a few drops in water throughout the day.

Internal Motivation

Lime & Rosemary

Diffuse 3 drops of each, or inhale a drop from your palms as needed.

Energy & Stamina Complex

Take 2 capsules 30 minutes before exercise to boost energy and determination.

Vitality Supplement Trio

Take 2 of each bottle 2x daily.

Endocrine, Organ, & Tissue Detox

Detoxification Complex

Take 1 capsule with each meal.

Detoxification Blend Softgels

Take 1 softgel with each meal.

Metabolic Blend

Massage several drops with FCO over fatty areas 30 minutes before showering. Wrap with BPA-free plastic wrap for improved results.

Time frame

Do this protocol for 8 weeks. Then reevaluate or switch to a different Lifestyle Protocol.

Whole Heart Healing

Whether life has presented a few bumps or it's simply time to return to wholeheartedness, hearts can always use healing.

Protocol Benefits

- Release crippling grief and sadness
- Transition anger and resentment into constructive emotions
- Return the heart to a state of hopefulness and renewal



Grief Release

Comforting Blend
Rub a couple drops over the heart and also the pads of your feet. Breathe deeply, envisioning surrendering grief and pain to a higher power.

Time frame

Do this protocol for 8 weeks. Then reevaluate or switch to another Lifestyle Protocol.

Anger & Resentment Transition

Wintergreen, Thyme, & Lemongrass
Place a dab of each on the corner of a paper where you can write out the negative emotions you'd like to transition.

Write silent letters that you can tear up or burn. Write to release, and then write to reposition your feelings into something constructive.

Heart & Soul Restoration

Renewing Blend
Rub a couple drops over the heart, and inhale from cupped hands during prayer and meditation.

Hopeful Blend
Wear as a perfume or cologne during the day, turning your thoughts to appreciation when you notice the aroma.

Whole Life Detox

You know it's time to purge what isn't serving when life gives you feedback in the form of conflict, health challenges, or difficulty seeing things differently. Use this protocol to jump start detoxing your life from many angles.

Protocol Benefits

- Remove toxicity from relationships
- Pull toxicity from your physical body
- Turn heart toxicity into connection with your heart
- Find a cooperative attitude through attitude detox



Relationship Detox

Frankincense & Roman Chamomile

Breathe a drop of each from cupped hands as you contemplate relationships to determine their truth and purpose.

Douglas Fir

Diffuse several drops to facilitate surrendering unhealthy patterns.

Heart & Spirit Detox

Jasmine

Apply to pulse points and over heart to encourage a true sense of self.

Geranium & Arbovitae

Diffuse 2 drops each to reconnect to your heart center.

Time frame

Use this protocol for 2 weeks. Then reevaluate or switch to another Lifestyle Protocol.

General Physical Detox

Vitality Supplement Trio

Take 2 of each bottle twice daily.

Detoxification Complex

Take 1 capsule with each meal.

Detoxification Blend Softgels

Take 1 softgel with each meal.

Attitude Detox

Bergamot & Cypress

Diffuse 3 drops each and apply to the bottoms of feet to encourage flexibility in perception while staying true to ethics and values.

Working Bee

There is a season for diligent work, and this protocol supports being eagerly engaged in a worthy cause. Use it to be your best self so you can make your greatest contributions.

Protocol Benefits

- Keeps energy and focus grounded
- Supports the body with crucial nutrients for optimal performance and sustained energy
- Assists with mental clarity and creativity



Time frame

Do this protocol for 4 weeks or during intense periods of work and tight deadlines.

Energy Grounding

Grounding Blend

Rub 2 drops on bottoms of feet each morning to promote focus.

Patchouli, Bergamot, & Clary Sage

Diffuse 2 drops each during long work hauls to balance the soul.

Body Care & Maintenance

Vitality Supplement Trio

Take 2 of each bottle twice daily.

Energy & Stamina Complex

Take 2 capsules 30 minutes before yoga or working out.

Polyphenol Complex

Take 2 capsules before working out, or 1 capsule 3x daily on non-workout days.

Clarity & Creativity Spree

Peppermint & Frankincense

Hold a dab of each to the roof of your mouth for 30 seconds.

Invigorating Blend

Diffuse several drops or inhale from cupped hands every few hours.

The Yogi

The Yogi yields a silent-but-powerful energy. He is dedicated to his practice and to his peace of mind. Above all else, he is committed to presence in every moment.

Protocol Benefits

- Increase presence of mind
- Maintain balanced energy
- Support muscles, joints, & connective tissue
- Boost physical and mental energy



Lifestyle

Intention, Prep. & Centeredness

Steadying Blend

Apply a drop to bottoms of feet while setting intentions for your practice and in salutation poses.

Centering Blend

Rub a drop over the heart to bring your focus back to your center and the present moment.

Enlightening Blend

Diffuse several drops and apply to pulse points to bring enlightenment to your most challenging poses and your most peaceful moments.

Time frame

Use this protocol on an ongoing basis as long as it serves your practice. Experiment using different oils during practice after a few weeks.

Zen for Joints & Ligaments

Lemongrass

Massage 2 drops diluted into sore joints and connective tissue.

Soothing Blend

Massage oil or rub to soothe muscles after a workout or yoga practice.

Physical Stamina

Vitality Supplement Trio

Take 2 of each bottle twice daily.

Energy & Stamina Complex

Take 2 capsules 30 minutes before yoga or working out.

Polyphenol Complex

Take 2 capsules before working out, or 1 capsule 3x daily on non-workout days.

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Section 8

Emotions & *Energy*



How to Use *Emotions & Energy*

This section addresses emotional and energetic health with an *emotional guidance scale* as a measuring stick.

The emotional guidance scale was developed by authors Esther and Jerry Hicks. The bottom of the scale indicates the lowest forms of emotion and energy, whereas the top of the scale represents the highest forms.

The premise of the scale is that making large leaps from a low point to a high point is usually impractical. Instead, take an honest emotional inventory. Find where you are, and see what it will take to progress upward just a little bit.

This is the fastest way to improve your emotions.

Each stage of the guidance scale includes oils to help you **process** the level where you are, as well as oils to help you **progress** to the next level. The last oil listed in each step is also the first oil of the following step.

You'll also find powerful intentions you can speak or write as you use the suggested oils. These are designed to help meet you where you are in the moment, and to gently guide you to the next level.

Remember that you can't do it wrong. Discover what works for you, and enjoy climbing one step at a time.

**For a comprehensive emotional guide, purchase Emotions & Essential Oils by Enliten.*

Emotional Guidance Scale

Identify where you are on the scale. Use the suggested advice to grow where you see and gently yourself up the scale.



Fear, Grief, Depression, Despair, Powerlessness, Shame

"I can be okay right here, right now, for at least the next few moments. Then I can take the next few moments after that. I am safe. I can hold on."

Oils to Process

- Grounding Blend**
Rub 2 drops onto the bottoms of feet morning and evening to bring a sense of safety. However things may be, you are at least safe in the present moment.
- Helichrysum**
Apply to your wrists and solar plexus (above your naval) to initiate healing from shame and despair.
- Metabolic Blend**
Add 4 drops to your glass or stainless steel water bottle throughout the day to help ease any desire to self-sabotage.



Emotions

Oils to Progress

- Melissa**
Hold a drop to the roof of your mouth for 30 seconds to stimulate serotonin and dopamine production and receptivity, resulting in a lightened countenance.
- Bergamot**
Diffuse several drops throughout the day to begin returning to a sense of who you truly are.
- Frankincense**
Use a drop under your tongue 2-3 times daily to combat depression by facilitating proper neurotransmitter activity.

Insecurity, Guilt, Unworthiness

"I have come this far, and I can go a little further. I don't need to know the exact journey. I'll do my best to make progress along the way."

Oils to Process

- Frankincense & Myrrh**
Insecurity and guilt can frequently be adopted from mother or father. Use Frankincense (father) or Myrrh (mother) on your wrists as you write out your feelings in a letter you can burn.
- Jasmine**
Apply over your heart, gently breathing in permission to be who you are.
- Spearmint**
Diffuse a few drops to lift the feeling of being unseen.



Oils to Progress

- Reassuring Blend**
Apply a couple drops to pulse points during prayer, song, or meditation. Focus on turning thoughts about what's wrong into simply noticing the peace in the present moment.
- Peppermint**
Rub a drop over your heart to breathe life back into your heart.
- Lemon**
Inhale a few drops from your palms, offering your higher self permission to guide you to a truer self-concept.

Jealousy

“ I am learning to find confidence within myself. I am learning to go within for the truth about me. I allow myself to grow and exist imperfectly.

Oils to Process

- Lemon**
Inhale a few drops from cupped hands to diffuse sharp feelings of jealousy or envy, including envy of the emotional state of others.
- Birch**
Add a few drops to a bath or shower. Allow yourself to release feelings of being unsupported.
- Black Pepper**
Diffuse a few drops to help clear emotional dishonesty and the temptation to mask insecurities with materialism.



Emotions

Oils to Progress

- Cinnamon**
Put a dab on your tongue. Focus on exhaling jealousy and rejection of self.
- Cedarwood**
Massage a couple drops into the back of your neck and temples. Ask that you be met with a sense of community and support of those who really matter to you.
- Cassia**
Diffuse a few drops to transform feelings of embarrassment, humiliation, or being judged into a sense of self-assurance.

