

TOP 10 MUST-HAVE *Essential Oils* FOR ANY FAMILY

LAVENDER

- ◆ Light floral scent (unlike harsh floral synthetic lavenders you may be used to)
- ◆ **Sleep** - apply, diffuse, and spritz on bedclothes to support restful slumber
- ◆ **Tension Relief** - diffuse or massage into body to reduce pent up tension or muscle aches
- ◆ **Pain Relief** - reduces pain/swelling by applying a drop or two in area of need; great for boo-boos
- ◆ **Allergies/Itch** - natural antihistamine, esp. when combined with Peppermint and Lemon
- ◆ **Beauty Boost** - add to moisturizer or facial products for enhanced glow and healing
- ◆ **Rashes/Burns** - dilute with a carrier oil and spritz or apply to rashes and burns
- ◆ **Sunburn Relief** - combine with FCO and gently apply or spritz on for relief
- ◆ **Bug Bites** - dab on bites and stings for instant relief from pain and swelling
- ◆ **Growing Pains** - massage into legs before bed w/ a carrier oil
- ◆ **Emotional Balance** - apply to pulse points to help your body find its balance
- ◆ **Stress Relief** - diffuse and apply to pulse points to calm mind and body

LEMON

- ◆ Clean & bright citrusy - fresh scent
- ◆ **Allergies/Congestion** - breaks down mucus, esp. effective with Peppermint & Lavender
- ◆ **Degrease/Degunk** - eats away at gum in the hair or icky-sticky messes
- ◆ **Chest Gunk/Mucus Buster** - layer under Cardamom, Frankincense, and Peppermint
- ◆ **Cleanse Air** - wards off chemicals, toxins, and free radicals when diffused or used to clean
- ◆ **Odor-Be-Gone** - drop on a cotton ball and place in strategic areas to reduce stink
- ◆ **Hair Lightener** - combine with water and spritz on hair for natural lightening under sunlight
- ◆ **Mood Boost** - diffuse or inhale to instantly boost mood and energy
- ◆ **Antioxidant Boost** - Add a drop to your smoothies for amazing energy and cleansing power

Warning - Lemon is photosensitive and you should not expose to sunlight for at least 12 hours after application

PEPPERMINT (SPEARMINT)

- ◆ Minty fresh scent
- ◆ **Allergies/Cough** - opens airways, esp. when combined with Lavender & Lemon; apply behind ears
- ◆ **Headache** - massage into temples or at area of discomfort to alleviate headache pain
- ◆ **Oral Hygiene** - add to toothpaste, mouthwash, or use as a breath freshener
- ◆ **Breathing Trouble** - apply directly to chest & use T-shirt tent technique while deeply inhaling
- ◆ **Hot Flashes** - apply on back of neck and wrists to focus and ground your body during hot flashes
- ◆ **Fever Blaster** - apply to bottoms of feet or down spine every 15-30 mins to bring down fever; can be used in conjunction with OTC meds
- ◆ **Gas & Bloating** - apply in a circle around belly button or directly to abdomen
- ◆ **Muscle Massage** - dilute and rub on larger areas of muscle ache
- ◆ **Rodent/Insect Repellent** - combine with water and spritz on body, in hair, or around house to repel insects or place on cotton balls and stick around the house to repel rodents
- ◆ **Instant Energy** - inhale to perk up senses without caffeine; add Wild Orange for more umph
- ◆ **Scalp Health** - add to shampoo and massage in scalp for a tingly, healthy head
- ◆ **Foot Relaxer** - dilute and massage into aching feet for instant comfort and odor relief

Warning: Peppermint is a cooling oil and may cause discomfort when not diluted for sensitive skin. Should be avoided for kids under age 6 due to the high menthol content; replace with Spearmint for kiddos. Pregnant and nursing women should avoid, as it can inhibit milk production. Avoid if you have high blood pressure or epilepsy, or if taking medication for digestive health.