Hatred/Rage

It is not my responsibility to hold others to what's right. I am in charge of showing up as my best self, and that is enough for right now.

Oils to Process

- Cassia**
Diffuse a few drops, allowing the warmth to calm hatred and rage. Begin to see that your true desire is to feel safe and heard from within.
- Thyme**
Add a couple drops to your shower. Focus on washing away bitterness, resentment, and emotional bondage.
- Melaleuca**
Inhale a drop from your palms with the intention of releasing relationships that breach healthy boundaries.



Oils to Progress

- Juniper Berry**
Diffuse several drops to dilute irrational fears that become expressed as hate toward others.
- Soothing Blend**
Massage a few drops with FCO or lotion into sore and tense muscles where you may be storing unresolved pain.
- Wintergreen**
Inhale a drop from cupped hands with the intention of learning to surrender the need to control.

Revenge

“ This moment will pass, and future moments will yield solutions that I do not see perfectly now. I can be patient right now. I open myself to solutions that will serve in the long-term.

Oils to Process

- Wintergreen**
Inhale a drop from your palms, visualizing negative emotions leaving your body and being absorbed by the earth or the sun.
- Clary Sage**
Put a dab over your third eye (between and right above your eyebrows), and ask the question, “Is there potentially another way to look at this scenario?”
- Oregano**
Add a toothpick swirl to a cup of hot tea. Acknowledge the desire for revenge, and then give it permission to fade.



Emotions

Oils to Progress

- Grounding Blend**
Apply a drop behind and over your ears. Allow out-of-control feelings to begin to settle.
- Comforting Blend**
Apply a drop to your pulse points and heart. Notice the slight improvement that comes from turning your attention from the outside world inward. Notice the inner pain that is asking to be acknowledged.
- Cardamom**
Drink a drop in water. Allow the sensation to remind you of what it feels like to be objective, to feel more responsible in your self-control.

Anger

“ I acknowledge and honor my feelings. I yield ones that do not serve to a higher power, and I claim my ability to be lighter and freer.”

Oils to Process



Cardamom

Diffuse a couple of drops. Let the aroma become the sensation of releasing angry feelings in a non-harmful way.



Reassuring Blend

Apply a drop to your pulse points and heart. Turn your thoughts from whatever makes you angry, and focus just for a few moments only on your breath.



Grounding Blend

Apply a drop to your temples and the bottoms of your feet. Remember that feelings are temporal, and that even your anger is okay to acknowledge.



Oils to Progress



Douglas Fir

Inhale a few drops from your palms. Offer an intention to forgive any patterns of anger that have been passed from generations before you, and to be the end of that pattern.



Detoxification Blend

Apply a couple drops to the bottoms of your feet 20 minutes before showering. Let your shower help wash away both physical and emotional toxicity.



Cleansing Blend

Diffuse several drops to cleanse the energy of your space, and to begin cleansing emotion that has been harming more than it has been helping.

Discouragement

"I live in a world with many possibilities. I don't need to see them all to know they are there because my life has had experiences where good things happened unexpectedly. I welcome more."

Oils to Process

Douglas Fir
Inhale a few drops from cupped hands, remembering that patterns of the past do not determine the future.

Wild Orange
Diffuse several drops. Sense that there may be more opportunities and possibilities - even ones you aren't yet aware of.

Helichrysum
Apply a drop over your heart. Honor your hurt. Allow your feelings to be for the moment.



Essences

Oils to Progress

Uplifting Blend
Diffuse several drops, simply letting the beautiful aroma be enough in the now-moment.

Captivating Blend
Apply to your wrists and over your heart. Let yourself flow a little more effortlessly between breaths.

Eucalyptus
Inhale a drop from your palms. Allow feelings of being defeated or wanting to disappear from life to turn into trust that you can find a way to heal your life.

Blame, Justification

I care about myself enough to release others of the responsibility to make me feel good. I am feeling freer as I take my personal well-being back into my own hands.

Oils to Process

Eucalyptus

Inhale a couple drops from your palms, and rub a bit over your chest. Open your airways as you open your heart and surrender just a little bit of blame.

Ginger

Use a drop on the floor of your shower or in a bath. Gently release the desire to make others responsible for your experiences.

Focus Blend

Apply to the back of your neck. Write a page of ideas of things you (not others) can do for your situation.



Oils to Progress

Clove

Diffuse a couple drops, focusing on releasing feelings of being controlled and being co-dependent. Ask what it feels like to be in charge of your own feelings.

Cilantro

Use a toothpick swirl in cooking or add a bit to your diffuser blend. Let the taste symbolize feeling easier in your relationships.

Cypress

Inhale a couple drops from your palms, asking what it looks like to be more in flow.

Worry

"I care because I love, and I love enough to let go. I think about things I can do something about, and I focus on what I do want. I surrender everything else to my higher power."

Oils to Process

- Cypress**
Diffuse several drops, noticing the motion and flow of your breath. Remember that things work themselves out, and that life continues on.
- Melaleuca**
Inhale a drop from your palms. Release any unhealthy expectations you have of others.
- Sandalwood**
Use a drop on your temples during prayer and meditation. Surrender to higher guidance, and focus on the direction you want to go.



Emotions

Oils to Progress

- Rosemary**
Diffuse a few drops as you learn to trust in a higher consciousness that has more answers and greater wisdom than your mind has alone.
- Cilantro**
Rub a drop to the bottoms of your feet before showering to detox the need to be in control.
- Cellular Complex Blend**
Massage a few drops into your spine or bottoms of your feet to transform your body and emotions into operating with health and vitality.

Doubt

"I embrace the wisdom of the unknown. I commit to showing up, keeping my word, and allowing things to work in my best interest today."

Oils to Process

- Cellular Complex Blend**
Massage a few drops into your spine and your feet to support whole-body cellular health and emotional transformation.
- Lemongrass**
Diffuse a few drops to cleanse doubt from your energy, and commit to cleaning it up from your vocabulary.
- Anti-Aging Blend**
Apply around your eyes and forehead to invite spiritual insight about how the greater good is unfolding.



Oils to Progress

- Rose**
Apply to your pulse points and over your heart to begin replacing self-doubt with divine love. Forces bigger than you have your best interest at heart.
- Rosemary**
Diffuse several drops to open your mind to ways you can transition from doubt into greater possibility.
- Fennel**
Dab a bit onto your tongue, and appreciate how this oil represents personal responsibility. All you can do is keep your agreements and do your best in any given day.

Disappointment

“There is always a path forward for me. I am worthy of good things, and I open my mind to see the possibility of the next good thing. I take life one good thing at a time.”

Oils to Process

- Fennel**
Put a dab on your tongue, and consider the gift of being responsible for your life.
- Cedarwood**
Massage a few drops into your neck and shoulders, as well as anywhere you may have skin conditions. Remember that this aroma symbolizes community and the people who have your back.
- Lemongrass**
Diffuse several drops to cleanse disappointment from the air.



Oils to Progress

- Arborvitae**
Rub a drop onto your wrists and temples, looking for the connection between what you thought was disappointing and where you hope the road will take you.
- Skin Clearing Blend**
Apply to skin conditions where chronic disappointment may be manifesting physically.
- Ylang Ylang**
Wear as a perfume or cologne to remind yourself of your ability to be both intellectual and intuitive as you discover the way forward.

Overwhelmment

"I am committed to saying yes to that which inspires me. I honor myself enough to say no to things that don't serve. I am committed to being well so I can make my greatest contributions."

Oils to Process

- Ylang Ylang**
Diffuse a few drops to soften your mood and emotional state.
- Digestive Blend**
Drink a couple drops in water to help your physical digestion as well as your ability to digest emotions.
- Protective Blend**
Rub a couple drops on the bottoms of your feet to provide a protective energetic boundary as you prioritize and determine those things you will do best.



Oils to Progress

- Tension Blend**
Massage onto muscles and areas where overwhelm has turned into pain and tension.
- Basil**
Diffuse a few drops with your favorite citrus oils to bring about a sense of renewal and refreshment.
- Women's Monthly Blend**
Apply to your wrists to help balance hormones and to experience the safety that lies in being vulnerable and say no to things that no longer serve (For men too. Be careful of photosensitivity for 48 hours.)

Frustration, Irritation, Impatience, Defensiveness

“It's safe to be calm, and it's safe to be heard. I allow myself to see the humanity in others and in myself. I allow myself to be soft in my interactions with others.”

Oils to Process

- Women's Monthly Blend**
Apply to pulse points (be careful of photosensitivity) to remember that force is the slowest way to bring about lasting change.
- Vetiver**
Apply a drop to the bottoms of your heels and behind your ears to calm the temptation to use irritation as a replacement for constructive communication.
- Oregano**
Add a toothpick swirl to a hot herbal tea to soothe desires to control others.



Oils to Progress

- Respiratory Blend**
Breathe a few drops from your palms, and rub some onto your chest. Inhale and exhale deeply as you release frustration through your breath.
- Restful Blend**
Rub a couple drops onto your temples and over your pillow to help you sleep peacefully and wake in a state of forgiveness.
- Roman Chamomile**
Diffuse a few drops to see the higher purpose in the things you're experiencing now.

Pessimism

“ I release the past and surrender to what's unseen. I allow my mind to be calm, and to know that everything always works out.