TOP 10 MUST HAVE ESSENTIAL OILS FOR ANY FAMILY

MELALEUCA (TEA TREE)

- ◆ Herbaceous, clean scent
- ◆ **Acne** - dab on for spot treatments or add to your cleansers and moisturizers
- ◆ **Head Lice** - more effective than OTC treatments; add to shampoos/conditioners, and combine with coconut oil and massage into scalp and let sit for 30 mins before using a nit comb
- ◆ **Facial Toner** - cleanse and purify skin by adding to Witch Hazel or your own toner
- ◆ **Deodorizer** - combine with white vinegar and spritz to nix the stink
- ◆ **Deodorant** - add to your DIY deodorant or dab diluted under pits for optimum health
- ◆ **Yeast Beast** - add to coconut oil with Lavender and apply baby's bottoms or yeast rashes
- ◆ **First Aid Cleanser** - natural antiseptic and purifier when applied around wounds; add Lavender for pain relief and calming, and Frankincense for promoting cellular growth and natural healing
- ◆ **Fungus** - dab on areas of concern to alleviate pain and heal fungal issues

FRANKINCENSE

- ◆ Deep, spicy earth notes and incense overtones
- ◆ **Chest Gunk/Cough** - Layer over Cardamom or Lemon and under Peppermint; apply a warm compress on top to drive oils in deeper
- ◆ **Skin Issues** - dab on to reduce fine lines, wrinkles, scars, stretch marks, acne, and any complexion concerns; add to your daily moisturizer for a healthy glow
- ◆ **Immune Support** - Combine with Clove and a carrier oil in a rollerball bottle for healing and support
- ◆ **Energy Boost** - supports healthy cellular function and healthy inflammatory response
- ◆ **Healing** - dab around wounds to enhance cellular healing
- ◆ **Emotional Balance** - massage in Franki to relieve muscle tensions and dispel stress and negativity
- ◆ **Meditation/Prayer/Yoga** - Diffuse Franki for focus in your family during times of need
- ◆ **Migraines** - massage into temples or area of pain; drop on thumb and massage into roof of mouth
- ◆ **Arthritis/Bone Aches** - massage into joints to encourage circulation and warm the area
- ◆ **When-In-Doubt EO** - if nothing else seems to be working, try Franki

CARDAMOM

- ◆ Spicy, fruity, and warm scent
- ◆ **Tummy troubles** - circle around belly button or directly to area of discomfort to ease intestines
- ◆ **Breathing issues** - apply directly to chest or bottoms of feet; diffuse at night for littles; layer over Lemon and under Frankincense/Peppermint for relief of cough and gunk
- ◆ **Asthma** - apply and diffuse to alleviate muscle spasms from coughing
- ◆ **Tension Headache** - massage into temples to alleviate pain and stimulate nervous system
- ◆ **Muscle Cramps** - dilute and massage to alleviate painful muscle cramping post-workout
- ◆ **Focus** - diffuse to enhance mental clarity and openness; pair with Wild Orange or Lemongrass
- ◆ **Stress & Anxiety** - allows you to breathe while calming and soothing mind and body

Note: For respiratory distress for kids older than 6 and adults, try Eucalyptus essential oil

ROSEMARY

- ◆ **Digestive Issues** - rub on the tummy for help with indigestion, gas/bloating, and internal organs
- ◆ **Hair Growth** - apply to scalp or areas of need to encourage follicles to grow new hair
- ◆ **Anxiety Zapper** - combine with Lavender and diffuse or apply behind ears to nix nervous tension
- ◆ **Fatigue** - diffuse with citrus oils and/or Peppermint to enhance energy naturally
- ◆ **Concentration** - diffuse or apply to pulse points to stimulate memory, mind, and focus
- ◆ **Oral Hygiene** - add to mouthwash or toothpaste for herbaceous support