Oils to Process

- Roman Chamomile**
Rub a drop over your forehead to encourage constructive insights that are authentic to the greater good.
- Black Pepper**
Use a drop in cooking or on the bottoms of your feet to release any sense of being controlled.
- Vetiver**
Apply a drop to your heels and behind your ears to root your attention to the present, rather than allowing it to run wild with unpleasant possibilities.



Oils to Progress

- Wild Orange**
Diffuse several drops throughout the day to regain the sense that there is enough abundance and prosperity.
- Uplifting Blend**
Breathe a couple drops from your palms as you shift pessimistic thoughts to thoughts that feel just a little lighter.
- Peppermint**
Hold a drop to the roof of your mouth to awaken your mind to other possibilities and outcomes.

Boredom

I allow my thoughts to be peaceful and centered. I am easily seeing encouraging things on the horizon, and I lean into it.

Oils to Process

- Peppermint**
Inhale a drop from cupped hands to find a bit of heartiness in this moment.
- Cedarwood**
Rub a couple drops onto pulse points, especially during journaling. This helps increase a sense of community and desire to connect with others.
- Jasmine**
Apply to pulse points to increase a sense of safety and desire to open up in close & intimate relationships.



Oils to Progress

- Detoxification Blend**
Rub a couple drops on the bottoms of your feet 20 minutes before showering to pull out toxins that cause you to feel sluggish.
- Invigorating Blend**
Inhale a few drops from your hands throughout the day to bring your energy a little bit higher.
- Inspiring Blend**
Add a few drops to your body lotion to add inspiration to your day.

Contentment

“ *I am deeply present. I surrender to what is here and now, and I allow myself to be nurtured at every level.* ”

Oils to Process

- Inspiring Blend**
Diffuse a few drops to transition any agitation or lack of control into knowing that the present moment is all that matters.
- Geranium**
Rub a drop over your heart to indulge in a few things you appreciate about yourself in the here and now.
- Roman Chamomile**
Diffuse a couple drops or use in the bath to soak up what you love in the present moment.



Oils to Progress

- Lemon**
Use 4 drops in your drinking water throughout the day to add a little more light to your day-to-day experiences.
- Sandalwood**
Use a drop on the temples and wrists during gratitude prayers and meditation to see the divine unfolding through every hopeful feeling.
- Anti-Aging Blend**
Apply around eyes and forehead to better sense the hope embedded in every variant of the future.

Hopefulness

“ I take each day one moment at a time, allowing the best and highest good to blossom and guide me forward. I appreciate slight improvements often because I know they add up to a better life.

Oils to Process

- Anti-Aging Blend**
Apply this around your eyes and forehead to transition any remaining disparity into hopefulness.
- Clary Sage**
Use this oil in a bath to relax into seeing more of where you can allow hope to guide your life.
- Restful Blend**
Rub a couple drops onto your temples and over your pillow before bed to ease any troubled thoughts, drifting off with the intention to wake more hopeful.



Oils to Progress

- Grapefruit**
Drink a few drops in your glass or stainless steel water bottle throughout the day to facilitate a healthy relationship with your body and your mind.
- Helichrysum**
Apply a dab over the third eye (between and slightly above your eyebrows) to better see how hope can turn into continuous optimism.
- Hopeful Blend**
Apply to pulse points and over the heart to feel the warmth of a more hopeful countenance.

Optimism

“*Possibility comes from within. I trust my intuition and inner guidance to find the best solutions. I relax into the ease of a satisfying future.*”

Oils to Process

- Hopeful Blend**
Apply to pulse points to gently invigorate the senses to recall feelings of seeing improvement and progress.
- Cardamom**
Inhale a drop from your palms to soothe remaining parts of the ego that want to stay focused on limitation rather than possibility.
- Siberian Fir**
Apply a few drops over your heart to lift any recurring family patterns of pessimism.



Oils to Pray

- Melissa**
Rub a drop onto the bottoms of your feet, focusing on the big toe, to shed light on the silver lining in every scenario.
- Bergamot**
Diffuse several drops to encourage a strong sense of self, knowing optimistic possibilities arise from within.
- Tangerine**
Put a few drops in your drinking water throughout the day to bring an air of fun to problem solving.

Positive Expectation, Belief

I choose to see the future in a bright, encouraging light. I allow good things to come to me in unexpected and miraculous ways.

Oils to Process

- Tangerine**
Diffuse several drops to keep a sense of playfulness. Remember that it can be fun and easy to expect positive things to unfold.
- Peppermint**
Rub a drop over the heart to improve buoyancy and a sense of optimism.
- Uplifting Blend**
Inhale a couple drops from cupped hands to find and lift those parts of you that doubt the future.



Oils to Progress

- Invigorating Blend**
Diffuse several drops to invigorate the senses and see good things coming in your physical and spiritual surroundings.
- Bergamot**
Rub a drop over your solar plexus (just over your naval) to ignite belief in yourself. Belief in self opens belief to unlimited possibilities outside the self. (Avoid direct sunlight for 48 hours.)
- Wild Orange**
Inhale a couple drops from your hands to remember that abundance and well-being exist in unlimited supply.

Enthusiasm, Eagerness, Happiness

“There is a space for happiness in every moment. I am worthy of happy feelings, and I show up in beautiful, eager pursuit of genuine happiness daily.”

Oils to Process

- Wild Orange**
Diffuse several drops to tap into the unlimited happiness that exists in the spaces you create your life in.
- Lavender**
Rub a couple drops over your throat to open your communication center and your willingness to speak enthusiasm.
- Basil**
Inhale a drop from your palms to ease self-limiting patterns of staying the same instead of being renewed.



Oils to Progress

- Melissa**
Hold a drop on the roof of your mouth to stimulate serotonin and dopamine production, boosting your feelings of elation.
- Respiratory Blend**
Rub a few drops over your heart to breathe new life into your daily experiences.
- Encouraging Blend**
Diffuse several drops to raise the vibration of your space, and to fuel the high energy of enthusiasm.

Passion

“ *It is safe to be me, to be completely in love with who I am. What I love matters. I am free to pursue my true desires.* ”

Oils to Process

- Encouraging Blend**
Diffuse several drops to acknowledge places where limited thinking gets in the way of passionately pursuing life.
- Rosemary**
Use a few drops in the shower or in a diffuser to inspire receptivity of new passionate possibilities.
- Women's Perfume Blend**
Apply to pulse points to tap into instinctive guidance. Sometimes you don't know all the answers; you only know what feels right.



Emotions

Oils to Progress

- Inspiring Blend**
Wear on pulse points as a perfume or cologne.
- Jasmine**
Apply over heart, taking several moments to breathe deeply and enjoy the building excitement that comes with living your passions.
- Uplifting Blend**
Use a few drops in water, or rub onto the bottoms of your feet 20 minutes before showering. A clean vessel (body) is conducive to a more passionate lifestyle.

Love, Joy, Knowledge, Empowerment, Freedom, Gratitude

“ I am connected to my true, inherent state of being. I am empowered in gratitude and a sense of freedom. I am loving and I am loved.

Oils to Process

- Uplifting Blend**
Diffuse several drops to expand your knowing that all is well, joyful, purposeful, and divinely guided.
- Arborvitae**
Use a dab on the temples during gratitude prayers and gratitude journaling.
- Ylang Ylang**
Apply a drop to wrists and pulse points on the neck while doing something you love like singing in the car or shower.



Oils to Progress

- Joyful Blend**
Inhale a drop from cupped hands during moments of reflection and appreciation.
- Lime**
Drink a few drops in a glass of ice water to sink further into your zest for life.
- Rose**
Apply over the heart to connect more deeply to unconditional self-love and love of others.

Section 9

Science &
Research



How to Use *Science & Research*

While anecdotal evidence of essential oil benefits can be a powerful demonstration of what oils can do, science provides answers as to why they do what they do.

As of the publishing of this book, over 3,000 peer-reviewed studies have been documented by universities, hospitals, and research groups to discover and demonstrate the efficacy of essential oils and their constituents. These studies can be found in rapidly growing numbers through resources like www.pubmed.com and www.aromaticscience.com.

The treasure of essential oils is their chemistry. Each oil contains a unique and robust chemistry set, and each chemical constituent provides various therapeutic benefits.

This section provides a breakdown of essential oils by common property and which naturally occurring chemical constituents provide the associated therapeutic benefits of each property. The science shared in this section has been drawn from the research and resources cited in the references section in this book.

Begin exploring this section by first becoming familiar with the common therapeutic properties oils have.

For a comprehensive and accessible scientific expansion on the chemistry of essential oils, purchase "Essential Oils Unlocked" by PJ Hanks.

Therapeutic Properties Glossary

The following are the most common therapeutic properties of essential oils. The pages that follow expand on common chemical constituents that provide each of these therapeutic properties, and in which essential oils they can be found.

Analgesic	Reduces pain sensation	Aphrodisiac	Increases sexual desires
Anti-allergenic	Reduces allergic response	Astringent	Firms tissues, reduces secretions
Antiarthritic	Useful in treating arthritis	Cardiotonic	Vitalizes cardiovascular system
Antibacterial	Kills or prevents bacterial growth	Carminative	Reduces gas or bloating
Anticarcinogenic	Inhibits development of cancer cells	Decongestant	Reduces congestion and opens airways
Anticonvulsant	Reduces convulsions	Digestive Stimulant	Aids in proper digestive processes
Antidepressant	Alleviates depression symptoms	Disinfectant	Fights the spread of germs
Antiemetic	Eases nausea and vomiting	Expectorant	Removes excess mucus
Antifungal	Prevents fungal growth	Immunostimulant	Stimulates immune system activity
Anti-infectious	Prevents uptake of infection	Nervine	Beneficial effect on nerves
Anti-inflammatory	Alleviates inflammation	Regenerative	Promotes body tissue regeneration
Antioxidant	Destroys or inhibits growth of parasites	Restorative	Promotes restoration of body systems
Anti-parasitic	Alleviates pain and stiffness	Rubefacient	Increases circulation & skin redness
Anti-rheumatic	Reduces damage from free radicals	Sedative	Relaxes psychological and physical activity
Antispasmodic	Prevents or relieves spasms & convulsions	Soporific	Induces sleep
Antitumoral	Inhibits growth of tumors	Stomachic	Stimulates digestion & appetite
Antitussive	Relieves coughs	Tonic	Encourages feelings of vitality
Antiviral	Inhibits replication of viral RNA	Vasodilator	Relaxes blood vessels, lowers blood pressure

Other therapeutic properties that have not been reviewed in this section due to redundancy or because less research has been done include anaphrodisiac, anti-carcinoma, anticatarrhal, anticoagulant, antimicrobial, antimutagenic, antiputrescent, antiseptic, antitoxic, calmative, cleanser, cytophylactic, deodorant, detoxifier, diuretic, emmenagogue, energizing, galactagogue, grounding, insecticidal, invigorating, laxative, mucolytic, neuroprotective, purifier, refreshing, relaxing, revitalizer, steroidal, stimulant, uplifting, vasoconstrictor, vermicide, vermifuge, and warming.

Chemistry of *Essential Oils*

Essential oils are comprised of chemical compound groups. Each compound group is comprised of individual chemical constituents. Compound groups are defined by both the number of carbon atoms they have and the type of functional group assigned to them.

Constituents tend to have similar and complimentary therapeutic properties with other constituents found in their same group.

Monoterpene Hydrocarbons	Therapeutic properties include detoxifying, anti-inflammatory, antiseptic, sedative, insecticidal, anti-tumoral, restorative, and mood-enhancing.
Sesquiterpene Hydrocarbons	Therapeutic properties include anti-inflammatory, anti-microbial, analgesic, digestive stimulant, vasodilator, endocrine support, and calmative.
Chamazulene	Chamazulene is not a naturally occurring constituent in plants, but rather occurs during distillation as the constituent Matricene decomposes. Therapeutic properties include antioxidant and regenerative.
Monoterpene Alcohols	Therapeutic properties include antiseptic, anti-fungal, anti-microbial, analgesic, antioxidant, antispasmodic, and integumentary restorative.
Sesquiterpene Alcohols	Therapeutic properties include anti-microbial, anti-inflammatory, endocrine support, nervine, astringent, vasodilator, antispasmodic, sedative, and soporific.
Aldehydes	Therapeutic properties include calmative, anti-microbial, anti-inflammatory, analgesic, nervine, and hypotensive.
Esters	Therapeutic properties include calmative, analgesic, antispasmodic, anti-fungal, and nervine.
Ketones	Therapeutic properties include mucolytic, regenerative, analgesic, sedative, and anti-inflammatory.
Oxides	Therapeutic properties include anti-microbial, expectorant, mucolytic, and analgesic.

Constituent Details

- Sesquiterpene Alkene
- This constituent is a member of the cannabinoid family

Common Oils

- Copaiba (45-65%)
- Black Pepper (8-46%)
- Ylang Ylang (5-25%)
- Melissa (1-22%)
- Clove (0.6-20%)
- Thyme (0.1-15%)
- Frankincense (0.1-10%)

B-Caryophyllene

Constituent Details

- Ester

Common Oils

- Birch (98%)
- Wintergreen (98%)

Methyl Salicylate

Analgesic

Reduces pain sensation

Constituent Details

- Monoterpene Alkene

Common Oils

- Frankincense (25-65%)
- Cypress (20-65%)
- Juniper Berry (24-55%)
- Coriander (5-20%)
- Helichrysum 5-20%
- Rosemary (5-20%)
- Siberian Fir (5-20%)
- Black Pepper (1-20%)
- Fennel (1-15%)

a-Pinene

d-3-Carene

Constituent Details

- Monoterpene Alkene

Common Oils

- Cypress 7-30%
- Siberian Fir 5-20%
- Black Pepper 0.01-21%

Constituent Details

- Monoterpene Alkene Aldehyde

Common Oils

- Lemongrass (25-36%)
- Melissa (9-26%)
- Lemon (0.4-2%)
- Wild Orange (<1.3%)
- Geranium (0-1.1%)

Neral

Citral

Constituent Details

- Monoterpene Aldehyde

Common Oils

- Litsea (70-85%)
- Lemongrass (65-85%)
- Petitgrain (36%)
- Lime (6-9%)
- Lemon (2-5%)

Anti-
allergenic*Reduces allergic response*

Geranial

Constituent Details

- Monoterpene Alkene Aldehyde

Common Oils

- Lemongrass (36-55%)
- Melissa (12-38%)
- Lemon (0.5-4.3%)
- Lime (2.2-3.9%)
- Wild Orange (<1.8%)

McKay, *Phytotherapy Research*, 2006
 Eradio-Silva, *Inflammation*, 2017

Constituent Details

• Monoterpene Ester

Common Oils

• Siberian Fir (20-40%)

Bornyl
Acetate

α -Pinene

Constituent Details

• Monoterpene Alkene

Common Oils

- Frankincense (25-65%)
- Cypress (20-65%)
- Juniper Berry (24-55%)
- Coriander (5-20%)
- Helichrysum 5-20%
- Rosemary (5-20%)
- Siberian Fir (5-20%)
- Black Pepper (1-20%)
- Fennel (1-15%)

Antiarthritic

Useful in treating arthritis

Carvone

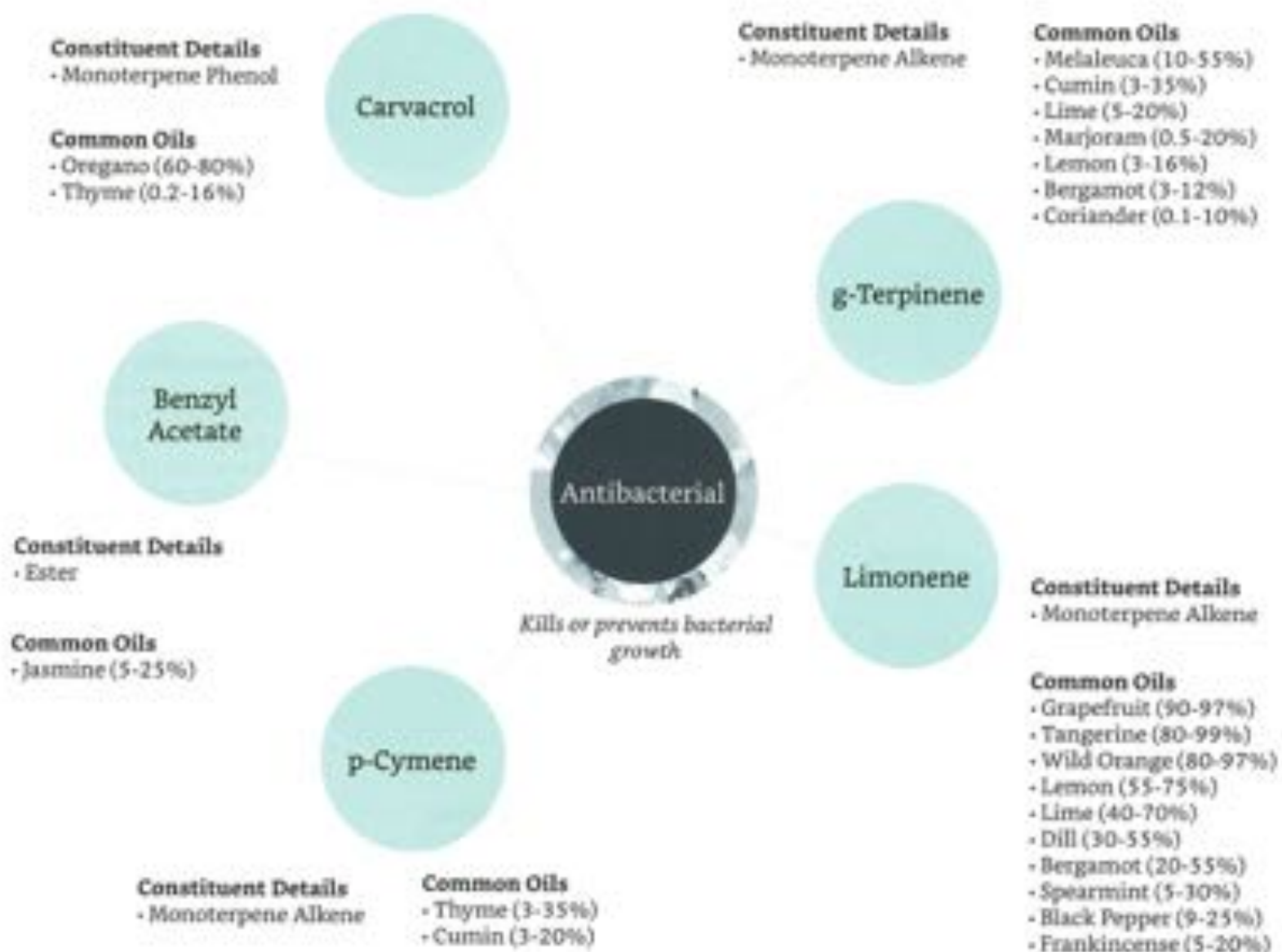
Constituent Details

• Monoterpene Ketone

Common Oils

- Spearmint (20-80%)
- Dill (40-65%)