Warning: Not safe for pregnant women. Dilute 1:1 with kids. Avoid if being treated for epilepsy or high blood pressure. Avoid use if you are a workaholic, as it may do more harm than good

TOP 10 MUST HAVE ESSENTIAL OILS FOR ANY FAMILY

CLOVE

- ◆ Warm, spicy aroma with a natural warming/numbing effect
- ◆ **Oral Hygiene** - add to natural toothpaste or mouthwash for fresh breath & healthy gums
- ◆ **Toothaches/Sore gums** - dilute and dab on gums to numb pain and support healing
- ◆ **Immune Support** - add to carrier oil and roll on bottoms of feet or spine for immune boost
- ◆ **Acne Aid** - mix 2-3 drops in raw honey and apply to face, then wash away
- ◆ **Thrush (Candida)** - add a drop to water and swish/gargle to eliminate candida
- ◆ **Numbing** - apply for a natural numbing effect for areas of pain

Warning: Clove is a hot oil and should always be diluted 1:1 for adults, 1:4 for kids over age 6.

OREGANO

- ◆ Herbaceous, camphorous sharp scent
- ◆ **Tummy Distress** - heavily dilute and apply to belly
- ◆ **Antibiotic** - mix with Clove, Melaleuca, and Frankincense and dilute for a natural antibiotic
- ◆ **Candida Killer** - mix with Lemon and dilute; rub on bottoms of feet to rid the gut of yeast
- ◆ **Congestion** - add a drop w/ Peppermint & Lemon to a steamy cup of water and inhale (avoid eyes)
- ◆ **Lung Gunk** - dilute and layer over Lemon and Frankincense and under Peppermint on chest
- ◆ **Immune Support** - occasional support for weakened immune system when combined with Frankincense, Rosemary, and Melaleuca; dilute and apply to feet

Warning: Oregano is a hot oil and should always be diluted at least 1:3 with adults; do not use on kids under age 6. Can potentially burn the skin. Avoid use near mucus membranes and dilute immediately if you feel irritation. Pregnant women should avoid it entirely. It should also not be used on a daily basis, but only when the body is in need of its potent power.

ROMAN CHAMOMILE

- ◆ Calming floral tones
- ◆ **Sleep** - apply to bottoms of feet & pulse points before bed at night; add w/ Lavender & Clary Sage
- ◆ **Temper Tantrums** - apply to bottoms of feet to calm kiddos and give them a hug afterwards
- ◆ **Anxiety/Depression** - apply to pulse points or diffuse to improve mood and balance hormones
- ◆ **Allergy Relief** - apply behind the ears for relief from hay fever or seasonal allergies
- ◆ **ADD/ADHD** - apply to bottoms of feet or spine to enhance focus
- ◆ **PMS** - apply to abdomen to alleviate body aches and relax the mind and body
- ◆ **Earaches** - dilute and dab around the outside of the ear and down the neck
- ◆ **Soothe Skin** - add to moisturizer, facial masks, shampoos, and conditioners to ease troubled skin
- ◆ **Tween Perfume** - dab behind the ears to calm nervous energy and anxiety

BONUS: BERGAMOT

- ◆ Distinct spicy citrus scent with high floral note
- ◆ **Uplift & Calm** - diffuse to both perk up senses and ease nervous energy and tension
- ◆ **Mood Boost** - diffuse or apply to pulse points to alleviate depression and anxiety
- ◆ **Skin Saver** - add to skincare products for cleansing, purifying, and soothing properties
- ◆ **Tummy Tamer** - apply around belly button to ease digestive discomfort
- ◆ **Muscle Cramps** - dilute and massage into tense and tight areas, especially during menstruation
- ◆ **Focus** - diffuse with Peppermint in the morning for a quick, caffeine-free pick-me-up
- ◆ **Crazy Kids?** - diffuse with Lavender for an ultimate calm for high-spirited kiddos

Warning: Bergamot is photosensitive, so avoid direct sunlight for at least 72 hours after topical application