Nasiri, *Iran Journal of Pharmaceutical Research*, 2012
Kim, *The American Journal of Chinese Medicine*, 2015



Lanceol

Constituent Details

- Sesquiterpene Alcohol

Common Oils

- Hawaiian Sandalwood (2-16%)
- Indian Sandalwood (1.5-1.7%)
- Helichrysum (.2%)
- Clary Sage (.1%)

Constituent Details

- Monoterpene Alkene

Limonene

Common Oils

- Wild Orange (83-95%)
- Grapefruit (84-95%)
- Tangerine (87-91%)
- Dill (35-68%)
- Bergamot (27-52%)
- Helichrysum (10.7%)

Anticarcinogenic

Inhibits development of cancer cells

p-Cymene

Constituent Details

- Monoterpene Alkene

Common Oils

- Thyme (18-37%)
- Cumin (5-17%)
- Frankincense (0.7-11%)
- Oregano (3-10%)
- Coriander (0-8.4%)
- Rosemary (2.4-6%)
- Marjoram (2.2-5.3%)

Constituent Details

- Phenol

Common Oils

- Thyme (48-62%)
- Oregano (0.3-4%)
- Blue Tansy (0.8-1.8%)

Thymol

Limonene

Constituent Details

- Monoterpene Alkene

Common Oils

- Grapefruit (90-97%)
- Wild Orange (80-97%)
- Black Pepper (16-24%)
- Spearmint (9-21%)
- Frankincense (5-20%)
- Neroli (6-17%)
- Helichrysum (10.7%)

Anticonvul-
sant

Reduces convulsions

Constituent Details

- Monoterpene Ketone

α -Thujene

Common Oils

- Frankincense (1-19.3%)
- Juniper Berry (1.8%)

E-Anethole

Constituent Details

- Ether

Common Oils

- Fennel (58-92%)
- Star Anise (71-91%)

Constituent Details

- Ester

Common Oils

- Jasmine (5-25%)

Benzyl
Acetate

1,8-Cineole

Constituent Details

- Monoterpene Ether

Common Oils

- Eucalyptus (55-85%)
- Rosemary (30-60%)
- Cardamom (25-50%)
- Basil (6-6.7%)
- Peppermint (1-10%)
- Spearmint (0.1-10%)
- Frankincense (0-2.9%)

Antidepressant

Alleviates depression symptoms

Constituent Details

- Monoterpene Alcohol

Common Oils

- Lemongrass (25-50%)
- Melissa (1-32%)

Neral

α -
Phellandrene

Constituent Details

- Monoterpene Alkade

Common Oils

- Dill (6.5%)
- Frankincense (0-5.9%)

Constituent Details
• Monoterpene Alcohol

Common Oils
• Rose (10-30%)
• Geranium (5-25%)
• Lemongrass (1-15%)

Geraniol

Constituent Details
• Sesquiterpene Alkene

Common Oils
• Spikenard (3-13%)

Gurjunene

Menthol

Constituent Details
• Monoterpene Alcohol

Common Oils
• Peppermint (19-54%)

Antifungal

Prevents fungal growth

Neryl Acetate

Constituent Details
• Monoterpene Ester

Common Oils
• Helichrysum (25-50%)

Antiemetic

Eases nausea and vomiting

Sabinene

Menthone

Constituent Details
• Monoterpene Ketone

Common Oils
• Peppermint (8-31%)
• Geranium (0.1-2.4%)
• Spearmint (0.1-1.7%)

Ocimene

Constituent Details
• Monoterpene Alkene

Common Oils
• Lavender (0.3-10%)

Constituent Details
• Monoterpene Alkene

Common Oils
• Blue Tansy (10-30%)
• Douglas Fir (5-25%)
• Marjoram (0.4-33%)
• Juniper Berry (0.0-30%)
• Black Pepper (0.1-23%)

Ox, *Frontiers in Pharmacology*, 2007
Sadraei, *Research in Pharmaceutical Sciences*, 2013

Djibane, *Saudi Pharmaceutical Journal*, 2017
Valente, *Food and Chemical Toxicology*, 2013
Flach, *Planta Medica*, 2002

Constituent Details
• Monoterpene Alkene

Common Oils
• Cypress (7-30%)
• Siberian Fir (5-20%)
• Black Pepper (0.01-21%)

d-3-Carene

Limonene

Constituent Details
• Monoterpene Alkene

Common Oils
• Tangerine (80-99%)
• Grapefruit (90-97%)
• Wild Orange (80-97%)
• Lemon (55-75%)
• Lime (40-70%)
• Dill (30-55%)
• Bergamot (20-55%)
• Spearmint (5-30%)
• Black Pepper (9-25%)
• Frankincense (5-20%)

Anti-
infectious

Prevents uptake of infection

Geraniol

Constituent Details
• Monoterpene Aldehyde

Common Oils
• Lemongrass (25-50%)
• Melissa (10-47%)

Constituent Details
- Monoterpene Ketone

Common Oils
- Blue Tansy (5-20%)
- Rosemary (5-15%)
- Coriander (2-8%)

Camphor

Methyl
Salicylate

Constituent Details
- Ester

Common Oils
- Birch (98%)
- Wintergreen (98%)

Anti-
inflammatory

Alleviates Inflammation

Camphene

B-Caryophyl-
lene

Constituent Details
- Monoterpene Alkene

Common Oils
- Siberian Fir (10-30%)
- Ginger (1-10%)

Constituent Details
- Sesquiterpene Alkene

Common Oils
- Copaiba (45-65%)
- Black Pepper (8-46%)
- Ylang Ylang (5-25%)
- Melissa (1-22%)
- Clove (0.6-20%)
- Thyme (0.1-15%)
- Frankincense (0.1-10%)

Constituent Details
- Sesquiterpene Alkene

Bergamotene

Common Oils
- Copaiba (2-12%)
- Basil (1-7%)

Constituent Details
- Sesquiterpene Alkene

B-Caryophyllene

Common Oils
- Copaiba (45-65%)
- Black Pepper (8-46%)
- Ylang Ylang (5-25%)
- Melissa (1-22%)
- Clove (0.6-20%)
- Thyme (0.1-15%)
- Frankincense (0.1-10%)

Antioxidant

Reduces damage from free radicals

Constituent Details
- Monoterpene Alkene

Camphene

Common Oils
- Siberian Fir (10-30%)
- Ginger (1-10%)

Cinnamaldehyde

Constituent Details
- Aldehyde

Common Oils
- Cassia (75-97%)
- Cinnamon (45-80%)

Constituent Details

- Phenylpropenoid Ether

Common Oils

- Clove (0.2%)
- Basil (0.1%)
- Melaleuca (.06%)

Methyleugenol

Limonene

Constituent Details

- Monoterpene Alkene

Common Oils

- Tangerine (80-99%)
- Grapefruit (90-97%)
- Wild Orange (80-97%)
- Lemon (55-75%)
- Lime (40-70%)
- Dill (30-55%)
- Bergamot (20-55%)
- Spearmint (5-30%)
- Black Pepper (9-25%)
- Frankincense (5-20%)

Anti-parasitic

Destroys or inhibits growth of parasites

p-Cymene

Constituent Details

- Monoterpene Hydrocarbon

Common Oils

- Thyme (18-37%)
- Oregano (4-9%)
- Coriander (0-8%)
- Rosemary (1-6%)
- Marjoram (2-5%)

Constituent Details
• Monoterpene Ester

Common Oils
• Siberian Fir (20-40%)

**Bornyl
Acetate**

Geranial

Constituent Details
• Monoterpene Aldehyde

Common Oils
• Lemongrass (25-50%)
• Melissa (10-47%)

**Anti-
rheumatic**

**Methyl
Salicylate**

Alleviates pain & stiffness

Constituent Details
• Ester

Common Oils
• Birch (98%)
• Wintergreen (98%)

Constituent Details
• Monoterpene Ketone

Common Oils
• Blue Tansy (5-20%)
• Rosemary (5-15%)
• Coriander (2-8%)

Camphor

B-Caryophyllene

Constituent Details
• Sesquiterpene Alkene

Common Oils
• Copaiba (24-53%)
• Black Pepper (9-30%)
• Ylang Ylang (1-21%)
• Melissa (0.3-19%)
• Clove (0.6-12%)
• Lavender (1-5%)
• Cinnamon (1-5%)
• Helichrysum (5%)

Antispasmodic

Prevents or relieves spasms, convulsions, & contractions

Linalyl Acetate

Constituent Details
• Monoterpene Ester

Common Oils
• Clary Sage (45-73%)
• Lavender (25-46%)
• Bergamot (17-40%)
• Marjoram (7-10%)
• Neroli (0.6-10%)
• Cardamom (6.5%)

Benzyl Benzoate

Constituent Details
• Ester

Common Oils
• Jasmine (8-20%)
• Ylang Ylang (4-14%)
• Cassia (1%)
• Cinnamon (1%)

Constituent Details

- Monoterpene Ketone

 α -Thujene**Common Oils**

- Frankincense (1-19.3%)
- Juniper Berry (1.8%)

 α -Terpinene**Constituent Details**

- Monoterpene Alkene

Common Oils

- Melaleuca (5-13%)
- Marjoram (3-5.9%)
- Roman Chamomile (0-4.5%)
- Juniper Berry (0-2.6%)
- Douglas Fir (2%)

Antitumoral*Inhibits growth of tumors***Carvacrol****Constituent Details**

- Monoterpene Phenol

Common Oils

- Oregano (61-83%)
- Marjoram (76-81%)
- Thyme (41%)

 α -Pinene**Constituent Details**

- Monoterpene Alkene

Common Oils

- Frankincense (41-80%)
- Juniper Berry (24-55%)
- Cypress (20-52%)
- Rosemary (19-35%)
- Helichrysum (21.7%)

1,8-Cineole

Constituent Details
• Monoterpene Ether

Common Oils

- Eucalyptus (60-64%)
- Rosemary (39-57%)
- Cardamom (26-44%)
- Melaleuca (15%)
- Basil (6-6.7%)

Khusimol

Constituent Details
• Sesquiterpene Alcohol

Common Oils
• Vetiver (5-15%)

Antitussive

Relieves Coughs

Menthol

Constituent Details
• Monoterpene Alcohol

Common Oils
• Peppermint (20-60%)

Takaishi, *Molecular Pain*, 2012
Irometa, *Scientia Pharmaceutica*, 2003
Lauds, *Pulmonary Pharmacology*, 1994

Constituent Details

- Monoterpene Aldehyde

Common Oils

- Lemongrass (25-50%)
- Melissa (10-47%)
- Wild Orange (1.8%)

Geranial

Constituent Details

- Monoterpene Alcohol

Common Oils

- Rose (10-30%)
- Geranium (5-25%)
- Lemongrass (1-15%)
- Melissa (1-8.1%)
- Neroli (0.8-3%)
- Ylang Ylang (0-3%)
- Eucalyptus (0.2-2%)

Geraniol

Antiviral

Prevents the replication of viral RNA

Lindestrene

Constituent Details

- Sesquiterpene Ether

Common Oils

- Myrrh (1-20%)

Citral

Constituent Details

- Monoterpene Alkene Aldehyde

Common Oils

- Lemongrass (77-90%)
- Melissa (~64%)
- Lime (4-6%)
- Orange (1.5%)

Pourghasiani, *VirusDisease*, 2016
Farhath, *Arzneim Journal of Phytomedicine*, 2013
Astari, *Phytotherapy Research*, 2009

Constituent Details

- Ester

Common Oils

- Jasmine (5-25%)

**Benzyl
Acetate**

Constituent Details

- Monoterpene Alkene
Aldehyde

Common Oils

- Helichrysum (14.6%)
- Rose (0.8-8%)
- Melissa (0.6-1.3%)
- Neroli (0.3-1.3%)
- Geranium (0-1.2%)

Nerol

Aphrodisiac

Increases sexual desires

Constituent Details

- Monoterpene Phenol
- Increases concentration
of Follicle Stimulating
Hormone and Testos-
terone

Carvacrol

**Phytol
Acetate**

Common Oils

- Oregano (61-83%)
- Thyme (41%)

Constituent Details

- Diterpenoid Alkene
Alcohol

Common Oils

- Jasmine (7-12%)

Constituent Details
• Monoterpene Ketone

Common Oils
• Fennel (1-20%)

Fenchone

α & β -
Santalol

Constituent Details
• Sesquiterpene Alcohol

Common Oils
• Hawaiian Sandalwood
(10-60%)
• Indian Sandalwood (10-
60%)

Astringent

*Firms tissues & organs,
reduces secretions*

Constituent Details
• Monoterpene Alkene

d-3-Carene

Common Oils
• Cypress (7-30%)
• Siberian (Fir) 5-20%)
• Black Pepper (0.01-21%)

Phytol

Constituent Details
• Alcohol

Common Oils
• Jasmine (3-50%)

Constituent Details

- Sesquiterpene Alkene

Common Oils

- Copaiba (45-65%)
- Black Pepper (8-46%)
- Ylang Ylang (5-25%)
- Melissa (1-22%)
- Clove (0.6-20%)
- Thyme (0.1-15%)
- Frankincense (0.1-10%)

B-Caryophyllene

Linalyl Acetate

Constituent Details

- Monoterpene Ester

Common Oils

- Clary Sage (40-75%)
- Petitgrain (40-65%)
- Lavender (25-45%)
- Bergamot (10-45%)

Cardiotonic

Vitalizes cardiovascular system, tones the heart

Constituent Details

- Phenol/Phenylpropanoid

Eugenol

Common Oils

- Clove (63-95%)
- Cinnamon (1-10%)

Constituent Details
• Monoterpene Ester

Common Oils
• Siberian Fir (20-40%)
• Douglas Fir (10%)

**Bornyl
Acetate**

Constituent Details
• Phenylpropene

Common Oils
• Fennel (50-90%)

Anethole

Menthol

Constituent Details
• Monoterpene Alcohol

Common Oils
• Peppermint (20-60%)

Carminative

Reduces gas or bloating

Curcumene

Constituent Details
• Sesquiterpene Alkene

Common Oils
• Helichrysum (2-20%)
• Ginger (0.1-10%)

Zingiberene

Constituent Details
• Sesquiterpene Alkene

Common Oils
• Ginger (20-40%)

Prana, *Phytotherapy*, 2002
Mustafa, *Journal of Essential Oil Research*, 2005

Constituent Details

- Monoterpene Ester

Common Oils

- Siberian Fir (20-40%)
- Douglas Fir (10%)

Bornyl
Acetate

Constituent Details

- Monoterpene Ether

Common Oils

- Eucalyptus (55-85%)
- Rosemary (30-60%)
- Cardamom (25-50%)
- Basil (6-6.7%)
- Peppermint (1-10%)
- Spearmint (0.1-10%)

1,8-Cineole

Camphene

Decongestant

*Reduces congestion and
opens airways*

B-Pinene

Constituent Details

- Monoterpene Alkene

Common Oils

- Siberian Fir (10-30%)
- Ginger (1-10%)

Constituent Details

- Monoterpene Alkene

Common Oils

- Douglas Fir (20-40%)
- Cumin (4-35%)
- Lime (10-25%)
- Lemon (6-18%)
- Black Pepper (2-20%)
- Bergamot (3-12%)
- Blue Tansy (2-10%)

Camphor

Constituent Details

- Monoterpene Ketone

Common Oils

- Blue Tansy (5-20%)
- Rosemary (5-15%)
- Coriander (2-8%)

Jørgen, *Drug Research*, 2004
Scott, *Phytotherapy Research*, 2000
Prata, *Phytotherapy*, 2002

Constituent Details
- Phenylpropene

Common Oils
- Fennel (50-90%)

Anethole

B-Caryophyllene

Constituent Details
- Sesquiterpene Alkene

Common Oils
- Copaiba (45-65%)
- Black Pepper (8-46%)
- Ylang Ylang (5-25%)
- Melissa (1-22%)
- Clove (0.6-20%)
- Thyme (0.1-15%)
- Frankincense (0.1-10%)

Digestive
Stimulant

*Aids in proper digestive
processes*

Linalyl
Acetate

Constituent Details
- Monoterpene Ester

Common Oils
- Clary Sage (40-75%)
- Petitgrain (40-65%)
- Lavender (25-45%)
- Bergamot (10-45%)

Cinnamaldehyde

Constituent Details
- Aldehyde

Common Oils
- Cassia (75-97%)
- Cinnamon (45-80%)

Anano, *Biochem Biophys Res Commun*, 2014
Dubbart, *Molecules*, 2015

Constituent Details
• Sesquiterpene Alkene

Common Oils
• Patchouli (2-25%)

Aromadendrene

α -Cedrene

Constituent Details
• Sesquiterpene Alkene

Common Oils
• Cedarwood (10-47%)

Disinfectant

Fights the spread of germs

Citronellyl Formate

d-3-Carene

Constituent Details
• Monoterpene Ester

Common Oils
• Geranium (1-15%)

Constituent Details
• Monoterpene Alkene

Common Oils
• Cypress (7-30%)
• Siberian Fir (5-20%)
• Black Pepper (0.01-21%)

Mulyasingh, *Phytomedicine*, 2010
Mulyasingh, *Pharm Biol*, 2011
Dandhari, *Environ Sci Pollut Res Int*, 2017

Constituent Details
- Sesquiterpene Ether

Common Oils
- Myrrh (15-35%)

Curzerene

Constituent Details
- Monoterpene Alcohol

Common Oils
- Peppermint (20-60%)

Menthol

Expectorant

Removes excess mucus

α -Pinene

Constituent Details
- Monoterpene Alkene

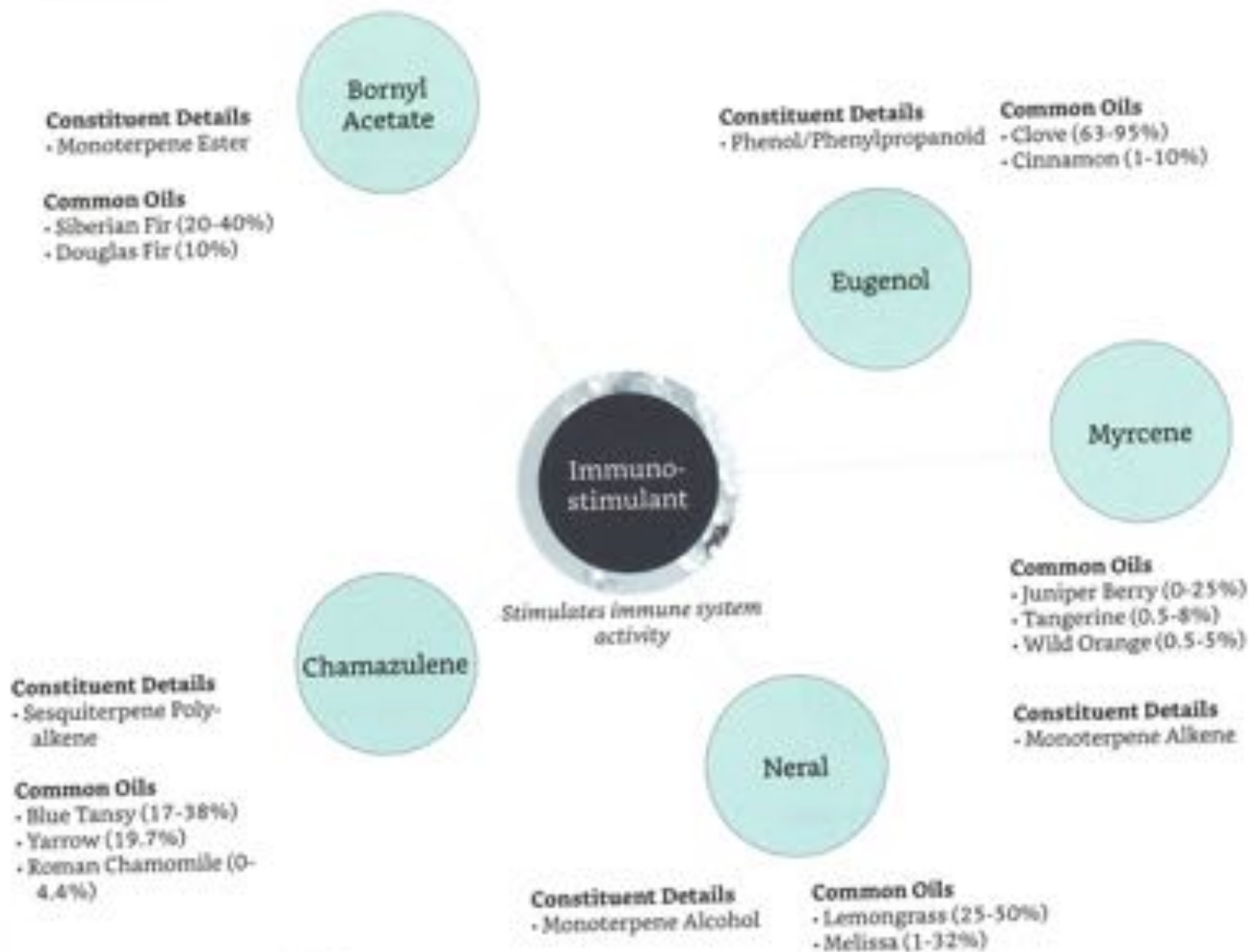
Common Oils
- Frankincense (25-65%)
- Cypress (20-65%)
- Juniper Berry (24-55%)
- Coriander (5-20%)
- Helichrysum 5-20%
- Rosemary (5-20%)
- Siberian Fir (5-20%)
- Black Pepper (1-20%)
- Fennel (1-15%)

Terpinyl
Acetate

Constituent Details
- Monoterpene Ester

Common Oils
- Cardamom (25-50%)

Rivas da Silva, Molésias, 2012
Yang, Molésias, 2011



Dibazar, *Journal of Immunotoxicology*, 2015
 Uyeda, *Asian Pacific Journal of Allergy and Immunology*, 2016

Constituent Details
• Monoterpene Alkene

- Common Oils**
- Tangerine (80-99%)
 - Grapefruit (90-97%)
 - Wild Orange (80-97%)
 - Lemon (55-75%)
 - Lime (40-70%)
 - Dill (30-55%)
 - Bergamot (20-55%)
 - Spearmint (5-30%)
 - Black Pepper (9-25%)
 - Frankincense (5-20%)

Limonene

Constituent Details
• Sesquiterpene Alkene

- Common Oils**
- Copaiba (45-65%)
 - Black Pepper (8-46%)
 - Ylang Ylang (5-25%)
 - Melissa (1-22%)
 - Clove (0.6-20%)
 - Thyme (0.1-15%)
 - Frankincense (0.1-10%)

B-Caryophyllene

Nervine

Beneficial effect on nerves

Chamazulene

Constituent Details
• Sesquiterpene Polyalkene

- Common Oils**
- Blue Tansy (2-15%)

Regenerative

Promotes body tissue regeneration

Camphene

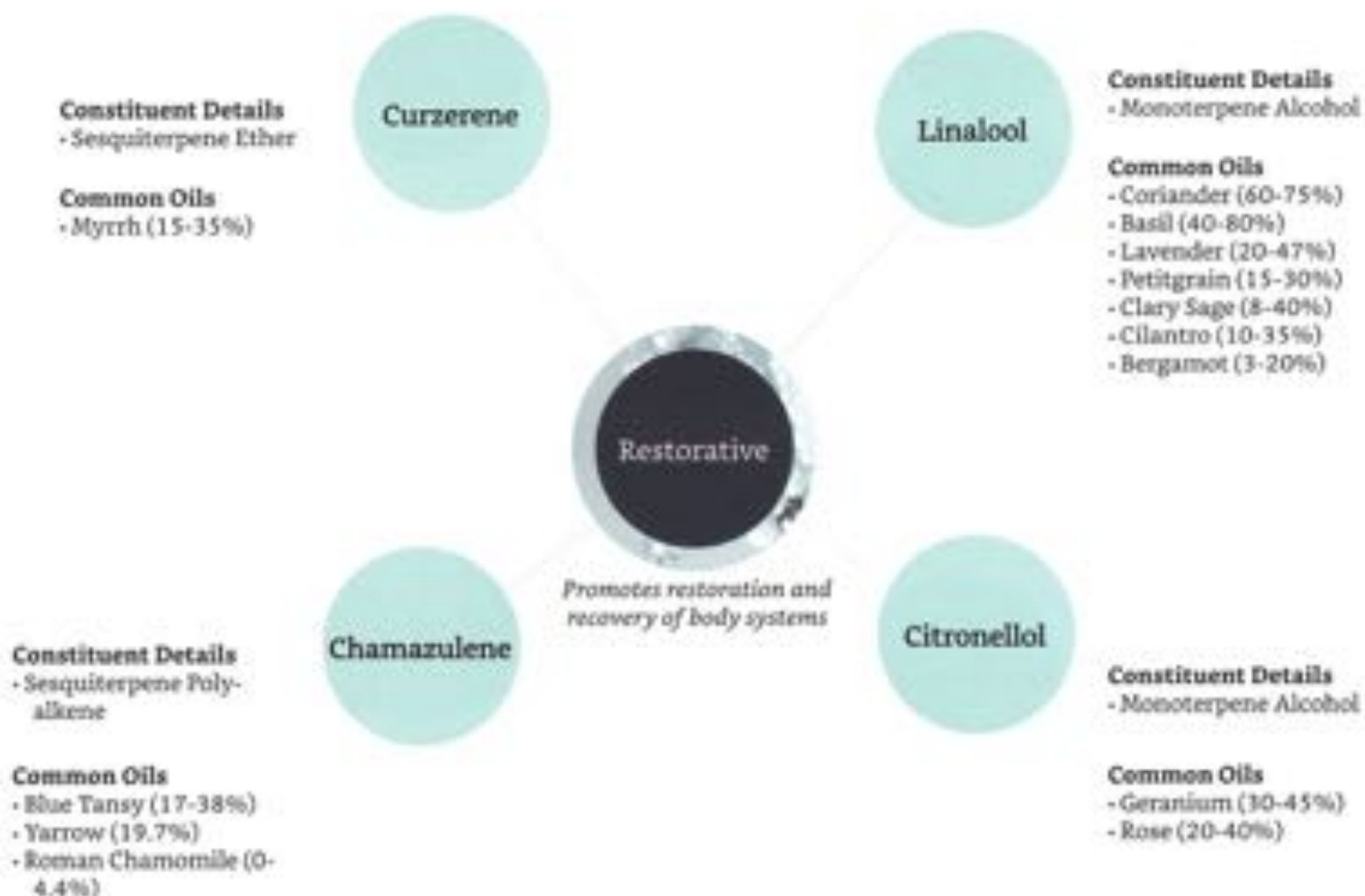
Isovalencenol

- Constituent Details**
- Sesquiterpene Alcohol
 - This Constituent is responsible for much of Vetiver's beautiful perfume-like aroma

- Common Oils**
- Vetiver (5-20%)

Constituent Details
• Monoterpene Alkene

- Common Oils**
- Siberian Fir (10-30%)
 - Ginger (1-10%)



Chien, *Evidence-Based Complementary and Alternative Medicine*, 2012
 Al-Mobeirick, *Clinical, Cosmetic and Investigational Dentistry*, 2011
 Towles, *International Journal of Aromatherapy*, 2002

Linalyl Acetate

Constituent Details
• Monoterpene Ester

Common Oils
• Clary Sage (40-75%)
• Petitgrain (40-65%)
• Lavender (25-45%)
• Bergamot (10-45%)

Rubefacient

Increases circulation & skin redness

Constituent Details
• Monoterpene Alkene

Myrcene

Common Oils
• Juniper Berry (0-25%)
• Tangerine (0.5-8%)
• Wild Orange (0.5-5%)

Constituent Details
- Sesquiterpene Alcohol

Common Oils
- Cedarwood (9-40%)

Cedrol

Constituent Details
- Monoterpene Alcohol

Common Oils
- Coriander (60-75%)
- Basil (40-80%)
- Lavender (20-47%)
- Petitgrain (15-30%)
- Clary Sage (8-40%)
- Cilantro (10-35%)
- Bergamot (3-20%)

Linalool

**Fura-
noeudesma
1,3-Diene**

Constituent Details
- Sesquiterpene Ether

Common Oils
- Myrrh (15-45%)

Sedative

*Relaxes psychological &
physiological activity*

Terpineol

Constituent Details
- Monoterpene Alcohol

Common Oils
- Eucalyptus (1-15%)
- Petitgrain (1-12%)

**Isoamyl
Tiglate**

Constituent Details
- Ester
- This compound is responsible
for much of Roman Chamomile's
fragrant aroma.

Common Oils
- Roman Chamomile (5-
40%)

Han, *Biochimie Open*, 2017
Kagawa, *Planta Medica*, 2003
Sharafzadeh, *Journal of Applied Pharmaceutical Science*, 2011

Constituent Details
• Ester

Common Oils
• Jasmine (5-25%)

Benzyl
Acetate

Cedrol

Constituent Details
• Sesquiterpene Alcohol

Common Oils
• Cedarwood (9-40%)

Soporific

Induces sleep

Isobutyl
Angelate

Constituent Details
• Ester

Common Oils
• Roman Chamomile (5-40%)

Takada, *Evidence-Based Complementary and Alternative Medicine*, 2017
Cho, *Evidence-Based Complementary and Alternative Medicine*, 2013
Sayowan, *Journal of Health Research*, 2003

Constituent Details

- Phenylpropene

Common Oils

- Fennel (50-90%)

Anethole

Limonene

Constituent Details

- Monoterpene Alkene

Common Oils

- Tangerine (80-99%)
- Grapefruit (90-97%)
- Wild Orange (80-97%)
- Lemon (55-75%)
- Lime (40-70%)
- Dill (30-55%)
- Bergamot (20-55%)
- Spearmint (5-30%)
- Black Pepper (9-25%)
- Frankincense (5-20%)

Stomachic

Stimulates digestion & appetite

Curcumene

Constituent Details

- Sesquiterpene Alkene

Common Oils

- Helichrysum (2-20%)
- Ginger (0.1-10%)

Constituent Details

- Sesquiterpene Polyalkene

Chamazulene

Common Oils

- Blue Tansy (17-38%)
- Yarrow (19.7%)
- Roman Chamomile (0-4.4%)

Constituent Details

- Monoterpene Aldehyde

Common Oils

- Lemongrass (25-50%)
- Melissa (10-47%)

Geranial

Citronellol

Constituent Details

- Monoterpene Alcohol

Common Oils

- Geranium (30-45%)
- Rose (20-40%)

Tonic

Encourages feelings of vitality

Jatamansone

Constituent Details

- Sesquiterpene Ketone

Common Oils

- Spikenard (3-20%)

Farnesene

Constituent Details

- Sesquiterpene Alkene

Common Oils

- Ylang Ylang (5-15%)
- Ginger (0.1-10%)

Baxter, *Basic & Clinical Pharmacology & Toxicology*, 2009
Mckay, *Phytotherapy Research*, 2006
Nishitani, *AYU*, 2014

Constituent Details
• Phenylpropene

Common Oils
• Fennel (50-90%)

Anethole

Bulnesene

Constituent Details
• Sesquiterpene Alkene

Common Oils
• Patchouli (1-20%)

Vasodilator

*Relaxes blood vessels,
lowers blood pressure*

Citronellol

Constituent Details
• Monoterpene Alcohol

Common Oils
• Geranium (30-45%)
• Rose (20-40%)

Cinnamaldehyde

Constituent Details
• Aldehyde

Common Oils
• Cassia (75-97%)
• Cinnamon (45-80%)

Section 10

References &
Credits



Photography Credits

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Joshua Fuller
Eddie Hooiveld
Yasin Hoşgör
Liana Mikah
Katherine Hanlon
Holger Link
Ian Wagg
Joshua Coleman

AILMENTS

Mehrshad Rajabi
Christin Hume
Ricky Sabagja
Jeshoots.com
Evelyn Mostrom
Ier Stoe
Julie Johnson
Nik MacMillan
Stacey Rozella
Annie Spratt
Omar Lopez
Andrew Pons
A Fox
Oliver Sjöström
Tanja Heffner
Andrii Podilnyk
Fabio Spinelli
Xavier Mouton Photog-
raphie
Edward Virvel
Kelly Sikkema

Artem Bali
Matteo Vistocco
Rawpixel

SINGLE OILS

Tamara Garcevic
Francesca Hotchin
Milan Popovic
Grace Ho
Matteo Vistocco
Taya Iv
Aziz Acharki
Roberto Nickson
Neil Rosenatech
Miroslava
Taylor Kiser
Simon Matzinger
Daiga Ellaby
Pablo Lancaster Jones
Rawpixel
Element5 Digital
Juliane Liebermann
Andrew Neel
Alex Geerts
Attentie Attentie
Edward Boulton
Artem Bali
Andrés Medina
Alexandra Golovac
Dan Gold
James Sutton
Mike Kenneally
Tracey Hocking

Bin Thiéu
Georgia de Lotz
Kyle Loftus
Alex Blåjan
Christin Hume
Kelly Sikkema
Rose Elena
Rhand McCoy
Ryan Christodoulou
Alexandre Croussette
Becca Tapert
Icons8 team
Benjamin Voros
Zuza Reinhard
Aiony Haust
Daryn Stumbaugh
Anthony Tran
Yuvraj Singh
Cristian Palmer
Matheus Frade
Joanna Kosinska
Max Bender
Marvin Meyer
Anna Sullivan
Roberto Salinas
Laura Marques
Chris Jarvis
Julie Johnson
Dan Gold
Les Anderson
Edward Virvel
Clem Onojeghwo
Geert Pieters
Nathan Peterson
Mi Pham

Matthew Lejune
Severin Hoin
Joseph Barrientos
Faye Cornish
Lyndon Li
Paulius Dragunas
Toa Heftiba
Thomas Heintz
Lera Freeland
Alexander Michl
Kirill Zakharov
Easton Oliver
William Justen de Vas-
concellos
Kyle Loftus
Dominik Jirovsky
Shari Sirotnak
Sebastien Gabriel
Huan Minh
Jason Briscoe
Giulia Bertelli
Charlotte Karlsen
Eric Nopanen
Joseph Pearson
Daniel Silva Gaxiola
Kinga Cichewicz

OIL BLENDS

Olivia Bauso
Marvin Meyer
Daiga Ellaby
Aloia Griffiths
Kevin Grieve

Atikh Bana
Jason Leung
Victor Vorontsov
Jon Moore
Annie Spratt
Kelly Sikkema
Caroline Hernandez
Ben White
Michael Podger
Kiana Bosman
Blake Meyer
Robert Collins
Justin Young
Thao Le Hoang
Naomi Koelemans
Ricardo Resende
Sharon McCutcheon
Charles Deluvio
Hilary Hahn
Sarah Shaffer
Raul Petri
Heather Schwartz
Nick West
Rodion Kutsaev
Ksenya von Shlezinger
Loverna Journey

SUPPLEMENTS

Ben White
Jared Erondu
Jenn Evelyn-Ann
Rawpixel
Tim Tiedemann

Brooke Lark
Vincent Foret
Jay Wennington
Shangyou Shi
Clique Images
Tomas Anton Escobar
Ja Ma
Albert Meba
Joshua Yu
Taylor Kiser
Brooke Lark
Erwan Hesry
Annie Spratt
Ivan Jevtic
Kinga Cichewicz
Alexandr Podvalny

AILMENT PROTOCOLS

Qingbao Meng

EMOTIONS & ENERGY

Anders Jildén
Geetanjali Khanna
Feliphe Schiarolli
Simon Migaj
Savs
Dev
Jason Rosewell
Bruce Mars
Fotografia.ges

Vitaliy Paykov
Annie Spratt
Hutomo Abrianto
Sharon Garcia
Warren Wong
JC Gellidon
Ian Espinosa
Ian Dooley
Pawel Janiak
Tim Mossholder
Andy Orvik
Marek Mucha

LIFESTYLE PROTOCOLS

Julia Caesar
Austin Neill
Brandon Bynum
Darius Bashar
Alexander Redl
Laura Marques
Julie Johnson
Myung-Won Seo
Janko Ferlič
Paola Aguilar
Hannah Grace
Aziz Acharki
Karl Fredrickson
Chad Madden
Matheus Ferrero
Manuel Meurisse
Jorge Barahona
Brook Anderson

Sebastián León Prado
Sai De Silva
Toa Heftiba
Mari Lezhava
Ben White
Lopez Robin
Brooke Cagle
Kevin Ku
Calum MacAulay
Caleb Jones

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